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## NOVEMBER NEWSLETTER

### President's Report

It's great that we are finally getting some summer-like weather which makes swimming outdoors so much more enjoyable! This is reflected in a nice increase in attendance at our training sessions. If you haven't been out since the indoor season come and join us!

Mark your calendars, our Xmas party at MOP will be held on Thursday, 22 December.

This month we feature **Aimee Carter** in our member profile series. Aimee joined the club early this year after moving here from Canberra. She is an accomplished swimmer having competed at a National level. She has been training regularly with us, regaining fitness and competing at some of the interclub meets. Aimee is also an accredited Masters swim coach and we're pleased that she has been able to assist with coaching duties in the past few weeks.

### Training Schedule Changes

Only one more early 8:30 start (due to school programs) this Thursday 10th November before all week day morning sessions revert to the normal 9:00 start time.

### Coaching

**Robyn Brown** will be conducting a GoPro video session on Sunday 20 November at the Westminster pool from 3:00-4:30pm. This has the dual purpose of instructing our coaches in the use of the video system and allowing a few of our newer members the opportunity to have their strokes analysed. Further sessions will be held later in the season.

please forward them to **Heather Carbone** [hcarbone6@hotmail.com](mailto:hcarbone6@hotmail.com) or 0438 829 633

## Members

The club is pleased to welcome **Carolyn Vicary** and **Sarah Osman-Walton** as new members of the club. We are also very pleased to welcome back former members **Natalie Rickers** and **Robert Buchanan**.

Effective 1 November Memberships shifted to the new Swim Central platform. For those joining the club a 14 month membership to the end of 2023 will be available for the price of 12 months. We hope that other Come and Tryers will now join the club.

The 2023 membership price is \$140. We are sorry that there has been an increase but it is the first one in a number of years. The increase is due primarily to the increase in the National, SA Branch and insurance fees which total \$110 combined.

Current members are encouraged to renew as soon as possible and must do so by 31 December for insurance cover to continue.

## Social

We had an excellent turnout to the **Return to Marion Outdoor Pool brekkie** on **Saturday, 29 October!** Thanks for joining us! Our next event will be the annual **Xmas “party”** at 7:00pm on Thursday, 22 December at MOP. Food and drinks will be free and “Santa” will be making her usual awards to deserving club members. Please contact **Meredith Ryan** ([meredithryan@live.com.au](mailto:meredithryan@live.com.au) or 0400 612 341) if you are able to assist with the event.



## Competitions

Our last meet was the **Long Course State Cup** at SAALC on 23 October. Eleven

Entries for the **Short Course Long Distance meet** on 13 November, the last of the Winter Series meets, are now closed with 7 Marlins entered.

Best of luck to **Barb Pearce, Maryanne Heffernan** and **Ace Lewis** who are competing at the Pan Pacific Masters Games on the Gold Coast from 10-13 November.

The **2022-23 Open Water** calendar has been finalised and dates and venues are listed on the MSSA web site and below. Entries will open shortly. The **State Open Water Championships**, which we host, will be on 15 January at Somerton - mark your calendar! Dates and venues for the **Summer Pool Series** meets are still being finalised.

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 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)



Marlins competing at the Long Course State Meet: (from L to R)  
Gavin Rowell, Deb Wareing, Di Ross, Barb Pearce, Meredith Ryan, Stephen Carthew

## Club Merchandise

If you ordered a club T-shirt please pick it up on your next visit and make a \$10



the list and advise of payment method.

Contact **Ben Warr** if you are interested [marionopenwaterswim@gmail.com](mailto:marionopenwaterswim@gmail.com)



## 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



## Member Profile

### Aimee Carter

#### 1.How did you get into swimming?

My parents encouraged me to swim to make sure that i was safe around water. One of my mums friends drowned when she was a child and so it was one of the things she wanted to make sure her children knew how to swim.

#### 2.What's you favourite swimming stroke and why?

My favourite stroke is breaststroke especially when I do the stroke correctly as I feel very powerful in the water.

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

My favourite swimming drill is kick, drill, swim over 75m. It allows me to focus on my technique and build up through the 25m.

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

Not letting the workday get in the way of something that you enjoy.

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

My favourite swimming event was 400 individual medley. It allows me to use my strongest

lead during the freestyle.

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

My best swim was when I completed the 400 IM and got to nationals. I was so pleased that I had achieved the time after so much hard work and dedication to my training.

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

My dad would be my sporting hero. He has played cricket at a competitive level and always continued to play cricket even whilst having a family, making sure that we were involved with that and understood the sportsmanship concepts. He has always understood the challenges that I faced during swimming, taken the time to learn the drills and sessions for swimming and has supported all of my goals.

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

Take the easy part easy so that you can make the fast bit fast.

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

Backstroke. I really do not like the stroke and if I had better technique it would improve my 400 individual medley.

## COMPETITIONS – MARK YOUR DIARIES!



### 2022 Winter Pool Meets

- Short Course – Long Distance [SAALC 13 November](#)

### 2022 National Pool Meets

2022 Pan Pacific Masters Games – Long Course

[Gold Coast 10-13 November](#)

### 2023 State Pool Meets

2023 SA Masters Games

[Copper Coast 20-23 April](#)

### 2023 National & International Pool Meets

2023 FINA World Masters Championships – Long Course

[Fukuoka Japan 2-11 August](#)

2023 MSA Nationals – Long Course

[Hobart 18-22 April](#)

2023 Alice Springs Masters Games

[Alice Springs 14-21 October](#)

## OPEN WATER COMPETITIONS – MARK YOUR DIARIES!

### 2022-2023 Open Water Swim Dates

• Seacliff	Seacliff	18 December 2022
• Proclamation Classic	Glenelg	28 December 2022
• Pub to Pub	Seacliff	8 January 2023
• State OWS Championships	Somerton SLSC	15 January 2023
• Jetty to Jetty	Henley to Grange	26 January 2023
• Brighton Jetty Classic	Brighton SLSC	5 February 2023
• Pink & Blue Swim (fund raiser)	West Beach SLSC	11 February 2023
• MS Mega Swim (fund raiser)	Unley Pool	11-12 February 2023
• Henley Beach	Henley Beach	19 February 2023
• Port Elliot	Port Elliot SLSC	4 March 2023
• Noarlunga Reef	Port Noarlunga Jetty	13 March 2023



### MARION OUTDOOR POOL TRAINING SCHEDULE

<b>Monday</b>	<b>9.00 – 10.00am</b>
<b>Tuesday</b>	<b>18.00 – 19.30pm</b>
<b>Thursday</b>	<b>9.00 – 10.00am</b>
<b>Thursday</b>	<b>18.00 – 19.30pm</b>
<b>Saturday</b>	<b>8.30 – 10.00am</b>

## Committee

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 <u>Wareing</u>
Committee Member	Robyn Brown
OWS Coordinator	Ben Warr
Social Coordinator	Meredith Ryan
Member Protection Officer	Michael Perkins

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