

November 2023

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

Merchandise

Members wishing to order club merchandise can either see Judith Gallasch at training on Wednesday evening 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

Stroke Analysis Video Session

As announced previously, we are offering the opportunity for Adelaide Masters members to get a professional Stroke Analysis Video session. The session will include an underwater video of your stroke (for you to keep), an analysis of your stroke and some suggested drills to improve your swimming efficiency. The cost will be \$20 per person (a session for an individual would normally cost \$180) with the rest of the cost being paid for by the Christina Boros Bequest. Please contact the Club by email at adelaidemastersswimming@gmail.com if you are interested or have any queries.

President's Report

Fin Swimming

I entered the Fin Swimming at the Masters Games on a whim. I was probably guilty of thinking "how hard can it be?" and foolishly entered any event that I felt that I could do. I had won a snorkel in a raffle a while ago and I had some training fins so I felt I did not have to invest in any kit. As I would be coming off a few days of normal swimming at the Masters Games I felt that training was taken care of. Many of these assumptions were wrong.

There are three types of events in fin swimming: bi fin surface, mono fin surface and mono fin underwater. The surface events require the participant to wear and attempt to breathe through a snorkel. The underwater events need a bit of breath holding. I had entered the surface bi fin events as I could not justify to myself buying a mono fin.

The first thing I learnt was that my snorkel was not suitable for competition. The mouthpiece was made of a soft plastic that deformed when I dived into the water. The deformation caused the head strap to be pulled down my face and that in turn ripped my goggles off. This was not the way to start a race. I then found out that the valve in the bottom of the snorkel was deemed dangerous, because if it failed, I would end up with a lung full of water. Again, not good in a race. I managed to borrow a more suitable snorkel, but I still had problems with it ripping off my goggles when diving. I nominated to start in the water. It seemed safer.

My first race was a 50-meter dash up the pool. I dropped into the water, waited for the start and then thrashed up the pool. There was not much that could go wrong, and I felt quite comfortable when I got to the end. I had no pretensions of winning, but I was happy with my time. This was followed by a relay. I don't like being in relays, but I felt that for the sake of the organiser I would participate. Again, it was a fifty-meter dash and I got to the end slightly breathless but alive.

During the break one of the Oz fin coaches took me to one side and asked me if I wanted a quick diving lesson. I jumped at the chance. Over the course of a few dives, they worked out that the snorkel I had borrowed was less than good and found another better one. This one clung to my head like a limpet and made diving a less painful experience. Jumping from the blocks was still hard so I nominated to dive from the side of the pool. All I had to do was remember to breath out as I came to the surface.

The one hundred bi fin surface went well. I beat my expected time by many seconds and left the water full of confidence. This was misplaced confidence that came back to bite me in the next event, the two hundred bi fin surface. The first one hundred flew by, then on the third lap it became clear that I had started too fast. I felt the energy draining from my body, my legs became heavy and breathing through a tube became an almost hostile activity. The "game of soldiers" point came fifteen meters from the end of the third lap. I could not physically go on. I stopped. I got out. I felt completely cowed. This was not my finest moment.

The four hundred surface bi fin was next. My confidence had all but disappeared. I was doubting that I could finish it given the fiasco in the two-hundred-meter race. I decided to take it slowly. The aim now was to finish, nothing more. I dived in and splashed my way through the lengths slowly, trying to conserve energy. It was a boost passing through the two-hundred-meter mark but that was where the breathing through a pipe suddenly became difficult. I tried breathing in using the snorkel and out of my nose as well as breathing in and out of the snorkel. None of it made any difference, I could not get enough air into my lungs. I resorted to "sighting" and gasping lungful of air in the process. It was not pretty but I got to the end, and in a time faster than I could swim without fins.

In between my evens I watched the mono fin events with fascination. They powered through the water by holding their hands out in front and undulating their bodies in the most graceful of ways, even the turns looked effortless. The only time they looked less than graceful was when they got on to the blocks ready to dive in.

I came away from the event having learnt a few valuable lessons, Fin swimming is hard and requires practice and technique. It is also fun and a nice deviation from normal swimming. I now have a desire to buy a mono fin.

Pete



Coach's Corner

As we have entered the season of open water swimming, our focus has changed to longer distances. There are slight differences between open water and pool distance swimming technique, but basically it is all about ensuring energy efficiency.

To save energy in long distances make sure that you maintain a long and steady stroke. For this you want to reach as far forward as possible. Usually, you should feel a nice stretch running across your lat from the shoulder blade. Also, swimming with a high elbow position under the water is a critical part of maximizing your propulsion in the most efficient manner.

When it comes to kicking, you want to kick steady but not too fast or strong, so reduce kicking rate and the power of kick. Many swimmers use two-beat kick, which essentially means that your arms and kicks will be executed in the same rhythm.

Breathe as frequently as your body requires, you need a good flow of oxygen. Many swimmers prefer a one-sided breathing pattern. The thing to watch out for is a slight body imbalance you need to correct when breathing on one side only.

And, of course, one must be physically prepared to swim long distances. Finding the right speed with enough endurance to last the entire race is not easy. Training should include sets aimed at reaching your pace for the race on every lap. So, if you're doing a set of 10 x 100 meters, at the end of every 100 meters you should be breathing pretty hard, but not actually gasping. And the recovery time should only be about 10 to 20 seconds, depending on how fit you are.

See you at the next training for some endurance sets.

