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FEBRUARY NEWSLETTER

President's Report

Despite some pretty average weather in past weeks we've had great attendance at our training sessions, the morning sessions in particular. With the holiday period over its great to see to so many of our members getting back to a regular training and fitness routine.

We've had a busy month at the beach with members participating in our ocean swim clinics, with some then proceeding to participate in our open water swim at Somerton, followed by the Jetty to Jetty and Brighton Jetty Classic swims. Check the calendar below for upcoming open water and pool events.

This month our member profile series returns and we feature one of our new members, **Sarah Osman**. Sarah is originally from England where she competed as both a young age group and Masters swimmer. We've introduced her to ocean swimming and look forward to her joining us in pool competitions this year! Enjoy reading about her swimming background and interests.

Members

The club is pleased to welcome **Michelle Jones, Marshall Watson, Mathew Scholar** and **Alison de Kleuver** as new members of the club. Our apologies if we have missed anyone during the past couple of months while transitioning to Swim Central.

2023 Memberships are now well past due! The insurance cover included with your membership is required to train with us. So please login to Swim Central and renew

A reminder that if you have any concern regarding payment of the annual fee (\$140) please refer to the confidential Financial Hardship Policy on our website.

<http://marionmasters.org/policies>

AGM & Committee Nominations

Our club's **2022 AGM** will be held on **Saturday 25 March** in the Meeting Room at the **Marion Outdoor Pool**, starting at 10:15 (after training). This is your chance to help direct the club's activities so please make an effort to attend.

A free bacon & egg role and coffee will again be offered as an incentive!

A **Meeting Notice**, which includes a **Nomination Form** for positions on the Committee will be sent out shortly. There are a number of vacancies on the Committee with key roles either vacant now or from the AGM. A club like ours can't continue to operate without the support of its members so we would encourage you to consider offering your assistance.

Please contact Ian on ib.young@bigpond.net.au or 0400 719 853 for more information or speak to anyone of the current Committee members.

Club Training

After recently completing an Open Water Coaching Certification Program **Sandy Bennett** held two very successful open water swim clinics at Brighton in January. Both clinics were well attended and gave a few of the participants, **Sarah Langsford**, **Sarah Osman**, **Aimee Carter** and **Dan Levy** the confidence to compete in the Jetty to Jetty OWS. Congratulations!

Just a reminder to make sure you have ordered and paid for your swim ticket books in advance. There have still been a large number of IOU's at some sessions which makes additional work for our Treasurer, **Ace Lewis**, to keep track of attendance and payments. Thanks!

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

Marion OWS (State Masters Open Water Swim Championships)

Our club hosted the **State OWS Championships** on **15 January** at **Somerton**. A big thank you to **Ben Warr**, our OWS Coordinator, and all the Marlins who assisted with preparations beforehand and on the day. Although the number of competitors was down on previous years, due in part to the rough conditions, the event was still

33 members registered for the event (30 swam) and the club won the **Team Aggregate Points trophy** for the 12th consecutive year. Well done Team! We had many age group medallists and **Ian Young** and **Ace Lewis** placed 2nd and 3rd overall amongst the men in the 1km event. Full results can be found on our website [Open Water Swim | Marion Marlins Masters Swimming Club \(marionmasters.org\)](http://marionmasters.org)



Competitions

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The second meet in the Summer Pool Series was held at **Gawler** on 29 January. Disappointingly, only three Marlins competed and the "Team" finished a distant 8th on points. We're hoping for a much better turnout for the next meet at **Strathalbyn** on **26 February**. The pool is in a lovely park-like setting in the middle of this historic town, across the street from the pub (our luncheon venue). Ian will be shouting the first round of drinks so come and join us! Entries on Swim Central close on **10 February** [2022-23 Summer Pool Series Meet 3 – Strathalbyn \(mastersswimmingsa.org.au\)](http://mastersswimmingsa.org.au).

Club participation in open water swim events has been much better! Nineteen Marlins competed in the annual Australia Day **Jetty to Jetty** OWS and the club won (jointly with Phoenix) the **Team trophy** based on Average Points per Swimmer. Congratulations to all the swimmers who took part, including age group winners **Aimee Carter, Sarah Osman, Deb Wareing, Ben Warr, Ian Young** and **Stephen Carthew**.

Ten Marlins competed in the **Pub to Pub** (Brighton to Seacliff) OWS on 10 January with **Deb Wareing** finishing second overall amongst the ladies.

Channel marathon swim on 25 February.

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 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

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

Social

It's our club's turn to organise the SA Branch's annual **Presentation Dinner**.

Meredith Ryan has been busy with preparations for the event which will be held at the **Highway Hotel** on Anzac Hwy on Saturday evening **15 April**. It promises to be a great evening so mark your calendars. Further details to follow.

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.



"Getting to know our members" Sarah Osman

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

I started swimming at 5, learnt fairly quickly and found myself top girl at age 9. Have swum and competed ever since. I can be very competitive even if I don't want to be.

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

My favourite swim stroke is fly, although not as strong as I use to be so I would say front crawl. I like to see where I'm going although no good at breaststroke (or I don't like it enough to try harder)

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

I don't really like drills, but I guess breaststroke arms and free/fly legs. I always like to try and chase the person in front.

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

I have swum with masters since I was 18 after changes to my club, my mum used to swim so I started helping masters by coaching after teaching club squads. Masters are underrated in swimming and it's not recognised in the same way as juniors.

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

I have always enjoyed relays, I like the chase if there is one. I enjoyed 400 free events but will see what happens now I'm back in the pool after 2 years out. I have only just swum OW for the first time on Australia Day...something I never thought I would do but being here I felt I needed to try it especially with some wonderful people around who are very encouraging and supportive!

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

I would say there are different times for different achievements as a master but I competed at The Worlds in Italy in 2012 and overall came 10th in 200 free. Also completing my first OW swim last week!

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

James Gibson was always a favourite of mine, happy to say I met him (and have his race cap). I was gutted not to meet Adam Peaty whilst he was training here a few weeks ago.

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

Always try your best and know that's the best you can do at that time. (I struggle to do this as I always feel I should have done better!)

Club History

If you wish to contribute to the history project please contact Meredith Taylor on mere21@internode.on.net or 0405 758 832

COMPETITIONS – MARK YOUR DIARIES!



2023 Summer Pool Meets

Strathalbyn – Long Course
Woodside – Short Course

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

- | | | |
|----------------------------------|----------------------|---------------------|
| • 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 |
| • Normanville | Normanville SLSC | 4 March 2023 |
| • Noarlunga Reef | Port Noarlunga Jetty | 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



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secretary@marionmasters.org

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