

JULY 2022

Vice of Presidents' Report

It is strange the places that swimming takes you, there are so many opportunities that the world of swimming opens up. Be it regular visits to the beach, long swims interstate, pool competitions with friends or magnificent foreign trips to far away places. For me, some of these are the culmination of weeks or months of training. If I'm doing a pool competition I like to be able to do my best (not to be the best, but to be as good as I can be), if I'm on a swimming holiday, I like to be fit enough not to worry about the swimming so that I can enjoy the environments that I'm swimming through and the the company I'm swimming with.

We all have different motivations with our swimming but we all have one thing in common, a love of swimming. Now is the time to think about the year ahead and what you want out of it in terms of your swimming. Do you have a race that you are particularly interested in doing? Is there a stroke you have always wanted to master? Is there an exotic location that you have always wanted to visit? Do you want to swim further than last year? Do you want to remain fit and healthy?

Why not talk about your motivations with your club mates? You may find that some have similar motivations, and working with other people moving in the same direction is always fun. They are there to share the highs and lows that go with any sporting endeavour. Why not share your motivations with our coach? She may be able to help you with advice and tailored sessions. There is nothing like having some expert guidance to navigate you through whatever journey you are taking.

A club is all about shared experiences and wisdom. I urge you all to participate by sharing your motivations, experiences and wisdom with your club!

Pete

Coach's Corner

Hello, swimmers!

We have all experienced muscle cramps while swimming – it is not fun, especially if you are doing an open water swim. I found this article from Swim England Masters and it made sense. Please read it and see if it works for you.

Avoiding foot cramp when swimming

Usually felt after a freestyle kick or a turn, foot cramp in swimming is a short, sharp muscle spasm at the sole of the foot. It can be relieved with a bit of stretching but it makes it very difficult to continue.

And it's not a problem confined to the pool. Foot cramping is one of the most common complaints during open water swimming and triathlons.

We asked British Swimming physiotherapist Carl Butler to explain why you might be cramping and the keys to avoiding foot cramp.

Anatomy of a kick

Cramp occurs when a muscle is fatigued and overused, when a swimmer is dehydrated and has an electrolyte deficit or if the muscle is tight from a previous session.

The plantar fascia is a fibrous, connective tissue which surrounds the muscles in the sole of the foot.

It stretches from the toes to the heel and works closely with the main calf muscles in the back of the lower leg – the gastrocnemius, soleus and the tibialis posterior.

These are the main muscles involved in pointing the foot and toes during streamlining and kicking. Cramp in any of them will be felt in the back of the lower leg or the sole of the foot.

Prevention

The first thing to remember is to **stay hydrated**, not just with water but with electrolytes, and to eat the right things to help your body before and after training.

Secondly, **stretching** is vital for maintaining flexibility in your muscles. It should be included in your warm-up and warm-down for pool and land-based sessions.

Specific muscle stretches

Try these stretches for the individual muscles on the calf and foot – hold each stretch for two minutes in 10, 20 or 30 second intervals.

1. **Gastrocnemius stretch** – stand with one leg in front of the other and lean against a wall. Bend your front leg and keep your back leg straight with your heel on the floor until you feel the muscle stretch in the back of the lower leg between your heel and knee.
2. **Soleus stretch** – stand with one leg in front of the other and lean against a wall. Bend both knees and transfer your weight to your back leg, ensuring you keep the heel of your back leg on the floor. You should feel the muscle stretch in the back of the lower leg.
3. **Plantar Fascia stretch** – stand with one leg in front of the other with the toes of your front foot on or up against a raised platform (such as a step or a wall). Bend both knees until you feel the stretch in the sole of your front foot.
4. **Alternative plantar fascia relief** – roll your foot over a golf or hockey ball. If you find this too painful, try it in warm water to help the muscles relax more.

45th Anniversary Celebration

The Club is holding a lunch on **Sunday 27 November 2022** at the Adelaide Bowling Club to celebrate its 45th anniversary. More details will follow. Please put the date in your diary!

Swim Central

Masters SA has advised all members by email that it is moving progressively to implement a new on-line portal, Swim Central. If you haven't already done so, you should log on to Swim Central and reset your password.

Solstice Swim

A number of hardy Adelaide Masters members joined a large group of swimmers at Henley on a fine, cold morning on Sunday 19 June for the ritual Solstice Swim. Congratulations to all who took the plunge, naked or wet suited, however long or far you went!





Winter Interclub 1 – Relays

Interclub 1 – Relays

The first interclub of the winter season was held at the SAALC on Sunday June 5th. Thanks and congratulations to all those swimmers and supporters who headed south for what was a well organised and fun event. This was the relay meet with all participants swimming in a variety of teams up to a maximum of 5 swims per person.

