

June 2025

Contributions to the newsletter are most welcome. If you would like to contribute an item, however small or unusual, you can send it the Newsletter Editor via the Club email adelaidemastersswimming@gmail.com. It is your newsletter!

Announcements and Reminders

Winter Solstice Swim - Sunday 21st June

Yes, it's that time of year...come and take the plunge. This is not a sanctioned event, and swimmers need to take their own precautions. Everyone is welcome and wet suits are encouraged for those who need them!



MSSA News

6 Month Membership

Masters Swimming SA have announced that a 6 month Membership Product is now available for swimmers joining during the year. Details are available [here](#).

Program Leader Training

The Committee is working on a plan to encourage several of our interested swimmers to undertake MSSA Program Leader training, enabling them to run swim sessions at training. Details of the qualification are available on the [MSSA website](#). This explains the role of a Program leader and articulates very clearly what qualifications are required to take training activities. It also explains what activities qualified persons can do, and who is covered by insurance depending on what

they are doing at training. Further information will be provided as the Committee develops the proposal.

OWS Trailer

MSSA has recently acquired a new Open Water Swim Trailer and is setting up a small group of volunteers to assist with management and maintenance of the trailer. If you are interested in volunteering for this valuable role, please reply on the Adelaide Masters email:

adelaidemastersswimming@gmail.com

President's Report

The new club committee is settling nicely into its roles and responsibilities with some great ideas gaining momentum. We are lucky to have such an engaged keen group that are not backward in bringing ideas to the table to be tested and implemented for the greater good. On this the committee is calling for ideas for social engagement is keen to hear of any members' ideas.

As I reflect on the last few weeks and days of shark sightings, algal blooms, wild weather and big seas, how lucky we are to have access to the tropical environment that is St Peter's pool to train at. Hats off to the previous committees of our club that had the foresight and created the means of securing this facility, no doubt through clever and hard campaigning, with professional acumen to gain the confidence of St Peter's management. Definitely something to aspire to!

Best wishes to the winners of this year's club trophies at our presentations, and thanks to Steph, Peter and others responsible for organising the occasion.

I am signing off for a bit of R&R and handing the baton to over to Scott for now.

Jeff

Coach's Corner

I am sorry I couldn't be there for such a nice presentation. I am sending my best wishes to everyone and congratulations to the trophy winners.

The most improved female and male swimmers this year are Paloma and Charles.

Paloma has been part of our club for about 18 months and in this time she has shown what she's capable of. Her attitude to training has made her a stronger swimmer, with backstroke as her standout stroke. Despite her parents escaping on an overseas holiday (and temporarily abandoning all grandparental duties), Paloma powered through missed trainings and still made great progress.

Charles has shown growing consistency in attending training sessions — a welcome trend. His hard work at training has helped him grow as a swimmer. He is always attentive to feedback, though sometimes forgets to execute stroke corrections! It's funny - Charles possesses an uncanny sixth sense: the moment he realises he's being watched, his breaststroke magically improves.

I hope you both continue to enjoy your swimming in the coming year!

Best wishes

Ilze



Lidia, Charles, Judith and Emily.

Captains' Report

Relay Interclub – Sunday 18 May

We attended our first event as new Club Captains at the Relay Meet on Sunday 18 May. We were very proud of everyone's hard work and thankful for the effort each individual put in to competing. Unfortunately it wasn't our day - we came last with 124 points compared to Marion's 662 -but given we were only represented by nine swimmers across 18 races it was still a sterling performance. Congratulations, in particular, to Lidia Alvino-Felquer for competing in her very first event and doing amazingly well in the butterfly - go Lidia - and to Emily Tsoutouras for her great freestyle times. Special mention to Amanda Ruler who swam consecutive backstroke events - 100 metres followed by 50 metres - to ensure we were able to field two teams. Well done Amanda - you showed great stamina and fortitude. Our President, Jeff Sheridan, was present to offer moral support and take photos. Thanks Jeff.

We came first in two events, the 100m Free - Female and the Mixed 200m Relay, and second on three occasions. We were also overly keen a couple of times and dived in before the previous

swimmer had touched the wall, resulting in disqualifications. A close look at the results shows we were not the only team to suffer this fate!

Overall it was a fun morning and we encourage other swimmers who may not want to compete in individual events to consider joining us in the relays in future.

Judith and Charles
Club Captains



Club Presentations – Part 1

Due to space limitations, the Presentations are being covered in the June and July newsletters.

The Presentations were held after training on Friday 31 May at the Maid and Magpie. It was a happy gathering. Over 25 members attended, including everyone who had been training at St Peters. Thank you to Steph, Peter and others for the organisation, and to Scott who deputised for Jeff and did a great job while keeping an eye on the Collingwood v Hawthorn scores. It was rather noisy for a while, however once we got going, the non - swimmers in the area soon disappeared!

The Club 2024 official award winners are as follows:

Most Outstanding Male Swimmer	James Yip
Most Outstanding Female Swimmer	Stephanie Palmer-White
Most Improved Male Swimmer	Charles Gravier
Most Improved Female Swimmer	Paloma Isobel
Open Water Male Champion	Scott Goldie
Open Water Female Champion	Emily Goldie
Open Water Long Distance Champion	Peter Holley, Julie Bowman
Josie Sansom Memorial Trophy (highest individual Interclub points)	Sharon Beaver
Andrew Weldon Memorial Trophy (Captain's Award for Outstanding Services)	Jeff Sheridan
Marjory Muller Trophy (President's Award for Outstanding Services)	Judith Gallasch
Christina Boros Award	Judith Gallasch

Three awards from 2023 were also presented to winners who had not received their trophies:

Most Improved Male Swimmer	Alastair Murphy
Most Improved Female Swimmer	Kim Lau
Christina Boros Award	Matt Lockwood

