

## Editor's Note

Another busy month for the club with a change of coach, changes of training venue and plenty of competitions.

I'd like to personally congratulate all of those who represented Adelaide Masters at the Nationals. Some fantastic results, more of which later. Well done chaps!

The Interclub series starts this month and it would be fantastic to see as many Adelaide Masters members representing the club as possible. The Interclub series are great events and a great chance for everyone to challenge themselves and have plenty of fun as well.

Also, back by popular demand this month is the swimmer's profile article, this month featuring one of Adelaide Masters up and coming members and one of our stars at the recent Nationals.

Swim well,

Neil

## Hot off the Press...

- Another profitable sausage sizzle was held at Bunnings. Thanks to everyone that helped out!
- The Committee have agreed that some of the money from the Active Club Program grant will be spent on some new kit for the poolside. Keep an eye out for some new fins, pull buoys and kick boards in the not too distant future.
- A new club swimming cap is also being planned. The cap will feature the Adelaide Masters logo (see top of page). More details to follow in future editions.
- Don't forget to enter the first Interclub of the season which will take place on 26<sup>th</sup> May at the SA Aquatic Centre. Let's get as many swimmers as possible entered and keep Adelaide Masters as the number one club in SA. **ENTER HERE:** <http://bit.ly/163vvht>

## Social Night – Fri 26<sup>th</sup> May

Thanks to everyone who made it along to Mel's farewell evening. It was an excellent turnout and a good time was had by all. The next social night has been organised for after training on the last Friday of this month (26<sup>th</sup>). It will be held at the Hackney Hotel, 95 Hackney Road.

Please RSVP to Marj ([muller.marjory@gmail.com](mailto:muller.marjory@gmail.com)) so that numbers can be confirmed.

## New Members

James Swift

A warm welcome James!

## May Birthdays

Hugh Banister  
Michelle Benison  
Mark Drew  
Matthew Graydon  
Richard Pak Poy  
Diana Simons  
James Swift  
Neil Titterington

## Upcoming Races

Interclub 1: short course @ SA State Aquatic Centre, Marion, 26/05/13, **entries close 09/05/13 ENTER HERE: <http://bit.ly/163vvht>**

Interclub 2: long course @ SA State Aquatic Centre, Marion, 23/06/13, closes 05/06/13

Interclub 3: short course @ SA State Aquatic Centre, Marion, 07/07/13, closes 19/06/13

Interclub 4: long course @ SA State Aquatic Centre, Marion, 11/08/13, closes 24/07/13

Short course State Cup @ SA State Aquatic Centre, Marion, 15/09/2013, closes 28/08/13

## Results\*

### Nationals

#### Overall Age Group Results

Mark Smedley, 50-54	1st Place
Carlos Assumpcao, 80-84	2nd Place
Robert Harris, 65-69	18th Place

#### State Records

Carlos Assumpcao, 80-84	
400m IM	13m40.50s
100m Fly (Split)	3m51.33s
50m Fly	1m32.05s

Mark Smedley, 50-54	
200m Back	2m34.56s
50m Breast	33.99s

### State Cup

#### Overall Age Group Results

Stephanie Palmer-White, 45-49	1st Place
Bosilka Kesic, 70-74	2nd Place
Kent Nelson, 45-49	3rd Place
Mark Smedley, 50-54	1st Place
Robert Harris, 65-69	2nd Place
Tony Ward, 70-74	1st Place
Carlos Assumpcao, 80-84	1st Place
Jonathan Davies, 80-84	2nd Place

#### State Records

Carlos Assumpcao, 80-84	
400m IM	13m51.52s**
Seb Carboncini, 35-39	
200m Backstroke	2m32.33s
400m Breaststroke	6m17.21s

\*If you want to guarantee that a particular result gets a mention in the newsletter please let me know directly at training or via email

\*\*Subsequently beaten at the Nationals

## Club Sponsorship

If your business or a business you know is looking at reaching a large and varied target population, sponsorship of Adelaide Masters may be what you are looking for.

Adelaide Masters has over 100 active members from all walks of life with regular swim meets that attract extensive community involvement. Please contact [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com) for further details.

## State Cup

Statistics - out of 9 clubs Adelaide Masters came second with 213 points. The first was TTG with 308. AM ended up with 3 State records: Seb in 200 backstroke and 400 breaststroke, Mark Smedley in 50 Butterfly and Carlos in 400 IM. Three cheers to our Champs!!!

