

The President's Report

This month is quite the opposite to the social month of June, as we had to hibernate in our third COVID lockdown. This is challenging both physically and mentally, being confined to 2.5km from home and with extremely wintry weather not being conducive to outdoor exercise. We will inform you via email and Facebook about training and competition as soon as the information becomes available.

There was no better time to be confined to home, where we can binge on the Olympics, while either on the exercise bike, doing a Pilates online class or relaxing on the couch with a glass of something in hand. Last month we were inspired by the Olympic trials here in Adelaide and this month we are watching the events and cheering them on in Tokyo.

Over the past couple of months, the club has undergone a recruitment process to find a suitable coach after Graeme's retirement. We are pleased to announce that Ilze Ostrovskas has been appointed as the new club coach. She joined Adelaide Masters in 2003 and is an experienced and highly skilled swimmer, competing at both State and National levels. I'm sure Ilze, with her understanding of the club culture and members, and her passion for coaching, will be a great influence on the Club's future. You can read more about Ilze in this month's "Swimmer Profile".

I'd like to thank the 20 club members who competed in the second interclub in July. Their individual success made it a successful meeting for the club. We finished in 2nd place, with Atlantis coming in 1st. The club requires 26 points to move up to 2nd position overall for the year, which is encouraging for the next interclub. Congratulations also to Shania Morgan and Lee O'Connell for achieving State records in their events. It was the first interclub for five of the swimmers, Mairee, Lucy, Kathy, Yovanni and Brian. They all swam exceedingly well, surpassing their expectations and setting the benchmark for their future times.

For anyone interested in a job, MSSA currently has several job opportunities. More information is provided in the job descriptions at the end of the newsletter.

Keep safe and hopefully we will see you back in the pool again soon.

Betty "de vrouwelijke president" Reinboth

Coach's Corner

The club is very thankful to Frank Lindsay, Branch Coaching Coordinator, for coaching the club the past two months and assisting with the coaching recruitment process. He has also been a great mentor to Ilze and Pete Holley who have also been assisting on the pool deck. Frank will continue to coach the Monday evening sessions until the end of August while Ilze takes the Wednesday and Friday sessions. This transition period will support Ilze while she settles into her new coaching role and becomes familiar with the swimmers.

Pete Holley has recently completed his Masters Coaching course and will be an asset to the club, providing backup coaching at sessions when Ilze is not available.

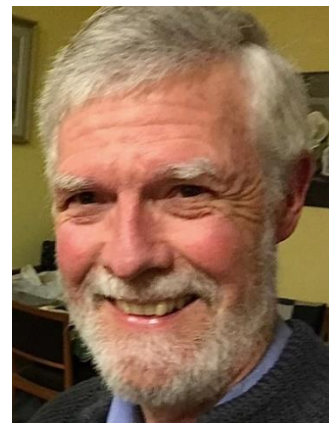
Welcome to



Remin Nath



Kathy Watson



Doug Mason

During summer, **Remin** became interested in sea swimming and contacted Adelaide Masters for further information. He was encouraged to compete in the Open Water swims which he thoroughly enjoyed – he even did the Winter Solstice swim. As the cooler weather set in, he decided to join the club to improve his swimming technique and fitness and enjoy the interaction with fellow swimmers.

Kathy joined the club in February and trained at the Branch sessions on Monday, Wednesday and Friday mornings. Recently due to work commitments, she started training in the evenings with the club and competed in her first interclub in July. She swam exceptionally well and achieved some great results.

It's great to see Doug back! **Doug** isn't a new member as he has been a club member since 2009. However, a couple of years ago he had to stop swimming due to injury. Doug is looking forward to gradually rebuilding his swimming and fitness.

Interclub 2 Results



Well done to everyone who swam at Interclub on July 18th! We placed second at that meet, putting us in 3rd overall for the series so far – a vast improvement from 5th place!

As Betty mentioned in her email after the meet, we had five first-time swimmers – Lucy Kopp, Kathy Watson, Yovanni Mahecha, and Mairee and Brian McManus. All these swimmers swam brilliantly, placing in the top 3 in their age group in at least one event.

The standout performer for our club was Shania Morgan who broke state records in all three of her events which were all in her favourite stroke, breaststroke. Lee O’Connell overcame tough competition to break her own state record in the 200m backstroke.

