



## KEEPING IN TOUCH

### AUGUST 2022



#### WELCOME

Please welcome 2 new swimmers

Chris Moore and Trish Palmer

We hope they soon feel part of the Kingfishers Team. Masters Swimming motto is “Fun, Fitness and Friendship” and we endeavour as a Club to do our best to cover these three headings!

#### TRAINING AWARDS



Training awards will be given out to Members who have attended 6 training sessions in a month or more. Members who qualify for entry will have their names go into a draw and be picked out on the last Monday of each Month. We have a couple of months to catch up on, so please attend Monday training sessions in case you get picked for a prize.

#### ENDURANCE 1000

Endurance timing sessions take place at The ARC on the last Friday and Saturday of each Month. Kingfishers have booked 3 lanes for the Endurance Sessions in August and September so there will be plenty of space to get your swim in.

New members please ask what Endurance 1000 is and before long you can be a part of it!

#### MERCHANDISE

Summer is around the corner and we need to spruce up the wardrobe! We are gathering an order for bathers, club polos, swim coats and rashies.

If you need any (or all) of the following:- a club polo shirt, bathers, a swim bag, a jacket, a swim coat or a rashie (new item) we can help you get it!

For general club merchandise – go to our website [www.ttgmastersswimming.org.au](http://www.ttgmastersswimming.org.au), and find our merchandise shop under the membership tab.

For information on bathers, club polos, rashies and swim coats – email the club at [ttgkingfishers@gmail.com](mailto:ttgkingfishers@gmail.com), or talk to Helen or Bernie regarding styles, sizing and prices.



Pete demonstrating his Jacket.  
Eric and Ange modelling bathers and polo top. Nearly everyone cosy in their coats at Pt Elliot



## Moving Forward with Club communications

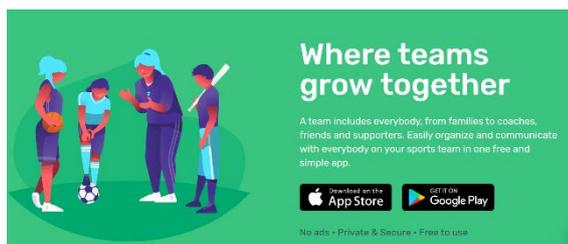
### Hey ya, Heja, Hello - in any format!

Kingfishers are trialing a better way of club communication. Several members have recommended Heja to us. We believe it will be the simple and modern way to communicate within our swimming club.

#### Introducing Heja: -

### A place to call home

Forget the clutter of emails, texts and phone calls. Heja brings your whole team together in one app, with useful info at everyone's fingertips.



- Heja can be accessed via your phone.
- It is free to download and use.
- It is secure and private.

We would like people to try Heja and let us know what you feel about it. All Kingfishers communication will be sent via Heja, Facebook and email until the start of December when the Kingfishers Board will assess people's feedback (so give us plenty!!) and decide on what communication method we will go forward with (Facebook or Heja).

Download Heja via App Store or Play Store.

Then go to

<https://heja.io/download/ZL716299> - this gives you your team code takes you directly to Kingfishers team sign-up.

## Our Current Communications

### *We will always communicate via email*

Emails are a good option for the club to be sure everyone receives all communication as we control who we send it to. The problem is responses are trickier to keep track of with so many members potentially replying and getting lost in the long and hidden replies. We all receive so many emails each week, so you also have to be search down the list for the last Kingfishers email.

Our **Kingfishers group Facebook** page – Tea Tree Gully Masters Swimming Club- offers similar functions as Heja. Every group member can post an event or story they wish to share with their teammates. You can also enable notifications so you know when there is someone has posted something for you see.

You are able to see all the posts from Kingfishers if you go to the group page – this way the posts aren't lost in your personal Facebook page (which you share with your friends and get bombarded with advertising) but it also means an extra step to get where you want.

The other issue here is that not everyone is 'on Facebook' and there are privacy issues associated with Facebook.

We are looking for a way to make responding to event attendance easier for members.

This new App allows each member to say yes or no to their attendance so our social coordinator, Ange, will be able to go ahead and book our event without 'chasing people'.

Ange does a great job sourcing venues and checking menus and prices for us so we can enjoy all our team outings.

***Our job is to help Ange out by responding*** – especially if we would like to attend a function. This saves her having to guess numbers attending or asking each person individually.

## While we're talking all things communication and social media...

Kingfishers also have a public Facebook page – **Tea Tree Gully Kingfishers**- and an Instagram account - **ttgkingfishers**. These are separate to our group Facebook page and enable us to showcase our club to the public and are a way for people searching for a swimming club to see what we offer and contact us.

We encourage our members to follow us on both and share and like as much as they can in order to reach as many people as possible. You never know who is looking!

The club would love one or two members to manage these accounts. It would only involve 1 or 2 posts per month (can be the same on both media outlets) and we are happy to supply pictures for you.

If you have a flair for filters and have little a bit of extra time, then let Bernie or Maddi know. This could be the role for you!



