

The President's Report

Have you ever been tempted by excuses to skip training? But when you do attend, you really enjoy the session and are glad you swam? I know I have. October is Mental Health awareness month and with 1 in 5 experiencing mental health difficulties, it's more important than ever to support and promote wellbeing in the community. The Masters' motto of fun, friendship and fitness encompasses mental wellbeing through the interactive training and social events that clubs provide and, with the arrival of summer, there's the added benefit to enjoy swimming in the great outdoors.

Summer training is also about building fitness and endurance. Coach Ilze drafts programs to give swimmers the skills and confidence to compete in the longer distance competitions like the Long Distance Interclub or the fast-approaching Open Water Series or just enjoy recreational swimming between the jetties.

Good luck to the club members who are competing in the Long Distance interclub on the 7th November, the last of the Winter Pool Series. Thanks, and well done to all our members that have competed in the Winter Pool Series; with some great results achieved. The Presentation Dinner usually acknowledges these achievements and concludes the OWS and Pool series for the year but unfortunately, due to COVID complications, it has been postponed until March 2022. Swimmers who were looking forward to receiving their OWS 2020-2021 towels will hopefully still receive them at our Christmas gathering.

For many of us seasonal open water swimmers; November is the month we set foot back in the sea, to "warm up" for the Eric Magill fun Swim on Sunday 28th November at Henley Beach, before the Open Water competitions commence at Seacliff on Sunday 19th Dec.

So we can be identified as the club to beat, whether at the pool or beach, we've relaunched our club merchandise. Place your orders for bathers, T-shirts, track suits or pool coats by the 1st December 2021, at pool side or through the Adelaide Masters website.

The 16-month registration / renewal option is still available at:

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

Look after yourself and each other.

Betty "Die Präsidentin" Reinboth

Coach's Corner

How wonderful is the change to the fresh air and much longer pool? Our programmes will change too, the focus will be on distance and endurance. However, one thing will remain the same: lane etiquette. And since we can have 10 swimmers per lane, it is very important to remember that you are not alone in the lane, be aware what happens around you.

1. When finished your distance, please move to the side and allow others swimmers to finish their distance at the wall.

2. Do not start swimming in front of other swimmers if they are in the middle of a set, unless you know you are faster and won't slow them down.
3. Please swim on the left side of the black line. If you see the black line under you, most likely you are not liked by other swimmers in your lane.
4. When coming in to turn, start shifting towards the middle of the lane after the flags and do your turn right on the black line.
5. In training, if you see that lane next to you has less swimmers than yours, and you are either the slowest or fastest swimmer in your lane, please go to the next lane. There are advantages of being the fastest in the slower lane, that means you will lead the lane. And there are advantages of going and pushing yourself in the faster lane.
6. If another swimmer is trying to overtake you, please stop at the turn and let her /him pass, unless you are the only two swimmers in your lane.

Ilze "the policeman of the pool" Ostovaska

New Members



Jasmine Cooper

Jasmine enjoyed swimming during her schooling and is looking forward to swimming again for fun and fitness and respite from her university studies. Introduce yourself and have a chat.

The Eric Magill Swim

This year's Eric Magill Swim will be held on Sunday 28th November 2021, 9:00am at Henley Beach

This is a **fun swim** to commemorate the life of a jovial, Irish, Adelaide Masters legend. You can elect to splash in the shallows or swim a km or 2 or more. The lucky trophy winner will be decided by a raffle draw of all participants, at coffee.

NB: This is not a Masters event!



Back row: Dieter Loeliger; Karen Reid, Shirley Smith

Front: Eric Magill

State Cup

Adelaide Masters had 17 swimmers competing in the State Cup on October 10th and we came a very creditable 3rd place. Well done to everyone who participated!

The most outstanding swimmer for our club was Charlene Smith who broke two State Records in the 50m Freestyle and 50m Backstroke. Welcome back Charlene!