Adelaide Masters had 16 participants, 9 women and 7 men. The challenge was to sort those swimmers into the maximum number of teams, honouring the strokes and distances each person requested to swim and having enough variety of team members not to risk a swimmer missing out completely if someone was unable to attend.

Our appreciation and admiration has to go to Steph who, with her extensive excel spreadsheet, a lot of patience and heaps of organisational skills, competently sorted us all into 19 different teams. Male, female, mixed, freestyle, medley and 4x 25, 50 or 100m. A brilliant effort Steph – thank you!!

Adelaide Masters came 6th overall, equal with Henley Beach Masters on 288 points. The meet was won by Atlantis with 718 points, Phoenix 2nd with 568 and Uni SA 3rd with 508. Adelaide Masters had a number of relays gain placings and the 4 x 100 mixed medley team of Mike Ross, Sharon Beaver, Steph Palmer White and Scott Goldie broke the State record for the 160+ age group in a time of 5.15.12, a fabulous effort.

We must acknowledge Atlantis's 320+ Men's Team who broke 2 National and 3 State records – not bad with an average age of over 80!

Marshalling for this event is a major challenge with so many swimmers and teams to organise, so we thank Pam and Pete Holley who not only swam their events but again did the marshalling for the entire event.

We encourage as many swimmers as possible to enter our next interclub, a short course event on Sunday July 17th, online entries close 6 July 2022.

This meet is the first for nominations through Swim Central. Swimmers will need to have logged on and reset their password prior to being able to enter.

Steph and Lee, Club Captains

Dates for your diary

July

Sunday 17th – MSSA Interclub 2, SAALC

Online Entries close 1 July 2022

Friday 29th – Dinner after training at Maid and Magpie

August

Sunday 14th – MSSA Interclub 3 (National Swim Series) SAALC

Online Entries close 29 July 2022

Saturday 21st – Sunday 22 MST SC Winter Championships (Launceston)

September

Sunday 11th – MSSA Interclub 4, SAALC

Online Entries close 26 August 2022

Saturday 17th – Sunday 18 MSNT LC Championships (Darwin)

October

Saturday 15th – Sunday 16 MSNSW LC Championships (Canberra)

Sunday 23rd – MSSA LC State Cup, SAALC

Online Entries closed 24 September 2022

Sunday 23rd – Stadium Masters LC Livelighter CC (Perth)

November

Friday 4th – Sunday 13 Pan Pacific Masters Games (Gold Coast)

Sunday 13th – MSSA SC Long Distance Meet, SAALC

Online Entries close 28 October 2022

Sunday 27th – Adelaide Masters 45th Anniversary lunch, Adelaide Bowling Club

Social gatherings



Some Adelaide Masters swimmers (and one from Noarlunga) recently joined a table at the Port Adelaide Rowing Club Quiz Night. Glorifying under the name of the Witsundays (recalling a warm swimming safari a year ago), the team finished third over an entertaining evening.



Lee O'Connell and Di Simonds met up recently with Sue Needham, a former club mate who swam with Adelaide for 8 years in the 1980s. Sue was an outstanding long distance swimmer, and she and her husband Graham were both actively involved on the Committee.

Club History – 1986: National Champions again!

1986 was 150 years since European Settlement in South Australia. Much of the energy within the Club in 1986 centred round the AUSSI Nationals held at the North Adelaide Aquatic Centre in March 1986. Consequently much of this chapter is devoted to that event.

Training certainly ramped up early in 1986 and even though Josie Sansom was no longer the club coach, others including Graham Needham and Gerry Schueler stepped up to fill the void. Programs were made available to those wishing to train outside of the usual training times and venues. There was also much being done in organising social functions and fundraising to encourage as many Adelaide Masters members to enter the Nationals as possible.

The following article came from Masters Swimming Australia's *40 Years of Nationals Championships*:

