

September 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>*

President's Report

Will this winter ever end? I have only been back from my travels for a few weeks, but I am already sick of the cold. Hopefully, spring will come and with it the joy of outdoor pools and long swims in the sea. But before that we have so much happening! There is still one interclub and of course a couple of State Cup meets to have a go at. If that was not enough, we have the Masters Games for people who like the big event. I have entered, have you? I also thought that I would try something new, so I have entered the fin swimming. I have not swum with fins and a snorkel in anger before, but I thought, if not now, when? If you what to join me in what could potentially be the most embarrassing set of swims in my life, why not enter? I could do with the poolside camaraderie.

Just to prove that the club does not stand still when the president is away, Kay and her team have been working hard to bring us all manner of club branded clothing, including the "racing blue" bathers. Judith will be bringing samples to poolside on Wednesdays, so that you can try before you buy. My hope is that I will see a sea of blue at pool and open water events in the coming months, marking Adelaide Masters as THE swimming club to belong to.

Finally, as spring is (hopefully) in the air and as we all know spring is the season of Love, I would like to congratulate Dr. Alyce on her recent engagement.

Pete

Coach's Corner

What is body rotation and why do you hear about it so often?

Freestyle body rotation is the rotation of a swimmer's shoulders, torso and hips along the vertical (long) axis of their body while performing the freestyle stroke.

The rotation of your body in freestyle starts with the core and hips, and the rest of your body will follow naturally. As your hips are rotating, they're helping elongate your arms so you can roll into your stroke easier. At the same time, your kick is helping to finish driving the rotation of the body. At no point (or for very little time) should your hips be pointing directly down at the bottom of the pool. They should be rotating in time with each stroke you take and tying into the stroke itself.

It is unusual to find swimmers with too much body rotation in freestyle. In most cases, swimmers need to rotate more or have a lousy rotation on one side. But body rotation is essential to a proper freestyle stroke technique. It is considered fundamental to good freestyle swimming. The three main reasons why the freestyle rotation is so important are:

1. Injury prevention and an easier arm recovery

Lying in a flat position in the water and recovering your arms puts stress on your shoulder, especially your rotator cuff muscles. You can quickly try this on land with a simple exercise.

- Lay down flat on the floor and try to recover your arm as you would with a freestyle stroke – it's not possible because of the restrictions of your rotator cuff muscle. A flat body position leads to an internally rotating shoulder and increases the risk of injury.
- Now you can try to do the same movement while lying on your side on the floor. Your elbow can lead your hand while your shoulder is operating in neutral without any restrictions. This relaxed state of your shoulder reduces the chance of injury and makes the recovery phase of your arm much easier.

2. Swim with a longer, more efficient stroke

With great rotation comes excellent reach. As you rotate from side to side, you can further extend your reach and generate more power with every stroke you take. By beginning your catch phase earlier and with an extended arm, you will travel further with every stroke and require fewer strokes per lap.

3. Use your core and back muscles for power

As you rotate from one side to the other while swimming freestyle, you transfer power between your arms and shoulders through your core, back and chest muscles. Because these muscles are considered some of the strongest in the body, especially for swimmers, you can generate more power. If you swim in a flat position, you generate the full power for your stroke solely from your shoulders and arms. These muscles are much weaker than your core, back and chest muscles, and swimming longer distances puts much stress on them, increasing the chance of suffering an injury.

Drills to Improve Your Freestyle Rotation

Single Arm Freestyle

This drill is great for rotation and can help you refine your catch. When swimming single arm freestyle, keep the arm that's not moving pinned to your side. Make sure to rotate to both sides as you swim, and do your best to keep your rotation symmetrical. We recommend using fins for this drill to help keep your hips up. Video - <https://www.youtube.com/watch?v=0ux1BTuCPA&t=24s>

3 Strokes & 6 Kicks

This classic drill is a mainstay for a reason...it's a great way to find balance and get comfortable rotating in freestyle. Take three freestyle strokes, and on the third stroke, keep your arm extended and balance on your side for six kicks. After completing the kicks, take three more strokes and repeat the six kicks on the other side. Focus on keeping your head looking down at the bottom of the pool throughout this drill. Video - <https://www.youtube.com/watch?v=CE7imAKcY1w&t=9s>

Ilze

Merchandise

Get yourself ready for the summer and look part of the team with our **NEW** club bathers, t-shirt, hoody or jacket and track pants. They will be available at the poolside shortly. Please use the order form below, as the Club's on line merchandise page is being updated.

