

## The President's Report

It's been a year of challenges and changes thanks to the evolving COVID situation, Graeme Brown's retirement and the appointment and settling in of our new coach, Ilze Ostrovska. Thanks to the committee and our resilient members, the club has flourished and in fact has continued to grow, with our membership now over 100 for the first time since 2017. Competitively, the club was one of the main rivals in the Interclub Series, securing 3<sup>rd</sup> position overall and congratulations to eight of our swimmers for setting National or State records.

Summer for many of us is the "fun" time of the year! Great weather, holidays and parties with family and friends and the start of beach and pool swimming in the great outdoors. The Eric Magill Swim last Sunday was the perfect summer's day to start Open Water Swimming (OWS) for the season with our club member, Suzie Fitzgerald, being the lucky draw winner of the coveted trophy. There are so many great events to enjoy over the next couple of months: competitively in the Open Water Series or the Summer Pool Series, or participating in raising funds for Multiple Sclerosis in the MS 24hr Mega Swim. Register your preferred swim time through the [MS mighty swim Feb 2022 sign up - Google Sheets](#).

Congratulations to Jelle Lahnstein and Diana Fabijan, long-standing club members who have achieved their Vorgee Five Million Metre and Twenty Million Metre Awards. That is a lot of swimming, but you would be surprised at the accumulated distance you achieve if you swim regularly. All training sessions and ocean swims count towards the Vorgee Million Metre Awards, so set yourself a New Year goal and register.

It's annual membership renewals time again, and it can be processed through the link below. If you join or renew your membership before 25<sup>th</sup> January 2022, you'll receive a complimentary Adelaide Masters logo mask: <https://memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=3397>.

There is still time to place your order for club bathers and merchandise as the deadline has been extended until Dec 12<sup>th</sup>. It's great to see a mass of blue and white bathers at the beach or pool competitions or even at training. Brochure and order form attached to the newsletter.

To finish off the year, the Club's Christmas party has been set for Wed 22<sup>nd</sup> Dec at 7:30pm at Hazelwood Park after a short training session. So please come along and bring a plate and your beverage of choice to share with your fellow swimmers. Training will then resume on Wednesday 5<sup>th</sup> January 2022.

Finally, I would like to wish all our members and their families a happy, relaxing, and safe Christmas and holiday season and see you back in the pool again in 2022.

Betty "Die Präsidentin" Reinboth

## Brian and Mairee Mc Manus back home



After a farewell at the end of October, Brian and Mairee McManus have now arrived safely back in their hometown of Baldwinsville, NY. It is a big contrast to Adelaide, with snow already falling and they are already missing the warm Adelaide weather.

## Coach's Corner

Swimming is an activity that works just about every muscle in the body, with particular emphasis on the core muscles, as well as the muscles of the arms, shoulders and upper back.

- In freestyle, the main muscles used are the large muscles of the thigh, and the chest, back and shoulder muscles.
- In the Fly, the abdominals, the lower back and the shoulder muscles are used.
- In Breaststroke, the gluteal muscles, thighs and chest are used.
- While in Backstroke, the leg muscles, chest and triceps are used.

You probably have observed that we always start our training with a proper warm up, trying to incorporate all swimming strokes, so you can stretch all the muscles and loosen up your joints.

