

## May 2024

Contributions to the newsletter are most welcome. If you can contribute an item, however small, please send it addressed to the Newsletter Editor to [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com).

### President's Report

April has been a month of success.

Firstly we had our epic win at the State Cup where we showed that when it comes to pool competitions Adelaide Masters can be a force to be reckoned with. These things do not happen by chance, and I would like to acknowledge the behind the scenes work that went into the persuasion and coercion to get as many of you there as possible. This was a result of several comments in the club survey that went out a few months ago suggesting that we target some key events throughout the year and try to get as many members as possible to attend. Peter Clements in particular, took this idea and made it a reality by asking nicely and twisting arms. Ilze ran with the idea and made sure that the training program was tailored to produce winning performances on the day. It culminated in an unforgettable Sunday morning of competitive swimming followed by some non-competitive socialising afterwards.

It was not all about the swimming. For one member it was the culmination of a personal journey from being told that sport would be out of the question to winning a gold medal. This is what Adelaide Masters is about, supporting and encouraging members on their own personal development whatever the goals may be. Not everyone can break records or win gold, but everyone has something that the club can help with. Be it a lofty goal or meeting new friends, there is a place for everyone.

Our second success in April was the Branch Presentation Dinner, an annual event that is put on by a club on behalf of the Branch. This year it was our turn. Jeff and his crack team of Steph, Judith, Peter, Steph, Kay, and Lee willingly gave their time to ensure that this year's event was better than those that came before and, in the process, set the bar extremely high for the next club to put the event on. I pity that club! Putting on an event like this is not an easy process and the team worked tirelessly to overcome obstacles and work within a tight budget to produce a wonderful event.

Our **Club Presentations** this year will be held on **Friday 31 May** after training. Please put the date in your diary! Further details will be included in the mid month Announcements and Reminders email.

See you in the water somewhere!

Pete

### Coach's Corner

What a wonderful start of pool competition season we had with our spectacular win in the State Cup! There was such good atmosphere amongst our swimmers on that day and it obviously

transferred back to everybody's performance in the pool. Can you hear me singing Queen's song "We are the champions"?

Pool competition comes with a different approach to swimming technique and strategies. For example, starts and turns. Starts and turns don't count for much in a 10km open water swim but can save you precious parts of a second in the pool. When training for distance, many swimmers don't pay much heed to turns. Turns are a chance for a brief rest, aren't they? If you want to improve as a sprinter, you need to maximise the benefit you get from turns. Practice accelerating towards the wall – the faster you go in, the faster you come out. Tuck tight and turn with commitment. Push off hard into a streamlined glide.

To sprint faster in **FREESTYLE**, there are several key techniques you can focus on:

1. Shoulder-Driven Stroke:
  - For shorter distances like 50m and 100m, use a more shoulder-driven stroke.
  - Keep your hips fairly still with more rotation in your shoulders.
  - Start your catch a little deeper to generate more power during the pull.
2. Maintain momentum from entry:
  - As you enter the water, throw yourself forward with each stroke.
  - Enter from on top of the water to keep your drive and energy going.
3. Reduce Breathing Frequency:
  - Breathe less during the sprint.
  - Aim for zero, one, two, or three breaths per lap instead of six, seven, or eight.
  - Fewer breaths help maintain speed and streamline.

Remember - Every breath you take slows you down.

Do breathe, but do it as little as possible. Each time you take a breath will cost you valuable milliseconds which could be used powering through the water. Practice your ability to hold your breath during maximum effort swimming. Also, take a few deep breaths before the race to help oxygenate the blood.

4. Develop a Strong Kick:
  - Work on ankle, hamstring, glute, and hip flexor flexibility.
  - Practice various kick sets to improve your kick strength.
  - Strengthen your pull through bodyweight exercises or gym workouts.

Keep refining your technique and training to achieve your best performance!

Ilze

## Captains' Report

### State Cup Long Course 2024 - 7 April 2024

Adelaide Masters won! This is our first win for many years, and we will be presented with a trophy at next year's presentation dinner. A very big thankyou to everyone of the 24 swimmers, especially to the first-timers, and to Peter Clements and Ilze Ostrovska who encouraged everyone to enter.

I would also like to thank the time-keepers who took time out of their day to sit at the end of the pool and press buttons all morning. They were Susan and Philippe Gravier, Russell Anderson and Lia

Sibilin. It is wonderful to have such support from people who aren't even swimming in the competition, and who take the time out of their weekend when there are so many other things they could be doing. Thank you!

Due to our large numbers we were able to field 5 teams in the relays which were held at the end of the session and are always a fun part of the meet. We achieved gold medals in two of them, the Mens 120-159 yrs (James Yip, Scott Goldie, Matthew Carter and Matthew Lockwood), and the Womens 200-239 yrs (Sharon Beaver, Ilze Ostrovska, Steph Palmer-White and Julie Bowman). The other three relays won silver medals. This is an incredible result!

