

A word from the President

Firstly, I would like to thank Russell for his contribution to the club as President for the past 2 years and for his valued assistance, as he hands over his knowledge of this role to me.

The emergence of the Coronavirus has created a tough and challenging time for everyone. For nearly two months now, many of us have been self-isolating to varying degrees; experiencing withdrawal symptoms from the pool and from the Adelaide Masters training sessions, missing the motivation of our coach and the interaction with our fellow swimmers. The thing about a tough and challenging time is, we will adapt to get through it and things will eventually go back to normal.

In the meantime, however, I encourage you to continue to be active. There are many dry land and online training options available as well as the sea. Thankfully, the beaches here in SA have not been closed and many swimmers have moved their training to the beach, donning whatever apparel they require to keep them warm. Henley Beach and Brighton are the 2 favourite beaches and the swimming locations, times and contact information have been provided below.

Graeme has also provided an exercise program below, that he guarantees will also help us retain our fitness level. If, however you don't find that challenging enough, [how about trying these exercises](#)

In these time of pool closures and restrictions it's important to keep up with your fellow members and find out what they are doing but what can you do if you only ever chat to them at the pool? Owing to privacy concerns the committee are unwilling to print a list of contact details BUT if you want to contact someone and don't have their details send an e-mail to AdelaideMastersSwimming@gmail.com and we will endeavour to forward to your friend so that they can reply to you. We will continue to keep you updated of any changes when the restrictions begin to be lifted and we start to return to 'normal'.

In 1998 Kit Symonds wrote an interesting article on the early days of national AUSSI Masters and the formation of Adelaide Masters in October 1977. This is published on the Club website: <http://www.adelaidemasters.org.au/About-the-club>. It has been suggested that we begin work on a full history of Adelaide Masters, building on Kit's excellent foundation. This could be published in print or online (or both). I think this is worthwhile and timely project. It could be done at the same time as updating the website, including Club information and records, which has not been done for some years. As a first step, a large amount of old records, photos and various memorabilia has already been located and will be sorted through and documented. To add to this, could you please search out any items of interest you may have and send a photo or scan to the Adelaide Masters email (AdelaideMastersSwimming@gmail.com) with a copy to Peter Clements (pcl92976@bigpond.net.au) and Michael Harry (mvharry1@gmail.com). I will be discussing the project with the Committee and will keep you informed of progress.

Stay safe and healthy and look after yourself and each other.

The Coach's Corner

Hello everyone,

While we are all anxiously waiting for the pools to reopen post pandemic, I thought I could offer some swimming related exercises to keep your swimming strength to reduce the initial struggle when we return to the water.

I know that many of you are currently involved in swimming open water, and other methods of their own which I fully support. However, if some of you are unsure of what to do, here are some suggestions.



First Exercise

Swimming is a sport that requires muscular strength and with this in mind, the first exercise is the basic push up. For those who are not able, commence on your knees, until you are strong enough to upgrade to a full push up. Alternatively, push up on your kitchen bench (see photo below)

Begin with 10, and gradually increase the quantity as you improve your strength. It would be great to reach a goal of say, 50

U



Second Exercise

Sit Ups. Lying down with your feet under a support or a partner holding your ankles. Build up each session to at least 50 eventually.





Third Exercise

Incline push ups (see photo below) Build slowly up to as many as you can. Start small initially.



