

## A word from the President

The COVID-19 restrictions that have continued to control our lives have been successful, resulting in our state being one of the first to be predominantly virus free and we are now looking forward to the easing of restrictions. With the recent lifting of restrictions, it is great to have a couple of pools (SAALC and Freedom Fitness) re-open, with lanes available for lap swimming. This gives us the opportunity to try and reboot our fitness levels before we encounter Graeme's challenging programs.

The committee has continued to have regular monthly meetings via Zoom, which is becoming the new normal. This has been an opportunity for the committee to address updating the club processes, website and plan our imminent return to the pool within the guidelines, which have been drafted by the National Office and Swimming SA and have been recently circulated to the Branch and clubs. We will inform members as soon as it is possible to implement the very strict guidelines and to then recommence training sessions.

It has been encouraging to see so many Masters members continuing their fitness regime in the sea despite water temperature now dropping below 14°C. The Surf shops and wet suit retailers are a few businesses that have thrived over the recent months.

The Winter Solstice is approaching, marking the shortest day of the year and this is always celebrated with a fun swim at Henley Beach. With so many still swimming in the sea, it would be great to have a record number of swimmers participate in the 2020 Solstice swim on Sunday 21<sup>st</sup> June, and a great opportunity to catchup, warm up and reflect with a coffee after the event. You can swim 10m, 100m, 1000m or just a tea bag dip; it is about the fun, friendship and exhilarating experience.

## The Coach's Corner

I hope that you are all bearing up during these unprecedented times. It is hard not being in the water for so long and without some consistent training and it's very likely that a lot of those hard-won gains have started to slide away. I can see light at the end of the tunnel and I'm optimistic that we will be back in the pool before long, but I have a few words of caution. Please do not expect to jump in the pool and be able to do what you did before the world changed. You will have lost condition; I will design the sessions to take that into account, but I need you to be kind to yourself and not raise your expectations too high. I promise that the conditioning will return with a bit of hard work and perseverance.

For those of you who do have access to a pool, if you need some sessions to focus your training please do not hesitate to contact me [coachgbrown1@bigpond.com](mailto:coachgbrown1@bigpond.com)

## The Summer Solstice Swim

It is the Winter Solstice on the 21<sup>st</sup> June and that can only mean one thing: It is that time once again to take the plunge into the cool waters off Henley Beach. It doesn't matter if you come along from a dip or you intend to swim to Grange Jetty and back. This is all about celebrating the fact that the days will start getting longer and summer is on its way.

Meet at beach: 9:00am

Photo shoot: 9:15am

Splash off: 9:30am

Warm up with a coffee and bring your homemade cakes and muffins to a meet on the lawn for a catch up and a chat

## The Winter Solstice in Hobart

The Winter Solstice is celebrated differently in each country and in Hobart it is held as part of the Dark Mofo Festival. This swim gaining momentum each year and certainly worth putting it on your Bucket list.



The morning was still, the water cold, no bathing suits or wet suits only birthday suits clad the 1000 swimmers who ran into the chilling water, with the beating of the drum and the red flairs lighting the sky....

## Member Spotlight: Deb Brown

### How did you start swimming?

My mother was a Physical Education Teacher, so she thought it was important to teach her children to swim. She taught me to swim and I did vacation swim every summer school holidays as a child. 45 years later and I'm still swimming because it is fun, great exercise and I feel wonderful afterwards. I have swum more regularly over the past 10 years since I have stopped playing competition tennis.



### What are your swimming preferences?

I prefer swimming long distances as its more relaxing and I do not need to concentrate. I enjoy swimming in the sea as I love being outside and at the beach when the sun is shining. Swimming is my relaxation, mindfulness, and exercise at the same time. I love swimming in a group as I enjoy having coffee and conversation afterwards. I always make swimming a Sunday morning ritual and, in the summer, I fit in a swim at Burnside during the week as well.

### What swimming achievements are you proud of?

My best swim was completing a 2km Open water Swim at Port Augusta about 6 years ago in particularly challenging conditions where it took me over 90 minutes to finish. My greatest swimming achievement was completing all the Open water Swims for at least

the last 5 years and obtaining at least 5 towels. I am inspired by the swimmers that are in their 80s and 90s and are still swimming and Kent and Leanne Nelson for swimming the English Channel. I would like to keep doing the open water swims and possibly some interstate or overseas when I can. I just hope to keep swimming and keep enjoying my swimming.

### Are there any events that stick in your mind?

I really enjoyed the George Copley Challenge in Port Augusta as it was such a fun weekend and the Port Augusta Swimming Club put a lot of effort into making us feel welcome with their lunches and dinners.

### What piece of advice would you give your younger self?

To keep swimming and keep persisting

### What are you interests outside of swimming?

I enjoy card making, live theatre and cinema and I am a dog lover (particularly Cavalier King Charles Spaniels)

### Do you have anything unexpected lurking in your swim bag?

The only unexpected thing lurking in my swimming bag is treats for Indi (a very hungry King Charles Cavalier Spaniel who belongs to Betty)

## Member Spotlight: Mike Bossley



### How did it all start?

I grew up in Fiji and everybody swam as a part of life so when I was about four, I just followed the older kids. I never had any formal coaching until I started swimming with Adelaide Masters about fifteen years ago. I found that I love being in the water, whether it is swimming, snorkelling, scuba diving, or just being in a spa. I've been swimming without a break ever since

### What are your preferences when it comes to swimming?

I quite enjoy just cruising for longer distances like several kilometers but I am an asthmatic so do better at short distances where breathing is not so much of an issue. I prefer the pool because I can only breathe on one side. If I am in the sea I keep wanting to stop and look at stuff.

