

A word from the President

Happy New Year and welcome to 2020.

Last year was a good year for Adelaide Masters. I feel that after a few years in the doldrums the life and vitality that has always been a key ingredient of the club has started to re-emerge. The fun is returning and with it the friendship. Graeme is certainly giving us ample opportunities to increase our fitness! I think that this year is going to be better than ever and I urge you all to just get involved: enter an interclub, take part in an open water swim, come for a last Friday of the month drink after training, train a little more, help with club events. It doesn't matter how much you do just as long as you do something.



The Coach's Corner

Have you made any new year's resolutions yet? Do they involve swimming? Would you like me to help you achieve your goal?

You don't have to be chasing records or looking for race wins, your swimming resolution could be anything: maybe you want to improve your stroke so that you appear to glide effortlessly through the water, you may want to execute the perfect tumble turn or even learn a new stroke. Come and have a chat with me on poolside and together we can make your resolution reality.



Subscriptions Due

Yearly subscriptions are now due, this year the fees are

- Regular Member: \$130
- Concessions: \$110

For this meagre sum you get access to the resources of Masters Swimming SA and Masters Australia, the ability to join any Masters Training session, reduced entry to swimming events, insurance and so much more.

[The subscription can be paid on-line using this link](#)

The Branch Dinner

Swimming clubs from across SA gathered in Glenelg Golf Club at the end of November for the annual branch dinner. This year's theme was "the Mad Hatters Tea Party". Adelaide Masters members did the club proud by sporting a variety of wonderful creations.



Club members were also awarded cups, medal and towels for their achievements in the pool and in the Open Water





Summer Interclub, Woodside



Five hardy Adelaide Masters swimmers made the trek up to Woodside on December 8th, and although we only came 6th we all enjoyed the warm weather and impeccable company! Sharon Beaver, Stephanie Palmer-White, Diana Simons and Mark Smedley won all their events, while Kim Lau came away with two first placings and one third. A great effort for her first competition! The women also made up a first-class medley relay where we came a very creditable second.

Unfortunately, the fires have been through Woodside since that day and the beautiful countryside surrounding the town is a bit blacker now. Many homes were lost but the damage could have been so much greater if not for the heroic efforts of our wonderful CFS volunteer firefighters. Please support both the CFS and any other charity organisations such as Vinnies who are supplying aid for those affected.

Stephanie Palmer-White

Proclamation Classic

Early in the morning it looked like just another day in Glenelg, and then the trailer arrived and along with it many helping hands. Within moments the beach was turned into the start and finish of the Proclamation Day swim, a feat that could not have been carried out without the help of many club members under the ever watchful eye of Jeff.

The 5k swimmers were the first to go. This year had a record number of entries and produced some particularly fast results. Half an hour later the 1k swimmers left the jetty followed five minutes later by the 2k swimmers. Adelaide swimmers Steph Palmer-White and Emily Golding won the women's 2k event and the women's 1k event respectively.

A full listing of the results can be found at Oceanswims.com

Sausage Sizzle



On Sunday 22nd December the Adelaide Masters crack team of sausage chefs were at it again. They fed the hungry hoards at the Kent Town Bunnings and in the process raised a whopping \$750 for the club. This money will go towards providing the swimming facilities and coaching expertise.

Dates for your diary

January

Sunday 5th Pub to Pub

The third event in the towel campaign, A lovely swim from Seacliff Hotel to the Brighton Hotel. Afterwards there will be the traditional gathering in the Brighton Hotel for prize giving, eating and drinking.

Sunday 12th State Open Water Championship, West Beach

The fourth event for towel hunters. This time at West Beach and with the title of State champion at stake!

Sunday 19th Summer Swim Series Meet 2, Gawler

Round two of the summer swim series, Let's go to Gawler! [Enter Here](#)

Sunday 26th The Jetty to Jetty

If you only intend to do one open water swim this year THIS IS THE ONE. Adelaide Masters nearly always win the team cup and we don't want this year to be any different.

Friday 31st Last Friday of the Month Drinks

At the feathers after training

February

Sunday 16th Henley Beach Swim

The sixth event for towel hunters

Sunday 22nd Summer Swim Series Meet 3, Oaklands Park

Round Three of the summer swim series, [Enter Here](#)

Friday 28th Last Friday of the month drinks

At the feathers, after training

March

Monday 9th Noarlunga Reef Swim

Yet another classic open water swim and a must do for the towel hunter. Swim along the reef to mark the end of the long weekend.

Sunday 14th Port Elliot Swim

Saving the best till last as far as the open water calendar goes. Enjoy the delights of Port Elliot and complete the eighth swim in the series, the towel is now yours!

Sunday 22nd Summer Swim Series Meet 4, Strathalbyn

Let's go Long Course this time! [Enter Here](#)

Friday 27th Last Friday of the Month Drinks

At the Feathers after training

For up to the minute news and last-minute changes