This year Elliot Smith introduced a brand new concept – the Pooligans Awards...an occasion to celebrate the real winners: the strategic resters, the fake crampers, the masters of mid-lap negotiation. These unofficial awards are not based on times, technique or training plans but are equal parts honour and roast - the chlorine-soaked pinnacle of prestige. The awards come with season bragging rights and a personal certificate featuring the Club logo and colours and a suitably appropriate citation. We look forward to the awards becoming an unofficial Club tradition, to be presented by in person by Elliot, who unfortunately was not able to be there this year. The inaugural Pooligans winners are:

Sam and Suhara	Almost Made it before the Main Set Award
Ashley Everton	Unofficial Dual Citizen Award
Natalie Hann	Swimming through Adversity Award
Alastair Murphy	Programme Negotiator Award

Hai Nguyen
Judith Gallasch
Emily Tsoutouras

Strategic Toilet Breaks Award
Teacher's Pet Award
Cannonball Comeback Award



James, outstanding male swimmer



Steph, outstanding female swimmer



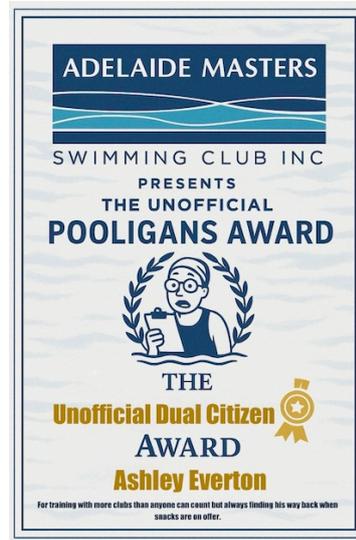
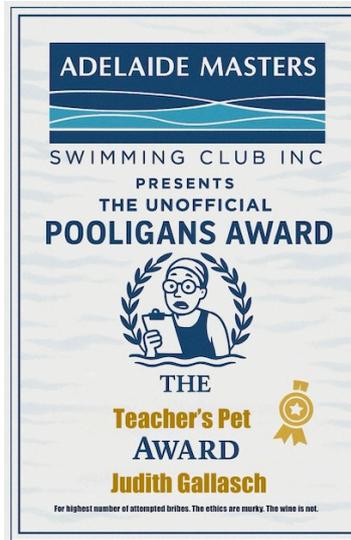
Ross with this year's most improved swimmers, Charles and Paloma



Kim and Alastair, 2023 most improved swimmers



Judith and Matt, 2024 and 2023
Boros Award winners



Club Presentations Part 2 in the July newsletter will feature more photos of the Club awards and Pooligans winners. You will just have to wait!

Swimming culture

The St Andrews May Dip

Each year on 30 April and May Day in St Andrews, an elegant, old university town in Fife, Scotland, the students of St Andrews University assemble to perform two rituals. The first of these, known as The Gaudie, is held at dusk on 30 April. Wearing scarlet robes and holding flaming torches, the students walk through the town's streets and along a stone pier at East Sands beach, beneath the ancient ruins of St Andrews Cathedral. The event commemorates a student, John Honey, who in 1800 rescued the crew of a sailing ship, Janet of Macduff which had run aground off the beach. With a rope around his body, Honey swam out to the sinking boat 5 times to bring back stranded sailors. On his final swim, the ship's mast collapsed onto his chest, resulting in serious injuries which

shortened his life. The procession is called The Gaudie because the students sing a traditional song, *Gaudeamus Igitur* (The Gaudie) which 'celebrates the idea that youth should be lived and enjoyed because in the end "earth will cover our bones".'



The Gaudie

After a long night of partying, the following morning the students gather at dawn for the second ritual, the May Dip. Stripping to bathing suits (optional for some), they plunge into the water to cleanse their sins before the university exams. The Dip is also regarded as the only cure for what is termed 'Patrick Hamilton's curse', which recognises another student, Patrick Hamilton, who, aged 24, was burnt at the stake for his Protestant beliefs. His initials are set in cobblestones at the place where he died which is on the University grounds. While students avoid treading on the initials, it is considered that the May Dip is the only effective way to avoid the curse.



Preparing for the plunge...



The May Dip

I was spent several days in St Andrews nine years ago with my wife and good Scottish friends. We wandered around the remains of the cathedral, which I consider the most beautiful of the many impressive ruins scattered throughout Scotland; looked over St Andrews Beach Golf Course, 'The Home of Golf' where the game has been played for 600 years; and spent some time in the university, which was bustling with students in term time. My one regret is that I did not go for a quick dip at East Sands, where the May Dip takes place.

When I wrote this on Thursday 1st May, I checked the air temperature and sea water temperature at St Andrews, which were 10C and 8.4C respectively. Those who gather for our Winter Solstice swim later this month should reflect on the glories of the May Dip!

Michael Harry

Dates for your diary

Further information on the following events, including registration details (when posted) and the calendars for the 2025 MSSA Interclub and State Cup series is available on the [MSSA website](#).

June

21 st	Winter Solstice Swim (not an MSSA event)	Grange Jetty (8.30am start)
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July

11 th	Entries for MSSA Interclub 3 (Short Course) close	
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27 th	MSSA Interclub 3 (Short Course)	SAALC (8.30am start)
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August

8	Entries for MSSA Interclub 4 (Long Course) close	
24	MSSA Interclub 4 (Long Course)	SAALC (8.30am start)

September

26	Entries for State Cup 2 (Short Course) close	
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October

12	State Cup 2 (Short Course)	SAALC (8.30am start)
24	Entries for State Cup 3 (Long Course) close	

November

9	State Cup 3 (Long Course)	SAALC (8.30am start)
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For up to the minute news and last-minute changes.