### How does swimming fit into your life?

I am technically retired so it's not difficult to fit in swimming. It is especially important to me for both my physical and psychological wellbeing. In fact, swimming is a kind of meditation for me. I am too lazy to work hard when I swim by myself so swimming in the squad is much better for me because it is hard to be a slacker

### What is your greatest swimming achievement?

I am not interested in records or competitions. What I really love is to move through the water with as little effort as possible. I try to relax every muscle which is not actually being used to propel me. Whenever I manage to do this well, I think of it as an achievement. I have been quite successful at butterfly, but I never felt that I did it quite right. I would really like to master that (but I am not supposed to do fly because of my dodgy shoulders). When it comes to moving through the water it is dolphins which inspire me the most.

### Do you have any favourite swimming experiences?

Skinny dipping in the wild Southern Ocean at the Coorong.

Where do you enjoy swimming?

My favourite swimming event is training in the Hazelwood Park pool on a warm evening as the sun is setting. Yorke Peninsula is my favourite place to go snorkelling.

If you could give your younger self one tip what would it be?

Look after your shoulders (I have had three operations on mine)

What are your interests outside of the water?

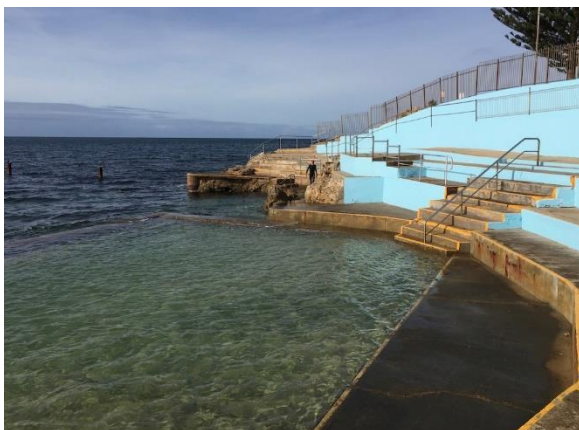
Marine conservation, literature, art, and wine.

And finally, is there anything unexpected lurking in your swim bag?

I usually sneak in a bag of lollies for those times when Howard does not come to training.

### Edithburgh's Tidal Pool

While South Australia has a number of netted swimming enclosures and constructed sea pools, the Edithburgh Tidal Pool is South Australia's only true rock swimming pool.



Recreational and competitive swimming became very popular in Edithburgh in the early part of the 20<sup>th</sup> century. At the time, the town was South Australia's third largest port, servicing a substantial salt harvesting industry and loading gypsum, wheat, and barley. Swimming carnivals, mostly held at the jetty, were supported by the town's biggest employer, the Standard Salt Company.

The pool was built in 1933 under a project to construct terracing along the cliff face north of the

town jetty. The project was funded through a grant to create work for unemployed men following the closure of the salt works in 1930 with the onset of the Depression. Intended to provide a safe swimming place for children, the pool was used for carnivals up to and after the Second World War. It was known initially as Whitton's, after the town's Anglican priest who swam regularly in the 1880s at the tiny beach where the pool is now located. Terracing and new dressing sheds were added in the early 1980s, and the pool was deepened and lengthened in 1992.

The commitment and care the community has taken to maintain and improve its pool over almost ninety years is moving. The rural setting is tranquil, looking north to the silos of Coobowie and east over St Vincent Gulf. Water laps over the walls at high tide and surges in on a south easterly swell. The rocky surrounds,



weathered terraces and balcony columns lend a quaint, almost Mediterranean charm, while the Norfolk Island pines, and pelican murals are unmistakably South Australian. Swimming here at any time of the year is a delight.

Michael Harry

23 May 2020

*Note: I wish to acknowledge Edithburgh Museum's publication Edithburgh Swimming Pool (2008, revised 2014).*

## Pool coats

Do you want to be snuggly and warm in an Adelaide Masters Pool coat?



They are ideal to keep you warm and in the zone at Interclubs and are just at home whilst warming up with a cup of coffee and cake after a swim in the sea. What's more with the new COVID-19 restrictions keeping changing rooms closed they help in the poolside quick change. Please register your interest by sending an e-mail to [AdelaideMastersSwimming@gmail.com](mailto:AdelaideMastersSwimming@gmail.com) . If we have enough interest, we will make an order

## Dates for your diary

### June

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

Cancelled due to a global pandemic

Sunday 21<sup>st</sup> The Winter Solstice Swim; Henley Beach, 9:00 for 9:30

Come and celebrate the shortest day by taking a quick dip or a long swim in the fresh waters of the St. Vincent Gulf.

### July

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

Provisional depending on the lifting of COVID-19 restrictions

### 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



Do you have something we can include in the newsletter? Mail it two

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