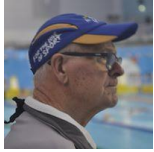


Hello to Graeme Brown, our new coach



Graeme joined us at the beginning of June as our club coach. I'm sure many of you have come across or heard of Graeme during your swimming career and will know that he is a highly experienced and qualified coach. His qualifications and achievements include:

- Level 1 coach and qualified Masters coach who has trained elite Masters swimmers for past 7 years
- He was an Olympic and Para Olympic coach for many years, with swimmers obtaining medals in both the Olympic and Commonwealth games
- Head Coach of Burnside Swimming Club

He specialises in:

- Stroke correction
- Race preparation for competitive swimmers
- Instructive, interactive and enjoyable swim sessions

If you feel that you are ready to take your swimming a little bit further under Graeme's watchful instruction come and swim at the club sessions on Monday 6:30 – 8:00, Wednesday 6:30 – 8:00 and Friday 6:30 – 7:30 at St. Peter's School Pool

Julianne does it again



Club Member, Julianne Goode successfully became the first South Australian to swim the Gibraltar Strait in June.

This adds to her impressive list of:

- Rottnest Channel
- Catalina Channel
- English Channel
- Manhattan Island
- Jetty to Jetty

She can be found most weekends swimming between Henley Jetty and Grange Jetty with the hardy group of souls that swim in the sea all year round. Why not join them for a swim and to congratulate Julianne?

Sausage Sizzle



We have secured the chance to run a sausage sizzle at Kent Town Bunnings on the 20th July to raise much needed funds for the club but we need help to serve the hungry public sausages and onions wrapped in bread. If you can spare an hour or so from your Saturday the club will be eternally grateful and you will have the warm glow of satisfaction that only volunteering gives

Howard and Russell are sorting out the fine details so talk to them on pool side or mail them AdelaideMastersSwimming@gmail.com

MSSA Interclub 1

This was Graeme's first taste of Adelaide Masters swimming prowess at an interclub and we didn't



disappoint him. The club didn't quite make the top of the table but that just means that there is a little more work to do. Remember more club members entering means more points for the club, it's not about winning, it's about taking part (and winning!)

The individual results can be found [here](#)

Dates for your diary

July

Sunday 14th, 8:30 am: MSSA Interclub 2

Entries are now closed, but if you want to taste the atmosphere and cheer Adelaide masters along why not come along and volunteer to help with the timing and marshalling? It's a great way to join in the fun without getting wet

Sunday 14th approx. 12:30: After Interclub drinks at the Warradale Hotel

Interclub swimmers, volunteers and supporters welcome for a post interclub warm down and debrief (or drinks and gossip)

Saturday 20th: Sausage Sizzle at Bunnings:

Volunteers needed to help raise vital funds for the club whilst feeding the public sausages.

Friday 26th 8pm: Last Friday of the Month Drinks at the Royal Terrace Hotel

A chance to meet swimmers from other lanes and see what they look like with their clothes on!

Friday 26th midnight, Entries close for MSSA interclub 3

Have you entered? Tonight is your last chance [Enter Here](#),

August

Sunday 11th 8:30 am MSSA Interclub 3

Come and join in the fun of an interclub, remember that just entering a race gives the club points that goes towards the clubs standing in the club rankings. It's all about participation

[Enter Here](#), entries close 26/07

Sunday 11th approx. 12:30: After interclub drinks at The Warradale Hotel

Discuss the finer points of the interclub with friends and club mates over a small glass of something and a bite to eat. There is no need to have swum in the interclub to come along and join the fun.

Friday 30th, 8:00: Last Friday of the Month Drinks at the Royal Terrace Hotel

This is the Fun and Friendship part; we will have done the fitness in the pool!

September

Friday 6th, Midnight: Entries close for MSSA interclub 4 (Relay Event)

It's the relays, have you entered? Tonight, is your last chance, [Enter Here](#)

Sunday 22nd 8:30am MSSA Interclub 4 (Relay Event)

If you only intend to do one interclub this year, this is the one to do. It's the relays, Is it possible to have more fun with your friends whilst wearing bathers? I don't think so!

[Enter Here](#) entries close 6/9

Sunday 22nd approx. 12:30: After Interclub Drinks at The Warradale Hotel

Celebrate your glorious win or commiserate about being pipped to the line with your relay buddies whilst eating a well-earned meal and a sipping at a heathy drink.

October

5 – 7th October: 2019 Australian Master Games

[Enter Here](#)

November

30th 6:30 pm: Branch Dinner

Tickets available from the [Branch Website](#)

For up to the minute news and last-minute changes

