



FUN FITNESS FRIENDSHIP

HAPPY EASTER!

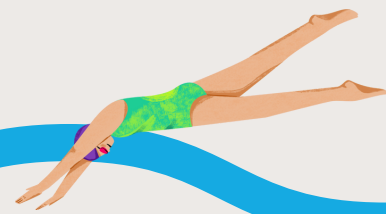
TTG KINGFISHERS KEEPING IN TOUCH

March 2024 Edition

We hope everyone has a safe & blessed Easter!

WELCOME TO OUR NEW MEMBERS

Welcome to our members: Kieren Funk, Ola Kosciuszko, Jeanette Hill & Bec Marsden.
Last night of training at Waterworld will be **Friday 12th April**-Stand by for information on end of season celebration.
First night of training the The Arc will be **Monday 15th April**.



AGM & PRESENTATION DINNER

24th March 2024

6pm AGM Start (6:30pm Dinner)

As you would be aware by now, we have proposed changes to the Constitution (see AGM Agenda for more details of proposed changes). Please attend as we require 75% of the Club's voting either by proxy (closes 17th March) or on the night.

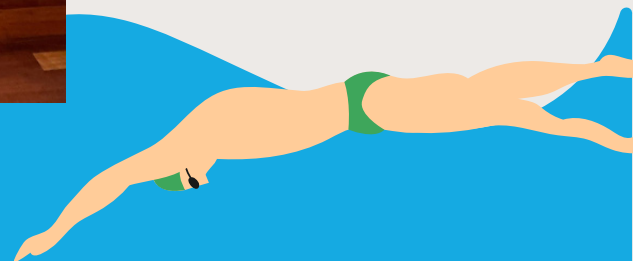
Don't forget to vote for 'Club Member of the Year' before Sunday 10th March! (email to emsmith22@bigpond.com).

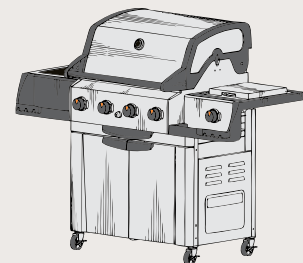
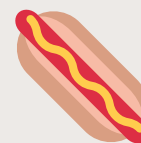
The discounted cost for dinner will be \$40, the club will subsidise the gap (\$12).

This will be payable on the night to the venue.

Please indicate you are attending by 17th March via emailing us or on the trolley at training.

PLEASE COME VOTE & THEN ENJOY A MEAL!!





UP & COMING FUNDRAISING BBQS

Please volunteer!

- Salisbury Run at Carisbrooke Park on Sunday 5th May. Need helpers for this event. Please email us if you're available.
- Maybe Bunnings BBQ late June and two for the next quarter after that. Watch this space!

**THANK YOU TO ALL OUR VOLUNTEERS
FOR YOUR SUPPORT**

SAPSASA Swimming Carnival

On Friday 1st March we had 8 members helping at the SAPSASA Swimming Carnival at Waterworld.

This is a swimming carnival for upper primary school aged children. About 150 children attended.

There were some great swimmers there and others just giving it a go at their first competition swim.

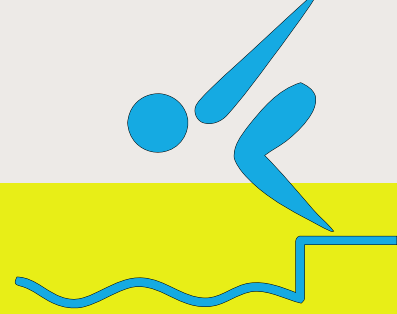
Our members helped with starting, judge of stroke, marshalling and timekeeping.

We also provided plenty of encouragement to the children.

Last year we received a \$400 donation for helping.

Many thanks for helping to John Gamlen, John Flowers, Mark Coombs, Helen Haberfield, Jan Gill, Joyce Blair, Meg & Ian Thorpe.



