



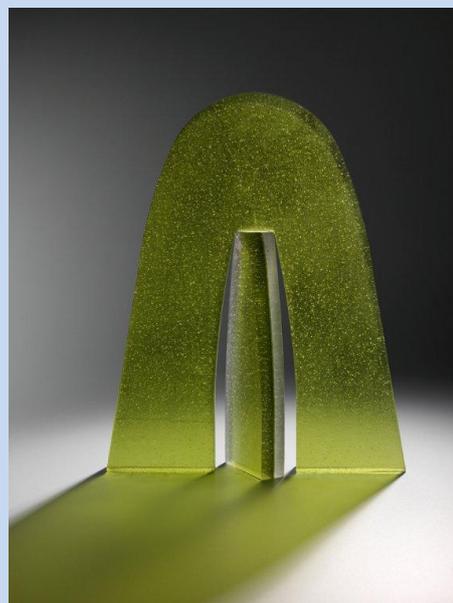
### Editor's Note

Another year over and the open water season is in full swing. This edition I've written up a short article on open water swimming tips gathered from many different swimmers who have swum in waters all over the world...hope they are helpful!

Please have a safe and merry Christmas with a good rest to bring in the New Year!

Swim well  
Namiko

## RAFFLE



### 'Waiting for Spring' Kilnformed Glass Sculpture by Catherine Aldrete-Morris

+ 6 Consolation Prizes of a 3 pack of Wines.  
\$2 per ticket

To be drawn at Burnside Swimming Centre,  
3.30pm Sunday 23<sup>rd</sup> December 2012

We need your help to sell as many raffle tickets as possible...please help us out by picking up a book of 10 tickets from Howard at pooldeck

### Don't miss out:

Proclamation Classic Open Water Swim  
30<sup>th</sup> Dec

Pub to Pub Open Water Swim 6<sup>th</sup> Jan

SA State Masters Open Water Swim  
Championships 20<sup>th</sup> Jan

Strathalbyn Swim 24<sup>th</sup> Feb: for non-  
open water swimmers

Please see Masters SA website for  
more details

<http://www.aussisa.org.au/>

### 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](mailto:adelaidemastersswimming@gmail.com) for further details.

**Monthly Friday catch up**

Fri 18th Jan – after training  
(meet around 8.30pm at venue)

**The Place Next Door**

516 Glynburn Rd, Burnside

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...

**Training Times**

Mon, Wed & Fri: 6.30-8pm  
Burnside Swimming pool  
Cnr Greenhill Rd & Howard Tce  
Hazelwood Park

**Sunday Sea Swims**

Meet in the car park at Henley  
Beach every Sunday at 9am  
Meet at 8.30am if the temperature  
is predicted to be above 35 degrees  
(temp is set on Sat night)

**BUNNINGS BBQ FUNDRAISER**

**BUNNINGS KENT TOWN**

**SAT 22<sup>ND</sup> DEC – ALL DAY**

**COME ALONG AND SUPPORT YOUR CLUB!**

**We need volunteers for the day please!**

**There will be a list at training for you to put  
your name down...**

**New members for 2012**

TREVOR WATTS  
DARRELL STAIGHT  
HUGH BANISTER  
Welcome!

**Adelaide Masters AGM**

**March 7<sup>th</sup> 2013**

Everyone, this is your swimming club so  
please come along to the AGM to  
contribute and to help make sure that  
Adelaide Masters stays the best club in SA!

There are a number of committee positions  
on offer in 2013 so if you think you would  
like to play a larger role in club  
proceedings...please put your hand up!

**December Birthdays**

GREG CATES  
CHRISTOPHER CHARLES  
CLINT GILES  
ANA KALDI  
REBECCA MACGILLIVRAY  
KARSTEN OELKERS  
DEBORAH WINSLET  
IAN PURVIS  
TONY RYAN  
TONY WARD  
ALASTAIR WILL  
RUSSELL WOOD

### Open Water Swimming Tips

Swimming out in the ocean is one of the highlights of learning to swim and being confident in the water. There is nothing that beats the salt water, the freedom, the beauty and that meal that is so much more delicious after a swim in the ocean...

Racing in open water swimming competitions is something all swimmers should take the opportunity to do here in Adelaide as the open water events here are certainly very good. To get better at open water swimming, the number one advice is to experience as much of it as possible. To get the most out of open water swimming though...enjoy the challenge...enjoy the fact that each time you get out there, the conditions will be different and your race will be different.

