

## June 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>*

### President's Report

Hi from your acting Preso till August.

Great weather for ducks! Or for warm indoor swimming or outdoors if you're in a wetty or just mad like Kent in speedos. Speaking of whom, he is spruiking the (unsanctioned) Winter Solstice swim gathering at Henley Jetty at 9am on 18th June. What could be more fun! Be there!

It was excellent to see such a good Club turn out at the Relay Interclub on Sunday 21<sup>st</sup> May. It was good fun and we had some good results. There are reports from Ilze, Lee and Steph and some photos below.

As well as important day to day stuff in running a club, the committee is working on your behalf on a number of projects. We are seeking involvement from members so the outcome of these projects reflects members' thoughts and wishes. The intent is to form a few working groups/subcommittees to spread the load and map the progress for each project to an outcome. If you are willing to take the reins of a process or join a group, your involvement will be very much appreciated. Or your may wish to offer some ideas or comments. Any contribution will help the Club and be welcome

The activities may be done over Zoom or by other means, taking up just a small amount of time. Please approach the leads below in person, or by contacting them by email through [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com)

Projects proposed:

- Review of Club Web site - Seek content, layout ideas, items of value for members: contact **Peter Clements, Michael Harry**
- Christina Boros Bequest: Contact **Michael Harry** or **Peter Clements**.
- State branch 2024 Presentation Dinner (its our turn to organise this): Contact **Jeffrey Sheridan**

Enjoy!

Jeff

## Congratulations

### Sharon Beaver



At the Masters National Championships held in Hobart in April, Sharon won 1 gold, 5 silver and 2 bronze medals. What a magnificent performance!

### Kent Nelson

Kent recently received the Vorgee Award for completing **7 million metres**, most of it in the ocean and a lot of that in very cold water without a wetsuit. Kent is one of just 4 members of the 7 Million Metres Club: see <https://mastersswimming.org.au/programs/million-metres-program/>.

Come and join Kent at the informal (and unsanctioned) Winter Solstice swim at Henley Jetty at 9.00am on 18 June. Wetsuits are permitted (and encouraged for the thermally deprived), but you may be sledged!

## Coach's Corner

Congratulations to all our swimmers who competed at the Relay Interclub, especially those who competed for the first time. It was an excellent start to the Winter Interclub series. And it was a good indicator that summer training and last few weeks of sprinting prior to the meet has paid off - many impressive results!



Relaxing between the relays - Niel Juma, Scott Goldie, Michael Harry, Sue Graebner.

Of course, the performance of the swimmer is not just limited to competition results. There were many outstanding results by our swimmers at training too, not to mention improvement in technique, endurance and turns. So, talking about technique, I hope the **Freestyle** drills in the earlier newsletter were useful. Here are some essential **Backstroke** drills. Please remember that some drills are more useful for you than others. If you are not sure, I am there to help.

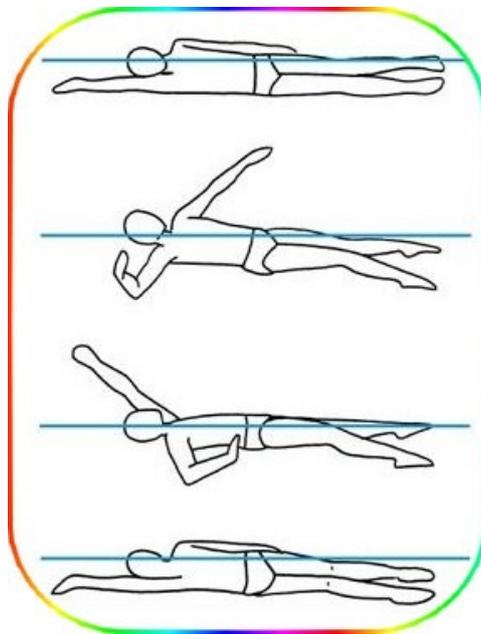
### 1. THREE STROKES SWITCH BACKSTROKE

#### *The purpose of this drill*

- Benefiting from core leverage
- Feeling the roll into and out of each stroke
- Transferring power from the core to the limbs

