

## November 2022

Contributions to the newsletter are welcome. They should be sent to [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com) addressed to the Newsletter Editor.

Past editions of the newsletter are available in the Newsletter Archive on the Adelaide Masters web site: <http://www.adelaidemasters.org.au/content/newsletter-archive>

### The (Vice) President's Report

Sometimes swimming is like being held in a vice.

It has been an interesting month with a lot of things happening behind the scenes which will usher in a few changes. Firstly, some of the committee members have been involved in Swim Central training. Swim Central is the new swimming club administration software that is being used by the State Branch to book meetings and to collect subscriptions. The committee members had to sit in a room at Marion Pool and have a lesson like they were at school. One or two looked wistfully at the pool and I could see that thought of nipping out for a swim had crossed their mind. The result is that the subscriptions have been set for next year and the one-year memberships open on 1<sup>st</sup> November. There is further information with a link to Swim Central later in the newsletter. Please don't forget to renew so that you can enjoy another year of membership to one of the best swimming clubs in Adelaide

The second new development is that we are planning on introducing a new swimming session into your week. We are in the early stages of development, but the plan is to have a session for people who wish to take part in the Vorgee Endurance Program. It will be an uncoached session where swimmers can do long (400m, 800m, 1500m, 30mins, 45mins & 60mins) timed swims. Details of the Program are provided below. We also aim to introduce the Christina Boros Cup in memory of Christina. The cup will be awarded to the person accumulating the most points in the program in a calendar year. We aim to start the sessions on a Thursday evening from January. Why not make it a new year's resolution to join them?

Finally, the open water calendar has been published, so now you can plan your summer! Is anyone aiming to earn a towel this year by completing all the swims? Whilst on the subject of open water swimming, our own event, The Proclamation Day Swim, will be held on 28<sup>th</sup> December. Jeff will be looking for as much help as possible before the event and on the day. Look out for his e-mails asking for help, every little helps, and many hands make light work!

Let's hope the weather perks up a bit.

## The Vorgee Endurance Program

The program was set up to cater for swimmers who want to go the distance and who aim for consistency throughout the year.

The program consists of 62 timed swims:

25 \* 400 meters (5 each of butterfly, breast, backstroke, freestyle, and IM)

25 \* 800 meters (5 each of butterfly, breast, backstroke, freestyle, and IM)

3 \* 1500 (1 each of breaststroke, backstroke, and freestyle)

3 \* 30 minutes (1 each of breaststroke, backstroke, and freestyle)

3 \* 45 minutes (1 each of breaststroke, backstroke, and freestyle)

3 \* 60 minutes (1 each of breaststroke, backstroke, and freestyle)

There are rules to ensure that swims are spread throughout the year e.g. each 400 meter qualifying swim for the same stroke must be in a different month.

The 30-, 45- and 60-minute swims are referred to as non-stop swims, this means that the clock runs continuously, but you can stop at the end of a length and take a breather if you need it, I know that I will be taking advantage of this.

Just to make it a little bit more complicated points are awarded for achieving certain times and distances. The points are age adjusted to ensure that there is a level playing field between the young whippets and more senior members. The points go towards individual, state, and national competitions and also a time to beat.

I hope that you all can support the Club's new initiative to support the Vorgee Endurance Program and I know that there will be a proud winner of the Christina Cup in 2014. A fuller explanation of the program can [be found here](#).

Pete

## Swim Central and 2022 – 23 Membership

If you are a financial member, recently you will have received an email from Masters Swimming SA with information about the new MSSA Portal, Swim Central. Members will be required to use the portal when joining or renewing membership and entering Masters events. Please read the email if you have not already done so.

Members will be informed of the 2022 – 23 membership fees and arrangements for payment in a separate email shortly.

## 45<sup>th</sup> Anniversary Lunch

Tickets are selling fast for the 45<sup>th</sup> Anniversary Lunch at the Adelaide Bowling Club. It promises to be a lovely afternoon of fun, awards, eating and bowling. *Adelaide Masters: The First Ten Years - 1977 – 1986*, a history of the formation and extraordinary early years of our Club, will be available for purchase at the lunch.

[Book here before all the tickets are gone!](#)

## Coach's Corner

Training at Burnside means that we are now preparing for longer distances. Longer distances mean that we have to learn to swim smarter to save energy for longer. Two of the very important energy saving tricks are a long stroke and effective use of our streamline. Unfortunately, when we get tired, we tend to lose both. But with training and concentration it can become your second nature – like everything else when repeated a million times.

1. Make sure that you are aware of your stroke count per lap. Remember that exercise where you swim 50m with the least amount of strokes? That is utopia. Add to that 3-5 strokes and you have the optimal stroke count per 50m. Try to count your strokes once every 200m and see if you can maintain the count without losing speed.
2. To maintain your stroke count and speed in longer distances is easier if you move through water with the least resistance. Least resistance means your body is in streamline position. For Freestyle it is with one arm stretched out in front of you while the other arm pulls. The body is straight with a small flutter kick, the head firmly looking down when not breathing.

