

ADELAIDE MASTERS SWIMMING CLUB NEWSLETTER

JULY 2011

COST: Free if you are a member of Adelaide Masters.

The fourth newsletter in my action packed limited edition twelve part series. Which is pretty good considering Rowling only did seven in her series. Hope the Committee sees my subtle hint. Anyway, I turf adverts after three months, so a few articles have gone. But this month we have photos. We love photos of swimmers or events. Please ensure the photos are of faces and not from behind (special mention goes to Kay and Mardi, who instigated this rule). Note it may take a while for the photos to pop up, Patience my fellow elite athletes.

The photos may make this a large document and may overflow your email account. Delete your work emails so you can keep the swimming photos in your emails.

I have noted that other clubs members and non-members have been receiving the newsletter via the black market. Look you can tell what a fun, elite club we are, why don't you join us. For any member from another club that joins us and mentions this article, you will receive a free year's subscription to this publication. Same applies to those not aligned to a club. Now there's an offer.

A PRESIDENTIAL ADDRESS.

Well not really more like a few thoughts. Great to see so many turnout for the second Inter Club and put Adelaide Masters back where we belong at the top of the heap!! Even had some open water swimmers reacquainting themselves with the "Black Line".

Now we have done that lets keep things flowing and repeat this at the next 2 Inter Clubs which are both at our home ground St Peters. Even going down the road to the Hackney afterwards for a bite and a beer, or whatever you fancy.

One note about the Inter Clubs in relation to teams is that could you please let Steph or Layton know you are there so they can include you in the teams as I think there were a couple who missed out last time. Apologies for that and hopefully it won't happen again. Good to see more have now rejoined and even have a couple of new members so either welcome back or just welcome, which ever is the case.

Also pleasing to see the numbers at training continuing to go well and enjoying the coaching variety served up by Mel.

Noticed also that Marj has been busy taking orders for club gear. If you have it wear it or if you have not got it you know what you can do about that!!(it's called Pay Pal).

Keep Swimming and see you in the pool!!

INTERCLUB 2

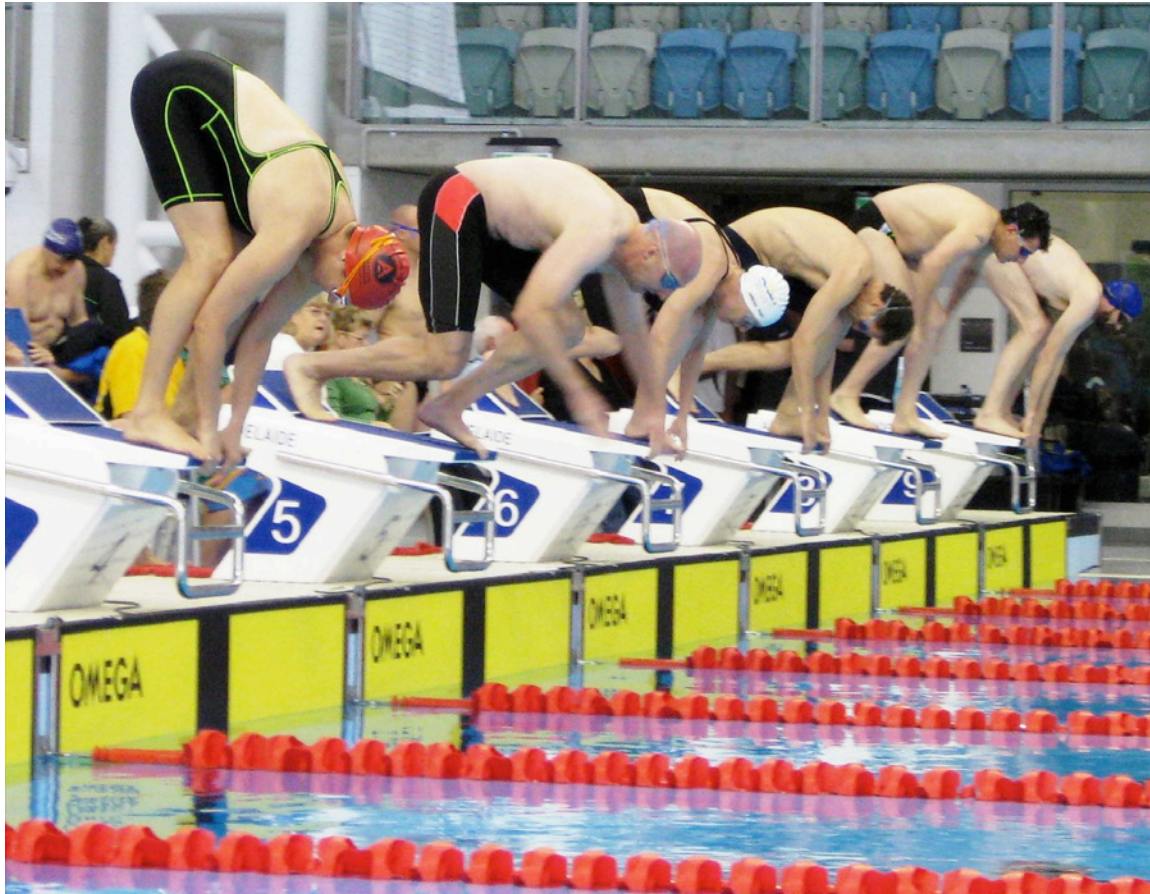
The 19th of June at Marion. We all went to swim at Marion. Well most of us.

