

JUNE 2022

Thank you Betty Reinboth “Die Präsidentin”

At the monthly drinks/dinner at “The Maid” on Friday May 5th Past President Betty Reinboth was presented with a fitting gift to acknowledge her leadership of the club over the last 2 years. We are sure when she willingly took over the position at the AGM in 2020 she had no idea of the challenges the next 2 years would bring. Betty has worked incredibly hard, often over and above what anyone would have expected, to guide the club through a very difficult period with all the unforeseen obstacles that Covid and also a change of coach would bring. Her care of and connection with club members was always appreciated. Many of us have valued the phone calls, quiet conversation and encouragement she offered - keeping the club connected and strong in what was, for many, a confusing and isolating time.

Betty is a great example to us all of the mantra of Masters Swimming – fitness, friendship and fun. We sincerely acknowledge and thank her for her efforts over the last 2 years.

Steph Palmer White and Lee O’Connell

The President of Vice’s Report

Some people think that swimming is a solo sport, how wrong they are. We may swim as individuals but there is always a whole team around you. Think about it, swimming on your own is so different to, say, coming to training and swimming with your club mates. There’s the banter at the end of the pool, the incredulous looks at our coach when she suggests that you might not be performing at your best. If you are doing an open water event, it’s all about the chatting at the start line, the rekindling of friendly rivalries and maybe a drink or two after. As for pool events, well it’s all about the team! Your personal contribution pushes the club up the rankings and towards bragging rights at the next interclub. Even broader than, that there is the emotional support of friends and family who live the ups and downs of your swimming. How many of you, for example, found that during the lock downs there was something missing in your life?

Why am I going on about the team? Well, Adelaide Masters is *your* team, we are all here for each other, for fun, for support, for routine and for everything swimming. All we ask is that you contribute a little of your time by participating. Come along to training, do an interclub, target an open water event, come along to a last Friday at the pub, volunteer to help with an event, write something for the newsletter, help the committee. It doesn’t matter how large or small your involvement all I ask is that you participate in some aspect of the club.

Talking of participation, we are actively looking for a president. If you feel that you have the drive, vision and desire to steer the club through the next few years, please approach myself or Peter Clements for details. See you in the water.

Pete Holley



Coach's Corner

Over the summer period we have been working on endurance, swimming longer distances at the same speed. Masters swimmers do like that – even pace cruising. Our pool competition season has started and I have included sprints in our training routine. I know it is not everybody's cup of tea but trust me – it is good for everyone, not just for people competing.

Just one reminder for swimmers at training – please get used to finishing your distance with a proper and strong finish at the wall, especially when you are timed. Like everything else in swimming, the more you practise the better you become.

To make sure that everybody can finish their distance at the wall, please ensure that lane etiquette is applied – when you have finished your distance, please move to the side and allow other swimmers to finish their distance at the wall.

Ilze "Uzdevumu šablons" Ostrovska

45th Anniversary

Adelaide Masters is celebrating its 45th year!

A subcommittee has been established to come up with ideas and start organising activities. If you have a suggestion, please contact one of the subcommittee: Pam Gunn pampeter2014@gmail.com, Kay Johnston kayjohn62@bigpond.com, Lee O'Connell leeoconnell56@gmail.com, Jeff Sheridan Jeffrey.Sheridan@csiro.au and copy your message to the Newsletter editor Michael Harry mvharry1@gmail.com.

A free week of swimming!

To recognise the milestone, current members will be invited to a **free week of swimming** (no strings attached) during winter training at St Peters (Mon, Weds, Friday 6:30pm) from 13 June.

Through random draw these are the lucky 5 members that will be able to swim train at St Peters for free the week of the **13th of June 2022**:

Roman Zaika
Mark Smedley
Suaane Fitzgerald
Mathew Skeen
Milos Karapandzic

Through random draw these are the lucky 5 members that will be able to swim train at St Peters for free the week of the **20th of June 2022**:

Kim Lau
Elizabeth Thornton
Amanda Ruler



Charlotte Watson
Anthony Varvounis

Through random draw these are the lucky 5 members that will be able to swim train at St Peters for free the week of the **27th of June 2022**:

Geoffrey McConachy
Christopher Carter
Tony ward
Ian Hogben
Catherine Engela

Through random draw these are the lucky 5 members that will be able to swim train at St Peters for free the week of the **4th of July 2022**:

Helen Bartsch
Scott Goldie
Henry Gooden
Sonya Montgomerie
Kay Johnston

Through random draw these are the lucky 5 members that will be able to swim train at St Peters for free the week of the **11th of July 2022**:

Yovanni Mahecha
Frank Markus
Christopher O'Brien
Jane Thiele
Mary Phin

Further draws will be held in the following months. We have 85 current members and the intent is that almost all will be offered a free week!