ADELAIDE MASTERS CLUB MERCHANDISE ORDER FORM NAME:.....

| ITEM OF CLOTHING | PRICE | Quantity & Size | COST |
|---|-------|-----------------|------|
| Women's narrow strap (size 8 -16)  | \$69 | | |
| Men's brief style (size 12-22)  | \$30 | | |
| Men's jammers (size 12-22)  | \$50 | | |
| Hoody (unisex) (size S, M, L, LG, XL)  | \$90 | | |
| Mens t shirt (navy) (size S, M, L, XL, XXL)  | \$53 | | |
| Womens t shirt (navy) (size 10, 12, 14, 16)  | \$53 | | |
| Mens polo shirt (size S, M, L, XL, XXL)  same colour as women's | \$60 | | |
| Womens polo shirt (size 10, 12, 14, 16)  | \$60 | | |
| Track suit jacket (size S, M, L, XL, XXL)  | \$99 | | |
| Track pants with cuff (unisex) (size S, M, L, XL, XXL)  | \$65 | | |
| Track pants with zip (unisex) (size S, M, L, XL, XXL)  | \$65 | | |
| Pool Coat (with club logo and name) (size S, M, L)  | \$120 | | |
| SILICONE CAPS (\$16)  BEANIE(\$35)  CAP(\$35)  | | | |

FINAL TOTAL

PLEASE TRANSFER YOUR PAYMENT TO ADELAIDE MASTERS

BSB 035 213 ACCOUNT 128446

Captains' Report

Interclub 3 Long Course 20 August 2023 South Australian Aquatic and Leisure Centre

With 8 swimmers competing (Jock Dean, Judith Gallasch, Charles Gravier, Emily Goldie, Scott Goldie, Bec Milton, Lee O'Connell and Steph Palmer-White) Adelaide Masters performed creditably at Interclub 3, finishing 7th. Congratulations to all involved. We are ranked 6th overall.

Individual winners in their categories were:

- Steph Palmer-White 200 Fly, 100 Fly and 200 Free
- Charles Gravier 50 Free, 100 Breast and 50 Breast
- Judith Gallasch 100 Free and 400 Free
- Bec Milton 100 Back and 50 Breast
- Emily Goldie 200 Breast and 50 Fly
- Scott Goldie 100 Fly and 200 Free
- Lee O'Connell 400 Back and 200 Back

Steph, Lee, Jock and Scott combined to win the Mixed 240 – 279 200m Free relay.

Steph and Charles are currently 1st overall in their age group; Bec, Judith, Emily and Scott are 2nd and Lee is 3rd.

Lee took some great photos of our swimmers in action and recovery.



Steph and Scott on the first lap of the 100 Fly. Scott seems to have lost his arms!



Judith swam an amazing 400 Breaststroke. Hopefully she remembers she has her glasses on before her next swim!



Thanks so much to Russell for coming along for timekeeping. He was so Inspired (or bored?) that he has decided to swim next time.



Steph leads off the Freestyle relay with Lee, Jock and Scott to follow.
We won thanks to an amazing final leg by Scott!



Bec showed her versatility by swimming 3 different strokes over 3 different distances, and being great in all of them!



Jock has made a welcome return to competition. At the age of 75 he is showing up those much younger than him, and he is a great asset for our relays, raising the age group to the next level.



Emily swam a great 200 Breastroke early in the program.



Jock and Emily enjoying a well-earned break (especially Emily)

There are no photos of Lee as she was the one behind the camera, but she was brave enough to do both a 400 Back and a 200 Back, which is a lot of backstroke! Charles Gravier also swam very well, and is well ahead in his age group at the moment. Charles is very reliable and never misses a meet!

Step Palmer White Lee O'Connell

MSSA Stretching Workshop

EXCLUSIVE WORKSHOP

Purrana Spencer Newton Centre
(Scotch College)
Blythwood Rd,
Torrens Park SA 5062

Saturday, September
30th 2023
1:00pm to 3:00pm

Attention All MSSA Clubs Members!!

Book in for an exclusive stretching workshop hosted by Dr. David Spurrier, tailored specifically for MSSA members. Enhance your swimming and learn expert stretching techniques to benefit your performance and overall well-being. Join us for an informative and engaging session.

Spots are limited!!

Email and register your interest NOW to mssasecretary@adam.com.au

Stretching Workshop

Poetry!

Another cold night of exertion

Christopher Charles

Another cold night of exertion,
into the pool,
into the splash and the thrust
of freestyle, backstroke and breast, and
then butterfly for those that can do it.
Kicking and pulling,
churning out the laps,
on and on.

This for over an hour,
For as long as you can,
For as long as you can keep up with the program
pyramids and cooldowns
60%, 80% then a sprint!
Unmannerly drills that are said to be good for your stroke,
Which is a funny thing
for a whale.
A splash and a thrust
more like a wallow.

Not even trying to keep up with those fast,
With those elegant women,
svelte and trim in their costumes,
swirling out laps in the next lane.
Don't even think about them!

And then a swim through,
and I don't mean drinking,
because this liquid is harsh and resistant,
the air is acrid with chlorine
on the pool deck.
But keep going,
and you'll come out feeling bloody marvellous
at the end.

Dates for your diary

You can enter for the Interclubs and the other Masters SA events listed below at the following link:
<https://mastersswimming.org.au/events/2020-mssa-winter-pool-series/>

September

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

Entries closed **26 August**

Sunday 24th SC State Cup SA Aquatic and Leisure Centre from 8.30am

Entries close **8 September**

October

Sat 7/Sun 8 Australian Masters Games Swimming SA Aquatic and Leisure Centre
Information and entry details at:

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

November

Sunday 5th 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