

December 2022

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>

The (Vice) President's Report

Christmas is coming, fat geese beware!

Last month I was looking forward to the last Interclub Meet of the season and to the warmth of summer, and then the storm came. The Interclub had to be cancelled due to a lack of electricity, which, quite frankly was not the worse side effect of the storm. It seems that we will have to wait until next year for another long-distance meet. It is a shame but unfortunately MSSA have no control over the weather (or do they??).

December marks the beginning of summer and with it the open water swims and summer series. I'm sure that I will see many of you at these events, supporting the Club and, of course, supporting each other. Please take a little time to chat to other club members before and after the events. A simple hello could help settle nerves, start a conversation and a friendship, or just make someone's day. These little interactions are all part of being in a club and being in the wider swimming community.

Talking of open water swimming, our very own Proclamation Classic swim will be on the 28th December. The event relies on the goodwill and effort of club members to make it all run smoothly. Jeff Sheridan will be asking for you for help in the coming weeks. Please make some time to help making our swim a success.

Finally I would like to thank everyone who was involved in setting up and running our immensely successful 45th celebration. I thoroughly enjoyed the occasion as I'm sure did every one else who attended. It was wonderful to have two of our founding members, Di Simons and Vicki Murphy, present, and no less than eight Past Presidents – Vicki Murphy (1978 – 80), Alistair Will (1991 – 92), John White (1993 – 94), Fred Guilhaus (2002 – 03), Sue Graebner (2007 – 10), Geoff McConachy (2014 – 17), Russell Anderson (2018 – 19) and Betty Reinboth (2020 – 21). I would particularly like to thank Jeff Sheridan, Kay Johnstone, Lee O'Connell, Steph Palmer-White, Peter Clements and Betty Reinboth and Michael Harry for working so hard to plan and organise the event. Thanks also to Kent Nelson for his entertaining interviews that provided us with some wonderful stories.

Wishing you a Merry Christmas and a Happy New Year!

Pete

2022 – 23 Membership

Members are reminded to renew their membership as soon as possible through the MSSA Portal, Swim Central. Members are required to use the portal when joining or renewing membership and entering Masters events.

Information on the 2022 – 23 membership fees and how to pay is available at:

<https://mastersswimming.org.au/memberships/>

Christmas and New Year Break

The last training session for the year will be on **Wednesday 21 December**. Training will resume on **Wednesday 4th January**.

Coach's Corner

The weather has not been very favourable to outdoor swimming, so I congratulate all those swimmers who have attend our training recently. Believe me, you are actually much warmer in the water than I am on the pool deck.

To make myself warmer, I walk alongside the pool and observe. I observe swimmers' technique and body position, I see how and when they breathe, I look at the turns and I time the swimmers. That is when I notice that not all swimmers like finishing their distances. There are variations in swimmers' finishes. The majority finish their distance with the proper and strong touch. Some glide in - and not always because they are too tired to take another stroke. Others stop 1m before the wall. Perhaps it is because the Burnside 50 m pool seems much longer than St Peters. Sometimes, however, there is no space at the wall to finish, so, please be kind to your lane mates and allow space at the wall. But mainly, be kind to your coach and let her time you properly!

Cheers, Ilze

45th Anniversary Celebrations

Adelaide Masters celebrated its 45th Anniversary at an excellent lunch on Sunday 27 November at the Adelaide Bowling Club. Over 60 current and former members and partners attended. We were blessed with fine weather, very different from that of the previous two weekends! Some photos of the lunch are attached below, and more will be included in the next newsletter.



Di Simons, Fred Murphy and Vicki Murphy



Lee O'Connell, Alistair Will, Noel Heritage, Suzette Heritage, Sue Will



Kym Windows, Jock Dean, Pam Gunn, Alistair Will, Fred Guilhaus



Chris Carter, Geoff McConachy, Peter Clements, Margie McConachy, Russell Anderson



Trudi Sheridan, Leanne Nelson, Kent Nelson, Michael Harry, Isobel Harry, Shirely Smith, Jeff Sheridan

Dates for your diary

2022 – 2023 Summer Pool Series

The first meet will be held on **11 December** at Woodside Pool. A link to the entry site is at: <https://mastersswimmingsa.org.au/events/2022-2023-summer-pool-series/>

Open Water Swim Series

Details of the 2022-23 Masters Swimming Open Water Series can be found [here](#).

Links to the entry sites for each swim will be posted as they are finalised.

December

Sunday 4th – Swimming SA OWS Championships (not a Masters Meet)

Sunday 18th – Seacliff Swim (enter at:

<https://mastersswimmingsa.org.au/event/ows-seacliff-swim/>

Wednesday 28th – Proclamation Classic, Glenelg

January

Sunday 8th – Pub to Pub, Seacliff

Sunday 15th – MSSA State OWS Championships

Thursday 26th – Jetty to Jetty Swim, Grange

February

Sunday 5th – Brighton Jetty Classic (not a Masters Meet)

Saturday 11th – Pink and Blue Swim (not a Masters Meet)

Fund raiser for National Breast Cancer Foundation and Breast Cancer Network Australia

Saturday 11th & Sunday 12th – MS Mega Swim (not a Masters Meet)

Fund raiser for the Multiple Sclerosis Society

Sunday 19th – Henley Beach Swim

March

Saturday 4th – Port Elliot Swim

Monday 13th – Noarlunga Reef Swim

(Adelaide Cup Holiday)



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