

## March 2024

**Editor's note:** Contributions to the newsletter are most welcome. If you can contribute an item, however small, please send it addressed to the Newsletter Editor to [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com).

### Announcements and Reminders

#### Annual General Meeting

Adelaide Masters AGM will be held after training at 7.15pm on Wednesday 27 March at the Burnside Pool.

#### 2024 MSSA Branch Dinner

This year's Branch dinner, which our Club is organising, will be held on Saturday 20 April at the Osmond Terrace Function Centre, Norwood Hotel. You can get your tickets by scanning the flyer below or at <https://mastersswimming.org.au/event/2024-mssa-presentation-dinner/>



### President's Report

The Club AGM is rapidly approaching. It's the time of year when we gather in a backroom at Burnside and vote in the club officers. It is also a chance to ask questions of the committee to understand the direction that they will be taking the club over the next few years and to influence their thinking. Whilst it is normally a short meeting I would like to encourage as many of you as possible to attend to ensure that the club is moving in a mutually agreed direction.

I also encourage you to think about what you can do for the club. This does not necessarily mean standing for the committee. There are lots of little jobs that need doing and as the adage goes, “many hands make light work”. Could you for example, help with the pool sign ins, make the odd post to the club Facebook page, help with the website maintenance or any other of the multitude of tasks that keep the club running?

Talking of things that help the club run, have you booked your seat for the Branch dinner? We are doing the organising this year. Jeff and his team have been working very hard behind the scenes to make the event a success, I feel that the least the rest of us can do is buy a ticket and have a lovely evening of fun and entertainment. Let’s show the Adelaide swimming community how to party!

See you in the sea or the Pool

## Coach’s Corner

There is nothing worse than a pain in the shoulder that stops you from swimming properly and being able to put 100% in training. Unfortunately, there are few swimmers in our club who have sore shoulders. So, this is for you.

### Symptoms

If you have a pinching and sharp pain in your shoulder or shoulders while swimming, you may be suffering from swimmer's shoulder. Swimmer’s shoulder symptoms:

- Shoulder pain
- Swelling in the front or top of the shoulder
- Difficulty reaching up overhead
- Shoulder pain when bearing weight through your arm

Symptoms of swimmer's shoulder tend to be worse during or immediately after swimming. This is due to the position of your arms and upper extremities while swimming. Reaching overhead and turning your hand inward, similar to the motion during the freestyle stroke, can cause your rotator cuff tendons or shoulder bursa to become pinched underneath the acromion process of your shoulder blade. When this pinching occurs, the tendons or bursa can become inflamed, leading to pain and difficulty with normal arm use.

Treatment of swimmer’s shoulder involves rest, anti-inflammatory medication and exercise to restore normal shoulder mobility. Most cases resolve completely within a few months, but exercises may be required to help keep the pain away so you can enjoy a lifetime of pain-free swimming.

### Causes

What causes swimmer’s shoulder?

- Poor technique
- Crossing the arm over the centre line on entry

- Poor catch and pull placing an 'awkward' repetitive pressure on the shoulder
- Repetitive breathing to one side, usually with an associated technical weakness
- Overuse

Don't build up swim distances too quickly. You need to allow time for your shoulders to increase in strength to be able to handle the increased strain of thousands of repetitive movements. For example, a swimmer whose longest swim is around 3km who signs up for an English Channel swim should spend at least a year building up before they attempt the six-hour qualifying swim. If you're starting from a lower base, allow yourself even longer – two to three years at least.

- Incorrect use of equipment

Paddles are probably the worse culprit as they are designed to place additional strain on the shoulders. If technique is incorrect or a swimmer has not yet built up enough stability and strength within the shoulder then paddles will dramatically increase the risk of injury or irritation of the shoulder

- Not listening to your body

The expert on you is you. You may find that on a given day you start to feel isolated discomfort in an individual shoulder. Unless you are actually competing in your event you are best advised to either ease off, change what you are doing or stop and rest. Many shoulder irritations have been made far worse (and with subsequent longer recovery times) by swimmers ignoring the obvious signals their bodies are sending.

