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JUNE 2023 NEWSLETTER

President's Report

It was great to see 26 Marlins representing the club at the recent **Relay Meet**, including first timers and new members. We hope you enjoyed the experience and will consider participating in upcoming meets.

Of course the great majority of our members do not compete and have no intention of doing so! But you can still set some training challenges for yourself. Members are encouraged to enrol in the Vorgee million meters program (see [Million Metres Program | Masters Swimming](#)).

Install the app or download a Record Card and record the distances you cover in training. After reaching a milestone distance you will receive a wonderful Vorgee prize. As a further recognition your name will also be listed on the MSA website.

Hope you will join us for our **Winter Solstice Brunch** at Somerton SLSC on Sunday, 25 June. The brunch will be preceded by an optional swim or toe dip for the brave.

Members

We are pleased to welcome **Kelly Welsford, Joseph Charles and Margot Tisher** as new members to our club. We currently have **100** financial members and are the largest club in SA.

Remember, if you introduce a swimmer to the club and he or she joins we'll give you 5 free swim tickets! Help us continue to build our membership. Six month memberships for new members open on 1 July and will cost \$80.

A regular training session will be held on **Monday, 12 June (Public Holiday)**

If you are looking for a little more lane space and some one on one coaching assistance our evening sessions, Thursday in particular, have much fewer swimmers.

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.

Coaching

Sandy Bennett will be returning soon from her extended European holiday, and will be back on deck on Monday 19 June. Thanks to **Sarah Osman-Walton** for doing an excellent job covering her sessions.

Stewart Galliford is back on deck after missing a few weeks in late April and early May due to Covid. Thanks to **Meredith Ryan**, with help from **Mark Trenwith** and **Robyn Brown**, for covering his sessions. Meredith has also been filling in as Coaching Coordinator while Mark is overseas.

Competitions

It was great to see **26 Marlins** represent the club at the annual **SC Relay Meet** on 21 May at SAALC! Everyone put in a strong performance including four first timers: **Kay Castle, David Incher, Tim Morrison and James Lagudi**. (Kay and David only joined our club just over a month ago!). The day's performances were recounted over lunch and drinks at the Warradale Hotel after the meet. Thanks to **Gavin Rowell** for all his hard work in organising the teams!

The next meet is **Interclub #2**, at SAALC on 16 July. This is a short course event with a number of 25m individual and relay legs available for those who prefer the shorter distances. Nominations close on 4 July: [2023 MSSA Interclub 2](https://2023mssa.org.au/interclub2) (mastersswimmingsa.org.au)

Congratulations to **Barb Pearce** and **Judy Vowles** on their medal winning performances at the Great Barrier Reef Games in Cairns last month!

Registrations for pool events are online using the **Swim Central**: [Login – Swim ID](https://swimming.org.au) (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



Barb Pearce, Judy Vowles and Jo Maher (formerly a Marlin) competing in Cairns.

The next event on the Social calendar will be the **Winter Solstice Swim** (optional) and **Brunch** at the **Somerton SLSC** on **25 June**.

The swim (or toe dip) starts at 10:30 and the brunch at 11:30. Change rooms with hot showers are available at the club. The club will be providing shared appetisers.

Please RSVP **Meredith Ryan** (meredithryan@live.com.au) by Wednesday, 22 June or write your name down at training. Hope you will join us!



**It's time for the
winter solstice
brrrrrrr - lunch**

The "swim" is not sanctioned by the club and everyone participates at their own risk and must ensure their own safety.

The Winter solstice marks the shortest day of the year and this year we'd like to celebrate it with a fun swim at the beach (optional) and then lunch at Somerton Surf Life Saving Club.

Date - Sunday 25th June
Venue - Somerton Surf Life Saving Club
Swim Time - 10.30 (choose your own distance or just dip a toe)
Brrrrr-Lunch time - 11.30 onwards

Somerton Surf Club will open its changerooms for you to shower after the swim.
We will provide some shared appetisers from 11.30. Lunch can be ordered at any time.

Please RSVP to meredithryan@live.com.au with numbers by Wednesday 22nd June or write your name down at training.

Club Merchandise

We are planning on placing an order for club jumpers which will be subsidised by the club (see design below). Further details to follow shortly.

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



POOL COMPETITIONS – MARK YOUR DIARIES!



2023 State Cup and Interclub Meets (all at SAALC)

Interclub # 2 – Short Course

Interclub # 3 – Long Course

Interclub # 4 – Long Course

Short Course State Cup – Short Course

Long Course Long Distance – Long Course

[17 July 2023](#)

[14 August 2023](#)

[11 September 2023](#)

[24 September 2023](#)

[5 November 2023](#)

2023 National & International Pool Meets

FINA World Masters Championships – Long Course

Australian Masters Games

[Fukuoka Japan 2-11 August 2023](#)

[Adelaide 8-9 October 2023](#)



WINTER TRAINING SCHEDULE

Westminster Pool – 1.5 hr sessions

Tuesday & Thursday – 6.30pm

Saturday – 8.30am

SAALC – 1 hour sessions

Monday & Thursday – 9.00am

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

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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