

January 2024

Contributions to the newsletter are most welcome. They should be addressed to the Newsletter Editor and sent to adelaidemastersswimming@gmail.com. Past editions are available on the Adelaide Masters web site: <http://www.adelaidemasters.org.au/content/newsletter-archive>

Announcements and Reminders

Membership

Swimmers who were members in 2022 and wish to maintain their membership should register via Swim Central on the [Masters Swimming SA Website](#) now. You will not be eligible for Club points in the Open Water Series or for the towel for completing all open water swims unless you are a registered member.

The training fees cards for Summer are \$65 non-concession and \$55 for concession card holders (HCC, Pension Card, Student Card).

President's Report

First and foremost: Happy New Year, 2024 is going to be awesome!

We are deep into the Open Water season, and I hope all of you that want to, indulge in at least one of the open water swims on offer. It is always good fun, and the Club usually meets up somewhere afterwards to hear the results and have a good old natter about all things swimming and non-swimming related. If you have not tried open water swimming yet, why not sign up to the Jetty to Jetty on Australia Day? We usually walk away with one of the club prizes, but this can only happen if lots of club members take part.

If open water is not your thing there are a couple of summer pool meets coming up. One is in Strathalbyn and the other at Woodside. Both are lovely outdoor pools, and the swimming is a little more relaxed than the winter series. These are wonderful opportunities for a morning out with your club mates and to get to meet some of the other characters in the South Australian swimming community. The meet usually ends with a visit to a local eatery to mull over life, the universe and everything.

As I mentioned in the last newsletter, we are hosting the Branch Dinner this year. Jeff Sheridan and his team are working behind the scenes to make this an outstanding event. It would make me very happy if everybody who can comes along to make the SA Masters Night of Nights our own. Save the date 20th April 2024. It is going to be a wonderful evening.

Looking further ahead, the entries for the Masters Nationals in Darwin in May open at the beginning of January. There has been a ground swell of members interested in taking part. Why not be one of them and give your time in the pool some focus? You do not have to be an elite swimmer to take part as it is more about the people and the place than the swimming. Come and join us at the blunt end of swimming. If enough of us go I might even design an Adelaide Masters "non-elite squad" t-shirt!

Are you au-fait with social media and can you spare a few moments to look after the social media presence of the club? We are on the lookout for volunteers who are willing to maintain the Club's social media presence. Could that be you? If it is, please let the committee know via the usual email address AdelaideMastersSwimming@GMail.com . We would really appreciate your help.

Finally, Ilze is taking a well-earned rest in the beginning of January, and I will be stepping in for a couple of weeks to lead the training sessions. See you at the pool or on the beach.

Pete

Coach's Corner

I hope you all are enjoying this time of the year – a little time off work, festivities, a little bit less of exercise and a little bit of stress about your health. Haha, you are not alone! Our friend Google is full of reminders to do everything in moderation and the benefits of physical activities. Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome.
- High blood pressure.
- Type 2 diabetes.
- Depression.
- Anxiety.
- Many types of cancer.
- Arthritis.
- Falls

Of course you did. So, you also know that exercise improves mood, boosts energy, promotes better sleep and puts spark back into your sex life.

So, please, make sure to squeeze in some form of physical activity in between your festivities. In this cool weather ocean swimming might be not so appealing for some but there is always running, cycling or climbing Mt Lofty. Regular training with Pete Holly will resume on 3rd of January and I will see you on 22nd of January. Be merry and happy, and best wishes for the next year!

Ilze

Christina Boros Bequest

Christina was a dedicated, enthusiastic club member before her sad passing in May 2021. She gained immense enjoyment and fulfillment through her swimming experiences and achievements and generously bequeathed \$50,000 to the Club after her death. As part of her legacy, the Club is organizing at least one event for members each year to benefit their swimming. It is proposed there will also be an annual encouragement award in her honor.

Video Analysis Sessions

This year Christina's legacy sponsored 3 video analysis sessions with a qualified swimming coach. The sessions were popular and very well received. We have had feedback from a couple of our members:

Kathy Watson

The video recordings and in-depth feedback were very interesting as we were able to see things that are impossible to spot from the poolside. I can't say I have been successful in changing my breathing just yet, but I am working on it and trying to follow 'hands, head, hips and heels high and you'll fly'!

