



NEWSPLASH!

Lake Argyle Swim 2021 | Newsletter #3 | February 2021

G'DAY Swim Fans,

We hope training is going well and you are set for the First National Kimberley Lake Argyle Swim!



Keen Swimmers

There are some very keen swimmers who want to be part of the 'sold-out' 2021 Swim and we wish to give those teams on our 'wait list' the chance to travel and train if they are needed. Therefore:

We have emailed all team captains of the 10th February deadline - as the last chance to withdraw from the 2021 Lake Argyle Swim. This allows our wait listed teams to join us, ensuring a vibrant/viable event and full field in 2021.

So, if you cannot make it, be sure to email: mail@lakeargyleswim.com prior to this deadline!

Top Swim Tips

Training in the pool is where most of the hard work is done, but it is time to find a buddy and practice in open water. Open water swimming will get you used to waves, any current and the fact there are "no black lines" on the lakebed. If there is a strong prevailing wind from one side, you may find you get a 'gob' full of water with each breath.



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This is where learning to breathe bilaterally (on both sides) pays off. In chop you can choose to breathe on the downwind side, avoiding the mouthful of water every time. Even when in the pool, practice doing half your session breathing right side and half your session breathing left side. It may come in handy on race day.



Team Plan – work with your Paddler

Your paddler is an integral part of the team. They need to know which side of each swimmer to paddle on. They also need to know where to position themselves in relation to the swimmer (usually at 90 degrees to the

swimmer's eye-line).

Remember, it is the paddler's job to stay on a straight line between buoys. Having the paddler 2m to the side of the swimmer is a good plan. If the swimmer gets any closer, then the swimmer must correct their line and move away. If the swimmer drifts away, then the swimmer needs to move closer. Have faith that your paddler is sitting higher in the water and has a better chance of lining up all the marker buoys.

The shortest line between two points is a straight line – so good teamwork with your paddler may save you plenty of strokes on the day.

Some more of our amazing Event Partners

Each Newsplash we feature some of our heroic Event Partners – without our partners, the Lake Argyle Swim would not be possible. A huge thanks to:

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Kununurra Country Club Resort

Kununurra Country Club Resort is your central sanctuary from which to access Western Australia's extraordinary East Kimberley. Retreat in the comfort of your centrally located Resort accommodation, less than 5km to the Kununurra airport, and on the doorstep to iconic natural wonders and hallmark attractions including the Bungle Bungles, Lake Argyle and the Ord River.

The Kununurra Country Club is also the venue of our Wednesday briefing session.



Kununurra Dental

Lars and his lovely team have had a long involvement with the Lake Argyle Swim, with Maria being one of the hard-working members of the Committee. It is awesome to live in a remote part of this country and still have world class dental services in our town. It is fantastic to have them on-board as a sponsor again this year – All smiles!



D E Carpenters

Darren Fulcher has been a part of as many Lake Argyle Swims as anyone. A critical member of the Swim Committee, D is also a proud sponsor of the event. When on land, he is the man behind the East Kimberley's highest quality building projects. Thanks to DE Carpenters.

Train hard & have fun.

Glenn Taylor - Event Manager

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