Probably the stand-out swimmer of the meet was Steph Palmer-White who broke the national record in the 200m Fly in the 60-64 yr age group by 12 seconds, and also broke state records in the 200m IM and 100m Fly. In the same 200m fly race Matthew Lockwood won gold in his age group, very brave to do such a hard race in his first competition! Another race of note was the Mens 50m Free in the 60-64 yr age group where we took the trifecta – gold to Mark Smedley, silver to Jeffrey Sheridan and bronze to Christopher Carter.

Other first-timers were Matthew Carter, James Yip and Sean Chang, all fast young swimmers who held their own against the super-quick Uni SA swimmers. Also welcome back to some who haven't competed for a while, including Alyce Dowling, Kathy Watson, and Mark Smedley.

Everyone won medals! The results for individual swims are as follows:

3 Gold – Sharon Beaver, Ilze Ostrovska, Judith Gallasch, Steph Palmer-White, Amanda Ruler, James Yip, Scott Goldie, Mark Smedley and Peter Clements.

2 Gold & 1 Silver – Emily Goldie, Kim Lau, Julie Bowman, Charles Gravier, Brian Morris and Geoff McConachy.

1 Gold & 2 Silver – Rebecca Milton

1 Gold, 1 Silver, 1 Bronze – Matthew Lockwood

1 Gold & 1 Silver – Kathy Watson and Sean Chang

3 Silver – Alyce Dowling, Matthew Carter and Jeffrey Sheridan

1 Silver & 2 Bronze – Christopher Carter

1 Silver – Kent Nelson

Well done everyone!

Steph and Lee

## Club Survey

We received 23 responses to the survey that went out to all members in January. We had a response rate over 30% which was good enough to draw some general conclusions.

**Questions 1 and 2** were looking at why members come swimming. The overwhelming majority said fun, fitness and friendship, fitness was the prime reason. Most said that they had a relaxed attitude to swimming.

**Question 3** asked where people swim. Answers showed a slight bias toward pool. This gave a picture of members taking part in pool swimming primarily to maintain fitness rather than prepare for competitions.

**Questions 7 and 8** asked about competition. Responses showed a healthy appetite for competition from a significant number of members. Some expressed interested in traveling to competitions with an Adelaide Masters team. Based on these answers we felt that there was scope for encouraging people to enter competitions and represent the club. Ideas included targeting particular events to encourage participation and forming an “AM Competition” WhatsApp group to improve the communication between members and increase camaraderie.

**Questions 7 and 8** asked about communications. Everyone reads the newsletter and nearly everyone read e-mails coming from the club, showing these are clearly effective and valued. Other forms of communication are less used. There was some discussion about the potential use of social media to enhance our communication. It was noted that although the website is not used by many current members it was primarily focused on non-members for whom it is important.

**Questions 4 and 9** asked club members for their thoughts on training and other considerations

The comments broadly split into:

- Coach development
- Suggestions to enhance training
- Training on different days and times

### Coach development

There were a number of comments about how our coach delivers the sessions that are being used as feedback to the coach. These included the following:

- lane management - faster swimmers sometimes moving to slower lanes to the detriment of others in that lane;
- swimmer management in wearing fins and paddles which have resulted in minor injuries to other swimmers;
- where sets include a drill, specifying what the drill is.
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### Suggestions to enhance training

- An emphasis on fitness over competition (while still accommodating competition).
- Recording of times from time trials for future reference
- Posting the sets or schedules somewhere to allow members to refer to them
- Including flexibility and stretching and/or dry land training as part of a session
- Sessions with longer swims e.g. more 800s and 1500s

### Training on different days

Note: the survey was done as the daytime Branch sessions at the Adelaide Aquatic Centre were closed down.

- There were many calls for alternate training times and days. Daytime, early morning and weekend were suggested as possibilities.

### **Question 10** asked for any other considerations

- A few more social events that were outside of swimming would be welcome.

The Committee wishes to thank all of those who responded and will be discussing the survey outcomes in detail at its next meeting.

## New Member Profile

### **Paloma Isabel**



Hi, I'm Paloma, I'm 37 and a newish member of the Adelaide Masters. I've always loved to swim.

Back when I lived in Burleigh Heads, QLD I was an open ocean swimmer. A group of us would gather early in the mornings, year round and swim with the sunrise around the Burleigh headland or up Tallebudgera creek and around to Palm Beach. I loved to navigate the waves, tides, rips, currents and marine life. My absolute favourite mornings involved swimming with stingrays, listening to the whales singing underwater while they migrated and body surfing a perfect wave into shore. All sandy and salty before 6:30am followed by a coffee at the SLSC.

