

## A word from the President

It has been great to have all training sessions well attended over the winter months and see “new” members becoming confident and enthusiastic in competing. At the recent State Cup at the State Aquatic and Leisure Centre, on the 14th September, Adelaide Masters had 24 swimmers competing and for 3 it was their first competition. All entrants collected several medals for their efforts. Again, Adelaide Masters came in first, followed by Marion and then the recently formed Phoenix club.

Congratulations to Shania Morgan, Charlene Smith and Mark Smedley who swam exceedingly well, achieving State records in some of their events.

Our departure from St Peters has been delayed by 2 weeks, due to the Burnside pool’s COVID restrictions. This is not necessarily a bad thing as the warmer weather seems to have also been delayed. Our last session at St Peters will be Friday 9<sup>th</sup> October, with summer training commencing at Burnside on Monday 12<sup>th</sup> October. As advised by a previous email, we will be restricted to 5 swimmers per lane and, to manage this, it will be necessary for each swimmer to reserve a place in the Adelaide Masters training lanes through the Booking link that will be emailed to all members in early October. Additional lap swimming places can be booked through the Burnside website, with the aim of securing another training lane on the night.

Once again Adelaide Masters would like to acknowledge Burnside Council’s fantastic support. As part of the club’s COVID Safety Plan, we identified the elimination of cash handling as a means of minimising risk to our swimmers, and implemented a digital payment system for training fees, open water swims, fundraising activities etc. To enable purchase of the iPad and digital card reader, an Ongoing Minor grant application for \$500 was submitted to Burnside Council, which it has generously approved. This will allow cashless transactions for many of the club’s activities.

Betty “The Boss” Reinboth

## The Coach’s Corner

Do you know what it is like to be part of a winning team? It is very much like being a member of Adelaide Masters. We have convincingly won the last two interclub competitions and we are evolving into what I recognise as a proper team. What do I mean by that? It is all about supporting each other. A few individuals who may be able to swim quickly does not make a team; a group of people sharing their highs and lows during a competition is what makes a team. What is the point of swimming at your best if you cannot share the moment? What if you are having a bad day and you need a shoulder to cry on? What if your club mates didn’t volunteer to help out with the running of an event? A true team is a caring and supportive environment that is greater than the sum of all its members. It provides a haven to allow everyone to enjoy their swimming. I believe that this is where we are heading

Graeme “The Coach” Brown

## State Cup Short Course 2020

Adelaide Masters had 24 swimmers compete in the State Cup on September 13th and we came away victorious! While we won the event and nearly doubled Marion's score, what is also just as important is the way everyone had a go – from the beginners to the elite, we all did our best for the club. That is what masters swimming is all about!

Three of our swimmers broke state records – Shania Morgan (4), Charlene Smith (4) and Mark Smedley (2). Three of Shania Morgan's records were actually splits and Charlene broke state records in all four of her swims.

We had some swimmers competing for Adelaide Masters for the first-time including Helen Bartsch, Christina Boros and Lachlan Bartsch. I am sure it will not be their last either!

Seven swimmers achieved highest point scores for their age groups of 40 points – Shania Morgan, Charlene Smith, Sharon Beaver, Stephanie Palmer-White, Pamela Gunn, Lachlan Bartsch, and Mark Smedley.

Space and time doesn't allow me to mention everyone who contributed. But everyone, whether they did only a couple of swims or accidentally got disqualified for whatever reason, is a valuable member of our club.

Steph "the captain" Palmer-White

## Chris Carter: a love for all things aquatic



### How old were you when you started swimming?

Wow! that is a stretch on the memory cells. I must have been about 5 years old when I learnt to swim, and I remember that it was a real struggle to begin with. This question prompted me to find and then open the archives, after dusting off the cobwebs. My earliest record is a beginner's certificate for swimming 15 yards at the age of 6.

### Why did you start swimming?

I think my parents must have thought it was a good idea at the time. They could not have known then that this would be the beginning of two generations of “water rats” with a love for all things aquatic.

### How did you learn you to swim?

After beginners’ classes, I gained proficiency through school swimming programs and SA amateur swimming clubs, initially Kensington & Norwood, then Burnside and finally Norwood. As a youngster, I also trained in competitive swimming squads, mainly with coach Ern Reddaway but also with coach Graeme Brown. I went on to play water polo and swim at intervarsity championships (aka Uni games).

### What motivates you to swim?

My main motivation to swim and train hard is the need to maintain sufficient fitness, strength, flexibility, and agility to continue surfing into old age. I also enjoy the competitive aspects of swimming, in seeing how fast or how far you can go and how you measure up to your peers. The feeling of physical and mental wellbeing imparted by regular swimming cannot be overestimated but is perhaps better appreciated the older you get.

