

A word from the President



Winter is over! It is now officially spring and that means setting our sights on the swimming season ahead. I feel that this year is the year for Adelaide Masters to excel in the open water. Last year the Jetty to Jetty Club Cup was taken from us and I fully intend that it should come back to where it belongs. This is why I will be encouraging everyone to take part in the Jetty to Jetty on Australia day. If you only do one open water swim this year this should be this one. For those of you that like a season long goal I challenge you to earn a towel, what's that? I hear you ask. All you have to do is participate in all of the open water swims, easy! If you need more reasons to swim and a longer-term objective, have you thought about the million-meter challenge? [All the details are here](#). See you in the water.

Coaches Corner

I'm pleased to report that the last interclub swim meet was a success with our club finishing second overall in the point score

Congratulations to Stephanie Palmer-White for achieving an Australian record in her age group in the 400 butterfly. Stephanie is now place third in the top five women's point score in Australia at the moment

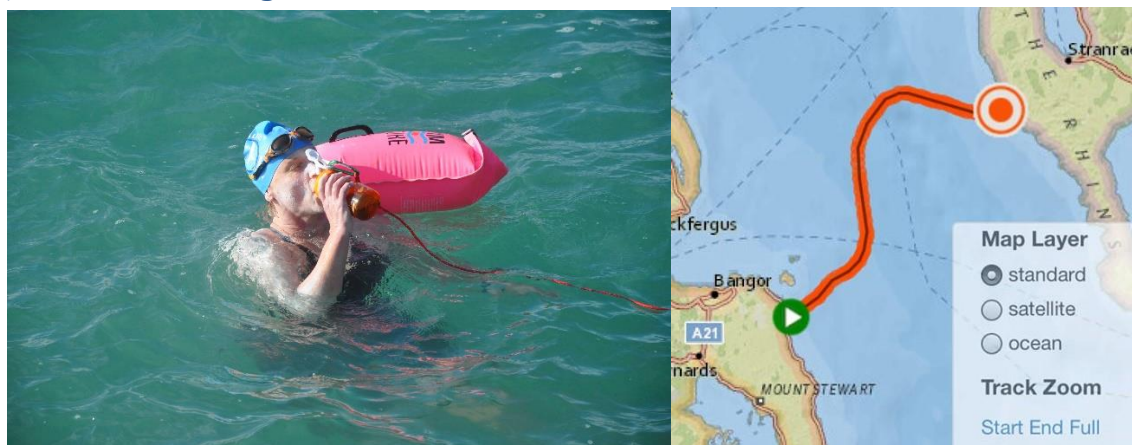
Training is progressing well at St. Peters pool. It is good to see significant improvements being made by those that attend regularly. I would encourage all club swimmers to attend more than one session a week, particularly those who are wanting to swim in the open water events this summer, to help with fitness.

Branch Dinner

The Branch dinner is on 30th November starting at 6:30. It's a wonderful chance to see what everybody you meet at interclubs looks like when they are not wearing swimsuits. I can guarantee

that you will not recognise some of them. Will we be seeing you there? Details are on the [Branch Website](#)

Julianne does it again



Julianne Goode has yet again demonstrated that she is probably the best swimmer endurance swimmer in South Australia and one of the top few in the world. She has just successfully completed the North Channel between Scotland and Ireland. The North Channel swim is approximately the same distance as the English Channel, but it has two major differences. The first is the sea temperature, which can be 3-5 degrees lower and the second is the hundreds of Lions Mane jellyfish which plague the Channel during the summer months and are for the most part unavoidable. The swim was considered impossible and once conquered moved to improbable. The lions-mane jellyfish are tremendous, surreal, and often travel in large blooms. They are also deadly. A sting from one of these huge beasts can be debilitating, painful, and sometimes deadly, of course, Julianne experienced the pain of being stung, "they hurt like a bitch" was her feedback. She completed this swim in 13hours and 26minutes. She is the third Australian female to do this and less than a hundred people worldwide have succeeded in the swim. Julianne has now completed the Irish Channel, Catalina Channel, Manhattan Island, English Channel, Strait of Gibraltar, Rottneest Island, and earlier this year the challenging Australia Day jetty to jetty swim.

Julianne regularly swims laps between Henley and Grange on Saturday and Sunday morning. She enjoys company especially in the winter months. Do yourself a favour and join a legend for a swim.

Return to Burnside

Our last swim at St. Peters will be on 27th September, followed by the now traditional last Friday of the month drinks. We will resume at Burnside Pool in Wednesday 9th October starting at in the water at 6:30. It'll be \$6 + pool admission for the session, season tickets are available for both the coaching and pool admission. See you there every Monday, Wednesday and Friday from 9th October.

MSSA Interclub 3

We thought the last interclub was good but this one was even better. Not only did we come second in the points but Steph broke an age group record and we all finished with a big smile on our faces,

even Alyce who was disqualified for doing something naughty. Let's see what the last interclub is going to bring



Will you be joining these happy people at the next interclub?

Dates for your diary

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.

Friday 27th Last Friday of the Month Drinks at the Maid and Magpie

Come and celebrate the last Friday of the month and our last swim of the winter season at St. Peters at the Maid. The food is excellent and the company Even better

October

Wednesday 9th 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 – 7th October: 2019 Australian Master Games

[Enter Here](#)

Friday 25th Last Friday of the month Drinks

Join us at the Feathers for an in-depth discussion of the finer points of etiquette and decorum over a sweet sherry and canopies.

November

30th 6:30 pm: Branch Dinner

Tickets available from the [Branch Website](#)

Friday 29th Last Friday of the month Drinks at the Feathers

Join us for a meeting of the social strategy group to convene a general meeting to discuss and decide on which menu item is superior

For up to the minute news and last-minute changes