### Treatment

Treatment of swimmer's shoulder involves rest, anti-inflammatory medication, and exercise to restore normal shoulder mobility. Most cases resolve completely within a few months, but exercises may be required to help keep the pain away so you can enjoy a lifetime of pain-free swimming.

- Internal rotation towel stretch

This exercise stretches the shoulder joint capsule. To perform it:

- Hold a towel over your shoulder.
- Reach behind your back with your other arm and grab the towel.
- While holding the towel behind your back, slowly pull the towel up until a gentle stretch is felt in your shoulder with the hand behind your back. Hold the stretch for 15 seconds, and then slowly release. Repeat five times.

- Prone scapula squeeze

Sometimes scapular movement problems can be one cause of swimmer's shoulder. Lie on your stomach on a bed with your painful arm hanging down to the floor. Slowly lift your arm to the side while keeping your elbow straight.

Once your straight arm is parallel to the floor, hold the position for 3 seconds, and then slowly lower your arm down. Repeat the exercise 15 times.

- Rotator cuff strengthening

If weakness in your rotator cuff muscles is causing your swimmer's shoulder, then strengthening this muscle group may be warranted. To strengthen your rotator cuff muscles:

- Lie on your side with your painful shoulder on top.
- Bend your elbow 90 degrees while keeping it against your rib cage.
- Slowly lift the back of your hand up towards the ceiling. Be sure to keep your elbow bent and pressed against your ribs as you lift.
- Hold for 3 seconds, and then slowly lower.
- Repeat the exercise 15 times.

Of course, your pain could be something else, not the swimmer's shoulder, but I do not think these exercises can do you damage.

I hope you all recover soon.

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## Henley Open Water Swim

### Six swimmers enjoy magic conditions at the Henley 2k open water swim

On a fantastic summer morning at Henley on Sunday 18<sup>th</sup> February, 120 swimmers looped their way around either the 1km or 2km course – six of them from Adelaide Masters.

1km – Sharon Beaver was just pipped at the post, coming 2<sup>nd</sup> in 18 minutes 36 seconds. Remin Nath was 20<sup>th</sup> in 24 minutes and 9 seconds; Betty Reinboth in 40<sup>th</sup>, followed soon after by Debbie Brown just under 30 minutes respectively.

2km – Third over the line and 2<sup>nd</sup> female was Julie Bowman in 32 minutes 53 seconds; Roman Zaika came in 58<sup>th</sup> in 49 minutes 51 seconds.

Many thanks to Henley Beach Masters for running a well-organised event.

## Summer Pool Series - Strathalbyn Meet

The sun rose bright and early at Strath on Sunday 25<sup>th</sup> February in preparation for the continuation of the MSSA Summer Pool Series swim meet.

Adelaide entered the meet with quite possibly the strongest team it has ever fielded, a number of whom were chasing Olympic Qualifying times. Unfortunately due to the unfamiliarity with the pool none of these were achieved.

First Adelaide swimmer into the water was Peter (Ironman) Clements who disappointed with his slowest 400m since he last swam 400m. Next in was Rebecca (the Missile) Milton who blitzed her 50 m Butterfly to record a second in her age group.

Then Mark (Medley) Smedley swam and won the 50m Butterfly like he had not missed a beat despite not having competed since he was a child. Charles (Gravy Train) Gravier threatened the old 100m Breaststroke record only to die in the final 90 or so metres. Still, coming second in his age group is not to be sniffed at.

Sharon (the Beaver) Beaver swam and won the 200 backstroke. Quite a feat after reading the article in the last Adelaide Masters Newsletter about gazing into the heavens rather than looking at the endless black line. Amanda (the Ruler) Ruler was our next entrant, also in the 200m Backstroke. She may have read the same article and did seem to drift away during the swim but did much better in her 100m backstroke recording a second in her category.

Last but not least, the Hillbillies Jock (James) Dean and Emily (McKeown) Pennell both blitzed the field in their respective 50m Freestyle events to record first places.

The rollercoaster ride continued as we all had second and third swims, some better, some worse but at least we showed up!

Sharon, Mark and Emily each scored 3 wins from 3 swims. Congratulations! And Adelaide restored our place as one of the top Masters Clubs in SA coming 3<sup>rd</sup> place, a mere 200 points from Phoenix but hundreds in front of powerhouses Atlantis and Uni SA.

