

The President's Report

Winter is certainly setting in, with the evenings getting colder, but do not let this stop you from heading to training as the St Peters pool provides a lovely, warm, training environment. The club has welcomed Frank Lindsay, the Branch Coaching Coordinator, who is coaching our sessions while a replacement coach is currently being recruited. The swimmers are benefiting from his vast knowledge, experience, and enthusiasm, while also learning the latest in coaching acronyms.

Although the last open water event was some months ago, there is still a fun event that the hardy ocean swimmers like to acknowledge. This being the Winter Solstice on the 21st June, marking the shortest day of the year, and will be celebrated with a fun swim or dip or walk at Henley Beach on Sunday 20th June. Come along and swim 10m, 100m, 1000m or just a tea bag dip; but more importantly enjoy the challenge and invigorating atmosphere with fellow swimmers. At last year's Solstice swim, there was a record number of exuberant swimmers taking to the waves, so let us see if this can be beaten this year.

The first of the 2021 Interclub series saw a record number of entrants with Atlantis convincingly winning the day. Thanks to all our members that participated, there were some great results, records, and personal bests. Consider setting yourself a challenge and helping the club finish in a higher position by entering the 2nd Interclub on the 19th July.

Lastly a reminder, if you have not renewed your club membership, please do so ASAP via the link below:

<https://memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=3397>

See you in the water somewhere soon.

Betty "Madame President" Reinboth

The Coach's Corner

A Masters swimming coach is essentially a communicator in the crafting of Adult swimmers.

It is a great challenge to help a long-established Masters club that has members who have achieved personal goal, recognised across the spectrum of swimming events, internationally, nationally, and locally. Adelaide Masters is a club that has been at the forefront of collective performance within the South Australia community from its inception.

I am also following in elite coaching footsteps, so it is important for me as a transitional coach to maintain training programs to sustain swimmer's aerobic and anaerobic energy systems and to seek opportunities to improve swimming power through focused technique intervention and to promote strength building from appropriate dry-land resistance training.

To deliver fitness and enjoyment for every swimmer, the coach depends upon two-way dialogue with every swimmer, and a clear understand of the seasonal priorities of the club. With this

understanding optimum session plans can be prepared, to ensure the continuity of swimming performance.

Frank “The man at the side of the pool” Lindsay

Welcome to...

Welcome to our new members this month. Introduce yourself, have a chat with them and make them feel welcome. Its been great to see them at training and we like Yovanni’s moto, “Exceed”.



David Gardener



Lucy Kopp



Yovanni Mahecha

Interclub 1



Adelaide Masters came fifth at the first Interclub with 462 points, only 300 points behind second place. We only had 15 swimmers, and many of us had other commitments later in the day, meaning that some later swims had to be missed and we were a little light on relay swimmers. Considering all this we did wonderfully well, and it is possible to make up the ground over the next 3 inter clubs.

Tony Ward broke a state record in the 100m Fly in the 80-84 years age group. Most people find it hard to even make a 100m fly let alone doing it at the age of 81. Just ask Pete Holley!

Our swimmers who scored maximum points with 3 wins were Anthony Varvounis, Tony Ward, Sharon Beaver and Steph Palmer-White. Other swimmers with at least one win were Deborah

Brown, Julie Bowman, Pam Gunn, Scott Goldie, Pete Holley (50m Fly!), Emily Goldie, Joseph Russell, Lee O'Connell and Charles Gravier. Betty Reinboth placed in the top 3 in all her events and Greg Cooper placed second in one of his, in an extremely competitive age group.

We could only manage 1 relay team in each of the mixed relay events, and we placed second in both. Thanks to Anthony Varvounis who was the only one who swam in both relay teams!

Steph "The Captain" Palmer-White

The Winter Solstice Swim 2021



The Winter Solstice on the 21st June, marks the shortest day of the year and is always celebrated with a fun swim at Henley Beach; this year on **Sunday 20th June**. You can swim 10m, 100m, 1000m or just a tea bag dip; it is about the fun, friendship, and temperature.

Wetsuits are optional.

Warm up after with a coffee and discuss the exhilarating experience.

HENLEY BEACH: Sunday 20th June 2020

Meet at beach: 9:00am

Splash off: 9:15am

Warm-up after with a coffee on the lawn

with scones, muffins, and a chat

NB: This is NOT a Masters sanctioned event!

Swimmer Profile: Hai Hguyen, it is never too late to start

How did it all start?

I grew up in Vietnam and swimming was not a part of early education there like in Australia. I never learned how to swim as a kid, even though I could do about 200 metres of breaststroke with terrible technique.



I migrated to Melbourne in my early 20s and was interested in swimming for a while. Despite that, and only after I had had an accident and badly injured my back, did I really start my swimming lessons. In 2014 I began to go to swimming classes once a week to learn the freestyle technique, as basic as how to breathe bilaterally, which I still struggle with now. Six months later, I joined a morning squad at the Glenferrie pool (right next to the Hawks' oval). I slowly realised that I enjoyed swimming and wanted to stick with this fitness routine.

I moved to Adelaide in 2016 and became a part of Masters Swimming soon after. Things that swimmers my age experienced as young children, such as going to swimming races, I experienced for the first time at the Interclub. I have moved around a bit for work and every place I go, I try to go and see a local swimming pool to experience the differences. For example, in Singapore I joined a swimming club and had to get myself acclimatised to swimming on the right of the lane, in addition to the 31-degree pool water temperature.

What motivates you to swim?

Fitness. It is a much preferable alternative to going to the gym. It is also a way to help me de-stress after a working day.

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

Of course in a group. I could never do as much as in a training if I were to do it myself. I'd call it a day after doing 800 metres.

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

I have such a bad allergy to chlorine that my nose can get blocked up after swimming in the pool. For that reason, I would choose the ocean. But I also dislike the cold, the choppy waves, and the lurking creatures of the ocean, so I would say the ocean on a warm, calm, and clear day. Is that a bit much to ask?

Is there anything unexpected lurking in your swim bag?

When I swam in Sentosa, off the coast of Singapore, I used to have to carry antihistamine with me. There are a lot of sea lice in the warm water there and I could get an unbelievably bad reaction on my skin after a swim. They are not a problem here anymore (we have bigger creatures in Australia that can pose a threat), so now I tend to overstock Allen's snakes for my car trip home after every swim.

Dates for your diary

June

Sunday 20th: The winter Solstice Swim, Henley Beach
Meet at 9:00 for a 9:15 start, wetsuits optional.

Friday 25th: last Friday of the month drinks,
At the Maid and Magpie

July

Sunday 18th: Interclub 2, Short Course, Marion
[Enter here before 2nd July](#)

Friday 30th: Last Friday of the month after training drinks
At the Maid and Magpie

August

Sunday 15th: Interclub 3, Short Course, Marion
[Enter here before 30th July](#)

Friday 27th: Last Friday of the month after training drinks

September

Sunday 12th: Interclub 4, Short Course, Marion
Online Entries close 27 August

Friday 24th: Last swim at St. Peters
There may be a meal afterwards to celebrate the end of winter training.

October

Sunday 10th: Long Course State Cup, Marion
[Enter here before 24th September](#)

November

Sunday 7th: Long Course Long Distance Meet, Marion
[Enter here before 22nd 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