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APRIL 2023 NEWSLETTER

President's Report

Happy Easter everyone! I hope you've had a wonderful weekend with family and friends. The cooler weather signals that it is time to return indoors for our club training sessions!

Please refer to a previous email for further details on our venues, training schedule and payment arrangements. **Reminder** also that registrations close this Wednesday for the Branch's Presentation Dinner on 15 April which our club is organising. Should be great evening!

This month we profile our new Secretary, **George Crowder**, in the members profile series. George joined the club in 2009, trains regularly in the evening sessions and has competed in many pool meets over the years. As an Emeritus Professor of Law at Flinders his legal background was invaluable to the club when we redrafted our constitution last year. Enjoy reading about his swimming likes and dislikes and take note of his comments on training etiquette (question #8)!

AGM & COMMITTEE

Our club's **2022 AGM** was held on **25 March** at the **Marion Outdoor Pool**. Thanks **to those of you who attended**. The President's and Treasurer's reports and the Minutes of the meeting have been forwarded to members and are available on our website: [AGM Documents](#)

Committee members appointed at the AGM are listed at the end of this newsletter. A special welcome to the new members: **George Crowder** (Secretary), **Vicki Day**

Coordinator. Since the meeting we've been pleased to accept the nomination of **Marc Loader** as our new Vice President. So, for the first time in many years, we have a full roster! Finally thanks to Committee members who re-nominated and to **Robyn Brown** and **Heather Carbone**, who retired at the AGM, for their many years of service to the club.



A very good turnout at the AGM on Saturday 25th March 2023



Robyn Brown and Heather Carbone who retired from the committee after many years of service to the club.

SAALC on Thursday morning, **13 April at 8:00am**. Details on days & session times, payment, etc were included in the email sent to members on 6 April and also on our Facebook page. Swim times are also available on our website.

If you have any issues or suggestions related to coaching and our training programs please forward them to our new Coaching Coordinator, **Mark Trenwith** at Mark.Trenwith@outlook.com or 0408 262 540.

Social

The Branch's annual **Presentation Dinner** at the **Highway Hotel** (Anzac Hwy) on Saturday evening **15 April is coming up soon!**

Our club (**Meredith Ryan**) is organising the dinner this year so we are hoping for a good turnout from our members, particularly those that will be receiving awards. As a small incentive we will give a free swim ticket to every member who attends!

It promises to be a great evening with a 3 course meal, free drink, live music and guest speaker (Matt Cowdrey). Entres on Swim Central close on **Wednesday 12 April** so don't miss out! [2023 MSSA Presentation Dinner \(.mastersswimmingsa.org.au\)](https://mastersswimmingsa.org.au). **Bling it On!**



The poster for the Masters Swimming SA Presentation Dinner features a dark background with a large, glowing diamond graphic in the upper right corner. The text is arranged in a clean, modern layout. At the top left, the event title 'Masters Swimming SA Presentation Dinner' is prominently displayed. Below it, the date and time 'Saturday 15 April 6.00 for 6.30pm' are listed. A section titled 'Included:' lists the benefits of attending: a free drink on arrival, a 3-course meal, all awards, live music by Graham Lawrence, and a guest speaker and presenter, Matt Cowdrey. A quote encourages attendees to 'come dressed to the nines with some bling and celebrate the past year in style'. The location and ticket information are provided at the bottom, along with the event's cost and the organizing club. A circular inset image in the bottom right shows the exterior of the Highway Inn at night.

**Masters Swimming SA
Presentation Dinner**

Saturday 15 April 6.00 for 6.30pm

Included:

- free drink on arrival
- 3 course meal
- all the awards
- live music - Graham Lawrence
- Matt Cowdrey - guest speaker and presenter

*"come dressed to the nines
with some bling and celebrate
the past year in style"*

Go to: <https://mastersswimmingsa.org.au/event/2023-mssa-presentation-gala/> for information and tickets

Cost \$75 plus transaction fee

Organised by
Marlin Masters Swim Club

'Bling it On'

**Highway Inn
290 Anzac Hwy, Plympton**

Competitions

The final meet in the Summer Pool Series was held at **Woodside** on **19 March**. Seven Marlins swam and the Team finished 3rd. **Stephen Carthew** (M 75-79) set a State Record in the 200m Freestyle.

The first meet in the Winter Series was the **Long Course State Cup** held at SAALC on 2 April. Fifteen Marlins entered (13 swam) and the team finished in 3rd place. A

The final OWS event for the season was the **Noarlunga Reef OWS** held on Monday, 13 March. A large contingent of 19 Marlins competed with some excellent results.

