

ADELAIDE MASTERS SWIMMING CLUB NEWSLETTER

JUNE 2011

COST: Free if you are a member of Adelaide Masters. Non-Members send money to Desi's Account at the Bank of Nigeria.

I showed up to training and it wasn't nice. I knew my stroke had deteriorated but discovered it was worse than I thought. Coach had taken off her shoes as she was preparing to dive in to rescue me. It was nice to know that she cares!

Safe to say that the coach does not take kindly to swimmers hopping out the pool mid session to get a little sugar hit from Howard. Evidently you can get out of the pool to do push ups but you can't get out of the pool to have a frog. You have been warned.

Now if you want to sledge or dob in a swimmer, just let me know or Marj. It is difficult to find stories of people to try and offend each month and I'm keen to upset new people. This is the longest I've gone without offending someone and I am taking some flak for this failure.

MASTERS NATIONALS

Didn't hear a cracker, happy if a report comes in telling me the sordid details. Send the details to Marj or myself and I'll include it the newsletter.

Late breaking news is that Victoria Cox suffering post Rottot disorder broke down and couldn't compete. Safe to say she can do a lap if its 20km long, struggles with the 50m laps.

Also heard Jonathon Davies set a new NATIONAL RECORD for his event and is therefore an Australian Champion. Rumour has it he has his eyes set on London but is just playing it quietly unlike Thorpe. Jonathon's not big on holding media conferences.

Just heard other swimmers did really well but they have failed to send me details. So just a hint to the man that needs twelve timers for his races, can you send me the details on Perth for the next newsletter.

SA BRANCH NEWS

Adelaide Masters in a Central Africa type coo and a top secret MI5 operation has taken over the SA Branch. Rob "Prez" Harris not satisfied with just being the Prez of Adelaide made a swift and effective move to become the Prez of the State. Ably assisted by Russel "Does a Bear?" Woods as his deputy. These two doers should ensure a stronger more active State Branch and we will all benefit. The Jools the Ranga in Canberra is nervous that the Prez may have his eyes on her job.

SUPER FAST SWIMMER

Young Adelaide Masters Swimmer Charlene "Far too quick to be safe" Margrison, has been ranked in the top 10 of 25-29 year old women swimmers for 6 events during 2010 according to the FINA World Masters Rankings released last month.

Charlene retired from swimming (which we all do every now and again) whilst a teenager but the bug bit again and at the grand old age of 23, she returned to competitive swimming and has experienced faster swimming times than those as a teenager (which the rest of us don't).

Charlene is currently ranked equal first in her age group for 50 metre Freestyle (26.68s) for short course swimming events; 2nd for 50 metre Butterfly (27.94s); 3rd for 100 metre Butterfly (1.04.14s) and 10th for 100 metre Freestyle (59.75s). In long course swimming events, Charlene is ranked in her age group 6th for 100 metre Butterfly (1.06.08s); 7th for 50 metre Butterfly (29.10s) and 10th for 200 metre Backstroke (2.36.10s).

So I'll be backing her to win a few events at our Interclub.

OTHER SUPER FAST SWIMMERS

2010 FINA Top Ten Swimmers from Adelaide Masters:

Mark Smedley 11 Events

Charlene Margrison 6 Events (see above, thanks to those that supplied details to Desi)

Stephanie Palmer-White 4 Events

Margo Bates 3 Events

Not sure what in but I assume swimming. Help the newsletter writer out occasionally and email some details. I promise not to write anything remotely nice about you. Throw me a bone !!

INTERCLUB 1

Evidently we lost. I don't believe that could be possible. I was awaiting a report from our intrepid foreign correspondent but I believe he has depression as a result of the loss. Anyway, we don't report on losses just wins. HOLD ON, a late breaking story from our Club Captain Layton "Come-ON"

On a cold and wet late Autumn Sunday the first Inter Club was held at our winter training pool at St Peters. Despite the weather and the various event start times a strong group of Adelaide Masters swimmers turned up for Inter Club, except one notable exception who was seen heading for the ocean. Adelaide Masters were well represented across all events with a number of swimmers competing in an Inter Club for the first time. There were a number of great swims by members of our club, with nearly all swimmers recording personal best times. Whilst our club competed strongly, we finished second on the day to the club from Unley, a result we are looking to reverse at Inter Club 2.

