

December 2024

Contributions to the newsletter from members are most welcome. If you would like to contribute an item, please send it addressed to the Newsletter Editor to adelaidemastersswimming@gmail.com.

Return to Burnside/Christmas Party – Friday 6 December

To celebrate our return to Burnside and the Christmas season, we are having a ‘party in the park’ after training on **Friday 6 December from 7.30 – 9.00pm**. Come and join us, whether you are training before or not, the more the merrier! Food and soft drinks will be supplied. Please BYO other beverages of your choice.

President’s Report

At last! Summer is here, the festive season is here, and we are back at Burnside. It’s funny how things come in threes.

Thank you all for your patience and understanding whilst we were a swimming club wandering in the dry expanse of a poolless desert. It has been a difficult time for us as a club but now we are back at our rightful home, and we will be there for quite a while as the City of Burnside has extended their sponsorship of the club for a further three years. We will be having a seasonal celebration on 6th December after training (although attendance at training is not mandatory) to mark the start of the festive period and our glorious return to our spiritual home.

With the start of summer comes the open water series and the summer pool series. Both of them are great fun to participate in. The pool series is wonderfully relaxed and visits some country pools, the open water series visits several lovely swimming spots along the coast that you may rarely visit. I urge you all to give at least one of these events a go. If you only do one open water event, please consider the Jetty to Jetty on Australia Day. Our name is on one of the cups and with your help we can make sure that it stays there. If you are keen to do one before then, there is Adelaide’s very own Proclamation Classic which Jeff Sheridan is organising again this year. And yes, it is on Saturday 28 December, Proclamation Day! Finally, have I mentioned the Nationals in Melbourne? Entries open soon.

Merry Christmas and see you in the water. And do join us at our party in the park after training on Friday 6 December!

Calling all swimmers back to ‘normal training! Your coach and the beautiful Burnside pool are eager to see you. There is no better pool to prepare yourself for the open water season. And on Friday 6th December, you will have an opportunity to train under the guidance of Pete Holley, who has done a lot of open water swimming.

I will be planning our training sessions over summer to prepare swimmers for the open water swims that are coming up as well as for the Summer Pool series. I hope we get a good number of swimmers entering all of the swims available over summer.

Pete

Coach's Corner

Calling all swimmers back to 'normal training! Your coach and the beautiful Burnside pool are eager to see you. There is no better pool to prepare yourself for the open water season. And on Friday 6th December, you will have an opportunity to train under the guidance of Pete Holley, who has done a lot of open water swimming.

I will be planning our training sessions over summer to prepare swimmers for the open water swims that are coming up (more on that in my next report) as well as for the Summer Pool series. I hope we get a good number of swimmers entering all of the swims available over summer. It is the nicest time of the year to be swimming!

Ilze

Captains' Report

Long Distance Meet November 10th

Adelaide Masters had 8 very fit (haha) swimmers participating in the long distance meet, and we were pleased to come third, only 16 points behind Tea Tree Gully who were 2nd. The meet finished around 12 noon, which was very quick for this meet. In the past we sometimes didn't finish until 2pm!

Stephanie Palmer-White broke a national record by 2 minutes in the 800m Fly in the 60-64 age group, breaking the 400m Fly national record on the way through. She also broke the 400m IM state record. Extraordinary effort, Steph!

James Yip, one of our newest and very enthusiastic swimmers, broke the 400m Breast state record in the 25-29 age group, in a very fast 5.55. He also swam the 800m Free under 10 minutes. Well done, James!

Less than 2 months after having a knee replacement, Sharon Beaver swam the 400m Back and 400m Free, easily winning her age group in both. It is really good to have you back so soon, Sharon.

Julie Bowman, Scott Goldie and Pete Holley swam the tough 1500m Free, all of them easily winning their age groups. Scott also swam the 400 IM later in the program, and Pete the 400 Free.

Emily Goldie swam two very fast swims, the 800m Free and 400m IM, and Judith Gallasch swam her first 800m Free. Well done to all!

A very big thank you to Charles Gravier, Peter Bowman and Russell Anderson who came to the pool especially to time-keep. Thank you also to Pete Holley for marshalling, and to Julie Bowman for being an Inspector of turns. Also to the swimmers who helped out with time keeping between swims. This all contributed to a well-run meet. We are proud of the results from our small but committed band of swimmers and the support of our volunteers.