Short Course State Cup 2022

The 2022 Short Course State Cup was held on Sunday May 1st at the SAALC.

Adelaide Masters had 11 swimmers entered and we are grateful to all those who made the trek south for the event. A special mention of Judith Gallasch who competed for the first time. Congratulations Judith, first for having the courage to take the plunge into the competitive arena and second for your impressive times and contributing to the Adelaide Masters result of 6th overall on 372 points. Phoenix won the event with 844 and Uni SA were second with 691.

We had some outstanding age group placings: Erin Brown 1st (40-44), Steph Palmer-White and Sharon Beaver 1st and Julie Bowman 3rd (55-59), Lee O'Connell 3rd (65-69), Anthony Varvounis 2nd and Charles Gravier 3rd (30-34). Anthony and Charles are shown below with Club trophies awarded at the Annual General Meeting.



Anthony Varvounis, winner, Andrew Weldon Trophy



Charles Gravier, winner Josie Sansom Trophy

As always, Masters SA ran the event professionally and efficiently. We thank Pam and Pete Holley who swam their 4 events *and* did the marshalling for the entire meet.

We are looking forward to the Interclub 1 Relay meet on **Sunday June 5** – thanks Steph for all your time and effort in working out the 19 relays.

Interclub 2 is on **Sunday July 17** – please consider taking the plunge like Judith did and entering this event, and joining the team camaraderie and fun of the competitive side of swimming.

Lee and Steph

Members Spotlight – David Gardner

How old were you when you started swimming?

I started swimming when I was 4 years old at St Michael’s Collegiate Senior School in Hobart

Why did you start swimming?

I wasn’t very good at running.

How long have you been swimming?

An age - revealing 29 years

What motivates you to swim?

The amount of food that I eat.

How did you learn to swim?



I remember kicking against the wall at the pool and wanting to be as fast as my brothers.

Have you always swum or is it something you've dipped your toes in now and again?

I've played water polo at club and state level, so swimming definitely helped with my lack of hand - eye co-ordination

Do you prefer swimming short distances or long distances and why?

I like both. Short distances because you generally get a fair bit of rest at the end and long distances because you don't generally have to swim as fast.

Do you prefer swimming in the pool or at sea and why?

Pool - fewer sharks.

How do you fit swimming into your daily/weekly/monthly routine?

I think having a dedicated training time helps my wife and I plan our weeks. That said, if I don't feel like going training, she is still going to be pushing me out of the door.

Which do you prefer: swimming in a group or own your own?

Group

What does swimming mean to you?

This is a tough one. I'd say fitness and thinking time. You can run through things in your head but at the same time, the feeling of getting out after a training session is pretty good. Getting in isn't fun.

What is your greatest swimming achievement?

Pacific School Games 2000- testing out the Olympic pool before the Olympics!

Who has inspired or influenced you and how / why?

Probably my brother- he is the reason I got into swimming

If you could give your younger self one tip what would it be?

Don't eat that warm Thai beef salad in Cambodia

What are your interests outside of the water?

Walking my dog, socialising with friends- sometimes at the same time.

Do you have any big swimming plans for the future?

Planning on attempting the English Channel in July.

If you could pick one of fun, fitness and friendship, what would it be and why?

Friendship- but closely followed by fun and fitness

Describe your best swim

4x50m short course relay, 2004 State Championships in Tasmania. We qualified for the nationals and I swam a 24.5 which I haven't and will never be able to do again!

What do you see in your swimming future?

Two things- A black line and also a lot of open water.

Do you have a favourite swimming event? What is it and what makes it special?

Probably relays- it's a team event in what is normally an individual sport.

If you could only swim in one place for the rest of your life, where would it be and why

Just off Paxos in Greece- It's warm and the wine is cheap

Is there anything unexpected lurking in your swim bag?

