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## MARCH 2024 NEWSLETTER

### President's Message - It's Been a Pleasure

I have just returned from three weeks in the Middle East where I enjoyed a SwimTrek "holiday" in the fjords of northern Oman and competed in the World Aquatics (FINA) Masters Championships in Doha (Qatar). I had a great time (except for picking up a nasty virus!), met some great people, enjoyed playing tourist in Doha and Abu Dhabi and despite some average performances managed to pick up a couple of medals in the meet.

A reminder that our **2023 AGM** will be held in the **Marion Outdoor Pool meeting room** this Saturday, **16 March**, commencing at 10:15 after training. Please support your hard- working committee by attending. This is your chance to learn more about your club and it's future plans, ask questions and raise any issues that may concern you. Free coffee and brekkie roll on offer for those who attend.

And finally...

After six years as President of the club (and carrying the additional responsibilities of Secretary and Newsletter writer for part of this time).

I will be stepping down at the AGM. It's been an honour and a pleasure to serve the club and its members over this period. After a few difficult years during covid the club is currently in a very strong position. We are the largest (and best!) club in SA! I'm confident that the incoming committee will maintain and build on this success in the years to come. I will remain on the Committee to assist **Marc Loader** who, I'm pleased to advise, has agreed to take on the role of President.

Somehow, I've avoided providing answers to Gavin's member profile questions! So, perhaps appropriate that I do so in this edition (see below).

The club is pleased to welcome **Sarah Schenscher** as a new member.

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

## Club Training

An additional fourth lane will be available for our busy Monday morning sessions from 18 March until the end of the outdoor season.

An important announcement regarding our Winter training program at **SAALC** and **Scotch College** was forwarded recently.

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](mailto:Mark.Trenwith@outlook.com) or 0408 262 540.



Noarlunga Open Water Swimmers  
11 March 2024

## Competitions

The last pool meet was held at **Strathalbyn** on 25 February. Only 5 Marlins competed and the team finished 8<sup>th</sup>. **Stephen Carthew** set a State record in the 400



The first of the winter series meets is the **Long Course State Cup** at SAALC on 7 April. Entries close on 22 April [Events \(swimming.org.au\)](https://swimming.org.au).

The last of the open water swim events in the 2023-24 Series was held at **Noarlunga** on Sunday. A large contingent of 17 Marlins competed including four (**Lindsay Martin, Charlie Roberts, Robert Buchanan** and **Glenn Hammond**) who did the challenging 5km swim. There were lots of other great swims including **Maggie Evans** who completed the 2.5km event. **Saraha Osman-Walton** finished 2<sup>nd</sup> female overall in the 1.5km event while **Ian Young** and **Deb Wareing** finished 2<sup>nd</sup> male and female overall in the 2.5km event. Only nine months to the next season!

Finally, congratulations to **Marc Loader, Lindsay Martin, Charlie Roberts, Tess Lang** and **Christie Dorgan** for their brave efforts in completing part of the Rottneest Channel swim on 24 February before the event was cancelled due to the extremely rough conditions.

If you have any questions please contact one of our Club Captains:

**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)



Our Rottneest heroes: Lindsay Martin, Charlie Roberts, Marc Loader and Gero Von Vogt (non-Marlin)

## Club Merchandise

### Club (Named) Caps

Swim caps have been received and are being distributed. Extra caps (un-named)

### Club T Shirts

We still have 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](mailto:Marionopenwaterswim@gmail.com) or 0420 961 702



### Women's Club Bathers

The design of the ladies Marion Marlin bathers has been finalised.

Price is expected to be ~\$100. Orders will be made directly with Jolyn.

Please contact Wareing

([deb.wareing@gmail.com](mailto:deb.wareing@gmail.com)) or Kate Brereton

([kate.brereton22@gmail.com](mailto:kate.brereton22@gmail.com)) for additional information.

## Social

There are no social events on the calendar at the present time. If you have a suggestion for an event please speak to our Social Coordinator, **Meredith Ryan** ([meredithryan@live.com.au](mailto:meredithryan@live.com.au) or 0400 612 341).

The Branch's annual **Celebration (Presentation) Dinner** will be held on 20 April at the Osmond Terrace Function Centre in Norwood. This year's theme is "Paris 2024" so dress up ready for Olympic fever!! Tickets are \$65 and can be purchased on-line at [Events \(swimming.org.au\)](https://events.swimming.org.au). Live music, awards and a three- course meal are included in the price. It should be a fun evening so hopefully we can get a large group of members to attend.



**"Getting to know our Members"**  
**Ian Young**

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

I grew up in a small town about 25km north of Montreal. I learned to swim at the age of seven when the local curling club built a small (25 yard) outdoor swimming pool. It was a short summer swimming season of just over two months, but we did have a few fun swim meets which I enjoyed. During the remainder of the year we participated in other seasonal sports, including, of course, skiing and skating. My first chance to train indoors during winter was when I started university studies in my late teens. Despite a limited training background, I did have some natural ability and managed to squeeze my way onto the university swim and water polo teams.

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

I compete in both freestyle and butterfly (with the occasional IM and back stroke). I prefer freestyle, because it's physically less taxing at my age although many of my

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

I'm not very proficient at swimming drills but would probably consider catch-up as the most beneficial. Coaches and lane mates will know that I'm useless at any drills involving kicking! For training I prefer mostly freestyle sets over various distances and intensity.

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

There are a lot challenges! Younger swimmers will find it difficult to find the time to train with both work and family commitments. For older swimmers like myself, trying to maintain fitness and strength while occasionally coping with injuries and other health issues is the main challenge. Trying to slow the inevitable decline in swim performance is extremely difficult!

**5.What's your favourite swimming event?**

Based on my results (National records, World rankings) my favorites would be the middle- distance freestyle events (200m, 400m, 800m)

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

That's a tough one. A couple of possibilities are a SC 200m Fly (2:39) I swam in 2012 (age 60) and a SC 400m Free (4:58) I swam in 2017 (age 65). Both are still National records and were ranked in the top 3 in the World in those years.

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

Being Canadian born and raised I'd probably say Wayne Gretzky! In the swimming world I'd list Alex Baumann (another Canadian!), Kierin Perkins (that motivational 1500 win at the 1996 Olympics from lane 8) and Michael Phelps (how could you not include him!).

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

Although they say it is hard to teach old dogs new tricks it is important to work with your coach to make changes that will improve the effectiveness and efficiency of your stroke. If only I could get that lazy left arm of mine to be a bit more cooperative!

**9.What's your (swimming related) weakness?** There are many weaknesses! Apart from kicking (see above), I'm hopeless at breaststroke! The loss of strength, speed and stamina and the need for more recovery time are all proving to be big challenges as I get older.

**2024 State Pool Meets**

Swim 3 – Short Course  
 Long Course State Cup  
 Interclub 1 – Relays  
 Interclub 2 – Long Course  
 Interclub 3 – Long Course  
 Interclub 4 – Short Course  
 Short Course State Cup

Woodside Pool, 17 March 2024

SAALC 7 April 2024

SAALC 19 May 2024

SAALC 16 June 2024

SAALC 14 July 2024

SAALC 4 August 2024

SAALC 8 September 2024

**2024 National & International Pool Meets**

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

Darwin 3-7 May 2024

Alice Springs, 12-19 October 2024

Gold Coast, 1-10 November 2024

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

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

