

August 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>

Acting President's Report

We are in the depths of winter but sunshine is on the horizon. Thanks to those who tried to get a few groups fired up to get to Whyalla to see the world's best cuttlefish breeding expose. As simple as an email and creating a Google sheet for expressions of interest. It didn't quite work out because the cuttlefish slowed down but we are well and truly primed with intelligence for June/July next year, so keep a look out! This is what Adelaide Masters club members could simply contribute to social activities to build the fun aspect of **fun friendship** and **fitness**. Any suggestions please contact anyone on the committee.

Hope all are keeping fit and keen. Some of the committee are currently taking a winter escape but rest assured, our finger is on the pulse and primed to support the wishes of the membership.

There are some unique opportunities and generous incentives soon to be announced for newcomers to the skill and pleasure of swimming. Keep an eye out for anyone who wants to have a go at enhancing their swimming, even to Masters level. This could be work mates, buddies, family or others. For updates, chat to Helen or Peter poolside or email adelaidemastersswimming.Gmail.com.

Jeff

Correction: In the July newsletter, it was reported that a subcommittee has been established to organise the annual **MSSA Presentation Dinner** which Adelaide Masters is hosting next year. The subcommittee comprises Jeff Sheridan, Lee O'Connell, Steph Palmer-White and Kay Johnston, who were all involved in organising the very successful 45th anniversary lunch held in November last year.

Coach's Corner

Streamline

You hear me say that word a lot. I use it to describe your body position after the turns and your body position while swimming any stroke. In Freestyle it is the position when you hold your arm outstretched in front while finishing the pulling phase with the other. In Breaststroke it is gliding with your arms in front after the kicking phase. In Fly it is gliding forward and down with your head and arms in one line after entering arms in front. In Backstroke it is being on a 45 degrees angle with one arm outstretched in front while the other finishes the stroke under water. In short - Streamline is the fundamental body position in swimming. And it is the fastest position in swimming. It reduces the drag your body creates and turns it into a torpedo.

For the last 2 weeks we have been working on improving stroke technique, which incorporated streamlining yourself. Please keep those perfect strokes! The next few weeks we will be adding distance and speed to our perfect stroke. That means we will be working on our turns too.

How to do a proper streamline off the wall

1. **Hands:** Stack one hand on top of the other. Wrap the top thumb over the bottom hand. Extend your arms overhead, locking out your elbows and squeezing your biceps to your ears.
2. **Head:** Your head should not extend forward past your arms, and you should not look forward at your hands. Keep your eyes looking straight down. Hint: if you can feel your ears on your inner arms, you're doing it right.
3. **Hips:** Keep the core engaged and squeeze your butt. Think about becoming rigid like a pencil.
4. **Legs:** Squeeze your legs together and point your toes.



Practice this on land a few times before hopping in the water.

Incorporate Dryland Training

Streamline (and swimming in general) is very core-focused. You can fast-track your streamline improvements with a few days of dryland training each week. Focus on building core stability and shoulder mobility for prime streamline gains.



Always best wishes, Ilze

Merchandise

New merchandise is on its way!

Get yourself ready for the summer and look part of the team with our club bathers, t-shirt, hoody or jacket and track pants.



Once they have arrived we will have them available at the poolside and on the website.

Captains' Report

The second interclub of the winter season was held at the SAALC on Sunday 16th July

We had a small contingent of 10 enthusiastic Adelaide Masters Swimmers who all swam well and helped maintain our consistent 6th position in the Team Scores, the position we were in the 1st interclub and are also in for the total team scores for the 2023 Winter series.

Our best represented age group with 4 swimmers was the 55-59 Female with Steph, Sharon and Julie all scoring the maximum 30 points, (well done to them on avoiding swimming the same events). Judith also did well scoring 28 points across her 3 events. We always appreciate the team Judith brings along to support her and the rest of the swimmers.

It was great to see Bec Milton back after bravely competing for the first time at the Relay Interclub. This time she was competing in her first individual events and did very well except she unfortunately pre-empted Kaylee McKeown's misfortune at the World Swimming Championships, being disqualified for her back to breast turn in the 200IM. As Bec commented, it was definitely a learning experience as she had no idea of the intricacies of that particular turn - it happens to the best of them!

