

## A word from the President

February may have the fewest number of days of any month but there has certainly been a lot going on. It started with the Brighton Jetty Classic, which yours truly thoroughly enjoyed and has the tee-shirt to prove it. The next weekend was the MS mighty swim where a club member was in the water from midday on Saturday to midday on Sunday. Then we had the Henley Beach open water swim where Adelaide took many of the prizes on offer. Finally, there was the 3<sup>rd</sup> in the summer series of interclubs. As I said there has been a lot going on. From my point of view all these events are the pinnacle of what we do, behind it are hours and days of training, planning and preparation. This is the bit that no one sees but that we as a club support by bringing people together and giving them a platform from which to perform. Where is this going I hear you ask, well at the end of the day the club is for all of us and we all have a contribution to make and a voice to be heard, so come along to the AGM on 11 March at the Pool after training and make your opinions on what the club is doing be known.

It may have slipped your mind but... 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

I've been admiring the improvements that you have all been making over the last six months but I feel that I need to explain my coaching philosophy so that it is clear to everyone what I'm doing and how I approach masters swimming.

I believe that fitness comes first, I need you to be fit and able to do the sessions before we can go further. That's why we do a lot of conditioning sets. Gaining fitness is hard, I would be lying if I told you anything else, losing fitness is far too easy, therefore I like to encourage everyone to swim as often as possible to maintain fitness.

Once you have gained fitness keeping it is the key. Once you have the fitness, I like to work on stroke correction. Being fit means that you can take onboard and maintain all those subtle corrections that can make such a difference to your swimming.

Recently I've started introducing sprint sets on Friday evenings. I like sprint sets as they give you a good fitness test, make you think about pacing and consolidate your stroke. It also sets you up for whatever event you are doing at the weekend.

As ever, if you have any questions or queries just ask me on poolside and I will do the best to guide you to swimming excellence.

## Peter Cox

It is with sad tidings, I'd like to inform all those who knew Peter Cox, that Peter passed away on Friday 21<sup>st</sup> February. The service was held on Monday 24th February at the St Davids Church, Gylburn Road, Burnside.

His daughter Larissa wanted his Masters friends from swimming know, that because swimming was such a large part of his life he regretted being unable to return to swimming due to his being so unwell.

We wish his family and friends the best, in what is this sad time.

## The Pool Crawl

Do you fancy swimming in all seven open air 50-meter pools in Adelaide in one day? If you do the pool crawl is just for you! We'll meet up at Salisbury Pool at 9:00am on Sunday 22<sup>nd</sup> March ready to swim and then make our way to Marion pool via Water World, Payneham Pool, Norwood Pool, Burnside Pool and Unley Pool, swimming a kilometre (or other distance of your choice) in each pool.

Register your interest at [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com) or talk to Pete Holley at training

## The MS Mighty Swim



On the weekend of 8<sup>th</sup> and 9<sup>th</sup> February, a team of swimmers from Adelaide Masters took part in the annual 24-hour MS Mighty Swim, an Australian wide fundraiser for Multiple Sclerosis sufferers. Traditionally Adelaide Masters put together a team and join in the fun.

Our 18 strong team were: Pam Gunn, Peter Holley, James Smith, Philip Behrens, Julie Bowman, Georgia Prince, Erin Brown and her daughter Lia Sibilin, Stephanie Palmer-White, Grace Willmore, Debbie Brown, Amanda Ruler, Mardi Webber, Tina Shaw, Elena Cortazzo, Nicole Rolfe, Dean Shard and Kay Johnston.

It began at 1215 Saturday and finished 1215 Sunday. Our team swam 70km overall which was 3<sup>rd</sup> overall in the most laps swum with Pete swimming 14km from midnight to 5am!

We raised nearly \$1800 in total with our leading fundraisers were Georgia, Amanda and James. Well done!!

The overall event has nearly raised \$115,000!

Thanks to all involved.

## Henley Beach Swim



The Henley beach swim saw a happy band of Adelaide Masters take to the waters off Henley Jetty for a quick one lap (1km) or slightly longer two lap (2km) splash around the course. The current made the Northwards journey quick but the return journey was a lot slower and lumpy. Despite the conditions our club chalked up some impressive times. The [1k results can be found here](#) and the [2km results here](#)

## Rottnest Channel Swim



Pete Holley joined the small band of South Australian Masters Swimmers who took on the challenge of the Rottnest Channel Swim. The swim starts in Cottesloe and finishes in Rottnest after 19.7km as the crow flies but possibly more as the Masters swimmer swims. Pete achieved his goal of finishing despite numerous jellyfish stings, a strong northerly current in the main channel and some lumpy conditions between 10 and 12km. He celebrated his achievement by trying to lift his arms above shoulder high but found that that particular celebration could wait.

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

## AGM

Everyone should have received an e-mail telling you that the AGM is on Wednesday 11<sup>th</sup> March at Burnside pool. Training will start a little earlier than normal so that we can fit in the AGM before the complex closes.

Please come along and make your opinions known, it's your club, have your say.

## Dates for your diary

### 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

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

### 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

It's time to start on the winter interclubs, can we do better than last year?

June

Sunday 21<sup>st</sup> Interclub 2; Marion

July

Sunday 26<sup>th</sup> Interclub 3; Marion

August

Sunday 23<sup>rd</sup> Interclub 4 (Relays): Marion

September

Sunday 13<sup>th</sup> Short Course State Cup; Marion

November

Sunday 1<sup>st</sup> Long Course Long Distance

For up to the minute news and last-minute changes



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