shutterstock.com • 1338723998

Fourth exercise

Leg Raises, raise your legs as shown in the diagram



Fifth exercise

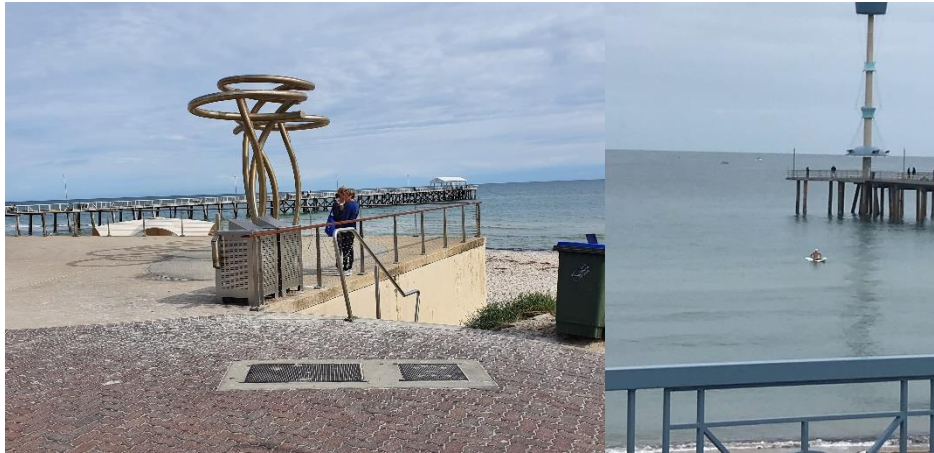
This one is for core strength – THE PLANK
Hold for as long as you can up to 30 secs.

I recommend doing this set of five at least three times a week or when it suits you. Start off gently and build up gradually. Hopefully, these exercises will increase your core strength and triceps ready for your return to swimming.

For aerobic fitness, bike riding or brisk walking are both excellent but definitely not running.

Stay safe and I hope to see you in the near future, Graeme

The Sea is Open



With the pools shut we are lucky in South Australia that we have miles and miles of beach front and an ocean to swim in. Now is the perfect opportunity to discover the delights of cold-water swimming. Forget your preconceptions and join the sea swimmers on a Saturday and Sunday down at Brighton or Henley. Yes, the water is colder than the pool, but it is worth persevering for the amazing feeling of wellbeing that a dip in cold water gives you. Warming up with cake and coffee is Mandatory.

Brighton swimmers leave from the War Memorial at the Brighton Jetty:

- Sat, Wed and P/H: 8:30am
- Sun: 9:00am
- Further details contact Suzie: 0404 169 102

Henley swimmers leave from the Northern corner Henley Square, near steps to the beach:

- Sat: 8:00am and 9:00am
- Sun: 8:00 and 9:00am
- Wed and Public Holidays: 8:00am and 9:00am weather and water quality depending

For further details email Pam or Betty AdelaideMastersSwimming@gmail.com

Awards



Julianne Goode was unable to attend the AGM to pick up the 2019 Long Distance Swimmer award, so Betty decided that it would be appropriate to present it to her at her favourite weekend haunt, Henley Beach. Julianne was given the award for her swims of the North Channel (Ireland to England) and the Straits of Gibraltar (Spain to Morocco) in 2019. She has also completed the Catalina Channel, the Round Manhattan Swim, The English Channel, The Rottneest Channel Swim and of course the Australia Day Jetty to Jetty.

Member Spotlight: Michael Harry



Tell me how it all began

I began swimming in the late 1950s aged 7 or 8 because my parents were determined that my sisters and I would learn to swim well. My parents hired a beach house at Grange or Tennyson over the summer holidays for 4 or 5 years so we could swim at Henley Pool each afternoon. We learnt to swim and then graduated to the Junior Penguins swim squad. Later, we joined the Kensington and Norwood Club at Norwood Pool. After a break, I resumed in my 30s to help manage chronic back pain and stress. I have been swimming ever since.

What motivates you to swim?

For me, swimming is the key to well-being of body and mind. It is also a wonderful way of making friends. I like to swim with at least one other person or in a group. Without company, motivation is harder. I prefer long-distance swimming because I can relax and calm the mind. I swim with a friend in the pool once a week, however I much prefer swimming in the sea. The natural environment and endless variation of ocean swimming is irresistible

Who has been an inspiration to you?

My swimming teacher at Henley Pool, Bill Renfrey. He was a brilliant, unorthodox teacher who never gave up on his charges. He made swimming great fun as well as challenging.

