

## A word from Madame President

Training attendance numbers have fluctuated since Christmas, but this is to be expected as we are lucky to have freedom, great weather and many beautiful locations to enjoy. I must admit having taken a few breaks myself – enjoying Darwin’s beautiful pools, Northern Territory’s amazing water holes and a week recently at Carrickalinga. It is now, however, time to head back to training, get reacquainted with Coach Graeme and focus on the last few summer events in the open water and the Summer Interclub series.

Firstly, a big “thank you” to all who organised, participated in and donated towards the Pink and Blue Swim and the 24-Hour Mega Swim in February. Both are great charities that support those unfortunate to have experienced cancer or Multiple Sclerosis.

The club is not all about fitness; there is also the fun and friendship and the club’s business formalities, which are just as important. March has a good mix of all three of these. The club’s AGM is scheduled on Wednesday 24<sup>th</sup> March and we encourage all members to attend and even consider nominating yourself or a friend for a position on the committee. The formalities will be kept brief, followed by presentation of club trophies, with pizza and drinks. The Branch AGM, and the 2020 Branch Presentation dinner is two days later, on Friday 26<sup>th</sup> March. Do not forget to make your reservation as the coach has cancelled training for that night. It is a great social event where the club and some of its swimmers will be presented with awards. Come and support the club!

Lastly, as Burnside Council has kindly increased the lane numbers to 10 per lane, it will no longer be necessary to book a session.

I almost forgot! Please remember to renew your Masters Membership for 2021 if you haven’t already. Your membership must be current to participate in training and Masters events.

Betty “Madame President” Reinboth

## The Coach’s Corner

The beginning of March heralds the beginning of autumn and the end of the outdoor swimming season for some. When we have completed the last in the summer series swims and the Noarlunga reef swim, it will be time to turn our attention to the Interclub winter series, something that grips me with excitement every year.

I know that you all know that you belong to the best swimming club in South Australia, but my mission this year is to make sure that the rest of South Australia knows that the original masters club is still the best in the state. I would like to do that by encouraging you all to take part in the winter Interclub meets.

These meets give you all something to train for. I don’t expect everyone to win their events, I expect everybody to do their best with the support and cheers of their teammates in their ears. I want you all to experience the highs and lows of competition, the wrath of the referee, the joy of finishing, the excitement of supporting others.

The way we show the rest of South Australia that we are the best club is by being the happy, joyful and supportive people that this club creates. Some clubs will have you believe it is all about winning, but I'm here to tell you that taking part and doing your best – supported by the camaraderie of your team – is so much better.

Graeme "The Coach" Brown

## Notice of Adelaide Masters Annual General Meeting 2021

The Annual General Meeting of the Adelaide Masters Swimming Club will be held:

On: Wednesday 24<sup>th</sup> March 2021, at 7:15pm – 8:00pm (after training)

Venue: The Burnside Pool Club Room

Pizza and drinks will be provided.

**NB: TRAINING will be 6:00pm - 7:00pm with no coaching fee on this night.**

The club will be presenting the awards for swimmers for the 2020 swim season.

The Club are seeking nominations for the following positions which will become vacant at the A.G.M:

- **President**
- **Vice-President**
- **Secretary**
- **Treasurer**
- **Club Meet Captains (Male & Female)**
- **Nominations/Registrations Officer**
- **Open Water Swim Organiser**
- **Newsletter Editor**
- **Publicity officer/web editor**
- **Recorder**
- **Fitness Director/Coaching Coordinator**
- **Safety Officer**
- **A.M Committee**

Please consider supporting the club and nominating for a position. Committee meetings are held monthly.

## Summer Series 2: Gawler



These lovely people completed in the Gawler Summer series interclub meet.

## The MS Mighty Swim



Once again Adelaide Masters members were involved in the annual Multiple Sclerosis 24 swimming fundraiser at Unley Pool, this year teaming up with Adelaide Triathlon Club in lucky lane 4.