As it is a State Championship event, medals are awarded to those who would like to claim them from SA Branch (please let Betty know if you would like to do this). Congratulations to those who won 4 gold medals – Charlene Smith, Erin Brown, Sharon Beaver, Stephanie Palmer-White and Brian McManus. Congratulations also to those who won at least one gold medal – Mairee McManus, Julie Bowman, Leonie O’Connell, Pamela Gunn, Charles Gravier, Peter Holley, Brian Morris, Christopher Carter and Greg Cooper.

Actually all of our swimmers received medals! Well done to Deborah Brown, Amanda Ruler and Jeffrey Sheridan who all won bronze medals in very competitive age groups! Also both our relays won silver medals.

This was the last meet for two of our swimmers who swam in most of our meets in the very short time they were here with us. Thank you and farewell to Brian and Mairee McManus!

Steph Palmer-White (Captain)

Swimmer Profile: Kathy Watson



How did it all start?

We lived opposite a swimming pool, so my parents were keen for us to learn to swim so I had swimming lessons as a child. I was very motivated to be better than my older brother! I have fond memories of diving for the brick in the deep end and my hair freezing on the walk home. I swam with a club in Brighton, England from around 8 to 17 years of age and then had a very, very long break until February 2021! I did do almost a year of training in Germany when I was 21 though.

What motivates you to swim?

I enjoy swimming and I know it's good for me and will be good for me for many years. It's the only sport or exercise where I push myself. I find it almost impossible to make myself run or do the plank, but swimming is different.

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

Short and sweet please! I consider anything over 200m to be long distance. I prefer short mainly because I don't have the stamina and I do have a short attention span. My mind wanders when I swim longer distances and I nearly always lose count and spend the rest of the swim wondering how much further I must go.

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

Pool, I think. I don't really swim in the sea, I just float, without getting my hair wet and with my sunglasses on! The sea is for relaxing. I am open to persuasion though; I know there are quite a few sea swimmers around.

How do you fit swimming into your routine?

I aim to swim twice a week and when I do depends on my work, which is all over the place at the moment. I have kids at primary school so, if possible, I train at North Adelaide at 10am. If I'm working, I go to the evening sessions at St Peter's.

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

I can't swim on my own, I definitely need someone to tell me what to do and someone to moan about having to do it with!

What does swimming mean to you?

Lots of things – exercise, hard work, wet hair and a sense of achievement. Plus, I find most swimmers to be good people who create a friendly and supportive environment.

What is your greatest swimming achievement?

Hopefully it's yet to come. I did take part in the first Brighton (UK) Pier to Pier swim that was open to women, that was 1990 would you believe? It was men only before that. My coach was in a boat under the pier at the finish line and he handed me a Mars bar as I swam through!!

Who has inspired or influenced you?

My first coach was a very funny man who bribed me with Mars bars. He knew exactly how to motivate me.

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

Don't stop swimming and learn how to cook. I know the question said one tip but it's hard to pick between the two.

What are your interests outside of the water?

At the moment I spend a lot of time watching my kids play basketball, soccer and netball.

Do you have any big swimming plans?

At this stage I just want to swim a little faster than I did at my first interclub. I'd like to swim better breaststroke too; the stroke has changed a lot since I learnt as a child.

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

Friendship, because that involves fun.

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

Definitely one stroke well. It's better to do one thing well than 4 things badly, surely?!

What do you see in your swimming future?

Regular training and maybe, maybe, a sea swim if there's a short one. A new swimming bag! Better turns.

If you could only swim in one place for the rest of your life, where would it be and why? I'd probably choose the Szechenyi Baths in Budapest. Those thermal baths are the best, especially in the snow and you can swim laps there too in a cold pool. I lived there for a year in my twenties and once fell asleep in the pool. I was woken up by a very grumpy lifeguard. Second place goes to North Sydney Olympic Pool for being pretty much under the Harbour Bridge.

Is there anything unexpected lurking in your swim bag?

No! I don't have a proper swimming bag yet though, still using a shopping bag. I'll take any recommendations!