One of the highlights of the meet was the intense family competition, also in the 200IM – Scott and Emily Goldie swimming in the same heat. It was an enthralling battle with Scott leading out in the fly and backstroke but then Em came to the fore in the breaststroke and held onto her lead to finish nearly a body length ahead – her comment to Scott was that he should “work on his breaststroke” – Scott’s response “if it was going to improve it would have happened already!!”

With only 3 men competing we were limited to 1 relay in both the 4x25 mixed freestyle and mixed medley relays. Congratulations to Scott and Emily Goldie, Jock Dean and Lee O’Connell for winning the 240+ freestyle relay. Sharon, Scott, Charles and Steph came a very creditable 4th in the medley relay.

Sharon Beaver used this interclub as a warm-up for competing in the World Masters Swimming Championships in Fukuoka in August – our best wishes and good luck to Sharon and the rest of the South Australian contingent as they travel to Japan and compete in the first World Masters Swimming Event since Covid .



Sharon Beaver with the Fukuoka World Masters swimmers

The spirit of Masters Swimming - Fitness Fun and Friendship - again came to the fore as swimmers from all clubs gathered for a meal, drink and social catch up at the Warradale Hotel after the meet.

The 3rd Interclub of the winter series is at the SAALC on Sunday August 20th. We would love to encourage a few more swimmers to take the plunge and join us for a fun competition. Success in these meets is mostly about the number of swimmers competing for each club and it’s a great way to put your training skills into practice.

Lee O’Connell
Club Captains

Steph Palmer White

History

The April 2023 newsletter featured an article by Pete Holley about a 16k swim from Semaphore to Glenelg he undertook following the example of Captain Frederick Cavill in 1880

(<http://www.adelaidemasters.org.au/sites/default/files/Adelaide%20Masters%20Newsletter%20-%20April%202023%20%20.pdf>). Part 2 of an article by Michael Harry about Captain Cavill and his visit to Adelaide appears below. Part 1 was published in the July newsletter.

Frederick Cavill and his 1880 visit to Adelaide (part 2)

In addition to teaching swimming and lifesaving in Sydney, Frederick Cavill was a professional performer, displaying his skill and endurance in long solo swims and in exhibitions with his children. These events were carefully planned and advertised to attract sponsors and spectators.

After completing marathon swims in Sydney and in Melbourne in 1879, Cavill visited Adelaide with his family in February 1880. The tour began with an “Aquatic Carnival “ held at the New Dock, Port Adelaide on Saturday 21 February 1880.



Port Dock in the 1880s

The Carnival included swimming races, exhibitions of different strokes, “ornamental swimming”, lifesaving and games involving several of his young children. *The Advertiser* reported: “The novelty of such an event and the fame of the swimmer and his family drew together a very large concourse of spectators, probably not less than 2,500 persons being present to witness the proceedings.”

Cavill attempted to swim from Semaphore to Glenelg on Saturday 6 March 1880. The event was well promoted and attracted the attention of the press. A well-known Port Adelaide identity, Duncan (D C F) Moodie, publisher of *The Portonian*, a satirical weekly newspaper, had issued and later withdrawn a challenge to Cavill earlier in the week. On the morning of the swim, Moodie arrived unexpectedly with several followers and joined Cavill, accompanied by several of his followers and reporters who followed in a small passenger boat. Championing himself as a local and an amateur - unlike his professional opponent - Moodie claimed victory by reaching the Grange Jetty shortly after Cavill withdrew due to acute inflammation of the eyes. There was some doubt around Moodie's performance however, as he was reported to have waded some of the way. Vigorous correspondence by supporters of both parties was published in the press the following week.

Determined to achieve his stated goal and to restore honour, Cavill successfully completed the swim a week later, this time swimming from Glenelg to Semaphore. He spent over 7 hours in the water, finishing at 8.50pm at the Semaphore Jetty. Colourful descriptions of the swim were published in the press.



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Semaphore Jetty, early 1880s

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Dates for your diary

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

August

Sunday 20th Interclub 3 (LC) SA Aquatic and Leisure Centre from 8.30am

Entries close **4 August**

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 SA Aquatic and Leisure Centre
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