There were some unforeseen changes as we swam through the 24 hours, but the great organisational skills of Lee Byars were put into play, to ensure that swimmers were in the pool for all 24 hours, accompanied by lane counters poolside.

Our “Mighty” team covered over 70 km in 24 hours, averaging just under 3km per hour (for those mathematically challenged) and finishing 3<sup>rd</sup> overall for distance.

The advantages of participating in this included just swimming our own thing, and not having Coach Brown yelling “go faster” and “I’ll time this one” or even “what are you doing?” More importantly over \$100,000 was raised for MS.

Many thanks to all who registered and offered their time to raise money for this cause.

## Henley Beach Swim



The Henley Beach Open Water Race was a true Open Water race, with the wind blowing, the waves choppy and the conditions just plain nasty. It was only the brave or the foolhardy that went in. Unfortunately, we had no brave swimmers just foolhardy. In the 1km event (otherwise known as the smarter swimmers, given the conditions), Mark Smedley proved that 60 has not slowed him down with 7<sup>th</sup> overall and cleaned up his age group. Lee O’Connell was just behind him in 8<sup>th</sup> and regretted not punching Mark at the start. She also won her age group. In the 1km race Brian Morris was less than impressed with Madame President finishing just ahead of him and has vowed to pick up the training.

In the 2km, Steph Palmer failed to notice the bad conditions and finished 3<sup>rd</sup> overall and obviously won her age group. Erin Brown finished 5<sup>th</sup> overall, just ahead of Sharon Beaver and Julie Bowman. The three to cross the line within eyesight of each other shows the strength in the female ranks at

Adelaide. They are carrying us fellas. Alex also won her age group and managed to swim twice as far as her Dad. Evan Hayes won his age group resoundingly, returning some pride to the fellas.

**1 Km**

7	Mark Smedley	20:52.8
8	Lee O'Connell	21:33.9
15	Christopher Carter	25:14.7
31	Betty Reinboth	30:37.9
32	Brian Morris	30:46.8
40	Greg Cooper	33:49.2
43	Debbie Brown	35:52.4

**2KM**

3	Stephanie Palmer-White	32:52.8
5	Erin Brown	34:25.4
6	Sharon Beaver	34:48.1
7	Julie Bowman	35:08.7
15	Alexandra Carter	38:55.6
20	Evan Hayes	40:38.7
31	Kent Nelson	45:27.6
42	Brian McManus	48:51.7
49	Roman Zaika	54:41.6

## Kay Johnston: Doing it for fun and fitness



### How did it all start?

From about 3 years of age learning to swim at Lake Bonney, Barmera, and later being forced to take part in school swim carnivals and doing my "Bronze Medallion" as part of school lessons at Payneham Swimming Pool. I did not necessarily enjoy it, but in those days everyone was expected to learn to swim. I started "regularly swimming" when I was 29, after joining Adelaide Masters. I had been visiting a friend in Perth and she took me, reluctantly, to her Masters swimming club, and surprisingly I enjoyed it. I had never like swimming that much before then, only when I had to, like at school events. Since joining Masters though, I have swum consistently every week. Even when I was travelling for 6 months with my family about 10 years ago, both in Australia and Europe, I would have to find a swimming pool to get my swimming fix.

### What motivates you to swim?

What motivates me is the great feeling once I have finished my swim. I feel fit, relaxed, and just generally good all over. We all have those days when we cannot be bothered swimming as it's too hard, too cold, or I am too busy, but what drives me is knowing I will feel so much better afterwards, almost a euphoric feeling.

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

I think I prefer long distance, although long distance to me is about 2 km – I am not a marathon swimmer! It gives me time to think and get into a rhythm. Owing to a fear factor I prefer the safety of a swimming pool; however, if the ocean is calm, crystal clear and no sign of sharks, then I prefer the ocean!

How do you fit swimming into your routine?

I swim twice a week, every Sunday morning with my 4 gorgeous girlfriends with coffee afterwards, and then I try to squeeze in another swim during the week in between my shift work. Of course, I should be adding that I am trying to get back into the routine of coming to the club sessions .....

