

## The President's Report

This month will be a month of changes. First, the change of seasons from Summer training at the Burnside pool to commencement of Winter training at St Peter's College next week. Thanks to the Burnside Council for their continued, generous support of the club and the friendly pool staff who assist and interact with the club so well at training and when club members return for their casual swims.

And yet another change, as coach Graeme Brown has decided to step down as Adelaide Masters coach to reduce his workload and enjoy semi-retirement. We thank both Graeme and Karen for their enormous contribution to our club and wish them well, and I am sure we will still manage to catch up with them.

The club will now commence the process to recruit a replacement coach, but in the interim, Frank Lindsay, the Branch Coaching Coordinator, who is also passionate about coaching, has offered to fill the position until a replacement has been appointed. Please make him feel welcome next week.

It is great to welcome new members to the club and hear about their goals and see them entering events and supporting the club. Adelaide Masters has a diverse range of swimmers: some focusing on open water swimming, although getting a bit colder now but still very enjoyable; some are pool swimmers; some cannot attend training but still compete in the Interclub or Open Water Series events; and some of us try and do everything. With the Interclub series starting on 16<sup>th</sup> May at SAALC, please consider entering, support the club and enjoy the competitive atmosphere with fellow members.

Looking forward to seeing you at St Peter's on Monday 3<sup>rd</sup> May.

Betty "Madame President" Reinboth

## The Coach's Corner

Every now and again I like to step back and review what we have achieved. I think it is particularly important to reflect on the journey to date as it is very hard to gain perspective in the moment. The pause between summer and winter training venues is an ideal time to kick back, crack open a bottle and reflect. I would implore you all to find time to do this for the sake of your development and, in these strange times, your sanity.

I am so pleased with the way that the club has developed over the past few difficult years. I think it is fair to say that, when I stepped into the coaching role, the club was more a group of people who happened to swim at the same time. There were many reasons for this, and it happens to clubs from time to time. The key thing was that there was still the spark that gives the club its greatness. What is more there were people willing to put in the work behind the scenes to move the club on.

As coach I have been part of that team. My job has been to provide you with challenging programs, improve your fitness, improve your technique and motivate you to perform at your best in what ever events you have chosen to compete in. I feel that I have played my part in getting the club back on

the path to where it should be: the best masters club in South Australia. However, I am just a coach, and the real effort has been put in by you: the swimmers. The club is nothing without your dedication to training and to supporting each other through the thick and the thin. Adelaide Masters is now the living embodiment of the whole being stronger than the parts and I am proud to have been part of that process.

After a lot of personal reflection, I have decided to cut down my workload which means I will no longer be coaching Adelaide Masters, but my hope and wish is that you all carry on the good work to ensure that Adelaide Masters remains the best club in South Australia.

Graeme "The taskmaster" Brown

### Welcome to...

This month's new members are Amanda Cao and Cassandra Liebeknecht. We may not see them at training, as they both have busy lives. Amanda, a marathon swimmer, is preparing for the Gold Coast Marathon and Cassandra works long hours managing her own gym. Both, however, enjoy their swimming and are going to compete for the club at the Interclub and the Open Water Swim Series.



*Amanda Cao*



*Cassandra Liebeknecht*

### Return to St. Peter's for Winter Training

Winter training times will continue to be:

- Monday: 6:30 – 8:00pm (5 x 25m lanes)
- Wednesday: 6:30 – 8:00pm (5 x 25m lanes)
- Friday: 6:30 – 7:30pm (3 x 25m lanes)

The cost to members will be the same as last Winter, where a Multi Visit Pass is \$120.00 (10 visits + 11th free) and concession is \$100.00. Swimmers can use their remaining Summer Multi Visit Pass

(\$60.00): 2 = 1 session at St Peters. Replacement Multi Visit Passes can be purchased in the usual manner online:

BSB: 035-213, ACC: 128446

or by paying cash at training. If you have any questions, please email [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com)

### State Cup: Short Course



*Some of the Adelaide Masters swimmers recovering between events at the recent State Cup while the other members are in the pool competing.*

Adelaide Masters had 19 swimmers competing in the State Cup on April 11<sup>th</sup>. We came a very creditable 3<sup>rd</sup> despite many of our members either being away on holidays or competing in a triathlon.

Tony Ward made a very welcome comeback to competition with an amazing five State Records in four swims, one of them being the 50m Fly split in the 200m IM which was itself a State Record.

Mark Smedley continued his record-breaking ways to add another two State Records to his repertoire, both in breaststroke.

