

## **ADELAIDE MASTERS SWIMMING CLUB NEWSLETTER**

**AUGUST 2011**

**COST:** Free if you are a member of Adelaide Masters. Three bananas if you are a non-member.

It is interesting the collection of swimmers that make up this great club. I'm going a bit philosophical (all because I had a deep discussion about swimming the other day with some fellow elite athletes), and to solely to confuse you all. All of us enjoy swimming but we all have different reasons for swimming. Some swim so they don't get asked any questions from kids, bosses, partners, some swim to lose weight or tone up, some swim because they always have, some swim to compete, most swim to socialise, some swim as they have a goal, very few swim to make the Olympics, some swim because they have nothing else to do, some people swim to set records, some people are the Forest Gumps and they swim but don't know why, Some may swim a lap, and others will race twenty. This is a just a small sample of reasons, there would be many more.

However, when you wonder why some chat at the end of the lane rope it may be because that's why they came and it's the outlet they need. So don't tumble turn and place you're feet on their neck. Don't yell and say "get swimming!" Just enjoy the reason that you came out for and enjoy the fact that others have different reasons.

Masters swimming is Fun, Fitness and Friendship.

Here endeth the lesson.

Must see about getting a job with United Nations.

If you have unique or funny reasons for swimming send it to my good friend Marj or direct to Desi. If you have anything to contribute about anything, send it through.

### **A PRESIDENTIAL ADDRESS.**

The Prez is currently heading to Papua New Guinea, no reason given why but I suspect it could be another takeover. Watch the news to see whether I'm right.

## CHAMPIONS

Australia's two finest male butterflyers caught up recently for a few raspberries. Roman (in his Adelaide Masters shirt, Round of applause) provided the young gun with a few tips on how to win the 50m Butterfly at the recent Aussie titles. Unfortunately, Geoff didn't take all his tips on board and left his run to the finish far too late and finished third. Geoff later described that meeting Roman was the highlight of his swimming career. Roman failed to release the photos of him with the female relay team in the post competition party, he is a gentleman.



Same haircut, both happy, both elite athletes. I ask you, are they twins? At least brothers.

### INTERCLUB 3

It was a dark day. It was a really dark day. It was darker than a black Labrador's guts!

We lost to Atlantis (again). They are busily amassing their resources together to steal what is rightfully ours.

We will not let this happen. Everyone, including **you** must immediately get on the computer and enter. If we get a big crowd we will win.

And let me be perfectly clear it is all about winning. Losing sucks!!

If in any doubt ask my mate Cadel which bike ride he preferred, this year or the previous five. I rest my case!

Summary of those fine warriors:

The leading performers:

- Danielle Hamann has won her age group already
- Steph Palmer White just two points clear in her age group
- Mary Phin, one point ahead in her age group
- Seb Carboncini six points clear in his age group
- Layton Waters just one point behind in his age group
- Roman Zaika dominating his age group
- Mark Smedley two points ahead in his age group
- Tony Ward six points ahead in his age group
- Jonathon Davies has won his age group already

State Records

- Jonathan Davies, 100m Backstroke by seven seconds!!
- Jonathan Davies, 50m Backstroke by four seconds!!
- Seb Carboncini, TJ Scott, Mark Smedley, Craig Addams, 160-200 100m Freestyle by .45 of a second.

Big day for you Jonathon!!

## **INTERCLUB 4**

Read above and enter now.

Entries are now open for interclub 4 to be held on Sunday August 14<sup>th</sup> at St Peters. Warm up is [9.am](#) for 9.30 start, swimmers may enter any 3 events, this doesn't include relays.

Please enter from our website, <http://www.adelaidemasters.org.au/events/> cost is \$15.00. The most fun you can have for \$15. (Even I will enter as long as someone is prepared to dive in and rescue me!)

Entries must close Thursday 28th July. **SO ENTER NOW!!!**

## **POOL**

There are eight lanes of pure water at St Peters and we can spread out a bit. The pool is clean and it is all ours. Everything is happy and joyous about our stadium. Almost everything the showers are woeful. Lucky we only spend 2 mins in the showers and 90 minutes in the pool. But the men can hear the women gossip next door discussing which male has the best bod.

