



KEEPING IN TOUCH

DECEMBER 2020

Christmas is nearly here!

At last, 2020 is nearly over

We have made it through a very interesting year and look forward to things settling and getting used to a new kind of normal.

Latest Covid 19 Regulations and Directives

Waterworld and The Arc have reopened after our latest Covid 19 lockdown and once again we are back to normal training times. New rules require all members to register their attendance at each of these centres 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.

Events since August.

Since August we have had 3 swimming events. Firstly, Racing Again in SA followed by a State Cup in September and then the Long Distance (but over a Short Course) meet in November. We look forward to next year when everyone will be back to a normal routine and more of us able to get out to enjoy the swim meets.

Endurance Day & Special Meeting

Despite the national Endurance program not going ahead this year, Kingfishers held their annual Endurance Swim and BBQ Brunch. Thank you to Des for continuing with the Endurance swims for us. We have piled up quite an impressive point tally even if it is unofficial.

This year we combined it with a special Meeting to vote in our new club Constitution. Peter and John (and their helpers) cooked us a hearty egg and bacon breakfast followed by pancakes with all the extras. Breakfast just finished in time to rush under cover as a thunderstorm moved through – luckily all the swimming was finished!

The outcome of the Special Meeting was a successful vote for the constitution. Next year our club will be able to vote in its new board for the first time. Thank you to every member who voted (and every member voted!) – what a great outcome to move forward in line with other clubs.



Training and other Activities

Our new coach is getting to know us and is tailoring the training to suit our needs. Long distance swims will be the focus over summer – so let's see if Mark is able to improve our in Open Water Swims. Just a hint: - you must come to training for his programs to work. The weather will be getting better so treat yourself to some swims. The water is always beautiful at Waterworld.

The end of winter training was celebrated at Amore Pizza house at Highbury with a group of us enjoying a social evening with pizza and a glass of wine. Everyone is welcome at all these events – it's great to catch up with fellow club members and keep in touch.

During the winter months when there were no swimming training or competitions, a group of us would meet for a 30k bike ride, normally from Carisbrooke Park to Mawson Lakes for a coffee and return to Carisbrook. It's been an enjoyable alternative to swimming when you can't swim. The positives have been – not getting wet (well, that's hasn't always been the case), you can talk while you ride and, you get to stop halfway for coffee!



Get together for a weekend beach swim.

As the spring weather heated up and the pool had to close again, a small group has been able to enjoy a couple of beach swims.

Henley to Grange, Grange to Henley or Largs to Semaphore and return have been on the menu. If you are planning a swim – give a shout out on Facebook or email and encourage someone to join you. The bigger the group, the less likely it is that you get eaten by a shark (is it ok to mention sharks?)



Training prizes

And the winners are: -

August – Jenny Mulqueen

September – Jan Gill

October – Bernie Shears



These lucky girls received a pair of new goggles.

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.

Owen's Strava map of his recent Open Water swim – don't follow him unless you need to go to IGA



Meet Helen Haberfield

I joined the Kingfishers about 15 years ago. I had not formally trained or competed for 28 years. As a teenager, I belonged to a swimming club in Townsville at the Tobruk Pool, the same pool Dawn Fraser trained in preparing for the Olympics!

I have always enjoyed the water, thanks to my parents! We lived in boats, sailed boats, kayaks, canoes, scuba dived and everything water! So, have always needed to swim!

I joined the Kingfishers after separating from my ex. One day I went to Waterworld and saw John Trower training the club and thought maybe I could try swimming again.

The friendships, fun and fitness have become an integral part of my life. The more involved I became the more I love it! Now training, competing in pool competitions, ocean swimming, attending presentation events, social events and being on the committee have given me the best of everything. To be out and about enjoying different pools and beaches is quintessential Australian.

Even though I am not fast or furious in the water I've managed to score a record or two too!

Swimming and the Kingfishers has given me Fun, Fitness and the best Friendships.

I thank you all for being on this journey with me!

Cheers Helen



Upcoming Events

Saturday 12th December
TTG Kingfishers Christmas Party.

Due to Covid 19 restrictions the venue has now changed to Carisbrooke Park, Main North Rd, Salisbury (opposite Old Spot Hotel – enter via the second carpark beside to the creek).