Ace Lewis and **Ian Young** finished 1st and 2nd overall in the 1.5km event.

Congratulations to **Marc Loader** and **Andrew Smith** who completed all swims in the Series and will be receiving an embroidered towel at the Presentation Dinner.

Congratulations also to **Robyn Brown**, **Deb Wareing**, **Ben Warr**, **Wayne Carruthers** and **Tony Fowler** on their medal winning performances at the State Masters Surf Life Saving Championships at Glenelg and to **Claudia Chavez** and **Kate Johnson** on their podium finishes at recent triathlon events.

Registrations for pool events are online using the new Swim Central: [Login – Swim ID \(swimming.org.au\)](#). If you are having any problems with your entries please contact one of our Club Captains:

Gavin Rowell - 0416 638 248, gavin.rowell@adelaide.edu.au

Deb Wareing – 0432 711 359, deb.wareing@gmail.com



Team Photo of members who swam in the Noarlunga Open Water Swim.

Interclub #1 (Relay Meet)

The next pool meet is the very popular **Relay Meet** on **22 May** at SAALC. This is a SC (25m) meet and features both freestyle and medley relays (men, women and mixed) with individual legs of 25, 50 and 100m. Last year we had 23 Marlins compete so we are hoping that we can at least match that number this year.

The club will pay the entry fees of all swimmers! Please nominate by

Please advise strokes & distances you can't /won't do and the captains will do their best to accommodate. In the lead-up to the event coaches will help prepare first timers, particularly with starts and turns, and there is a useful guide on our website: [Introduction to Pool Competition.](#)

Gavin Rowell - 0416 638 248, gavin.rowell@adelaide.edu.au

Deb Wareing – 0432 711 359, deb.wareing@gmail.com

Club Records

The club records have recently been updated by **Heather Carbone** and can be found on the Competitions page on our website (see [Competition](#) | [Marion Marlins Masters Swimming Club](#) (marionmasters.org)).

The records have been maintained since the club's founding 42 years ago and include both current and historic records for long and short course pools. There are lots of opportunities to set club records, particularly over the longer distances so have a look!

Maryanne Heffernan has taken on the role of **Club Recorder** following Heather's retirement at the AGM. Please contact her on physind@internode.on.net or 0411 736 593 if you find any errors or omissions in the current update.

Club History

Meredith Taylor has done an enormous amount of work over the past few years, gathering information about the club history from various sources. Included in a draft report is a list of Office Bearers, membership numbers, a timeline of events, Life Member profiles and more. There is also Dropbox file with over 300 scanned newspaper articles and photos from the early years and a folder with scanned reports.

We are still looking for someone to assist Meredith in editing and formatting the report. If you are able to assist please contact Meredith. (mere21@internode.on.net or 0405 758 832).

Club Merchandise

We still have a few club T-shirts of various sizes available so if you would like one (or another one) have a word with **Ben Warr**. Payment (\$10) by cash or by deposit to the club bank account. We are considering ordering more club gear including hoodies and named club caps and will advise shortly.



1.How did you get into swimming?

I grew up, so far as that can be said to have occurred, in Wellington, NZ. My elder brother, Brian, was a hero of NZ aquatic sports in the 1960s-70s, representing NZ in swimming, water polo and surf lifesaving – he was captain of the NZ surf lifesaving team that toured Australia in 1971. It was thought (not by me) that because of our shared genetics I must have the same talent. I did OK in competition swimming as a kid, from around 1964-74 (!), but eventually escaped to play cricket. Also, I hated water polo and (sorry) surf lifesaving; people are different. But I kept swimming laps on and off over the years and stepped things up when I ruined my knee playing squash. In 2009 (I think it was) I discovered the Marlins and never looked back, or indeed forward.

2.What's your favourite swimming stroke and why?

Freestyle, because it's the easiest and fastest stroke, but I like to do some backstroke and breaststroke for variety and to undo the knots caused by my flawed freestyle (see 9 below). I can do fly but save it for special occasions.

3.What's your favourite swimming drill and training set?

Drill: soldier kick – joking! Drills are not my favourite thing, but I don't mind a bit of catch-up because you can stretch out, roll back and forth, and breathe – all good things. Training set: freestyle 50s or 100s or 200s, even 400s, 25 hard/25 easy, with some or all of the easy as back or breast. I can do any amount of that. Also medleys without the fly.