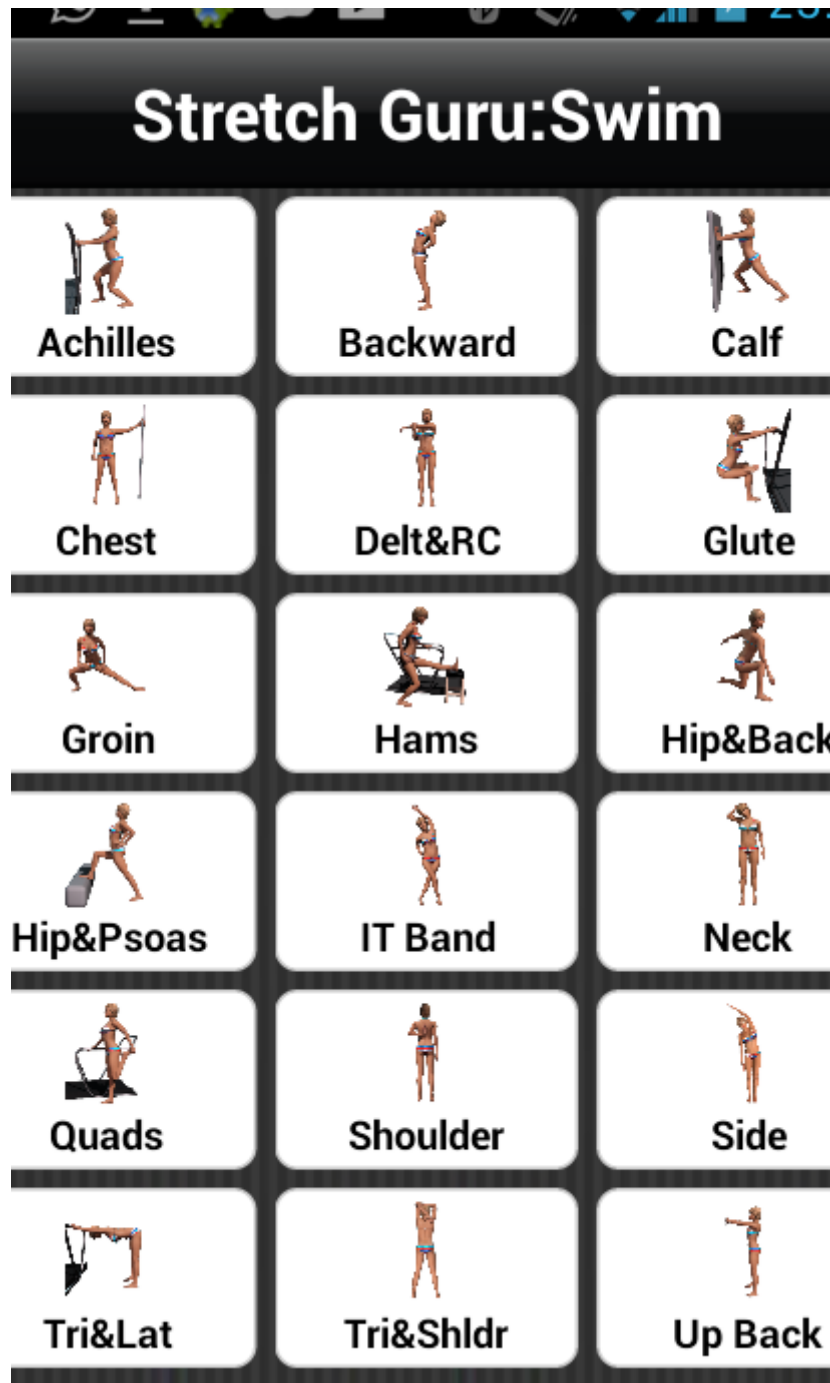
You have also probably noticed that our main sets are mainly Freestyle, so you are overusing some parts of your body more than others and those muscles become tight and short. That is where stretching becomes important. The question is – when do you stretch? Before or after training?

Personally, I cannot imagine jumping in the water without stretching or some sort of joint warm up movements. Although, these days, swimmers are recommended to stretch after training too.

Having effective swimming stretches as part of your routine is crucial, as it improves your overall performance by reducing muscle tension, increasing range of motion and allowing limbs to move freely while swimming. Stretching can also help prevent injuries and improve your well being.

Thanks to Catherine (Brian Morris' partner), who has kindly offered to provide a free, weekly yoga session of 20 minutes before training, if there are enough swimmers interested. Please provide your feedback to myself or Betty if you are interested in this weekly stretching opportunity.

Below are also some good examples of easy stretches.



### Long Course, Long Distance

Adelaide Masters had 11 swimmers compete at the Long Distance Meet and we came 4<sup>th</sup> overall, which wasn't a bad effort given that 5 of our swimmers could only do one swim due to other commitments.