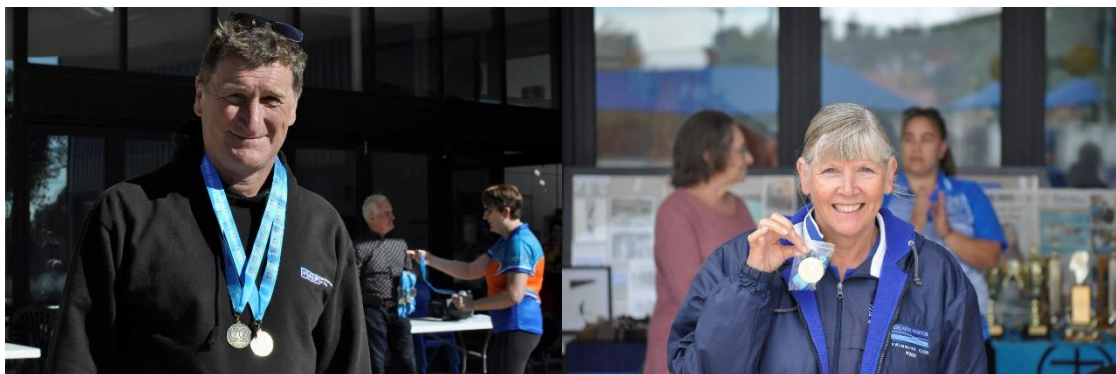
Lee O'Connell broke two State Records, one of them being a split in the 50m Fly, and Shania Morgan also did a great job by breaking a State Record in the 25m Breast. Our Women's 4 x 25 Medley Relay consisting of Sharon Beaver, Shania Morgan, Emily Goldie, and Erin Brown also claimed a State Record.

Gold medals were won by Shania Morgan, Erin Brown, Emily Goldie, Sharon Beaver, Deborah Brown, Julie Bowman, Stephanie Palmer-White, Lee O'Connell, Anthony Varvounis, Philip Behrens, Scott Goldie, Roger Harvey, Mark Smedley, Christopher Carter and Tony Ward. Cassandra Liebeknecht, in her first competition for us, won silver medals in both her races, very close behind the winner in both. Betty Reinboth, Greg Cooper and Charles Gravier also won medals in their races.

Well done to all swimmers. I cannot wait to see more of our swimmers at the first Interclub.

Steph "The Captain" Palmer-White

### Masters Games: Port Pirie



*Pete and Pam with a fine array of medals*

Pam Gunn and Pete Holley represented Adelaide Masters in the swimming events at the Copper Coast 2021 SA Masters Games at Port Pirie, and came away with a small horde of medals that made the trip well worthwhile. Unbeknownst to everyone else (and them), it appeared that months of cold-water swimming had hardened their bodies ready for the unheated pool at the Port Pirie Aquatic Centre. Clocking in at 18 degrees, the temperature came as quite a shock to many of the competitors.

Day one saw Pete taking part in the 50m butterfly, which he managed to complete without being disqualified, and then found that he had become very popular amongst people who wanted him for the butterfly leg of the IM relays. Pam breezed through her backstroke event and then volunteered to swim the fly leg of the mixed IM relay resulting in a husband-and-wife race in the third leg.

Day two started with the 400m free in which Pete and Pam both won their age groups. This was immediately followed by the 100m butterfly. Pete managed to score a DNF and keep his unbroken streak of D's in this event.

The Port Pirie Swimming club will be celebrating their centenary in 2023. They are planning to have the pool heated, and it will be well worth making the trip up North.

### Scott Goldie: My parents made me do it



*Scott and Emily rehydrating after 2km Grange to Henley swim*

### How did it all start?

It was “the Summer of 1975”, I was 5 years of age and I recall learning to try and swim in the ocean with mum at Frankston Beach on the Mornington Peninsula in Victoria. At the age of 6 I started primary school and I remember walking around to Tara Drive Swim School for lessons with my class. I used to hate having to pick that bloody black brick off the bottom of the pool so I would hide them before the class. At 7 years of age I won my first state junior swimming medal in the 50-meter backstroke. I have never raced backstroke since. What a silly stroke. You cannot see where you are

going, and you get water up your nose for your troubles. At the ripe old age of 8, mum taught me how to do butterfly and I never looked back.

#### What prompted you to start swimming?

Through our family lifestyle, for the natural health benefits and to get me out of the house. Mum grew up on the beaches of Moana and Glenelg in South Australia and Dad was a builder from Sandringham in Melbourne where he would surf and box and do weights on the beach in the 1960s. What a show-off! They started a life together down the coast in Frankston. The beach, the swimming, the surfing, the ham/cheese/tomato/beetroot/coleslaw sandwiches and getting sunburnt was our weekend. Mum used to play netball at Jubilee Park in Frankston. There was a pool there. I was the eldest of three messy, noisy, snotty nosed boys and we used to punch on a bit. This made mum pretty cross, so she started taking me to the swimming pool at Jubilee Park to try to get me to burn off some youthful energy. Fast forward a bit to the 80s and mum would come along to the occasional interstate swimming competition. As you can see in the picture, she could hardly contain her excitement.



*Scott's Mum containing her excitement at an interstate swimming competition*

#### How long has it been?

On and off it has been about 45 years. Which is an exceptionally long way: I average 2000km a year, and multiplying that by 40 gives a terrifyingly large number.

