



KEEPING IN TOUCH

JANUARY 2023



WELCOME

Happy New Year to all our members. We wish you all the best for 2023.

Please welcome our new swimmers - Shaun Duncan, Janice Leahy, Eoin Kim and Mark Coombs.

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

Our great sponsors – Rebel Sport – are reviewing their points scheme. This is the way we were able to provide prizes for training awards. So, for the time being training awards are on hold. We will let you know what new ideas we have to reward people for their hard work!

ENDURANCE 1000

Endurance timing sessions take place every Friday at Waterworld.

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

Our club has performed very well in the Endurance 1000 and every swim gains points for the club. So, it may be 'your thing' so give it a go!!

MS SWIM

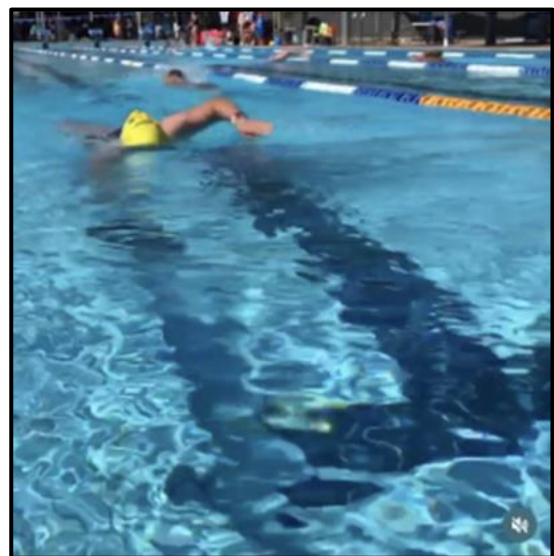
Only 3 weeks to go until the MS swim weekend. This is a very good cause to support and to get some endurance swims in as well.

It's held at the Unley Swimming Pool and the idea is to keep your team swimming continuously for 24 hours.

So, if you can give an hour or so then enter and come along and swim some laps. You can camp overnight at the pool if you like as well.

Go to msmightyswim.com.au/join/ttgkingfishers to get on to our team which is TTG Kingfishers. When you've registered, send a quick email to Danielle Moffat danielle_jamie@outlook.com and let her know what time you're available and how far you'd like to swim – too easy!!

BTW - Evening, night time and sunrise are the best times to be in the pool



We're on Heja!

Heja and email are now our official methods of club communication. We will use Heja for communications, announcements and messages. Heja is convenient to use for quick messages and also to keep all communications together— easier to search Heja than emails.

Kingfishers also have a public Facebook page – **Tea Tree Gully Kingfishers**- and an Instagram account - **ttgkingfishers**. These 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. Please 'like' and interact with us on both of these social media platforms.

Coaches' Report

I hope all the Kingfishers had a fantastic Christmas. Hopefully not indulging too much and getting a few swims in over the Christmas New Year period.

Looking back I think there were only 3 coached sessions since the last report and looking at the programs they actually seemed a little on the hard side with a focus on longer timed and descending intervals such as 200's and 100's. I find 200's quite a challenging distance and good for building fitness. There might be a few more 200's coming up in future programs but I'll work up to them 😊. It was great to see the large numbers of Kingfishers at today's Pub 2 Pub swim. It was a very tough swim so kudos to all those that pushed through, also to those that braved the Proclamation Day un-official swim.

Regards. Mark.



Three who took the challenge and 'toughed it out'!
Well Done – in very choppy conditions!!

Memberships

It's time to make sure your membership is up to date.

We have 37 Club Members registered and 4 Social Members. Remember if you wish to train with the Club or take part in MSSA sanctioned competitions you will need to register as a Member.

Go to Swim Central to renew membership and email [ttgkingfishers@gmail](mailto:ttgkingfishers@gmail.com) if you have any issues.

Presentation Dinner and AGM

Save the Date

Kingfishers AGM and Presentation Dinner

Sunday March 19th

6.00 pm AGM 6.30 Presentation Dinner

Watershed Function Centre

665 Salisbury Highway

Mawson Lakes

All members and their partners are welcome

Details to follow

Look Out for details to follow - which may include:-

- Why we would want to attend AGM
- Voting in new board members at AGM
- Voting for John Digance (Club member of the year) winner
- Time to be there
- What you would like to eat (important)
- Cost of dinner

Squeezing in any other stuff

- MSSA Presentation Dinner is Saturday 15th April at the Highway Inn on Anzac Highway.
- Copper Coast Games see:-
<https://visitcoppercoast.com.au/Swimming>
- Check your emails for a list of all events from now until November. There are 9 pool events on offer.
- Bathers – we are working on a way you can order single items at a club subsidised cost.

That's all for today