



'Victory is what happens when ten thousand hours of preparation come together for one moment of opportunity'. For the Olympians meeting in London this month, hours of training, preparation, sacrifice and commitment will come together for that one chance to perform at their best. Its exciting and inspiring to watch such dedication and excellence. At the Masters level here in Adelaide, all of us realise that we only get what we put in and so the precision and hard work we put in at training will reward us at competitions and with our fitness so I hope the Olympics will inspire us all to keep on committing to a sport that is fun and rewarding in many many ways!

Monthly Friday night drinks and dinner

Fri 31st Aug – after training
(meet around 8.30pm at venue)

The Hackney

Hackney Rd, Hackney

(last meal orders by 9pm)

All friends and family welcome!

Rejuvenate after a hard training session, get to know your fellow swimmers outside of the pool or just come for the food...

For Sale

35th anniversary polo shirts

\$30.00

available from our website

www.adelaidemasters.org.au

Also, please check out the other club merchandise...more club members wearing club gear will encourage others!

Adelaide Masters Bunnings Sausage Sizzle

Sunday 12th August

Kent Town Bunnings, 63-65 Rundle St

Volunteers needed to help!!

Come and support the club

Club Sponsorship

If your business or a business you know is looking at reaching a large and varied target population, sponsorship of Adelaide Masters may be what you are looking for. Adelaide Masters has over 100 active members from all walks of life with regular swim meets that attract extensive community involvement. Please contact adelaidemastersswimming@gmail.com for further details.

**No training on Friday the 17th of Aug
due to another St Peters function in
the pool area ☹**

Noticeboard

Bunnings Sausage Sizzle

Come and support our club on the 12th of August at Kent Town Bunnings! Stay tuned for a call out for volunteers for the day to man the BBQs!

Adelaide Masters Merchandise

Remember that there are club bathers, tracksuits, T-shirts and caps on sale on the club website!

General Committee member

If anyone is interested in stepping up to be on the Adelaide Masters committee, a position exists for someone committed to attending monthly meetings with no specific portfolio at this stage. Please contact the newsletter editor for further contact details. This is a great opportunity to give back to a sport that gives all involved many benefits.

Entertainment booklets

These are now available poolside from Howard. Valid until June 2013. Cost \$65

Quiz Night

Not to be missed! '1970s' themed Club Quiz night to be held on the 13th of Oct at the Hungarian Club (Osmond Terrace, Norwood)

Adelaide Masters Delegate to State Branch

Do you want to be more involved with Masters swimming? A position exists for a representative from AM to attend monthly Branch meetings held in Nth Adelaide. Please contact the newsletter editor for further contact details.

Masters Swimming SA Branch Dinner

To be held on the 17th of Nov. More info to follow!

Please contact the newsletter editor if you would like anything included on the Noticeboard for the next edition

Training Times

Monday, Wednesday & Friday: 6.30-8pm
St Peters College Swimming Pool, enter via Hackney Rd opposite the Botanic Gardens

Saturday, Sunday: 9am (variable)
Henley Beach jetty (pls confirm with Marj Muller for time and place)

New members for 2012 July

NEIL TITTERINGTON
TREVOR WADHAM

Welcome!



August Birthdays

DONA ATTARD
SAMANTHA BOAG
ROBERT HARRIS
LINDY KRONEN
ANDREW PAYZE
KERRY RANDHAWA
CHARLES RICHARDS
KEITH SIMONS
JENNIFER SORBY-ADAMS
TREVOR WADHAM
ANN WARWICK

Backstroke

Backstroke was the second stroke to be introduced into official swimming competitions. The first Olympic backstroke competition was at the 1900 Paris Olympics with the 200m backstroke. It engages many different muscles compared to the other strokes so is a good addition to any swimmers repertoire. As backstroke obviously is swum on its back, the start, turn and finish is different to the other strokes and is often an area of disqualification. Here are the FINA rules:

1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in rule 4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface.

4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

Mal's Backstroke Tips

3 Favourite backstroke drills:

1. Backstroke with pull buoy and band to promote rotation from the hips which will focus swimmers attention on the depth of each arm stroke.
2. Backstroke with water bottle on the swimmer's forehead which will promote rotation around the core as the swimmer's head must stay still to balance the water bottle. Yes, you will find that you can do this drill with no rotation to keep your head still, but you will only move forward effectively with a deep pull and this requires your body to rotate around its core.
3. Catch and kick drill with fins. This encourages that initial catch to be strong and deep which forces you to rotate in order to start each stroke at the correct position.

As you can see, Mal's drills all concentrate on that crucial rotation around the core!

What will make your backstroke faster?

