

A word from Madame President

I hope you have all had a relaxing break over New Year, whether at home, at the beach or maybe even interstate. Australia Day usually signifies the end of the summer holidays and for many of us swimmers it is also time for the annual Jetty to Jetty swim between Grange and Henley.

Unfortunately, this year for the first time I can remember, it was cancelled due to heavy rain contaminating the Henley waters. There are, however, still a lot of outdoor swimming opportunities to choose from in February and March, including several open water competitions, pool interclubs and charity events like the Pink and Blue Swim, MS 24hr swim and the Brighton Jetty classic. Take advantage of the warm weather, participate, support the club and be in the running to secure a series towel. Links to all events are listed at the end of the newsletter.

It is great to see swimmers returning to training after the New Year break. If you have set yourself a 2021 swimming challenge or goal, chat to coach Graeme as he is more than happy to provide advice and encouragement. Congratulations also to Graeme on reaching a significant birthday this month. Many of the Friday night swimmers and their partners joined him for a surprise dinner to celebrate the occasion.

Lastly, to assist with lane number restrictions, it is still necessary to book in your training sessions via the link [Adelaide Masters session booking form 2020 BURNSIDE - Google Sheets](#); and please remember to renew your Masters Membership for 2021 if you haven't already. Your membership must be current to participate in Masters events and training.

Betty "Madame President" Reinboth

The Coach's Corner

Swimming is all about self-discipline. Without it you are just aimlessly splashing up and down the pool. If you want to improve you have to make yourself do the training. You must get yourself to training, and you must make sure that you are hitting the times and practising perfection. I stand on the side and give you hints and tips, but it is you who must do the work. As I said, it is all about self-discipline.

I like to make sure that you all have the benefit of my direction and advice, and I like to find out about you: your goal, aims and motivations. That's why I always arrive a little early to the side of the pool. What I would like you all to do is also arrive by the side of the pool ten minutes before the session. That way I can address you all before the session and not waste valuable swimming time by explaining the same thing many times.

Have you got the self-discipline to arrive ten minutes before the session so you can benefit from extra advice and guidance?

On a completely different subject, I would like to thank everyone for the wonderful evening at The Feathers for the club end of month dinner. A special thank you to Betty for arranging a birthday surprise for me. It was very much appreciated and a pleasure to be coaching a great club.

Graeme "The Birthday Boy" Brown

State Open Water Championships



Last year this event was held at West Beach but this year it had a new home at Somerton. We all gathered outside of the surf club, stood in the sun and surveyed the conditions. Would the south wind push us up the beach? Would the current of a falling tide help the journey down? Would the chop help or hinder? We would all find out soon. The three-lap swimmers started first and found that swimming south was a lot tougher than swimming north.

As you can see from the results, there were some exceptional performances with our very own Steph the overall winner of the 1k event and others getting first in age group. Overall, the club had a good day at Somerton

1 Km Results

Overall	Gender Place	Age Group	Name	AGE (at 31 Dec 2020)	Age Group	Gender	Time (min)	Time (sec)
1	1	1	Palmer-White, Stephanie	57	55 : 59	Female	17	13
8	3	1	Goldie, Emily	46	45 : 49	Female	18	34
10	4	1	Carter, Alexandra	28	25 : 29	Female	19	52
15	9	1	Smedley, Mark	61	60 : 64	Male	20	35
17	7	2	O'Connell, Leonie	65	65 : 69	Female	20	51
37	20	2	Carter, Christopher	61	60 : 64	Male	24	23
59	32	7	Zaika, Roman	55	55 : 59	Male	28	56
60	33	5	Morris, Brian	63	60 : 64	Male	29	2
75	38	5	Reinboth, Betty	66	65 : 69	Female	30	19
78	39	3	Brown, Deborah	50	50 : 54	Female	30	39
80	41	4	Cooper, Greg	68	65 : 69	Male	31	8

