

January 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>

New Vices for the New Year?

I hope you all had a lovely Christmas enjoying time with family and friends and you are looking forward to the new year.

Traditionally, this is the time of year to set goals and make resolutions, some of which make it beyond January. Have you thought about setting a goal for the number of metres swum in a year? I started using [the Vorgee app](#) last year and it is amazing how far I swim by simply building swimming into my weekly routine. If you think about it, swimming half a million meters equates to swimming ten kilometres a week for fifty weeks. If you swam three sessions a week, say Monday, Wednesday, and Friday evenings, you would probably do that sort of distance and you would do it under the expert tutelage of our coach. All it takes is a commitment to consistency and a bit of record keeping. It doesn't really matter how far you actually swim; it is the consistency that counts. I would thoroughly recommend it!

As you may have heard, the Proclamation Day swim was cancelled this year as the conditions were deemed unsafe by the surf lifesavers. My heartfelt thanks goes out to Jeff and the team who put so much hard work into making the event come to life, only to be thwarted by mother nature at the last moment.

Talking of Open Water Swimming, I hope that you all have the Australia Day Jetty to Jetty Swim on your calendar. There is a trophy at stake here, one that Adelaide Masters have won more times than any other club. I would very much like to see our name on it again. All it takes is for you all to swim between Grange and Henley. Please come along, support the club and have fun whilst doing it.

Pete

Christmas and New Year Break

Training will resume on **Wednesday 4th January**.

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/>

Coach's Corner

Ho,ho,ho, merry Christmas and a happy New Year!

I hope you had as much fun this year as I had. Maybe, just maybe, some training sessions were not as much fun, but let me assure you – what doesn't kill you makes you stronger. But on a serious note, I would appreciate some feedback. What is working and what's not? ***Can you please think of 3 things (sets) that you would like to be included in our training sessions and 3 that you do not want to see included?*** I will be away until 16 January, so you can pass those lists on anonymously to our committee members Peter Clements, Helen Bartsch or Jeffrey Sheridan.

If you find yourself wandering around this festive season and looking for something else to do apart from socialising with your family and friends, go down to the local pool and have a nice and easy 2 km swim. Concentrate on all those little things that you always wanted to correct in your stroke. Grab a snorkle and see your stroke under the water from the beginning to the end. Observe if both arms are doing the same and if your shoulder rotation is symmetrical.

Sea swimming is another option, especially when we have so many open water competitions ahead of us. Unfortunately our Proclamation Day swim was called off on the morning due to bad weather, however there are several other swims coming up later this month, including the Jetty to Jetty swim on Australia Day. We have a long tradition of success in this event, so please enter! There are a couple of advantages in open water competitions. One is that you are more buoyant in the salty water – this will appeal to people who don't like kicking but prefer swimming with the pool buoy. The second one is the drag of another, preferably faster swimmer. Pick your victim, swim behind him or her, allowing them to do all the heavy work. Ha,ha, please don't do that!

All the best and stay physically and mentally healthy!

Ilze

Guest Coach Corner

Ilze will be taking a break for the first two weeks of January and has invited a guest coach to concentrate on open water skills to prepare you for the Jetty to Jetty and other open water swims. The sessions will concentrate on freestyle with an emphasis on being able to swim open water distances.

We will look at the basics such as breathing, kicking, and the catch as well as open water specific skills like drafting and sighting. We may talk about chocolate and vanilla sides and how to swim like a gecko or how to flick a small dog from your calf. Please bring your flippers, pull buoy and a fun attitude along.

Pete

Captains' Report

The first interclub of the summer series was held at the Woodside Pool on Sunday 11 December. Despite the weather being cool with some light rain, there was no wind so conditions were reasonable and the pool was definitely warm, actually probably a bit too warm for racing.

Adelaide Masters had a dedicated group of 9 swimmers - Tony Ward, Pete Holley, Elliott Smith, Charles Gravier, Pam Holley, Lee O'Connell, Steph Palmer White, Sharon Beaver and Judith Gallasch. We came a credible 4th overall with Phoenix, Atlantis and TTG ahead of us.

Well done to Steph, Sharon, Lee, Elliott and Tony, all getting maximum points in their age group.

We again acknowledge that these meets only run successfully because of the commitment of the officials. Our own Pam and Pete Holley selflessly marshal all the races and swim their own events and thanks also to swimmers volunteering to time keep which helps the meet run smoothly. Thanks also to Rob Harris and Joy Page from Atlantis who hosted a post meet BBQ which swimmers were welcome to attend.

Unfortunately our Proclamation Day swim had to be cancelled as the weather was significantly unfavourable with high winds and rough seas. The surf lifesavers made the call deeming that in those conditions they could not guarantee the safety of swimmers. Thanks especially to Jeff Sheridan for taking the lead in organising the swim and to all those windblown volunteers who turned up early to help but all to no avail.

As the weather hopefully warms up we encourage swimmers to support the club, take the plunge and enter some of the upcoming open water swims along our beautiful coast. The first swim of 2023 on Jan 8 will be the Pub to Pub – join us for this swim from Seacliff to Brighton. The next Summer Interclub will be a long course meet at Gawler on 29 January.

We are aiming to retain the Club Trophy awarded at the Jetty to Jetty Swim on Australia Day, Thursday 26 January. Please enter now if you haven't already. There is a link to the entry site in the Diary at the end of the newsletter. We need as many members as possible to do the swim and maintain our proud tradition in this flagship event!

Steph and Lee

Club Captains

Ruth Zeigler Open Water Swim

The first open water swim of the year was held at Seacliff on 18 December, hosted by Atlantis.

The morning was fine and warm, and swimming conditions were excellent. While the water was a cool 18C, it was beautifully clear, giving good views of the waves of healthy sea grass beneath. A few lucky swimmers reported dolphin encounters. Modified for safety reasons, the course was brought in closer to the beach. Swimmers completed either one or three circuits of approximately 800m, with a 150m sprint to the beach into the bright sun and easterly breeze. Steph Palmer-White won the 1km comfortably in 9 minutes 10.2 seconds. In the 1.75km, Sharon Beaver came in as first female and 5th overall in 25 minutes 35.9 seconds. Michael Harry, Amanda Hayes, Peter Holley, Pam Holley, Elliot Smith and Roman Zaika also completed the course. Well done to all!



Elliot Smith, Pam Holley, Peter Holley, Steph Palmer-White and Sharon Beaver at the Ruth Ziegler Open Water Swim

Adelaide Masters - The First 10 Years 1977 to 1986

A pictorial history of the glorious first ten years of Adelaide Masters prepared by Peter Clements and Michael Harry was officially launched at the 45th Anniversary Lunch on Sunday 27 November. We still have a number of copies of this excellent publication for sale at \$20 a copy to interested members. Peter has copies available at training or you can contact Michael (mvharry1@gmail.com).



Kent Nelson presents an autographed copy of the Adelaide Masters First 10 Years History to the successful bidder, Fred Guilhaus . Thank you Fred and Kent!

Dates for your diary

2022 – 2023 Summer Pool Series

The second meet of the **Summer Pool Series** will be held on **Sunday 29 January** at the Gawler Aquatic Centre. 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](#).

January

Sunday 8th 8.30am – Pub to Pub, Seacliff.

Sunday 15th 8.30am – MSSA State OWS Championships, Somerton

Thursday 26th 7.30am – 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 – 8.30am Henley Beach Swim, Henley Beach

March

Saturday 4th 2.30pm – Port Elliot Swim, Port Elliot

Monday 13th 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