

June  
2024

# Keeping In Touch

## Winter Training

Mon, Wed & Friday  
7pm @ The Arc  
Saturday  
morning 10:00am  
@ The Arc

## Visiting Coach

Welcome Peter Holley  
on Wednesday night  
training sessions for 12  
weeks. Positive  
feedback received so  
far, come give it a try!  
Peter swims with  
Adelaide Masters.

## Kingfishers Contact

Contact us via email at  
[ttgkingfishers.com](mailto:ttgkingfishers.com) or via Heja

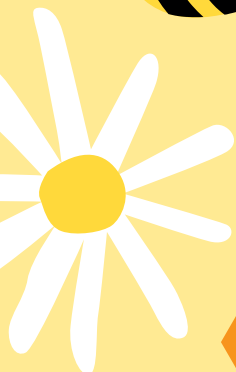
Send us your travel stories,  
pictures or life events to  
feature in the next edition!

## Come & Try

Welcome to Thomas &  
Anna who are doing  
their 3 'come & try'  
sessions. We hope to  
see you again soon!

## Weekly Catch Up

Coffee Catch Up - Thursday's  
10am @ The Grove  
Friday evening dinner after  
training @ various venues  
Saturday morning Coffee @  
The Arc after training



# Pool Competitions



## Interclubs

We have had 3 indoor pool events so far this year. although our entrant numbers have been down the participants in all events have done well.

We do need more numbers for these events especially men! For Interclub 2, we have 6 women & 3 men which makes it hard to form relay teams.



## Coach's Report

The focus for the past period has been the build up to the state cup. It was great to see both Bec and Fran do their first competition and swim well placing in the top few of their age groups. I hope they continue to enter the swimming events. With only a small group of swimmers the Kingfishers did very well overall. The coached sessions after Easter leading up to state cup included a general maintenance session on the 18/3 with a mix of strokes and distances followed up on the 25/3 with a higher intensity session including sets with rotation of the lead swimmer and race pace work based on 100's.

After state cup the following Monday focused more on drills which I had learnt attending one of the online master's coaching courses run by the National office. One of drills included swimming with a pull buoy at the ankles which forces the swimmer to concentrate on keeping a strong core to keep the pull buoy in place as well as forcing the head to a more neutral position. This drill challenged a few swimmers, but I think is one that I'll include from time to time having tried it myself. Regards, Mark

# Holidays & Events

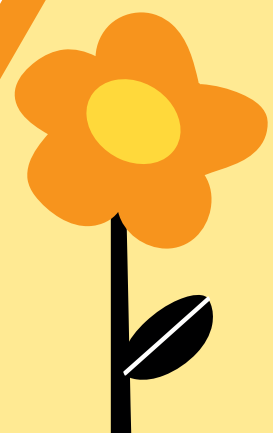
## Masters SA Presentation Night

Held on Sat. 20th April at the Osmond Terrace Function Centre, Norwood. It was a great night, but sadly we only had 6 attendees. The positive news is we hauled in a heap of medals, trophies & plaques as seen in the photo. Hopefully next year we can get more people to go. Especially since the club subsidises part of the ticket cost.



## To the Sunshine

Some of our members have taken a break to get away from the cold weather in SA. John & Jan Gamlen decided to take the caravan up to Darwin. John & Mark Preiss participated in the 47th National Championships at the Parap pool. He also participated in the Open water Swim at the lagoon there. John & Jan are now travelling home via the West Coast.





# Report From The Road - John

After a hectic few days in Darwin and swimming in the National Championships we took off on our tour across the Kimberleys to Broome and then down to the Pilbara. The next couple of weeks are back on the coast at Exmouth with the marine parks and Monkey Mia etc a part of the trip that we have been looking forward to.

We have been lucky to have found good campsites and parks to stay although some have been heavily booked. A few free camps along the way too.

There has been some amazing scenery - Ranges, gorges, rivers, sunsets and rises. The weather has been near perfect with only 2 wet days. Not looking forward to arriving back in

Adelaide in the middle of winter!

Keep up your Heja chats which have kept me in touch with the Kingfishers.

Cheers and good swimming to all our members.



# South Passage - Adventure Under Sail - Bernie

Combine both sea and land exploration and escape those winter blues aboard Queensland's only tall ship... South Passage. In early June, Steve, Anita, Mick, Helen and Ann travelled to Townsville to do just this- sail aboard the traditional sailing ship - South Passage.

South Passage is a modern ship built and operated along traditional lines. We were part of the 24-person crew sailing the beautiful 100ft gaff-rigged schooner, and headed out to the open ocean, travelling for 7 adventure-filled days. We stopped in beautiful bays, to swim, diving and jumping from the boat into perfect blue waters - nicely heated to 24'. On Magnetic Island some of us swam to shore and others were ferried to shore to walk and explore the old military sites on the Island. On Dunk Island we also took the opportunity to explore the islands beautiful tropical beach and tropical interior and hike to highest point lookout where we took in the beautiful views of surrounding ocean and islands. 3 small frogs were mistaken for sculptures as they sat so still on the lookout post - and let us get very close to study them in detail. A big Sea Eagle circled overhead having a good look at us as we gazed at him/her.