3 km Results

Overall	Gender Place	Age Group	Name	AGE (at 31 Dec 2020)	Age Group	Gender	Time (min)	Time (sec)
6	3	1	Goldie, Scott	51	50 : 54	Male	50	2
9	5	1	Bowman, Julie	56	55 : 59	Female	50	30
10	6	2	Beaver, Sharon	54	50 : 54	Female	50	49
13	7	1	Brown, Erin	41	40 : 44	Female	52	23
36	17	5	Holley, Peter	58	55 : 59	Male	66	50
40	20	2	Wright, Iain	44	40 : 44	Male	68	32

46	25	1	McManus, Brian	39	35 : 39	Male	72	34
52	26	2	Gunn, Pamela	67	65 : 69	Female	75	37

The Pub to Pub Swim



The pub to pub was a little different this year. The usual handicap format was abandoned due to COVID restrictions in favour of a point-to-point format. The normal prerace conversation of how unfair everyone’s handicap times were was replaced with discussion of the conditions. Would we be swimming with or against the current? It was very hard to tell. We swam in crystal clear water over various examples of local wildlife in a very enjoyable race.

Position (overall)	Name	Time
10	BEAVER, Sharon	23:56.1
12	BROWN, Erin	24:07.2
24	CARTER, Alexandra	26:23.9

25	O'CONNELL, Lee	26:37.6
29	HOLLEY, Pete	29:55.2
58	MCMANUS, Brian	31:13.3
67	GUNN, Pam	32:07.6
70	CARTER, Christopher	32:50.1
72	SCHOLAR, Matt	33:01.1
77	JOHNSTON, Kay	33:54.1
87	MORRIS, Brian	35:45.5
97	REINBOTH, Betty	37:27.2
98	WEBBER, Mardi	37:31.5
113	BROWN, Deborah	40:59.5

Club member update

We would like to welcome our most recent club members; Vivian Velazco, Deb Manning, Brian and Mairee McManus, Dawn Beaumont, Anson Chau and Jacinta Zheng. Introduce yourself and make them feel welcome.



Vivian Velazco and Dawn Beaumont

Jacinta Zheng

Unfortunately, Kate Triplett who joined the club 6 months ago after relocating from Perth, has moved to Sydney to join her husband. We wish her well and hopefully they will both return to Adelaide in the future.

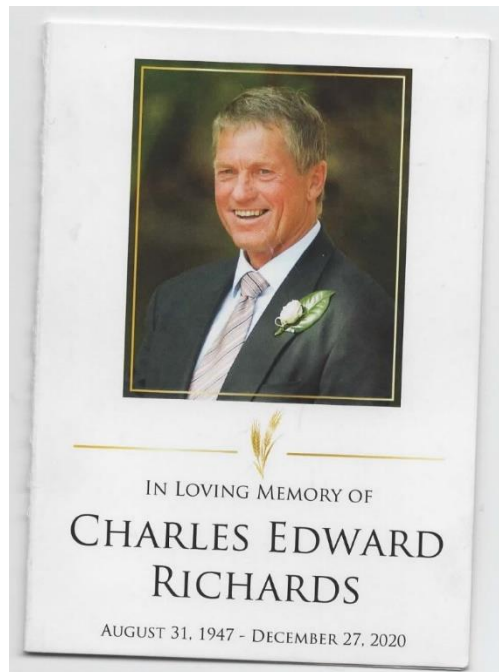


Kate Triplett,
Henry Gooden and Graeme



Mairee and Brian McManus

Charlie Richards Memorial service 8/1/2021



A beautiful sunny afternoon, overlooking the sea at the Henley Beach SLSC, was the appropriate location to celebrate Charlie's life. His 3 children, Ben, Mardi and Luke, shared their favourite family memories of their father, while Stephen Carthew, a fellow Masters swimmer, recounted Charlie's love of the ocean and the competitive relationship they shared through open water swimming.

[Stephen Carthew's tribute can be accessed through this link](#)

Shania Morgan: Projecting my inner Ice Queen

How did it all begin?

I first started swimming at the age of 9 with the Paragon learn to swim because my parents felt I should at least be able to swim competently as swimming is a vital skill. At Paragon, my instructor, Joanna, suggested that, as I had demonstrated an affinity to be a natural breaststroker, I should consider joining a club and swimming competitively. I took on my instructor's suggestion with great enthusiasm and at the age of 10, I participated in my first ever competition at the Playford Aquatic Centre and I have been swimming competitively ever since. As of 2020, I have been swimming competitively for just over 11 years, and during that time I have been involved in a myriad of age group, open and school competitions and have travelled across Australia to compete in these events most commonly for Nationals or the annual State Teams event.