#### What motivates you to swim?

I have a list:

- Everyone at the Adelaide Masters and the wider swimming community.
- Putting on weight from meat pies and beers at the footy over the winter.
- I love racing and so the more I swim the fitter I get and so the more I love racing.
- Good for my mental health and perspective on the day.
- I'm up at 5am most days anyway so I might as well have a little swim.

### How did you learn to swim?

I was home schooled from 1974 essentially. Pool/Beach/River. Mum would take me down to Jubilee Park. I think she was a bit of a Dawn Fraser fan. Mum taught me everything I know. Oh, as did Mr Brown of course.



*Scott, at a recent interclub*

### Have you always swum or is it something you have dipped your toes in now and again?

I have a few webbed toes and I have always swum. And with the weather and body permitting, I always will. But one of the great things about this technique-orientated discipline is that you can step away from swimming for a year or two here and there and if your technique is sound you will always enjoy coming back to the water and moving fast through the water.

### Do you prefer swimming short distances or long distance and why?

Long distance please and the longer the better! You do not jump in the bath for 30 seconds, do you? However I must say: short distance racing is stacks of fun, I am just not fast enough.

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

I cannot separate them, sea or pool, lake or river, they never disappoint.

How do you fit swimming into your routine?

It just happens. It is organic. Like a call from the wild. I try not to think about it too much and go swimming when I am feeling it. Sometimes once a week and sometimes twice if I am really feeling it.

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

I love racing (which is on your own most of the time). Having said that, training in a group is fun and beneficial on multiple levels. Let us go with "group" for those playing at home.

What does swimming mean to you?

An opportunity to wash. Driving half asleep and in the dark and the rain. Hanging for chops and mashed potatoes on a Monday night after training. Tuna casserole on a Wednesday. The smell of the salt water and the chlorine. Mates/friends/foes/fun/flippers/Frankston/Funky Trucks. Chasing that adrenalin rush and racing.

What is your greatest swimming achievement?

Training with Robbie Woodhouse prior to him winning a 1984 Olympics medal in 400IM and beating him in a training set of 10x400. And then I got him in the 3km Yarra Swim in Melbourne a few years later. The best of all was when Graeme Brown coached me to an Australian Open 800-meter freestyle Short Course title in 1990.

Who has inspired or influenced you and how / why?

As a teenager I trained with and was inspired by Greg Fasala from the "Mean Machine" days and watched how he would go about his training and commitment to his chosen craft. He got out of it what he put into it. It was scary what he put into it. I was influenced by my mum who would not settle for second place.

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

Kick your legs.

What are your interests outside of the water?

Surf lifesaving, Golf, Bike riding, House parties. Did I mention beers and pies at the footy during winter!

Do you have any big swimming plans for the future?

Rottneest Island Swim in WA one day. Break a few 50-54 male age group records this year. I will tick the 400 Freestyle off first. Travel to a Masters Games to compete outdoors, perhaps Darwin/Alice Springs.

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

Fitness, the other 2 will follow.



If you had the choice of doing one stroke well or all strokes badly, what would you consider before choosing?

I would choose to do "one stroke well". I considered why anyone would firstly contemplate and secondly even enjoy the experience of swimming all strokes badly.

Describe your best swim

A few hours out body surfing at Petrel Cove at 3 to 4 foot and northerly offshore wind - down Victor Harbor behind the Bluff.

What do you see in your swimming future?

I see medals, records, Apple swim watch that counts my laps and goes ding when I have 2 laps to go in a 1500 meter.

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

400-meter freestyle – not too hot and not too cold – just like Goldilocks

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

Out the front of the Grange Surf Lifesaving Club – because I have the key to the club.

Is there anything unexpected lurking in your swim bag?

Nah nothing to report – just sand and some old interclub programs and out of date zinc cream.

Dates for your diary

May

Monday 3<sup>rd</sup> May: First Swim at St. Peters

Remember to go to the correct pool this evening!

Sunday 16<sup>th</sup>: Interclub 1, Short Course, Marion

[Enter here before 1<sup>st</sup> May](#)

July

Sunday 18<sup>th</sup>: Interclub 2, Short Course, Marion

[Enter here before 2<sup>nd</sup> July](#)

August

Sunday 15<sup>th</sup>: Interclub 3, Short Course, Marion

[Enter here before 30<sup>th</sup> July](#)

September

Sunday 12<sup>th</sup>: Interclub 4, Short Course, Marion

Online Entries close 27 August

Friday 24<sup>th</sup>: Last swim at St. Peters

There may be a meal afterwards to celebrate the end of winter training.

October

Sunday 10<sup>th</sup>: Long Course State Cup, Marion

[Enter here before 24<sup>th</sup> September](#)

November

Sunday 7<sup>th</sup>: Long Course Long Distance Meet, Marion

[Enter here before 22<sup>nd</sup> October](#)

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)