

## February 2023

*Contributions to the newsletter are most welcome. They should be addressed to the Newsletter Editor and sent to [adelaidemastersswimming@gmail.com](mailto: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 Report

#### Caught in a Vice

I hope you have all been enjoying the summer weather now that it is finally here. I know a lot of you have been enjoying the open water swims throughout January. We really have been spoilt for choice. It has been fun rubbing shoulders with the old hands and witnessing them giving those new to open water swimming a helping hand. As a result, this year several members have successfully completed their first competition ocean swim. This is what a club is all about, mutual support: helping fellow club mates out, offering advice and guidance and of course friendship. I feel that we as a club have all this in spades! It has helped us to maintain our strong performance in the Jetty to Jetty Swim, retaining the Masters Team Award. Lee O'Connell has written a full report below.

Talking of mutual support and helping the club, the AGM is coming up soon. I am a strong believer in many hands make light work, and I would encourage you to help with running with the club. There are lots of little jobs that need doing and you don't need to be on the committee to help. If you see something that you think you or a few friends could help out with, please let the committee know, we always welcome help! Alternatively, if you would like to help behind the scenes by being on the committee, come and have a chat. Your help will always be welcome, regardless of the size of your contribution.

See you in the water!

Pete

### 2023 AGM and Presentations Event

The Annual General Meeting will be held at Burnside Pool after training on **Wednesday 8 March 2023**.

Nominations are invited for all positions on the Committee: President, Vice-President, Secretary, Treasurer, Club Captains (2), Nominations/Registrations Officer, Recorder, Fitness Director/ Coaching Co-ordinator, Safety Officer, Publicity Officer/Newsletter Editor and up to 3 general Committee Members.

A nomination form will be sent out before the meeting.

## Presentations Event

The Club's **2023 Presentations** will be held after the final summer training session at Burnside, possibly followed by a BBQ. Further information will be provided nearer the date.

## 2022 – 23 Membership

Members who have not yet renewed their membership should do so through the MSSA Portal, Swim Central, as soon as possible. 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/>

## 2023 MS Swim

The 2023 MS (Multiple Sclerosis) Mega Swim will be held at Unley Pool on **Saturday 11 – Sunday 12 February**. The Club is entering a team and we are looking for some more swimmers to share the load. Please contact Peter Clements if you are able to join.

## Coach's Corner

### Warm up before competitions

You know how we always start training with the warm up, followed by the main set? Well, it is the same with competitions – only your main set is your racing distance. Why do we do warm up? Because that slowly warms up your muscles, it stretches your muscles and it prepares your muscles for the more efficient workout to come. It also reduces possibility of injuries caused by sudden, fast and furious movements when competing in sprints.

And let's not forget that warm up also prepares your heart for the workout ahead. So, from my experience, the longer the distance that you will compete in, the longer the warm up should be.

It is a bit different in open water swims, where usually you don't get to warm up. But that is why you tend to start those races at a slower pace for few hundred meters and then you add speed. That is luxury that pool racers don't have.

Highly recommended warm ups are in the pools where you have not swam before. Every pool has a different feel and probably different blocks - adjustable or old style, different turns – slippery walls, soft walls or abrasive, and even lane ropes make it all different experiences. If you are serious about a certain race, you should warm in the lane where you are going to swim in that race.

Your warm up should include an easy swim first, some leg work, some drills, some dives and sprints, some turns. You should include in your warm up the amount of distance that you are going to swim. For example if you are preparing for 400 Freestyle then you could include 8 X 50 Free fast pace with minimal rest, around 10 sec. Or, 4 X 100 Free negative split with 20 sec rest. Please avoid straight 400 Free fast in your warm up! If you are unable to jump in the water before racing for the warm

up, please make sure to do some dry land stretches to loosen your joints. Do some jumps to avoid cramps on the blocks and get your heart pumping. If all above fails or does not make sense, call your friend Google for advice.

All the best with competitions!

Ilze

### Captains' Report – 2023 Jetty to Jetty Swim

This year's swim was the 21st Australia Day Jetty to Jetty Long Swim and the 107th year since the first swim between the jetties in 1917.

Adelaide Masters was very well represented with 34 swimmers gathering for the start at Grange, a decision made so that we were swimming to Henley with the assistance of a significant current. The weather was cool and unfortunately quite windy with a 15+ knot breeze from the south. I am probably a bit biased in my experience of the swim, having a preference for calm waters. I really didn't enjoy the choppy conditions and despite swimming with the current I found it particularly challenging. Many of our swimmers voiced the same opinion...“not a fun swim!!”.