There were a couple of reasons I started swimming initially. Firstly, because I wanted to win my school's aggregate cup for my year in swimming, I desperately wanted to know how it felt to take home that large trophy and know that my name would forever be engraved on that cup. Even more than that, I wanted to be selected to represent my school and family at the SAPSASA championships, which I felt was a great honour to do. My second reason for starting to swim: my parents wanted my brother and I to participate in at least one sport competitively. I come from a sporting family, mainly tennis, volleyball and basketball, but sport was considered to be a very important element of life, not only for fitness purposes but also for personal growth and challenge. Since I had demonstrated a strong swimming capability, it was only natural that I gravitate towards the sport and my parents wholeheartedly supported my choice (despite the early morning trainings, expenses and many tears that inevitably followed) to pursue swimming.

What motivates you to swim?

A great many things motivate me to continue swimming. Firstly, I am a very determined person, so once I commit myself to something, I will always give 110%. This is the exact mindset that I adopt in relation to my swimming as well. I set myself goals in the competition and achieving them is enormously gratifying and encourages me to continue on. Mostly, I aim for a podium finish because admittedly I do love the feeling of winning an event, but an even better result is getting close or achieving a new PB. Also, I want to make my Mum and Dad proud of what I have achieved with my swimming, and I want to make myself proud. Life is not a spectator sport, so I want to accomplish as much as I can within my swimming, so that when I look back on my swimming years, I can say without a doubt that I gave it everything, made the most of every opportunity and challenged myself in order to become the best swimmer that I could possibly be.

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

Without a doubt, I prefer to swim in a pool over the sea. I have a really bad fear of swimming in the ocean and to this day will refuse to get into the ocean alone. If I do get in with friends, I must be able to touch the bottom at all times. I think part of my fear stems from the unknown, that is, not being able to see the bottom and whatever creatures are swimming around you. I have the same problem with swimming in West Lakes. I swam a triathlon once in West Lakes, and I was so scared that I swam as fast as I could in an effort to get out quicker, and at all times I kept my head above the surface. My Mum swore that she had never seen me swim as fast as I did in that race and funnily enough in the end my team did end up winning the Junior Division triathlon.

How do you fit swimming into your daily/weekly/monthly routine?

I find it can be difficult to fit swimming into my daily schedule when I am studying as I am constantly feeling exhausted and have a seemingly never-ending pile of work and assignments to finish. I strive to get the highest grades I can possibly get at University, so striking this balance can get tough. However, I love my swimming so much and never want to give it up, so I will always make time for training.

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

I do not have a preference when it comes to swimming on my own or swimming in a group. I have for many years undertaken my training on my own and have attended competitions and been the only one from my club in attendance. By nature, I am a very focused person, so training on my own enables me to really focus on my technique. The same applies to competitions. By being left to my own devices, I can go through my routine and focus on the races ahead without any distractions or being subject to time restrictions. This enables me to lower my stress levels. During my years as an age group swimmer, I was known as the Ice Queen, as people thought I was anti-social for not wanting to talk to them in the marshalling room. In reality, I was wholly focused on my race and my preparation leading up to it, and I guess it didn't help that I did not have an outgoing personality like the rest of them. Additionally, I find training in a group to be very rewarding as well. Not only do I get to challenge myself against others, but I thoroughly enjoy the social and supportive atmosphere that swimming invites. Therefore, I enjoy both swimming on my own and in a group.

What does swimming mean to you?

Swimming means the world to me; it is something that I do for my own personal benefit and health. It is something that I am incredibly grateful to be able to participate in, as it provides challenges which I enjoy partaking in as well as being a stress reliever. Whilst I am swimming, I can focus on the task at hand, and many external pressures can melt away for the next hour or so. Swimming is the chance for me to engage in an activity which I thoroughly enjoy which also allows me to just be myself.

What is your greatest swimming achievement?

