



Adelaide Masters Gets a New Newsletter...

As the old Editor Desi Renford sets out on his 20th and most posthumous channel crossing yet, the Newsletter Editor baton has been passed, in a lightning relay change involving only minor arm twisting and a small bribe to officials, to my lucky good self. Despite my initial reluctance to add something to an already busy life, the thought that the members of the Adelaide Masters Swimming Club could miss out on vitally important gossip and almost as important swimming information did not bear contemplating. So here I am and straight away, in a reworking of the format and presentation, I have taken the liberty of giving the newsletter a new name. I discarded several options on my list including "The Underwater Standard", "The Sunday Occasional Trainer", and from a recent discussion after training in the change room related to my email address, "The Swamp Times". (This will make more sense when you see the email address below where I am asking you to send your helpful future submissions.)

A quick search on the interweb reveals the definition of the maritime themed name as follows;

flot·sam n.

- 1. (a) Wreckage or cargo that remains afloat after a ship has sunk.
(b) Floating refuse or debris.*
- 2. Discarded odds and ends. (When used with jetsam)*
- 3. Vagrant, usually destitute people.*

I was thinking of definition 2. and the way that our club code "SAM" worked so nicely into the name when I chose it. In hindsight, and with a large dose of irony, definitions 1.(a) and 1.(b) could also be applied to some of us,

particularly at the end of a really long open water swim or a particularly grueling training session. As far as I know, the recent increase in training fees hasn't caused any of us to fall into definition 3, although a recent electricity bill I received certainly did give it a good shake!

My aim is to keep everyone informed with what is going on in and around the club, but I'm going to need some help. I would be really grateful for the contribution of any material at all to future issues of Flotsam + Jetsam. Whether its trips away like the recent houseboat adventures at the Mildura Masters Games, a recipe for your favourite carb loading pre-competition pasta meal, or something funny that someone has said or done at training or elsewhere (We can leave out names to protect the innocent!). Please send all contributions to addams_swamp@internode.on.net or you can pass me something "secret squirrel" like at training if that is easier or more exciting. So inundate me folks and make this job an easy one for me.

A Few Words From The President...

The seasons have changed and we are now at Burnside in the great outdoors away from the comfort of St Peters. This should help in the transition from the pool swimming to the open water swims.

We have been able to retain our same fees as last year as the Burnside Pool has not increased its charges to us but have increased their other charges. The only change is that we now swim from 6.30 to 8.00.

Our costs of training, with the Pool hire and Coaching fees, continue to be a concern to the committee as we struggle to break even on this. The main reason is that we are not

getting the numbers at training that were budgeted for. Therefore we ask that if you can attend training, even for one session a week, it will all help cover costs. We have around 140 members but only average about 25 at training so where are you?

On a brighter note we have the Branch Presentation Dinner on November 12th and there are several members who will be receiving awards so if you are receiving one please make a big effort to be there and if you are not then just come along and support your fellow team members.

The night promises to be a great night of entertainment as Phil Rogers will be the guest speaker and some of the proceeds will be going to Cancer Research at Phil's request. You will also get to see the talents of our own Seb who will be doing some MC work along with showing us his great DJ techniques. Be worth coming along just to see that!!

Also I am told by the Branch President that formalities will be kept to a minimum and the night will be one to be enjoyed.

Therefore get your tickets and be there. Have heard Atlantis and Marion have both got at least 2 tables each so let's not be out done by them and get behind this event.

Look forward to seeing you at the Long

Editors Note: My apologies to Rob for not having this out sooner. I hope you have all purchased your tickets for the night!

Upcoming Event...

The annual Eric Magill Memorial Swim is to be held at Henley Beach, Sunday November 20th, at 9.30 am. This is a non Aussie sanctioned swim & swimmers can swim, walk or run. (Those last two are land based options and participants will not be referred to as "Swimmers"). All of this is followed by coffee & a chat at Evida Cafe where the medal will be presented.



A Note from the Coach...

Adelaide Masters Summer Focus 2011-2012

I would like to be totally transparent in our programming and endeavour to encourage all Individuals to commit to a specific training goal of distance during our summer at Burnside.

Here's a general overview of what to expect.

MONTH	FOCUS	ENERGY SYSTEM
Oct	Distance & Technique	Aerobic Conditioning
Nov	Open water Specific	Resistance Conditioning
Dec	Open water Taper	Anaerobic Power & Capacity
Jan	Stroke maintenance	Technique Specific
Feb	Race Specific	Endurance Performance
Mar	Distance Maintenance	Aerobic Technique

October has been and gone and this week we start the next phase. Might have to think about a couple of open water swims myself this year!

The Open Water Program is now available on the Branch website.

From one of the Captains...

The SA Short Course State Cup was held on 11 September 2011 at the Aquatic Centre with Adelaide Masters swimming to victory. Although the numbers of swimmers competing from all clubs were lower than expected our club competed strongly and had some notable individual performances.

Our female team were on fire and won a large number of event and congratulations to Georgina and Bernadette Anderson, Charlene Margrison, Jasi Watson and Stephanie Palmer White all winning their respective age groups.

Our men's team followed the example set by the women's team and were successful in a number of events. Congratulations to Seb, Roman and Mark for all winning their respective age groups.

Thanks to all our swimmers who competed and contributed to our club's success.



Coming Soon...

- Reports from The Masters Games, The Short Course Long Distance Meet, and The Branch Presentation Dinner (*I'm looking for help remember!*),

- A member dating service - well some fun profiles of members to help you get to know your training buddies. (*The dating isn't officially sanctioned by Aussi Masters*),

- News of some sort of pre-christmas gathering involving food, drink, and merriment...

Stay tuned and see you at training!

Ed

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Wanted...

Enough gossip to fill this box for future editions

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Some photos from the recent events.