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NOVEMBER 2023 NEWSLETTER

President's Message

The weather is improving and its great to be back swimming outdoors at MOP! Hopefully everyone has adjusted by now to the new pool entry and ticketing system.

Attendance at our week day morning sessions continues to be very strong so we have decided, on a trial basis, to use two coaches on Mondays. **Heather Carbone** will be assisting Sandy and will be focussing mainly on helping our lane 3 swimmers improve their stroke technique.

in an upcoming newsletter.

Members

The club is pleased to welcome **Catherine Guse, Annie Loader, Karen Grieve** and **Jo Shirlock** as new members. These ladies are the partners of **Dean, Marc** and **Gavin Rowell** respectively so it is wonderful that they have now joined us! This brings our current membership to 114.

Sixteen month memberships (to 31 December 2024) for new members opened on 1 September and cost \$160. New members will receive a swim training ticket for every month “missed” since September. Let your swimming friends know about our free Come and Try program and help us continue to build our membership.

Club Training

Thank you for your cooperation in adjusting to the new entry and ticketing arrangements at the Marion Outdoor Pool. You can assist further by ensuring you have purchased your book of tickets before attending training. There have been an unusually large number of “IOUs” in October which makes for a lot of extra work for our Treasurer. If you have forgotten please consider purchasing a single ticket from another member at the pool. Thanks!

To better manage swimmers in our busy morning sessions we are pleased that **Heather Carbone**, our former Coaching Coordinator, has agreed to assist Sandy with the Monday morning sessions. Heather will assist swimmers, particularly those in lane 3, with improving their stroke technique. The additional coaching is being undertaken on a trial basis while attendance remains high so please take advantage of this opportunity while you can!

If you have any issues or suggestions related to coaching and our training programs

Adult Learn to Swim Program (ALTS)

Our club is supporting the **ALTS Program**, a nation-wide initiative by Allianz and Masters Swimming Australia to teach adults to swim. An eight week program commenced on 9 October at SAALC with coaches provided by the Centre. Members of our club have volunteered to attend these sessions to provide encouragement and to tell participants about Masters swimming and our club. We are receiving a financial consideration for this assistance.

Thanks to **Marc Loader** for managing this program on behalf of the club and to club members who have volunteered.

Competitions

The **Australian Masters Games swim** meet was held at **SAALC on 7 and 8 October**. Eleven Marlins competed with some excellent results including State records to **Ian Young** (25 Free, 50 Free, 100 Back) and **Ace Lewis** (25 Breast)

The final event in the “Winter” pool program, the **Long Course Long Distance** meet, was held on 5 November at SAALC. Only a small contingent of 5 Marlins competed. State records were set by **Stephen Carthew** (800 & 1500 Free) and **Ace Lewis** (800IM -Ouch!). A shout out to one of our new members, **David Incher**, who attended and competed successfully at all the winter meets.

The **Summer Series** is expected to start in December with a meet at **Woodside**. Details should be available soon. The first Open Water Swim is at **Seacliff** on 17 December. We host the **State Masters OWS Championships** at Somerton on 14 January. Mark your calendars!

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

Social

The **Back to Marion Brekkie** was held at MOP on Saturday, 21 October. Despite the rather cool conditions we had a good turnout. Thanks to **Meredith Ryan** for organising.

The next event will be our annual **Xmas Dinner and Presentations** which will be held at MOP on **Thursday, 21 December** following (optional) training. Further details to follow. Mark your calendars!



Club History

Our club History project is nearing completion and the final document, which is currently being formatted, should be available soon. Thanks to **Meredith Taylor** and **Vicki Day** for the amazing amount of work that they have put into this project.

One part of the project that has been completed is a listing of all club members who

the club.

The list is now available on our website [bbdb2444-f57a-4145-be60-06be8c773406.xlsx \(live.com\)](#). If you are aware of any errors or omissions please let us know.

Club Merchandise

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. Please email or call **Ben Warr** if you have any questions. Marionopenwaterswim@gmail.com or 0420 961 702

Women's and Men's Club Bathers

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.

POOL COMPETITIONS – MARK YOUR DIARIES!



2024 National & International Pool Meets

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

Doha, Qatar, 23 Feb- 3 March 2024
Darwin 3-7 May 2024
Alice Springs, 12-19 October 2024
Gold Coast, 1-10 November 2024

2023 - 2024 Open Water Swim Dates

• Seacliff Swim	Seacliff Hotel	17 December 2023
• Proclamation Classic	Glenelg Jetty	28 December 2023
• Pub to Pub	Seacliff to Brighton	7 January 2024
• State OWS Championships	Somerton SLSC	14 January 2024
• Jetty to Jetty	Henley to Grange	26 January 2024
• Brighton Jetty Classic	Brighton SLSC	4 February 2024
• Pink & Blue Swim (Fundraiser)	West Beach SLSC	10 February 2024
• Henley Beach Swim	Henley Beach	18 February 2024
• Port Elliot Swim	Port Elliot	2 March 2024
• Noarlunga Reef	Port Noarlunga Jetty	11 March 2024



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

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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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