Here are a few tips that I've gathered from other swimmers who are pretty good at open water swimming!

1. Practice sighting
  - This is when swimmers lift their head as they breathe to quickly orient themselves in the open water and make sure that they are following the course as well as looking out for other opponents. This can be quite a difficult action to get used to and to use effectively so any practice will definitely make a difference.
2. Timing sighting
  - You don't want to sight too many times unnecessarily as it will slow you down
  - You want to try and fit sighting into your stroke as naturally as possible which will reduce injuries and maximise effectiveness
3. Train in open water
  - Pool swimming, no matter how choppy it is with lots of swimmers in a lane, is really different to open water swimming. It's amazing how fast, good pool swimmers struggle in the open water and vice versa.
4. Keep warm
  - You will lose a lot of heat in the open water and this will cause fatigue and injuries
  - Wetsuit if you are allowed
  - Double caps help as you lose the greatest amount of heat from your head
5. Get good goggles
  - Your eyes are what you depend on to get you to the finish line along the shortest possible route
  - Putting your goggles on first and having the straps underneath your cap is also a way to make sure that they don't fall off (or that they don't get pulled off by someone!)
6. Know the course
  - Even if you have done the swim before, know what you will be aiming to see when you are sighting
  - If it is a loop, find out how many times you need to swim around the course
  - Make sure you know if you need to swim to the left or right of the buoys
7. Have a fast start
  - The start gives you the greatest advantage in a race so psych yourself up early and get a good, fast start to set your pace
8. Bilateral breathing
  - This will allow you to look out for others as well as check your course

Most of all though...just get out there and enjoy the swim!

Namiko Kobayashi

### **Christmas holiday training times**

**No training: December 24th, Wednesday 26<sup>th</sup> and Monday 31<sup>st</sup>**  
**Back to normal on January 2nd.**

**PB + 20 with Rob Harris (Adelaide Masters Club President!)**

**Star sign (horoscope):** Leo

**Place of birth:** Woodside SA

**When did you join Adelaide Masters?** 2010

**What job/occupation keeps you busy outside of swimming training?** Apart from being President of Adelaide Masters, SA Branch President, Secretary of the Adelaide Hills Pool Committee and an involvement with a past Apexians group I have a pretty active social life. I also try to fit in a few sets of tennis once a week, try to get my golf handicap down at least once a week with limited success and have recently begun sailing with a crew at Port Adelaide Sailing Club. Retirement is not that bad!

**What got you interested in swimming in the first place and what keeps you coming back to training?** My children got interested in swimming in the early 80's and one day the Coach organised a parent's race against the kids. I guess he thought I was ok so he suggested that if I wanted to I could join in with the sessions. That's where it all started. Since then I have been Mountain Pool President for 3 years, set up and coached Onkaparinga for 7 years with over 20 on that committee, 2 years as a Board member of Swimming SA. I also spent many years involved with the Eastern Districts interclub competition in the Hills. My first sojourn with Masters was in the early 90's with the establishment of the Eastern Districts Club made up of members from several country clubs. However the logistics proved too hard so at the suggestion of the then SA Branch President Ivan Wingate the club integrated with Atlantis and some are still with them. I only lasted about 12 months when my involvement with Onkaparinga required more attention so I stepped away from Masters at that time. It was in 2010 that I decide it was time to get back into Masters swimming and with the threat from Steph that she would never talk to me again if I didn't, I joined Adelaide Masters.

Training has never been a great pleasure for me but rather something you have to do to compete at the level you desire which is why I come back to training.

**What is your favourite swimming event?** I enjoy all competition events and since joining Adelaide Masters have also been involved in open water events. Having completed all 10 swims last year I am starting to like the differences of ows to pool swimming. Basically to sum up my swimming, I enjoy the events but not so much the training...(sorry Coach)

**What is your favourite carbo loading meal?** I can cook a mean pasta sauce which goes well with spaghetti or whatever shaped pasta you desire.

**Best place you've ever swum?** Tufi Dive Resort on the north coast of New Guinea snorkelling in a volcanic fiord over coral reefs teeming with tropical fish...magic

ADELAIDE MASTERS  
COMMITTEE WISHES ALL  
MEMBERS AND THEIR  
FAMILIES A MERRY  
CHRISTMAS AND A HAPPY  
NEW YEAR!