Other days we were lucky to stop in beautiful bays to go ashore to find secluded rock pools and swim from the ship onto postcard tropical beaches. South Passage is a sail training ship. As a part of the voyage crew, we took part in all aspects of operating the ship - hoisting sails, keeping a lookout, doing anchor watch, navigating, taking the helm, daily maintenance and cleaning. It was an amazing experience - we all had such a great time - and to end it all we spent 3 days in Townsville. Helen was our Tour guide - telling us all about her early life there, taking us swimming in the Riverways Lagoon Pool ( we got in some 70m laps!- it's a big pool), the beautiful rock pool at the front of our accommodation (we even enticed Steve in there) and the famous Tobruk Pool. We explored the street art, markets, dinner at the casino, ice cream at Juliette's and breakfast at the beach. Hope we will be lucky enough to take another voyage on South Passage. (Did I say beautiful enough? - 100 times would have covered it - lol)

# Social Splash Ups



## Fundraising

Steve Shears asked the club to run a sausage sizzle on 5th May for is running club

@Carisbrooke Park. Whilst we wouldn't really call it a fundraiser it was good fun!

## Bunning's BBQ's

Next Dates: 6th July & 17th August. There are morning & afternoon shifts available so if you are available to help us, we would be delighted.. Get in contact with Eithne Mayton.

## Swim Carnvial Donation

We received \$400 from SAPSASA for officiating at their carnival

## Endurance 1000

Endurance 100 timing conducted by Eric & Steve continue to run on the last Friday and Saturday of each month. Although ask Eric and he is happy to time you on any Friday or Saturday.

## Merchandise

The order for the polo tops, hoodies & duffel bags have now gone in. Stay tuned for when they will be delivered!

# Making Waves Beyond the Lanes!

## Social Activities

We have 2 tentative dates for social events that we see suitable for our swimming club. Dates: 21st July & 25th August

## Websites

<https://handlebaraustralia.rezdy.com/439280/handlebaradelaide.com.au>

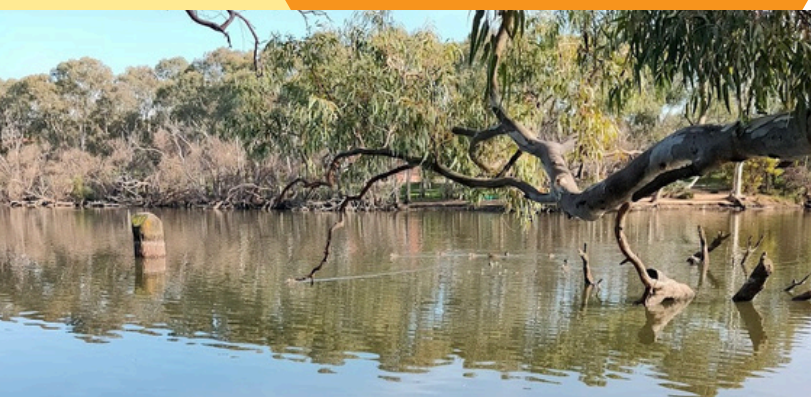
<https://www.teatreegully.sa.gov.au/Places-Council-parks-facilities-and-venues/Parks-playgrounds-and-ovals/Jubilee-Reserve-Wynn-Vale>

## Handlebar Brunch Tour

Firstly, we are booking a Handlebar Brunch Tour for Sunday 21st July, time TBC. We can have 15 to have the bike to ourselves! RSVP to Maddi. Price starts at \$29.95 not including food/drinks.

## Picnic @ Jubilee Way

Secondly, we are looking at BBQ from 11am onwards on Sunday 25th August @ Jubilee Way Reserve, Wynn Vale. Featuring green space, tennis courts, BBQ's, bike ride, walking trail, toilets & basketball court. BYO BBQ food, drinks & chairs. RSVP to Maddi.



# Poolside Scoop



## Important Forms

Please report any incidents to a Committee Member. Incident report forms need to be filled out & are stored in the club trolley. Come & Try Forms are kept in the trolley. Please make sure any new people fill this out.

## Constitution

Our new constitution has been lodged with the Consumer & Business Affairs and has been accepted.

## Grants

We have unfortunately been knocked back from the Active Club Program on receiving a grant for the first time.

## Winter Solstice Swim

A Winter Solstice Swim will be held on Sunday 23rd June @ Henley Beach at 7:30am. Any members who wish to participate please let Maddi know so we can carpool.

# WINTER