### Have you always swum?

Yes, pretty much always, in one form or another. I’ve tried to make swimming a priority in my life, depending on circumstances. In the early days I used to swim solo every morning before work, but my career and family commitments eventually got in the way. Later, I used to attempt swimming at the North Adelaide pool at night, in the “graveyard timeslot” from 9 to 10 pm, which ended up being a bit too heroic! I joined Adelaide Masters (AM) about 7 years ago and have enjoyed my return to regular club training.

### Do you prefer swimming short distances or long distances?

I’ve always been a sprinter, so I prefer short distances of 50m and 100m. I like the adrenalin rush of going flat out and the challenge of maintaining a technically good swimming style without losing speed. Having said that, I also like doing open water swims, which is something I hadn’t done prior to joining Masters and, in particular, I do appreciate the tradition of the annual Jetty to Jetty swim.

### Do you prefer swimming in the pool or at sea?

Definitely the pool for swimming. However, my love of the ocean and its waveforms through surfing and other aquatic activities is greatest. Surfing in wave pools is also a hoot.

### How do you fit swimming into your routine?

I give AM club training a high priority and aim to routinely attend 3 times per week.

### Which do you prefer: swimming in a group or own your own?

In a group, no question about it. It is much more enjoyable and much easier to train with a friendly bunch of swimmers who help each other to maintain the necessary discipline and intensity of effort

required to retain and improve individuals' swimming proficiency. Also, having a good coach and an appropriate but challenging training program is a huge benefit.

### What does swimming mean to you?

Swimming has been great for fitness, friendship, competition, and personal achievement. It has led to exposure to a wide spectrum of aquatics, through the development of confidence, capability, and safety in the water. Swimming proficiency paved the way to qualification and employment as a pool lifeguard and swimming instructor in the past.

### What is your greatest swimming achievement?

Perhaps one of the most memorable was my first attempt to swim one lap of the Norwood pool (55 yards) at the age of 7. This was at the end of a club training session, where we would always be swimming across the middle of the pool. I remember how proud and exhausted I was because after completing the first lap I was determined to keep swimming and ended up making three laps before I could go no further. Of course there were successes in various competitions in my youth but as a sprinter it was all about trying to break the 30 sec barrier for 50m swims (and 60 sec barrier for 100m) and, subsequently, how far under the barrier you could go. So, achieving 26 sec for 50 F/S and 28 sec for 50 Fly was also great. In later life as a master, completing a 1,500 in respectable time felt like a pretty good achievement, as did open water swims also give a sense of accomplishment. The words of a fellow AM swimmer at an interclub event some years ago pretty much summed up the feeling of achievement when he said to me: "Chris, look at it this way, how many other people our age can do what we're doing? Most would struggle to swim one lap, let alone swim longer distances or make a competitive time."

### Who has inspired or influenced you?

Olympians like Shane Gould (AUS) and Mark Spitz (USA), initially, because they achieved what seemed impossible in that era, as well as a whole group of local swimmers that were awesome. Later in life, I thoroughly enjoyed fortuitously swimming a few lazy 100s alongside Kieran Perkins (another iconic AUS Olympian) and having a chat between sets when he was having a casual swim at North Adelaide once. Di Simons (AM legend) encouraged me to join AM when I was a lifeguard and also swimming instructing with her at Burnside pool, back in the day, and eventually I did.

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

Don't stop swimming regularly; make it a way of life.

### What are your interests outside of the water?

When I'm not at work, you'll probably find me down the beach. Otherwise, a career as a diagnostic medical pathologist occupies most of my time, mainly involving the detection of cancers and other diseases by looking at a wide variety of tissue specimens down a microscope.

### Do you have any big swimming plans for the future?

Sure ... to resume competition, avoid injuries and shock the coach by jettisoning the fins at training (one day).

If you could pick one of fun, fitness and friendship which would it be?

I can't, so I won't, and I shouldn't have to. Next question please ...

Describe your best swim.

50m long course, focussed, hyperventilate, sharp reflex dive after the gun, ballistic F/S, feeling the water, powerful propulsion, aquaplaning high body position, machine gun kick, no breathing, stretch and lunge to hit the wall. Alas, it feels more like sailing a barge than a hydrofoil these days!

What do you see in your swimming future?

Swimming with whale sharks or manta rays would be pretty cool, I reckon.

Do you have a favourite swimming event, what is it and what makes it special?

No, I just appreciate any event that I'm able to pull off a good race time or exceed my expectations. I think we all whip it up for the relays and relish the customary excitement and rivalry between teams.

If you could only swim in one place for the rest of your life, where would it be?

Ahhh , yes ... the outdoor Norwood Swimming Centre at Kensington, where my competitive swimming began; simple, tranquil and shaded by river red gums; plenty of good memories as a kid of landing bombs off the diving board (recently removed) before and after training.