What does swimming mean to you?

I have always believed in keeping fit, and as a cardiac trained nurse, I strongly believe in maintaining good cardiovascular fitness. Swimming is one of the best sports for this. Apart from such a wonderful fitness, it also means fun and friendship.

What is your greatest swimming achievement?

That would have to be completing the Perth to Rottnest swim for my 50<sup>th</sup> birthday. 4 of us entered a team. I swam and vomited for most of it because of horrendous sea sickness, but we still managed to finish in 9 hours.

Who has inspired or influenced you and how / why?

I think I would say that my sister-in-law, Jenny Bradley, from Atlantis swimming club, has influenced me to swim, not only for the motivation to swim but also the motivation to be in a better club than Atlantis .... (hee hee)

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

Not to have watched Jaws on TV all those years ago so I would not be so terrified of ocean swimming!!

What are your interests outside of the water?

I am an active person, and love doing long walks. My husband and I are attempting to walk the Heysen Trial (all 1200km of it) bit by bit over about a few years. Plus, I love watching my son play football – he has made it to the Norwood league (I am a very proud Mum!)

Do you have any big swimming plans?

Oh yes!! Thanks to the inspiration of Pam, Pete and Sue from Adelaide Masters, my friends and I are planning the swim in the Greek Islands for our 60<sup>th</sup> birthdays. It was meant to be this September but unfortunately, due to the annoying virus, we hope it will happen in 2022.

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

Probably fitness, I am motivated to keep myself as fit as possible, and swimming is a great form of fitness.

If you had the choice of doing one stroke well or all strokes badly what would you consider before choosing?

I love backstroke, so I guess I would prefer to perfect that stroke.

What do you see in your swimming future?

I have been swimming for 30 years now, and I see myself swimming for another 30 at least!

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

I've always enjoyed the 24-hour Mighty Swim event. A fun event but for a great cause. It's fun doing the night time stint; it's dark and quiet while swimming.

If you could only swim in one place for the rest of your life, where would it be and why.  
Adelaide – so many lovely pools and oceans.

Is there anything unexpected lurking in your swim bag?

Only mould as my swimming bag is very old.

## Dates for your diary

### March

Monday 8<sup>th</sup>: Noarlunga Reef Swim, Pt Noarlunga Jetty  
750m, 1.5km & 2.5km

Sunday 14<sup>th</sup>: Summer Swim Series Swim 4  
Woodside

Sunday 21<sup>st</sup> March: Whyalla OWS, Whyalla Marina Wharf  
1.6km handicap

Wednesday 24<sup>th</sup> : Club AGM, Burnside Pool  
All Welcome, Pizzas to follow after the meeting.

Friday 26<sup>th</sup>: Branch Dinner  
No training tonight as we expect you'll be at the dinner.

### April

Friday 2<sup>nd</sup>, Monday 4<sup>th</sup>: No swimming – Easter  
Open eggs and eat chocolate, it is the thing to do at this time of year

Sunday 11<sup>th</sup> Short Course State Cup, Marion  
Enter via the masters website



Friday 23<sup>rd</sup> April: Last swim at Burnside  
And possibly a meal afterwards, watch your e-mail for details.

## May

Monday 3<sup>rd</sup> May: First Swim at St. Peters  
Remember to go to the correct pool this evening!

Sunday 30<sup>th</sup>: Interclub 1, Short Course, Marion

## July

Sunday 18<sup>th</sup>: Interclub 2, Short Course, Marion

## August

Sunday 15<sup>th</sup>: Interclub 3, Short Course, Marion

## September

Sunday 12<sup>th</sup>: Interclub 4, Short Course, Marion

Friday 24<sup>th</sup>: Last swim at St. Peters  
There may be a meal afterwards to celebrate the end of winter training.

## October

Sunday 10<sup>th</sup>: Long Course State Cup, Marion

## November

Sunday 7<sup>th</sup>: Long Course Long Distance Meet, Marion

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](mailto:adelaidemastersswimming@gmail.com)