

A word from the President

As the out-going president I would like to say that it has been a pleasure to guide the club through the uncertain waters of the last few years. It has been challenging but as far as I am concerned, rewarding. I feel that the club has gone through a period of change and adaptation over the past few years and that it is now on the rise to be the force that it should be in South Australian swimming. I'm very pleased with the achievements of all our club members over the last year, and I feel that it bodes well for the future.

I'm not running away from the committee as I am now supporting our new president Betty as her vice. There is a lot more to being president than chairing an AGM once a year and I'm hoping that I can transfer the experience I've gained whilst in office as painlessly as possible to Betty. I hope that you will all give her the encouragement and support to take Adelaide Masters on the next part of its journey, I for one welcome the "Betty Years"

The Coach's Corner

During the AGM I said that my aim is to make this club the best club in the state, and I meant it. I'd like to like to expand on that theme a little more as in this virus ridden time it is even more important that we come together as a team and support each other.

Becoming the best club is all about teamwork. I'm sure that you have seen athletes on television telling you how they struggled through the hard times and persevered until through their own effort they dominated whatever sport they were taking part in. Take it from me, they are deluded. There is a team behind everyone: they give you support, they pick you up when you're down, motivate you, are there to listen, cheer you on, help with events and when necessary put the pin in your ego when you need it.

Everyone in this club has a role to play in making this the best club in the state. It's not just about swimming, it's about supporting your clubmates and them supporting you. I know that currently swimming opportunities are limited but that doesn't stop you helping your clubmates by making sure that they know you are there for them. A quick phone call, an e-mail, a post on FaceBook, offers of help; these little things are needed more than ever in these dangerous times. It's the little things that are important, the big things will follow.

Treasurer's Chest

I'm glad to report that the club's finances are now in a much better state with our outgoings matching our income for the first time in a long while. This has been helped by club members volunteering their time to raise funds at the Bunnings sausage sizzles.

The cost per session for swimming at St. Peters during the winter season will be \$12 (\$10 concessions) from when ever we are allowed back in.

AGM – the new committee

There have been some changes on the committee with some people stepping down and others taking on new roles. Here is the list of who is doing what.

- President: Betty Reinboth
- Vice president: Russell Anderson
- Treasurer: Karen Brown
- Secretary: Pam Gunn
- Club Captains: Steph Palmer-White / Lee O’Connell
- Nominations Officer: Russell Anderson
- Recorder: Steph Palmer White
- Fitness Director: Graeme Brown
- Safety Officer: Geoff Sheridan
- Committee members: Roger Harvey, Suanne Fitzgerald, Alyce Dowling, Peter Clements, Geoff McConaughy

If you have any issues / suggestions / observations etcetera, please approach anyone on the committee and they will take it to the next committee meeting in April.

AGM – Awards

The following trophies were presented at the AGM. We presented for 2018 and 2019 as we didn’t do it last year for reasons that have been lost in the mists of time

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|---------------------------------------|--|
| ○ Services to the club | Howard Muller |
| ○ Marj Muller Trophy | Stephanie Palmer-White |
| ○ 2018 Male Outstanding Swimmer | Mark Smedley |
| ○ 2018 Female Outstanding swimmer | Charlene Smith |
| ○ 2018/19 Open Water Swimmer (Male) | Roman Zaika |
| ○ 2018/19 Open Water Swimmer (Female) | Debra Brown |
| ○ 2018 Long Distance | Julie Astley (100 km in year for SLSA) |
| ○ 2018 Josie Samson | Stephanie Palmer-White
(Most points in interclub) |
| ○ 2019 Male Outstanding Swimmer | Mark Smedley |
| ○ 2019 Female Outstanding Swimmer | Stephanie Palmer-White |
| ○ 2019 Long distance Swimmer | Julianne Goode |
| ○ 2019 Josie Samson | Charlie Wilkins (most points in interclub) |

COACHES AWARDS

- | | |
|-----------------------------|-------------------|
| ○ 2019 Male most improved | Roger Harvey |
| ○ 2019 Female most improved | Suanne Fitzgerald |



Howard – for services to the club awarded by Russell



Charlie - 2019 Josie Samson Award awarded by Steph



Mark - 2018 Male Outstanding Swimmer & 2019 Male Outstanding Swimmer awarded by Steph



Steph - Marj Muller Trophy, 2018 Josie Samson & 2019 Female Outstanding Swimmer awarded by Russell



Julie - 2018 Long Distance awarded by Steph



Roger - 2019 Male most improved awarded by Graeme

The committee will endeavour to get the awards to all those that were awarded, but you can help them by telling them where you can meet!

