



June 2024

Contributions to the newsletter are most welcome. If you can contribute an item, however small, please send it addressed to the Newsletter Editor to adelaidemastersswimming@gmail.com.

President's Report

In Game of Thrones, they are always saying "winter is coming". Well, it was and now it is here. Some will be celebrating the season by joining in the annual winter solstice swim which will be held on 23 June - more information will follow in our Announcements email later this month. Some will be revelling in the colder sea temperatures with or without a wetsuit and others will notice a slight chill as they walk from the Pool to the changing rooms. It does not matter how you approach winter, the good thing to know is that there are other club members that you can call on to share your particular brand of winter fun. If competition is your thing there is a whole winter pool series to go at. After our explosive start at the State cup and the fun and jollity of the relay meet, why not have a go at a 'regular' interclub. They are a lot of fun and you get to meet a lot of like-minded people from other clubs as well. Even if you have trepidations about swimming why not come along and help with the organisation? We always need timekeepers and MSSA are looking to train up new officials. This could be your chance to minutely examine strokes and turns and determine whether they are within the letter of the law. There is so much more to swimming than pounding up and down the pool!

Finally, I am writing this before the presentation night so I have no idea whose names are in the golden envelopes, only the select few are charged with that responsibility. I am sure whoever is awarded the trophies thoroughly deserves them, well done to the winners!

Winter is here! Let's get out there and enjoy it.

Pete

Coach's Corner

Aerobic threshold and anaerobic pace

Our swimmers often ask me how to swim at 60, 70, 80 or 90%. For me, the easiest way to determine is by your breathing.

Swimming at 60% means that when you stop, your breathing becomes normal within 5-7 breaths. At 70%, after stopping you are breathing noticeably but are able to speak. At 80%, after stopping you are breathless and able to say only 2-4 words in a row. At 90%, you are heavy breathing and gasping for air. 100% is total exertion! We swim at these intensities as follows:

- 60% is easy or recovery swimming. Usually, we swim this pace for warm-ups, cool downs or active recovery after sprinting or faster swimming. 60% is also used for swimming longer distances where the main focus is technique or stroke count.
- 70% is to develop and maintain our fitness - basic endurance and burning fat. Usually, we swim at this level for longer distances or repetitively for shorter distances with short rest time between.



- 80% is to develop our heart fitness, endurance and muscle strength. Usually, we swim repetitively for shorter distances with longer rest time between.
- 90% is race pace training and we use this for sprinting.

Even simpler to explain would be – easy, medium, fast, sprint. And remember, no problem if you start swimming at 80% instead of 70% by mistake - you will just get tired more quickly, but you will be much fitter.

Cheers to our fitness!

Ilze

Captains' Report

Interclub 1 – Relays Sunday May 19th at SAALC

Sunday May 19th was the first interclub of the 2024 winter season. This is the meet where all events are relays, a fun meet but definitely an organisational challenge for the club captains. Adelaide Masters initially had 9 men and 7 women entered. An uneven number is always a logistical challenge when sorting the relays, so massive thanks and congratulations go to Steph. With her trusty spreadsheet and logical accounting brain, she competently sorted us into a combination of women's, men's, mixed, medley and freestyle relays. She attempted to make sure no AM relays were competing against each other and as many swimmers as possible were entered in the maximum of 5 events. Unfortunately, Friday evening before the Sunday meet, Bec had to withdraw due to sickness. We were very fortunate in being given permission to reorganise some of the relays so we didn't have to scratch all 5 that Bec was entered in. Thanks again to Steph for spending a big chunk of Saturday reorganising the teams and notifying officials and swimmers of the changes.

Congratulations to our Adelaide Masters team of Ilze Ostrovska, Sharon Beaver, Julie Bowman Judith Gallasch, Steph Palmer-White, Lee O'Connell, Pam Holley, Pete Holley, Peter Clements, Mark Smedley, Brian Morris, Ashley Everton (his inaugural AM swim), Elliott Smith, Jock Dean, Charles Gravier and Kent Nelson for some impressive results. Often there was very little time between swims so just as impressive was everyone's commitment to being organized and ready to line up for their events. See the selection of photos of our enthusiastic AM team.

