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DECEMBER 2023 NEWSLETTER

President's Message

Another successful year for the club is quickly drawing to a close. To help celebrate come and join us at our annual **Xmas Party** on Thursday 21 December at MOP (details below).

Please renew your **2024 Membership** by 31 December at the latest so your insurance cover doesn't lapse and you can continue to be a valued member of the Marlins!

Sandy's OWS Clinic had to be cancelled due to the inclement weather but has been rescheduled for 31 December.

We are still looking for "volunteers" to tell us a little bit about their swimming journey so please let us know if you would like to be included in a member profile in an upcoming newsletter. Previous newsletters and member profiles are being archived on our website [Members & Coaches Profiles | Marion Marlins Masters Swimming Club \(marionmasters.org\)](https://marionmasters.org).

On behalf of the Committee I would like to wish you and yours a very happy and safe festive season at home, at the beach or in the pool.

2024 Masters Swimming Australia Registrations are now open on Swim Central. <https://swimcentral.swimming.org.au/> Log in and renew your membership - go to "Store" to locate the membership.

Registration for 2024 is \$145, a small increase of \$5 on this year. Most of this fee covers National, Branch and insurance costs.

Make sure that your personal information is correct and up to date, including your emergency contact. Please advise us separately of any changes in your email address so you can continue to receive email correspondence from the club.

Up to date registration is required to ensure that you are covered by the MSA Insurance policy. You must be registered prior to attending your first training session in 2024 and is required to enter pool and open water swim events at members rates next year.

If you have any questions about memberships or Swim Central, please do not hesitate to contact Vicki Day (vickiday626@gmail.com).

Members

The club is pleased to welcome **Paula Gianni** as a new member. This brings our current membership to 115. We are currently the largest club in SA, surpassing Adelaide Masters and Atlantis which have 95 and 100 members respectively.

Club Training

Our last training session for the year at MOP will be on Saturday **23 December**. We return on Tuesday evening, **2 January**.

To help you get ready for New Years Eve festivities **Sandy Bennett** will be holding a free **Open Water Swim Clinic** at Brighton on Sunday 31 December. Meet on the beach in front of the Brighton SLSC at 9:45. We will have water cover and buddies for support.

Our morning sessions continue to draw large numbers! Stretching before you swim is always a good idea so we would encourage you to attend Sandy's warmup session on Mondays. **Heather Carbone** will assist swimmers, particularly those in lane 3, with improving their stroke technique but only up to the Xmas break.

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

Our club will be hosting the 13th annual State Championships on Sunday 14 January at Somerton. This is our major fund raising event and we appreciate the support we receive from members with preparations beforehand and on the day.

Please join us by registering to swim in either the 1km or 3km events and help us defend our Team title! Upwards of 40 Marlins participate each year so you will have lots of company! And there are lots of age group and lucky door prizes on offer. Register here [MSSA State Open Water Swim Championships 2024 | Event registration | Webscorer](#) An early bird discount applies if you register before 24 December



MARION MARLINS MASTERS SWIMMING CLUB



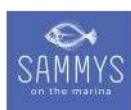
**MSSA STATE OPEN WATER CHAMPIONSHIPS
SUNDAY 14TH JANUARY 2024
SOMERTON BEACH**

Early Bird discount
registrations open until
24th December

1km & 3km
Races

The 2024 Open Water Swim at
Somerton Surf Life Saving Club entries
are now open!

Major Sponsors:



www.webscorer.com/register?raceid=333807

Open to all swimmers 18 years and over
Swimming SA members from 14 years

Awards for category winners, cafe facilities
available & all welcome for presentations held
in the Somerton SLSC after races.

Last day to enter Thurs 11th January, 2024.

The next pool event is at **Strathalbyn** on 25 February.

The 2023-24 Open Water season is nearly upon us! The first event is at **Seacliff** on 17 December with entries closing on 15 December. Enter here: [All racers](#) | [Ruth Ziegeler Open Water Swim 2023](#) | [Confirmation lists](#) | [Webscorer](#).

If you have any questions 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

VORGEE MILLION METRES

Some of you may be aware and some may not, that there is a program called the “Million Metres” which is open to all members of Masters Swimming Australia.

2 of our members recently attained this goal and they were Sharyn Roach Anleu and Jan Langan.

They began their quest in 2020 during the pandemic and thought it would be a fun thing to do!

They have been swimming both at the pool and Brighton Beach regularly and obtained their goal in August 2022. I would say that this is a great achievement and well done to both of them!!

They recently received their certificates and T-Shirts as reward for their dedication.

On to the next milestone - 2 million metres!

This is a great program, record your distances swum and receive some great rewards! See the link below for further details.