4.What do you see is the major challenge for masters swimmers?

Other masters swimmers – ha, joking again! Motivation can be a problem for those employed full-time: when I was in paid employment it was often tough to get to swimming training and I was exhausted by the time I got there. Now I find the ageing process is more of an obstacle, but I won't bore you with the details – let me know if you want my full list of afflictions. I figure that without the swimming things would be even worse.

Trying to avoid injury. I like to mix the exercise and avoid doing too much of one thing. I also use elastic bands as strength conditioning, which has helped prevent shoulder issues (touch wood!!)

5.What's your favourite swimming event (pool and open water)?

Pool: when I was a kid it was the 400, 800 and 1500 free, but now these events are

preference now is probably for the middle ground of 100 and 200 free. OWS: not my thing really (see 1 above), but I'm willing to do a 1k in the club's annual event and am a member of the noble order of the Golden Marlin.

6. Describe your top-ranked swimming race of your career so far.

Somewhere around 1973-74 I swam a leg of the men's 4 X 100 freestyle relay for Wellington at the NZ Nationals. I think we came third, but the key point is that I recorded my best-ever time for the 100, which I remember dimly as being around 62 secs – not a very impressive time these days but I was pleased with myself at the time. I also wish it to be known that circa 2012-13 (?), after an apprenticeship in the 2Bs, then the 2As, I trained in lane 1 for about 6 weeks before giving up prostrate with exhaustion. Since then it's been all downhill.

7. Who is/are your sporting hero or heroes?

Kane Williamson (utterly brilliant but no histrionics: contrast David Warner and the Weird Brothers); the All Blacks (a whole team of Williamsons); Garth (a gentleman among swimmers and his fin work is astonishing).

8. What's your number one tip you'd pass onto your swimmers?

My main tip is the usual: keep swimming, try to maintain a consistent run of sessions. Also, I'm keen on the following items of lane etiquette: don't swim down the middle of the lane unless you're not sharing it with anyone; don't swim on the heels of the person in front (either leave a gap or take over the lead); keep out of the way if you're slower than everyone else; don't obstruct the turning point at the end of the lane if there are people trying to turn; let people through to the wall if they're trying to finish; move away from the wall when you're putting on your fins etc so that other people can get to their gear.

9. What's your (swimming related) weakness?

When I'm doing freestyle I have trouble straightening my left arm because it's much weaker than my right. I'm so lopsided that I should, by rights, be going round in circles. For my whole career at the Marlins every coach has told me this, but I haven't been able to correct it. It's not them, it's me.

2023 State Cup and Interclub Meets (all at SAALC)

Interclub # 1 – Short Course (Relays only)

Interclub # 2 – Short Course

Interclub # 3 – Long Course

Interclub # 4 – Long Course

Short Course State Cup – Short Course

Long Course Long Distance – Long Course

[22 May 2023](#)[17 July 2023](#)[14 August 2023](#)[11 September 2023](#)[24 September 2023](#)[5 November 2023](#)**2023 State Pool Meets**

SA Masters Games

[Copper Coast 20-23 April 2023](#)**2023 National & International Pool Meets**

MSA Nationals – Long Course

FINA World Masters Championships – Long Course

Australian Masters Games

[Hobart 18-22 April 2023](#)[Fukuoka Japan 2-11 August 2023](#)[Adelaide 7-14 October 2023](#)**WINTER TRAINING SCHEDULE****Westminster Pool – 1.5 hr sessions**

Tuesday & Thursday – 6pm

Saturday – 8.30am

SAALC – 1 hour sessions**13 April to 5 May Start time is 8:00**

Revert to our original start time of 09:00 from 8 May for Monday & Thursday training

Payment – half swim ticket or \$5.00 to club plus SAALC entry (Member, 20 pass ticket or single entry)

Committee

Committee	
President	Ian Young
Vice-President	Marc Loader
Treasurer	Ace Lewis
Secretary	George Crowder
Registrar	Vicki Day
Coaching Coordinator	Mark Trenwith
Safety Officer	Tony Fowler
Club Co-Captain	Gavin Rowell
Club Co-Captain	Deb Wareing
OWS Coordinator	Ben Warr
Social Coordinator	Meredith Ryan
Member Protection Officer	Michael Perkins
Webmaster (Acting)	Gavin Rowell
Recorder	Maryanne Heffernan
Newsletter	Vicki Day

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