

## A word from the President

January has been a busy month for the club, we have been represented at the Pub to Pub, the State Open Water Championships, the Jetty to Jetty and the summer interclub at Gawler. I think that it is fantastic that we are all getting involved in the South Australian swimming scene and enjoying the water. This is what club swimming is all about, getting out and having fun. The thing is, the more I train the more I fun I have.

I'm sure I don't have to remind you but it's that time of year again – time to pay your subscriptions. I know a lot of you have already paid but for those that haven't, this year's fees are:

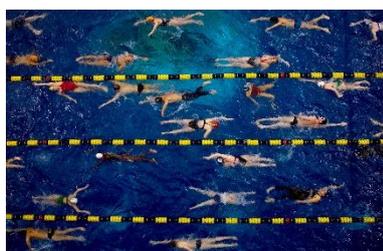
- Regular Member: \$130
- Concessions: \$110

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

## The Coach's Corner

Are you interested in competing in the Interclubs this year? If you are, I would like to suggest that you sign up for the Summer Series interclub on Saturday 22<sup>nd</sup> February. This is a low-key event that we can use to prepare you for the forthcoming events. I will be there on the side holding stopwatches and giving advice, I hope to see you there too.

My mother always said to me that “manners maketh man” which is why I would like to remind you of a few of the finer points of lane etiquette. Just following a few simple guidelines will reduce your stress levels in the pool and make sure that everyone enjoys my training sessions to the full:



- ✓ Tap feet to pass. The person whose feet are being tapped moves out of the way to the corner at the lane end.
- ✓ Do NOT start swimming immediately behind another swimmer. Allow at least five seconds
- ✓ Swimmers resting at lane end should stay as far to the right-hand side of the lane as possible.

I will, of course, remind transgressors if they continually break these simple principles but I really would prefer not to.

## The Pool Crawl

What's a pool crawl? Well, in this case it's a celebration of the outdoor 50-meter pools in Adelaide and a challenge. Can you swim 1 kilometre in each of the seven outdoor 50-meter pools in one day? If you think you can, or you fancy trying, then put a ring around 22<sup>nd</sup> March in your diary. The plan is to start at Salisbury at 9 in the morning and finish at Marion 7 swims later. Register your interest at [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com)

## AGM

It's that time of year again, when we elect the people that will steer the club through the next year, as well as voice any recommendations, issues or concerns you may have. Come along, have your say and afterwards we will eat pizza

## Summer Interclub, Gawler

Six Adelaide Masters swimmers swam in the second of the Summer Series Meets at Gawler on Sunday January 19<sup>th</sup> in fairly cold and windy conditions. Mark Smedley broke the 50m Breaststroke state record in his new age group, 60-64 years, and recorded first places in his other two events. Erin Brown, Sharon Beaver, Stephanie Palmer-White and Amanda Ruler also won all their races, while Lee O'Connell had a bit more competition in her events than the others and placed second in all her events.

At the end of the day our women's freestyle relay, consisting of Sharon, Steph, Lee and Erin, easily overcame all opposition to win the 200-239 age group. Afterwards some of us had dinner at the Gawler Fasta Pasta where we had a well-deserved pasta feast!

## Pub to Pub



It rained on the morning of the Pub to Pub and that made for a cold and damp registration. Everyone tried to find a place to huddle and keep dry until it was time to get wet. For the uninitiated the pub

to pub is a handicap race. A certain amount of low cunning is required to make sure that your handicap is "correct". Failing that it is almost de rigour to complain about the handicap you have been given. All this chat and gamesmanship disappears the moment the swimming starts.

Everyone met up in the Espy after the race for the now traditional post-race rehydration whilst waiting for the results to be announced

[The results can be found here](#)

## State Open Water Cup



There was a good Adelaide Masters turn out for the State Masters Cup, some were looking for age group placings and the bragging rights that goes with that and others there just to enjoy swimming in the sea with other like-minded people. The result was that Adelaide Masters won the points competition making it a fine day out for everyone concerned.

[3k results here](#)

[1k results here](#)

[Our glorious points win here](#)

## Jetty to Jetty



This Australia day we gathered at Grange Jetty to sing the national anthem and follow it by swimming the 2.2km to Henley Jetty. Last year another club put their name on the club points cup, and this ruined the aesthetic appeal of having the same club name appearing year after year. We as a club had some unfinished business. A sizable number of us turned up and consequently reclaimed the right to have the club's name on two of the cups on offer.

[The results can be found here](#)

## Dates for your diary

### February

Sunday 16<sup>th</sup> Henley Beach Swim

The sixth event for towel hunters, [Enter Here](#)

Saturday 22<sup>nd</sup> Summer Swim Series Meet 3, SA Aquatic Centre, Marion

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

Friday 28<sup>th</sup> Last Friday of the month drinks

At the feathers, after training

## March

### Monday 9<sup>th</sup> 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. [Enter Here](#)

### Wednesday 11<sup>th</sup> 7:15pm AGM, Burnside Pool After swimming

It's your club, come along and have your say. There will be food on offer.

### Sunday 14<sup>th</sup> 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! [Enter Here](#)

### Sunday 22<sup>nd</sup> Summer Swim Series Meet 4, Strathalbyn

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

### Sunday 22<sup>nd</sup> The Pool Crawl

Swim 7km in seven open air 50-meter pools in one day and end with a celebratory drink or two

### Friday 27<sup>th</sup> Last Friday of the Month Drinks

At the Feathers after training

## April

### Friday 24<sup>th</sup> Last Swim at Burnside

I feel that we should have beer afterwards to celebrate a good season at Burnside.

## May

### Sunday 3<sup>rd</sup> Long Course State Cup, Marion

It's the start of the winter pool series, let's make a bit of an impression with a big turnout.

### Sunday 31<sup>st</sup> Interclub 1; Marion

Celebrate a wonderful summer of swimming by coming for a last Friday end of summer training drink at the pavilion.

For up to the minute news and last-minute changes