**How to do this drill**

Push off the wall preparing to do the backstroke, straight spine and good water-line. Perform three strokes (one arm = one stroke), accompanied by a productive kick. As your arm approaches your hip on the third stroke, float and kick in that position, with the arm that just finished its underwater stroke at your side, the other arm fully extended. You should not be floating flat in the water, but instead you should be mostly on your side with the arm at your side closer to the surface, and the arm extended over your head lower in the water. Your face should remain out of the water the whole time. Do six good kicks in this position (one leg = one kick).



**DRILL FEEDBACK CHART**

Problem	Modification
I go crooked.	Be sure your leading arm is aligned at 1:00. You can swim next to a lane line, or if you are at an indoor pool, watch the lines on the ceiling to go straight.
I don't roll as much in the three strokes as I do changing to the kick only phase.	Slow down your strokes. Allow time to roll. Use both hips and shoulders to roll.
I am struggling to keep my face up during the kick only phase.	Try using a quicker kick rhythm. Kick up towards the surface with more force. It is important to maintain your momentum during the kick only phase.

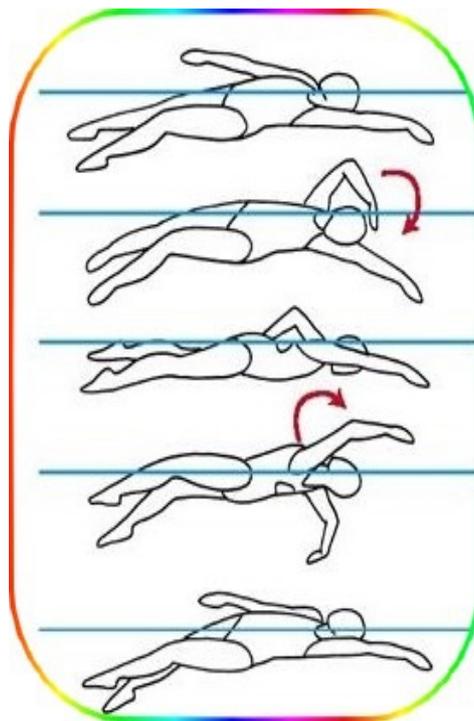
## 2. CORKSCREW

### *The purpose of this drill*

- Achieving depth to begin the stroke
- Feeling the roll that begins the arm stroke
- Using a bent arm mid-pull similar to freestyle

### *How to do this drill*

- 1 - When your right arm approaches mid-recovery, your left arm should have come to its deepest point under- water. The shoulder and hip of your recovering arm should be at least partially out of the water, and the shoulder and hip of your stroking arm should be low in the water.
- 2 - At this point, redirect your recovery to cross over toward your opposite shoulder, and lead your body to switch from its side, to a front floating position. Your recovering hand should enter the water as a freestyle stroke.
- 3 - Start to stroke with freestyle as the arm at your side starts to recover as freestyle. You should again be floating on your side, and by mid-recovery, redirect your over-the-water-arm to enter the water as the backstroke.
- 4 - Continue to move through the water, one stroke as backstroke and the next as freestyle. Feel the depth that your arm achieves to begin each stroke on your back. Notice the similar bent elbow position of your arms in both strokes during the mid-pull. Feel how rolling toward your stroking arm accesses more power for the stroke.



**DRILL FEEDBACK CHART**

Problem	Modification
I am getting dizzy.	Yes, this can happen. Stop frequently. Make the most of each stroke so that you you are able to do. Be very focused on noticing the depth that your hand achieves, the bent arm position in the middle of the stroke, and your roll until you feel dizzy.
It is hard to flip from my back to my front.	Allow your body to roll onto its side, using your hips and shoulders. Then simply continue that roll so you end up floating on your front.
I can't figure out when to breathe.	Catch a breath during the stroke on your back. This drill does not accommodate breathing during the freestyle stroke.