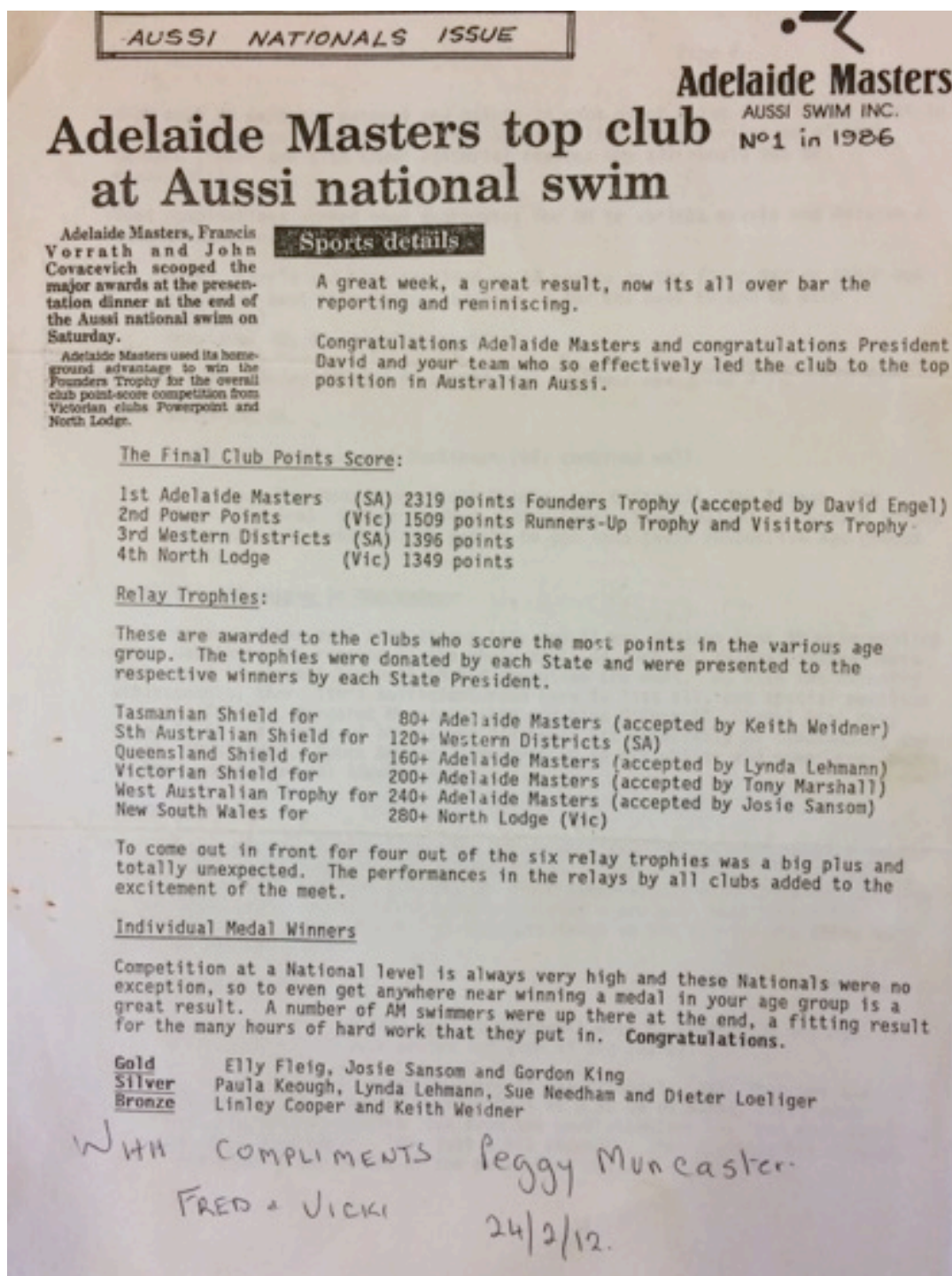
1986 - Adelaide, South Australia

The 1986 National Swim were held in Adelaide and featured many memorable moments for competitors. From Peter Gillett and Chris Potter swimming in "Mickey Mouse" bathers (apologies that no photos of this could be found!), to Dawn Fraser swimming in a few heats, the biggest highlight was that thanks to a computer, results were able to be posted almost straight away! Taking home the Founders Trophy for 1986 was a victorious Adelaide Masters



Kit Simons and Di Simons with Dawn Fraser at the 1986 Nationals

The Adelaide Masters newsletter, published soon after the Nationals, highlighted the impressive performance by the club during the meet.