Swimmers who won all their events were Shania Morgan, Sharon Beaver, Scott Goldie, Steph Palmer-White, Mairee McManus, Anthony Varvounis, and Mark Smedley. Those who placed first in at least one of their races were Julie Bowman, Lee O’Connell, Pam Gunn, Pete Holley, Yovanni Mahecha, Brian McManus, Charles Gravier and Betty Reinboth. All other swimmers placed in the top three, those being Deborah Brown, Kent Nelson, Greg Cooper, Lucy Kopp and Kathy Watson.

A special mention should go to Pete Holley, who completed the 100m butterfly without getting disqualified. I think this was his fourth attempt at the event. We wonder what his next goal will be?!

Thanks to everyone who swam in our relays. We had two teams in both the Men’s and Women’s freestyle relays, and four teams in the Mixed Medley relay. Five of our teams came first, one came second and the other two third. A great effort! One of the mixed relays contained both husband and wife, Brian and Mairee McManus.

See you all at the next meet!

Swimmer Profile: Ilze Ostrovska



1980 Swimming camp (Ilze is standing in middle between boys)

How did it all start?

As a child, I was constantly sick, suffering from middle-ear infections, flus, colds, you name it! My family doctor suggested to my parents to send me to swimming classes to improve my immune system and strengthen my lungs. I had a long break from swimming after I quit at 18, and restarted in 2003.

What motivates you to swim?

I used to love winning. To me, it is impressive to see that hard work can really pay off, where good results are the greatest reward. Now, though, I am slow and swim for fitness!

Do you prefer swimming short distances or long distance?

As a teenager I was a long-distance swimmer – 200m, 400m, 800m F/S (in those days women did not have 1500m) and 400 IM. It's not that I enjoyed long-distance, it is just that I had the endurance, and persistence. Now, with age I prefer shorter distances – 100m and 200m.

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

I have a love-hate relationship with that black line.

How do you fit swimming into your routine?

I used to swim more, but at the moment I swim once a week in the winter and twice in summer.

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

I would say, definitely in a group. The social aspect makes training more interesting, and you can push each other more.



Training with Natalie Hann

Who has inspired or influenced your swimming?

Natalie Hann, who invited me to swim with Adelaide Masters back in 2003. After quitting competitive swimming at 18 years of age, I didn't want anything to do with it. She lived next door,

and every time we would meet, she'd try to convince me to come train with her. Once I got back into it, I realised how different it was and that I could enjoy it in a different way. We still enjoy hanging out together, in and out of the pool.

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

Don't take competitive swimming too seriously, so that you don't burnout and it doesn't keep you out of the pool for 17 years.

What are your interests outside of the water?

I like all sorts of activities – hiking Mt Lofty, playing lawn bowls, bocce, cycling. I enjoy going to the theatre, opera, ballet, art exhibitions and live music.

Do you have any big swimming plans for the future?

Now that I have started coaching, who knows what the future holds.

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

I enjoy swimming 100m and 200m IM – I believe in breaking through to a medley 'second wind', where you get a burst of energy starting each new stroke, and that breathing becomes easier! Sometimes you must convince yourself these strange phenomena exist.



Ilze Ostrovskā, Julie Bowman, Steph Palmer-White and Sharon Beaver

2016 Nationals Adelaide Masters Relay team; setting National record and achieving FINA Top 10

South Australian Swimming Memorials - Postscript

This is a postscript to a series of articles recently published in the Newsletter. The author acknowledges the State Library of South Australia as the source of some of the images.

Forgotten swimming places

While there are several fine swimming memorials in Adelaide and elsewhere in South Australia, several places with a rich swimming history are barely acknowledged or not commemorated at all.

Glenelg Baths



Glenelg Baths 1910

The Glenelg Baths, located on the north side of the present-day Glenelg Jetty, were opened in 1876. They were built by Captain William Kenney who had previously constructed the celebrated Brighton Baths in Melbourne.

The Baths became increasingly popular for recreational swimming for men and women as the modesty restrictions of the Victoria era gave way. They were also the venue for many events and competitions, including the Commemoration Day Sports Carnival. The Carnival was first held in 1886 and has continued in various forms to the present day. One of the most celebrated events was Annette Kellerman's visit in 1905.