Special thanks must go to Pete Bowman and John White for being our ever reliable and trusty timekeepers – an essential job which saved our swimmers having to worry about time keeping as well as swimming. Thanks also to Pete and Pam who combined the tricky, intense job of marshalling with being relay members.

A quick summary of Adelaide Masters results – we came 6th overall, with 7 x 1st, 4 x 2nd, 3 x 3rd and 3 x 4th places. You can see the results in full [here](#).

Although the meet was competently and efficiently run thanks to the ever-reliable Swimming SA and Masters officials, Kent was heard to comment that he had raced a whole 125m in 4 hours. Fortunately he justified his attendance by swimming over 1.5km in the warm up pool. We all

survived, but many complained about the chilly pool-deck conditions – deck coats, uggies and a lot of shivering was the order of the day.

After the meet a number of us enjoyed the camaraderie of swimmers from the other clubs and the hospitality of the Warradale Hotel for a well-deserved lunch, plus bottles of wine and voucher prizes.

Lee O’Connell and Steph Palmer White
Club Captains



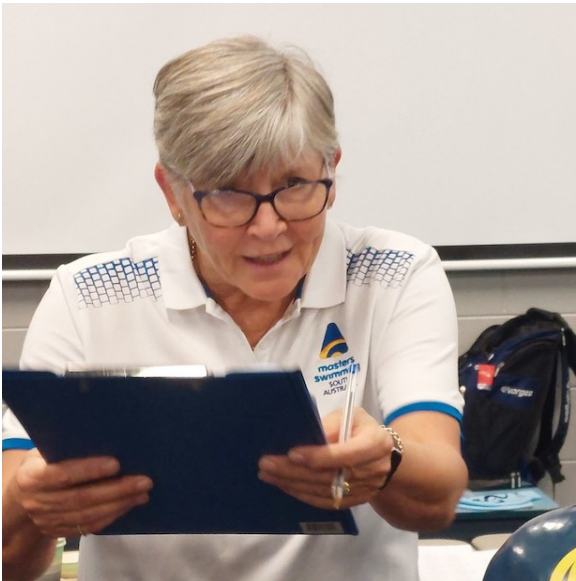
Lee, Ilze, Mark and Brian



Steph, Julie and Judith



Judith and Charles



Marshall Pam

Club Presentations

A happy group of swimmers gathered at the Maid and Magpie after training on Friday 31 May for our 2023 presentations. Award winners and photos are shown below. Many thanks to Steph, Pam, Pete and Charles for their efforts in making it a successful evening.

| | |
|---|--|
| Most Outstanding Male Swimmer | Tony Ward |
| Most Outstanding Female Swimmer | Stephanie Palmer-White |
| Most Improved Male Swimmer | Alastair Murphy |
| Most Improved Female Swimmer | Kim Lau |
| Open Water Male Champion | Kent Nelson |
| Open Water Female Champion | Sharon Beaver |
| Open Water Long Distance Champion | Peter Holley |
| Josie Sansom Memorial Trophy (highest individual Interclub points) | Charles Gravier |
| Andrew Weldon Memorial Trophy (Captain’s Award for Outstanding Services) | Judith Gallasch |
| Marjory Muller Trophy (President’s Award for Outstanding Services) | Peter Clements |
| World Top Ten Relay Award | Julie Bowman, Emily Goldie, Lee O’Connell, Steph Palmer-White |

The inaugural Christina Boros Award, for the swimmer who exemplifies the values of fun, fitness and friendship in the spirit of Christina’s generous legacy to the Club, was presented to Matt Lockwood.

Congratulations to everyone!



