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JULY 2023 NEWSLETTER

It was great that so many of you, including family members, could join us for our **Winter Solstice Brunch** at Somerton SLSC on 25 June.

There is only limited time to have a chat at the pool so its nice to meet at club social events to get to know each other better. More events are being planned.

This month we feature **Mattea Palombo** in our member profile series. Mattea, who joined our club in 2021, is an accomplished triathlete who also competes in pool meets. She enjoys the varied training programs offered by the club and feels that coaching and work on her form strokes has in turn improved her freestyle technique for triathlon events.

Members

We are pleased to welcome **Michaela Battley, Mary Zahra** and **Laura Russo** as new members to our club.

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 opened on 1 July and cost \$80.

Club Training

Time Change: During the school holidays on the 10th, 13th, 17th and 20th July our training sessions at SAALC will start an hour earlier at 8:00.

Some of our morning sessions have been extremely busy with up to 30 swimmers! If you are looking for a little more lane space and some one on one coaching our

hour. With the new filtration system installed at Westminster the water quality at this pool is excellent!

Our coaches are currently familiarizing themselves with our club's GoPro system. We hope to start offering video sessions soon at Westminster on Saturday mornings.

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.

Adult Learn to Swim Program

Our club was selected by the SA Branch to assist with an **Adult Learn to Swim Program (ALTS)** to commence at SAALC later this year.

The program is a cooperative initiative between MSSA and AUSTSWIM with funding support from Allianz. Participants can progress from an eight week ALTS program to a three month Come and Try program.

This will then provide a potential pathway for “graduates” with reasonable swimming ability to join our club.

At a club level our Vice President, **Marc Loader**, is taking the lead as a “Welcoming Officer” and will coordinate our involvement in the program.

Competitions

The next meet is **Interclub #2**, at SAALC on 16 July (nominations are now closed). 18 Marlins have registered to compete which is excellent! The next meet is **Interclub #3**, a LC meet on 20 August. Nominations close on 4 August [2023 MSSA Interclub 3 \(National Swim Series\)](#) (mastersswimmingsa.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

Social

The **Winter Solstice Brunch** at Somerton SLSC on 25 June was a great success!. Only five brave souls ventured into the water this year, not surprising given the conditions! The rest stayed cosy and warm in the bistro area enjoying each other's fine company. Special thanks to **Meredith Ryan** for organising the event

We are planning to organise a club dinner in August at a "local" restaurant. More details to follow.



Club Merchandise

We are planning on placing an order for club jumpers which will be subsidised by the club (see design below). An order form will be sent to members soon.

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

Women's Club Bathers

There has been an expression of interest in organising club bathers for our female members. They will have the club name and logo printed on them (design yet to be

If you are interested in purchasing some club bathers please contact either: Deb Wareing (deb.wareing@gmail.com) or Kate Brereton (kate.brereton22@gmail.com) for additional information.

Bathers would be similar to the Jolyn ones - see link below:

[Group Swimwear Orders || JOLYN AUSTRALIA SWIMWEAR & ACTIVEWEAR – JOLYN Australia \(jolynclothing.com\)](#)

Try-ons for sizing/style can be arranged at one of our group training sessions.



"Getting to know our Members" - Mattea Palombo



1.How did you get into swimming?

I got into swimming when I started Triathlon 3.5 years ago. I had no idea how to swim when I started. I had not done any swimming other than the week every year in primary school where you go to the swimming centre or spend a week at Port Noarlunga snorkeling. I started from scratch learning freestyle and now I've been able to start learning other strokes to.

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

Thanks to Stewart, I have started swimming breaststroke and absolutely love it. When I first started with Masters I was hesitant to swim form strokes, however, I feel

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

Definitely Kick with Fins and Pull Buoy and Paddles. I like swim sets that are varied and challenging.

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

Unsure about this one.

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

For this one I would have to say a Half Ironman, 1.9km swim.

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

Nothing fast yet sadly, but probably the Melbourne Half Ironman 1.9km swim November 2022 which was a PB pace for me.

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

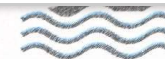
I definitely love following professional female triathletes. They really inspire me to keep going and keep being consistent. For example, Chelsea Sodaro who won the World Triathlon Championships last year approximately one year after having a baby.

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

Stay consistent each week, each month, each year, have fun and don't forget nutrition, sleep and recovery.

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

I would say, Freestyle Technique. Still working on this and hoping to keep improving.



2023 State Cup and Interclub Meets (all at SAALC)

Interclub # 2 – Short Course	17 July 2023
Interclub # 3 – Long Course	14 August 2023
Interclub # 4 – Long Course	10 September 2023
Short Course State Cup – Short Course	24 September 2023
Long Course Long Distance – Long Course	5 November 2023

2023-2024 National & International Pool Meets

FINA World Masters Championships – Long Course	Fukuoka Japan 2-11 August 2023
Australian Masters Games - Short Course	Adelaide 8-9 October 2023
FINA World Masters Championships	Doha, Qatar, 23 Feb- 3 March 2024
Australian Masters National Championships	Darwin 3-7 May 2024
Alice Springs Masters Games	Alice Springs, 12-19 October 2024
Pan Pacific Masters Games	Gold Coast, 1-10 November 2024



WINTER TRAINING SCHEDULE

Westminster Pool – 1.5 hr sessions	SAALC – 1 hour sessions
Tuesday & Thursday – 6.30pm Saturday – 8.30am	Monday & Thursday – 9.00am Payment – half swim ticket or \$5.00 to club plus SAALC entry (Member, 20 pass ticket or single entry)

Time Change:

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Committee

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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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