- **Correct body position**
- **Rotation from hips – your head must remain still**
- **6 beat kick**

Land drills to help you with your backstroke

- Back plank
- Braced kick
- Theraband stretches
- Shoulder flexibility

PB + 20 with Stephanie Palmer-White

Star sign: Cancer

Place of birth: Largs Bay, SA

When did you join Adelaide Masters? 1988

What job/occupation keeps you busy outside of swimming training? Accountant during the day, mother at all other times

Where were you during the Beijing Olympics (2008)? I had just started in my current job and we had the TV on in the boardroom. I remember one of the people I work with calling me during the Womens 4 x 200 Freestyle Relay saying "I think we are going to win gold". I raced into the boardroom to watch. It was one of the best moments of those games.

What is your favourite swimming event? 200m Fly

What is your favourite carbo loading meal? Noodle box. I have a vegetarian meal in black bean sauce.

Best place you've ever swum? Challenge Stadium, Perth. Three 50m pools in the one facility, plus diving pool and water polo pool is amazing. Our new pool has more up-to-date technology but it seems cramped in a small space.

From Adelaide Masters' newest Life Member

It was a shock and a great honour to be awarded Life Member at our 35th birthday celebrations last month. Put on the spot like I was I couldn't think of anything to say so a lot of gibberish came out of my mouth I am sure. In hindsight I would like to add a few more things.

Adelaide Masters is not just about competition and training, although that can be fun and rewarding. Adelaide Masters are like my second family. The many friendships I have made in the club, and to a lesser extent in Masters in general, will last a life-time. For a girl who grew up as an extremely shy and awkward teenager, I never thought I would find it so easy to fit in. Adelaide Masters are so accepting of everyone no matter who they are or how fast they are. I believe we are the best club in the world!

I would like to make a special mention of the person who introduced me to Adelaide Masters – Di Simons. Di is a good friend of my mother, and taught me how to swim so many, many years ago. I remember my mum talking about Di and her involvement in Adelaide Masters when I was a teenager, and I remember thinking that one day I wanted to join this club because it sounded like so much fun, something missing in amateur swimming in those days. For someone that hated competitive swimming so much that I had a history of stopping from lack of air in some events, it is amazing that I have persisted in competing for so long, and I owe it to the fun element that masters swimming has put into competition.

There are so many people who have meant so much to me over the years, and probably none more so than Marjory Muller. She has always been there to support me and her level of commitment to the club is amazing. There are so many other people but I won't mention any more names in fear of offending anyone if I leave them out. Thank you everyone!

Stephanie Palmer-White

Interclub 3 15th July

Well done to all the Adelaide Masters members who competed in the July interclub. Adelaide Masters scored 431 points putting us at the top of the team ladder...but with Atlantis only 98 points behind, it will be important to keep up this good performance with the rest of the interclubs for the year!

Congratulations to Ilze Ostrovska who broke the State record in the 200m breaststroke and to Michael Harry who broke the State record in his 100m backstroke!

It was my first interclub event here and although I'm not as competitive as I used to be, I was definitely still nervous going into the event! That buzz of competing is a feeling not easily put into words...standing on those blocks and waiting for that whistle to blow still gives me butterflies even though I tell myself that it is for my own enjoyment now...I love it and I hate it! However I race though, that feeling of diving in and knowing that I will give my best is probably one of the addictive things about swimming!

It was so nice to compete with other Masters swimmers who are just as enthusiastic about swimming, fitting it all into very busy lives. Sharing PBs, good swims, first-time-swims and not-so-good-swims with many of the other Adelaide Masters swimmers made the whole event a lot of fun.

Swimming can often be a lonely sport where you can train on your own and follow that black line lap after lap...but its at these interclubs and team events that you are able to share the enjoyment of swimming with others. The relay events have always been my favourite events at meets and again, the relays at the interclub were a lot of fun and some fast times were swum!

Thanks to all those who helped out and made the running of this event so smooth.

Good luck to all those in the next interclub!

Links

- [Masters Swimming Australia
www.mastersswimming.org.au](http://www.mastersswimming.org.au)
- [Adelaide Masters
www.adelaidemasters.org.au](http://www.adelaidemasters.org.au)
- [Swimming Australia
http://swimming.org.au](http://swimming.org.au)

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If anyone has suggestions or contributions for the newsletter, please let me know either at training or via email as above. Thankyou!

Interclub 4

5th August 2012

SA Aquatic & Leisure
Centre, Cnr Diagonal &
Morphett Roads,
Oaklands Park

Warm Up 8.00am.
Start 8.30am

****Please contact Stephanie Palmer-White if you are unable to attend the Interclub on the day. Mob 0412 557 380**