I don't know about you, but I don't like loosing. Therefore I usually try to find something or somebody else to blame for things that have gone wrong - and I have found just that. First of all I blame the Government, just because. Then I could blame all the swimmers (around 50) who entered various 400m distances that took more time than it was predicted, leaving the State Branch with no other decision but to cancel the relays. And we all know how strategically our team captain Steph puts those relays together that allows us to collect medals and the most points. Last I blame Kent for turning up to competition after swimming 4 km in the sea and thus not producing results nothing close to the Olympic ones. Equally I blame swimmers like Ilze who were too lazy to enter allowed 4 distances.

Now! Doesn't that feel beeter! Chin up, keep training and see you soon at the Interclubs!

Ilze Ostrovska

## Adelaide Masters At The 2013 Australian Masters National Swimming Championships



*Our National Heroes. From left to right: Rob Harris, Carlos Assumpcao and Mark Smedley.*

Sydney Olympic Park Aquatic Centre, what an ideal location to hold this year's Nationals! This year there were only three swimmers representing Adelaide Masters, just short of a Men's relay team. None-the-less, Robert Harris (65-69), Carlos Assumpcao (80-84) and myself, Mark Smedley (50-54) attended with enthusiasm the four day championships.

This meet was well run by the NSW branch and the announcer, Julie Robinson, was outstanding. She did an amazing job in picking out talented swimmers from all age groups as they swam their events, and made note if they had broken a national or world record.

Between the three of us we came away with 6 gold, 7 silver and 3 bronze, coming in 26<sup>th</sup> in the medal tally. With overall club point scores, Adelaide Masters finished 33<sup>rd</sup> out of 96 clubs represented with a total of 167 points. Not bad with only three swimmers.

Carlos broke three state records in 400 IM, 100 fly (which he broke on the first leg of the 400 IM, that's impressive!) and 50 fly. Carlos also came in second in the individual results with 63 points (80-84 age group). I was fortunate to break two state records on the last day of competition, 200 backstroke & 50 breaststroke. I also gained the highest individual result with 88 points (50-54 age group) which was a wonderful surprise.

At this meet 8 world records, 80 national records and a total of 12 South Australian records were broken. It truly was an inspiring event with the highlight being George Coronos (95-99 age group) not only breaking a number of world records but also named Male Swimmer of the Meet.

Next year the [Nationals will be hosted in Rockhampton, Queensland from 23-27 April](#). Hopefully we will have more Adelaide Masters swimmers take the journey up the east coast as I'm sure it will be a memorable time, just like this one has been in Sydney.

Mark Smedley

### Joining the dot points...



... with Carlos Assumpcao. Coach Kathy caught up with Carlos at training this week following his recent stellar performance at the Nationals. Read on for a fascinating insight into the lives of one of our most successful swimmers.

**Born:** Hong Kong 1932 to Portuguese parents.

**Languages spoken:** Cantonese, Portuguese and English. Carlos does not remember much Cantonese but can still communicate in Portuguese.

**Schooling:** La Salle Brothers in Hong Kong until he was 15 years old. Family then moved to Adelaide where Carlos attended Sacred Heart College.

**Tertiary studies:** Studied Medicine at the University of Adelaide Medical School. Did his Post Graduate studies at Edinburgh University, where he specialised in Neurology. Gained his MRCP in London and became a Fellow [FRACP] in Adelaide.

**Swimming:** Learned to swim in Hong Kong. When asked about details, he replied, 'It was a long time ago – too long ago'.

He joined AUSSI Masters during his 15 years practising medicine in Darwin and remembers competing in the World Masters Championships in Brisbane – 'a long time ago'.

He remembers Josie Sansom as the founder of Adelaide Masters. 'She had cancer. Then I didn't see her anymore. I was very sad when she left. I really admired Josie. She was really something. A very incredible woman'.

**Favourite stroke:** 'Flutterbye'. He fondly recalls being 'so fast in 25 Butterfly in Darwin no one could keep up with me!'

**Competition events:** 50 Fly; 50, 100 and 200 Back; 100 and 200 IM. Until last year he also did the 100 Fly and 400 IM.

**Best pool:** 'I'm very impressed with that pool in Sydney. It is beautiful. All the names of the top swimmers are there from the Sydney Olympics. It's just as nice as the Marion pool.' [Carlos has recently returned from the 2013 National Swim in Sydney; the venue was the Olympic Pool at Homebush].

**Best swimming achievement:** 'Being able to do 200 Fly – I was in my 50's'.

**Activities away from swimming:** 'I go to Church. I can't do without that. It really helps me'. Plus 'mostly reading' and spending time with his nieces and nephews [his brother's children].

**His best memory:** 'Seeing the Pope – Pope John Paul in Perth' [Carlos was competing in the Nationals that were being held at the same time as the Pope's visit to Australia].

**'Bucket list':** 'I've done everything I want to do. I don't want to do any more'.

**Motto** [this was volunteered by Carlos and was a fitting way to end the interview]: 'Do unto others as you would have them do unto you'.