Ilze

## Captains' Report

### Long Course State Cup

Adelaide Masters had a small but enthusiastic turnout of 13 swimmers at the Long Course State Cup on October 23<sup>rd</sup>. We achieved a very creditable result, coming 4<sup>th</sup> overall, only 9 points behind Tea Tree Gully.

It was great to welcome Elliott Smith to his first competitive meet for Adelaide Masters. It was a bit daunting for him coping with many unfamiliar expectations about the logistics of competitive swimming. However, he is a fast learner and looked almost professional as, despite his trepidations about the start, he swam the backstroke leg of the Men's 160-199 Medley relay, with Scott taking up the challenge of swimming the butterfly and then Charles and Jeff the breaststroke and freestyle. 2<sup>nd</sup> place was well deserved.

Special congratulations to our women's 200-239 4x50m Medley Relay of Sharon Beaver (backstroke), Emily Goldie (breaststroke), Steph Palmer-White (butterfly) and Julie Bowman (freestyle) who swam 2m 35.84 to set a new state record – well done Ladies!

The other women's relay of Lee O'Connell, Helen Bartsch, Judith Gallash and Pam Gunn came a creditable 2<sup>nd</sup> in the 240-279 age group.

Although none of us were really surprised, we were still in awe of Steph doing all the butterfly events – 400, 200, 100, 50 and then the 50 fly in the relay- well done Steph, and good preparation for swimming the 800 fly at the upcoming long distance meet!

A special mention of Sharon Beaver who had good reason to be very pleased with the times she swam for all her events including the 400 and 200 IM. They were the best times she has done since her knee and shoulder surgery- a true reflection of Sharon's commitment and persistence to her rehabilitation and training.

We had a number of swimmers earn the maximum 40 points for the club in their 4 swims – including Julie Bowman, Steph Palmer White and Sharon Beaver – all swimming in the 50-59 age group. Well done for all choosing different events so you didn't have to swim against each other.

These Masters Swimming events are only possible because of the efforts of all the volunteers who ensure the smooth running of the program. It was a very long day and we really appreciate Pam Holley and Pete Holley's commitment to marshalling for the whole event while also juggling swimming 4 events each. Thanks to all those who took their turn at time keeping, with a special mention of Lia Brown, who left Mum, Erin, and baby brother Jack at home and sat in a timekeeper's chair for many hours.

After the meet a few of us ventured to the Warradale Hotel for a late but well-earned lunch with swimmers from other clubs. It is always a fun time, a chance to socialise with our wider swimming family and we even had a few lucky winners of bottles of wine from the raffle.

We encourage AMers to enter upcoming events: the short course long distance meet on November 13<sup>th</sup> – another chance to try some longer distance events and have lots of practice at turns! The Summer Interclub series begins on Dec 11<sup>th</sup> at the Woodside Pool and then the Seacliff Swim on December 18<sup>th</sup> is the first Open Water Swim of the season – let's hope we get a bit of summer weather by then.

Lee O'Connell and Steph Palmer White  
Club Captains



Our cheerful State Cup swimmers: (from left) Charles Gravier, Lee O'Connell, Scott Goldie, Sharon Beaver, Steph Palmer-White, and Judith Gallasch



On the pool deck: (from left) Jeff Sheridan, Scott Goldie, Charles Gravier and Elliott Smith



Penny O'Shea from Masters Swimming SA presenting Pam Holley with her 5 Million Metres award and Pete Holley with his 1 Million Metres award.

## Dates for your diary

### November

Sunday 13<sup>th</sup> – MSSA Short Course Long Distance Meet, SAALC

Online Entries closed 28 October 2022

### 2022 – 2023 Summer Interclub Series

Details of the 2022-23 Summer Interclub Series will be available shortly. The first meet will be held on **11 December** at Woodside Pool. A link to the entry site for each meet will be posted in the newsletter when it is released.

### Open Water Swim Series

Details of the 2022-23 Masters Swimming Open Water Series have been released and can be [found here](#). A link to the entry site for each swim will be posted in the newsletter when it is released.

### December

Sunday 4<sup>th</sup> – Swimming SA OWS Championships (not a Masters Meet)

Sunday 18<sup>th</sup> – Seacliff Swim

Wednesday 28<sup>th</sup> – Proclamation Classic

## January

Sunday 8<sup>th</sup> – Pub to Pub

Sunday 15<sup>th</sup> – MSSA State OWS Championships

Thursday 26<sup>th</sup> – Jetty to Jetty Swim

## February

Sunday 5<sup>th</sup> – Brighton Jetty Classic (not a Masters Meet)

Saturday 11<sup>th</sup> – Pink and Blue Swim (not a Masters Meet)

Fund raiser for National Breast Cancer Foundation and Breast Cancer Network Australia

Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> – MS Mega Swim (not a Masters Meet)

Fund raiser for the Multiple Sclerosis Society

Sunday 19<sup>th</sup> – Henley Beach Swim

## March

Saturday 4<sup>th</sup> – Port Elliot Swim

Monday 14<sup>th</sup> – Noarlunga Reef Swim

(Adelaide Cup Holiday)



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)