

A word from the President

We are back!!! We are back to training; back to “Racing in SA”; and Adelaide Masters is back to winning! The first interclub for 2020 was held at the SA Aquatic and Leisure Centre on the 23rd August and, although the number of entrants was less than normal across all clubs, everyone enjoyed the fun, friendly, competitive environment and catching up with friends from other clubs. A big “Thank you” must go to all involved in organising and restructuring the event to incorporate COVID restrictions: Branch officials, club members and volunteers did a fantastic job implementing and ensuring COVID distancing between the swimmers and ushering swimmers accordingly.

Adelaide Masters came first, closely followed by Marion and Atlantis. Not only was the competition close but there were some outstanding individual swims, with 2 possible National records and several State records. There was some great swimming by Mark Smedley with a National record for 100m Individual Medley and State records for 100m Breaststroke, 100m Individual Medley and 25m Breaststroke. The COVID lockdown certainly was not detrimental to his swimming. All results are available on <https://mastersswimmingsa.org.au/>.

We are currently planning the return to Summer training at Burnside pool, commencing on Monday 28th Sept, 6:30pm-7:45pm. The last session at St Peters will be Friday 25th Sept. We would like to acknowledge Burnside Council’s generosity as they are again happy to provide the club with sponsorship towards the lane hire for the 20/21 summer season: a significant financial saving for the club. I think many of us are now looking forward to some warmer weather, sunshine and a 50m pool.

Betty “The Boss” Reinboth

The Coach’s Corner

As I sat in the Grandstand looking down on the pool at the first event since COVID 19 I felt a moment of pride. It was not because we were winning (although I must admit, that always makes me proud) but it was how we had all pulled together as a team. There was a certain sense of camaraderie around the Adelaide Masters section that did not exist to such an extent in some of the other teams. This does not happen by accident. I have noticed that since we have returned to the water the club has developed a friendly team spirit. I enjoy the way that new members are actively welcomed into the team and encouraged to become part of the club, how established members actively help and encourage new members and how everyone pulls together to make sure that our swimming is enjoyable. Thank you all for actively participating in making this club what it is: fun.

Graeme “The Coach” Brown

Return to Burnside

Swimming will resume at Burnside on Monday 28th September. Please, remember that you will have to purchase a summer multi-visit pass and pay for entrance to the pool. The showers and toilets will be available to use but due to restrictions the spa and sauna are currently closed.

The last session at St. Peters will be Friday 25th September. There will be drinks at the Maid and Magpie after training to mark the end of the winter season.

Important: no training on 11th September

St. Peters Pool is being used for an event on Friday 11th September so we will be unable to run our usual session. Join us at the Maid and Magpie at 6:30pm for a drink and a meal instead.

Vorgee Endurance 1000

Due to the ongoing lockdown restrictions placed on Victoria at the current time, the National Board of Management has agreed it would be unfair to continue the e1000 as a National program. It has been decided to abandon the e1000 National trophies and awards for 2020. However, Clubs are still able to record results to contribute to any Branch-based competition.

Training at the North Adelaide Aquatic Centre

Do you feel you need more pool time? Do you have time during the day?

SA Masters has resumed the sessions at the Aquatic Centre. They are on Mondays, Wednesdays, and Fridays, starting at 10:00 for one hour.

Mary Phin: A lifetime of swimming

Tell us how it all started?

I was about eight years old when I taught myself to swim. I started with doggie paddle and worked my way up from there. We spent most weekends at Port Noarlunga with my parents, so whilst they fished my sister Diana and I would spend most of the day swimming. I developed a love of being in the water that has stayed with me ever since. I enjoy the feeling of being in the water, being weightless, being relaxed — there is nothing quite like it.

Where do you swim?

In the summer months I like to swim at Unley: it is a lovely pool and I try and get there twice a week. I am not so keen on getting into the sea as there are things that live in there that I cannot outswim. I enjoy swimming on my own or with my sister. I prefer to do backstroke as then I can sing to myself — this might also explain why I prefer to swim alone!



Mary (right) and her sister Di marshalling at Marion

Do you have swimming plans?

My plans mainly consist of carrying on doing as much as I can for as long as I can. Realistically my glory days are behind me, but there are so many memories to keep me going, like the time I was in the relay team that took the 4 x 100 mixed freestyle relay long course record at Unley Pool or the relay swim at the Darwin Nationals where the Adelaide Masters swimmers were urging me on. It was wonderful being coached by Josie Sansom who believed that we could all do impossible things and then finding out that she was right.

What do you do outside the pool?

I like to make time for travelling and reading but most importantly being with friends.

Do you have anything unexpected lurking in your swimming bag?

There is a spare set of underwear which probably will not fit now.

Dates for your diary

September

Friday 11th, 6:30 pm: No training: Drinks and eats, Maid and Magpie
Join us for a catch up over food and wine.

Sunday 13th: Short Course State Cup: Marion

Time to get back in the pool again and swim for glory (entries are now closed).

Friday 25th: Last swim at St. Peters: Drinks, Maid and Magpie

Come and join us at the Maid and Magpie after training to mark the end of the winter training season.

Monday 28th: First Swim at Burnside Pool

Make a note to turn up at the correct pool! Today is the start of swimming at Burnside.

October

Friday 30th: Last Friday of the Month Drinks, Venue TBA

Join us for a meal and a drink after training and find out what your teammates look like when they are fully clothed.

November

Sunday 1st: Long Course Long Distance

The joy of long course, long distance swimming, when 200 metres is not enough: [Enter Here](#) before 17 October.

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