

The President's Report

We are so lucky to live in the world's 3rd most liveable city and enjoy the freedoms that several other states do not currently have, due to their ongoing COVID lockdowns. Thanks to SA Health's strict management of COVID outbreaks and our compliant community, SA's recent lockdown was short, and we were back to training within 2 weeks. The club's COVID Safety Plan is continually being updated in line with the current guidelines, with the most recent being mandatory wearing of masks, except when swimming, and a reminder to always QR check-in on entry to the training venue, both at St Peters and Burnside. The overwhelming advice for prevention of COVID is vaccination and I would hope for and urge all Adelaide Masters members to organise this as soon as possible.

The 3rd interclub was another great morning of swimming with Charlotte Watson competing in her first interclub. State records were set by Lee O'Connell in the 400m Backstroke and Mark Smedley in the 50m Fly. Unfortunately, due to a couple of late withdrawals, we came 3rd behind Atlantis and Phoenix on the day.

It's going to be a very close race to the finish for the 2021 Interclub Series with Atlantis firmly entrenched in 1st position and only a small margin of points separating Phoenix, Adelaide Masters and Marion. This will make the Relay Interclub on 12th September a very competitive morning of racing. Steph and Lee have been tearing their hair out trying to coordinate the 24 entered swimmers into the perfect teams. I do not know how they do it!

Spring is in the air, and we are preparing for our return to summer training at the beautiful Burnside Outdoor Pool. Earlier this week I was advised by Council that they are pleased to support Adelaide Masters, so we can continue to provide a service that will benefit the health and well-being of the community. Their support in sponsorship for lane hire equates to approximately \$9,000 over summer and is a significant financial help to the club, and for this we are very grateful.

It is good to see a few older members return to training after a break and a few new members joining, so if you haven't renewed your membership, now is a good time to dust off the bathers and get back in the pool, with the 16-month renewal option available from 1st September 2021, via the link: <https://memberdesq.sportstg.com/index.cfm?fuseaction=main&OrgID=3397>

Stay healthy, get that jab!

Betty "Die Präsidentin" Reinboth

Coach's Corner

It has been really nice to coach you all, to get to know you and to understand your expectations. Your swimming goals are as diverse as your age, fitness and swimming experience. That is why it is understandable that training programmes may not suit all swimmers – feel free to improvise. You cannot do Fly in an IM set? Then replace it with one arm Fly. Is kicking your biggest nightmare? Then use fins. Does your knee hurt when swimming Breaststroke? Then do Breaststroke arms and Fly kick

instead. You do not feel like pushing yourself at a training session? That is not a problem, please choose a slower lane and swim at a slower pace. As long as you don't disturb other swimmers in your lane, you are the one to choose the best training for you.

So, Queens and Kings of Adelaide Masters, our relay event is approaching, therefore there will be randomly selected days where we are going to finish our training with the relays. That will be the perfect opportunity to practise our dives, fast and strong finishes and superfast exchanges. If you cannot dive? That is alright, you can start in the water or do a poolside dive.

See you at the next training session.

Ilze "Uzdevumu šablons" Ostrovska

New Members



Charlotte Watson



Brian Morris



Suzie Mauger

Charlotte and **Suzie** both swam during their schooling but after a break are looking forward to getting back in the pool to build their fitness and may even try open water swimming.

It's good to see **Brian** back at training thanks to his wife's nagging. Brian has been a member for over 10 years and it's good to see him back at training.

Please introduce yourself and make them feel welcome.

Interclub 3

Didn't we have a lovely time the day we went to Marion!

As the pictures show everyone had a great time competing in the event regardless of whether they scored a state record or just got to the other end without the deadly DNQ. The new mask protocol made us look like bandits, but we didn't quite steal the day.



Adelaide Masters Bathers Sale

This the last chance to buy the following bathers at a discount price before we purchase new stock

Ladies – all \$30

AQUA/BLUE/WHITE BATHERS

WITH WIDE STRAP (Sprint) Sizes: 10

NAVY BLUE BATHERS THIN STRAPS Sizes: 8 and 14

Men – all \$20

NAVY COLOURED BRIEF STYLE: Sizes: 14 and 20

AQUA/BLUE/WHITE BRIEF STYLE: Sizes: XS, L, and XL

AQUA/BLUE/WHITE TRUNK STYLE: Sizes: XS, S, L and XL

ADELAIDE MASTERS NAVY JACKETS: Sizes: M and XL

TRACK PANTS: Sizes: XXL

Purchases can be made poolside or via adelaidemastersswimming@gmail.com

Would you like a pool coat?

They can be embroidered with you name and the club logo, they are Ideal for pool or beach with a warm, fluffy fleece on the inside and covered with a heavier denier water resistant outer layer. It is double stitched and has a two-way zip, hood, and pockets. It is made to last and will keep you warm

\$80 each + club logo embroidery

Please e-mail adelaidemastersswimming@gmail.com with your details (name, size etc)

New Merchandise

We will be making available a new stock of Bathers, T-Shirts, Polo Shirts, Jackets, Pants, Beanies and Face Masks, all decorated with the splendid Adelaide Masters Logo. These wonderful items will be available soon, watch out for announcements in your email to avoid disappointment and to be the best dressed swimmer in Adelaide



Training and COVID Update

Winter Training final session at St Peters will be Friday 8th October 2021.