Is there anything unexpected lurking in your swim bag?

Only a ridiculous collection of tickets for a multiplicity of pools across Adelaide, many ancient or expired, including a few unused entry tickets from the Noarlunga pool when it first opened way back when (1980s)!

## Joseph Russel: Inspired by the special Olympics

I started swimming many years ago when I was young. I learned to swim at [SasRapid](#) and did VacSwim at the local pool every summer.



I have always liked swimming but just for fun with friends. Then I did Special Olympics swimming at Marion a few years ago. Now, I swim with Adelaide Masters and I also swim a few times a week at the ARC where Graeme coaches me once a week.

Swimming keeps me fit and helps me build my muscles up. I like swimming by myself, but Friday night training is fun too.

Graeme inspires me to do better all the time. My greatest achievement is a new PB at the last swim meet.

My other interests are playing soccer and watching soccer with my family. Soccer is great for fitness and I love it because it is a team sport and I have a lot of friends who play. I hope to keep on winning at swimming like my friend Charlie.

## South Australian Swimming Memorials

This is the first of several articles on swimming memorials in South Australia.

Memorials have been created to recognise people, events, and places in many sports. Swimming is well represented. Several swimming pools and sea baths in Australia are named after famous swimmers: the Andrew (Boy) Charlton Pool in Sydney Harbour; the Annette Kellerman Aquatic Centre in Marrickville; Balmain's Dawn Fraser Baths; and Wylie's Baths at Coogee. There are many War Memorial pools across the country, including the Tobruk Memorial Baths in Townsville where the Australian swimming squad trained for the 1956, 1960 and 1964 Olympic Games.

There are also memorials which recognise swimming history in different forms. These articles look at memorials in Adelaide and regional South Australia dedicated to places, people and events in the State's swimming history.

The author wishes to express appreciation to the State Library of South Australia and the South Australian Maritime Museum for their archival photos.

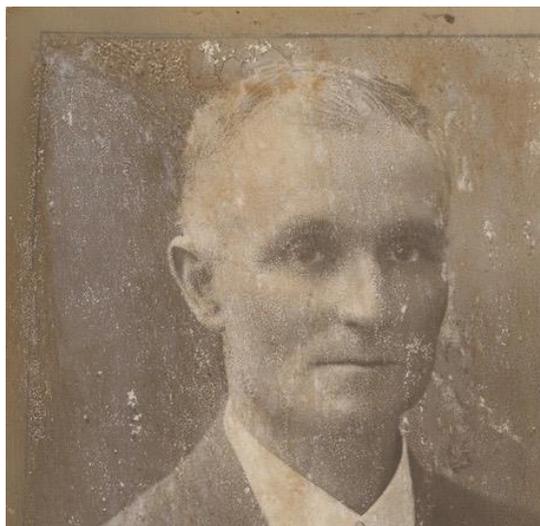
### Percy Jervis Memorial Arch, Gilberton

The Percy Jervis Memorial Arch is located at the site of the Gilberton Pool on the River Torrens. The Pool operated as a competition pool and community swimming place for over fifty years, eventually closing in 1970 when the river water was no longer safe for swimming.



Built by the Gilberton Amateur Swimming Club, the Arch was opened in March 1936 to celebrate the Club's 21<sup>st</sup> anniversary. Percy Jervis, a commercial traveller for Thomas Hardy and Sons, founded the Club in 1915 because of his children's interest in the river and swimming. A trustee and principal supervisor of the Club, Jervis was also a keen cricketer and, later in life, lawn bowler, and an active citizen and benefactor of the district.

The structure is certainly striking - the peaceful river location, its sturdy permanence, the Club crests on the cobbles - however most all, it is a splendid tribute to a founder. The enduring success of the Club and deep community affection for the pool were built on Jervis' generosity, and explain why the patrons were inspired to build the Arch.



*Percy Frank Jervis, 1917*

As well as its recreational use, the pool hosted carnivals throughout its life.



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*Patriotic Carnival 1917*

The Patriotic Carnival was the second of two annual carnivals held “with the object of supplementing the Soldiers’ Repatriation Fund” (*The Advertiser* 5 March 1917). After an address by the Governor, Sir Henry Galway to launch the Patriotic Appeal, the Chairman of the Club, Major HCR Batchelor, explained that the Club had celebrated its second birthday on 23 February 1917 and spoke of its

achievements: “During its existence one hundred ladies and gentlemen and children had been taught to swim. Lifesaving and restoration of the apparently drowned was also taught”.

