

[View this email in your browser](#)



## JANUARY NEWSLETTER

### President's Report

Happy New Year everyone!. I hope you had a wonderful time with family and friends over the holiday period. Here are a few swimming resolutions to help get your year started (further details in the newsletter):

1. If you haven't already done so, **PLEASE RENEW YOUR MEMBERSHIP FOR 2023**. Insurance coverage, included in your membership, is COMPULSORY.
2. Plan a regular training program with us and record the distances you swim to earn some excellent rewards in the **Vorgee Million Meters Challenge**
3. Join the Team and register for the **Marion Open Water Swim** (State Champs) at Somerton on 15 January, our biggest annual event.
4. Attend the **Open Water Swim Clinics** that Sandy Bennett will be holding at Brighton on the 9<sup>th</sup> and 22<sup>nd</sup> January. (No pool training on Monday the 9<sup>th</sup>)

See you at the pool and on the beach in 2023!

### Members

The club is pleased to welcome **Paul Victory** as a returning member of the club. We had **104 members at YE 2022**, compared to 98 members at YE 2021.

**2023 Memberships** are now past due. The insurance cover included with your membership is required to train with us. We appreciate that this is a busy time of year and that you may have forgotten to renew but please do so at your earliest opportunity. Login to Swim Central (<https://mastersswimming.org.au/memberships/>). (HINT: Once you've logged in to Swim Central go to "Store")

please refer to the confidential Financial Hardship Policy on our website.

<http://marionmasters.org/policies>

## Club Training

**New sign-in sheets** have been prepared to assist our coaches and our Treasurer, **Ace Lewis**, keep track of attendance and payments. There have been an increasing number of IOUs of late which makes more work for us in keeping track of payments. PLEASE assist us by making sure you have ordered and paid for your swim ticket books in advance. Thanks!

If you have any issues or suggestions related to coaching and our training programs please forward them to **Heather Carbone** [hcarbone6@hotmail.com](mailto:hcarbone6@hotmail.com) or 0438 829 633

## Open Water Swim Clinics (Brighton SLSC)

Sandy Bennett will be holding an **Open Water Swim Clinic** at **Brighton** on **Monday, 9<sup>th</sup> January** (no pool training on this day). This is a great opportunity to improve your open water swimming skills ahead of our **Marion OWS (State Champs)** at Somerton on 15 January and the **Jetty to Jetty** on 26 January.

If you plan to attend please text or email Sandy (0421 066 031, [sandy.jean.bennett@gmail.com](mailto:sandy.jean.bennett@gmail.com)) with your name, any pertinent medical issues and whether you have competed in open water swim events before.

Please arrive at Brighton SLSC at 8:30 for a chat/briefing before heading down to the beach. Water cover will be provided by club members.

A second clinic will be held on **Sunday, 22 January**, commencing at 9:30 (revised time, originally 8:30).

## Marion OWS (State Masters Open Water Swim Championships)

Our club will be hosting the **12<sup>th</sup> annual State Championships** on **Sunday 15 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 compete each year (so you have lots of company!) and there are lots of age group and lucky door prizes on offer. Register on-line through Swim Central [2022-23 Nine News Open Water Series | Masters Swimming South Australia](https://www.mastersswimmingsa.org.au) ([mastersswimmingsa.org.au](https://www.mastersswimmingsa.org.au)).

SOUTH AUSTRALIA

## MSSA STATE OPEN WATER SWIM CHAMPIONSHIPS

Sunday, 15<sup>th</sup> January 2023

**Somerton**  
SURF LIFE SAVING CLUB

**EVENTS: 1km & 3km State Championships**

- Open to all swimmers 18 years & over
- Awards to first 3 males and females in each race
- Age group awards for Masters swimmers (1 & 3km)
- Golden Marlin trophies plus lucky door prizes
- Cafe & bar facilities available

**Entries Close:** Midnight, Friday, 13<sup>th</sup> January 2023 (No late entries)  
\$35 members, \$45 non-members  
**Registration:** 8.30 am to 9.30 am on the beach at Somerton SLSC  
**Events Start:** 10 am  
**Enter Online:** <https://swimcentral.swimming.org.au/events>  
**Information:** Ben Warr (Marionopenwaterswim@gmail.com.au)

Proudly sponsored by :

## Competitions

The first of the **Summer Pool Series** meets was held at **Woodside** on 11 December.