Well the pool is very, very flash. Took a wee bit to get use to. Firstly we had a new marshalling room and area !! The officials had a field day in the Marshalling area, it was their early Christmas present. Nothing like an official with new responsibilities in a new environment. Sitting in straight rows, saying “Yes Sir” or “Yes Mam” and keeping quiet. Reminded me of my time in the Convent. Then lining up and marching to the blocks in an orderly line was just like the Olympics. Next new treat, was the blocks with the winged aero nautical doeesy whats it (that’s the technical name for it, check out the photo below). Deciding whether you are 1 or a 2 or even a massive 5. Big decision (too big for me until the last event). Then deciding which foot you place on the wing. Then deciding that you better do the old standard dive rather than fall in. Flying dive followed by a flurry of arms and legs windmilling down the pool. The only problem is where is the end of the pool. OOOpppps ! There it is 15cm in front of me. The oldinvisible wall trick,missed it by that much. Those that swam that day will know exactly what I mean. Those that didn’t, you should of. Anyway the pool seemed fast, it was deep, it was pee free, it wasn’t heavily chlorinated. Magnificent grandstand and it was an absolute honour that we were permitted to look at it!!

More importantly they had water slides. They were fast, dark, bright neon lights and a big sink that you go around and around until you are spat out. Please note that Desi saw the sign regarding weight and height and promptly ignored it. Lucky there wasn’t a Homer Simpson incident.

Sorry bit distracted by the complex and should discuss the competition. We cleaned up, we had numbers, we had the look, and by George we swam fast! Atlantis looked miserable and Marj looked magnificent! Amazing performances including Lee “the greyhound” O’Connell smashing the 200m Butterfly record whilst having stopped for a rest and a cough half way. Reminded me of Kieran Perkins stopping to check the clock in the 1500m heats at Barcelona.

Okay the results have just come in. Adelaide blitzed the competition in a clear cut display of domination not seen since Idi Amin. Adelaide is rightfully top but cannot rest on its laurels (Remember Norman: Masters 96, Novotna: Wimbledon 96, Bedford: 72, Olympics, Duran: 80 New Orleans, White: Sheffield 84, Paramatta: 01, West Indies: World Cup 96, England: Adelaide final day 06, Thorpe: 200m Free, Sydney, just to name a few off the top of my head).



The leading performers:

- Danielle Hamann dominating her age group
- Steph Palmer White just one point clear in her age group
- Di Simons, two points ahead in her age group
- Seb Carboncini just one point clear in his age group
- Layton Waters just one point clear in his age group
- Roman Zaika dominating his age group
- Mark Smedley two points ahead in his age group
- Tony Ward two points ahead in his age group
- Jonathon Davies dominating his age group

State Records

- Lee O'Connell 200m Butterfly (3m22s) by 28seconds (imagine if she didn't stop at the end).
- Scott Healey 50m Backstroke 30.85
- Rebecca Healey 25m Freestyle 14.01
- Mark Smedley 25m Freestyle 12.71
- Lee O'Connell 50m Fly 38.86

INTERCLUB 3

Entries are now open for interclub 3 to be held on Sunday July 24th (**NOT THE 17TH** as advertised in less reliable publications. Just the facts here!!! All those years writing for the Truth does come in handy. Anyone owing up to remembering the Truth ?) , at our own St Peters pool, 8.30 warm up for 9.15 start. Swimmers may enter any 3 events not including relays, cost is \$15.00.

Enter from our website, <http://www.adelaidemasters.org.au/events/> & remember that the pool has now been surveyed & records can now be recognized.

Don't forget, if you are unable to attend on the day, please contact your club captains, Stephanie Palmer White, 0412557380 or Layton Waters, 0414801791.

Be part of a winning team and we don't want to lose on home turf! It is always interesting how fast you can go. London Olympics is fast approaching and those of us looking for a spot in the relay team need to get a bit of competitive swimming in. Never feed a hungry bulldog porridge!

