

A word from the President

Wahoo!! We are finally heading back to training. I hope that you have managed some form of dry land exercise over the past few months or like some of the hardy, serious swimmers, continued to swim in the sea. This culminated in a near record “turn-out” for this years’ Winter Solstice swim at Henley Beach on 21st June, where despite the rough, cold, blustery conditions, we saw 78 swimmers take to the water, in a selection of swimming attire. My challenge, like many others, was to continue the sea sessions, although reducing in length and frequency until the Solstice; before hanging up the wet suit. This was perfect timing, with the COVID-19 restrictions easing significantly, allowing Adelaide Masters to commence winter training at St Peters on **Monday 6th July**. Training will be the same days/times as last year:

- Mondays: 6:30pm - 7:45pm
- Wednesdays: 6:30pm – 7:45pm
- Fridays: 6:30pm – 7:30pm

However, to ensure the safety of fellow swimmers and the facility, Masters Swimming Australia, Swimming SA and St Peters require the club to implement a [COVID Safety Plan](#) which must be followed by all swimmers. Please read prior to attending your 1st session as there are some safety requirements the club and swimmers must follow.

The clubs COVID-19 Safety Officer contact is: **Jeff Sheridan: MOB 0418224806, EMAIL: Jeffrey.Sheridan@csiro.au**

- Each swimmer must complete the [Novel Coronavirus \(COVID-19\) Health Questionnaire](#) and bring it to their first training session.
- Complete and sign the Attendance record prior to each swim:
 - Confirm your HEALTH CHECK as detailed in the above link. Please do not attend training if you are not well
 - Provide either mobile or email address for tracing, should a case of COVID be confirmed
 - To minimize the handling of cash: Multi visit passes must be used as payment (no single session payment). The Multi visit pass can be bought from the Adelaide Masters website or purchased poolside for \$120 cash (10 visit pass with the 11th session free). This covers both pool entry and the coaching fee.
 - NO shower facilities at this stage: arrive ready to swim and leave wet. Ensure adequate warm clothing or Pool coat. Pool coats can be purchased through the club

As we are restricted to 70 poolside, we are looking forward to seeing current, old and new members at training. I’m looking forward to seeing you in the water again soon.

Betty

The Coach's Corner

With the news that we will soon be swimming again I am looking forward to welcoming you back to the pool. I hope that you have all used the pause wisely to take stock of your swimming and think about what your swimming means to you. There are many reasons that people swim. For some it is all about shaving tenths from your personal best, for others it is about swimming long distances in the saltwater. For some it is about keeping fit and others it is a chance to catch up with friends once or twice a week and eat a few (of your own) lollies afterwards. I do not care what your motivation is, but I would like you to think about why you swim and to share it with me. That way I can tailor the swim sessions to suit your needs and use your motivations to help you achieve your goals.

Last month I talked about how to approach your return to the water. In the hope that we would be back by now. My advice is still the same: please do not expect to be where you were when we left the water, you will have lost form and conditioning. The aim of the first few weeks will be to rebuild this in a sensible way. All I ask is that you give yourself some time and are kind to your body. The last thing I want is for you to hurt yourself by putting unrealistic expectations on your body

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The Bunbury Stingers Postal Swim

Have you done a postal swim? The committee thought that in the absence of Interclubs this year should be the year to do it. We have selected the Bunbury Stingers postal swim as it runs over July and August. All you have to do is three 400m swims, each of a different stroke. We will organize the swims to take place within the training sessions. All you have to do is register your interest and part with \$12, we will do the rest (which consists of recording the results and sending them off). In return you will get a certificate of completion and the possibility of one of many prizes.

Register your interest at poolside or mail AdelaideMastersSwimming@gmail.com

More details can be found on the [Bunbury Stingers Website](#)

The Summer Solstice Swim



The winter solstice was celebrated at Henley Beach this year with the rapidly becoming traditional Winter Solstice Swim. Over seventy of Adelaide's Masters swimmers gathered on the steps at Henley Beach for a photo. Some were brave enough to face the eleven-degree salt water without a wetsuit. Once the formalities were over, they headed on mass to the sea. Some dipped, some splashed and some swam. The temperature and sea conditions proved interesting and made a swim northwards easy but a return journey difficult. None of this mattered as this swim was all about the shared experience of swimming with like-minded people.