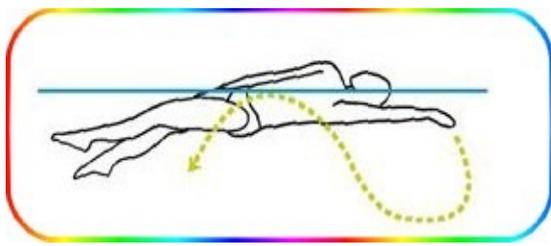
**3. ONE ARM PULL/PUSH**

***The purpose of this drill***

- Learning the path of the backstroke arms
- Feeling both pull and push
- Rolling into and out of each stroke

***How to do this drill***

- 1 - Float in the water, face up, spine straight, good water-line, kicking productively, with one arm at your side and the other extended over your head, aligned with the shoulder.
- 2 - Start your stroke by descending your reaching hand about twelve inches straight down into the water, pinkie finger first, allowing the opposite shoulder and hip to rise at the same time. From twelve inches deep, keeping your elbow absolutely still, begin to move your fingertips and palm upward to press the water toward your feet. Sweep your hand to the height of your shoulder, so that your arm is close to a right angle. Done correctly, it should feel like your forearm is rotating around your elbow. This is the pull portion of the backstroke arms.
- 3 - From that point, straighten your arm in a quick sweep until your hand stops below your hip, with your fingertips pointing toward your feet. Allow your whole arm to become involved in this sweep. At the same time, roll your same side hip upward to assist in the power of this action. This is the push portion of the backstroke arms.
- 4 - Recover your arm over the water and repeat the path of the backstroke arm with the same arm. Notice that your hand is tracing a sort of S shape along the side of your body. The top curve is the pull, the bottom curve is the push. This S shape can become more pronounced as you increase your roll into the top curve with your shoulder and hip, and out of the bottom curve with your shoulder and hip.



**DRILL FEEDBACK CHART**

Problem	Modification
It hurts my shoulder to get my hand twelve inches deep at the beginning of the stroke.	It is very important to allow your same side shoulder and hip to roll down with your hand. Without this roll, it is nearly impossible, and painful for many swimmers, as the shoulder joint is not designed for this range of motion from a flat position.
The palm of my hand is facing up when my hand reaches my hip.	This indicates that the path of your stroke is circular, instead of S shaped. When you finish with your palm up, you are lifting the water. Doing so actually pulls your body down, not forward. Try tracing the shape of an S in the air, then again in the water.
My fingertips come out of the water when my hand and shoulder line up.	Your hand might be too close to your shoulder. Keep it at a right angle to your shoulder. Also, be sure that you are rolling into your stroke with your shoulder and hip, giving you water over your fingertips when your fingertips are closest to the water's surface.

**4. NO KNEES STREAMLINE KICK**

***The purpose of this drill***

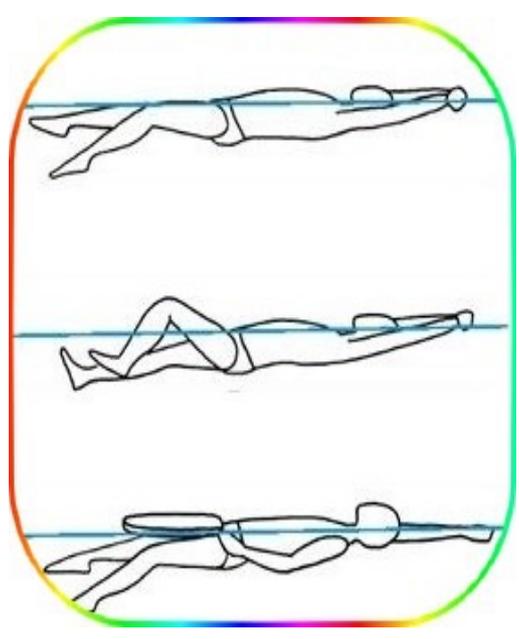
- Learning to keep the knees under the water
- Using the correct muscles to kick backstroke
- Developing an efficient backstroke kick

