



December 2023

Contributions to the newsletter are most welcome. They should be addressed to the Newsletter Editor and sent to adelaidemastersswimming@gmail.com. Past editions are available on the Adelaide Masters web site: <http://www.adelaidemasters.org.au/content/newsletter-archive>

Announcements and Reminders

RENEW your Masters Membership for 2024!

Adelaide Masters is offering a **free Club swim cap** for all members who renew by 31 December. Caps can be collected at training or on the beach at one of the Open Water Swims.

HOW TO REGISTER

- Registrations for 2024 open on **1 DECEMBER 2023**
- From **1 DECEMBER 2023** click **HERE** to renew
- If you have forgotten your password please click on the Forgot Password link and follow steps to create another password (see Help Sheet below)
- Once logged in you click on Store, select membership and search for the Masters Club you are wanting to join (see Help Sheet below)
- If a membership product is not visible please contact your Club/Branch/National Office for assistance
- **PLEASE DO NOT** re-register with a new email address as this will create a new profile
- If you have changed emails please contact your Branch or the National Office as we can assist you.

NOTE

- You CANNOT Transfer clubs in December if you are a current 2023 member, please wait until the 1 January to purchase a 2024 membership with your new club - please contact the National Office for assistance
- All 2024 Second claims are processed from January 2024

HELP SHEETS

- [Reset password Help Sheet](#)
- [How to purchase a membership Help Sheet](#)

There are other Help Sheets on the MSA website for [Clubs](#) and [Members](#).

Eric Magill Memorial Swim - Sunday 3rd December

Meet on the beach, southern side of the Grange Jetty at 8:25am for the 8:30am start.

Post swim, coffee and raffle draw: Coastal Delicatessen, 14 Jetty Rd Grange

This is a **fun swim** to commemorate the life of Eric Magill, a jovial Irishman and Adelaide Masters legend. You can splash in the shallows, swim a km or 2 or more. The lucky winner of the trophy - which is adorned with one of Eric's National Irish Swimming medals - will be decided by a raffle draw of all participants at coffee after the swim. The winner keeps the trophy for a year.

NOTE: This is **NOT** a Masters event, and it is your responsibility to ensure your own safety!



President's Report

Congratulations to everyone who competed in the Long Course Long Distance event. For those of you who have never been in such an event, I would really encourage you to have a go. You may think that you will be surrounded by human fish types who will leave you standing, but that is not the case. Overall, everyone is friendly and incredibly supportive.

December is a time to start thinking about the year to come ahead of setting some new year's resolutions. I have a very achievable suggestion, why not go big? Enter a big event and make a weekend of it? The nationals are in Darwin next year (Pool Comp 3 May – 6 May and open water swim on 7 May, details on the Masters website) so why not plan a swimming long weekend and give your training a bit of focus? At the end of the day, you will come home with a sack full of memories of being at a major event in a wonderful place. You may even win a medal. Entries open on the first of January, exactly the right time to commit to a resolution.

I am sure you all know that my swimming focus is on Open Water swimming and that given half a chance I will advocate for any form of swimming outdoors (Trigger warning: I am about to do that).



Adelaide Masters has a long-standing tradition of being involved in the open water swims that happen up and down the coast during summer. I implore you to look at the calendar and commit to have a go at one or two of them. Our name is on one of the trophies for the Jetty to Jetty so if you only do one, I suggest that you write in red on your 2024 calendar on Australia day, Jetty to Jetty. If you would like to do two, then I recommend our own Proclamation Classic on Thursday 28 December. See you there!

Lastly, Adelaide Masters is in charge of organising the Masters Swimming SA branch dinner in 2024. It is always a glittering night of fun and games, complete with a band knocking out all those tunes that you love to dance to. Make a note in your diary and save the date, **20th April 2024**. I would love it if Adelaide Masters members outnumbered all the other clubs and made this event our own.