Arrive from 12 noon onwards. This year it will be a BYO picnic, drinks, and chair. For those who wish to participate, bring a Kris Kringle gift (to the value of \$15.00). See Santa from a safe social distance and wish everyone a Merry Christmas.

Individual desserts will be provided for you by the club.



Bring your Bocce or similar games to play in the park after lunch.

Sunday 13th December - The first Competition of the Summer Series has been confirmed to go ahead at the Woodside pool. Entries for this event close on **Wednesday 9th December**. Register ASAP. It's an 8.30am warm up and a 9am start.

Sunday 20th December - Seacliff OWS Register at 8.30 for a 10.00 am start. There is 800m or 1500m swim. Entries close 19th December at noon. **Online entries only** – no entries accepted on the day.

Last Training sessions for 2020

Stay tuned for details of Kingfisher's Christmas break up.

Last training sessions for 2020 at Waterworld will be Wednesday **Dec 23rd** and the ARC on Saturday **Dec 19th**.

Training will resume on Monday **Jan 4th** at Waterworld and on Saturday **Jan 9th** at the ARC

Upcoming Events...

28th December Proclamation Day Classic – Glenelg Jetty. Register at 7.30am for a 9am start. 1km or 2km swim. Online entries only – check MSSA website when Registration becomes available.

Upcoming Events to pencil in your diary

21st February 2021 – Club Presentation Dinner. Venue to be confirmed.

25th March 2021 –Kingfishers AGM.

Venue: - TTG clubrooms, Waterworld. Time to be advised.

8 & 9th February – M.S. Mighty Swim. Kingfishers participate in this annual fundraising event helping to raise funds to support people living with Multiple Sclerosis. It challenges us as a Club to swim for 24 hours whilst raising these funds and earning points for our individual Endurance 1000 program. More details regarding registering for this swim will be coming out on email later this month.

MSSA Registration is now due.

The registration fee portal is now set up for Members to make payments for next Season's registration. The 12-month fee remains the same as last year at \$120.00 and Social Members remain the same at a bargain \$5.00.

Member Protection Officer.

If any Members have any issues or concerns our current Member Protection Officer is **Bob O'Brien**. If you wish to contact Bob, please email Jan Gill, 1janice.gill@gmail.com for contact details.

Alternatively, if you wish to read through our policy, you can find it in a pink folder in the trolley at Waterworld. Notify a Club Member and record your name on the daily sign-in sheet if you wish to take it home to read.



January 2021

OWS – 2021 Pub to Pub

January 10, 2021 @ 8:30 am - 12:00 pm
[Seacliff Hotel to Brighton Hotel](#)

OWS – 2021 State OWS Championships

January 17, 2021 @ 8:00 am - 12:00 pm
[Somerton](#)

OWS – 2021 Nine News Australia Day Jetty to Jetty

January 26, 2021 @ 8:00 am - 1:00 pm
[Grange to Henley](#)

2020-21 Summer Series – Gawler

January 31, 2021 @ 9:30 am - 12:30 pm
[Gawler Aquatic Centre](#)

February 2021

Brighton Jetty Classic

February 7, 2021 @ 7:30 am - 5:00 pm
[Brighton Jetty](#)

Pink & Blue Swim/Walk

February 13, 2021 @ 7:30 am - 5:00 pm
[West Beach](#)

OWS – 2021 Henley Beach Swim

February 21, 2021 @ 8:30 am - 12:00 pm
[Henley Beach](#)

OWS – 2021 Port Elliot Swim

February 27, 2021 @ 2:30 pm - 5:30 pm
[Port Elliot](#)

2020-21 Summer Series – Strathalbyn

February 28, 2021 @ 9:30 am - 12:30 pm
[Strathalbyn Swimming Pool](#)

March 2021

OWS – 2021 Noarlunga Reef Swim

March 8, 2021 @ 9:00 am - 1:30 pm
[Port Noarlunga Jetty](#)

2020-21 Summer Series – TBA

March 14, 2021

SwimmingSA – Whyalla OWS

March 21, 2021 @ 8:30 am - 12:00 pm
[Whyalla Marina Wharf](#)

SwimmingSA – Port Pirie OWS

March 21, 2021



Yes, you are seeing the same people in all the pictures! Please come and join us so you can make the pictures more interesting! Here's a list of events you can choose from.



Newsletter editors: -
Maddi Edgley Smith
and Bernie Shears