Congratulations to Sharon Beaver who broke her own National Record in the 1500m Backstroke, and also to Stephanie Palmer-White who broke the National Record in the 1500m Freestyle.

Lee O'Connell broke the State Record in the 800m Backstroke without even having time to do a warm-up!

Well done to Peter Clements who won both his swims in his age group, and to Debbie Brown and Scott Goldie who won one. Erin Brown, Julie Bowman and Betty Reinboth all did well to come 2<sup>nd</sup> in their races, as well as Pam Gunn and Peter Holley who were third in theirs.

We are now looking forward to the first of the Summer Series Meets at Woodside on December 12<sup>th</sup>, and then to the Open Water Swim Series commencing December 19<sup>th</sup> at Seacliff.

Steph Palmer-White (Captain)

## Christmas Party and Christmas Break



Date: Wednesday 22<sup>nd</sup> Dec 2021

Time: 7:30pm, after a 1-hour training session

Place: Hazelwood Park

Come and bring a plate to share (finger food), your drink of choice and a chair.

All welcome: training is not essential.

NB: There will be NO training between Christmas and New Year.

Training will recommence on Wednesday 5<sup>th</sup> Jan 2022.





## New Members

**Michael Ross****Alice Ashby****Judith Gallasch****Milos Karapandzic**

**Michael** has recently arrived from Scotland on an 18-month working contract. He enjoys swimming, competing and is looking forward to checking out our beaches and what Australia has to offer.

**Alice** has previously trained with another Masters club and is enjoying our training environment.

**Judith** has returned to swimming after a long break and is attending the Branch 10:00am sessions at the AAC, to fit in with her family commitments.

**Milos** wants to build his fitness levels and improve his stroke and he is already seeing the benefits.

## Swimmer Profile: Peter Clements

### How did it all start?

I was 25 when I started swimming. It was recommended to me as therapy when I injured my knee playing football, which I then stopped. I learned to swim on my own and have had some help along the way with some of the coaches from Adelaide Masters and some others such as Adelaide Tri Club and Cardiff Masters in the UK.

### What motivates you to swim?

My motivation to swim is really just another form of exercise with which to keep fit although I do enjoy open water competitions.

### Do you prefer long or short distances?

I prefer swimming longer distances because I don't have any fast twitch fibres.



I am hiding behind the glare in this photo taken during one of my recent swim holidays.

### Do you prefer sea or pool?

I prefer to train in the pool as it is a more controlled environment and a bit more social but prefer to compete in open water.

### How do you fit swimming into your routine?

Swimming training has always been a bit of a challenge with family, work, and other commitments but I found if I made it a part of my weekly routine it worked. Now the kids have left home, and I don't work, some say I never worked, it is less of a challenge.

### Do you prefer swimming in a group or on your own?

I used to be quite happy swimming in the pool on my own but find this rather difficult to do nowadays as I have lost the inner drive to do so, consequently I prefer the club training environment.

### What does swimming mean to you?

Swimming to me is a means of keeping fit, being able to compete and a way of staying involved with other like-minded people. It has enabled me to compete in swim races and triathlons in the UK, Spain, NZ and each state in Australia. Doing this I have enjoyed some degree of success, had some great holidays, and made some good friends over the years.

### Who has inspired you?

Some of the Adelaide Masters coaches and Admin have really inspired me to do my best and to try and give something back to the club. I guess this is not surprising given I've been a member for so long.

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

It would be to have a go at everything when you are young. All I was interested in when I was young was playing footy and cricket. It is hard trying to play catchup as an adult for example, competing against those who learned swimming as a child. In my career as a teacher and as a parent I encouraged kids to have a go at everything they could. You never know what may happen as a result.

### What are your interests outside of swimming?

Is there a life outside of swimming? We have just bought a "new" house and are spending time planning to renovate. I have competed in triathlon on and off since the mid 80's and am now trying to become competent as a rower, another physical and aerobic sport. I am also working, albeit slowly, on a project about the History of the Adelaide Masters Swimming Club, which has been quite a learning experience for me. I try to fit these things around spending time with our daughters, which has been hard over the last year and a half.