On a personnel note, Inter Club 1 was my first Inter Club and I am thankful for the help that Stephanie gave me and also amazed by some of our club's swimmers particularly the 4 slightly older gentlemen who teamed up for the relay.

Inter Club 2 is a month away at the new State Swim Centre and it would be great for our club to win the first Inter Club at the new swim centre.

INTERCLUB 2

The 19th of June at Marion. We all want to swim at Marion. Well most of us. But we do all want to go down the massive water slide especially the one with a drain hole. Warm up is 8.30 for 9.15 am start & swimmers may enter any 3 events, this doesn't include relays. Adelaide Masters urgently need your participation for this interclub, we lost the first interclub last Sunday, we are NOT going to

lose this one. To enter go to our website, <http://www.adelaidemasters.org.au/events/> entries close next Thursday June 2nd.

If you are unable to attend on the day, PLEASE notify our club captains, they spend a lot of time doing the relays & need to know the final names.

Stephanie Palmer White, mobile, 0412 557 380, or, Layton Waters, 0414 801 791

The Prez says all members will enter !!!!

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- 8pm

Wednesday 7-8.30pm

Friday. 6.30- 8pm

Sunday 4-5pm, 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.

The ocean is still open (and is free) at 9:30am on Saturday and Sunday morns if interested in real swimming !! But it is getting a tinsey bit cold and the numbers are surprisingly low.

AN ALMOST FUNNY SWIMMING JOKE

Q: Have you heard what my blonde neighbour wrote on the bottom of her swimming pool?

A: No smoking.

OUTSTANDING OPPORTUNITY

Adelaide Masters is offering the opportunity for any swimmer to become an under study of Sue Grabner and Michael Harry in event management of the two iconic Open Water Swims. Sue and Michael apart from been the smartest on the Port Augusta bus quiz organise the Glenelg and Captains Cup swim. They are looking for people who want to gain the experience and assist in the running of these events. All meetings will have good food and drink supplied. Contact Sue and Michael for an explanation or to volunteer.

Is anyone reading this bit? Have we had any volunteers? Do we need to up the offer?

SOLSTICE SWIM

Oh how we love the Solstice Swim. On the Sunday 26th of June at 9:30am at Henley Jetty all the real swimmers gather for an unsanctioned dip. Its pretty simple really, the ocean will be at its warmest for the year (its all to do with Climate Change, far too complicated to explain, just trust me). You are allowed wetsuits if you are soft. If you look for the group of people in Speedos that morning, chances are it's our group and not some other group of rival people wearing bathers. We

then have a quick discussion how far and where we start whilst standing in speedos, while the soft public in parkas, scarves and beanies look on in wonderment and awe at our bodies.

Seriously come down and give it a go. Worse case scenario, you dive in and scream and run to Evida's coffee shop which will have a fire going for us. Many of us have done that before. At least you will have a story to tell at work on Monday when someone asks you what you did on the weekend.

Best case scenario, you get in and swim and become a cold water specialist like Marj M, Sue G, Pam G, Jeanette A, Michael H and of course yours truly Desi R (yet to complete one but has screamed and ran to Evida's, this year it will be different !!).

It's on everyone's bucket list so you might as well do it this year. Being honest you're not looking flash at the moment so better start ticking a few items off that list.

If you give it a go, I'll give you a free mention !!

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 facebook and purchase the ticket. Our resident Bouncer Howard "don't mess with me" Muller will provide you with the pass when you arrive at training.

OPEN WATER LEGEND TOWEL

The most coveted swimming award is the Open Water Legend towel. It is awarded to those swimmers that thrive on real swimming. Those swimmers that battled the moved buoy at Port Elliott, the alcohol at Port Augusta, the dolphins at West Beach, the current at Henley, the cold at Somerton, etc, etc. Basically if you are tough enough to do all the swims you get the Open Water Legend Towel.