The photo below shows us prior to warming up at Strath.

(Written with literary and digital imagination by Iron Man Clements)





## Laps for Life – Fundraiser for Mental Health for Young People

Starting on 1 March, Helen Bartsch will be recording her swimming distances for **Laps for Life**, with a goal of 50km. Helen’s donation link is [www.lapsforlife.com.au/fundraisers/helenbartsch/laps-for-life](http://www.lapsforlife.com.au/fundraisers/helenbartsch/laps-for-life)

Did you know that suicide is the leading cause of death for young people in Australia? That means that each year more young people die by suicide than in car accidents or from cancer.

By sponsoring Helen’s challenge, you’ll be helping to prevent youth suicide. All donations go directly to ReachOut Australia. **ReachOut** is Australia's leading online mental health organisation for young people and their parents. It provides a safe, online place for young people to chat anonymously, get support, and feel better. Please donate!

### Merchandise

Members wishing to order club merchandise can either see Judith Gallasch at training on Wednesday evenings to view the merchandise and place an order, or email the club at [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com) requesting a Merchandise form as soon as possible. The form provides information about available items including images and prices. Goods must be ordered on the Merchandise form and paid for by EFT to the Club bank account (which is on the form) before they will be ordered through our supplier.

Betty and Kay  
Merchandise Sub Committee

### Dates for your diary

Further information on the following events (including registration details when posted) and the calendars for the Open Water series and Summer Pool series are available on the [Masters Swimming SA website](#).

#### March

Saturday 2 <sup>nd</sup>	Port Elliot Swim 900M and 1.8K	From 22.30pm at Port Elliot SLSC
Monday 11 <sup>th</sup>	Noarlunga Reef Swim 1.5, 2.5K and 5K	From 9.00am at Port Noarlunga Jetty
17 <sup>th</sup>	MSSA Summer Series Swim 3	Adelaide Hills Swimming Centre

#### April

7 <sup>th</sup>	Long Course State Cup	SA Aquatic Centre
20 <sup>th</sup>	SA Masters Branch Dinner	Osmond Terrace Function Centre, Norwood Hotel

#### May

3 <sup>rd</sup> – 7 <sup>th</sup>	<a href="#">MSA National Championships</a>	Parap Pool, Darwin
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The 2024 Interclub and State Series calendars

MASTERS SWIMMING AUSTRALIA  
SA Branch Carnivals 2024  
Interclub Series (4 Meets)