### Do you have any big swimming plans for the future?

I have no big swimming plans other than to try to continue to improve. Terry Laughlin (TI swim founder) said he tried to make every stroke better than the last one, and I see no reason why we can't all try and do the same.

### If you had to choose one of fitness, friendship, and fun, which would it be?

Friendship and fitness are equally important to me. I get my kicks from friendship and fitness (my cocaine).

### One stroke well or all strokes badly:

I have dabbled in the form strokes, but much prefer Freestyle. You will not do well in Triathlon or the Henley to Grange trying to do it breaststroke or fly, heaven forbid doing it backstroke. Similarly I don't tumble turn for the same reason, despite having spent time trying to learn.

### What were your best swims?

I have had some very enjoyable swims but for different reasons. I have enjoyed the Henley Mile at Henley on Thames in the UK, the day after watching my wife compete in the Henley Masters Rowing Regatta on the same course, and swimming in Lake Taupo in an Ironman triathlon in NZ, but I did not enjoy my triathlon swim in Spain because I became hypothermic, and this ruined the next few hours of my race. I do not think that you can beat swimming in a Masters SA organised event off the coast of Adelaide on a still summer morning.

### What do you see in your swimming future?

We have just bought a house at Largs Bay, so I guess my future may lie in swimming between Semaphore and Largs jetties. We have holidayed at Pt Elliot for the last thousand years and I think swimming Horseshoe Bay is pretty special also. Ideally, I would like to be able to keep swimming into the sunset (forever).

### Is there anything unexpected lurking in your swim bag?

For some strange reason I collect my used multi-visit passes and these are stored in my swim bag. Looking at them reminds me of the amount of money spent swimming, my association with Adelaide Masters, the people I have met along the way.

### Last thoughts?

Reading through this, I realise I have said "I" far too many times, but as they say it's all about I.

## Adelaide Masters - The First Year

From the decision on 2 November 1977 by Josie Sansom's enthusiastic group of swimmers to establish themselves as a club, Adelaide Masters' identity and swimming program grew quickly. Initially the Club sought affiliation with AUSSI and the Amateur Swimming Association. An application with a list of 17 swimmers and registration fees was sent to AUSSI. Concerned about competition for lanes from the newcomers, the Association was unreceptive.

The Committee worked hard to promote their new Club, keeping members informed and recruiting new swimmers. A notice board was set up at the Parade Pool and a newsletter issued. Training rapidly became popular, up to 50 swimmers crowding into four lanes on Wednesday nights. There were teething problems. For safety, it was decided that young children should not be allowed to swim during training. A crèche was considered but not pursued because of the complexities of supervision. Younger swimmers, including teenagers, were training with adult swimmers, adding to congestion. While AUSSI membership was aimed at over 25s, the Committee agreed to accept younger swimmers provided they joined as members. Monthly time trials were held, and new activities, including a relay marathon, were introduced at training. Attempts at 1500m swims were encouraged with awards.

Adelaide Masters' admission into AUSSI National reflected fast-growing interest in adult swimming across Australia. To raise the Club's profile, "Top Ten" lists were submitted to AUSSI. Josie Sansom was top ranked in most 50-54 events, and Laurie Potter, Di Simons, Vicki Murphy, Dorothy Brown,



Roderic Ross, Don Redpath and Hugh Hamilton also were listed. Led by Josie, a group of 35 swimmers competed at the AUSSI Nationals at Footscray Pool in Melbourne, assisted with air tickets provided by Elders Travel. Josie scored 35/35 in 9 events across all four strokes in her age group.

A.U.S.S.I. 1978 - 33

## PEOPLE IN A.U.S.S.I.

by Carol Davis

Every organisation has its individuals, some are swimmers extraordinaire, others plodders who make that special effort, then there are those who work behind the scenes, so say hello to some of the folk who make up this organisation.