***How to do this drill***

- 1** – Lay horizontally in the water, face up, straight spine and good water-line, toes pointed. Extend your arms over your head, squeezing your ears between your elbows and clasping your hands, one over the other (this is so called streamline position). Begin the flutter kick, kicking upward with more force.
- 2** – Kick at a tempo that there is no distinction on the surface of the water between the boil from one foot and the other. Maintaining a neutral chin position, use your peripheral vision to see if your knees are breaking the surface of the water, or if the water is moving upward around your knees. If so, this indicates that you are lifting your knees, or doing a bicycling motion during your kick. This is common because the muscles used to lift the knees, the abductors, that connect the legs to the abdomen, are used a great deal by humans on land in actions such as walking, running, cycling and climbing stairs. However, in the backstroke kick, lifting your knees weakens your kick.
- 3** – To engage the correct backstroke kicking muscles – the quads and the hamstrings, begin kicking with absolutely no bend at the hips. It means you have to start the kick lower than

the surface of the water, and use your leg as if to kick a ball floating on the surface of the water. Although your knee will bend, it is only as a result of your dropping your heel into the water, not by lifting your knee. Imagine kicking a ball with your foot by raising your knee. It wouldn't work. Using your peripheral vision, check your knees. There should be no water moving around them.

- 4 – Now, double check if you are lifting your knees by holding a kickboard with one hand, positioning it the long way over your upper legs and knees as you float and kick, keeping the other arm extended over your head. As you kick, you will be able to feel if your knees bump the kickboard.



Problem	Modification
Water gets in my face . . . a lot.	This is feedback that you are lifting your knees. Doing so produces a wave, which washes over your face. Work on starting the kick by dropping your heel down, rather than raising your knee up. Try it on land looking in a mirror. Also, in the water try kicking faster to produce more forward momentum.
It hurts my lower back when I don't bend my knees.	Rotate your pelvis forward and work on your straight spine. You also might be kicking too deep. The backstroke kick is only about twelve inches at its deepest. Additionally, make sure you are not kicking down with force. Simply drop your heel into the water. Kick with force only in the upward direction.
I move very well even with my knees breaking the surface.	You are probably blessed with excellent ankle flexibility which makes the backstroke kick much easier. But just think how well you would move if you also eliminated the drag that your knees are producing. It is worth your time to work on this.

## Captains' Report – Relay Interclub

The Relay Interclub, held on Sunday May 21<sup>st</sup>, was first and foremost a fun meet and we hope that was the experience of the 20 Adelaide Masters swimmers who helped make it that way. There was great team spirit and a feeling of camaraderie and support for each other. Thanks to everyone who made the trek down to the SAALC and gave up their Sunday morning to support the club

We had 11 women and 9 men swimming. Each swimmer could swim in up to five events, so with those numbers we entered 24 teams. It was a mammoth organisational effort and the fact that every one of those teams was organised, ready to swim, sometimes with minimal time between events, and completed their event with no disqualifications was in itself a great achievement. We are so grateful to Steph for her amazing spreadsheet and the hours of work she put in organising the teams. Her efforts were almost derailed when Kim Lau hurt her ribs and was unable to swim. Fortunately, Alyce Dowling was available and was slotted into all of Kim's events. Thanks Alyce!

It was great to see a few of the legends of Adelaide Masters, Sue Graebner, Kent Nelson and Michael Harry, who usually prefer the open water swims, bravely embrace the pool environment. Jock Dean, one of the foundation members of Adelaide Masters, was also back in the pool and instrumental in persuading Emily Pannell to enter her first meet for Adelaide Masters. Other first time swimmers for us were Niel Juma, Christopher Charles and Bec Milton. We hope this event was an enjoyable experience and you will be back for more. A special mention needs to go to Elliott Smith who admitted he finds competing stressful. Having to swim 50 fly with his goggles slipping around his mouth certainly did nothing to ease his anxiety – we all appreciated your efforts Elliott! Special thanks also to our coach, Ilza for coming down to encourage the team and to Steph's husband, John, who generously came to time-keep for the whole morning.