Open Water Winners

After a slightly shortened open water season (with The Seacliff swim and Port Elliot being cancelled due to adverse weather conditions) Adelaide Masters have yet again proved their prowess at open water swimming by coming first in the aggregate points table, accumulating an unassailable 426 points. The full points table can be [found here](#). It should be said that 8 of the 21 towels awarded this year went to Adelaide Masters, showing our dedication to open water swimming in South Australia

The following took part in all the open water swims and will be awarded towels at the annual dinner in November

Deborah BROWN
Erin BROWN
Sue GRAEBNER
Pam GUNN
Michael HARRY
Peter HOLLEY
Lee O'CONNELL
Mark SMEDLEY

Noarlunga Reef Swim



The merry band of Adelaide Masters that tackled the Noarlunga Reef Swim

There was a wonderful turn out for what proved to be the last open water swim of the season (Port Elliot was cancelled owing to too much weather). The tide was going out and the water was low and fast moving. This made the first half of the swim somewhat challenging but made for an exciting and fast second half. Steph did the club proud by coming first in the 1.5km event and Sharon came a very creditable third (1st in age group) in the 2.5km event. The full results can be [found here](#)

The Pool Crawl

Unfortunately, the inaugural Pool Crawl had to be cancelled owing to a global pandemic. There are moves afoot to do this at the start of the summer outdoor pool season sometime in October providing that the world has returned to normal.

Watermans to the Wall

Perth's metropolitan beaches offer a number of outstanding open water swims each summer, from Mullaloo in the northern suburbs down to Coogee south of Fremantle. Depending on the location and the weather on the day, conditions vary from heavy surf, with dumpers, rips and gutters, to the quite benign. The Open Water Swim Series, run by Swimming WA, has 10 swims. A

number of others are run by the resident Surf Lifesaving Clubs. The latter include Watermans to the Wall, held in April each year.

Hosted by the Sorrento Surf Lifesaving Club, Watermans to the Wall is open to solo swimmers and teams and is a major fundraiser for the Club. Sorrento SLSC is located on the southern side of Hillarys Boat Harbour. Sorrento Beach is a beautiful, wide surf beach, sheltered on the north side by a breakwater. Western Australia's largest shark barrier, 430m x 270m, extends south from the breakwater, providing a safe place for swimming all year round in open water conditions. The swim is entirely within the Marmion Marine Park which ensures protection for the abundant marine life. There are lobsters in the rocks offshore, and abalone can be gathered on several Sunday mornings in summer providing you have a recreational fishing license.

The swim runs 2.7K north from Watermans Bay to the southern wall of the swimming enclosure.



Watermans Bay

Watermans Bay is a delightful little beach, with offshore reefs offering good breaks for surfers and protecting the beach for swimmers in most conditions. To reach the start of the swim, competitors thread their way out through a narrow gap in the reefs and ride the swell until the start boat arrives. The first half of the swim, to the Marmion Angling and Aquatic Club (MAAC), is over the reefs and sea grass meadows. While the marine life below is captivating, care is needed to avoid being washed

onto the rocks. The MAAC, established in 1953, is the largest club of its type in Western Australia. It has the rare privilege of ownership of its land and beachfront access. The facilities, including the restaurant and bars, are for members only, and it has a membership waiting list of 400.

The second half of the swim goes through Marmion Beach on to Sorrento Beach, taking swimmers a little further offshore. Two groynes provide useful markers, though the can near the outer edge of the swimming enclosure is reasonably easy to spot. The course turns right at the can for the final dash to the beach in front of the Sorrento SLSC.

The Club is warm and welcoming and has a lively awards presentation after the swim. There are \$50 cash prizes for the fastest male and female swimmers (open and under 16). The award of a \$500 prize for the swimmer or team that finishes closest to their estimated time is understandably keenly anticipated. No timing devices are allowed in the swim!

I strongly recommend this swim.

Michael Harry
11 March 2020

Dates for your diary

April

April has been cancelled due to pandemic

May

~~Sunday 3rd Long Course State Cup, Marion~~

Cancelled due to pandemic.

Sunday 31st Interclub 1; Marion

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

At the time of writing this event was still going ahead refer to the SA masters website for updates

June

Sunday 21st Interclub 2; Marion

July

Sunday 26th Interclub 3; Marion

August

Sunday 23rd Interclub 4 (Relays): Marion



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September

Sunday 13th Short Course State Cup; Marion

November

Sunday 1st Long Course Long Distance

For up to the minute news and last-minute changes



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