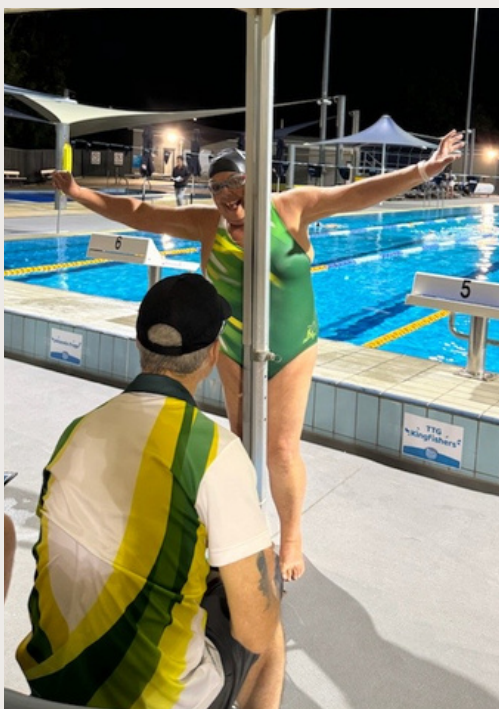


WHAT'S BEEN HAPPENING

We'd love to hear what you've been up to to include in the next newsletter

Merchandise

Fulhammer is the company which has been on our website has gone into receivership. Please DO NOT order from this company anymore. However, if you would like to order a Club Polo Top, see photo, please send an email to Kingfishers or comment on Heja indicating your name & size required. At present we are looking into an alternative Company to supply our Merchandise.



24hrs MS Mighty Swim

Thank you so much to all the amazing people that showed up and swam over the weekend. We ended up doing 656 laps (if my sleepy memory serves me right). Over 25 endurance swims too! Special thanks to Steve and Craig for all the time keeping and lap counting. We raised \$2236 for MS as well. Look forward to next year 🎉



STORY TIME WITH MADDI

Port Elliot Open Water Swim Weekend



The Port Elliot OWS weekend is always well supported by our Club, but this year we had them coming from all over. Most of us stayed on a site in the Caravan Park either in Caravans, camper trailers or tents. A few Members came up on the day. I believe that everyone thoroughly enjoyed the weekend. Some of us enjoyed a great training session at the Fleurieu Aquatic Centre. There is a wonderful hydrotherapy pool there for Social Members.

On the Friday night 18 of us enjoyed a good Meal at bowling Club. Cheap drinks and the food was cooked beautifully by the volunteers. They made us feel very welcome, and there was also a meat raffle, which nobody won!

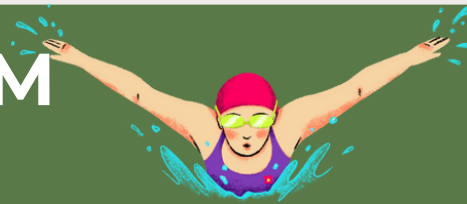
On the Saturday afternoon was the OWS round Horse Shoe Bay, the reason we were all there. We had 14 participants from our Club, which must be a record. It was a beautiful afternoon, even though the swim was a bit of a challenge, but enjoyable. After this we all went to the Club rooms for Presentations. No prizes for us but rewarding drinks to be had by most.

On the Sunday some of us went bodyboarding at Middleton and we had a ball. Mainly because Bec Ebert provided everyone with a wetsuit, which made all the difference. Ben Lewis gave Emily Maddi's granddaughter a surf lesson. Thanks Ben. If you ever get a chance to visit Silver Sands do it. Such a fantastic beach that you can drive along, and the sea was so clear and calm. To top it all we had a delicious lunch at the Aldinga Life Saving Club. It's all well worth a visit.

JOIN US NEXT YEAR!



PORT ELLIOT SWIM



**PSYCHING OURSELVES
UP TO SWIM!**





COACH'S REPORT

Coach Mark Preiss



The coached sessions in January were focused on longer distances to build some endurance for the ocean swims with mixed 400s and 300s and a ladder set building 100s up to a 500. Congratulations to all the Kingfishers that swam the Jetty to Jetty long swim and specially Maddi who has now completed 20 J2Js - fantastic milestone. The state champs also saw a great turn out for the Kingfishers. February sees the return of the pool swims with Strathalbyn followed by Woodside in March. The sessions following the J2J were focused on initially recovery then harder efforts involving mixed strokes, descending time intervals and some sprints.



COMPETITIONS



All of the Branch Interclubs, State Cups etc. will be held at SA Aquatic Centre are now out on the website, Heja or check out the dates on the training trolley.

Interclub 1: Relay Meet will be held on Sunday 19th May. It will be free to all swimming members! The Club will pay for you, so please enter, it's such a fun event! The prize winning medals for the State Cup will be handed on that day, so stick around to pick yours up (or organise someone on your behalf). Make sure before collecting your medals please check out your events and which medals you have won.

ALICE SPRINGS MASTERS GAMES

ASMG entries now open! Nathan Buckley (Footy Legend) joins ASMG as an Ambassador! Sporting fees, set by each club, also apply for each sport you register for. Sign up at the website:

<https://www.alicespringsmastersgames.com.au/>