We had some impressive results including maintaining the great tradition of winning the Nine News Jetty to Jetty Masters Team Award donated by Channel 9 for the Masters Club with the most accumulated points. Well done everyone!

We also had a number of age group placegetters:

In the 18-24 Age Group both Lucy Kopp and Lachlan Bartsch (Helen's son) came 3<sup>rd</sup>

45-49 Emily Goldie 1<sup>st</sup>, 50-54 Scott Goldie 1<sup>st</sup>,

55-59 Steph Palmer White 1<sup>st</sup>, Sharon Beaver 2<sup>nd</sup>, Kent Nelson 3<sup>rd</sup>

65-69 Lee O'Connell 2<sup>nd</sup>, Pam Holley 3<sup>rd</sup>, Andrew Loose 3<sup>rd</sup>

80-84 Tony Ward 2<sup>nd</sup>

Congratulations also to Kay Johnson for receiving a trophy for her 10<sup>th</sup> J2J swim.

Julie Bowman swam the event in a wetsuit (so wasn't included in the team results) but it was great practice for her next big swim – the 15k inaugural Cliff to Bridge swim in the Derwent River, Tasmania on February 4<sup>th</sup> – Good Luck Jules!

We had a great team of volunteers who helped the J2J organisers with setting up before and cleaning up after the event. Thanks Russell, Peter C, Geoff and Pete and Pam H for arriving early to help set up the arch, gantry etc at Henley, and Steph and John, Helen, Betty and Greg, Brian,

Michael, Lee and others (who I may have forgotten to mention), who helped with other tasks and the clean up afterwards. Donating their time certainly helped with the smooth running of the event.

We congratulate the J2J organizing committee for running a fantastic 2023 J2J swim and thank all our swimmers for their participation, enthusiasm and for helping foster a great club spirit.

Lee and Steph, Club Captains



Adelaide's 2023 Jetty to Jetty swimmers



Steph Palmer White and Peter Holley with the Jetty to Jetty Masters Team Award



Tina Shaw, Mardi Webber, Kay Johnston

Some more of Peter Clements's photos of (exhausted) swimmers will appear in next month's newsletter!

## Open Water Swims

### Change of venue for Port Elliot Open Water Swim

The Atlantis Masters Swimming Club has decided to shift the Port Elliot Open Water Swim from Port Elliot (Horseshoe Bay) this year due to concerns about water quality associated with the flood in the Murray River. The swim remains at the same time on the same weekend – 4pm on Saturday March 4, 2023 (registrations from 2.30pm). The swim will now be at Normanville Beach, with the start out the front of the Normanville Surf Lifesaving Club. There will be a course of about 800m and swimmers will have the option of a 1lap or 2 lap swim. Details will be available online at the Masters Swimming SA site shortly.

### Pub to Pub Open Water Swim

The Pub to Pub Swim hosted by Atlantis was held on Sunday 8 January. While it was a fine, warm morning, this proved to be a hard swim. Pushing into a strong tide and chop from a rising northerly made it tough going all the way. 10 Adelaide Masters swimmers completed the swim. Sharon Beaver finishing 2<sup>nd</sup> female and 6<sup>th</sup> overall, and Steph Palmer White 3<sup>rd</sup> female and 7<sup>th</sup> overall.



Steph Palmer-White, Sharon Beaver and Lee O'Connell  
Pub to Pub Open Water Swim

### **Masters Swimming SA Open Water Championships**

A strong contingent of 16 Adelaide swimmers competed in the Masters SA Open Water Championships at Somerton on 15 January. Water conditions were rough following a strong southerly change the previous evening, making the southerly leg into the wind a challenge, especially for the 3K swimmers. The buoys were set well out and were difficult to sight at times, tipping over and moving out of line. In the 1K, Steph Palmer-White finished 1st female and 2nd overall, Emily Goldie 3<sup>rd</sup> female and 6<sup>th</sup> overall. In the 3K, Scott Goldie finished 5<sup>th</sup> male and 7<sup>th</sup> overall, and Sharon Beaver 3<sup>rd</sup> female and 8<sup>th</sup> overall. Congratulations on these excellent results, and well done to all in what was a good lead up to the Jetty to Jetty.