Training

Monday 6.30- 8.00pm

Wednesday 7.00- 8.30pm

Friday 6.30- 8.00pm

Sunday 4.00-5.00pm, no coach but you have a program. Great escape from the kids! They are in full swing so come along and try it out. It's a great way to finish off the weekend.

## **NEW MEMBERS TO THIS GREAT CLUB**

New members since early April. I don't know all of you yet, but I will!!

Yung Ngothai (Desi is a big fan of Yung!! Yung said kind words regarding Desi. Most people say nasty words to Desi, she obviously doesn't know me!)

Jasi Watson

James Sharpe (Desi is not a fan of this one, younger, quicker and more handsome than Desi. Has been known to sledge Desi and Desi is very sensitive)

Douglas Mason

Henry Stevens

Danielle Hamann

Christopher Charles

Georgia Kriaris

## **HASTY HUNDREDS (Time Trial 2)**

I've been reliably informed that this was a bike short free event. No steak and two veg only budgies!!

## TIME TRIALS

The next two Club time-trials are scheduled on Friday night, 12 August and 23rd of Sept. The grand pool coach, Mel is seeking more support for these events and believes that attending these events will result in a 200% improvement in your time. Some swimmers will actually be finished before they have started.

If your partner wants a night out they can come along and assist. Any assistance would be appreciated.



**ADELAIDE MASTERS**  
**"SHORT COURSE SPECTACULAR"**  
**TIME TRIAL No.3**

**Competition Warm Up**  
**50m Freestyle**  
**100m Individual Medley**  
**4 x 50m Freestyle Relay**  
**Cool Down**

**St Peters College Pool**  
**Friday 12th August 2011**  
**6.30 - 8pm**

ADELAIDE MASTERS  
SWIMMING CLUB INC

## **AN ALMOST FUNNY SWIMMING JOKE**

(This months joke courtesy of a Rose from any other club that smells as sweet)

Two great white sharks swimming in the ocean spied the survivors of a sunken ship. "Follow me son" the father shark said to the son shark and they swam to the mass of people. "First we swim around them a few times with just the tip of our fins showing." And they did. "Well done, son!

Now we swim around them a few times with all of our fins showing." And they did. "Now we eat everybody." And they did.

When they were both gorged, the son asked,"Dad, why didn't we just eat them all at first? Why did we swim around and around them?"

His wise father replied, "Because they taste better without the crap inside!"

Now you know

Why Sharks Circle You Before Attacking.

## **FATHER SON DRAFT**

Desi is pleased to announce the drafting of Henry Baranoff in the year 2029. John (Rottnest Legend, Really fast swimmer and all around nice bloke) and Sarah (incredible patient, good looking and very understanding lady) Baranoff recently added Henry to their growing tribe. They already have a daughter that powers around Immanuel pool.

Well done John and Sarah (especially Sarah!).

## **DEPARTURES**

Don Redpath, a former member for a number of years has departed to the great swimming pool in the sky. You know in heaven there are no tumble turns.

## **MULTI TICKETS**

Keep Russel "Does a Bear?" Woods our favourite and only Treasurer happy, buy multi tickets for your swimming training. Just go to the Internet and go to the Adelaide Masters site instead of updating your status on face book and purchase the ticket. Whilst purchasing the multi pass, maybe order some merchandise from below. Fathers Day is coming up and it is clearly the most important day of the year!! Just in case you didn't read that bit, Fathers Day is coming up and it is clearly the most important day of the year!! As I'm not sure whether anyone reads the newsletter, Fathers Day is coming up and it is clearly the most important day of the year!! Should I mention Fathers day again??

## **SALE**

A poolside sale. We all love a sale and we are selling stretch bands for only \$4.50. These bands will help in many ways, not only will they assist in stretching they will also increase your height, you will lose five kilos overnight, have a healthy glow, cure shoulder problems and footrot, increase your desirability with the opposite sex, and make you five seconds quicker for every 50m.