There have been many highlights in my swimming career so far and thus makes it hard to pick one moment that I could definitively say was my greatest swimming achievement. I do vividly remember

placing 2nd in the 200m breaststroke at the Victorian State Championships in 2014. Going into the final of the race I was ranked 4th and classified as a visitor, so I knew I was unlikely to get a medal considering the others' qualifying times were infinitely faster than my own. I was very fortunate at the conclusion of the race to find out I came 2nd, not only overtaking the other women but also recording a new PB. I can still remember the feeling of elation as I received my silver medal.

Who has inspired or influenced you and how / why?

Over the course of my life there have been many individuals who have impacted my life, but the two that have had the most profound effect both inside and outside the pool have been Jane Austen and my Mum. Jane Austen cited in one of her novels that 'it isn't what we say or think that defines us, but what we do'. That simple work ethic is something that I have carried with me through all aspects of my life. In relation to swimming, I like to let my actions in the pool define who I am. When I swim, I put all my passion and determination into that race. The other person who has inspired me is my Mum. I endeavour each day and each time I swim to do her proud and try to follow the example that she set for me. She taught me to be determined and passionate and to act with modesty. The way that my Mum brought me up has turned me into the person that I am today, and her infinite wisdom extended to teaching me how to act and approach my swimming.

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

The one tip that I would give my younger self is: do not be afraid of failure. Failure is how we measure our success; without the failures the successes would not feel like an accomplishment. I would tell myself to stay in the moment, focus on the task at hand and do not stress yourself to the extent that it will negatively impact your performance. I was always scared of having people come watch me, in case I failed and let them down in the process. Ultimately, it is all about perception, so embrace the failures that come, as the wins will feel all that much sweeter. Moreover, your friends and family that come watch you are only there to support you, because win or lose it does not matter in the end, failures are not going to be the end of the world.

What are your interests outside of the water?

When I am not in a swimming pool or studying (I study law and psychology), I like my time reading. I enjoy a wide array of novels especially by classic novelists. Some of my favourite authors include Jane Austen, Agatha Christie and Thomas Hardy – their pieces are especially riveting and easy to connect with. Another well-known interest of mine is, of all things, Harry Potter – I am a massive Harry Potter fanatic and a loyal Ravenclaw. When I visited Harry Potter world in London, I went absolutely nuts with photo taking and purchasing goods. In fact, I went so far as to buy the Ravenclaw robes. Another passion of mine is researching history, in particular medieval English history surrounding the Tudors, Plantagenets and Lancasters. The feuds, conflicts and marriages that occurred between these houses has provided not only an entertaining history but also had a profound impact on society today. Finally, I do enjoy watching a myriad of TV shows including the Big Bang Theory, Suits and the Crown and I am also a movie enthusiast and love to go to the cinemas.

Dates for your diary

February

Sunday 7th: Brighton Jetty Classic, Brighton Jetty
100m, 400m, 1.5km

Sunday 13th: Pink and Blue Swim, West Beach
200m, 400m, 700m & 1km

Saturday 13th and Sunday 14th MS Mighty Swim
24 hours of team swimming at Unley Pool

Sunday 21st: Henley Beach Swim, Henley Beach
1km, 2km

Saturday 27th: Port Elliot Swim, Port Elliot Surf Life Saving Club
900m & 1.8km

Sunday 28th: Summer Series Swim 3
Strathalbyn Swimming Pool

March

Monday 8th: Noarlunga Reef Swim, Pt Noarlunga Jetty
750m, 1.5km & 2.5km

Sunday 14th: Summer Swim Series Swim 4
Payneham or Unley

Sunday 21st March: Whyalla OWS, Whyalla Marina Wharf
1.6km handicap

April

Sunday 11th Short Course State Cup, Marion

May

Sunday 30th: Interclub 1, Short Course, Marion

July

Sunday 18th: Interclub 2, Short Course, Marion

August

Sunday 15th: Interclub 3, Short Course, Marion

September

Sunday 12th: Interclub 4, Short Course, Marion

October

Sunday 10th: Long Course State Cup, Marion

November

Sunday 7th: Long Course Long Distance Meet, Marion

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