[Million Metres Program](#) | [Masters Swimming](#)

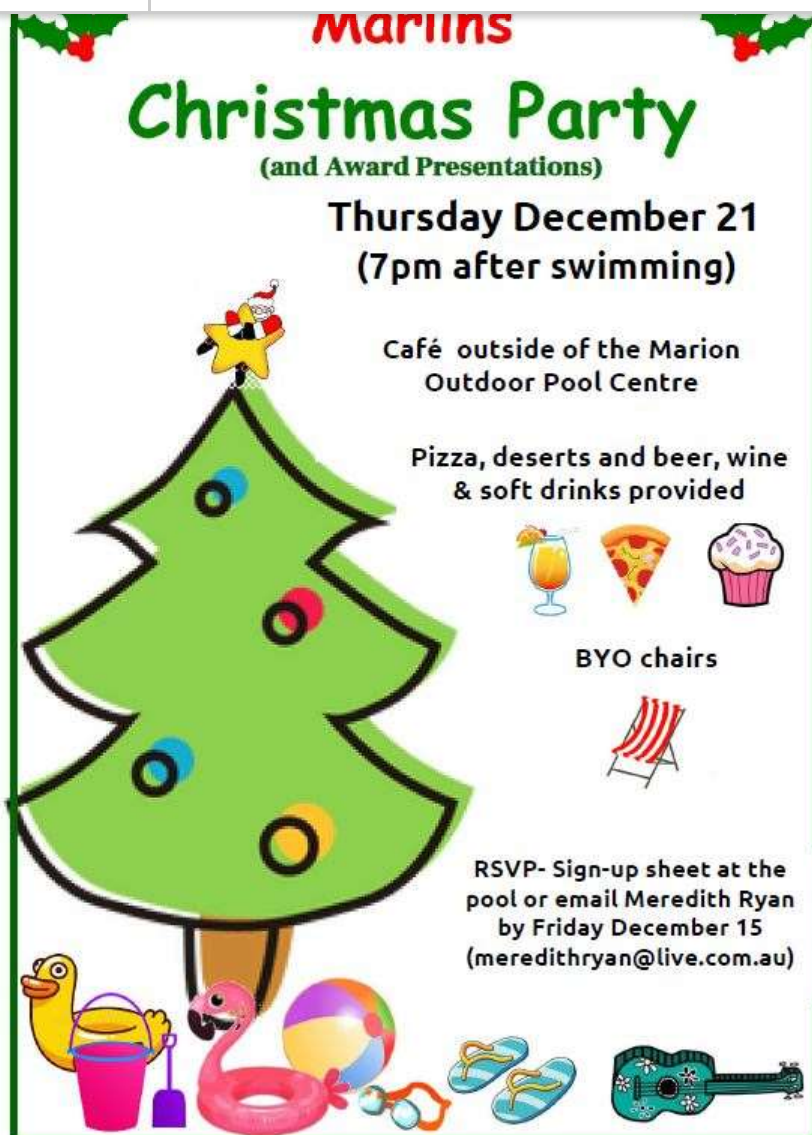


Social

The next event will be our annual **Xmas Dinner and Presentations** which will be held at MOP on **Thursday, 21 December at 7:00pm** following (optional) training. Food and drinks will be free and "Santa" will be making his usual awards to deserving club members. Partners are welcome and the invitation will also be extended to participants in the Allianz Learn to Swim Program.

Please RSVP by 15 December by adding your name to the sign-up sheet at the pool or by contacting **Meredith Ryan** (meredithryan@live.com.au or 0400 612 341) if you will be attending.

This is always a fun way to end the year so come and join us!



Club History

Our club History project is nearing completion and the final document, which is currently being formatted, should be available soon. Thanks to **Meredith Taylor** and **Vicki Day** for the amazing amount of work that they have put into this project.

Club Merchandise

Club (Named) Caps

We are planning on placing an order for swim caps which will be subsidised by the club (see design below).

If you would like a cap with your name on the it please let Deb Wareing know as soon as possible. Deb will need to know what name to put on the cap.

The cost will \$10.00 and payable by cash or direct deposit into the club bank account.

If you are interested in purchasing some club bathers please contact either: Deb Wareing (deb.wareing@gmail.com) or Kate Brereton (kate.brereton22@gmail.com) for additional information.

Club T Shirts

We still have quite a few club T-shirts of various sizes available so if you would like one (or another one) have a word with Ben. Payment (\$10) by cash or by deposit to the club bank account. Please email or call **Ben Warr** if you have any questions. Marionopenwaterswim@gmail.com or 0420 961 702



POOL COMPETITIONS – MARK YOUR DIARIES!



2024 State Pool Meets

Swim 2 – Long Course
Swim 3 – Short Course

Strathalbyn Pool, 25 February 2024
Woodside Pool, 17 March 2024

2024 National & International Pool Meets

FINA World Masters Championships
Australian Masters National Championships
Alice Springs Masters Games
Pan Pacific Masters Games

Doha, Qatar, 23 Feb- 3 March 2024
Darwin 3-7 May 2024
Alice Springs, 12-19 October 2024
Gold Coast, 1-10 November 2024

2023 - 2024 Open Water Swim Dates

• Seacliff Swim	Seacliff Hotel	17 December 2023
• Proclamation Classic	Glenelg Jetty	28 December 2023
• Pub to Pub	Seacliff to Brighton	7 January 2024
• State OWS Championships	Somerton SLSC	14 January 2024
• Jetty to Jetty	Henley to Grange	26 January 2024
• Brighton Jetty Classic	Brighton SLSC	4 February 2024
• Pink & Blue Swim (Fundraiser)	West Beach SLSC	10 February 2024
• Henley Beach Swim	Henley Beach	18 February 2024
• Port Elliot Swim	Port Elliot	2 March 2024
• Noarlunga Reef	Port Noarlunga Jetty	11 March 2024



MARION OUTDOOR POOL TRAINING SCHEDULE

Monday	9.00 – 10.00am
Tuesday	18.00 – 19.30pm
Thursday	9.00 – 10.00am
Thursday	18.00 – 19.30pm
Saturday	8.30 – 10.00am

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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secretary@marionmasters.org

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