Ilze

Captains' Report

Australian Masters Games 2023

The Swimming Competition of the 19th Australian Masters Games was held at SAALC on 7 - 8th October. Adelaide Masters had an enthusiastic crew of 12 swimmers: Steph Palmer White, Sharon Beaver, Bec Milton, Emily Pennell, Judith Gallasch, Bessy Kesic, Lee O'Connell, Jock Dean, Russell Anderson, Peter Holley, Scott Goldie and Tony Ward.

Swimmers were able to swim 6 individual events over the 2 days and also 2 relays per day. We all came home with a bag of quite impressive looking medals – Steph starring with 6 individual gold, Sharon with 5, Bec, Tony and Pete with 4 individual gold each. The rest of us had a good variety of gold, silver and bronze from both individual and relay events.

There were many memorable moments but just to recount a few. Scott swam the 400 IM hoping to get 6 minutes or under. He was disappointed with a 6.01 and admitted that a very slow turn mid the backstroke leg may have denied him his goal, but what a good swim in a really tough event. Congratulations to Sharon who also completed the challenging 400 IM. As expected Steph won gold in all the butterfly events. Tony Ward at the ripe old age of 83 swam impressively and medalled in the 25, 50 and 100 fly and the 100 and 200 IM – as well as helping us field a couple of 280+ relay teams - well done Tony!

One benefit of the Australian Masters Games is meeting such a wide variety of local, interstate and overseas Masters Swimmers and especially the fun in swimming combined relays with some interstate and local swimmers. The Adelaide Masters 4 x 25 Freestyle 280 + relay of Lee, Judith, Tony and Jock won gold, touching out a combined SA team by 0.1 sec with a very exciting anchor leg swum by Jock against Alan Suskin. A Team of "Misfits" with Steph and Sharon as the common denominator combined with both Adelaide Masters and other SA swimmers to win gold in all 4 of their relays.

It was great to have long-term Adelaide Masters member Bessy Kesic back competing with us. Bessy's age of 80 meant she was in great demand for relays, swimming with a few other OBE's (over bloody eighties) from SA and interstate to win a few golds in the 320+ age group – well done Bessy!

The event was run very efficiently and very well by Swimming SA. Thanks again to Pam and Pete Holley for marshalling the whole event. It was very special to have Di Simons helping with marshalling on the Sunday. It is also worth mentioning that the Masters Games cover an incredible variety of sports. It was great to see Pete Holley also compete in the Fin Swimming (whatever that is!!), while Pam won a silver medal with her Walking Netball Team the Magnolias.

Congratulations to all who joined us for a couple of enjoyable days of competition. A few intrepid partygoers also joined in for the Masters Games Opening and Closing Ceremonies, the Billie Joel Tribute Show, the Midweek "Abba" concert and a chilly Fiesta at the Glenelg Foreshore.

The Summer season is nearly upon us with the last pool meet of the winter season, the long course long distance meet, coming up on Sunday November 5th. Good luck to all those challenging themselves to swim 400m, 800m or 1500m. Then it's all systems go for the Open Water Swim season with the first event the Seacliff Swim on Sunday December 17th – let's hope we get some decent weather. The program for the Summer pool season should be out soon.

Steph and Lee



Sharon and Steph
(and 11 gold medals)



Decorated (fin)swimmer Pete



Jock, Emily and Judith
(with the form guide)



Russell and admirers

Dates for your diary

November

Sunday 5th LC Long Distance Meet SA Aquatic and Leisure Centre from 8.30am
Entries closed 20 October.

2023-24 Open Water Swim Series

Masters Swimming SA has released the schedule for the 2023-24 State Open Water Series.

OWS EVENTS FOR 2023-24

SUNDAY 17 DECEMBER	SEACLIFF Seacliff Hotel 0.8km 1.6km	FRIDAY 26 JANUARY	JETTY TO JETTY Grange Jetty to Henley Jetty 2.2km
THURSDAY 28 DECEMBER	PROCLAMATION Glenelg Jetty 1.0km 2.0km	SUNDAY 18 FEBRUARY	HENLEY BEACH Henley Beach 1.0km 2.0km
SUNDAY 7 JANUARY	PUB TO PUB Seacliff Hotel to Brighton Hotel 1.6km	SATURDAY 2 MARCH	PORT ELLIOT SWIM Port Elliot SLSC 0.9km 1.8km
SUNDAY 14 JANUARY	STATE OWS CHAMPS Somerton 1.0km 3.0km	MONDAY 11 MARCH	NOARLUNGA REEF Port Noarlunga Jetty 1.5km 2.5km 5.0km
SWIMMING SA AND NON-MASTERS SWIMMING SA EVENTS			
SUNDAY 3 DECEMBER	SA STATE OW CHAMPS West Lakes Rowing Centre 1.25km 2.5km 5.0km 7.5km 10km	SATURDAY 10 FEBRUARY	PINK AND BLUE WALK / SWIM West Beach 0.2km 0.4km 0.7km 1.0km
		SUNDAY 4 FEBRUARY	BRIGHTON JETTY CLASSIC Brighton Jetty 0.1km 0.4km 1.5km

FOR MORE INFORMATION AND TO REGISTER, VISIT [MASTERSWIMMINGSA.ORG.AU](https://mastersswimmingsa.org.au)

Further information is available on the Masters Swimming SA website:

<https://mastersswimmingsa.org.au> under Events.



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