Just over a year ago I relocated back to Adelaide as I was heavily pregnant with identical twin boys. During my pregnancy I was unable to swim and during the newborn phase, sleep was the priority. All up I had nearly a 2 year break from swimming and I missed it. I contacted the Adelaide Masters when the babies were 8 months old. I remember being nervous for the first training session as my body had changed, my fitness was gone and I didn't know if I would be able to keep up. Joining the club has not only reduced my abdominal separation, I've regained my fitness and finally feel like myself again. I was more than ready to resume swimming, it's my happy place and my 'me' time. Due to the dynamic nature of the open water, ocean swimming has more room for a natural style than pool swimming. Adelaide Masters has helped me 'tighten up' my technique and it's been a pleasure to follow the black line, tumble turn and learn to watch the clock after so many years out of the pool.

The most recent events I participated in were the Adelaide Masters Jetty to Jetty 2.2km, the Port Noarlunga Reef Swim and the Noosa Summer Swim Series 3km. Next week I am swimming in the Cooly Classic in QLD which starts at Snapper Rocks, past Coolangatta and finishes at Kirra Beach. A swim that has been on my bucket list for a while now is the Shelly Beach to Manly swim in Sydney.

Thank you to everyone who has introduced themselves and made me feel welcome. It's been a pleasure getting to know you all.

**Ed.** Paloma has provided some wonderful photos of her swimming experiences in Queensland. More will be included in next month's newsletter. Thank you!



## 2024 MSSA Branch Dinner

Adelaide Masters hosted the *very* successful Masters Swimming SA Branch dinner at the Norwood Hotel on Saturday 20<sup>th</sup> April. 15 of our members attended, the biggest contingent of all clubs. The Paris Olympics themed décor was a highlight, matched by the costume wear which ranged from stylish French chic to the imaginative and hilarious. Berets were the order of the night. Peter Clements easily won the award for daggiest get up, and also devised and presented a quiz testing guests' knowledge of the Olympics and Olympic swimming in particular. Some of the questions were fiendishly difficult, even for serious swimming historians. Our tables won 2 rounds and were rewarded with a box of chocolates. Thanks Peter!

We were well represented in the presentations. Photos of the occasion, including some of our award winners are shown below. More photos will be included next month, and a full list of our award recipients if we can obtain that from the Branch.



Our magnificent organisers...Judith, Lee, Steph, Jeff and Peter (and Kay in absentia)



Steph, our OWS towel winner



Scott with John Gamlen



World Aquatics Top 10 winners!

## MSSA Member Survey

Masters Swimming SA has asked clubs to send to members the link below to a short survey the Association is conducting on its Pool competition program. Please take a few minutes to do the survey - the more responses received, the better informed MSSA will be to tailor its services and activities to you. There will be separate survey on Open Water Swimming after this survey closes.

<https://www.surveymonkey.com/r/W5D5DYT>

## Member activities

### James Yip - Recitals Australia performance

James Yip, who is a classical pianist as well as a very good swimmer, is giving a lunch hour recital on **8 May 2024 at 12.30 pm** at the North Adelaide Baptist Church Hall, 154 Tynte Street, North Adelaide. Further information and tickets can be found at: <https://recitalsaustralia.org.au/whats-on/concert-diary/>.

### Di Simons at Strappers Café

Out for a morning walk last week, the editor was delighted to meet Di Simons at Strappers Café at Morphettville. Di, who is a Life Member of Adelaide Masters and Masters Swimming SA, is our oldest member. She swam the Jetty to Jetty Swim aged 80 and still swims in the pool for wellbeing. Di is pictured below with Brenton Ragless, who she meets up with each year at the Jetty to Jetty which is sponsored by Channel 9. Thank you Di and Brenton!



Di and Brenton at Strappers!

## Merchandise

Members wishing to order club merchandise can either see Judith Gallasch at training on Wednesday evenings to view the merchandise and place an order, or email the club at [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com) requesting a Merchandise form. 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.

## Dates for your diary

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

### May

- 3<sup>rd</sup> – 7<sup>th</sup>      [MSA National Championships](#)      Parap Pool, Darwin
- 19<sup>th</sup>              Interclub 1 - Relays                      SA Aquatic Centre  
 Entries close **3 May**
- 31<sup>st</sup>              Club Presentations - after training on Friday 31 May, venue to be decided.

### June

- 16<sup>th</sup>              Interclub 2 – Long Course              SA Aquatic Centre

**July**

14<sup>th</sup> Interclub 3 – Long Course SA Aquatic Centre

**August**

4<sup>th</sup> Interclub 4 – Short Course SA Aquatic Centre

**September**

8<sup>th</sup> Short Course State Cup SA Aquatic Centre



For up to the minute news and last-minute changes.