Annette Kellerman, Glenelg Baths, 1905

Repeatedly damaged by winter storms and repaired, the Baths were eventually demolished in 1928. There is no memorial to the Baths at the site, not even a plaque, though there are several fascinating photos on display in the Bay History Centre.

Adelaide City Baths

Located on the west side of North Terrace down from Parliament House, the City Baths were Adelaide's main recreational and competition pool.



Built in 1881 to replace the original baths, this rather grand structure was in turn replaced in 1940 with a state-of-the-art pool (below).



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The new Baths featured a tunnel and change rooms with pale green tiles, art deco interior touches, a terraced stand on the western side, a diving tower and tall glass panes at either end. They were demolished in 1969 to make way for the new Festival Plaza while the new Adelaide Aquatic Centre was built in the North Parklands.

I was fortunate enough to compete at the Baths in March 1969 in the Interschools Carnival, swimming the backstroke leg in the winning team in the Open Boys Medley Relay.

Generations of children and adults learned to swim, played, competed, and got sunburnt at the Baths from 1861 to 1969. I have found nothing at the site to mark the Baths, though there is a photographic display of their history in the Adelaide Aquatic Centre.

Port Adelaide War Memorial Swimming Pool

While modest in comparison to the Glenelg Baths and the Adelaide City Baths, this pool has an interesting story.

When swimming in the Port River was ruled unsafe in the mid-1960s, a new, Olympic size pool, named the Port Adelaide War Memorial Pool, was built in Ethelton, next to Le Fevre Technical High School. The Ethelton Swimming Club, which was based at the Port River, moved to the Pool, continuing the long tradition of competition swimming at the Port. As a teenager, I swam against Ethelton on Friday night Interclubs, though never in their smart new pool.

Inexplicably, the Pool disappeared in less than 20 years, closing around the same time Henley Pool was lost. It leaked, apparently, and was considered too expensive to repair. Shamefully, ever since then the entire northwest of Adelaide has not had an Olympic size swimming pool, despite many promises. The Ethelton Club no longer exists, merged into the Western Districts Swimming Club which operates out of three 25-metre indoor pools at Largs, Seaton and Para Hills.

While the nondescript old change rooms and clubhouse are still there, apart from some laments on a Facebook site, there is nothing to mark the location of the Pool or to acknowledge that it ever existed.



We need memorials, and we are poorer without them.

Michael Harry

23 July 2021

Dates for your diary

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

August

Sunday 15th: Interclub 3, Marion

[Enter here before 30th July](#)

Friday 27th: Last Friday of the month after training drinks

At the Maid and Magpie

September

Sunday 12th: Interclub 4, Relays, Marion

Online Entries close 27 August

Friday 24th: Last swim at St. Peters

There may be a meal afterwards to celebrate the end of winter training.

October

Sunday 10th: Long Course State Cup, Marion

[Enter here before 24th September](#)

November

Sunday 7th: Long Course Long Distance Meet, Marion

[Enter here before 22nd October](#)

For up to the minute news and last-minute changes:



Find us on
Facebook

Do you have something we can include in the newsletter? Mail it to

adelaidemastersswimming@gmail.com

JOB OPPORTUNITIES

MSSA have several job vacancies in their organisation at present:

Administrator

An opportunity exists for an Administrator to join the organisation who will be responsible for a range of administrative duties to support the day-to-day running of Masters Swimming SA. This person will be a first point of contact for the organisation and the role will involve regular communication with both the National Office and other branches around Australia. This is a paid position for 20 hours a week.

[Position Details](#)

Marketing Coordinator

A fantastic opportunity for an energetic and innovative Marketing Coordinator to help drive Masters Swimming SA into the future. We are looking for an enthusiastic professional to join our team to support our growth through social media. This role will report to the Board and is responsible for the creation and administration of digital marketing affairs. This is a volunteer role of about 3-5 hours a week depending on the need.

[Position Details](#)

Open Water Swim Coordinator

An opportunity exists for an Open Water Swim (OWS) Coordinator to join the organisation and manage OWS events. The position will develop and lead delivery of all OWS competitions conducted by the Organisation and its clubs aligning with our mission help drive the OWS Series into a new season. We are looking for an enthusiastic professional to join our team to support our growth with one of the largest Masters OWS Series in Australia. This role will report to the Board and is responsible in overseeing the Program and host clubs. This is a volunteer role only.

[Position Details](#)