



March 2023

Contributions to the newsletter are most welcome. They should be addressed to the Newsletter Editor and sent to adelaidemastersswimming@gmail.com. Past editions of the newsletter are available in the Newsletter Archive on the Adelaide Masters web site:

<http://www.adelaidemasters.org.au/content/newsletter-archive>

The Vice Report

Turning the Vice makes things change colour

Well Ladies and Gentlemen, Summer is officially over and we are heading into Autumn. Before long the sea will be cooling down to unacceptably cold temperatures (for some) and the outdoor pools will be closing. So it's time for the last Hurrah and to get all that outdoor swimming done before the extra layers are taken out of the cupboard and the heater gets turned on. We have the Port Elliot swim, Noarlunga and Woodside to look forward to as well as many more hours of training in the fabulous Burnside pool under the excellent tutelage of coach Ilze.

There is also important club business to attend to. We have the AGM coming up where you decide who is going to steer the club through the choppy waters of administration and make decisions about our future. Although the AGM many sound a little dry it is important that anyone who can, does turn up for the hour or so to ensure that the committee are held to account. Even better, if there is something you feel that the club should be doing, how about joining in and get it done. To paraphrase President Kennedy "ask not what your club can do for you but what you can do for your club!" This year, we are having our trophy presentations at the End of Month drinks/dinner after training on Friday 28 April. Further details will follow.

Change over to training at St Peters

The final training session will be held at Burnside on **Monday 24 April** and the first training session at St Peters will be on **Wednesday 26 April**.

2023 Annual General Meeting and Trophy Presentations

The Annual General Meeting will be held on **Wednesday 8 March at 7pm** after an early and free training at Burnside from 6 - 6.50pm.

Nominations are invited for all positions on the Committee: President, Vice-President, Secretary, Treasurer, Club Captains (2), Nominations/Registrations Officer, Recorder, Fitness Director/ Coaching Co-ordinator, Safety Officer, Publicity Officer/Newsletter Editor and up to 3 general Committee Members.

Trophy presentations will be held after training at the End of Month drinks/ dinner on **Friday 28 April**. The venue will be confirmed nearer the date.



Coach's Corner

Freestyle drills.

One of the ways to improve your swimming technique and therefore your speed in the water is to incorporate drills in your training sessions. If there are no specific drills given for you in training, then choose your own drills according to what you want to improve. For example:

1. Over-Kick Freestyle Drill focuses on improving your kicking power and propulsion.

While executing the normal freestyle stroke, increase your kicking speed without changing the speed of your arms' movement. You can increase your kicks to twice your usual kicking speed.

You should feel like you're running but swinging your arms less. Doing this drill helps you to connect your kick and pull properly while improving your legs' range of motion. It is also effective in helping you reduce the chances of your hip corkscrewing and ankles hitting themselves.

2. Catch-up Freestyle focus is to [improve your distance per stroke](#). You can also try out the catch-up freestyle drill to improve your catch.

While kicking isn't the focus here, you still have to kick to maintain your balance or use a swim cord. Focusing on your catch improves your hands' entry into the water. A good entry allows better grip and thrust.

3. Slow Swimming is a way to force yourself to really think about your technique and body position.

Fight against the natural urge to swim fast and swim with super slow, deliberate technique. The drill will encourage you to maintain an even stroke tempo (otherwise your body will sink between strokes), kick consistently to keep your hips up, nail your hand entry, and focus on a clean and powerful pulling motion.

Toss a pull-buoy between your legs if you want to specifically target the pulling motion. Do the drill with fins and paddles to over-emphasize the kick and pull. Play around with the drill, increase your "stroke awareness," and improve that near-mythical [feel for the water](#).

4. Fingertip Drag Freestyle Drill helps you improve your arm position during the recovery phase of your strokes. This drill requires you to drag your fingers across the water surface during recovery. Ensure that your elbows are parallel to the water. After pulling your arm underwater, gradually bring it up before dragging it along the water surface.

Please do not hesitate to talk to me about what drills are the best you and to see if they are done correctly.

Have fun and enjoy your swimming!

Ilze



Captains' Report

Gawler Meet 29 January

10 Adelaide Masters swimmers competed in the lovely outdoor pool at Gawler, but on a fairly cold day considering it is summer. We did very well to finish 3rd on the day and also 3rd for the series so far. Most of us celebrated afterwards with a lunch at Fasta Pasta in Gawler.

Our womens freestyle relay, consisting of Steph Palmer-White, Sharon Beaver, Judith Gallasch and Lee O'Connell, won the 240 age group and came within 1 second of the State record! Our mixed medley relay, consisting of Sharon Beaver, Elliott Smith, Steph Palmer-White and Charles Gravier came 3rd in the 160 age group.

