

# Margaret River Swimming Club Newsletter

March 2026 Edition

## Upcoming Events

- **Awesome Swim Clinic with Olympian Duje Draganja**
  - **March 7**
  - **Held at MR Recreation Center.**
- **Club Night Fun!**
  - **Friday, March 20**
  - **Sign up now on Swim Central**

## Coach's Corner

Sticking to your training like glue and zooming in on the nitty-gritty will work wonders!

## Training Tips

- Kick off every session with a solid warm-up to keep those injuries at bay.
- Keep tabs on your progress each week to spot where you can level up.
- Guzzle down that water and munch on balanced meals for peak performance.
- Don't forget to schedule those glorious rest days for muscle recovery!

## Volunteer Opportunities

Roll up your sleeves, folks! We're on the hunt for volunteers to be the superheroes of timing, setup, and snack duty on club nights. Ready to join the fun? shoot us an email if you can help!!!

## Merchandise Update

New club swim caps and hoodies are now available. Orders can be placed through Swim Central or feel free to speak to one of our coaches.

## Contact Information

**Email:** [margaretriveraquaticclub@gmail.com](mailto:margaretriveraquaticclub@gmail.com)

**Phone:** 0476136896

**Website:** [www.margaretriverswimclub.com.au](http://www.margaretriverswimclub.com.au)

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