



NEWSPLASH!

Lake Argyle Swim 2019 | Newsletter #4 | March 2019

G'DAY Swim Fans,

Race Day Information

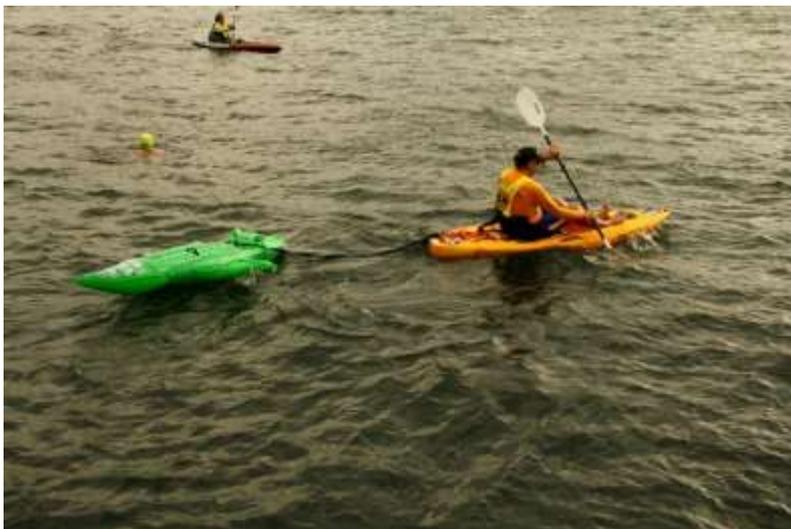
Hopefully the long training swims are in full swing now for all our 2019 competitors?

The draft **2019 Competitor Handbook** is online at: <http://www.lakeargyleswim.com/race-information.html>. Along with our "FAQ" section on the web page and our "Spectator" page, we hope we have all the essential details for 2019 available for you.

However, if there is any details you cannot find, drop us an email at mail@lakeargyleswim.com

Dinner Tickets : We are working hard to make more Adult Dinner tickets available to our "Sold-Out" Gala Presentation Dinner. If we can make any additional tickets available, team Captains' will be directly emailed in early April of any additional availability.

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 lake bed.

If there is a strong prevailing wind from one side, you may find you get a 'gob' full of water with each breath. 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.

The Lake Argyle Swim is proudly brought to you by our sponsors and the Lake Argyle Swim Inc.
www.lakeargyleswim.com



NEWSPLASH!

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 swimmers 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 team work with your paddler may save you plenty of strokes on the day.

Warm Water



Swimmers should be preparing for the usual beautiful warm water temperatures of Lake Argyle – remember **Wetsuits are not allowed** in the Lake Argyle Swim to avoid the risk of over-heating. So practice in fresh water without the wetsuit – as salt water and wetsuits both go to making you more buoyant.

I recently had the privilege of taking a 2 degree “Polar Plunge” and looking forward to

defrosting at Lake Argyle. However, the swim form of the Antarctic locals was very impressive!



NEWSPLASH!

Some more of our awesome 2019 Event Partners

East Kimberley Marine



Great to have East Kimberley Marine on board again for the Swim. For all your boating needs, especially those 'in-date' safety flares, Beau and Natalie have all the boating essentials and more. Offering reliable servicing and repairs, they can ensure your boat is all set to go!

Pure Blonde

The committee again welcomes back Pure Blonde – Carlton and United Breweries to the Lake Argyle Swim. Enjoy a Pure Blonde after all the swimming at our awesome Gala Presentation Dinner. A big thanks for being part of our event. Their low carb beer and cider will be well deserved and enjoyed!



Freshwater East Kimberley Apartments

Freshwater East Kimberley Apartments, Kununurra's newest and only 4.5 star rated accommodation, is



proud to partner with the Lake Argyle Swim. Freshwater East Kimberley Apartments provides a relaxing and convenient environment for you to explore the magnificent East Kimberley. The perfect place to refresh, relax and unwind at the end of your day in our spectacular region.

DE Carpenters

Big D has been a part of as many Lake Argyle Swims as anyone. A critical member of the Swim Committee, Big 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