



May 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>

President's Report

We are firmly into autumn now; I know that because we have had the Branch Dinner and our own Club Presentations. The only events on the horizon are all in the pool and we are back at St. Peters.

Speaking of the Branch Dinner, it was so good to see so many of you there. Many of you managed to pick up medals and towels, proving yet again that we are among the best that Masters Swimming has to offer. One day soon, I am sure, we will dominate the top slots in all the awards. All it takes is a little planning, a little commitment and a lot of fun. I would like to encourage you all to take part in *at least one interclub event* during the winter season, participation means points and, as a game show host would say, points mean prizes. You never know, you might get a taste for it and do a few more!

Another event you might like to consider is the Masters Games which are being held in Adelaide. The swimming will be at Marion and held over two days on 7 -8 October. Why not make that your focus for your winter training?

Kay wanted me to mention that her and her team are working hard on bringing club kit to you. They are in the final stages of production and the bathers will be available very soon. Judith has kindly volunteered to bring the kit to training on Wednesdays to give you the opportunity of seeing how dashing you will look in it.

I will be off for an extended holiday in Europe soon, so I will leave the club in the capable hands of Jeff, in his newly minted role as vice-president. I wish you all a wonderful winter season and I will see you all in August.

Pete

New Merchandise on its way!

Why not purchase your summer and winter club outfits - bathers, T-shirts and polo shirts, tracksuits, hoodies, and for the colder months fleece track pants, beanies and deck coats. Be a proud Adelaide Masters club member and look great and look the part at training and swim meets! Keep an eye out in the newsletter when merchandise will be available to purchase or order or see Judith on Wednesday nights at poolside.



Coach's Corner

Freestyle and kicking

Masters swimmers are not fond of kicking sets. Full stop. Why is that? Maybe it is because with age, we start to dislike sudden and fast movements and we switch from sprinting to nice long distance swimming. Maybe it is because we forget that leg muscles need to be trained the same way as arm muscles. Or maybe it is because by kicking one covers less distance in training than by swimming. Or, maybe, one is not aware of the benefits of kicking (unlikely!).

But, since our winter season is starting soon with the pool competitions and the shorter distances, let me remind you the benefits of freestyle kicking:

1. **Added propulsion.** The immediate goal of developing a faster flutter kick is as basic as wanting to go faster. The faster you can kick, the faster you can swim. It's as simple as that.
2. **A strong kick gives you a killer body position in the water.** Beyond propulsion, kicking, particularly for sprinters, helps the speed-seeking swimmer maintain a high body position in the water.
3. **A strong kick launches you into your arm pull.** Strong legs and a strong kick add power to your hip rotation. This in turn helps you drive your arms forward for a faster and more dynamic arm pull.
4. **A strong kick keeps your stroke together.** Strong legs come in handy towards the end of races, where your muscles are failing left and right, with your stroke disintegrating with each passing metre. Having endurance in your lower body is essential to keeping your body in the most efficient and powerful position possible.
5. **A strong kick gives your shoulders a break.** You don't have to put all the pressure on your arms.

So, please, do not make me feel guilty for including some kicking in my programs. It is not a punishment, it is for your benefit! After all, your legs have the biggest muscles, so use them. FYI - Alexander Popov, two-time Olympic champion in both the 50m and 100m freestyle could kick a [50m long course in 27 seconds](#). Cesar Cielo, world record holder in the 50 and 100m freestyle can kick the same length in [30 seconds](#)!

Here are some tips (collated from various websites) for improving your freestyle kick:

1. **Improve ankle strength and flexibility.** Swimmers can be forgiven for having ankles that aren't the most stable. We spend a majority of our time training in water, with horizontal push-offs the only real shock to our feet. Swimmers can build up ankle strength by incorporating skipping into their warm-up/mobility/dry land plan. Skipping is not only a low impact way to quickly develop strength in your ankles and calves, but will also develop overall athleticism and help you be lighter on your feet, which comes in handy for developing quicker turns and starts.