We promoted this event for our club as embracing the ethos of Masters Swimming – fun, fitness and friendship and it was definitely about participation not winning. However we still had some impressive results.

- Adelaide Masters came sixth overall with Atlantis first, Phoenix second and Uni SA third.
- Our 240+ women's 400m freestyle team (Steph Palmer White, Sharon Beaver, Julie Bowman and Lee O'Connell) broke the state record by 20+ seconds and unfortunately missed the National Record by less than 1 sec.
- Our female 240+ 200m freestyle relay (Judith Gallasch, Lee, Sharon and Steph) won their event however missed the state record by 0.01 sec – so close!
- Our mixed 200+ 400m medley Relay (Sharon, Elliott, Steph and Scott Goldie), female 200+ 400m medley relay (Sharon, Emily Goldie, Steph and Julie) and mixed 160+ 400m freestyle relay (Emily Goldie, Elliott, Julie and Scott) also won their events.

We also placed in a number of other events:

- Mixed 200+ 200m medley relay (Michael, Alyce, Steph and Jock Dean) – 3<sup>rd</sup>
- Female 200+ 100m freestyle relay (Bec, Sue, Emily Pannell, Judith) – 2<sup>nd</sup>

- Male 200+ 100m medley relay (Jeff Sheridan, Charles Gravier, Niel,) – 2<sup>nd</sup>
- Female 160+ 200m medley relay (Emily Goldie, Julie, Bec, Helen Bartsch) – 3<sup>rd</sup>
- Female 200+ 200m medley relay (Lee, Judith, Alyce, Emily Pannell) – 2<sup>nd</sup>
- Mixed 160+200m freestyle relay (Jeff, Alyce, Kent, Bec) – 2<sup>nd</sup>
- Mixed 240+ 200m freestyle relay (Judith, Christopher, Helen, Jock) – 3<sup>rd</sup>
- Female 240+ 100m medley relay (Sharon, Julie, Lee and Sue) – 2<sup>nd</sup>
- Female 160+ 200m freestyle relay (Emily Pannell, Alyce, Helen and Bec) – 2<sup>nd</sup>
- Mixed 240+ 100m medley relay (Kent, Judith, Sue and Bec) – 3<sup>rd</sup>

The event was, as always, well organised by the officials and finished in a timely manner. This meant those of us who were available had plenty of time and opportunity to meet with over 70 fellow swimmers from all the clubs for lunch at the Warradale Hotel, a great chance to socialise and embrace the friendship aspect of Masters Swimming. And it was Charles' birthday!

Congratulations and thanks to all our swimmers and supporters. We hope we will have another great contingent of Adelaide Masters members enter by June 30<sup>th</sup> for the next Interclub on July 16<sup>th</sup>!

Lee O'Connell Steph Palmer-White  
Club Captains



Ilze, Charles and Judith....happy birthday, Charles!



Niel, Elliot, Jeff, Lee, Helen, and Ilze

## Dates for your diary

### June



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/>

### July

Sunday 16<sup>th</sup> Interclub 2 (SC) SA Aquatic and Leisure Centre from 8.30am

Entries close **30 June**

### August

Sunday 13<sup>th</sup> Interclub 3 (LC) SA Aquatic and Leisure Centre from 8.30am

Entries close **28 July**

### September

Sunday 10<sup>th</sup> Interclub 4 (LC) SA Aquatic and Leisure Centre from 8.30am

Entries close **26 August**

Sunday 24<sup>th</sup> SC State Cup SA Aquatic and Leisure Centre from 8.30am

Entries close **8 September**

### October

Sat 7/Sun 8 Australian Masters Games Swimming. Information and entry details at:

<https://australianmastersgames.com/sport/swimming/>

### November

Sunday 5<sup>th</sup> 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](mailto:adelaidemastersswimming@gmail.com)