Adelaide has four real swimmers this year. Sue G an absolute legend, having been awarded the towel for a record eighth (maybe ninth) consecutive time, still training in the ocean as this goes to print. Pam G another absolute legend who can consume conspicuous amounts of food and drink and still clean up the next day, and still training in the ocean. Roman the Barbarian who is known to give his all at every race, stunning performance in winning the Port Elliott raffle and in a truly amazing coincidence on his birthday. Most popular swimmer ever as he shouted food for everyone at the local pub. The fourth swimmer is Kent N, a non-legend if ever there was one and there is some doubt whether he actually exists as no one has seen him swim in years.

If you did swim in all the events (not including Noarlunga) and you have been missed, let the Branch know because they are ordering the towels, which are sent in from Egypt's finest towel purveyor.

SPLASH AND DASH

ADELAIDE MASTERS Inaugural Time Trials are to be held at 4.00PM on SUN 5th JUNE at St PETER'S, followed by a social gathering at the Hackney Hotel. Mel will be running a short distance program and all swimmers are invited to participate in each event. Entry is as per usual training fee or multi visit pass on the day.

Event 1 50m MEN'S FREESTYLE

Event 2 50m WOMEN'S FREESTYLE

Event 3 50m MIXED BBB

Event 4 100m MIXED RELAY

It's a new idea. Give it a go. Doesn't seem too many laps to flat out and then you can have a raspberry and a schnitzel afterwards. Worth a go.

This will replace the usual Sunday training for that week only !

CLUB NUTTER AWARD

This months winner was Trevor "Fishy" Watts. I have been advised that he is getting married for the eleventh time (number yet to be confirmed) as is moving to Queensland. However he has stated that he will remain a member and fly down for Interclubs !! That is more impressive than getting married eleven times !!

MILDURA MASTERS

Mildura Masters is on the 20-28th of August. Have a look on 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 ?

ENTERTAINMENT BOOKS

Everyone needs one of these, especially if you like eating out ! All swimmers love eating !!! Train hard, Eat more !!!! Nat and Illse are selling them for \$65 and you could save up to \$10,000 depending on how much you eat and eat out ! Purchase one poolside or on the web at <http://www.adelaidemasters.org.au/content/adelaide-entertainment-book-2011-2012>

Remember you're old tatty book expires in a month. You need a fresh pristine new copy.

Part proceeds go to the club.

PREZS REPORT.

Why give Atlantis the pleasure?

A bit of a poor turn out at this event considering it was on our home turf. Not only that but Atlantis actually won the day on points aaaargh! How can that happen! OK get over it and lets make sure that we can turn the tables on them next time. The only way to do this is to bombard Marj with entries over the next week.

Remember this one is at the new SA Aquatic & Leisure Centre so it will be your chance swim in SA's newest and only International Standard pool. What about it... are we going to take this lying down or show what Adelaide Masters is really about and take out the next Interclub!!!

Whilst on club things please do your best to show our strength and wear our club colours at the next Interclub. Remember all club gear can be purchased on the web site so get yourself a club shirt, bathers, jacket, cap or whatever for the next event.

See you at the pool

Robert Harris (I know... when I actually get there myself!!)

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

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

WHO WAS IT ?

Which Adelaide Masters Swimmer (whose best friend and loyal companion was Han Solo) whilst doing star jumps poolside, assaulted a defenceless sign and came off second best? Unconfirmed Rumour has it that he may have required a lengthy stay in Intensive Care. However, factually he didn't return to training for a while as he wasn't sure whether he wanted to be part of a contact sport.

Hint: Think of an individual that looks like Chewbacca!!

QUOTE (s)

You get an extra one this month for FREE !

H2O: two parts Heart and one part Obsession.

We swim because we are too sexy for a sport that requires clothes

THE END AT LAST

Hope the newsletter provided a smile and some information. Thanks for all those that contribute, it makes it a lot easier.

Desi Renford

ADELAIDE MASTERS 'SPLASH & DASH' TIME TRIAL NO. 1

Event 1: 50m MEN'S FREESTYLE

Event 2: 50m WOMEN'S FREESTYLE

Event 3: 50m MIXED BBB (Fly, Back or Brst)

Event 4: 100m MIXED RELAY



Go Desi!

ST. PETER'S COLLEGE POOL

SUNDAY 5th JUNE 2011 - Warm up from 4.00PM

and afterwards at the

HACKNEY HOTEL, 95 HACKNEY RD. HACKNEY

Entry fee \$10 or multi visit pass on the day