## FUNDRAISER:-BUNNINGS BBQ DATES

Bunnings BBQs are great fundraisers for our club. We recently held a very successful BBQ in July and have had another on the 20<sup>th</sup> August. There are 2 more dates lined up for before Christmas. They are Saturday November 5<sup>th</sup> and Friday November 25<sup>th</sup>. We require 3 people per session, so if you are available to help between 8.15 -12.30pm or 12.30-4pm please text or speak to John Gamlen (0401 121 347) , email [ttgkingfishers@gmail.com](mailto:ttgkingfishers@gmail.com) or let any Board Member know. Otherwise just come along on the day and grab a snag.



## UP AND COMING SOCIAL EVENTS

All Members and their partners are welcome to join us after training on Fridays for dinner – no training required. We choose a different venue each week so keep your eyes open on Facebook and Heja and let us know you're coming!

Coffee and chat in the Cafe at the ARC on Saturday mornings after training are on every week – just turn up for this – the cupcakes are delicious...



Coffee at the ARC – matching tops optional.

# Owen Takes one for the Team

## Owen's trip to the UK

With a list of burning questions in mind and armed with my trusty goggles and speedos, I recently set off on a Kingfisher-funded\* fact-finding trip back to the homeland.

At Maddi's special request, here's my report.

It was the first time back since COVID hit and life there seemed relatively normal again. While it was lovely to catch up with family and friends, plus sample the occasional warm beer, the main purpose of the trip was an intensive swimming training camp\*\*.

In between the socialising and forced carbohydrate loading\*\*\* by my mum, I managed a couple of brief open water swims. Since I left the UK, many of the local lakes have become aqua parks, combining inflatables for the kids with swimming, kayaking and paddle boarding. I did a few laps of one lake, complete with mandatory inflatable buoy towed behind. I mocked it at first, but when I realised how out of shape I was, it proved to be a useful float while I rested and watched a real kingfisher flitting past. No danger from Great Whites or nippy blue swimmers here.

I also managed a quick ocean swim at my favourite beach in Wales. It wasn't quite as long or hard as one of Mark's sessions, but there was at least, less breaststroke and more opportunity to stop and look at the scenery. Unfortunately, I immediately undid all the good work at the pub afterwards, but it made me feel a bit better about all the food!

I even ventured into a friend's swim spa, managing a full 12 seconds on the top speed before having to fake cramp and stop.

It was a great trip, filled with seeing family and friends while making the most of some actual sunny weather. I can confirm that it's hard to sleep when it's hot and there's no air conditioning, and someone has left the central heating on "just in case it drops cooler". Plus, I managed to avoid COVID, didn't lose any luggage and didn't have any cancelled flights. Miraculous.

It's going to take me a while to get back to fitness, especially with my 'one training session per week' rule, but the trip was well worth it to see everyone.

And if anyone wants me to investigate the swim scene in Vanuatu or Fiji, just let me know.

And finally, by the way, breaststroke isn't a proper stroke.

\*This is a lie.

\*\*Also a lie.

\*\*\*Not a lie.



Not Owen



Still not Owen - I've heard this guy can't even swim...



No Owen here either



This is Owen

## UP AND COMING SWIMMING COMPETITIONS

### **2022 MSSA Interclub 4**

September 11 @ 8:30 am - 1:30 pm SA Aquatic & Leisure Centre. Entries close branch:26/08/2022

### **2022 Mildura Murray Masters Carnival**

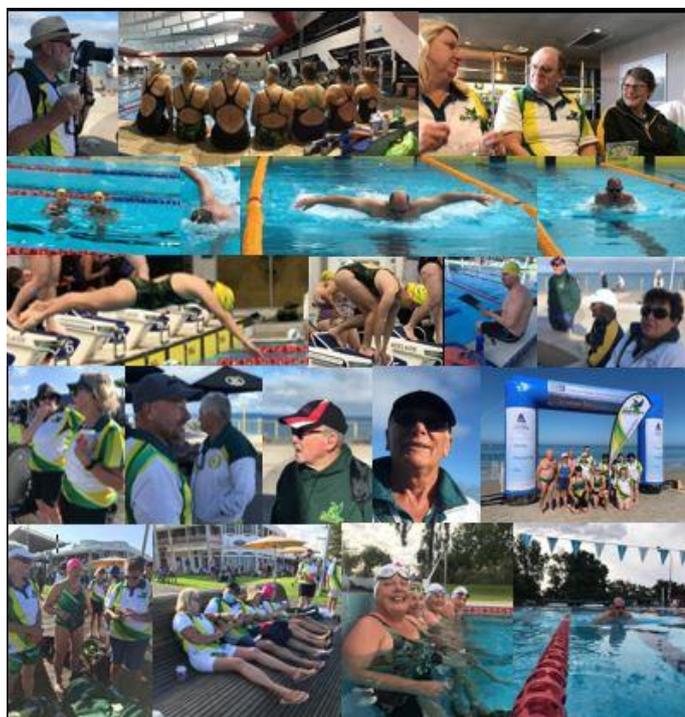
Mildura Waves Aquatic Centre. October 8<sup>th</sup>- October 9<sup>th</sup>, 2022. Registrations close 30<sup>th</sup> September 2022