All 10 swimmers won at least one of their events with some of us winning all 3 events, being Sharon, Steph, Lee and Elliott. Kim Lau made a welcome return to competition, swimming a fast 50m Breast, and then doing back to back swims with the 100m Fly being only a couple of minutes after the 200m IM, two hard events in a row!

Tony Ward has continued his winning ways in the 80-84 age group in the 400m free and 200m IM, events that most younger people would not even think of entering.

Pete Holley and Pam Gunn continue to help out at the meets in marshalling, and cannot be separated even in the number of points they have gained so far, each having 55 points.

Well done to all swimmers for a great effort! With two more Summer Series meets left we are hoping more people will join the fun.

Lee and Steph, Club Captains

Open Water Swims

Henley Beach Open Water Swim

The Henley Beach Open Water Swim was held on Sunday 19 February. After decidedly mixed weather earlier in the season swimming conditions were excellent, even if the temperature was a little on the cool side. Henley Beach Masters organised an interesting swim, offering one or two laps around a circuit course that finished with a swim around the jetty and onto the beach, a distance of approximately 1.2K

In the 1K, Steph Palmer-White and Julie Bowman finished 1st and 3rd overall respectively. Tony Ward, who was the oldest competitor to swim on the day, finished 29th out of 45 swimmers.

Sharon Beaver finished 1st female and 2nd overall in the 2K, while Kent Nelson, Kim Lau, Michael Harry and Brian Morris also completed the race.

Well done to all!

Port Elliot Swim 4pm Saturday March 4 (registrations from 2.30pm).

The Atlantis Masters Swimming Club has decided that water conditions at Port Elliot are now satisfactory and the swim will take place in Horseshoe Bay, not at Normanville as previously advised. This is always an excellent swim, so make the journey if you can!

Howard Muller's 90th Birthday!



Howard celebrated his 90th birthday last Sunday with family, friends and a number of swimmers from Adelaide Masters.

When Marj joined the Club in the early 1990s, Howard and Marj diligently supported the Club in many ways. Every week Howard greeted swimmers at training, monitored the check-in process while Marj swam and provided jelly snakes! They always assisted at the club BBQs and coordinated many of the social functions. In fact, I think Howard would have to be the longest club supporter/member that has never got wet!

Even after Marj's sad passing 5 years ago, Howard has continued to help at training until last year due to health reasons. Even though we don't see him as regularly, he is still much loved and admired by all the club members. We'd like to congratulate him on reaching this milestone birthday and wish him the best of health and happiness for the coming decade.

Betty Reinboth

2023 Jetty to Jetty photos



Kent Nelson

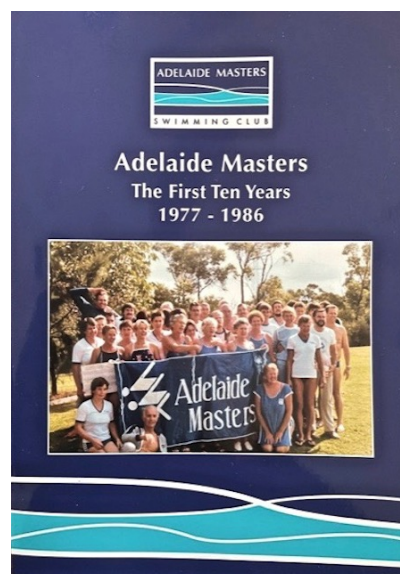


Jeff Sheridan

More photos will appear in next month's Newsletter!

Adelaide Masters - The First 10 Years 1977 to 1986

We still have some copies of this unique and special publication for sale. Please see Peter Clements at training or contact Michael Harry (mvharry1@gmail.com).





Dates for your diary

2022 – 2023 Summer Pool Series

Details and entries at: <https://mastersswimmingsa.org.au/events/2022-2023-summer-pool-series/>

Sunday 19 March Adelaide Hills Swim Centre, Woodside

Open Water Swim Series

Details of the 2022-23 Masters Swimming Open Water Series and links to the entry sites can be found [here](#).

March

Saturday 4th Port Elliot (not Normanville!)

Registrations from 2.30pm, swim at 4pm

Monday 13th - Noarlunga Reef Swim, Noarlunga

Registrations from 9.00am, swims from 9.30am

(Adelaide Cup Holiday)

April

Sunday 2nd - Short Course State Cup

Entries at: <https://mastersswimmingsa.org.au/events/2020-mssa-winter-pool-series/>

Entries close on 17 March



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