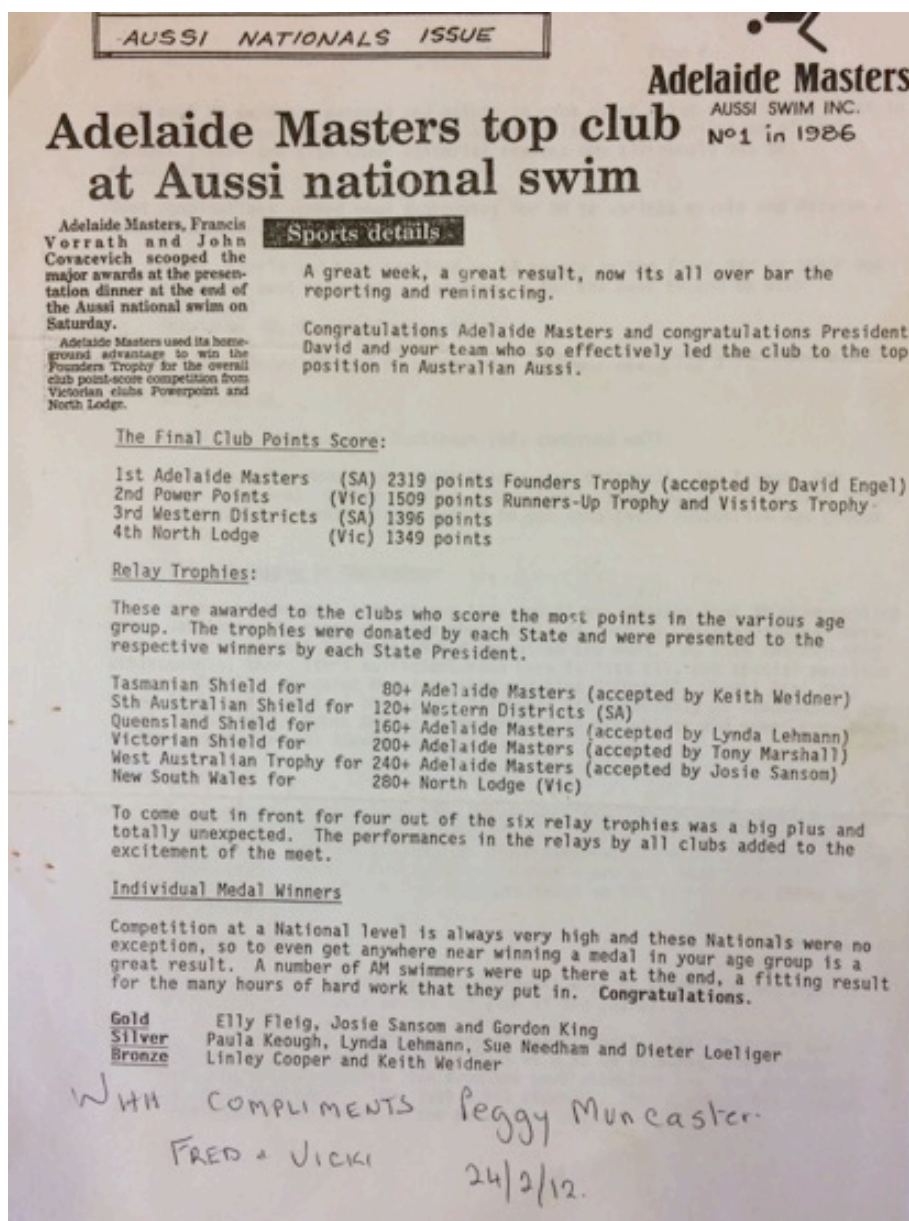


Adelaide entered over 90 swimmers, including 16 who had competed in the 1980 Nationals when we won the Club Championship Trophy for the first time: Kit and Di Simons, Vicki and Fred Murphy, Laurie Potter, Josie Sansom, Carrie Hatswell, Norma Fowler, Linley Cooper, Don Will, John Klunder, Gerry Schueler, Rick Bochmann, Rob Blair, Symen Kronkamp and Mary Phin. A number of Adelaide Masters swimmers from the 1980 carnival competed for other clubs in 1986, including Phil Williams, Di and Rod Ross, Harold Cilento and Libby Taylor.