Lee O'Connell and Steph Palmer-White Club Captains

Volunteers for Jetty to Jetty Long Swim

A message from Julie Bowman:

*Hi everyone, I am on the organising committee for the **26 January 2025 Jetty to Jetty Long Swim** (Grange to Henley). Adelaide Masters has been tasked with being responsible for **pack up** after all competitors have finished swimming. The more volunteers we have the quicker and easier this task will be. Please email me: juliebowman5156@gmail.com if you are able to help out.*

An outline of what "Pack up" involves (at this stage):

- disposal of empty water bottles, cans of drink and banana peels*
- placing of unused water bottles, cans of drink, bananas into boxes and placing in Masters Swimming SA trailer or returning to Lee O'Connell*
- dismantling of finishing arch, and placing in Masters Swimming SA trailer*
- dismantling of tent/marqueses on beach, and placing in Masters Swimming SA trailer*
- return of clip boards/markers/sunscreen/caps for recycling from finishing area/finishing trestle tables to Masters Swimming SA tub and placing in Masters Swimming SA trailer*
- pack up of trestle tables and placing in Masters Swimming SA trailer*
- general tidy up*
- pack up of trophies not collected into boxes from presentation area*
- dismantling of tent/marqueses in presentation area * if needed*

There may be more tasks identified as we get closer to race day.

Please email juliebowman5156@gmail.com if you are able to help out. Huge thanks in anticipation.

Julie Bowman

Member Report

Swimming Watermans Bay

After spending three weeks during October in Wollongong exploring the Illawarra rock pools, last week I visited my older son and family who live 5 minutes walk from the Indian Ocean at Watermans Bay, midway between Scarborough and Hillarys Boat Harbour on Perth's northern beaches.

Before European settlement the Noongar people lived in the area, relying on its abundant fresh water and native food. In the 1860s, pastoralists moved in. After the interior was opened up in the 1890s with the Kalgoorlie Gold Rush, drovers and Afghan cameleers stopped frequently at a watering hole in a large swamp, now known as Star Swamp, behind the coastal sand hills. Alfred Waterman, a merchant and recreational fisherman, built the first house in the district in 1908 and the beach nearby became known as Watermans Bay. The area developed quickly after World War II and by the early 1960s most of the existing suburb was settled.

Known as 'The Little Bay', the beach at Watermans Bay is about 250 metres long, protected by small, rocky headlands to the north and south. On a clear day, Rottnest Island can be seen from the road above the beach. Like a number of Perth's metropolitan beaches the Bay is subject to erosion, so layers of sandbags have been laid from the beach up to what remains of the sand hills in front of the coastal road. While the Bay can be silty after a storm, the water is normally clear, bright aquamarine close to the beach with dark patches of sea grasses further out. Due to the Leeuwin current which runs down the Western Australian coast from the tropics, the water temperature stays at 17C in winter while reaching up to 23C in summer. The Bay is safe to swim in all year round. It is delightful in summer and autumn when easterlies prevail, while in winter and spring conditions vary from gentle to fresh to occasionally very rough with south-westerly storms. There are numerous fish and spongy corals on the rock ledges at either end of the Bay and in summer rays and bigger fish can be spotted. The northern end is popular with surfers for its consistent reef break in all but flat conditions.



Watermans Bay

I swam every morning before the sea breeze came in, from the north end of the beach up to the cluster of Norfolk Island pines at the southern end and back. While conditions varied each morning, it was always a pleasure. Each year, the Sorrento Surf Lifesaving Club runs Watermans to the Wall, a 3k swim from the Bay to the breakwater on the southern side of Hillarys Boat Harbour. It is an excellent swim, in calm conditions or with a southerly at your back as when I did it some years ago.

Michael Harry

Dates for your diary

Further information on the following events, including registration details when posted and the calendars for the MSSA 2024-25 Summer Pool Series, the Open Water Series and other events is available on the [Masters Swimming SA website](#).

December

		Location
8 th	Summer Pool Series Swim 1	Woodside Pool
15 th	Seacliff Open Water Swim	Seacliff Hotel
28 th	Proclamation Classic Open Water Swim	Glenelg Jetty

January 2025

5 th	Pub to Pub Open Water Swim	Seacliff Hotel
12 th	MSSA OWS Championship	Somerton
26 th	Jetty to Jetty	Grange Jetty

April 2025

8 th - 12 th	MSSA National Championships	Melbourne Sports and Aquatic Centre
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For up to the minute news and last-minute changes.