



NEWSPLASH!

Lake Argyle Swim 2024 | Newsletter #4 | January 2024

G'DAY Swim Fans,

Happy New Year

Welcome to a New Year and wish all our swimmers, skippers and paddlers a great 2024!



Open Water 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 rough water you can choose to breathe on the downwind side,



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

www.lakeargyleswim.com



NEWSPLASH!

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.



Out of Office

The Lake Argyle Swim office will be out of email range from 16th Jan until 8th Feb, but your emails will be answered as soon as we are back on swim deck!

Reminder: Boat Safety Gear

Department of Transport will be at the 2024 Swim!

The full safety equipment requirements can be found at:

<https://www.transport.wa.gov.au/imate/safety-equipment-changes.asp>

In summary you will need:

- Recreational Skippers Ticket
- Lifejackets
- EPIRB or PLB
- 'in-date' Flares or EVDS
- Marine Radio



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

www.lakeargyleswim.com



NEWSPLASH!

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:

Kununurra Pharmacy

Di and Gareth have been fantastic supporters for many years of the Lake Argyle Swim. They



have also provided tonnes of sunscreen, skin care products and Vitamin B (for the post party hang-over) for the Lake Argyle Swim over the years. For all your health care needs, be sure to call in and see them and their friendly staff.

DE 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.

Hoochery Distillery

Founded on a passion to make good, honest Australian rum. Built on the Dessert family farm just outside of Kununurra, the small pot distillery was created entirely by hand. Everything, from the still to the building itself, was crafted from materials found around the farm.



We look forward to a post swim drink with you and an Ord River Rum.

Swim On!.

Glenn Taylor - Event Manager

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

www.lakeargyleswim.com