



**Come and celebrate 35 years
of
Adelaide Masters!**

30th June, 7pm
Hackney Hotel, Hackney

Tickets \$45

Ticket price includes

- a range of delicious savoury cocktail food
 - a welcome drink on arrival (beer, wine, sparkling, soft drink)
 - a slice of celebration cake for dessert
 - the chance to browse club memorabilia (photos, trophies, uniforms)
- a night to meet past club members and socialize with fellow swimmers

Tickets are now available through Adelaide Masters website
<http://adelaidemasters.org.au>

RSVP by 17th June to Marj Muller muller.marjory@gmail.com

Editor's Note

Welcome to another edition of the Adelaide Masters Club newsletter! As we continue to concentrate on technique at training, the next four newsletters will focus on a stroke each with this edition dedicated to Freestyle. I hope you are all able to benefit from some of the facts about freestyle and some technique tips.

There is also a new section of this newsletter which will profile Adelaide Masters swimmers...so if you are asked to fill out a short profile, please help out and help us get to know you better!

If anyone has any contributions or suggestions for the next newsletter, please get in touch with me.

Swim well

Congratulations to Peter Clements and Samantha Boag who both achieved the title of 'IRONMAN' last weekend in Cairns! What a fantastic and mighty effort that inspires us all!

The Ironman race consists of a 3.8km swim, 180km road bike race and a 42.2km run.

Peter completed his race in 12hrs 56mins and Sam completed her race in 10hrs 33mins

There are many athletes in our club who are competing in some amazing events, if you know of anyone or are involved in anything yourself, please let me know so we can recognise these achievements!

Interclub 2 results

Congratulations and well done to all swimmers who competed in the recent Interclub carnival!

This is a great opportunity to meet other swimmers in Adelaide as well as see your fellow swimming colleagues in action.

Caps off to the following swimmers who swam their way into the state record books:
Ilze Ostrovska 100m breaststroke
Mark Smedley 25m butterfly
Carlos Assumpcao 25m butterfly and 100m butterfly

Adelaide Masters topped the team tally by scoring 409 points overall...what a great effort! This puts Adelaide Masters back on top of the ladder for this season.

You can help to keep Adelaide Masters on top by coming along to the next Interclub.

Next interclub: 15th July at St Peters College pool.
 Entries close 29th June

It is with sadness that we hear of the passing of one of our great swimmers, Elizabeth Berce, who passed away a couple of weeks ago.

Elizabeth represented our club at many National swimming championships both in Australia & overseas, she was 87 years.

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

Annual Solstice swim

To be held on Sunday June 24th starting at Henley Beach at 9.30 am

This is not a Masters sanctioned swim & swimmers compete at their own risk, no water coverage etc., Just a fun (crazy!) thing to do.

After the "swim" there is the chance to warm up at Evida's café!

Bunnings Sausage Sizzle

Come and support our club on the 12th of August at Kent Town Bunnings!

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

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 May 2012

TIM FRANKLYN
PATRICK SCOTT
CHRISTOPHER CARTER,
GARRY HISKEY
BEN CLOHESY
DANIEL CLOHESY
TONY RYAN
MATTHEW GRAYDON

Welcome!

Ok girls, the challenge is on...we need to recruit more of the fairer sex!



June Birthdays

VICTORIA COX
GEOFFREY MCCONACHY
DANIEL MILNE
ANGUS NETTING
KERRY OWENS
MARY PHIN
AXEL POST
STUART RICHARDSON

Freestyle/Front Crawl/Australian CrawlDefinition according to FINA (International Federation of Swimming)

1. Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.
2. Some part of the swimmer must touch the wall upon completion of each length and at the finish.
3. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

History of the modern Freestyle stroke

Freestyle as we now know it was first seen in competition in Sydney in the late 1890s. Although there are many stories about the development and refinement of the final freestyle stroke, there is general consensus about its South Pacific origins. Alick Wickham, a young Solomon Islander, who moved to Sydney at that time to work as a houseboy for a specialist, is generally credited with its introduction to Australian culture. Wickham didn't invent the stroke though. Back in the Solomon Islands, surrounded by reefs, islanders foraged for seafood and materials for crafts and tools developing an overhand stroke to propel themselves over these shallow reefs. On the islands, it is known as *Tuppa-tup-pala*. It is reportedly also known in other parts of the South Pacific. Wickham often swam at Bronte Beach baths where locals first noticed his unusual 'crawl' over the water. He went on to become one of Sydney's top swimmers of that era and that stroke became known as 'Australian Crawl'. Since then, many refinements have been made to create a faster, more stream-lined 'freestyle' stroke and ofcourse although we still use this stroke in the open water...instead of tackling shallow reefs on a regular basis, freestyle swimmers have a variety of high-tech swimming pools to enjoy!