2. Having **flexible ankles** means that you can catch more water with your foot, allowing you to push more water backward. Here are two quick fixes for low-mobility ankles:
 - **Ankle rockers.** A simple stretch you can add to your pre-and post-workout dryland work. Sit on the back of your ankles. Lean back, lifting your knees off the ground. You'll feel the stretch quickly in the top of your feet. Hold for 1-2 minutes. Repeat a couple times.
 - **Ankle rotations.** As a swimmer, you've mastered a wide variety of arm swings. You can do the same with your ankles, doing 15-20 foot rotations in each direction. The best part is that you can do it while sitting on the couch.
3. **Hip Driven.** Every kick should initiate from the hips and end with the cracking your ankles like a whip. Keep the knees relaxed and they will naturally bend as you kick. A lot of swimmers drive their kick with a big bend in their knees, which isn't very powerful and doesn't effectively utilize all the muscles in the legs.
4. **Narrow.** It's tempting to want to kick as large as possible, but that's not very powerful. The wider your kick extends beyond your bodyline, the more drag you create. Instead, focus on keeping your kick narrow and within your bodyline. That means no more than about 18 inches (or ½ meter).
5. **Balance out your kick.** For most swimmers there is a near total focus on the downward portion of the kick, with the upward motion acting as a recovery movement. While we lack the musculature to develop a truly balanced kick, one of the fastest ways you can improve your kick is by being more attentive to the upward part of the kick. Incorporating vertical kicking into your training is one of the easiest ways to force yourself to be more attentive to the upkick. One of my favorite kicking drills, when done correctly it forces you to be more balanced with your kicking in order to keep your head above the water.
6. **Stop kicking down, and start kicking backward.** Just like how with our pull we strive to have an early vertical forearm so that we are pulling our bodies forward through the water by pulling backward, with our feet we want to be kicking the water backward, and not just downwards. This requires flexible ankles, otherwise, swimmers will bend their knees to a nearly 90-degree angle in order to push water backward with the top of their feet.
7. **Kick more. A lot more.** There is no substitute for doing more kick in practice. There is no secret dry land exercise or magical technical adjustment that will replace simply doing more kick during your workouts. For a moment, consider how much kicking are you actually doing in your workouts. (And no, dragging your legs around doing a 1-beat kick doesn't count.) Once your freestyle kick starts to improve you will want to do it more. (Isn't that always the case—as soon as you start to master something you want to do more of it?)

Experiment with your kick, see how you can improve your speed and do more distance. Use fins at the beginning. Try with the kick board and then without. What feels better? Keep it fresh, keep it fun, keep it challenging, and flutter kick your way to faster swimming!

Ilze

Captains' Report

The State Cup Long Course was held on April 2nd at the State Aquatic Centre, Marion. Adelaide Masters had 6 swimmers competing. They were Emily Goldie, Kim Lau, Steph Palmer-White, Sharon Beaver, Scott Goldie and Peter Holley. All of us won medals in every single swim we did, which was a great result. Afterwards some of us had a delicious meal and drink at the Warradale Hotel with great company from people from all clubs in the SA branch. It would be wonderful if more people from our club could swim in the upcoming Interclub series and enjoy socialising after each meet. We are look forward to starting the season with a good turn out at the Relay Interclub on 21 May!

Steph and Lee

Presentations!

SA Masters Branch Dinner

Adelaide Masters made up two tables at the SA Masters Branch Dinner at the Highway Inn on Saturday 15 April. In between courses and an interesting address by guest speaker Matthew Cowdrey, a number of our members received awards for outstanding achievements during the Winter Interclubs, the Summer Pool Series and the Open Water Swims.



Lee O'Connell, Jenny Bradley
and Penny O'Shea



Steph Palmer-White with Jenny Bradley



Di Simons and Mary Phin with Matthew Cowdrey

Club Presentations

Our Club presentations were held this year with a dinner at the Maid and Magpie Hotel after training on Friday 28 April, rather than at the AGM as in previous years. Many thanks go to Steph Palmer-White, Charles Gravier, Pam Holley, and Pete Holley for their efforts in making it such an enjoyable evening. The photos capture the fun as the Club awards and several awards made in absentia at the Branch Dinner were presented in person (with the occasional speech “just keep swimming!”). Well done to all, and to Coach Ilze!