COACHES REPORT (Version 2, this is the polished up nicer version! True.)

I would like to start by saying thank you for the club's warm welcome. I have had the honour of meeting some of you over the past few months and I trust you have enjoyed my introduction with your new program. As you might have gathered from my sensational write-up in our monthly newsletters, I am a coach of a 'no nonsense' attitude. I believe your sessions should be tapered to your needs and I will try my very best to ensure you are worked hard within your abilities. I would also like to extend an invitation to all members who are currently training elsewhere to join your comrades at St. Peter's.

To all swimmers of Adelaide Masters, I congratulate your efforts at the Interclub competitions. These meets are enjoyable and have great reflection on your training. I also commend all swimmers who attended our Splash and Dash Time Trial which was held at St Peter's. Such events are not only beneficial to the swimmer concerning ability, fitness and skill progression but are also enjoyable and a great way for me as a coach to monitor performance and skill base.

I believe it is a ritual of AM to have a lolly AFTER training. I am a coach that believes in good nutrition, so at training I encourage healthy choices to be consumed within the 30 minutes post session. In the interest of reward, however, I am happy make a compromise, but please do not consume lollies during the session and I wish to make this clear to swimmers. I am approachable and happy to help if you are interested in changing or reviewing your weekly food consumption and dietary intake schedule.

I hope you are enjoying your training sessions and I would like to invite all members to approach me with any personal goal setting or training requirements.

Sincerely,
Your coach
Malisa Lavis

This article almost bought a tear to Desi's glass eye. Desi has always supported nutrition and plenty of it!

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 being entirely honest for once it is enough to freeze the "*you know whats*" off a brass monkey. If you don't know what the "*you know whats*" are, ask your Dad!



HASTY HUNDREDS (Time Trial 2)

Competition Warm Up

100m Free

100m BBB (B'Fly, Back or Breast)

4x25m Relay

St. Peters College Pool

Friday 1st July 2011 - Warm up 6.30pm (Replaces regular training)

This is a bike short free event!

AN ALMOST FUNNY SWIMMING JOKE

As you know, big fan of the Open Water Swimming even in the winter. Getting ready for the regular Sunday swim, I noticed that there was a distressed swimmer already in and he was waving frantically. Immediately I thought here's my opportunity for an Order of Australia medal, I raced in and started to swim to him.

Then he yells "Shark".

I then think here's my opportunity for a knighthood and said "Hang on mate. I'm coming".

"It's taken my leg".

"I'm coming" now hoping he's filthy rich and I'll get a million dollars, for his safe return.

"It's taken my other leg" he screams.

"Use your arms, I'm coming".

"It's taken my arm". I might add at this point, I thought he may be a bit of a drama queen.

I assumed the shark must be full, so put in the hard yards "I'm coming, I'm coming"

"It's taken my other arm" as he then slowly sinks down under the water.

I grabbed him by the scruff of the neck and dragged him up. Threw him on my back and started swimming against the tide back to shore. It was a hard arduous swim but I eventually got us both back to shore. I laid exhausted on the beach.

"Thanks a lot, how are you?" the grateful swimmer said

"Absolutely rooted" I muttered exhaustedly.

"Sorry, I had to hang on somehow". He replied meekly.

SOLSTICE SWIM

Oh how we love the Solstice Swim. On Sunday 26th of June at 9:30am at Henley Jetty all the real swimmers gathered for an unsanctioned dip. It was a HUGE crowd, to provide perspective it was just a few short of the Brighton Classic for numbers. There were Adelaide Masters, Henley, Western Districts and some independents. I had earlier estimated a crowd of a thousand swimmers and at least one hundred from Adelaide. Due to lack of heart by some members (I didn't think our members were like this) after the official count it dropped to seventeen swimmers and six from Adelaide.

The six from Adelaide, consisted of five in Speedos (great effort). The water temperature by my reckoning was 2.1 degrees. The consensus was around 10.0 degrees. Never complain St Peters is too cold. The ocean had not iced over but there was an iceberg.

Sue marched in a little bit disappointed that it hadn't frozen over, Pam hobbled in with an injury that was immediately cured by the cold sea water, Marj loved the temperature but was unhappy with the clarity, Betty succumbed to the call of the wetsuit but still a heroic effort and Kent got in ten minutes early to numb his body completely and finally finished after years of failure.