From North Lodge, Joan Dickson (50) only began swimming a year ago. Joan became so keen that with continued practice she began entering the Club's 50m breaststroke events. Such was Joan's enthusiasm that despite back trouble which hospitalised her, she left the hospital on the Saturday morning of the "Nationals" and appeared poolside with togs, towel and crutches. Three weeks later Joan qualified for A.U.S.S.I.'s 1500m award with a breaststroke swim of 48.54.2, good on you Joan, your club mates want you to know they are very proud of you.

Another popular lady is Adelaide Masters' Josie Sansom. Josie coaches this group, alternatively bullying and encouraging them to realise their best efforts. Josie, chosen in 1948 to represent Holland, had her hopes of "Olympic Gold" shattered when she contracted tuberculosis. However, she has survived many bouts of ill health and the loss of one lung to return to competitive swimming. During AUSSI's first trip to the U.S. Masters Championship, Josie won 1 gold, 3 silver and 4 bronze medals, and earlier this year top scored at our own National Titles with 35 out of 35.



JOSIE SANSON (l.) and BERYL GRACE (r.)  
(Adelaide) (Narooma)

Dorothy, 1938 Empire Games gold medalist, who was swimming in her first competition for 35 years, won the 50m, 100m and 400m freestyle events.

# Splashing back to the blocks

Mrs. Dorothy Brown, the 1938 Empire Games freestyle gold medalist, is hitting the blocks again this week-end.

It is 35 years since she last swam in competition. Mrs. Brown (nee Green) of Kildonan road, Warradale, is one of 35 SA members of the Australian Union of Senior Swimmers International (AUSSI) going to Melbourne this week-end to compete in the AUSSI National finals.

About 180 "old timers" are competing.

Mrs. Brown will compete in four events and hopes to race against the woman who beat her in the 1938 Empire Games to win the 100m freestyle.

In 1938 Mrs. Brown was the Empire Games (now Commonwealth Games) 400m freestyle gold medalist.

She was runner-up in the 100m freestyle, beaten by Mrs. Evelyn Miller (nee De Lacy).

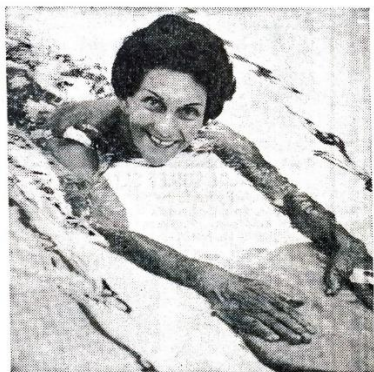
"I don't know yet whether I will be racing against De Lacy but if I do, I'll have a go at

beating her," Mrs. Brown said. "But it is 35 years since I last hit the blocks and it is getting harder and harder to train.

"I train about one mile a day and I am happy with the times I have been doing, but I may be a big flop.

"In the 400 metre event I will be swimming 16 lengths, which means 15 turns. When you get to my age a tumble turn can make you dizzy.

"So I'll probably do a grab turn instead, which is slower. I just don't know until I see the pool."



Mrs. Brown . . . making her comeback this week-end.

Mrs. Brown, who "is in her fifties," said swimming styles had changed little over the past 30 years but there had been many developments in coaching and training techniques.

A swimming instructor, Mrs. Brown said young swimmers were made to train much more than in "her day."

"They train four times as much as we did," Mrs. Brown said. "But they seem to burn out quickly.

"They are only on top for a short while."

Mrs. Brown said AUSSI was the renamed "Old Masters Club" and that many of its members were former State swimming champions and instructors.

The AUSSI programme was aimed at fitness and fun. In SA the youngest member of AUSSI is 25 and the oldest, 85.

The Union of Senior Swimmers is an international organisation with clubs in most countries.

This year the international finals will be held in Toronto, Canada, on August 20.

Adelaide Advertiser, 6 April 1978

At the first Annual General Meeting in August, David Morris and Patti Morris, who had served concurrently as Club and State AUSSI President and Secretary respectively, stepped aside from their Club roles to focus on Branch affairs. Building on the formation of Adelaide Masters, they were instrumental in the early development of a State-wide adult swimming movement. Patti's report on behalf of the State Branch for the 1978 AUSSI Bulletin captures beautifully the innovative spirit, camaraderie and pride of the young Club:

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## SOUTH AUSTRALIA STATE REPORT

*by Patti Morris, State Secretary*

Adelaide Masters was officially formed on November 2nd, 1977 with approximately 20 members. This followed a gradual increase in regular swimmers attending Josie Sansoms "training sessions" at the Norwood Parade Pool. Now, five months later, we are forty strong! All enjoying each other's friendship, sharing common goals as well as a great pride and affection for Josie.