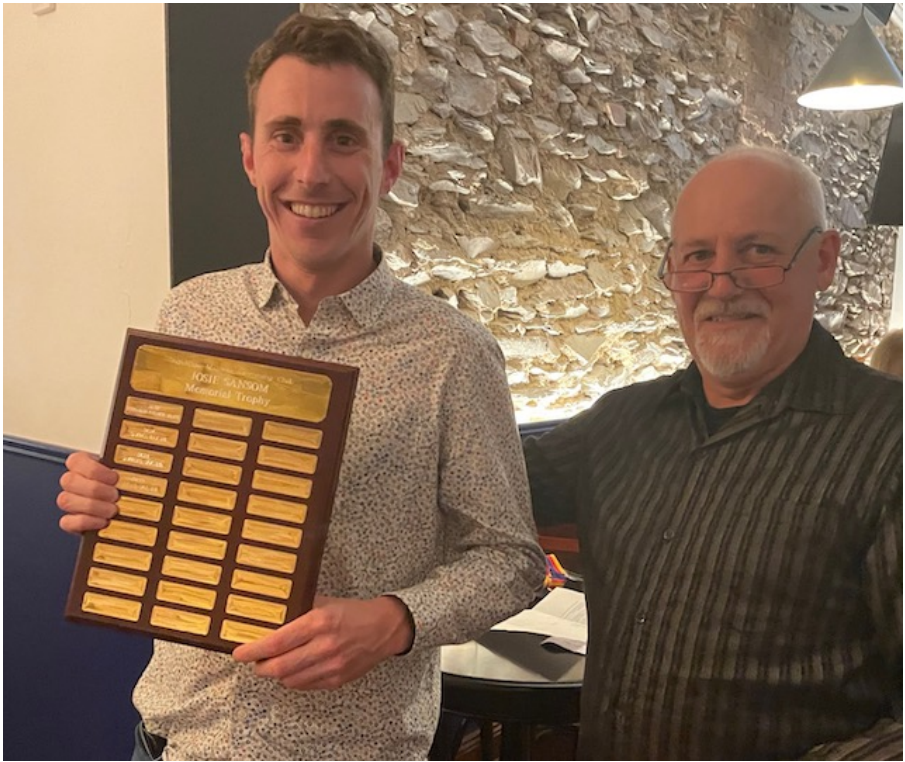
Most Outstanding Male Swimmer 2022	Tony Ward
Most Outstanding Female Swimmer 2022	Sharon Beaver
Most Improved Male Swimmer 2022	Elliot Smith
Most Improved Female Swimmer 2022	Judith Gallasch
Open Water Male Champion 2021/22	Remin Nath
Open Water Female Champion 2021/22	Stephanie Palmer-White
Open Water Male Champion 2022/23	Michael Harry
Open Water Long Distance Champion 2022	David Gardner
Josie Sansom Memorial Trophy (highest individual Interclub points)	Charles Gravier
Andrew Weldon Memorial Trophy 2022 (Captain’s Award for Outstanding Services)	Peter Clements and Michael Harry
Marjory Muller Trophy 2022 (President’s Award for Outstanding Services)	Helen Bartsch



Helen Bartsch and Peter Holley



Judith Gallasch and Ilze Ostrovka



Charles Gravier and Jeff Sheridan



Steph Palmer-White and Michael Harry



Scott Goldie and Pete Holley



Elliot Smith and Ilze Ostrovska



President to Captain and Captain to President
Steph Palmer- White and Pete Holley



Dates for your diary

You can enter for the Interclubs and the other Masters SA events listed below at the following link:
<https://mastersswimmingsa.org.au/events/2020-mssa-winter-pool-series/>

May

Sunday 21st Interclub 1 (Relays) SA Aquatic and Leisure Centre from 8.30am

Club entries now closed

July

Sunday 16th Interclub 2 (SC) SA Aquatic and Leisure Centre from 8.30am

Entries **close 30 June**

August

Sunday 13th Interclub 3 (LC) SA Aquatic and Leisure Centre from 8.30am

Entries close **28 July**

September

Sunday 10th Interclub 4 (LC) SA Aquatic and Leisure Centre from 8.30am

Entries close **26 August**

Sunday 24th SC State Cup SA Aquatic and Leisure Centre from 8.30am

Entries close **8 September**

October

Sat 7/Sun 8 Australian Masters Games Swimming. Information and entry details at:

<https://australianmastersgames.com/sport/swimming/>

November

Sunday 5th LC Long Distance Meet SA Aquatic and Leisure Centre from 8.30am

Entries close **20 October**



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