Not entirely convinced but the nice man with shiny shoes and a smile a mile wide told me all this as he unloaded the box off the back of the truck. Purchase poolside and if you mention that Desi sent you will get them for \$4.50!

Join the rest of Australia by investing in a deck coat! (Straight off the pamphlet, not sure whether the rest of Australia has it or whether it's an investment, but I won't get too picky). 320gm anti pill polar fleece lining. 4oz waterproof oxford outer. Double ended YKK zip to suit coat size. Lined hood with extended edge. Double pockets angled for comfort. Knee length. Sizes: XXS - XS - S - M - L - XL - XXL. In your club colours at \$145 with the Adelaide Masters logo. If you order two, you get the special price of \$290. If you order eight, you get a special price of \$1,160. Does Desi do deals!! (Unfortunately Desi is unable to purchase one as he would need at least 6 more Xs)



Last chance at the Entertainment Book. Great value as a Fathers Day present. Important day that.

## **MASTERCHEF**

Barrack for Michael Weldon, son of former President of Adelaide Masters President, Andrew. Each year there is the Andrew Weldon trophy awarded to the top male swimmer in the club. Trying to keep a lid on it, but I believe its about time my name turned up on the trophy and as such am beginning to prepare my acceptance speech.



## **MILDURA MASTERS**

If you haven't done anything, and you want to go, get moving, it's now August!

Mildura Masters is on the 20-28<sup>th</sup> of August. Have a look on [www.milduramasters.com.au](http://www.milduramasters.com.au) for all the latest news. Desi's free tip is go have a Stephano's Pizza before and after competition and you will blitz. There are usually a few Adelaide swimmers that stay on a houseboat up there and swim across the river as training. The swimming is not on that whole time so may be worth a weekend away?

Prices for the houseboat are as follows-

Deluxe is \$35-40 per person per night, luxury is \$50-60 per person per night and super luxury is \$80 per night per person. Look forward to having lots of Master Gamers on the houseboats.  
Email: [relax@willandrahouseboats.com.au](mailto:relax@willandrahouseboats.com.au) Ph 03 5024 7770 0417 814 312

I assume the G's will be attending this one as they do enjoy a raspberry on the river.

## **MASTERS GAMES**

Masters Games (Adelaide 7-16 October 2011) and Masters National Championships (Adelaide 14-17 April 2012)

It's time to start some serious training in preparation for the big season of competition ahead. Both the 2011 Masters Games and the 2012 Masters National Championships are scheduled to be held at the new Aquatic Centre at Marion.

For more info about the 2011 Masters Games to: <http://www.australianmastersgames.com/>

State Branch is seeking sponsors for both the 2011 Masters Games and 2012 National Championships. There are 3 levels Gold \$500 Silver \$250 and Event sponsorship at \$100. If interested contact Marketing Director Mike Walker on 0401 287 635 or [walkerm@senet.com.au](mailto:walkerm@senet.com.au)

Perhaps even enter some of the other sports such as boxing, indoor rowing and macramé.

Regardless of what event you enter can you let the coach know?

## WHO WAS IT?



Which Adelaide Masters NATural swimmer chatted up Geoff Heugill, Craig Stevens and Adam Pyne. One elite athlete for the ordinary punter usually is enough but not for our swimmer. It would seem that she has drawn the attention of Australia's finest swimmers. Understandably given her swimming physique and short skirt. Not that she is letting on whether she had any success but Craig Stevens does have his arm around her and we can't see her HANNd!! Word has it her former neighbour (an Adelaide Masters swimmer) was most disappointed that she wasn't there to pick up a swimmer or two or three as well.

## QUOTE

"There is water in every lane, so it is OK."

Ian Thorpe (on being in Lane 5 for a final).

"Open water swimming is a never ending adventure."

Just saw it on the Net, source unknown but sounds like Michael Harry!

## THE END AT LAST

Hope the newsletter provided a smile and some information. Thanks for all those that contribute (and the number is growing), it makes it a lot easier and funnier. Dob yourself or a fellow swimmer in for a sledge.

Desi Cadel Renford