

SEPTEMBER 2022

The Vice Report

As I swam up and down the pool on one of my long swims my thoughts started drifting to the personality of a club. I could point to a few of the Masters clubs that have a definite personality. I won't name them but I'm sure you can guess who I mean when I say one club is for younger masters, another is absolutely focused on racing and a third can only be described as social swimmers. Then I started wondering was the personality of Adelaide Masters? We belong to a club that formed the foundation of Masters swimming in South Australia, so are we the old and wise swimmers? We have the most members to have swum the English Channel, so are we an open water club? We have many members who have made deep and enduring friendships through swimming, so are we a social club? We have a core of members who enjoy the fun of competition, so are we a racing club? I don't have the answer to the question of "What is the personality of Adelaide Masters?" but I would like to find out. If you would like to share your thoughts, drop me a line on the club e-mail AdelaideMastersSwimming@gmail.com

The open water season is coming up and with it our annual Proclamation Day Swim. You might have the impression that the swim just happens, and this is due to the time and skilful planning that Jeff puts into the event. However, he cannot do it all alone and he is looking for people to help on the organising committee. If you would like to be involved, please contact Jeff via the club e-mail AdelaideMastersSwimming@gmail.com. I'm sure it will be fun, will give you insight into how a swim operates and most importantly is a chance to give back to the club.

It's getting closer! I hope you have saved the date for the 45th Celebration (27th Nov). It's going to be a wonderful occasion and a chance for members new and old to come together and celebrate the glorious past of the club and look forward to a wonderful future.

Pete

Coach's Corner

We are now in a pool competition season and I am sure you are aware that our club is trying to get everyone to compete in the Long Course State cup. There is still plenty of time to prepare for that, as it is on 23 October 2022. For those who will be competing in the Interclub 4 and need help with the warm up, please talk to me. And remember to have a hearty breakfast - eg. bacon and eggs on toast - so you don't run out of the energy in the first hour. Good luck and have fun!

Ilze

Proclamation Classic

The open water season is coming up and with it our annual Proclamation Day Swim. You might have the impression that the swim just happens, and this is due to the time and skilful planning that Jeff Sheridan puts into the event. However, he cannot do it all alone and he is looking for people to help on the organising committee. If you would like to be involved, please contact Jeff via the club e-mail AdelaideMastersSwimming@gmail.com. I'm sure it will be fun, will give you insight into how a swim operates and most importantly is a chance to give back to the club.

Captains' Report – Interclub 3

Adelaide Masters had only 7 swimmers competing at Interclub 3, but most of us finished the day with 30 points, and if we didn't, it's because we were in an age group with too many swimmers (isn't that right, Pete Holley!). Lee O'Connell and Pam Gunn didn't discuss their entries with each other, despite being sisters, and were both in the 200 Free. I don't need to tell you who came up on top (did I also say that Pam had a hard age group??).

Poor Emily Goldie was very disappointed to be unable to swim due to a shoulder injury, but was there helping out by time keeping the whole morning, also watching her husband Scott clean up the pool in his age group. Thank you, Emily!



Scott Goldie and Charles Gravier



Erin Brown and Emily Goldie

Charles Gravier, the breaststroke specialist, not surprisingly won both his breaststroke races, and also swam the breaststroke leg in the Mixed Relay, along with Sharon Beaver (backstroke), Steph Palmer-White (fly) and Scott Goldie (free). The women's freestyle relay won our age group easily, actually we scared off all our opposition so no other club wanted to put in a relay team against us!



Many thanks to everyone who swam for us, and to Pam and Pete for all their hard work marshaling, which is really hard. Most people in marshaling just want to chat, they are not really interested in what they should be doing!

One more interclub to go, too late to be in the running for a trophy, but we can still be in there trying!

Lee O'Connell and Steph Palmer-White

45th Anniversary

45th YEAR CELEBRATION LUNCH

This year is Adelaide Masters Swimming Club 45th Year. We have planned a celebration at the Adelaide Bowling Club on **Sunday November 27th**.

We look forward to seeing as many members and ex members as possible, including partners who are most welcome. There will be commemorative items to purchase recognising the history of one of Australia's most successful Masters Swimming Clubs. Some of our founding members will be in attendance as well as a number of those former swimmers who helped create the club as it is today.

Tickets will be on sale in September for about \$50 per head which includes lawn bowling as well as a meal, good cheer and tales from some of our club legends.

FREE swimming training at St Peters:

Through random draw these are the lucky 5 members that will be able to train at St Peters for free:

Week of 5/9

- Leonie O'Connell
- Troy Williams
- Suhara Gunawardena
- Charles Gravier
- Susan Graebner

Week of 12/09

- Robert Humphreys
- Emily Goldie
- Hugh Banister
- Deborah Brown

New Members

Elliot Smith



Hi, my name's Elliott. I moved to Adelaide from Melbourne a couple of months ago, and I've really enjoyed Ilze's swimming sessions. When I was a toddler my family was living in Saudi Arabia, and I reckon that's where I learnt to really like the water. Living in a compound in a desert, gathering around the pool was just the thing to do. Mind you, I didn't do much actual swimming there, just paddled around with big yellow floaties on, I think.

After returning to Australia my parents got a house with a pool, and I guess that's where I learnt to swim. My brother and I would always fight and compete in the little pool. Some days we and my sister would all push each other to swim in the freezing water on a winter's day, or we'd swim at night in the dark, or we'd try to

swim as many laps along the bottom of the pool without taking a breath!

When I was twenty I had a friend who got me into teaching swimming. I thought to myself, if I'm going to teach my students to swim like this or like that, then I'd better practice it myself. This was a slippery slope and I began swimming for hours most days at the Melbourne City Baths, trying out

different styles of swimming. There was some slow motion footage of Michael Phelps, so I used to take mental notes and then head to the pool and practice. One of my big goals was to swim 200m butterfly - not to race it, just to swim it at least once. I tried and tried, but could never make the last lap. That was ten years ago and I haven't done any regular swimming since then till now. It's lovely being back in the water, and to be training with others for the first time. It's hard to chat between all the puffing and the panting, but I look forward to getting to know people a little better.

Maryna Zotova



Hi, I am Maryna. I have recently joined Adelaide Masters to keep myself fit. I have used swimming in my triathlon starts, but haven't done that for more than 2 years. I have not yet done any swimming starts. I would like to try ocean swimming when the weather is hot enough, it sounds so exciting!

Dates for your diary

Change to Summer Training

Please note that we are finishing winter training at St Peter's College on **Friday 14 October** and will start summer training at Burnside on **Monday 17 October**.

September

Sunday 11th – MSSA Interclub 4, SAALC

Online Entries close 26 August 2022

Saturday 17th – Sunday 18 MSNT LC Championships (Darwin)

October

Saturday 15th – Sunday 16 MSNSW LC Championships (Canberra)

Sunday 23rd – MSSA LC State Cup, SAALC

Online Entries close 24 September 2022

Sunday 23rd – Stadium Masters LC Livelighter CC (Perth)

November

Friday 4th – Sunday 13 Pan Pacific Masters Games (Gold Coast)

Sunday 13th – MSSA SC Long Distance Meet, SAALC

Online Entries close 28 October 2022



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