



Welcome to another edition...its getting really cold here in Adelaide thus harder and harder to get myself to training. Its encouraging to see so many of you at the pool and so enthusiastic about swimming! Please read on as there are many interesting contributions this month.

Swim well

Monthly Friday-night

Drinks and Dinner!

Friday 27th July – after training

(meet around 8.30pm at venue)

The Colonist

44 The Parade, Norwood

(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...



Interclub 3

15th July

St Peters college pool

9am warm up

9.30am start.

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

**Lunch at the Hackney
Hotel after Interclub!**

15th July

Meet at Hackney at

1pm



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.

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

Congratulations to **Leonie O'Connell** who recently competed at the **14th FINA Masters World Championships** in Riccione, Italy and broke State records in 400 & 800 Free, 200 Fly & 400 IM. What an amazing effort for such a huge program!

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 June

MICHELLE BENISON
BEN ANGEL
LINDY KRONEN
EMMA THOMAS
ASHLEIGH FRANKLYN

Welcome!

And a welcome back to
TOM MOORE



July Birthdays

BERNADETTE ANDERSON
GEORGINA ANDERSON
SARAH CROSSMAN
MARGARET FAVARO
JELLE LAHNSTEIN
DAVID MAYFIELD
STEPHANIE PALMER WHITE
BRIAN PEAT
KYM SYMONDS
JUDITH TRAVERS
SIETA VAN DER HOEVEN
FRANCES WILLIAMS

Breaststroke is perhaps the oldest swimming form with evidence of cave drawings in the Stone Age showing people swimming with the leg action of breaststroke. It is thought that this leg action originated from the imitation of the swimming action of frogs. Breaststroke is currently the slowest of the Olympic strokes and it is perhaps the most technically difficult. It is interesting to note that the first man to swim the English Channel in 1875 swam it all breaststroke in a time of 21hours and 45minutes!

Here are the FINA rules for breaststroke and as it is the most technical of strokes...the explanation is long!

1. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.
2. From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on the same horizontal plane without alternating movement.
3. The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.
4. During each complete cycle, some part of the swimmer's head must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.
5. The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except at the start or after a turn. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly kick.
6. At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

Sarah Crossman is the new Masters Swimming SA secretary. Her commitment to Masters Swimming at the State level should encourage more of us to become involved! Here is a bit of information about Sarah:

PB + 20 with Sarah Crossman



Star sign: Cancer

Place of birth: Adelaide

When did you join Adelaide Masters? In 2009, after a short stint with another club...but we won't talk about that!

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

Most of my time is spent looking after my two busy boys (Ben 3 and Harry 2). I also work two days a week at the University of Adelaide doing some climate change social research.

Where were you during the Beijing Olympics (2008)?

Probably sitting on the couch resting my 8 1/2 months pregnant belly!

What is your favourite swimming event?

Apart from the open water swims, the 100m IM but the 200m breaststroke is also becoming a favourite.

What is your favourite carbo loading meal?

Homemade spaghetti carbonara

Best place you've ever swum?

Anywhere there is water! I don't have a favourite!

Congratulations to Stephanie Palmer-White who was recently awarded life membership to Adelaide Masters. She has contributed so much to swimming both in the pool, on pool deck and behind the scenes! Next month, PB+20 will be with Stephanie so stay tuned...

July Presidents Report

Well the 35 year Cocktail Party is over and my congratulations to those who organised it as it turned out to be a truly memorable event.

We had 9 people there who have been President of our club. Vicki Murphy, 78-80, Kit Simons 80-82, Graham Ormsby 82-85, Russell Clarke 88-90, 95-97, Alistair Will 91-92, John White 93-94, Andrew Martin 98-99, Sue Graebner 07-10 and the current President. Also present were Life Members Kit & Di Simons, Mary Phin, Russell Clarke & Marjory Muller.

One of the highlights of the night was the presentation to Stephanie Palmer White of Life Membership to our Club. Congratulations and well deserved.

I felt the evening went smoothly with many people given the opportunity to say what they remembered about their time with the club. It certainly seems that the 80's were a very competitive and social experience for the members of that time who set in place a fine tradition for us to follow.

One thing that stood out was the high regard and importance to their lives that being a member of our club meant to them.

It was a bit of a pity that more of our current members were not there to share these experiences and get a greater appreciation of what being a member of the first club in SA can do for them.

Sarah Crossman did take a video of the proceedings so when you get a chance to see it please do so as I feel there were some important lessons we can all learn from past experiences as well as having a good laugh at some of the incidents which were disclosed.

The Hackney Hotel venue was ideal and the food was plentiful and tasty. The Cocktail Party theme worked well as it enabled guests to mingle as they pleased.