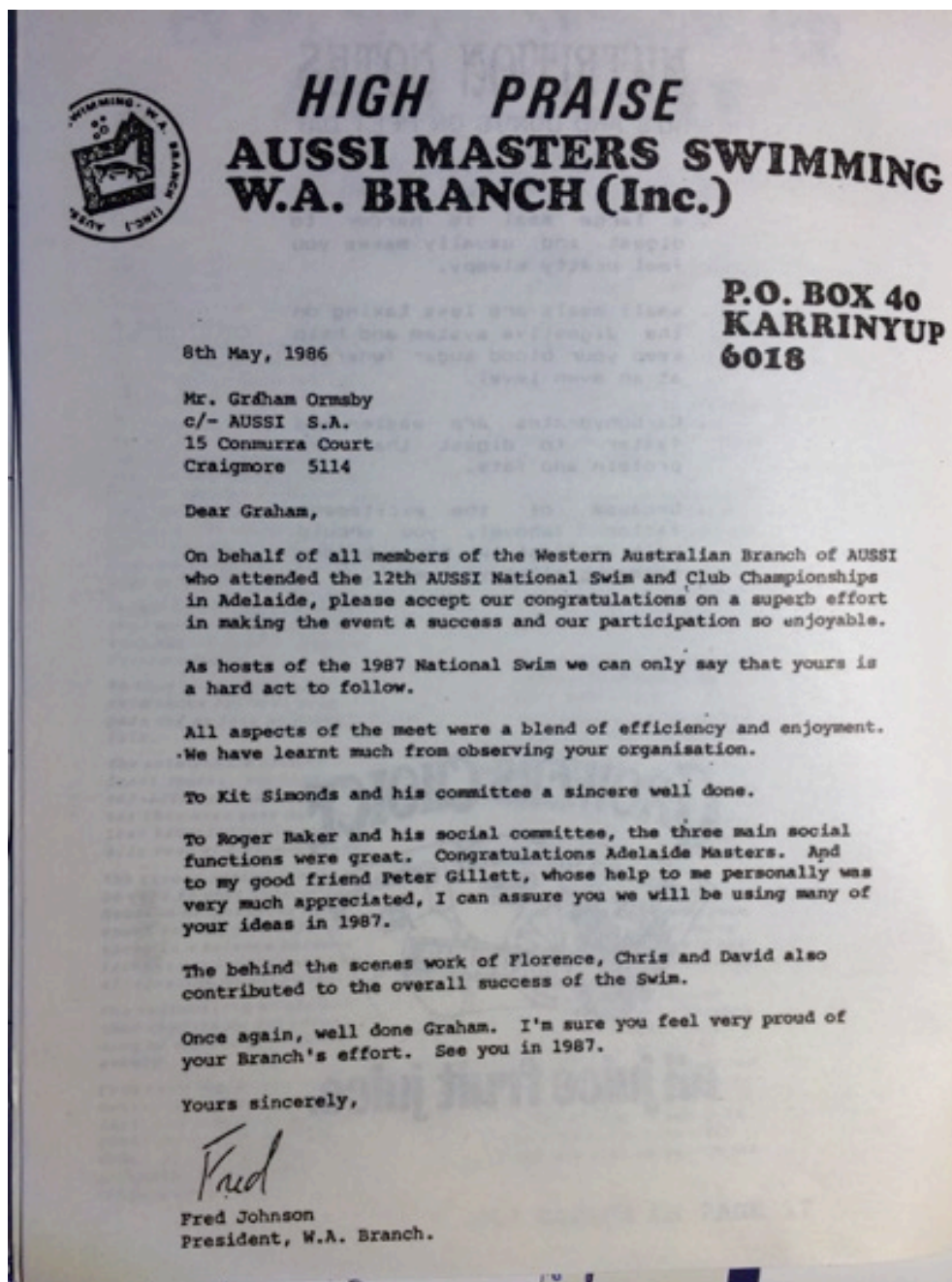
The first photo above shows the Athletes Parade prior to the beginning of the Nationals featuring (from left) Ron Hartley, Mary Phin, Norma Fowler and Di Simons. Shown below are Graham Ormsby and Kit Simons celebrating, and Graham with the relay shield won by Adelaide.

The team's success was due to the very large number from the club who competed and outstanding individual performances. 18 swimmers achieved a top 10 placing in their age group: Norma Fowler, Carrie Hastwell, Mary Phin, Sue Needham, Linley Cooper, Josie Sansom, Margaret MacKinnon, Di Simons, Peg Muncaster, Vicky Murphy, Lee O'Connell, Joe Savage, Rob Blair, Ian Seal, Graham Needham, David Engel, Steve Walker, and Graham Wright.



Success in the pool was only part of the story. Several interstate competitors were heard to say during the meet how well Adelaide Masters had organised the event such was the help provided by so many from the club.

This sentiment is illustrated in the following letter published in the official AUSSI newsletter "Master Stroke" in June 1986.



Special mention was given in our newsletter to Liz Schultz, Margaret Mainland, Lee and Mike O'Connell, Cheryl Lim, Mary Phin and Di Simons as well as "a host of others". The organising committee comprised a number from Adelaide Masters including Graham Ormsby (chairman), David Engel (marketing) and Kit Simons as Carnival Director, the quiet achiever whose job was to bring it all together.

A great night celebrating the event was highlighted by the Adelaide Masters floorshow and in particular Rod Roberts who spent many hours getting his floor show team up to scratch. Together they put on a great performance. The photos below show Rod and his troupe.



 Find us on
Facebook

For up to the minute news and last-minute changes:

Do you have something we can include in the newsletter? Mail it to
adelaidemastersswimming@gmail.com