

Happy New Year

Editor's Note

I hope everyone has had a safe holiday period and enjoyed time with family and friends over Christmas. Welcome back to another year of swimming. The open water swims and ongoing training over the holiday season should have kept most people fit! I'm sure that many of you would have made New Year's resolutions which include swimming competitions or fitness goals...there are many things to look forward to this year!

This edition, we look at the importance of staying hydrated during exercise and the consequences of dehydration. I hope this is helpful to all especially during such a hot summer.

Swim well
Namiko

Monthly Friday catch up

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

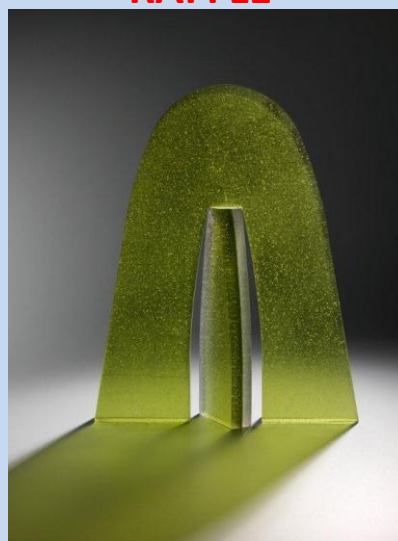
The Place Next Door

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...

RAFFLE



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

Congratulations to Tony Ryan who won the sculpture ☺

Consolation Prizes were won by Neil Titterington, Kerry Boylan, Natalie Hann, Alistair Murphy, Phil Brown, Steven Pezzetta.

470 tickets were sold

Thankyou to all who helped out!

Don't miss out:

SA State Masters Open Water Champs

20th Jan

Strathalbyn Swim 24th Feb: for non-

open water swimmers

Australia Day Jetty to Jetty

26th Jan

Brighton Jetty Classic

3rd Feb

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 for further details.



2013 Masters Swimming National Championships

17-20 April 2013

Sydney Olympic Park Aquatic Centre

Please see www.aussisa.org.au for further details and full programme of events

This is a fantastic opportunity for some fast pool racing in a beautiful pool and a chance for a catch up with swimmers from around Australia!

Adelaide Masters AGM

March 7th 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!

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)

Memberships for 2013

Re-registrations are now due for 2013
Please go to www.aussisa.org.au and renew via the memberships link



January Birthdays

JONATHAN DAVIES
PETER FRANKLYN
BOSILJKA KESIC
JOHN MCVANN
ILZE OSTROVSKA
ALISTER WALSH



Awesome effort to all those participating in the open water swims so far this season!

We had 189 swimmers in the Proclamation Day classic...that is the best ever participation so well done to all those who took part!

A special thankyou to all those behind the scenes helping out to make sure that these events can run smoothly

Check out results at www.aussisa.org.au under the results link

Hydration, Dehydration and Re-hydration

Many swimmers don't pay much attention to their fluids as they are surrounded by water. However, the environmental conditions of swimming – warm pool water, warm air temperature, and high humidity – can lead to dehydration in less than 30 minutes! Dehydration can hurt the performance of even the most fit and skilled swimmers.

Some tips to keep hydrated:

- Include sports drinks if your swimming session is over 1 hour or if it is a high-intensity workout
- Drink 2 cups of fluid 2 hours prior to your workout so you start the set hydrated
- Try and drink about a cup or so of fluid every 20 minutes of your session. It is too late when you feel thirsty!!
- Weigh yourself before and after the session to work out how much you lose to sweat. You need to replace each 400g of weight loss with about 2-3 cups of fluid.
- Keep a record of how much fluid you drink as this will let you know if you are drinking enough.

Bunnings BBQ December

On Saturday 22nd December Adelaide Masters ran the Bunnings-Kent Town barbeque for the second time in 2012.

It was a balmy 35°C day and one of the few remaining shopping days before Christmas that enticed the frantic home handyman outdoors.

Members who assisted during the day included Brian M, Peter C, Greg C, Ilze & her daughter Liene, Scott, Mark, Anne A, Marj & Howard, Kay J, Betty & Greg, Shane O, Pam, Sue, Russel, Tony and Rob. These members also generously provided an ongoing quality control of the sizzling snag.

We have been invited by Bunnings to run three sausage sizzles during 2013:

Sunday 14th April

Sunday 25th August

Sunday 17th November

Please keep a look out for the rosters at pool side as these dates draw near.

Profits from the barbeque provide assistance to the running costs of the club.

Again we would like to thank Bunnings for this opportunity as their stores undertake a variety of fundraising and awareness activities to support charitable groups.

Bunnings Barbeque

Open Water Swims

The Proclamation Classic Swim 2012

Conditions before the start.

Water Temp. 21c

Air Temp 20.2c

Wind 5km N.E.

Temp for the day 29c

The morning weather started off a bit cool, with the volunteers streaming in at 7.30am to start setting up for the mornings event.

All the volunteers worked feverishly to have the first late entries to register at 8am, from that moment on, people strolled onto the beach to the registration desks till 9.30am shut off time.

It was terrific to have such a response for the Swim, with 189 entries 15% up from the previous year.

1 km Swim had 32 Entries

2 km Swim had 110 Entries

5 km Swim had 43 Entries

4 DNS

Congratulations to all swimmers who won their event & to those whom entered.

A great way to start the New Year.

A Big Thank You, to all the willing volunteers who helped out to make the day a success.

Brian Morris

PB + 20 with Nora

Name: **Nora De Bono**

Star sign (horoscope): **Libra**

Place of birth: **6/10/1988**

When did you join Adelaide Masters? **2013**

What job/occupation keeps you busy outside of swimming training? **Physiotherapist**

What got you interested in swimming in the first place and what keeps you coming back to training? **Triathlons**

What is your favourite swimming event? **Brighton Jetty Classic**

What is your favourite carbo loading meal? **Nanna's Spag Bol**

Best place you've ever swum? **Melbourne Aquarium with the sharks!**