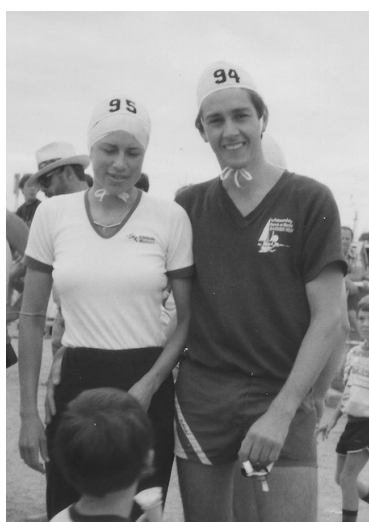
Folded up pieces of paper of individual swimming programs I have done over the past 3 years.

Club History

Peter Clements Michael Harry

1985

At the October 1984 Committee meeting a request from the Port Vincent Council was tabled for Adelaide Masters to hold a long swim on New Years Day 1985. At this stage, nothing seemed too onerous for our club and so it came to be: the Port Vincent New Years Day Swim. Other than Ron Hartley winning and stating afterwards "all I had to do was beat a team of drunks", at this stage no results of the swim are able to be located but the following photos were taken on New Years Day at Port Vincent. The first is of long time member Lee Noblett with Mike O'Connell before the swim. They were to be married during the year. The next photo is of Ron Bolton, Mike O'Connell and Jock Dean presumably after the swim, all of whom played significant roles in the Club over the years.



During the year training continued to be held at the Parade Pool at Norwood and then later in the year at both Norwood and North Adelaide on Monday, Wednesday, Friday evenings and on Saturday, creating some confusion among members. On Friday nights 3 lanes were set aside for stroke correction, as club Captain Tony Marshall reported at the April meeting that other clubs were becoming more competitive.

This proved to be true! Adelaide Masters came second to Western Districts in the State Cup. It was noted in the AGM minutes in November that this was a very disappointing result, a result of complacency and teething problems with training at the new venue in North Adelaide. In the Interclub competition, however, Adelaide beat Marion into 2nd and Tea Tree Gully into 3rd place. The following individuals gained top positions in their age groups over the series of races: Paula Keough, Elly Fleig, Di Simons, Josie Sansom, Norma Fowler, Carrie Hatswell, Mavis Boase, Steve Walker, Gordon King and Dieter Loeliger. Mavis, Elly and Gordon achieved National Records. Many of these names feature prominently in Adelaide Masters history and are mentioned elsewhere in this or other chapters.

There was a feeling amongst some at training that those who were training for the Canberra Nationals, held in March, were receiving preferential treatment and this was noted in the monthly minutes. In any event, a strong contingent of 49 members travelled to Canberra, many of whom are featured in this photo outside the Australian Institute of Sport. Adelaide continued its previous success interstate coming second overall.





As of April, the club had 229 registered financial members. The Committee again noted that the club required a backup coach. There was a query by the Norwood Amateur Swim Club asking if the Adelaide Masters would like to join them. This was quickly rejected as a good idea by the committee.

The Social Committee continued organising events including a Punk Night (this was the 80's!) which raised \$80 and a car rally which raised \$60. The most successful occasion was the Bush Dance, raising over \$350. The funds were again put aside to pay entry fees for those attending the Nationals. The Treasurer's report in February stated that pool entry would increase to \$1.50 for members and \$2.50 for non-members to cover increasing costs. With the increase in membership subscriptions the club achieved a \$5770 profit for 1984.

It was noted in the July Committee minutes that from September 1985, AM was guaranteed training lanes all year round at the now roofed North Adelaide Swimming Centre on Monday, Wednesday and Friday evenings as well as Saturday morning. The renovated Centre provided room for storage of Club files, meetings and monthly functions. Some members were still training at Norwood during the week, however, and coach Josie Sansom stayed at Norwood on Friday evenings. A special meeting was held in December 1985 to address concern over the lack of members training at North Adelaide. It was suggested at the AGM that the training lanes at Norwood be cancelled. It appears that the low numbers at North Adelaide were due to confusion by many about the change in venue. The President, Graham Ormsby, said that the move would be for the better, enabling the Club to reap the benefits of a permanent home training base and go from strength to strength.

1985 saw the end of an era with Graham Ormsby not seeking re-election at the AGM in November and Josie Sansom retiring from her coaching duties. David Engel was elected President and a special meeting was held late in the year to discuss the vacant coaching position. Members were busy in the latter part of 1985 organising and making bookings for the Nationals to be held at the North Adelaide Swimming Centre in 1986.

On the social side, things were humming with Dieter Loeliger marrying Sue in March, and Lee and Mike O'Connell also tying the knot. The Club really got involved in this one, holding a mock wedding on the island in Rymill Park. Participants revelled in fancy costumes and much laughter. There was some concern afterwards around the fact that the event was being photographed by a group of Japanese tourists who thought that this was a real Aussie wedding!



