

ADELAIDE MASTERS SWIMMING CLUB NEWSLETTER

MAY 2011

Well we have a new coach and I've been too scared to show but I better. Here's another collection of news, musings and Committee announcements.

MASTERS NATIONALS

Haven't heard anything. Trust Roman wasn't sacked from the relay team for breaking team rules this year !

STATE CUP

It was a cold and bitter morning on the 10th of April at Unley Pool. It was so cold it is safe to say the men didn't impress any of the ladies.

However there were some great moments.

Mark Smedley " This is going to be quick, this is going to be bloody quick, It is going to be that quick that I need more timers, it is going to be that quick that I am going to need six timers". Now if you are going to talk like that you have to be able to do the walk. Well Mark Smedley did the walk on water breaking the National Breastroke 400m record by at least 8 minutes by my reckoning. He was that fast it nearly didn't get timed.

Rob Harris "the Prez" who broke the State record for the 400m Breastroke but was unnoticed as he dumbly picked the lane next to Smedley to do it. His strategy was right though, tie a rope to the back of Smedley and get a tow.

Layton Waters "I haven't swum competitively for seventy years but it sure is easy to swim fast" dived into the 50m butterfly race and had to pause to see what the other swimmers were swimming to work out which race he was in.

INTERCLUBS

The Interclub series is looming and the other clubs are excited. For those unaware Adelaide Masters has won every event since 5 BM (Before Marj) . Our domination of the interclub only falls behind Heather McKay and Walter Lindrum in consecutive sporting wins. In an effort to end this domination the State Branch have moved the Interclub to Marion. News Flash, they want to encourage our domination and are having it at our home ground !!! No white shorts for us, its our home game !!!!! No excuse enter.

There will be interclubs at the new pee free pool at Marion and you must enter ! Evidently the new water slides are rad, sick and wicked !! Need to test them between races.

Swimming at training is great but don't you want to know how fast you can go ? Don't you want to beat that annoying person in the next lane and then gloat ?

The first one is May 22nd. Everyone is expected to enter and thus it will occur. Remember you don't feed a hungry bulldog porridge!

COACH

She texted me and it scared me. Has she started the push ups yet ? Do her eyes look evil like ?

POOL

Were all at St Peters to swim. There are eight lanes 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.

Training commences on

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 !

The ocean is still open on Saturday and Sunday morns if interested in real swimming !!

AGM

Sally Skyring due to her amazing success of running the most successful swimming club in the State, and perhaps even the world has received a job offer from NSW that she couldn't refuse. I believe it is to organise the 2012 London swimming team and to be the fifth member of the 200m free relay team. She will be sadly missed and we will be unable to replace her. News Flash, we replaced her with Rob Harris !

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.

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.

CLUB NUTTER AWARD

This months award goes to Diana Fabijan who just received the Vorgee award for doing 10 million metres. That is just the basic 400, 000 laps of St Peters pool or 200,000 laps of Burnside. She did this without fins or pool buoys, often doing a kilometre of butterfly to just loosen up the shoulders. The hard part was recording it and counting the laps In each and every lap her motivation was the happiness and joy that Jelle provides her with every minute of every day. See I thought I'd see if anyone was reading this and noticed that I put a sappy line in.

Diana deserves the title of this months Club Nutter more than any other of the nuts within the Club.

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 and help the club.

PRESIDENTS REPORT.

Firstly thanks to Sally who did a great job during her time as President and she will be greatly missed.

It was not my intention to become President as I have only recently joined the club so thank you to those who have put their faith I me to "deliver the goods".

There are lots of challenges ahead not only for Adelaide Masters but for Masters Swimming in SA. Having been to my first Branch Council it is obvious there is a lot happening which will affect all of us and the Council is in desperate need of some "new blood". There are vacancies for most of the top jobs such as President, Secretary and Treasurer to name a few as well as other positions. The AGM is on May 18th so not a lot of time to get organised. I know Russell is out there talking to people about it. Adelaide Masters as the biggest and most successful club in the State should be seen as that and take a lead. Therefore I would ask members to please seriously consider making themselves available . Should you wish to discuss this with me or any other members of the committee to see what is involved or if there is some way you can help, don't be shy, come and talk to us and we will pass on as much information as we can.

Some of the major things happening at Branch level are the 2012 National Championships in Adelaide next April. The Masters Games in October. This is on top of the current interclub program. Another issue is One Club where clubs affiliated with Swimming SA can affiliate with SA Masters. Members of those clubs would only have to pay one club membership fee but can affiliate with which ever body they chose to swim with or both organisations. There have already been approaches from 3 Swimming SA affiliated clubs so this will happen.

This is another reason why we have to be active in our approach to these matters to maintain the strength of our club. On a club level we have welcomed our new coach and are being introduced to her coaching methods which I'm sure will be a challenge to us all. Always good to have new ideas and new methods of training. The change from the summer program to the winter inter-clubs always brings out changes as some swimmers prefer the open water and others the pool program. As a club we welcome both but don't restrict yourself to one or the other have a crack at both, you may even enjoy it!!

Our new committee are getting into action and good to see Richard on the pool deck recently imparting his knowledge and interpretations of the coach's programs!! Layton in his role as Club Captain will be encouraging those at training to attend the interclubs as often as possible. On that subject the interclubs are a great place to meet and mix with your fellow club members. I'm speaking from experience as I'm still getting to know a lot of you.

Those who attended the State Cup meet at Unley on probably the coldest day for the month will have met a few members they had not met before as people train in different venues and at different times so it is good to get together at one meet even if it is just to meet fellow club members. To those who did attend, those who achieved records, pb's or just swam well congratulations and to those who didn't you missed out on some good competition and fellowship. I'm looking forward to the coming year with enthusiasm as I hope all members are and together we can keep our club at the forefront of Masters swimming in SA.

Robert Harris

QUOTE

The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move."

Aleksandr Popov

THE END AT LAST

Hope the newsletter provided a smile and some information.

Desi Renford