



# NEWSPLASH!

Lake Argyle Swim 2020 | Newsletter #4 | February 2020

G'DAY Swim Fans,

We hope your training is going well and your team is all set for the 2020 Lake Argyle Swim!

Additional family and friends travelling to Lake Argyle, remember to head to our registrations page:

<http://www.lakeargyleswim.com/registrations.html> for extra Adult Gala Dinner tickets and Kids Tickets.

## 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. 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.

## 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 saltwater and wetsuits both go to making you more buoyant.

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

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## 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:

### Kimberley Marketing - Cash & Carry

Phil is a true supporter of keeping things local in the East Kimberley, has kindly come on board for another year as a Sponsor! Along with helping us with the massive catering requirements we need to fill, they also provide many odds and ends from the Cash and Carry store.



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## Argyle Engineering

Thanks to Jesse and the entire team at Argyle Engineering for their ongoing support. Argyle Engineering



provides engineering solutions throughout the Kimberley.

From large mining jobs through to boat modifications. If they can't fix it, then it probably can't be fixed. Thanks for the support.

## HeliSpirit

Lake Argyle and the surrounding ranges are truly spectacular. You don't see the full expanse from the ground but you do from a helicopter! HeliSpirit has a helicopter at Lake Argyle from May to September offering scenic flights and helipicnic tours. On race day have family and friends check-out all the action from the air with HeliSpirit.



## Department of Local Government, Sport & Cultural Industries

Thanks to Mitch Hardy, Krissy Dickman and the team at the Department of Local Government,



Department of  
Local Government, Sport  
and Cultural Industries



Sport & Cultural Industries. We are very appreciative that they back the biggest annual sporting event in the Kimberley, especially the Sunday Junior Swim. Their support ensures we remain one of the highest participation towns for open water swimming in the world.

Train hard & have fun.

*Glenn Taylor* - Event Manager

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