

A word from the President

Merry Christmas! There! I've said it.

We are entering the festive season and with it comes a lot of swimming. First there is the start of the open water swimming with three events in December and then there is the start of the summer series of interclubs for those that prefer not to swim with the fishes. This is what we have been training for all through the dark months of the year. I feel that it's going to be a good December for the club!

Training Through Christmas

We will be taking a break from training at Burnside over the festive period,

The Last Swim of the year will be on Monday 23rd December and we will resume swimming on Friday 3rd January.

Subscriptions Due

At this time of year, we have to broach that vulgar subject of money: subscriptions are now due, this year the subscriptions are

- Regular Member: \$130
- Concessions: \$110

For this meagre sum you get access to the resources of Masters Swimming SA and Masters Australia, the ability to join any Masters Training session, reduced entry to swimming events, insurance and so much more.

[The subscription can be paid on-line using this link](#)

Coaches Corner

In the words made famous by the sit com "Are You Being Served": "you are all doing very well". Since I Started coaching Adelaide Masters earlier in the year, I have been impressed by the way people have warmed to my methods and I am pleased with the progress that has been made across the squad and by particular individuals. It is heart warming to see that the hard work and effort that you all put in is paying dividends in terms of style, confidence and speed, not to mention race results. I would like you all to promise me one thing for my Christmas present: I'd like you all to commit to turning up to at least two sessions a week. In return I will make sure that they are the best sessions I can design to ensure that you get the most out of swimming

Short Course, Long Distance

Adelaide Masters had 9 swimmers competing at the Long Distance Meet on November 17th but despite the low numbers we managed to come second behind Tea Tree Gully. That must be because of the high quality swimmers we have in our club!

Past member Mark Sutton made the trip from his home in Queensland to swim in the meet and it was great to catch up with all his news for the past few years, especially over a nice meal at the Warradale Hotel afterwards.



Mary and Di Officiating



Mark Sutton with Steph and Mark Smedley

National records were broken by Stephanie Palmer-White in the 55-59 yrs 1500m Freestyle, breaking the record for the 800m on the way through. There was also a brilliant swim by Lee O'Connell to break the state record in the 60-64 yrs 400m Backstroke to sneak under the 7 minute barrier, and also for Mark Smedley breaking the 55-59 yrs 400m Breaststroke state record in a time quicker than most people would do freestyle.

Well done to everyone who swam and another well-deserved trophy for Adelaide Masters!

Steph Palmer-White

Proclamation Classic



Every year we put on the proclamation classic swim down at Glenelg. Its smooth running relies of people like you to volunteer to do various little jobs like cut up the water melon, man the entry tent, and arch erection

Any help that you can give will be appreciated. Jeff will be assigning people to tasks so talk to him before he talks to you. Email him:

Jeffrey.Sheridan@csiro.au

Sausage Sizzle

We need your help! We are manning the sausage sizzle at Bunnings in Kent town on Sunday 22nd December so that the hungry Christmas shoppers can be fortified with delicious fodder. If you can spare a few hours to fry or serve your contribution would be much appreciated



Please let Howard know your preferred time at poolside or by e-mail:

AdelaideMastersSwimming@gmail.com

New year's Resolution

Have you thought about a long-term goal with your swimming? How about aiming for swimming 1 million metres? How about taking part in the Vorgee Million-Meter Challenge? All you have to do is record the meters you swim in each pool session or open water event. There is even a handy form to help you. If it sounds a long way think of it like this: if you swim every club session in a year you will have covered nearly half a million metres, add in your own sessions and a few events and you're almost there

[Details on the SA Masters Website](#)

Dates for your diary

December

Sunday 8th Summer Pool Swim Meet 1, Woodside

Event one of the relaxed summer series, [Enter here](#)

Sunday 15th Long Swim Through Port Adelaide

The open water season opener and the start of the towel campaign.

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!

Monday 23rd Last Training Session of 2019, Burnside

Saturday 28th The Proclamation Day classic

The second round of the towel campaign, Come and swim in the open water or help out with the event (or even both). [Enter Here](#)

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. [Sign Up Here](#)

January

Friday 3rd First training Session of 2020, Burnside

Sunday 5th Pub to Pub

The third event in the towel campaign, A lovely swim from Seacliff Hotel to the Brighton Hotel. With the traditional gathering in the Brighton Hotel for prize giving, eating and drinking.

Sunday 12th State Open Water Championship, West Beach

The fourth event for towel hunters. This time at West Beach and with the title of State champion at stake!

Sunday 19th Summer Swim Series Meet 2, Gawler

Round two of the summer swim series, Let's go to Gawler! [Enter Here](#)

Sunday 26th The Jetty to Jetty

If you only intend to do one open water swim this year THIS IS THE ONE. Adelaide Masters nearly always win the team cup and we don't want this year to be any different.

February

Sunday 16th Henley Beach Swim

The sixth event for towel hunters

Sunday 22nd Summer Swim Series Meet 3, Oaklands Park

Round Three of the summer swim series, [Enter Here](#)

March

Monday 9th Noarlunga Reef Swim

Yet another classic open water swim and a must do for the towel hunter. Swim along the reef to mark the end of the long weekend.

Sunday 14th Port Elliot Swim

Saving the best till last as far as the open water calendar goes. Enjoy the delights of Port Elliot and complete the eighth swim in the series, The towel is now yours!

Sunday 22nd Summer Swim Series Meet 4, Strathalbyn

Let's go Long Course this time! [Enter Here](#)

For up to the minute news and last-minute changes

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