As in the other states, our swimmers vary considerably in ability, but we are just as proud of our learners when they make progress as we are of our top swimmers. Our training sessions are one hour long, twice weekly, and the more experienced swimmers take turns assisting Josie with the learners. We group, according to ability, and swim almost continuously for the duration of the session. Under Josie's watchful eye, everyone receives individual advice and encouragement. We regularly conclude with a novel event, contested by teams made up of swimmers of widely ranging abilities. This ensures mixing at all levels. Bar-b-que facilities are available at the pool and a number of enjoyable "get-togethers" and impromptu meetings have been held following practices.

Since our formation, we have raised funds in various ways. Initially to assist members to attend the National Meet (the cost of entries and meals at the meet were met by the club) then later, the production of "T" Shirts, newsletters and other promotional material. Currently we are planning a carnival for those members who were unable to go to Melbourne. Place-getters will receive small trophies at a presentation luncheon to follow. A very successful swimathon was our first "fund-raising" effort, both financially and as an "ego-booster" for many members, who swam further than they thought possible! Club spirit was very high as the battlers were cheered on and everyone congratulated each other and shared a great sense of achievement, along with sandwiches and orange juice (really) on the lawns afterwards.

Other individual efforts have resulted in donations to funds. One such, is the result of a member being the owner of a "take-away" chicken shop! He brings a hot chicken to the pool, the aroma gets to everyone! We take a collection, then all compete (with handicaps) for it - usually in a walking race down the pool, 50 metres, holding kick board above head, with both hands! This is Josie's favourite.

Following our success in Melbourne and the happy memories we all have of that weekend, I expect the coming year to be one of club consolidation, steady growth and a clearer understanding of our capabilities, both as individuals and as a club.

We're proud to be part of A.U.S.S.I.



*Enquiries about A.U.S.S.I. in South Australia and the Northern Territory write to:*

**Patti Morris**  
13 Tamar Crescent  
Banksia Park, 5

A new Committee was elected: President: Vicki Murphy, Vice-President: Laurie Potter, Secretary: Phil Williams, Assistant Secretary: Marie Williams

Committee members: Brenda Bochnan, Norma Fowler, Nick Thredgold, Eddy Stubing, John Elliot.

To promote the Club and raise funds, the Committee ran a Swimathon and organised a produce stall at the Pooraka Fete in September. Proceeds from the sale of Club sweatshirts and T shirts also raised funds. At its October meeting, the Committee was advised that Adelaide would host the 1980 AUSSI Nationals. Noting that Club funds were approximately \$800, it was agreed that fundraising should continue to be a priority.

The Club held its inaugural Club Championships on 26 November. The event was divided between the 50m Sturt College Pool and the 25m Parade Pool. There were 5 year age groups from 25 years up, with under 25s in one division. An entry fee of 20c per race was charged to cover costs, including prizes. The program included a "pentathlon" of events – 50m of each stroke and a 100/200m relay. Medals were awarded on the lowest total of times. There were also individual events, including 25m, the winners receiving ribbons. The Committee expressed thanks to Josie who had commissioned the trophies from a jeweler at reduced cost and did the engraving herself. A Christmas party was held after Club Championships to celebrate a busy and successful year.