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*Coach's comments: Carlos has attended the day-time Masters swimming training sessions at the Adelaide Aquatic Centre for many years. At one particularly memorable session last year, I set a finned 25 m F/S BAFAP swim [one breath as far as possible]. Knowing Carlos is not very keen on F/S, I said he could substitute Fly and just see how many strokes he could do on one breath - 4, maybe 6. Carlos swam the entire 25 m Fly on the one breath! This was at the time of the Sydney Olympics and, as one of the swimmers observed, this feat – swimming 25 Fly on one breath at the age of 80 - was the equal of anything the Olympians were achieving!*

*Carolos' response was classic: 'You said to do it, so I did it. I always listen to the coach. If I don't listen to the coach, who will I listen to?' Coaches can't help but love swimmers like that!*

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Kathy Gill

## Coaches Corner

*Thank you to all the swimmers who have attended training sessions at St Peters this winter. I have been very impressed by the sincerity of effort demonstrated during the sessions.*

I like to give a 5 minute introduction to each session so it really helps if swimmers can be ready to start by 6.25 pm.

You will have noticed that I incorporate fin work into the programmes. I believe fins can be a valuable training tool, but as with all tools, you need to know how to use them! In my opinion, short blade fins effect better outcomes than long blade fins.

Many swimmers have an aversion to using fins. From what I've seen over the years, this generally tends to stem from one of two reasons:

1. Work ethic – using fins is a cop out, it makes the swimming too easy. Yes, fins do help the novice learn to swim. However, once one has mastered the skill of swimming, they enable one to swim further and faster in a given time than without them. In short, one does more work!
2. Cramp – the muscles have not adapted to the extra physiological demands placed on them. The solution is to start by wearing them only for a very short distance [50 m!] and then not to use them again that session. Each session, increase the distance by a very small amount. This places a slight overload on the muscular system that drives the fins, enabling it slowly to adapt. A well trained swimmer will rarely cramp during a session unless the training demands [the load] of that programme are extreme. This is assuming the fins are the correct size! Fins that are too small can cause cramping in the toes and sole of the foot very quickly.

Using fins can have 5 positive outcomes:

1. They develop increased strength in the core and hip and knee flexor and extensor muscles.
2. The big muscles worked during fin work place an increased demand for oxygen on the system, so one can gain more from heart rate sets by wearing fins, than not wearing them.
3. The larger surface area of the fin blade results in more force being placed on the ankle joint, thus gradually stretching the dorsi-flexor tendons in the ankle. This encourages the foot to become more like a fish's fin rather than a rigid anchor.
4. The fins take load off the shoulders. Therefore, they can be used when recovery of the shoulder muscles is desired in a session. This is particularly important to avoid overload of the shoulders and reduce risk of shoulder problems. Of course, fins are used in this way when a swimmer is returning from shoulder injury.
5. The drive that comes from the fins enables the body to be propelled more easily through the water. This is important when focussing on stroke technique because it frees up processing space in the brain, enabling the swimmer to direct more attention to the skill rather than being preoccupied with getting from one end of the pool to the other!

I encourage all swimmers who are free from injury in the lower leg to do at least one set in each programme with fins. Keep the knees soft, and aim to feel the pressure of the water on the top of the foot, whether you are on your front or back. Remember, it is unwise to do Breaststroke kick with fins – substitute a dolphin kick.

Kathy Gill

## Colds and Flu

It's getting towards that time of year when there are lots of nasty infections about. A common question that we swimmers ask ourselves at this time of year is whether or not we should carry on swimming when we feel unwell? The information below should help you make a decision and has been sourced from the WebMD and SA Health websites.

While mild exercise can help boost your immune system, you may want to be gentle on yourself if you are already feeling unwell. That's when it's time to listen to your body, and give it time to recover.

Exercising may stress your body even more and result in dehydration. It could delay your recovery from the flu. Also, the flu is contagious. You can infect others for up to 7 days after you have symptoms. You should therefore wait several days until your fever has broken and your body's feeling more energetic before returning to regular exercise, particularly if you exercise with other people.

Further information:

<http://bit.ly/2G0gDy>

<http://bit.ly/12TGYw2>

### Links

- Adelaide Masters  
[www.adelaidemasters.org.au](http://www.adelaidemasters.org.au)
- Maters Swimming SA  
<http://www.mastersswimmingsa.org.au>
- Masters Swimming Australia  
[www.mastersswimming.org.au](http://www.mastersswimming.org.au)
- Swimming Australia  
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If anyone has suggestions or contributions for the newsletter, please let me know either at training or via email as above. Thank you!