How do you fit swimming into your routine?

I try to swim every day in summer and the shoulder seasons, and twice a week in winter, either in the pool or in the sea. I prefer to swim in the early morning to wake up the body, even if it is just a short swim.

What do you consider as your greatest swimming achievement?

I think swimming a mile - 32 laps - at Henley Pool without stopping when I was about 11 is probably the most significant. It gave me confidence and led me into a sport I could do without hurting myself!

Which swims stick in your mind?

My best competition swim was on the southern beaches in Sydney, from Tamarama to Clovelly. Following a great send off by HG Nelson, we swam well offshore in a 2 to 3 metre swell past Bronte Beach and the Waverley Cemetery, finishing with a long run over sea grass beds full of fish into

Clovelly beach. The most fascinating swim was in a deep volcanic lake in Hokkaido in Japan. The water was cold and as clear as glass.

Do you have any big swimming plans for the future?

Not really. I do like to combine ocean swimming with travel. I plan to continue that in Perth and Wollongong when visiting our sons and their families. A swim in a loch in Scotland (in a wet suit) when we are next visiting my wife's family would be fun.

What are your interests outside of the water?

Cooking, gardening, reading, writing and the arts. I also do voluntary ESL teaching, which is rewarding

And finally, if you could give your younger self one tip, what would it be?

Keep turning up, whatever you are feeling.

Member Spotlight: Alyce Dowling



Where did it all begin?

Swimming lessons, and my dad. I remember when I was about three, he took me out beyond the breakers at the beach, and I just loved it! I've been a "beach hoe" ever since. When I moved to Adelaide, I thought joining a club would be the perfect way to meet some people and keep up the ocean swimming

What motivates you to swim

I love to eat snacks, so it's my balance to that. I find swimming so soothing and relaxing and fun!

Where do you prefer to swim?

Definitely the sea. It terrifies me because of the stingrays, and ever since they got Steve Irwin, I've not trusted them, but the ocean is so vast and beautiful. I love taking a breath and looking up at the clouds. There's nothing quite like it. I prefer to swim in a group It's nice to have a chat and meet people from different walks of life. Also, the more people there are, the less likely it is that you will be the one eaten by a shark. I love swimming long distances. You can get into the rhythm of it and just goes on for ever. Sprinting sucks.

Who has inspired you and why?

In life, my two big inspirations are Jane Goodall, that chimp lady, and Marianne North, this kickass botanical illustrator lady from the 1800s who went around the world painting plants from exotic locations. Both these ladies just did what they wanted and excelled at it. They are HUGE NEWS in my books! My swimming inspiration is the cuttlefish. Those dudes are crazy, I recommend watching some [YouTube videos of them](#). They will blow your mind.

What is your next big thing?

It's not super big, but I'd really like to swim from Henley jetty to Grange and back again. The big kahuna, the whole 4km. I've done 3km a few times, so I've got my eyes set on 4

Describe your best swim

The Easter swim last year on the South Coast of NSW. It was a beautiful, sunny day and the water was perfect. But honestly, every swim I do is pretty good, it's just nice to get out there.

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

Keep up the good work, punk.

Dates for your diary

May

~~Sunday 3rd: Long Course State Cup, Marion~~

Cancelled due to pandemic.

Sunday 31st: Interclub 1; Marion

There is a high possibility that owing to the COVID-19 restrictions and the on-going global pandemic that this event may be cancelled. Check the [Masters SA website](#) for updates

June

Sunday 21st: Interclub 2; Marion

Provisional depending on the lifting of COVID-19 restrictions

July

Sunday 26th: Interclub 3; Marion

Provisional depending on the lifting of COVID-19 restrictions

August

Sunday 23rd: Interclub 4 (Relays): Marion

September

Sunday 13th: Short Course State Cup; Marion

November

Sunday 1st: Long Course Long Distance

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