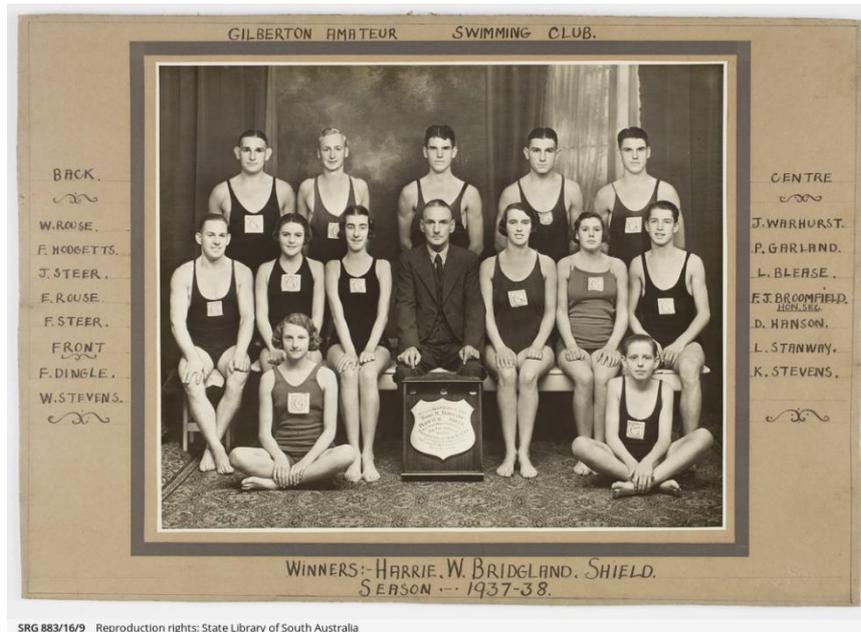


In addition to Percy Jervis, Committee members pictured include notable South Australian sporting identity John (“Jack”) Reedman. Test cricketer, outstanding league footballer, and champion long-distance swimmer, Reedman has a fountain dedicated to him near the entrance to Adelaide Oval.

*Australian Swimming Championships, 1926*



Gilberton Pool hosted the Australian Swimming Championships in 1923 and again in 1926 when this remarkable photo was taken. The Club had an astonishing 2,000 members at its peak in the late 1950s. It produced many fine swimmers and was highly competitive throughout its history.



The Club was forced to leave the pool in 1970 when swimming in the river was prohibited. After lengthy negotiations, the State Government agreed to pay \$150,000 to the Club as compensation. Unable to find or afford a new pool, the Club decided to remain in existence and used the funds to support swimming education in schools in the local area. When it was finally wound up in 2016, the Club distributed accumulated funds of \$450,000 to local schools. A centenary history, "Meet you at the Gilby", was published in 2015. Historical information and photos are displayed on both banks of the river on the Linear Path. The Arch and the old wooden steps down to the water remain as permanent reminders of an outstanding success story.



Michael Harry  
24 September 2020

## Dates for your diary

### October

Friday 30<sup>th</sup>: Last Friday of the Month Drinks, Venue TBA

Join us for a meal and a drink after training and find out what your teammates look like when they are fully clothed.

### November

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

The joy of long course, long distance swimming, when 50 metres is not enough: [Enter Here](#) before 17 October.

### December

Sunday 6<sup>th</sup>: SA State Open Water Championship, West Lakes

1.25km, 2.5km, 5 km, 7.5km & 10km

Sunday 20<sup>th</sup>: Seacliff Swim, Seacliff Hotel

1.6km

Monday 28<sup>th</sup>: Proclamation Classic, Glenelg Jetty

1km, 2km & 5km

### January

Sunday 10<sup>th</sup>: Pub to Pub, Seacliff to Brighton Hotel

1.6km

Sunday 17<sup>th</sup>: State OWS Championships, Somerton

1km & 3km

Tuesday 26<sup>th</sup>: Jetty to Jetty, Henley Jetty to Grange Jetty

2.2km

### February

Sunday 7<sup>th</sup>: Brighton Jetty Classic, Brighton Jetty

100m, 400m, 1.5km

Sunday 13<sup>th</sup>: Pink and Blue Swim, West Beach

200m, 400m, 700m & 1km

Sunday 21<sup>st</sup>: Henley Beach Swim, Henley Beach

1km, 2km

Sunday 27<sup>th</sup>: Port Elliot Swim, Port Elliot Surf Life Saving Club

900m & 1.8km

## March

Monday 8<sup>th</sup>: Noarlunga Reef Swim, Pt Noarlunga Jetty

750m, 1.5km & 2.5km

Sunday 14<sup>th</sup> March: Port Pirie OWS, Pirie River

400m Scratch, 2km Scratch, 2km Handicap

Sunday 21<sup>st</sup> March: Whyalla OWS, Whyalla Marina Wharf

1.6km handicap

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](mailto:adelaidemastersswimming@gmail.com)