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MARCH NEWSLETTER

President's Report

It hard to believe that autumn has arrived and we only have a month of outdoor training left at the Marion Outdoor Pool. Enjoy it while you can! Please see the Club Training section below for training dates in early April when we return indoors.

This month we feature **Charlie Roberts** in our member profile series. Charlie, who joined our club in 2013, is originally from England where he learned to swim in the River Thames near Oxford. He is a very strong ocean swimmer and certainly prefers ocean over pool! Both he and his partner **Lindsay Martin** are strong supporters of the SA open water series and have completed all swims over the past few seasons.

Members

The club is pleased to welcome **Colleen Szeto, Johanna Kohler, Judy Carruthers** and **James Lagudi** as new members of the club.

There are still a few swimmers who have not renewed their membership for 2023. The insurance cover included with your membership is required to train with us. So please login to Swim Central and renew at your earliest opportunity (<https://mastersswimming.org.au/memberships/>).
(**HINT:** Once you've logged in to Swim Central go to "Store")

AGM & Committee Nominations

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!

The **Meeting Notice** and **Nomination Form** for positions on the Committee were emailed on 3 March. There are a number of vacancies on the Committee that need to be filled. A club like ours can't continue to operate without the support of its members so we would strongly encourage you to nominate for one of the positions.

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

Our last day of training at the **Marion Outdoor Pool** is on Thursday, 6 April. After the Easter long weekend we move indoors with our first session at **Westminster** on Tuesday evening, 11 April and our first session at **SAALC** on Thursday morning, 13 April. All arrangements (days & session times, ticket prices, etc). are unchanged from last year. Good news - Westminster has upgraded its pool operations with a new UV system and also made several other improvements to ensure optimal water quality.

Just another reminder to make sure you have ordered and paid for you swim ticket books in advance as there continues to be a number of IOU's, particularly in the evening sessions. 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



Rottnest pre-race preparations with (L to R) club member **Marc Loader**, former club member and coach **Änki Schwedat** and **Marin Slunjski**.



Marlins team of **Paul Victory**, **Robert Buchanan** and **Dean Guse** during the Rottnest swim.

Competitions

The third meet in the Summer Pool Series was held at **Strathalbyn** on **26 February**.

Seven Marlins nominated but only five swam and the Team finished 6th. **Stephen Carthew** (M 75-79) set a State Record in the 400m Freestyle. The final meet in the Summer Series is a Short Course meet at **Woodside** on **19 March** (entries now closed) while the first meet in the “Winter Series” is the **Long Course State Cup at SAALC** on 2 April. Entries for this meet close on 17 March [2023 MSSA LC State Cup \(mastersswimmingsa.org.au\)](https://mastersswimmingsa.org.au). Let's get a good team out for the start of this series!

Thirteen Marlins competed in the **Port Elliot OWS** on 4 March. Conditions were good on the course although there were plenty of dead fish near the shore and on the beach! **Ace Lewis** and **Ben Warr** managed to avoid all hazards and finished 1st and 2nd respectively amongst the men in the 900m event while **Deb Wareing** finishing second overall amongst the ladies in the longer 1800m event.

The final OWS for this season is the **Noarlunga Reef OWS** on the holiday Monday, 13 March. This is a lovely venue and it's always popular with our members. The forecast looks great. Entries close at noon on 12 March [OWS – 2023 Noarlunga Reef Swim \(mastersswimmingsa.org.au\)](https://mastersswimmingsa.org.au).

A big congratulations to **Marc Loader** who completed the **Rottnest Channel** marathon as a solo swimmer while **Paul Victory**, **Robert Buchanan** and **Dean Guse** put in a strong performance as part of a four man team. Best of luck to our members who are competing this weekend in the State Masters Surf Life Saving Championships at Glenelg.