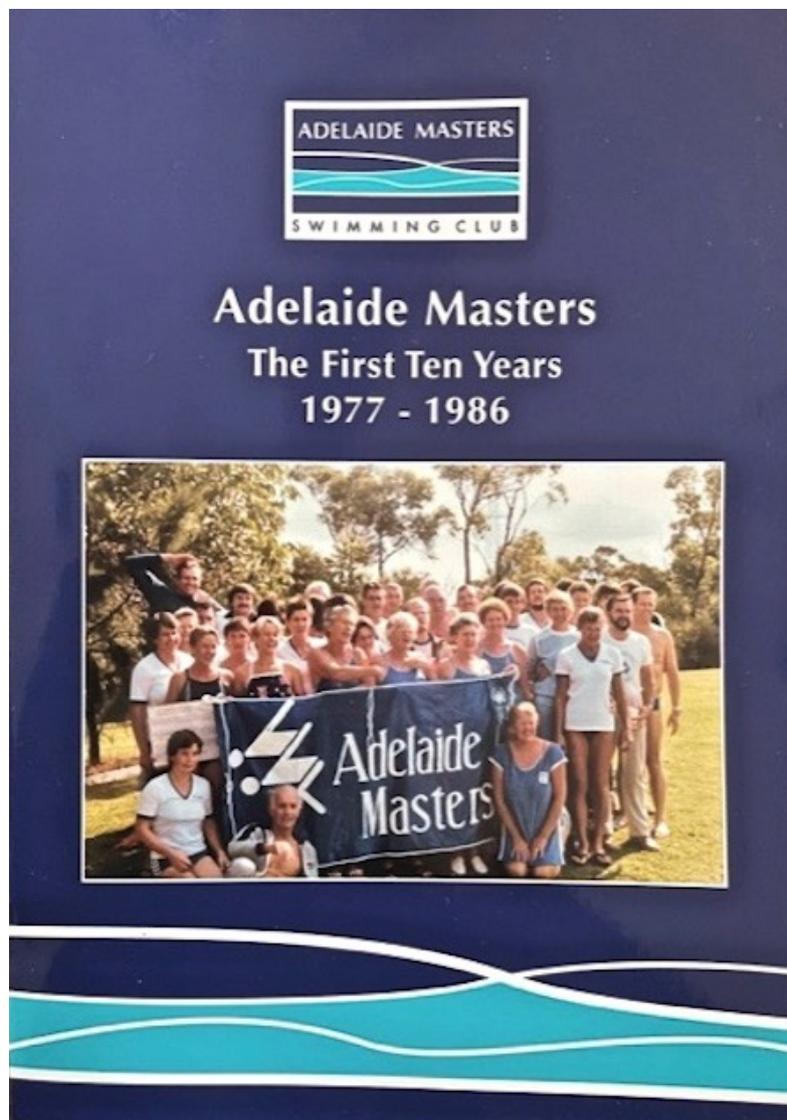
Adelaide Masters at the Masters SA Open Water Championships

## Rescuing a drowning swimmer

The Christmas and New Year period is invariably marked by a spike in drownings as people flock to the beaches and rivers over the holiday break. Sadly, 2022 – 23 has been no exception. Some of these occur as a result of attempts to rescue swimmers in difficulty, leading to the rescuer or both swimmers drowning. Oceanfit.com has published an article on how to respond in these situations: <https://email.oceanfit.com.au/emails/webview/155991/76432227278260178>

## Adelaide Masters - The First 10 Years 1977 to 1986

We still have some copies of this unique publication for sale. Please see Peter Clements at training or contact Michael Harry ([mvharry1@gmail.com](mailto:mvharry1@gmail.com)).



## Dates for your diary

### 2022 – 2023 Summer Pool Series

The third meet of the **Summer Pool Series** will be held on **Sunday 26 February 2023** at the Strathalbyn 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 and links to the entry sites can be found [here](#).

#### February

Sunday 5<sup>th</sup> – Brighton Jetty Classic (not a Masters Meet)

Saturday 11<sup>th</sup> – Pink and Blue Swim (not a Masters Meet)

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

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

Fund raiser for the Multiple Sclerosis Society

Sunday 19<sup>th</sup> – 8.30am Henley Beach Swim, Henley Beach

#### March

Saturday 4<sup>th</sup> - 2.30pm – Normanville Open Water Swim, Normanville (relocated from Port Elliot)

Monday 13<sup>th</sup> 9.00am – Noarlunga Reef Swim, Noarlunga  
(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](mailto:adelaidemastersswimming@gmail.com)