

A word from the President

Can you feel it? The thrill of coming second! The interclub series ended with Adelaide Masters coming second and I for one think that this is a stunning achievement. Firstly, it means that we are once again becoming a force to be reckoned with in the swimming pool and secondly, there is room for improvement. All we need to do now is continue training under Graeme's watchful eye and I feel that the coveted first is all but within our grasp next year. I for one will be training like a demon, will you?

Coaches Corner

I will be taking a short break at the beginning of October so that I can recharge my batteries ready for the Summer season of training at Burnside Pool. Looking back on the last couple of months I feel a sense of pride at what you have all achieved through your hard work and dedication. It's not just the breaking of records, although that is nice. What I like to see is my swimmers succeeding in achieving their goals. Some of you have found the thrill of competition and others have striven to become fitter and slimmer. I am glad that I could be a small part of your personal development.

Looking forward to the summer season, we will be in the lovely pool at Burnside, enjoying the open air. I will be endeavouring to prepare you for your summer goals, be it competing in the open water, swimming in pool events or just improving your technique so that you enjoy the water. Alongside the normal sessions I will be looking at your strokes and suggesting ways in which you might improve them.

Whatever your goals; consistency is key. All I ask from you is that you make a regular date with me in the pool, ideally at least twice a week and if you can manage it three times a week. Your swimming will thank you for it

Interclub Series 2019 – Adelaide Masters 2nd!

Congratulations to all swimmers who swam in the Interclub Series this year. We started Interclub 1 in 5th place and climbed up to 2nd to claim the runner-up trophy, which will be presented to us at the Branch Dinner on November 30th.

In the final interclub, the relays interclub, our 28 swimmers did an amazing job, coming 2nd overall which puts us in a good position to win the runner-up Relays trophy. The points are combined with the relays from the other Interclubs, and I will try to calculate it and confirm this before the Branch Dinner. Well done to everyone for helping it all run so smoothly for us. I never needed to remind anyone, or chase anyone up for their swims, everyone knew what they were doing and who they were swimming with and presented promptly to marshalling every time. We all had a lot of fun and are looking forward to next year where we will go one better!

Seven of our teams broke State Records that day:

- Womens 4 x 100 Medley (120-159) – Sharon Beaver, Shania Morgan, Stephanie Palmer-White, Rebecca Muller.

- Women's 4 x 25 Freestyle (72-119) – Shania Morgan, Sonya Montgomerie, Alyce Dowling, Rebecca Muller.
- Men's 4x 25 Medley (280-319) – Jock Dean, Alastair Will, Mark Smedley, Mike Bossley.
- Women's 4 x 100 Freestyle (160-199) – Rebecca Muller, Emily Goldie, Julie Astley, Erin Brown.
- Men's 4 x 100 Freestyle (200-239) – Mark Smedley, Kent Nelson, James Edwards, Scott Goldie.
- Women's 4 x 25 Medley (72-119) – Suhara Gunawardena, Shania Morgan, Rebecca Muller, Erin Brown.
- Mixed 4 x 100 Medley (200-239) – Sharon Beaver, Mark Smedley, Stephanie Palmer-White, Scott Goldie.
- State Records broken in the other 3 interclubs:
 - Stephanie Palmer-White (55-59) – 200 Freestyle, 400m Butterfly (also National Record), 800 Butterfly (National Record)
 - Leonie O'Connell (60-64) – 800 Backstroke

Branch Dinner

Have you got this in your diary yet? Adelaide Masters will be picking up the prize for coming second in the interclubs, so the more support the better.



MAD HATTERS

Masters Swimming South Australia

Branch Presentation Dinner 2019



Saturday 30th November 2019

6:30pm for pre drinks. 7pm Start

The Glenelg Golf Club

James Melrose Road, Novar Gardens

Choice of 2 entrees, choice of 2 mains, choice of 2 desserts, coffee and chocolates.

Special dietary requirements catered for. Please notify when booking.

Cost	Entertainment	Dress Code
\$70.00 per person	Guest Speaker	Cocktail/Semi formal
	Music and Dancing	FANCY HAT !!!!!

Bookings close 16th November 2019 – to be made via the MSSA Website. (just like when you enter your swims)

Enquiries- Please address all enquiries and dietary requirements to the MSSA administrator/ mssasecretary@adam.com.au

Return to Burnside

Swimming training will resume at Burnside Pool on Wednesday 9th October starting at 6:30pm in the water. It'll be \$6 (\$5 concessions) + [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.

Sausage Sizzle



We will be running a couple of sausage sizzles at Bunnings at Kent Town on Sunday 3rd November and Sunday 22nd December and we need your help to serve, fry and generally be nice to people. These fund raisers help the club immensely and mean that we can keep the coaching charges to a minimum so please come along and help, even if it's only for an hour or so. Howard will be taking names and allocating slots so see him before he sees you!

Dates for your diary

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](#)

Sunday 20th Short Course State Cup

We have a really good chance of winning this event, so sign up today and join the fun at the Marion pool. [Enter Here](#) before 4th October

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

Sunday 3rd Bunnings Sausage Sizzle, Kent Town

Your help is needed to raise funds for the club to help us continue doing what we are doing. See Howard at poolside to book you time with the sausages

Sunday 17th Short Course Long Distance

Do you fancy spending a little longer in the pool when you are at a swimming event? Do you find the normal distances a little too short? Then this is the event for you. [Enter Here](#)

Saturday 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

December

Sunday 22nd Sausage Sizzle at Bunnings Kent town

Do you know which side your onions should be? Then come along and help us feed the general public as they buy those last-minute presents for the DIY fanatic in their lives. Howard will be taking names and allocating times, see him before he sees you!

Saturday 28th (provisional) The Proclamation Day classic

Come and swim in the open water or help out with the event (or even both)

Tuesday 31st Don't forget to renew your membership

Memberships are due on 1st Jan 2020, make sure that you have joined so that you get all the benefits of swimming with Adelaide Masters

For up to the minute news and last-minute changes

