



KEEPING IN TOUCH

OCTOBER 2021

Back to Waterworld!

Spring is here and training is back at Waterworld for the summer months. It's been a chilly start, but the water is a perfect temperature and it's great to stretch out in the 50m pool. So, grab a warm jacket for the dash from the pool to the change rooms and start getting ready for a summer of swimming.

Continuing Covid 19 Regulations



A reminder to all swimmers to use the QR code to register their attendance at Waterworld and again as a Kingfisher (at the trolley) through the 'mySA Gov' app.

Covid Marshalls – please continue to be vigilant with maintaining cleaning and reminding people to check in. Masks are not mandatory outdoors but please follow Waterworld staff directions.

Summer Training times

Waterworld

Mondays- 6.30 – 7.30pm Coached Session.
Wednesdays- 6.30 – 7.30pm Uncoached
Fridays - 6.30 – 7.30pm Uncoached.

Saturdays at the ARC

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

Season passes remain at \$250.00

Multi- visit passes :-

\$90 for 10 coached sessions

\$50 for 10 uncoached sessions

Please pay via Direct Debit.

Tree Gully Kingfishers Masters Swimming

BSB:- 065 149

Account no:- - 10276194

add your name as reference

Endurance Swims over Summer at Waterworld

Endurance 1000 timing sessions will be held every Friday. An extra lane will be available on Fridays after the 21st November for endurance swims.

Club Endurance morning is on November 21st from 9am – 11am. This is a good chance to get some of the longer swims and enjoy a delicious breakfast afterwards.

All club members are welcome to join in – what a great way to get in some longer swims ready for the Open Water Swims through summer 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 Click on membership, then on merchandise.

The design of the new club jacket is in the pipeline. We'll get it out to you as soon as we can.

New club caps are in the trolley - \$10.00 each or let Helen know if you'd like to pick one up at a Swim Meet.

Training prizes

You only need to attend 6 sessions per month to be in the draw.

Latest winners are Jan, Peter, Maddi and Bernadette



Bunnings BBQ

Kingfishers will host BBQ's on the 14th November and 5th December.

Please try and help for a couple of hours – they are good fun to be part of – and you get a free sausage!

Profit from BBQ held on Oct 2nd was \$650.00. Thank you to those who worked on that weekend.

Proceeds from these BBQ's go towards our lane hire at the pools. It's a great fundraiser for our club.

MS Swim 2022



Registrations are open for the MS Swim next February 12th and 13th.

Maddi will register a team for Tea Tree Gully. If you register before November 12th to get your free t-shirt.

We will follow the same format as last year with swimmers only having to commit to a 4 hour block.

This is a well run event, the weather is usually fantastic and is a good way to get some long distance swimming in to kick start your Endurance 1000 swims.

The club will donate money to MS so individual fundraising is optional.

Community Grant

Club has been successful in gaining a Tea Tree Gully Council Community Grant.

John has purchased a lock up cabinet for the shed – we will store various equipment, including things we need for the BBQ's -not the food 😊 - in this cupboard, keeping everything clean and in good condition.

Also, we have new stopwatches and a hooter (?? what? – it gets used for school carnivals that Kingfishers officiate at).

Two new gazebos are currently being sourced and sign written to promote our club.



Dinner at Fasta Pasta after the last winter training session on the 8th October. A small group usually go out to dinner or a drink after training on Friday nights – please come along! It's very casual – just ask someone at training to give you the details for that night.



Up Coming Events

MSSA LC Long Distance Sunday 7th November
Entries are now closed.

Some Results

Results from the State Cup held on 10th October

- 1 UniSA Swimming Club 716
- 2 Phoenix Masters Swimming Club 689
- 3 Adelaide Masters 621
- 4 Tea Tree Gully 459**

State Record Broken at LC State Cup

Jennifer Mulqueen Tea Tree Gully
75-79 400m Backstroke 10m 03.54s

Special mention to our coach -

State Record Broken at LC State Cup

Mark Preiss Aquadome Otters
45-49 100m Freestyle 58.59s

State Record Broken at Relay meet

Tea Tree Gully

Madeleine Edgley-Smith

Adele Goalder

Jennifer Mulqueen

Janice Gill

280-319 Female 4x100m Freestyle Relay
7m49.88

2020 MSSA Winter Pool Series – Total Scores

- 1 Atlantis 3459
- 2 Phoenix Masters Swimming Club 2641
- 3 Adelaide Masters 2096
- 4 Marion Masters Swimming 2018
- 5 UniSA Swimming Club 1617
- 6 Tea Tree Gully 1502**

Well Done Swimmers!

Christmas Party

Believe it or not its that time of year again.

Mark your diary for our Club Christmas Party on Saturday 11th December at Alex and Ang's House.



Meet your Member Protection Information Officer Owen Heaney

Hi.

I've recently taken on the role of the club's Member Protection Information Officer (MPIO) and I've been asked to explain a little bit about what this role involves. I've completed the online training and have a workshop arranged for next month, then I should be fully certified.

The main role is to be the 'go to' person for anyone who wants to discuss problems or complaints at the club. The idea is that if any member has a problem, or is thinking of making a complaint, then they have an impartial person who can listen and offer information or options. It isn't about giving advice or telling people what to do and the MPIO doesn't investigate complaints.

Hopefully many of you will have met me at training sessions, usually on a Monday or the occasional Wednesday. I'm not quite so good at turning up for the Interclubs; I have done a couple before and I'm hoping to contribute a bit more this summer.

I hope that I'm approachable if anyone does have any concerns they want to discuss. I'm usually very friendly, unless Mark has been making us do too much breaststroke. I work in mental health, so I'm very used to listening, and keeping people's information confidential. If you have any concerns or questions, please feel free to approach me at training, drop me an email, or call me.

Best Wishes,
Owen



oweninaustralia@hotmail.com

mob:- 0421 478 952

Top 10 Fina placings

Jenny has been looking around the Masters Swimming Australia website and has seen that 17 Kingfishers are placed in the Top 10. After looking through the very impressive list with the thought of listing everyone – but after 3 pages decided that it a little time consuming. See the link below so you can look for your name and see how awesome all the Kingfishers are.

<https://mastersswimmingsa.org.au/results/fina-top-ten/>

Help Wanted for School Excursion BBQs.

John Gamlen is looking for people able to assist with the School Excursion BBQs at Waterworld.

They run over 2 weeks :-

29th Nov – 3rd Dec & 6th Dec – 10th Dec
10am – 1pm each day.

This is another great fundraiser for your club and if you can help, even for one day, it would be a great help.

John will be sending an email to all members with more details

Please keep a look out for this or contact John now, john.gamlen@bigpond.com

Or text - 0401121347



Newsletter editors -
Maddi Edgley Smith
and Bernie Shears



Kingfishers in Action at Relay Interclub



Coaches report.

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.

October 2021

There were 3 coached sessions since the last coaches report with the focus being on preparing for the State Cup meet. The first session was a recovery swim after the relay interclub and focused on drills across the strokes. The second session included some longer aerobic type work and the final session built around some race-pace short intervals. Looking ahead the swim calendar includes the Long Distance meet followed by the open water season so the focus will be on longer intervals and building up distances.

Looking back at some of my notes to myself after the sessions I commented that I should make sure I explain why we are doing a drill i.e. what's the aim – I think my note was prompted by questions from the swimmers. Please keep those questions coming as they really force me to think about how improve technique.

Finally, it was great to see TTG claim a state record in the 4 x 100 free Well-done Maddi, Adele, Jen and Jan!

Regards,

Mark.