After the swim small groups formed to share hot drinks, cakes and to chat to friends. There was a rumour circulating that there were plans afoot for this to be a naked swim next year...

Member Spotlight: Lee O'Connell



Tell me about your swimming journey

I started swimming when I was about 6 - my older sister Pam (well known to you) was an asthmatic and our parents decided that the best management for her asthma would be to swim, hence the whole family learnt to swim and I continued to swim from then. Our family were originally members of Kensington and Norwood Swimming Club, so we trained at the Norwood outdoor pool, which was unheated in those days. We had no goggles and there were very high chlorine levels. I can remember getting out of the pool almost blue with cold and then going home and rinsing our eyes with milk to try and counteract the sting of the chlorine. We subsequently joined the Burnside Swimming Club when the new Burnside pool was built, and I continued to swim both for my school and the club right up until I left school.

After leaving school I only swam incidentally for a few years preferring to play Hockey, Netball and to do lots of social running. I was first introduced to Masters Swimming when I was working in Edmonton in Canada, quite a few of the physios I was working with were also swimmers so we joined the Edmonton Y Cetaceans Masters Swimming Club. It was a great way to see new places,(as we travelled a lot to other cities for competitions), to meet new people, keep fit and still be able to exercise when the outside temperature was below -20C. It was one of the only times in my life I have ever used a hair dryer because after swimming you couldn't walk outside with wet hair. It froze and would actually snap.

When I returned to Adelaide, I was looking for a Masters Swimming Club to join. A fellow physios recommended Adelaide Masters and coincidentally at the first training session I went to , some other, now very good friends of ours, recommended to Mike (who had just recently come up to Adelaide from Mt Gambier) that he also join Adelaide Masters . So, 36 years ago we met at our first Adelaide masters training session, did many laps together and were married a year later. I think we have the honour of being one of the first couples to meet through Adelaide Masters and they subsequently blessed us with the infamous "mock" wedding just prior to our actual wedding, one of the most amazing dress up events I have ever been to.

Mike and I did a huge amount of training and travelling with Adelaide Masters in the first few years of our membership. We did lots of interclubs and travelled to Melbourne and Canberra for Nationals, and to Brisbane for the World Swimming Championships in 1988 with 7-month-old Patrick along for the trip. Then with a family of 3 kids I still trained with Masters, especially on Saturday mornings and on weekday mornings, using the creche at the Adelaide Aquatic Centre (Patrick was the first child to use that service). However, I really gave up competitive swimming for almost 10 years to put my energy into the family. Once the kids were at high school and a bit more self-sufficient, I returned to morning training and over the last 10 years, it has been an absolute blessing to train with Graeme and the "GB Squad". I would count that group among my most supportive friends and a huge part of my motivation to keep swimming. It certainly has been a privilege to be a member of Adelaide Masters, through many highs and some lows, over such an extended period of time.

What does swimming mean to you?

Swimming to a large degree is my sanity. To a certain extent I find black line therapy quite meditative and the discipline and fitness of swimming underpins my lifestyle and certainly helps to keep my body and my mind healthy. It was interesting that during the recent COVID 19 restrictions that I had many more issues with back, neck and knee pain when I was unable to swim despite still riding my bike and doing a zoom gym session almost every morning .

Do you prefer long distance or short distance?

As a child, the only swimming competitions I could enter were short distance so, for all the years up until I left school, I only swam short distance, and not all that successfully. I've never been a sprinter. The only "long" distance swim we did was the annual "Swim through Adelaide" when we dived off the Torrens Weir and swam to the university footbridge, goodness only knows what was in the water, we came out brown all over but survived . It was really only when I started Masters swimming in my twenties that I began to swim the longer distances, which my body is much more suited to, and for many years took up butterfly, especially the 200m as my major event.

Do you prefer swimming in the pool or at sea and why?

