

PHOENIX BULLETIN

We are now into the 2021-2022 Open Water Series, with Phoenix having a good showing at Seacliff and the Proclamation Day swim. Congratulations to everyone who took part, especially at Seacliff, which proved to be challenging conditions.

Check out the Club website <http://phoenixmastersswim.org.au/> for details of all upcoming Open Water and Pool events - also see our Facebook pages and Instagram for photos.

As Summer is upon us we are looking to get as many members as possible to be part of the Jetty to Jetty on January 26. We will also be seeking some volunteers to help on the beach. Please get in touch with Jo Sutcliffe if you can lend a hand.

Our Christmas party was held on the 18th December at Kirkcaldy Park. It was a fun afternoon where we joined together to celebrate all we have achieved this year. The Branch Open Water Series towels were handed out to all who completed the series last season. We also awarded our Club Champion and Runner up (Grant Simpson and Jo Sutcliffe), President's award (Kim Wellington) and Coaches' award (Jo Bowen). Congratulations to all for your great effort and club spirit over the year.

In uniform news, our caps have arrived and been distributed to our members, only one remains. Everyone looks great donning the club gear at our social events and during competition, especially matched with our sun-smart polo or T-shirt. In these uncertain times we can all use some help to remember to slip, slop, slap before we mask up and scan in!

A reminder that Phoenix are running three sessions a week at Immanuel pool - Saturday 10.30 am, Monday and Wednesday at 7 pm. There will be a break during January for Saturday Sessions, they will resume on the 5th February. Club sessions are a great opportunity to catch up with other members and to support the club.

Please note that the pool has upgraded its Covid restrictions and members who want to attend club training will need to book in advance via the Members Only Facebook page. If you're not on Facebook please contact the club via text on 0438380391 to book a session. New restrictions are no entry until 5 minutes before session, compulsory QR code check in Phoenix contact tracing form, masks while on pool deck, come ready to swim, towel off and go home. Please do not come to training if unwell and also advise the club if you test positive to Covid and have attended a club session.

In January and February at the Wednesday night sessions we will be running a series of stroke workshops. Guest coach Paul Johnson will be on pool deck and go through freestyle, backstroke, breaststroke and butterfly, then turns and starts. Something for everyone, we all have areas we can improve.

Happy New Year Phoenix!