



## KEEPING IN TOUCH

### JULY 2021

### Welcome to New Members in 2021

We would like to welcome Johan Jansen Van Vuuren back to the Kingfishers. Rumour has it that Johan's wife also swims -it be great to see Michelle at training too!

As of July 2021, we have 51 swimming Members, and 10 Social Members.

### Continuing Covid 19 Regulations



A reminder to all swimmers to register their attendance at the ARC through the 'mySA Gov' app.

You need to download this app prior to arrival at the centre and scan your QR code as you enter. You are able sign in manually.

If you are a Covid Marshall, please pick the lanyard up before your shift and put it on whilst you are setting up the trolley. This makes it easier for the ARC staff to ensure everyone is following the correct procedures.

### Training Times at the ARC.

Mondays- 7-8pm Coached Session.

Wednesdays-7-8pm Uncoached Session

Fridays -7-8pm Uncoached Session.

Saturdays 10-11am Uncoached Session, followed by coffee and chatting .

You can purchase a **Season** or **Multi-Visit** (coached or uncoached option) pass.

Please pay via Direct Debit.

Ask any member at training for more details.

### Endurance Swims over Winter at the ARC

Endurance 1000 timing sessions will be held on the last Friday and Saturday of the month.

**30 & 31 July**

**27 & 28 August**

**24 & 25 September**

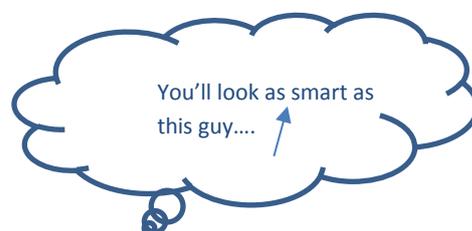
All club members are welcome to join in – what a great way to get in some longer swims over the winter months and gain Endurance points for yourself and your club. Please follow the direction of the timekeepers so they can concentrate on timing **you**.



### Club Apparel and equipment

Club branded apparel is available to purchase through our website [ttgmastersswimming.org.au](http://ttgmastersswimming.org.au) Click on membership, then on merchandise.

Several people have enquired about club jackets. We would like to update the design. If you are interested then let John, Jan or Maddi know over the next few weeks so we can organise a new order. We need to order at least 10.



New Bathers have arrived and been delivered. We still have 2 pairs of bathers left, so if you're interested, get in touch with Helen to get the details.

Bathers look great and the new caps are a great accessory with them – \$10.00 each - ask at training if you would like one.

Helen



### Training prizes

You only need to attend 6 sessions per month to be in the draw... new goggles will cover the cost of training – it's a winning situation. As soon as Ian sorts out his pictures and washes the car after his holiday, he will collate the eligible swimmers for the last couple of months.



### Bunnings BBQ

TTG Kingfishers hosted a Bunnings BBQ on June 12th. These BBQ dates are hard to get, especially on weekends and we have had to work for quite a while to get a weekend spot for these great fundraisers

The total BBQ income was \$578.42, which was great considering the cold weather.

If you would like to assist with the next one "watch this space".

They are good fun to be part of!

The Club has cartons of 24 cans of soft drinks for sale at the low price of \$14 a carton. The expiry dates on the drinks is the end of October. If anyone is interested in purchasing a carton, please let John Gamlen know.

### Community Grant

Club has been successful in gaining a Tea Tree Gully Council Community Grant. This money will be used for new stopwatches, starting hooters, gazebos and storage cupboard for the equipment in the storage shed at Waterworld. This application also requires the Club to commit to a partial cost and donate volunteer hours.

John Gamlen kindly accepted the award on behalf of the Kingfishers.



### Winter Solstice Swim



On Sunday June 30<sup>th</sup>, 3 brave (brave?) Kingfishers joined in the *Winter* Solstice Swim. They all managed to swim and made it back to defrost and tell the tale. Well Done Girls!



### Swim with Cuttlefish

John Harrison and Angela Vas travelled to Whyalla to swim with the Giant Cuttlefish. Such an amazing experience to see these amazing, enormous and colourful creatures up close. Wetsuits, gloves and booties were all part of the deal so both could enjoy their swim in relatively warm, dry comfort.



## Up Coming Events

**Interclub 2** Sunday 18<sup>th</sup> July

**Interclub 3** Sunday 15<sup>th</sup> August.  
Entries close 30<sup>th</sup> July.

**Interclub 4** (Relays) 12<sup>th</sup> September.  
Entries close 27<sup>th</sup> August.  
\*There are 18 relay events on this day. It's going to be a lot of fun!  
If you don't usually enter competitions, then consider this one – we need lots of people to be part of the fun of relay races. You don't have to swim far, do many events, dive in or even be fast so **give it a go!**  
It's the **Fun** part of Master's Swimming!

## Important People to know in the Club

It has been brought to our attention via the state branch of Master's Swimming how important the role of Member Protection Officer is.

The Member Protection Information Officer (MPIO) is the first point of call in the club for any enquiries, concerns or complaints about harassment and abuse.

The MPIO provides confidential information and moral support to the person with the concern or who is alleging harassment.

The MPIO is responsible to the club's Board and club members.