Josie Sansom – “Sweetie Pie”

Josie Sansom, Adelaide Masters' foundation coach, created the momentum for the Club's establishment in November 1977. Kit Simons wrote of Josie's swimming background and her interest in Masters Swimming:

Josie was a charismatic person who dedicated her life to swimming. She was born in Holland in 1927, and after enduring the terrors of the war in Europe, displayed sufficient skill and swimming technique to be selected in the Dutch Olympic team preparing for the 1948 games. Personal tragedy struck Josie when she was diagnosed with tuberculosis prior to the 1948 games. She spent a long period of recuperation after having one lung removed. When she had fully recovered she migrated to Australia and, after a period, met and married Arthur Sansom. She resumed her swimming interests and became a member of the Payneham Chrysler Amateur Swimming Club where for many years she competed and coached. The next change in her career occurred when she joined a group of coaches and ex-champion state swimmers who had formed a club named "The Old Time Swimmers League." Although the life of the "League" was short lived, it introduced Josie to Masters style of adult swimming, which she embraced with great enthusiasm.

On resuming swimming in 1966, Josie became an outstanding Masters swimmer. At the Masters Nationals in Sydney in 1973 she entered 6 events, winning all of them. Three years later at the US Masters Championships at St Louis, Missouri, she won a gold, three silver and a bronze medal in the 45 – 49 age group. In 1978, she followed up with three gold medals and a silver medal from five events in the 50 – 54 age group at the Senior Age World Swimming Championships in Toronto:

Our Josie wins a pot of gold



Josie Sansom

VETERAN Adelaide swimmer Josie Sansom has netted three world titles in the Senior Age World Swimming Championships in Toronto, Canada.

Josie, 50, of Athelstone, won gold medals in the 50 metres and 100 metres breaststroke, and 50 metres butterfly.

She also finished second in the 100 metres butterfly and the 200 metres individual medley.

News of Josie's triumph was broken in Adelaide today by her swimming coach, Ern Reddaway.

She is Australia's only representative in the world veterans' championships.

Josie, who had her lung removed after contracting tuberculosis as a child in Holland, bagged a gold, four silver and three bronze in the 1976 championships.

She held the world veterans' record in the 100-metre breaststroke.

10th SEPT. 1978

Josie's extraordinary swimming career and characteristic determination made her an inspiring coach for young swimmers moving to Masters from amateur competition and older swimmers who were joining the Club.

Churning ahead — with a dip of class from the past

Josie Sansom and Kathy Heenan agreed: "Swimming is the best and gentlest sport, and senior swimming is for everyone."

Josie and Kathy prove their own claim— Josie was one of the founders of the Australian Union of Senior Swimmers International (AUSSI) in 1976, and Kathy is now its secretary.

Yet their only similarity is the occasional case of chlorinated eyeballs!

Josie is a 53-year-old occupational therapist in the day care centre at North Eastern Community Hospital.

As a young girl in Rotterdam she was a rower and athlete, and a good enough swimmer to be selected for the 1948 Olympics—a selection which ended all her sporting careers for nearly 20 years.

At the routine pre-Olympic medical inspection a tuberculosis spot was found on one of Josie's lungs, which had to be removed.

"I heard the Olympics from my hospital bed and didn't swim again

By Helen Menzies

until a hot Adelaide day in 1966," Josie said.

Her interest rekindled, Josie began competing with Payneham Chrysler swim club, "against a six-year-old in my first race," Josie laughed.

Afraid

Then in 1973 when Masters (over 25) swimming began in Australia, Josie went to the national titles in Sydney, competed in six events — and won them all.

Since then she has taken out all but two Australian backstroke titles, set every State record in her age group, and won four golds at world championships.

Kathy Heenan, 26, is a phys-ed teacher with the speech and hearing centre at Croydon High.

As a child she was afraid of the water and had to be forced to



KATHY Heenan (left) and Josie Sansom . . . swimming for everyone

learn to swim at 12. But she soon made up for lost time, successfully competing in age level freestyle sprints.