Only seven Marlins competed with the club finishing 7<sup>th</sup> on points. **Ian Young** set a State record in the 100m IM. The next pool meet is at **Gawler** on 29 January with entries closing on Swim Central on 13 January.

The **2022-23 Open Water** season is in full swing! The first event was **Seacliff** on 18 December with 10 Marlins competing. **Deb Wareing** was second female over the line in the 1600m event. Unfortunately the **Glenelg Proclamation Classic** on 28 December had to be cancelled due to the rough conditions. The next event on the calendar is the **Pub to Pub OWS** on 8 January (entries close on 6 January).

Registrations for all pool and open water swims are online using the new Swim Central: [Login – Swim ID \(swimming.org.au\)](#). If you are having any problems with the new entry system please contact Heather Carbone – [hcarbone6@hotmail.com](mailto:hcarbone6@hotmail.com) or 0438 829 633)

Contact one of our Team Captains if you require further information about pool or open water swim competitions:

**Gavin Rowell** - 0416 638 248, [gavin.rowell@adelaide.edu.au](mailto:gavin.rowell@adelaide.edu.au)

**Deb Wareing** – 0432 711 359, [deb.wareing@gmail.com](mailto:deb.wareing@gmail.com)

## Social

Thanks to everyone who attended our annual **Xmas Party** on 22 December at MOP. We had an excellent turnout of about 50 members and partners. Thanks to **Meredith Ryan**, **Ben Warr** and **Ace Lewis** who organised the food and drinks.



- **Mattea Palombo** (Most Improved)
- **Ace Lewis** and **Barb Pearce** (Most Successful)
- **Angelique Foran** (Encouragement)
- **Kate Brereton, Sarah Jungfer & Rachel Nitschke** ("Balancing Act")



### Club Merchandise

A reminder that we have plenty of extra club T-shirts of all sizes available so if you would like one (or another one) grab one from the box in the trolley. Payment (\$10) by cash or by deposit to the club bank account.

Front



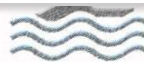
Back



### Club History

If you wish to contribute to the history project please contact Meredith Taylor on [mere21@internode.on.net](mailto:mere21@internode.on.net) or 0405 758 832

## COMPETITIONS – MARK YOUR DIARIES!



### 2023 Summer Pool Meets

Gawler – Long Course  
Strathalbyn – Long Course  
Woodside – Short Course

29 January 2023  
26 February 2023  
19 March 2023

### 2023 State Pool Meets

2023 SA Masters Games

Copper Coast 20-23 April

### 2023 National & International Pool Meets

2023 MSA Nationals – Long Course  
2023 FINA World Masters Championships – Long Course  
2023 Pan Pacific Masters Games

Hobart 18-22 April  
Fukuoka Japan 2-11 August  
Gold Coast – November 2023

## OPEN WATER COMPETITIONS – MARK YOUR DIARIES!

### 2023 Open Water Swim Dates

- Pub to Pub
- State OWS Championships
- Jetty to Jetty
- Brighton Jetty Classic
- Pink & Blue Swim (fund raiser)
- MS Mega Swim (fund raiser)
- Henley Beach
- Port Elliot
- Noarlunga Reef

Seacliff  
Somerton SLSC  
Henley to Grange  
Brighton SLSC  
West Beach SLSC  
Unley Pool  
Henley Beach  
Port Elliot SLSC  
Port Noarlunga Jetty

8 January 2023  
15 January 2023  
26 January 2023  
5 February 2023  
11 February 2023  
11-12 February 2023  
19 February 2023  
4 March 2023  
13 March 2023



### 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

President	Ian Young
Vice-President	Mark Trenwith
Treasurer	Ace Lewis
Coaching Coordinator	Heather Carbone
Registrar/Recorder	Heather Carbone
Safety & COVID Officer	Tony Fowler
Co-Club Captain	Gavin Rowell
Co-Club Captain	Deb Wareing
Committee Member	Robyn Brown
OWS Coordinator	Ben Warr
Social Coordinator	Meredith Ryan
Member Protection Officer	Michael Perkins
Newsletter	Vicki Day



Our mailing address is:

[secretary@marionmasters.org](mailto:secretary@marionmasters.org)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

This email was sent to [vickiday626@gmail.com](mailto:vickiday626@gmail.com)

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Marion Marlins · Hendrie Street · Park Holme, SA 5043 · Australia

Grow your business with  mailchimp