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

Arrangements have been finalised for the Branch's annual **Presentation Dinner** to be held at the **Highway Hotel** (Anzac Hwy) on Saturday evening **15 April**. Because our club (**Meredith Ryan**) is organising the dinner we are hoping for a good turnout.. As a small encouragement we will give a free swim ticket to every member who attends! It promises to be a great evening (see flyer below) and numbers are limited so if you plan to attend please register early. **Bling it On! 2023 MSSA Presentation Dinner** (mastersswimmingsa.org.au).

**Masters Swimming SA
Presentation Dinner**

Saturday 15 April 6.00 to 6.30pm

Included:

- free drink on arrival
- 3 course meal
- all the awards
- live music Graham Lawrence
- guest speaker

"come dressed to the nines with some bling and celebrate the past year in style"

CLICK HERE for TICKETS

Cost \$75 plus transaction fee

Organised by
Marion Masters Swim Club

Highway Inn
290 Anzac Hwy, Plympton

Club History

Work on the Club History project is nearing completion, at least for the time being. **Meredith Taylor** has done an enormous amount of work over the past few years, gathering information about the club from various sources. Included in a draft report is a list of Office Bearers, membership numbers, a timeline of events, Life Member profiles and more. There is also Dropbox file with over 300 scanned newspaper articles and photos from the early years and a folder with scanned reports.

The club is looking for someone to assist Meredith to edit and format the report so

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.

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"Getting to know our members" Charlie Roberts



1.How did you get into swimming?

I learnt to swim in the River Thames near Oxford in the UK, which wasn't the most hygienic experience, but it did give me a decent immune system. My journey to

my younger brother. My poor mother decided that swimming might be the solution. Etched into my memory is a steamy pool, the smell of chlorine and Chas Reed, the coach. He controlled the whole pool, 6 lanes and about 30 swimmers, with a massive booming voice. I wasn't much good, but the club charitably allowed me to be the backstroker in the medley relay team

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

Hard to go past freestyle, but I do like a blast of butterfly. I'm aiming to make it to 25 metres!

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

Sculling with fins for some freestyle technique. Love a little Old English backstroke in the cool down. Butterfly kick on your back with fins is up there too.

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

Trying to avoid injury. I like to mix the exercise and avoid doing too much of one thing. I also use elastic bands as strength conditioning, which has helped prevent shoulder issues (touch wood!!)

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

I'm hopeless in the pool! Open water for me!! Something with a little novelty, like Pt Elliot or Jetty to Jetty.

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

State Champion 55-59 3km 2023! The odds were good, only a need for gold and silver. Thanks to Ace for looking after and not spending my Hogs Breath voucher!

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

Marc Loader...watching him finally (Fremantle Doctor) finish the Rottnest was awesome! But I'm not tempted!!!!!!

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

Be consistent! It's easier to maintain what you've got, rather than claw your way back. Have some achievable goals (you'll never beat Ace!!). Enjoy it! Exercise is also the best anti-aging treatment money can't buy

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

Short levers and a lack of buoyancy, which is another reason for swimming in salt water.

2023 Summer Pool Meets

Woodside – Short Course

[19 March 2023](#)



2023 State Cup and Interclub Meets (all at SAALC)

Long Course State Cup – Long Course

[2 April 2023](#)

Interclub # 1 – Short Course (Relays only)

[5 May 2023](#)

Interclub # 2 – Short Course

[17 July 2023](#)

Interclub # 3 – Long Course

[14 August 2023](#)

Interclub # 4 – Long Course

[11 September 2023](#)

Short Course State Cup – Short Course

[24 September 2023](#)

Long Course Long Distance – Long Course

[5 November 2023](#)

2023 State Pool Meets

SA Masters Games

[Copper Coast 20-23 April 2023](#)

2023 National & International Pool Meets

MSA Nationals – Long Course

[Hobart 18-22 April 2023](#)

FINA World Masters Championships – Long Course

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

Australian Masters Games

[Adelaide 7-14 October 2023](#)

OPEN WATER COMPETITIONS – MARK YOUR DIARIES!

2023 Open Water Swim Dates

- 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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