Now Kathy holds State records in freestyle, backstroke and medley, five national records, and won six events at AUSSI's

becoming one of AUSSI's 149 SA female members (there are also 149 males).

Though AUSSI's aims are fun and fitness — beginning swimmers are welcome — there are also excellent opportunities for competition.

The five metropolitan and three country clubs

have monthly time trials, there are inter-club meets, a State championship (to be held this year at Parade Pool, Beulah Park, on August 15), national titles, and world championships every three years.

D12

Under Josie's coaching at the Parade Pool over 8 years, Adelaide Masters achieved great success. Notably, Adelaide won The Founders Trophy as top point scoring club at the 6th National Championships held at the Adelaide Swim Centre in March 1980. Josie herself won 6 gold medals in freestyle, butterfly, and breaststroke in the Women's 50 – 54 age group.



Josie Sansom of Adelaide Masters receives 'The Founders Trophy' for the top point scoring club.

Josie was renowned as a demanding coach, pushing swimmers to achieve their very best, take on challenging training routines and try new strokes. In "The First Decade", a short history of the first ten years of the Club, Graham Ormsby, President from 1982-1985, reminisced:

" "Hold those swimmers!" – Josie's finished her coffee and here we go. Oh no! Just sink down lower and hide, she is putting some of us up to lane 5...I don't feel like exerting myself tonight. What's the first exercise? 10 x 50 breaststroke kick – on the what! 90 seconds - she has got to be joking!! Oh well I'll lead these few then slowly slip to the back of the line. Here we go. Up to the first wall. Ah the water is not as clouded as I thought – I just saw a bandaid and there's a hair clip. "Hands behind your back". Blast, Josie saw me use my hands. "Swim right up to the Wall" – she is on the ball tonight. Next 10 x 50 legs only – bloody murder – I won't lead these – start my slide towards the back

Di Simons recalls Josie always addressing swimmers as "sweetie pie", looking them in the eye as she explained what she had in store for them at training. She remembers Josie's improvisation in breaststroke events of stuffing paper and a block of wood in her cap to ensure she didn't submerge

her head which meant disqualification. Josie had a lively personality. In April 1982 in Sydney during the 8th AUSSI National Championships, she hailed a police car for a lift to Warringah Aquatic Centre.

Josie retired as Adelaide's coach at the end of 1985, coinciding with the Club's move from the Parade Pool to the Adelaide Aquatic Centre. She continued swimming with the Club in 1986, when Adelaide Masters won the Founder's Cup for a second time. Josie was one of 16 swimmers who competed on both occasions.

Josie was awarded Life Membership of Adelaide Masters in 1981, the Club's first Life member. Club President David Engel wrote a fine tribute in "The First Decade":

Dear Josie,

On the occasion of your sixtieth birthday, we would like firstly to congratulate you on your anniversary, and secondly, reminisce the good times you have given us and we have shared.

We recall that it was very nearly ten years ago to the day that you whetted our appetite and enthused us to form our Club. If it hadn't been for you we would not be here today. You were the inspiration, the determination, the driving force, to get us going – not only our Club, the whole of AUSSI in our State. We love you for it and will never forget.

We won't forget all the time you spent with us to coach us in swimming at the Parade Pool. The care and devotion you heaped on us; the enthusiasm with which you inspired us and the way you led us by example. Neither will we forget that you gave your all but expected nothing in return save our own improvement.

With all the time you gave us in coaching us, preparing us for competition, working out relay teams and showing us how to win gold medals yourself, is it any wonder you are our only Life Member – an honour you so richly deserved.

Thank you for everything "Sweetie Pie".

From your loving Club.

