



KEEPING IN TOUCH

TTG Kingfishers March 2025 Edition



Welcome!

A big welcome goes out to Kate Savage & Jeremy Sullivan as they have joined our Club and appears to be enjoying the training sessions. Kate is also another runner who took part in a comp recently known as the Park Stampede relay. Let's hope that she would like to participate in our winter swimming comps.

Upcoming Events

Club Presentation Evening

30th March 2025 @ Watershed 6pm AGM followed by dinner & presentations. \$40 for 3 course meal (+ drinks). If you would still like to attend please let Angela know (via email or Heja).

Winter Competitions

Winter competitions starting soon! Keep an eye out on Heja & the trolley for more details.



Board Talk:

It is important to remember as a Club we have a Board who really look after us all, hopefully meet to our requirements. They all have a title and a role to play and although volunteers, put time and work into it. It would be great if some of the younger Members could consider putting their hand up to take on a role in years to come as it's quite rewarding.



Upcoming events

5th April - Port Augusta Meet (Held at Ryan Mitchell Swim Centre , Hannagan St. Port Augusta.

Swimming registrations close Monday 31st March 12noon. Register online.)

8th-12th April - MSA National Championships, Melbourne

11th April - Last night training @ Waterworld

14th April - First night training @ The ARC

27th April - MSSA State Cup Long course @ TBC



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Endurance 1000

The New Year began in the best kind of way, At Waterworld swimming, day after day!

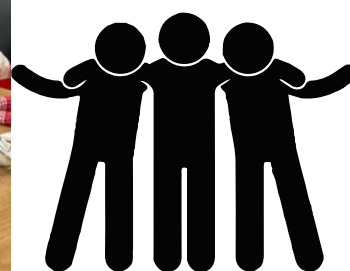
A strong start came in February's tide, With the MS Swim—thanks for the ride! A special thanks to those who timed, Your help was truly one of a kind! And Steve—your efforts did not go unseen, Your help this season has been supreme! Though E1000 could use more feet, Our results are still pretty neat. Let's encourage, let's inspire, More members in—let's aim higher!

Social Calendar April/May 2025

- April 20th Easter Sunday
- April 27th State Cup 1. Long Course 8am-1:30pm @Venue TBC
- May 3rd 2025 MSSA Presentation Dinner @ Adelaide Sailing Club, West Beach. 6-11pm.
- May 11th Mothers Day 2025.
- May 18th Interclub 1 (Relays) @Marion 8am-2pm.
- June Social Event Date TBA. Either Mini Golf or Ten Pin Bowling with a meal afterwards. Possibly at Brama Lodge Hotel.

Membership Splash

The season's begun, the water's just right,
Have you renewed? Don't miss the invite!
2024/2025's here, it's time to dive in,
Join our club—let the fun begin!
Thirty-nine swimmers, three socials too,
We love having each one of you!
If you've yet to renew, don't delay,
Swim Central's the place—do it today!
Need some help? No need to fret,
A board member's got you—no worries, no sweat!
So grab your goggles, let's make a splash,
A season of swimming—it's gonna be a blast!



Past Events - MS Mighty Swim

We had a Kingfisher Team that participated MS Mighty swim 24 hour swim 8/9th February. We had 8 swimmers, and only 6 through the night which included juggling swimming with time keeping. We managed to complete 47652 m which equates to 47.652 Km. If you wish to participate in this next year please let Danielle Moffat know. Our Club donated \$400 from fundraising to this cause.



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Current Bather's Stock:

- Men's trunks - size 22 (Eric's pair - \$10)
- Men's jammers - size 18 \$20
- Men's briefs - size 18 \$20
- Ladies knee length - size 12 \$30
- Ladies knee length - size 14 \$30
- Ladies knee length - size 26 \$30

Please reply on Heja post if you'd like to purchase any of these ones.

Merchandise



Bather's Order

Nova's minimum order would preferably be 15 per style. They do not do numbers less than 5! As soon as we can order for 15 (each style) we will place order - Please let us know (via Heja or email) if you'd like to order a new pair of bathers.

Open Water Swims

The Open Water Swim season has now drawn to an end. It was a great season weather wise and conditions, apart from the Pub to Pub which was appalling. In fact I (Maddi) came in last and received the "shark bait award." This was for always having a smile on my face whilst being chased by a shark!

As you can see by the photos we all had fun especially at Port Elliot. As well as the swim round Horseshoe Bay we also enjoyed body boarding, jetty jumping and being dumped by the massive waves. Lots of socialising took place as we had a variety of accommodation and stayed the weekend.

On the Public Holiday Monday some of us managed the swim at Port Noarlunga, which was the following weekend. A few of us had a bit of a snorkel around the reef which was amazing. Congratulations to Vanessa Tricker who came in 3rd overall for the 1.5km swim



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Coach's Corner - Pete

I've been coaching the Kingfishers since late May 2024, first at the ARC and then, when the weather became warmer, at Waterworld. I have endeavoured to mix technique with general fitness and endurance with the group that contains a wide range of abilities and needs. Most of the feedback I have received has been positive and, where there have been concerns, I have adjusted the program to take them into account. I've enjoyed the past months, and I hope that everyone that attends the sessions have too.

Coach's Corner - Mark

Once again, I thoroughly enjoyed Monday night coaching of the Kingfishers this season. I don't get every session right for everybody but hope I have managed to pass on a little bit of knowledge throughout the year that has helped with fitness or technique or just challenged the swimmers. The sets are often variations of the set I do and so that gives me a little insight into what works and when to push. The sessions ranged from drills and technique and recovery through to aerobic, threshold and some sprint work generally built around the masters swimming calendar of open water and pool swims. Finally, it is good to reflect on those that have had an impact on one's swimming journey, be it coaches from younger years, competitors that get the best out of you, those swimmers that seem to be right on your toes in training, and swimmers you admire. Just keep swimming!



By Maddi & Caitlin