All in all I would say a very successful evening.

On to other matters now with the 3rd interclub to be held at St Peters on July 15th. I would urge all those attending to return to the Hackney after the event for a bit of Masters Fun & Friendship. It's always good to get together after interclubs so put that in the diary.

We still need a treasurer so to save us ringing every member and asking them it would be great if we can get a volunteer for this not so onerous task. Russell wants to get into his involvement with the summer open water swim meets which he is arranging with Brian. So please someone put your hand up!!

Money continues to be an issue and we have a couple of fund raisers coming up starting with the sausage sizzle at Bunnings Kent Town in August and then another major event in the form of a Quiz Night in October.

This on top of the interclub and State Cup meets means that there is plenty happening in the next few months...get involved and enjoy it!!

See you in the pool....Robert Harris

Winter Solstice Swim – Henley Beach 24th June 2012

It was a cold crisp Sunday morn, the sea was mildly upset but not angry. Ten brave souls took the game on. The game was the Winter Solstice.

Led by our captain Marj (her 97th winter solstice swim) all ten competed hard and won.

The pitch was measured to be a warm twelve degrees.

The huge spectator and support crew (estimated at 126), led admirably by Kit Simmons, were at the ready if anyone failed.

Final Score 10 – 0.

A strong victory to the Open Water Swimmers.

Best on ground: Brian Morris (in the cheap wetsuit "red speedos")

Best start: Sue Grabner (like Usain Bolt)

Fastest male swimmer: Michael Harry (trained for months at Port Elliot)

Best Newcomer: Namiko Kobayashi (admirable first up game)

Fastest Female Swimmer: Pam Gunn (extensive training put her in good s

Most Solstice Swims Record Holder: Captain Marj Muller (broke previous

The Burka award: Ray Ham (we could only see eyes)

Let's get on with it: Trish Milner (its cold standing around)

My face was cold I should have drunk more last night: Shirley Smith

Screamed like a girl award: Kent Nelson (soft)



Marshalling

Masters SA still marshal at these events.

Swimmers should report to the marshalling area when called & wait for the marshal's to allocate them their heat & lane.

Once the marshal has seated them in the appropriate heat the swimmer should remain in the marshalling area until instructed by the marshal to move to the pool deck for the start of their race.

Swimmers who do not report to marshalling may be excluded from their event.

Note: Even though heat seeded programs are provided we still marshal as there are occasions when changes have been made to the program or heats are combined.

Race Start

When swimmers arrive on pool deck from the marshalling area they should stand behind the time keepers in their designated lane.

When the previous heat finishes the swimmer should move forward & stand adjacent to the starting blocks in their lane.

The swimmer should now be ready to swim (i.e. have goggles & swim cap on) & wait for the referee's whistle.

On the referee's long, two tone whistle, the swimmer should mount the blocks & take up their starting position with the toes of at least one foot over the front edge of the starting block.

The starter then gives the command 'Take your marks' & when all swimmers are steady gives the starting signal.

Note 1: Swimmers do not have to start from the blocks. They can start from the pool concourse or in the water. They need to take up their preferred starting position on the referee's long whistle.

Note 2: In backstroke events, at the referee's first long whistle the swimmer enters the water feet first and positions themselves for the start. The referee then blows a second long whistle & the starter starts the event in the normal manner.

Race Finish

After touching the wall at the end of the race the swimmer should move to a position on one of the lane ropes, 1metre from the wall.

Swimmers should remain in their lane until all swimmers have finished the race unless instructed to leave the water by the referee.

When the race is completed the referee will give two short blasts on his whistle which is the signal for the swimmers to clear the pool.

DO NOT CLIMB OVER THE END OF THE POOL. (Especially if there are touch pads.) Swim to the side of the pool closest to you.

Note: At meets with large entries it may be necessary to conduct over the top starts to save time. Swimmers will be advised if this is going to occur. This means that the next heat is started before you are asked to clear the pool. Just maintain your position on the lane rope until the next heat starts then move to the closest side & exit the pool. DO NOT GRAB THE END OF THE POOL IF TOUCH PADS ARE IN USE.

Relays

Start & finish are the same as individual events but there are some points to remember for the first three swimmers.

Do not leave the blocks until your previous swimmer has touched the wall.

When you have finished your leg exit the pool by the closest side without interfering with other teams swimmers.

DO NOT GRAB THE END OF THE POOL IF TOUCH PADS ARE IN USE when leaving the pool as this will activate the electronic timing of your competitors.

Phil Beames (Masters Swimming SA Technical Director)

Links

- Masters Swimming Australia
www.mastersswimming.org.au
- Adelaide Masters
www.adelaidemasters.org.au
- Swimming Australia
<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!