Adelaide Masters

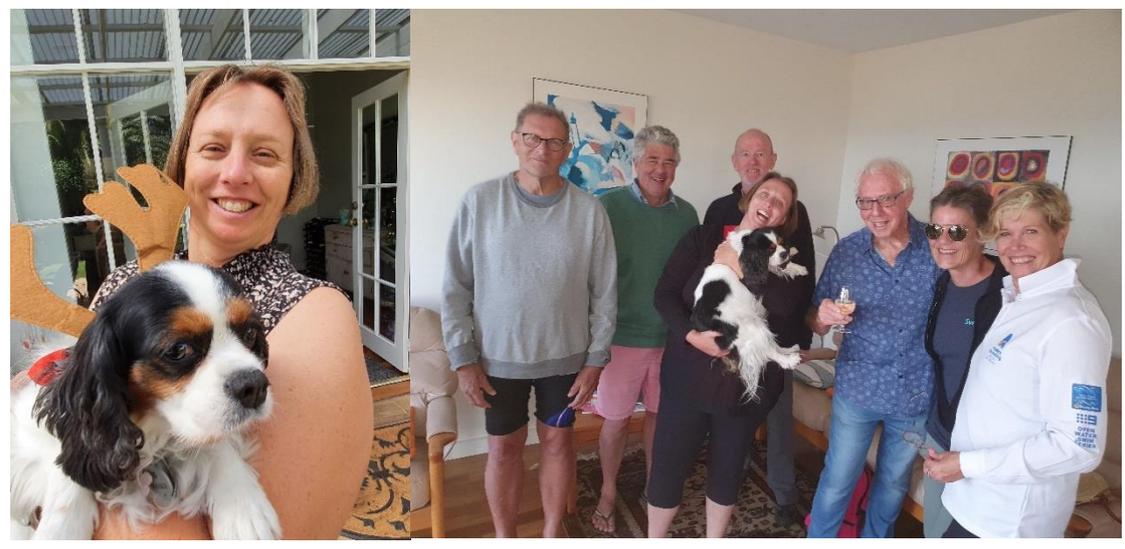
In the final year of her life as she battled cancer, Josie was awarded Life Membership of AUSSI Masters Swimming SA, recognising her contribution to the Branch through Adelaide Masters.

Josie died in 1992 aged 65.

Michael Harry
29 October 2021

Happy Birthday Debbie Brown

Debbie is celebrating a special birthday on 1st November and we hope she has a great day.



Vale – Mike O’Connel



It is with deep sadness that we bring you news of Mike O’Connel’s passing. Mike was a member of Adelaide Masters and completely embodied the friendship side of swimming by meeting his wife to be Lee at swimming training. In recent years Mike took to supporting Lee at various events rather than being in the water but he always looked back fondly on his swimming days.

Adelaide Masters offers their sincere condolences to Lee and her three sons, Patrick, Sam and Ben.

Dates for your diary

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

November

Sunday 7th: Long Course Long Distance Meet, Marion

[Enter here before 22nd October](#)

Sunday 28th The Eric Magill Swim

Meet at the jetty on Henley Beach at 9:00am. Anyone who swims, regardless of the distance could be the winner of the magnificent trophy, awarded by ballot in the café after the swim

December

Sunday 5th Swimming SA OWS Championships, West Lakes

1.25, 2.5, 5, 7.5 & 10km

Sunday 19th Seacliff Swim, Seacliff

1.6km or one mile in old money

Tuesday 28th Proclamation Classic, Glenelg

1km & 2km

January

Sunday 9th Pub to Pub, Seacliff

1.6km

Sunday 16th MSSA State OWS Championships, Somerton

1km & 3km

Wednesday 26 Jetty to Jetty, Henley Beach

2.2km between Henley and Grange

February

Saturday 6th: Brighton Jetty Classic, Brighton

Mix with the Marilyns

Saturday 12th The Pink and Blue Swim, West Beach

200m, 400m, 700m & 1000m

Saturday 12 – Sunday 13 MS Mega Swim, Unley

Swim a long way through the night

Sunday 20th Henley Beach Swim, Henley Beach

1km or 2km

March

Saturday 5th Port Elliot Swim, Port Elliot

900m or 1.8km

Monday 14th: Noarlunga Reef Swim, Noarlunga

1.5k, 2.5k & 5km

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