For more information please refer to : - [www.mastersswimming.org.au/rules-and-policies/member-protection/](http://www.mastersswimming.org.au/rules-and-policies/member-protection/)

Our Club MPIO is **Owen Heaney** - [oweninaustralia@hotmail.com](mailto:oweninaustralia@hotmail.com) or speak to Owen at training regarding any concerns.

Safety Officer is **John Gamlen** [john.gamlen@bigpond.com.au](mailto:john.gamlen@bigpond.com.au) or speak to John at training to discuss any safety concerns or to report an injury incurred at training.

Coach is **Mark Priess**  
Speak to Mark with any injury or other concerns at training on Monday nights.

## A Message from your President

Well, it is truly winter here and I'm excited to be heading north for some warm sunshine!

However, I am disappointed not to be participating in the next interclub. That is when 'fun, fitness and friendship' in swimming really shines (for me).

Our Board (I liked the term Committee better!) meet monthly, and we talk way too much normally but we have been busy and active, all the news is right here in this newsletter.

Our lives have changed with this Covid – 19 pandemic and as I reflect on the new 'normal', the need for us all to manage our health to get the most out of life has been accentuated. Not only physically but mentally.

This is the message that SA Health is keen to emphasise (as I'm reminded everyday at work).

Their website has some great resources and ideas, but I believe we already know and practice these ideals.

Our positive healthy involvement in an active sport with the motto 'fun, fitness and friendship' does amazing things for our bodies and minds. However not all of us are free from injuries, illness or afflictions. I am so grateful to swim with a bunch of friends that watch my back as I watch theirs.

We have a Safety Officer, Member Protection Information Officer, Board and a great Coach, please let us know if you have any concerns or medical issues that we could assist with.

Now I'm off to try my new and improved shoulder at sailing again.

See you soon, Helen

## Coaches reports.

Each month, Mark writes a report for the board. We think it is excellent feedback and we should share these reports with all our swimmers, so we all understand the thoughts and direction behind the coaches training programs.

### July 2021

The focus through the May and June training sessions has been increasing the tempo of the main sets, particularly timed sets, alternating hard/easy repeats and “race-pace” efforts. The objective being to get swimmers ready for the next interclub. I have been impressed with the swimmers’ approach to these tougher sets and commitment to finishing even when the going got hard. There was only one drills focused session in that period but will look to return to some technique work after Interclub 2. Jan mentioned the club has some snorkels at Waterworld(?) and I was wondering if it would be possible to have a few (~3/4) brought to the ARC. I think use of a snorkel may help some swimmers with freestyle technique in keeping a nice “long axis” through the stroke.

Regards,

Mark.

We have found the snorkels (and nose plugs – in the second drawer of the trolley) so a few lucky people can look forward to these training aids helping them to improve their technique. Better technique makes swimming easier so your fitness will improve at a faster rate and training sessions will become more enjoyable.

Always remember :-

**It never gets easier – you just get faster!**

## Ian Thorpe

Ian (our treasurer, original Ian Thorpe **and** amazing club member) and his wife Meg have been on a holiday recently. We are very pleased that Ian has taken the time to share some of his experiences with us.  
Enjoy Ian and Megs holiday!

### WA, Broome & Kimberley Trip –

#### April to June 2021

Meg and I have recently returned from a 2-month holiday. We travelled by car across the Nullarbor, around the south west coast of WA, up to Perth, then up the WA west coast to Broome. From Broome we headed off on a 2-week camping tour in a 4WD bus, with a company called Kimberley Wild, around the Kimberley region.

We decided to drive home the “short” way via Kununurra, Katherine, Tennant Creek, Alice Springs and onto Adelaide – only 4,200 km! In all we travelled 12,500 km by car and about another 3,000 km on the bus tour.

#### **There are too many highlights to mention them all, but a few are:-**

Beautiful beaches around Esperance and Albany.

Wildflowers – unbelievable variety in the Fitzgerald River National Park between Esperance and Albany in Autumn - what is it like in Spring?

Southern forests around Walpole – huge Karri, Jarrah and Tingle trees.

National Anzac Centre at Albany.

HMAS Sydney 11 Memorial at Geraldton.

Swimming with a whale shark on Ningaloo Reef near Coral Bay.

Broome – sunsets and moon rises over the sea at Broome.





### Kimberley Tour (with Kimberley Wild)

Our tour leader was a 25-year-old lady by the name of Gem. There were 20 of us on the bus – 18 tourists from around Australia, Gem and her assistant – Sophie.

Gem really was a Gem! She did all the driving often over very rough 4WD tracks and all the cooking – she was a wonderful cook. We all helped with washing, cleaning up and whatever else needed doing.

At one stage she replaced a flat tyre on the bus. Gem was under the bus and had about 6 males standing nearby offering advice and help where they could!

**Some highlights of this part of the trip were:-**

Speed boat ride on King Sound experiencing the giant tides – the tide runs at about 30km per hour at its peak. Try swimming against that Kingfishers!

Many walks to rock pools and waterfalls usually followed by a swim.

Swimming in Lake Argyle followed by drinks and pate. Water was 25 degrees!

Helicopter trip over the Bungle Bungles.

We could have spent a lot longer away. I guess we will have to go back again.

Ian & Meg