If I am honest I would say that I prefer pool swimming, however some of my best long distance swimming memories are of those almost perfect open water swims on those gorgeous summer days where the water is clear, calm and relatively warm . Most people would know that I have a distinct aversion to rough and cold water.

How do you fit swimming into your routine?

I am a person who likes structure and that particularly applies to sport. I am a morning person when it comes to swimming training hence why I am not often at the evening club training sessions. What works best for me is to be up early at least 4 times per week to be at training (in the summer at Magill pool with Graeme) at 6am and then home in time to ride my bike to work. I Just don't seem to have the time or motivation to train in the evenings.

What is your greatest swimming achievement?

Over the years achieving a few world top ten times for 200 fly and 1500m freestyle have been highlights. I think travelling with Julie Bowman (Astley) to the World Masters Games in Riccione in Italy in 2012 was incredibly special. We both had a fantastic time and I was lucky to get 5 top ten places. I think one of my best and most memorable swims was in a long-distance meet at Unley pool about 10 years ago. I entered the 400m butterfly and in the race broke the national record for my age group. However due to a time keeping error (only one finishing time recorded) they wouldn't recognise the swim as a record. After much discussion with the referee they gave me a chance to swim it again. So, for the second time at that meet I swam the 400 fly and broke the National record and even managed to do a faster time the second time.

However my most heartfelt and passionate swimming achievement is, along with the much loved and missed Ruth Ziegeler (from Atlantis Masters), being one of the original and continuing organisers of the Multiple Sclerosis Society's Annual 24 hour Mighty Swim, held on the 2nd weekend of February for the last 15 years. This is a 24-hour relay, fundraising event, with my major role being captain of TEAM MS. It is a privilege to captain a group of people with MS and other disabilities who every year achieve over and above their own and everyone else's expectations both in the number of laps swum and the funds raised. The event has so far raised over \$800,000 for the MS Society of SA and NT and every year I am humbled by the support of Masters Swimming and other community groups for the event.

What are your interests outside of the water?

I work as a physiotherapist both in Community Geriatrics at Modbury Hospital and doing aquatic physiotherapy in the disability sector. I still after 43 years as a physio love my job and I especially enjoy developing the client therapist relationships and hope that I can in some small way help to improve my clients' quality of life and ability to function in their environment.

I am also a qualified spiritual director and enjoy the privilege of journeying with people as they discover a spirituality that is meaningful and true to themselves.

My other interests are cooking, doing crosswords (I am still trying to improve at deciphering the cryptic clues) and reading. I have way too many half-finished books by my bed. I also love to ride my bike and a run or a walk with the dog.

What do you see in your swimming future?

Having basically given up swimming much butterfly due to neck and back issues and being unable to swim breast stroke due to a very gammy knee, I am continuing to try to improve my backstroke (which I had virtually never swum up until I broke my shoulder 5 years ago) and I also (again depending on weather and water conditions) like to try and swim all the SA Masters open water swims. Since the whole COVID 19 scenario has really put a stop to overseas travel, and hence plans to get to the World Masters in Japan next year have been abandoned, Julie Bowman has put out a challenge to do more of the open water swims within Australia and NZ. That sounds like a goal for the future.

If you had to pick one of fun, fitness and friendship what would it be and why?
Friendship, Coach Graeme Brown and the amazing the group of swimmers I train with, meet at swim meets and see both in and out of the pool have been an incredible support and certainly helped me maintain my sanity and perspective through some fairly challenging times. I find them all inspirational.

Is there anything unexpected lurking in your swim bag?

There are lots of Graeme Brown's old mouldy swimming programs which I must clear it out sometime soon.

Dates for your diary

July

~~Sunday 26th: Interclub 3; Marion~~

Cancelled due to a global pandemic

August

Sunday 23rd: Interclub 4 (Relays): Marion

Provisional depending on the lifting of COVID-19 restrictions

September

Sunday 13th: Short Course State Cup; Marion

Provisional depending on the lifting of COVID-19 restrictions

November

Sunday 1st: Long Course Long Distance

Provisional depending on the lifting of COVID-19 restrictions

For up to the minute news and last-minute changes



Do you have something we can include in the newsletter? Mail it to
adelaidemastersswimming@gmail.com