Mel's words of wisdom

"I believe freestyle should be swum with a 6-beat kick, core controlled body rotation with a strong catch in front of the shoulder which should act as an anchor over which our body travels. It is important to have an extended back end to increase stability with recovery and a slightly opposing 'surf' hand for balance of stroke. Correct head position being crucial to efficiency."

Mel's favourite drills

1. Military kick – enforces and promotes correct breathing position with emphasis on kick.
2. Zipper/finger drag/catch up - promotes a high elbow recovery with a focus on holding the 'surf' hand stable.
3. Windmill drill with progression – promotes correct body rotation and enforces breathing timing.
4. Head up progression - great for building strength.
5. Hypoxic progression – promotes an increase in lung capacity.

Remember: drills are used to correct inefficiencies and to promote strength and strengthen the full stroke thus it is important to always work through the full stroke, breakdown the stroke to its drills and then swim the full stroke to finish off!

PB + 20 with Mel our coach

- Started coaching in 1997 as a natural progression from teaching swimming
- Has over 20 years of experience in teaching swimming
- Was the Head coach of the Australian Blind Swim team
- She loves the reward of relaxing someone in the water to achieve a happiness and confidence in their movement and ability
- Her philosophy as coach is to "educate and promote swimming knowledge to all Australians so that they can find one reason they can and not 5 reasons why they can't!"



Presidents Report June 2012.

Well done to all those who attended the 2nd interclub and put up such a good performance. I have not seen the current points score but I believe we won the points on the day and now we will be close to Atlantis in the overall points score. However there are still 2 interclubs to go so to keep up Adelaide Masters good record over the years of winning the interclub trophy we must make a mighty effort to get as many points as possible at these events.

Entries will soon be available for interclub 3 so please make the decision early and enter.

If you are new to the Club (we have had a number of new members lately) don't be afraid to enter as it is a fun, friendly and competitive environment.

After the interclub I noticed both Marion and Atlantis had lunch at the Warradale Hotel. I would suggest that as a club we could do likewise after the next interclub. Please let the Captains (or me) know if you are interested in doing this and we can book a table. By the way the menu is pretty good.

As mentioned we have had some new members joining us and I extend a warm welcome to you and hope you enjoy swimming with Adelaide Masters.

Our first event to celebrate our 35 years is the cocktail party at the Hackney Hotel on June 30th. The social committee have put a lot of work into presenting this event so I would ask you to please indicate your intention to attend as soon as possible to help with catering arrangements.

Other events will be held later in the year with the same 35 year theme.

Our fundraising should receive a boost in August when we are running a Sausage Sizzle day at Bunning's Kent Town. More details later. We still need a Treasurer to take over the work from Russell so he can concentrate on the open water swims. It is not as arduous job as you may think so if you are even remotely interested please give Russell or me a call and we can discuss it with you.

We also have a position vacant on the committee so once again any interested person should contact Secretary Richard or me and we can give you some details. We don't care how long you have been in the Club 2 weeks, 2 months, 2 years or 22 years we would love to have you on board.

The next 6 months will be quite busy with Interclubs, State Cup, LC Long Distance and the start of the open water swim events. This combined with our social and fundraising activities make it a good time to get involved and get behind the committee and support as many of these as you can.

See you in the swim.....Robert Harris

Links

- Masters Swimming Australia
www.mastersswimming.org.au
- Adelaide Masters
www.adelaidemasters.org.au
- Swimming Australia
<http://swimming.org.au>

Did you know?

Julius Caesar was famous for his swimming abilities.

The earliest records of swimming date it back to existing 6000yrs ago!

Swimming was not one of the original Olympic sports

Contact Info

Newsletter editor

namiko.kobayashi@gmail.com

0412 564 589

Club enquiries

adelaidemastersswimming@gmail.com

(08) 8353 3568

PO Box 553, Nth Adelaide SA 5006

If anyone has suggestions or contributions for the newsletter, please let me know either at training or via email as above. Thankyou!

Namiko