Kent Nelson

Well, I signed up for the stroke video correction analysis at the very good price of \$20. The analysis - basically I was told I could swim, just. I was given four points to improve my stroke. Who would of thought you had to kick? Isn't that for ten year olds? However I have taken on board the tips and I believe I'm a chance for the Paris Olympics next year if I in fact kick. Tremendous value and I thank the Club and the Committee for the opportunity.

Proclamation Classic Open Water Swim

The Proclamation Classic was held on Thursday 28 December at Glenelg Beach, a welcome return after last year's event was cancelled due to bad weather. The water was glassy at 7.30am when our team arrived at to begin set up with the Glenelg SLSC. Conditions remained fine throughout the morning, though a southerly breeze developed during the second half of the 2K, giving the first wave swimmers an advantage.



The promise of a perfect morning...



Our willing volunteers

Of the 132 swimmers who entered, 20 of whom were Adelaide members (including several new members). This was more than any other club and an excellent turn out for our own event. In the 1K Emily Goldie was 1st female overall and Lee O'Connell 3rd Masters female while Peter Clements, Pam Gunn, Remin Nath and Isobel Paloma completed the swim. Scott Goldie was 3rd overall in the 2K, and Elena Cortazzo, Judith Gallasch, Shayan Gunawardena, Michael Harry, Peter Holley, Kay Johnston, Kim Lau, Geoff McConachy, Kent Nelson, Matt Scholar, Elliot Smith, Mardi Webber and Roman Zaika all finished. Congratulations to everyone!

Many thanks to all of our volunteers, in particular event organiser Jeff Sheridan and Geoff McConachy Russell Anderson and Peter Clements who handled different stages of planning and set up. Thanks also to the Glenelg SLSC for their excellent water cover.



Russell, Jeff and Peter hard at work

Eric Magill Swim

The Eric Magill Swim 3rd December 2023

It was a beautiful, sunny day, excellent swimming conditions and the water temperature and clarity were almost perfect. 33 swimmers enjoyed the great conditions, including 12 Adelaide members. Greg Cooper was the lucky random draw winner of the coveted Eric Magill trophy. Suzie Fitzgerald, the 2021 winner presented him with his prize.

Betty Reinboth



A highlight of the event was Kent Nelson and Mark Loader's heroic rescue of a Labrador that was determined to swim out to seals at the end of the Grange Jetty. As a result, the dog lifesavers missed the draw for the trophy.



6:44 4G

Labradors Of South Australia

Julie Johnston · 7 h · 📍

Well Gidget out did herself at Grange this morning when she decided to swim after seals at the jetty 😞 Thankfully swimmers who we are forever grateful had just finished their normal morning swim came to the rescue and swam out to the end of the jetty and guided her back. She didn't want to come back as you can see by the footage and when she got back to shore 20 mins later she was ready to go back for more 😞

swimmer. Yeah. I want to see the seal up there. It didn't

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Merchandise



Members wishing to order club merchandise can either see Judith Gallasch at training on Wednesday evenings to view the merchandise and place an order, or email the club at adelaidemastersswimming@gmail.com requesting a Merchandise form as soon as possible. The form provides information about available items including images and prices.

Goods must be ordered on the Merchandise form and paid for by EFT to the Club bank account (which is on the form) before they will be ordered through our supplier.

Betty and Kay
Merchandise Sub Committee

Dates for your diary

Further information on the following events (including registration details when posted) and the calendars for the Open Water series and Summer Pool series are available on the [Masters Swimming SA website](#).

January 2024

Sunday 7 th	Pub to Pub 1.6K	From 8.30am outside Seacliff Hotel
Sunday 14 th	MSSA Open Water Championships 1K and 3K	From 8.30am at Somerton SLSC
Friday 26 th	Jetty to Jetty 2.2K	From 7.30am at Grange Jetty

February

Sunday 4 th	Brighton Jetty Classic 1.5K Note: not a Masters meet	From 7.30am at Brighton Jetty
Saturday 10 th	Pink and Blue Swim <i>Note: not a Masters meet</i>	From 7.30 at West Beach Surf Life Saving Club
Sunday 18 th	Henley Beach Swim 1k and 2K	From 8.30am at Henley Beach

March

Saturday

2nd Port Elliot Swim From 22.30pm at Port Elliot SLSC
900M and 1.8K

Monday 11th Noarlunga Reef Swim From 9.00am at Port Noarlunga Jetty
1.5, 2.5K and 5K

April

20th SA Masters Branch Dinner

May

3rd – 7th [MSA National Championships](#) Parap Pool, Darwin



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