Michael Harry & Peter Clements

## Dates for your diary

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

### December

Sunday 5<sup>th</sup> Swimming SA OWS Championships, West Lakes

1.25, 2.5, 5, 7.5 & 10km

Sunday 12<sup>th</sup> Summer Pool Series 1: Woodside

A whole host of lovely pool swims to have a go at

Sunday 19<sup>th</sup> Seacliff Swim, Seacliff

1.6km or one mile in old money

Wednesday 22<sup>nd</sup> Last Training Session of 2021

Say goodbye to 2021 in style with a bring a plate gathering after training

Tuesday 28<sup>th</sup> Proclamation Classic, Glenelg

1km or 2km

### January

Wednesday 5<sup>th</sup> First Training session of 2022

It's time for those New Year's resolutions to manifest in practice



Sunday 9<sup>th</sup> Pub to Pub, Seacliff  
1.6km

Sunday 16<sup>th</sup> MSSA State OWS Championships, Somerton  
1km & 3km

Wednesday 26 Jetty to Jetty, Henley Beach  
2.2km between Henley and Grange

## February

Saturday 6<sup>th</sup>: Brighton Jetty Classic, Brighton  
Mix with the Marilyns

Saturday 12<sup>th</sup> The Pink and Blue Swim, West Beach  
200m, 400m, 700m & 1000m

Saturday 12 – Sunday 13 MS Mega Swim, Unley  
Swim a long way through the night

Sunday 20<sup>th</sup> Henley Beach Swim, Henley Beach  
1km or 2km

## March

Saturday 5<sup>th</sup> Port Elliot Swim, Port Elliot  
900m or 1.8km

Monday 14<sup>th</sup>: Noarlunga Reef Swim, Noarlunga  
1.5k, 2.5k & 5km

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)



# ADELAIDE MASTERS SWIMMING CLUB

## MERCHANDISE

### BATHERS (Womens sizes 8-18; Mens sizes XS - XL)

Women's narrow straps - \$66



Men's brief style - \$36



Men's trunk style - \$51



Men's shorts style - \$61



### CLOTHING (Womens and Mens sizes S - XL)

T-SHIRTS: male / female styles - \$35



POLO SHIRTS male and female Style - \$40  
(with Adelaide Masters logo)



100% Polyester Sports Interlock -UPF rating - Excellent

**TRACK SUIT: JACKET - \$53**

(Sizes S - XL)



**PANTS - \$35**

(Sizes S - XL)



**POOL (DECK) COATS - \$120 (embroidered with club logo and individual name)**

(Sizes S -XL)



**ADELAIDE MASTERS FACE MASKS**



**\$10 each**

**ADELAIDE MASTERS SILICONE SWIM CAPS**



**\$14 each**














**ORDERS PLACED TWICE YEARLY:**

**12<sup>th</sup> DECEMBER 2021 AND 1<sup>ST</sup> MAY 2022**

**PLACE ORDER POOL SIDE, email ORDER FORM to [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com) OR GO TO:**

**<https://www.adelaidemasters.org.au/catalog>**

**ADELAIDE MASTERS SWIM CLUB MERCHANDISE ORDER FORM (by 8th Dec 2021)**

ITEM OF CLOTHING	PRICE	QUALITY	SIZE	COST
<b>Womens narrow strap</b> (Sizes 8-18) 	\$66			
<b>Mens brief style</b> (Sizes XS-XL) 	\$36			
<b>Mens trunk style</b> (Sizes XS-XL) 	\$51			
<b>Mens shorts style</b> (Sizes XS-XL) 	\$61			
<b>Mens t shirt (navy)</b> (Sizes S-XL) 	\$35			
<b>Womens t shirt (navy)</b> (Sizes S-XL) 	\$35			
<b>Mens polo shirt</b> (Sizes S-XL) 	\$40			
<b>Womens polo shirt</b> (Sizes S-XL) 	\$40			
<b>Track suit jacket</b> (Sizes S-XL) 	\$53			
<b>Track pants</b> (Sizes S-XL) 	\$35			
<b>Pool coat</b> (with club logo and name) (Sizes S-XL) 	\$120			
<b>Masks</b> 	\$10		N/A	
<b>Silicone swim caps</b> 	\$14		N/A	
<b>NAME:</b> .....	<b>TOTAL COST=</b>			
<p><b>NB: PLEASE TRANSFER PAYMENT WHEN ORDERING TO: ADELAIDE MASTERS</b>  <b>BSB: 035 213 ACCOUNT: 128446</b></p>				