### **2022 MSSA LC State Cup**

October 23 @ 8:30 am - 1:30 pm SA Aquatic & Leisure Centre Oaklands Park SA  
Entries close Branch: 7/10/2022

### **2022 MSSA SC Long Distance Meet**

November 13 @ 8:30 am - 1:30 pm SA Aquatic & Leisure Centre Oaklands Park SA  
Entries close Branch: 28/10/2022



## **COACH'S REPORT**

The coached sessions through June and July leading to interclub 2 were focused on some higher intensity sets and sprint work.

I have been focused on some higher intensity sets and sprint work. I have been very pleased with the way the swimmers have tackled these sets.

One particular set consisting of 10 x 100 on a descending time is quite hard and one I do myself. Danielle deserves a special mention in striving for and achieving the times. The sprint work generally consists of alternating fast and easy intervals and a great suggestion from Sid was to swim two people side by side in the lane for the 25 m intervals. The good-natured competitive swimming I think greatly improved the value of the set. I have noted that I have dropped drill work during the period – hence this was the focus of the recent Monday session.

It was pleasing to see a few new club records achieved in Interclub 2 – well done to Garth and Bernadette.

Finally, I feel the football club use of the 2 adjacent lanes at the ARC on Monday can be quite disruptive if only for a brief period. I'm not too sure if that can be changed but I'll start to think of ways to change what we do at that time to minimise the impact on the session

Regards,

Mark

*\* It has been noted that the footballers were 'quite enthusiastic', and the ARC will endeavour to avoid this lane allocation happening again.  
Thank-you to the ARC management for looking after us.*

# Meet John Gamlen



As a child in the 1950s, I lived in a small country town with no facilities for swimming, so my first experience with water was going to Vacation Swimming lessons in the gulf at Port Augusta. The waterfront was quite different to today with 2 small jetties at the foreshore beach. The teacher stood on top of the jetty and we swam as best we could. Hence there wasn't the intense focus on correct stroke.

My next experience was at Teacher's College where we had to do our Bronze Medallion. This would enable us to teach swimming when we graduated. Again, there was not much emphasis on strokes – we just had to be able to swim 400 metres and somehow, I did manage that.

While teaching at Quorn (1968 – 1971) the town 25 metre pool was a huge attraction for the locals and surrounding towns. I got the job as Instructor in Charge of the Vacation Swimming Lessons each January. I eventually took over as coach of the Quorn Swimming Club.

The kids didn't like getting up at 6am to train and didn't think it was fair for me to be standing on the side of the pool while they had to get in an unheated pool at that time of the morning so I had to get in and do the same program as the kids. This led me to register with Swim SA and to enter swimming carnivals all around the area.

We had a back-yard pool when we moved to the city in 1972 so I was regularly doing laps with lots of turns. Not a lot fun. During this period, I was not involved with swimming as my time was occupied as a football umpire with SANFL. At end of this venture I was left with some back problem, so I turned back to swimming.

I started at Clovercrest where there was an adult session a few times a week. Another person training at the same time was Peter Green who I knew from many years before. Peter was involved with TTG Kingfishers and competed at MSSA events so that is how I came to register with TTG and begin my Masters Swimming career. I think I did my first event in 1987 and had done a few events before going to Canada in 1989. I swam with a club in Ottawa and the coach was a technical coach and here my stroke really improved. I entered events in and around Ottawa.

Returning to Adelaide in 1990 I began to get involved at TTG club and Branch level. I was living in Alaska in 1994 and participated in events there. Pretty cold there training at 5.30 each morning. On returning to Adelaide I became Branch Secretary for many years. I became a Life Member in 2015.



I attended two FINA World Masters Swimming events. The first was in Montreal in 1994 and the second was in Perth in 2008. These events were amazing as there were hundreds of swimmers. I did 800 Freestyle in Montreal. With the support of many of the TTG members I ran the Jetty to Jetty Open Water Swim from 2002, when the amateurs were unable to continue with the event on Australia Day. The contribution of our club added to the success of the event is something that we should all be proud of.



My message to our members is to embrace the Fun, Friendship and Fitness on Masters Swimming. The success of our club is built around this motto. We all have something special to contribute to TTG Kingfishers.



For those club members that don't know John – here is a list of some of the things he does for the Kingfishers

- Safety Officer and Fundraising Coordinator - Board member
- Organises and books all the Bunnings BBQs – runs around all day at BBQ'S replenishing bread, sausage and onion supplies. Organises the roster for the helpers on the day.
- Monitors all the meetings from the MSSA and makes sure Kingfishers are up to date with what's happening at a state level
- Is an official at Interclub events as well as swims at the same meets.
- Swims in Open Water swims .....

Oops, run out of room... he does a lot!!