Summer Training at the Burnside pool will commence the following Monday 11th October 2021.

Summer training cost will remain the same as last year: \$60 for a Multi visit pass (10 visits with the 11th free) and \$50 for a concession pass. Swimmers to pay pool entry.

Burnside pool re-opens on Saturday 25th September 2021. At this stage we haven't been informed if there will be any COVID restrictions: eg lane number restrictions, bookings etc.

SA has thankfully managed any COVID outbreaks very well, allowing us the freedom to continue life as normal. However, with several states still in COVID lockdown and experiencing high infection rates, it is so important to be vigilant in observing safety protocols to minimize risk.

Please remember:

QR CHECK IN at the entrance of the Sports Facility or if you don't have your phone, complete the Tracing Register at the reception desk in the foyer. Continue to complete Adelaide Masters Attendance register poolside.

MASKS are to be worn inside the Sports Facility (except when exercising), including the change rooms and toilets. If you forget your mask, Adelaide Masters have masks available poolside.

The Club's COVID Safety Plan is continually updated to reflect current requirements and can be found on the [club website](#).

Swimmer Profile: Lucy Kopp



How did it all start?

My parents wanted me to learn the basic skills of swimming, and as soon as I did my first swim lesson, I found I loved being in the water. My passion for swimming grew after that and I joined a junior swimming squad. When I moved to Adelaide from Queensland, I had more swimming lessons and after a few years I joined a squad. I found being in a squad wasn't for me, and that is when I found Adelaide Masters.

What motivates you to swim?

Swimming relaxes me. Swimming has been very good for my body and has helped me to live a healthier lifestyle. Swimming is my life, my relaxation. I love the water and when I feel anxious, swimming is where I go for solace.

Do you prefer swimming short or long distances?

To be honest, it depends on my mood. I love a challenge, so I will try and swim longer distances. However, there will be times where I want to try short distance and make my technique better.

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

I love both. However, maybe swimming in the pool is more my style because I have been swimming in a pool for a long time. I learn more in a swimming pool.

How do you fit swimming into your routine?

It can be tricky. I work four days a week and have other commitments on most Mondays. However, I try and swim at least twice a week, usually after work.

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

I love swimming in a group because that way I feel more motivated. I must admit when I swim on my own, I am less motivated and do not do as many laps as I would like to.

Who has inspired or influenced you?

My Mum has been a great role model and is always encouraging me to go swimming. My mates and coaches from Adelaide Masters have always encouraged and motivated me. I love how it's about you and your style.

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

That you should always try to challenge yourself and it's not about racing against other people. It is about your style and abilities. It is about yourself. Stop worrying if people are faster than you.

What are your interests outside of the water?

I am part of Rotary and really enjoy that. I love walking my dog and craftwork.

Do you have any big swimming plans for the future?

Yes, even though I am unsure of what the future holds. But I hope to join more interclubs and keep challenging myself.

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

I would pick fitness. This is because I like to live as healthily as I can, and I believe in living the best you can be. Swimming has been great for fitness, and I am now healthier because of it.

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 because I love to be able to achieve something. I must admit I am a bit competitive. But mainly, I would choose to do freestyle well as freestyle is the main stroke to being able to swim well in the sea, something I want to do more.

What do you see in your swimming future?

I hope to keep swimming in the pool and start swimming more in the ocean and to join in more interclubs.

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

The Brighton Jetty Classic was amazing as that was my first ocean swimming event. I struggled to do 1500m but I achieved it and that will always push me to do my best. The swimming carnivals back at school always bring back good memories as I loved swimming at school. More recently I loved how, in my first interclub, I managed to get a new personal best – that was special.

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

That is a hard one, but it would have to be at the swimming pools in Townsville, Queensland. This is because they are warm and Queensland is tropical, so you're warm all year round. The people in Townsville were always good to swim with.

Is there anything unexpected lurking in your swim bag?

I would have to say my kick board. I don't use it often but it's there when I need it.

Dates for your diary

All events may be subject to change or cancellation due to COVID restrictions

September

Sunday 12th: Interclub 4, Relays, Marion

Online Entries close 27 August

Friday 24th: Last Friday of the Month Drinks

Enjoy a drink and a meal after training, attendance at training is optional

October

Sunday 10th: Long Course State Cup, Marion

[Enter here before 24th September](#)

Friday 9th: Last swim at St. Peters

We should celebrate in some way!

Monday 11th First Swim at Burnside

It's fifty meters long, that might seem a long way after St. Peters

Friday 29th Last Friday of the Month Drinks

Enjoy a drink and a meal after training, attendance at training is optional

November

Sunday 7th: Long Course Long Distance Meet, Marion

[Enter here before 22nd October](#)

Friday 26th Last Friday of the Month Drinks

Enjoy a drink and a meal after training, attendance at training is optional

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