Another Adelaide Masters personality of this era was Norma Fowler, who served as Treasurer for a time through the 1980's and who according to Di Simons, was the "mother hen" of the Club through the 70's and 80's. This article featuring Norma appeared in "The Advertiser" in early 1982.

Norma takes the plunge at 58



Eighteen months ago Norma Fowler of Glynde couldn't swim a stroke. Childhood in the Mallee gave her little opportunity to learn.

And a deep water scare when she was eight killed any enthusiasm she might have fostered for water sports.

But now, the 58-year-old mother of three adult children ploughs up and down the Norwood Parade pool with the confidence and style of an old hand. (That's her in our picture, third from left in the front row).

Australian Union of Senior Swimmers International (AUSSI) national finals in Sydney on April 21 and 22.

Flounder

As a member of the 25-strong South Australian team, she will swim against other "seniors" aged from 25 to their late seventies.

Win or lose, it will be a sporting triumph for Norma, who used to flounder in the shallows while her lifesaver husband and family outswam her.

She took the plunge to AUSSI after a spell in Darwin where "the sea wasps were so bad we couldn't go in the sea, and everybody's pools were too deep for me."

Coach

Six months ago, her interest widened beyond the club pool to that of Memorial Hospital, North Adelaide, where she is a volunteer in water therapy for multiple sclerosis patients.

Her coach is Josie Sansom, who trained in the 200m backstroke for the Dutch team in the 1948 Olympics, and who now holds the world senior swimmers' record for 50m and 100m breaststroke.

Norma is Josie's

By Linda Cook

oldest female student. Norman Cilento, 64, who resumed swimming with 200m a day four months ago, is the oldest man.

Twenty-five of the Norwood club's swimmers are learning water skills for the first time: most, according to AUSSI committee member, Brenda Bochmann, never had the chance to master them or overcome their fears as children, and opportunities for adult swimmers were limited.

Some, swimmers or non-swimmers, came on the advice of their doctors, swimming being an exercise which did not require as much effort as other sports.

Whatever the reason, AUSSI's State membership has risen from 20 members in November, 1977, to about 200 with branches at Whyalla, Gawler, Tea Tree Gully and Marion.

It boasts such names as Vicki Murphy, of Windsor Gardens, an Australian bronze medalist for breaststroke; Gerrit Zavenboom, of Belair, a former State champion in freestyle, backstroke and butterfly; Don Redpath, of Marden, who clocked the best SA time for 110 yards breaststroke in 1948 (11.96); Phil Williams, of Cherry Gardens, 1979 State champion in restricted surfing and many others who hold Australian records for "over 25" swimming.



Adrian Island Teams 1982

Dates for your diary

All events may be subject to change or cancellation due to COVID restrictions

June

Sunday 5th – MSSA Interclub 1 (relays), SAALC

Saturday 11th – Goulash Night

GOULASH NIGHT
 At the HUNGARIAN CLUB OF S. A. INC.,
 82 Osmond Terrace Norwood
 On Saturday 11th of JUNE 2022 7 for 7.30 PM



LIVE ENTERTAINMENT
BAR FACILITIES

Entrance fee \$30.00 per person, paid in advance
 or \$35 at the door. Children are half price.

To pay in advance please remit to account
 Hungarian Club of SA Inc BSB 1050110 A/C 100 529 540
 Please include booking name and print your payment
 receipt for quicker entry.

To book and/or pay by credit card please
 SMS 0435 650 434 or 0414 436 325

Please book by no later than
 Wednesday 8 June to ensure your spot

Sunday 19th

The Winter Solstice marks the shortest day of the year, and it is always celebrated with a fun swim at Henley Beach. This year we'll mark the occasion on **Sunday 19th June**. Last year we had 90 brave swimmers, so let's aim to set a record of 100 or more this year.

You can swim 10m, 100m, 1000m or just a tea bag dip; it's about the fun, friendship and water temperature. Wetsuits are optional 😊.

WINTER SOLSTICE FUN SWIM

HENLEY BEACH: Sunday 19th June 2022

Meet at beach: 9:00am

Splash off: 9:15am

**Warm-up after with a coffee, cake and chat on
the lawn ☺**

NB: This is **NOT a Masters sanctioned event!
Swimmers are responsible for their own safety
and participate at their own risk.**



July

Sunday 17th – MSSA Interclub 2, SAALC

Online entries close 1 July 2022

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



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