Pete

Coach's Corner

Congratulations to those 11 Adelaide Masters club swimmers who were brave enough to face the reality and went along to the Video Analysis sessions with Paul! There is nothing more sobering than seeing yourself swim on video - you see all the good stuff and you also see the bad. You come to realise that you are not swimming the way you thought you were. On top of that, Paul very slowly starts to dissect your stroke, pointing out imperfections. So, what do you do with all this new information? Please remember your stroke was being compared with Olympic swimmers, who are impossible to duplicate. Also remember that you will not be able to fix all faults at once or quickly. Most of you have swum the way you do for a long time, so changing your mind and your muscle memory will take time and persistence. The first thing is to pick the most important change that you want to make in your stroke and work on that one thing. Good luck!

Ilze

Captains' Report

Long Course Long Distance Meet Sunday 5 November

The last pool event of 2023 was the Long Course Long Distance meet held on Sunday 5 November. Adelaide Masters had 8 swimmers prepared to take on the challenge of swimming 1500 or 800m and then some prepared to swim a second 400m event.

It was a well-run event with rolling starts across all the events and effective marshalling certainly leading to time efficiency and a surprisingly early 1pm finish (thanks Pam and Pete!).

It was good to see a different line up of clubs scoring the most points for the meet, Adelaide Masters coming a creditable fourth after Noarlunga, Tea Tree Gully and Aquadome Otters. Those of us who arrived early were impressed with watching Noarlunga Masters swimmer Helen Bickers take on the challenge of swimming the 1500m butterfly - well done Helen. Equally impressive was our own Steph Palmer White very competently swimming the 800 fly – her only disappointment was she realised after the event that she had already swum it in her present age group so probably should have chosen another event. Our 1500m swimmers were Scott Goldie, Pete Holley, Julie Bowman and

Sharon Beaver. Lee O'Connell did 800m back, Pam Holley 800 free and Bec Milton her first ever 800m free. Sharon backed up with a 400 back and Pam, Lee and Steph a 400 free. Well done everyone. Thanks so much to all our swimmers who were prepared to time keep when not swimming, again helping with the efficient running of the meet.

It's now open water swim season – see you all at Seacliff beach on Dec 17th!

Steph and Lee

New Members

A number of new swimmers have joined Adelaide Masters during the year, bringing membership up to 95 members. We will be asking new (and some not quite so new) members to provide a brief introduction and a photo so you can welcome them when we meet at the pool or on the beach.

Matt Lock

I have a love of the water, probably attributable to growing up surfing on the NSW south coast in Port Kembla, although pragmatically these days I'm shaped for comfort in the water more than on land!

I joined Adelaide Masters a little over 12 months ago.... initially as part of rehabilitation from illness, but now simply because I think we swim in one of the best urban settings going around. With great company and stellar coaching.

I mix a part-time day job with Masters studies in rehabilitation and volunteer as an nationally accredited mediator. I am also a counsellor. My hobbies include making virtual video experiences for folk with severe dementia (<https://youtube.com/@virtualwalk?si=HPYChswXD6YsI5zk>) . I draw cartoons, play a bit of guitar and have a beautiful wife, two kids and two dogs! I would like to say merry and safe Christmas and thanks for welcoming me into the club and the supportive and positive culture you promote.





Merchandise

Members wishing to order club merchandise can either see Judith Gallasch at training on Wednesday evenings to view the merchandise and place an order, or email the club at adelaidemastersswimming@gmail.com requesting a Merchandise form as soon as possible. The form provides information about available items including images and prices.

Goods must be ordered on the Merchandise form and paid for by EFT to the Club bank account (which is on the form) before they will be ordered through our supplier.

Betty and Kay
Merchandise Sub Committee

Dates for your diary

Further information on the following events (including registration details when posted) and the calendars for the Open Water series and Summer Pool series are available on the [Masters Swimming SA website](#).

December

Summer Pool Series

Sunday 10 th	Swim No 1	From 8.30am at Adelaide Hills Swimming Centre, Woodside (registrations closed)
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Open Water events

Sunday 17 th	Ruth Zeigler Swim 800M and 1.6K	From 8.30am outside Seacliff Hotel
Thursday 28 th	Proclamation Classic 1K and 2K	From 8.30am at Glenelg Jetty

January

Sunday 7 th	Pub to Pub 1.6K	From 8.30am outside Seacliff Hotel
Sunday 14 th	MSSA Open Water Championships 1K and 3K	From 8.30am at Somerton SLSC
Friday 26 th	Jetty to Jetty	From 7.30am at Grange Jetty



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