Left to right: Steph - our Most Outstanding Female Swimmer; Lee and Steph - two of our World Top Ten Relay team; Peter - winner of the Marjory Muller Trophy



Judith – winner of the
Andrew Weldon Memorial Trophy



Peter presents Matt with the
inaugural Christina Boros Award

Australian Masters National Championships - Darwin 3- 7 May 2024

Sharon Beaver, Julie Bowman, Peter Clements, Charles Gravier and Rebecca Milton represented Adelaide Masters at the Swimming Nationals this year. Coming from Adelaide's cool autumn to swimming in 35 degrees plus was challenging for some. The pool events were held at the Parap Outdoor pool.



Some of the 547 competitors at the start of day 4

The Open Water Swim was held at the lagoon on the Darwin Waterfront on day 5 of competition.



One of the wave starts in the Open Water Swim

All days of competition were held under clear skies with a UV rating of extreme from as early as 9am.

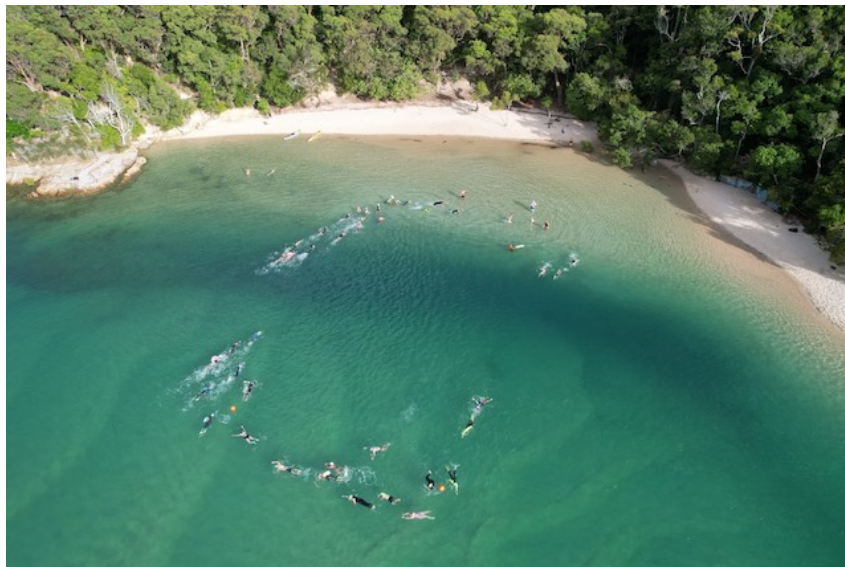


Overall, Adelaide finished in 36th position out of 88 teams competing with, no surprise, Darwin Stingers coming in first position, having 52 swimmers entered! Sharon completed 8 swims for 4 first places, 2 seconds and one third, outstanding results. Julie was second twice and first once. Peter gained one 3rd place as did Charles. Rebecca was 4th in the 200 Backstroke and competed in probably the most competitive of all age groups. Interestingly in the Open Water Swim, from 3 starters we gained two 1st placings - Sharon and Julie - and one 3rd - Peter. Congratulations to our swimmers!

Peter Clements

Paloma's photos

In the May newsletter, we included several beautiful photos sent in by Paloma Isobel of her swimming group in Queensland. To remind us of summer and warm weather, here are some more!



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. 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.

Dates for your diary

Further information on the following events, including registration details when posted and the calendars for the MSSA 2024 Pool Series and other events is available on the [Masters Swimming SA website](#).

June

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| 16 th | Interclub 2 – Long Course | SA Aquatic Centre |
| 23 rd | Winter Solstice Swim – more information to follow in our mid month Announcements email | |

July

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| 14 th | Interclub 3 – Long Course | SA Aquatic Centre |
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August

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| 4 th | Interclub 4 – Short Course | SA Aquatic Centre |
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September

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| 8 th | Short Course State Cup | SA Aquatic Centre |
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For up to the minute news and last-minute changes.