

**October 2022**

*Contributions to the newsletter are welcome. They should be sent to [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com) addressed to the Newsletter Editor.*

*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>*

## **The (Vice) President's Report**

### **One of my Vices is Swimming**

The October long weekend is upon us. To me this weekend marks a key point in the year: the winter is over and with it, the winter interclub series. Ahead lies the promise of summer and a move to the wonderful outdoor fifty meters of Burnside Pool. The sea is warming up and the cold-water die-hards are being joined by the summer swimmers preparing for the open water series. There is potential in the air.

So, what are your swimming plans for the summer ahead? Have you thought about aiming for the prestigious open water towel for competing in all the open water swims? Are you thinking of entering some of the summer pool series in wonderful outdoor pools? Are you thinking of travelling further away in enjoying some watery fun with friends and family? Why not discuss your plans with our coach and see if she can help your enjoyment by improving your swimming?

Talking of plans, have you bought your tickets for the 45<sup>th</sup> Celebration at the Adelaide Bowling Club? It is going to be a great afternoon of fun and celebrations, avoid disappointment by getting your tickets soon.

I hope that those that can have signed up for the State Cup on 23<sup>rd</sup> October. We would really like a strong representation from Adelaide Masters at this event to celebrate our 45<sup>th</sup> year. It doesn't matter if it is your first or your millionth interclub, the more the merrier. We can talk about it at the Warradale over a meal and a drink. Let's show the rest of the Masters clubs that the original Masters club is still the best!

Incidentally, Jeff Sheridan is looking for more people to help with the Proclamation Day Swim. Please let him know if you are willing to give a little of your time to help the smooth running of our swim. He will also be asking everyone for help on the day. Many hands make light work, so make a note in your diary to be in Glenelg on this Proclamation Day.

Finally, I'd like to say a big thank you to everyone who responded to my query about the personality of the club that I posed last month. There were some very interesting and thoughtful replies that have given the Committee food for thought in the direction that the club should

take. You are always welcome to share your thoughts via the club e-mail:  
[AdelaideMastersSwimming@Gmail.com](mailto:AdelaideMastersSwimming@Gmail.com)

Pete

## Coach's Corner

A few weeks ago I was talking to our swimmers about tumble turns. It turns out that some of us do not how to do them, having never learnt. And some of us do not do them because they take too much energy, they run out of breath.

To the first group of swimmers who do not know how to do the tumble turns and would like to learn, please set aside time to practise them. The best time is right now! The diving pool at St Peters could be used for the first part or the last part of our sessions. You can also practise them at Burnside. I am always available to guide you through the tumble turn process. Here is some useful information for your home work.

Visual for tumble turns: <https://www.youtube.com/watch?v=nYPoeH9b4KM>

Five steps to better tumble turns: <https://www.pullbuoy.co.uk/technical/five-steps-to-better-tumble-turns/>

To the second group of swimmers who can do tumble turns but choose not to because they are not comfortable, too much effort goes into them or they are simply out of the habit, well, it is like everything else – practice makes perfect. The more you do, the better you become. You could say: "I swim only for fitness, I do not compete, therefore no need for tumble turns" or "I do not need tumble turns because I compete only in Open Water races". Tumble turns will improve your fitness. Your stomach muscles will get a proper work out and your lung capacity will improve. And the main thing is – you will so much better in the pool. Haha!

Ilze

## Change to Summer Training

Please note that we are finishing winter training at St Peter's College on **Friday 14 October** and will start summer training at Burnside on **Monday 17 October**.

## 45th Year Celebration Lunch

All members, past members and friends are invited to attend Adelaide Masters 45<sup>th</sup> Anniversary at the Adelaide Bowling Club from 11.00am – 3pm on **Sunday November 27<sup>th</sup> 2022**.

Tickets include lunch and bowling, and can be purchased through:  
<https://www.trybooking.com/CBUTL> . Please send your RSVP by **20 November 2022**

## Captains' Report – Interclub 4

### Interclub 4 Results

The Interclub series for 2022 has now been completed, and I am happy to say that we have 3 medal winners for the series. Sharon Beaver won gold in the 55-59 age group with maximum points, and Charles Gravier also won gold in the 30-34 age group. Scott Goldie won silver in the 50-54 age group. The medals will be presented at the Branch Dinner which will probably be held in March next year.

Our Club came 7<sup>th</sup> overall, which is well down on our past results, but not bad given how few swimmers competed. Some of our regular swimmers, such as Mark Smedley, have not been able to compete very much this year if at all, and we have really missed them. I am sure the Club will come back stronger next year.

We had 6 swimmers compete in the final interclub, and there were quite a few good results, including PBs for Helen Bartsch and Judith Gallasch in most of their events. Pete Holley, Charles Gravier, Sharon Beaver and Steph Palmer-White won at least two of their events in their age groups. Our Women's Medley Relay, consisting of Sharon, Helen, Steph and Judith, won the 200-239 age group by 7 seconds, and the Mixed Freestyle Relay came 4<sup>th</sup> but at least we beat Atlantis!

Afterwards some of us had a delicious lunch at the Warradale Hotel with swimmers from other clubs. I think this is the true essence of Masters Swimming – being part of a large swimming family and enjoying their company afterwards over a meal and a drink.



Sharon Beaver



Steph Palmer-White



Charles Gravier

## Congratulations

Congratulations to Erin Brown on the arrival of Jack Vincent, born Friday 30th September at 4.25 am, weighing 3.4kg and measuring 49 cm, pictured here with very proud big sister Lia. He is already loving his baths, another little swimmer in the making!



## Masters Swimming Million Miles Awards

Congratulations to Pam Holley on her 5 Million Metres award and to Pete Holley on his 1 Million Metres award. Well done to both.

## Dates for your diary

October

Saturday 15<sup>th</sup> - Sunday 16 MSNSW LC Championships (Canberra)

Sunday 23<sup>rd</sup> MSSA Long Course State Cup, SAALC - Online Entries close **6 October 2022**.

Sunday 23<sup>rd</sup> MSWA Stadium Masters Long Course Livelighter Club Challenge (Perth)



November

Friday 4<sup>th</sup> - Sunday 13<sup>th</sup> Pan Pacific Masters Games (Gold Coast)

Sunday 13<sup>th</sup> MSSA SC Long Distance Meet, SAALC Online Entries close **28 October 2022**

December

Wednesday 28 December 2022 (to be confirmed) – Proclamation Classic (Glenelg)



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Do you have something we can include in the newsletter? Mail it to [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com)