

## A word from the president

I'm sure that you have all seen the Fun, Friendship and fitness tag line to masters swimming but have you ever thought about it? The fitness bit is easy, that's what we do in the pool, the friendship bit is easy as you are in the pool with your friends and the fun is enjoying it. If you would like to have all three together at the same time why not sign up for the relays interclub in September. This brings all three elements of Fun, Friendship and Fitness together but with the emphasis on the FUN. There is nothing else like it in the world of masters swimming. I'd like to encourage you all to enter so that we can leave the winter interclub with a splash and a giggle!

## Coaches Corner

I'm pleased to report that training at St. Peters pool is progressing well with quite a few new members who are working in each lane for fitness and extra speed. This was highlighted at the recent swim meet at Marion Pool where Stephanie Palmer-White achieved an Australian Record, Lee O'Connell achieved a South Australian record and Charles exceeded his expectations in his first interclub.

We came fourth in the points score so there is still a lot that can be done. I'm currently concentrating on stroke and I'm pleased with the improvements at the meet.

Some important points at training

1. Fitness and technique will improve and swimmers' times will get faster by doing three sessions a week. Once a week will have a lot less impact
2. During training the proper etiquette is for a slower swimmer to allow faster swimmers to pass. If you are being caught by a faster swimmer please stop at the end of the pool and allow them to pass.
3. If you would like to join in a swim for the club at the next meet you will be very welcome. I will be there to give you advice on how to swim your races.
4. During training, if you need advice with your stroke or if you have problems, please ask and I'll do what I can to help.

Happy swimming!

## Special Offer

We have a limited stock of club bathers that we need to sell urgently

### Special Prices:

**Women's \$70,**

**Men's Trunks \$40**

For details: see Russel at poolside or email [AdelaideMastersSwimming@gmail.com](mailto:AdelaideMastersSwimming@gmail.com)

## Sausage Sizzle



The hungry hoards at Bunnings in Kent Town were sustained by the sausage sizzle on 20<sup>th</sup> July, manned by club members who knew how to expertly cook a sausage on the grill and which side to place the onions. Everyone who manned the stall had a ball of a time and raised valuable funds for the club. Will you be able to help out when we hold the next one?

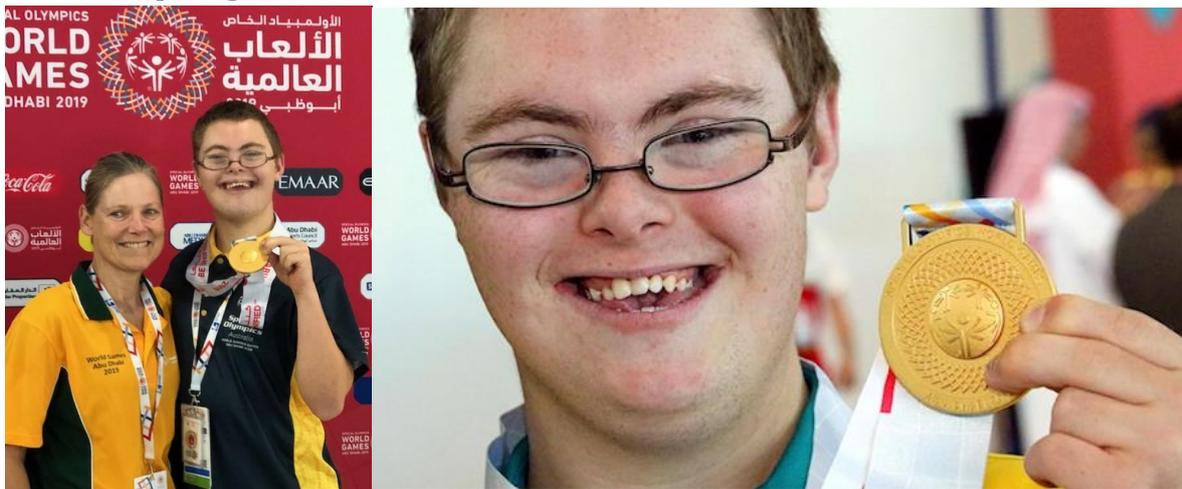
## MSSA Interclub 2



What an interclub that was! We all watched Steph break the Australian 800m Butterfly Record and then Lee went and broke a South Australian Record. Meanwhile Charles was cheered home as he completed his final event in his first interclub. Most of us met at the the Warradale Hotel afterwards to celebrate, socailise and generally feel proud of our result. Do you want to be part of the fun? Sign up for an interclub and join in

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

### Member Spotlight: Charlie Wilkins



Charlie Wilkins (aged 20) joined Adelaide Masters this year. He has been competing with Special Olympics since the age of 8, having been patiently taught to swim by his aunt Julie Astley (now Bowman)

In March 2019, he was selected to compete for Team Australia at the Special Olympics World Games in Abu Dhabi. He delighted his family (including Julie and mum Angela) and friends by winning Gold in 100m Backstroke and Silver in 4x50m FS relay. Traveling overseas with the team of 105 athletes all representing Australia was a life changing experience for Charlie!

### Dates for your diary

#### August

Sunday 11<sup>th</sup> 8:30 am MSA Interclub 3

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 11<sup>th</sup> 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 30<sup>th</sup>, 8:00: Last Friday of the Month Drinks at The Maid and Magpie

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

## September

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

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

Sunday 22<sup>nd</sup> 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 22<sup>nd</sup> 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

Weekday Training Returns to Burnside

Enjoy the thrill of the open air and the distance of a 50 meter pool three evenings a week.

5 – 7<sup>th</sup> October: 2019 Australian Master Games

[Enter Here](#)

## November

30<sup>th</sup> 6:30 pm: Branch Dinner

Tickets available from the [Branch Website](#)

For up to the minute news and last-minute changes