But there was one other Adelaide Masters swimmer, one that stood out above all the elite real swimmers. This swimmer was Brian Morris. Brian had been seen in the summer swimming in the ocean, he certainly turns up to training but he showed up where the brave feared to tread water! He arrived with the Speedos and no latex cap. He hadn't spent the past few months acclimatizing to the cold water. He didn't need to. He walked in and noticed it was freezing but he did not complain. He asked directions and then took off. He was swimming that well he went straight past the "buoy" and was headed to Semaphore. On realising that the swim was a 1km course not a ten km race he turned around and swam back. He hopped out and then noticed his legs still worked but only just.

All Adelaide swimmers completed the 1km course. Obvious. All felt rejuvenated and alive. All ticked it off their bucket list.

Now, I hear you ask how cold was it really? Ask Brian who drank his coffee through a straw because his hands weren't functioning.

To the swimmers that stayed home with your electric blanket reading the comics in the Sunday Mail, Shame. To the six that came and conquered, Bravo!

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

SPLASH AND DASH

Thanks to everyone who took part in our first Splash 'n' Dash Time Trial on Sunday 5 June. It was a great success!

Before hitting the water Mel walked us through a special pre-competition warm up. This included a comprehensive series of dry land stretches and a short pool set. That done, we were hot and ready to fire on all cylinders!

Some good times were posted including that by Club Captain Layton who pulled out an astonishing 31 point something for his 50 fly. Others were just happy to make 50 fly. Mel's expert handicapping of the final relay saw a finish rivalled only by that of the men's 4x100 freestyle relay at the Sydney Olympics. It was widely agreed that bike pants on the pool deck are now banned particularly in the marshalling area Russell.

Afterwards our Social Director Scott booked us the Richmond Room at the Hackney Hotel where we enjoyed some great food and wine that Scott produced from the boot of his car and then negotiated an appropriate Adelaide Masters Corkage Charge. A promising start. A huge thank you to Mel and Richard for organising a great event.

Hope to see you at the next one (maybe even you, Desi?) – stay tuned for details.



Below is a copy of Mel's pre-competition warm up for reference before your next competition.

COMPETITION WARM UP PROCEDURE

Dry Land

2 min jump on spot
10 min moving stretches 50 of each
10 min static stretch.

Pool Set

4 x 100 FS/BK on Pb + 40
2 x 200 FS/FORM on Pb + 20
4 x 50 choice on Pb + 30 as
 1. 20m start sprint
 2. 30m turn sprint
 3. 20m finish sprint
 4. 50m all out comp skills.

4 x 25m comp skills off blocks walk backs on 2.00

This warm up should finish with 15min to spare before the commencement of competition. Try to give yourself 1 hour prior to race start. At finalisation of the pool set all swimmers should dry off, put on warm clothing. Refuelling is an important part of racing. Have a piece of fruit (bananas are best) or a healthy choice snack if timing permits.

CLUB NUTTER AWARD

Goes to Margo Bates (see front page of the Tiser and page 10) for still finding the intestinal fortitude to swim at hundred. Small hint, if you ever get on the front page of the Tiser, mention the club you swim for!!

Oh, to get in an age group where if you are alive you get a medal.

Good effort Margo!!

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?

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 Ph 03 5024 7770 0417 814 312

ENTERTAINMENT BOOKS

Everyone needs one of these, especially if you like eating out! All swimmers love eating!!! Train hard, Eat more!!!! Nat (probably unpacking boxes) and Illse are now selling them for only \$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.

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.

VACANCY

State Branch is looking for a boring bean counter to be Treasurer. If interested approach the Prez to discuss. I'm sure counting would be interesting to some.

2011 AUSTRALIAN SHORT COURSE SWIMMING CHAMPIONSHIPS

SA Aquatic and Leisure Centre, Friday 1 to Sunday 3 July.

Swimming Australia and the Australian Swim Team are offering Masters SA members a huge ticket discount to the 2011 Australian Short Course Swimming Championships – only \$12 for adults and \$6 child/concession.

You can see Geoff Huegill (Thin version) in the 50m and 100m butterfly, Eamon Sullivan in the 50m and 100m freestyle, Leisel Jones in the 50m and 100m breaststroke, and don't forget Libby Trickett making her comeback to national competition in the 50m and 100m freestyle.

Simply click on the link to access your discounted tickets.

<https://secure.ticketdesq.com/book/index.cfm?fuseaction=main&TicketDesqID=242&OrgID=2075>

Heats start at 9:00am with finals from 5:00pm.

WHO WAS IT?

Which Adelaide Masters swimmer received a warning for over assisting the officials in the marshalling area?

QUOTE

People ask me 'what was going through your mind in the race?' and I don't know. I try and ...let my body do what it knows.

Ian Thorpe

Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves. It has nothing to do with how many times you win or lose. It has no relation to where you finish in a race or whether you break world records. But it does have everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals.

Kieren Perkins

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.

Desi Renford