Interclub No. 1 (Relays)	Interclub No. 2	Interclub No. 3	Interclub No. 4
<b>Short Course</b> Pool: SA State Aquatic & Leisure Centre Date: 19/05/2024 8.30 am Warm-up 9.00 am Start	<b>Long Course</b> Pool: SA State Aquatic & Leisure Centre Date: 16/06/2024 8.30 am Warm-up 9.00 am Start	<b>Long Course</b> Pool: SA State Aquatic & Leisure Centre Date: 14/07/2024 8.30 am Warm-up 9.00 am Start	<b>Short Course</b> Pool: SA State Aquatic & Leisure Centre Date: 11/08/2024 8.30 am Warm-up 9.00 am Start
<b>Event No.</b> 1. 4x100 Mens Medley Relay 2. 4x100 Womens Medley Relay 3. 4x50 Mixed Freestyle Relay 4. 4x25 Mens Medley Relay 5. 4x25 Womens Freestyle Relay 6. 4x100 Mixed Freestyle Relay 7. 4x50 Mens Freestyle Relay 8. 4x50 Womens Freestyle Relay 9. 4x25 Mixed Medley Relay 10. 4x100 Mens Freestyle Relay 11. 4x100 Womens Freestyle Relay 12. 4x50 Mixed Medley Relay 13. 4x25 Mens Freestyle Relay 14. 4x25 Womens Medley Relay 15. 4x100 Mixed Medley Relay 16. 4x50 Mens Medley Relay 17. 4x50 Womens Medley Relay 18. 4x25 Mixed Freestyle Relay	<b>Event No.</b> 1. 400 Freestyle 2. 200 Breaststroke 3. 100 Butterfly 4. 50 Backstroke 5. 100 Freestyle 6. 200 Butterfly 7. 50 Breaststroke 8. 200 Individual Medley 9. 50 Freestyle 10. 200 Backstroke 11. 100 Breaststroke 12. 50 Butterfly 13. 100 Backstroke 14. 200 Freestyle 15. 4x50 Womens Medley Relay 16. 4x50 Mens Medley Relay 17. 4x50 Mixed Freestyle Relay	<b>Event No.</b> 1. 200 Backstroke 2. 100 Breaststroke 3. 50 Butterfly 4. 200 Freestyle 5. 100 Backstroke 6. 50 Breaststroke 7. <b>Choice of one of the following:</b> a. 400 Butterfly b. 400 Backstroke c. 400 Breaststroke d. 400 Individual Medley 8. 50 Freestyle 9. 100 Butterfly 10. 200 Breaststroke 11. 50 Backstroke 12. 100 Freestyle 13. 200 Butterfly 14. 4x50 Mixed Medley Relay 15. 4x50 Womens Freestyle Relay 16. 4x50 Mens Freestyle Relay	<b>Event No.</b> 1. 200 Butterfly 2. 25 Freestyle 3. 100 Backstroke 4. 200 Breaststroke 5. 100 Butterfly 6. 50 Freestyle 7. 200 Individual Medley 8. 25 Backstroke 9. 50 Breaststroke 10. 400 Freestyle 11. 50 Butterfly 12. 100 Individual Medley 13. 200 Freestyle 14. 25 Breaststroke 15. 50 Backstroke 16. 100 Freestyle 17. 25 Butterfly 18. 100 Breaststroke 19. 200 Backstroke 20. 4x25 Mixed Medley Relay 21. 4x25 Mixed Freestyle Relay
No swimmer is to swim more than 5 events  Each team's age group, time and swimmers to be nominated by the club at time of entry  Teams must swim in the order nominated  No changes to teams will be allowed, except in exceptional circumstances  Registered Swimmer Entry Fee: \$25.00 No Non-Members at this Event  <u>Entries Close Branch: 3/05/2024</u>	Swimmers may enter any 3 events  Registered Swimmer Entry Fee: \$25.00 No Non-Members at this Event  <u>Entries Close Branch: 31/05/2024</u>	Swimmers may enter any 3 events  Registered Swimmer Entry Fee: \$25.00 No Non-Members at this Event  <u>Entries Close Branch: 28/06/2024</u>	Swimmers may enter any 3 events  Registered Swimmer Entry Fee: \$25.00 No Non-Members at this Event  <u>Entries Close Branch: 26/07/2024</u>

MASTERS SWIMMING AUSTRALIA  
SA Branch Carnivals 2024  
State Series (3 Meets)

Long Course State Cup	Short Course State Cup	Short Course Long Distance Meet
Pool: SA State Aquatic & Leisure Centre Date: 7/04/2024 8.30 am Warm-up 9.00 am Start	Pool: SA State Aquatic & Leisure Centre Date: 22/09/2024 8.30 am Warm-up 9.00 am Start	Pool: SA State Aquatic & Leisure Centre Date: 17/11/2024 8.30 am Warm-up 9.00 am Start
<b>Event No.</b> 1. 200 Individual Medley 2. 100 Freestyle 3. 50 Backstroke 4. 200 Butterfly 5. 50 Breaststroke 6. 100 Backstroke 7. 200 Freestyle 8. 400 Freestyle 9. 200 Breaststroke 10. 100 Butterfly 11. 50 Freestyle 12. 200 Backstroke 13. 50 Butterfly 14. 100 Breaststroke 15. 4x50 Mens Medley Relay 16. 4x50 Womens Medley Relay	<b>Event No.</b> 1. 200 Freestyle 2. 50 Breaststroke 3. 100 Freestyle 4. 200 Backstroke 5. 25 Butterfly 6. 100 Breaststroke 7. 50 Backstroke 8. 100 Individual Medley 9. 25 Freestyle 10. 400 Freestyle 11. 50 Butterfly 12. 100 Backstroke 13. 25 Breaststroke 14. 200 Butterfly 15. 50 Freestyle 16. 200 Individual Medley 17. 25 Backstroke 18. 100 Butterfly 19. 200 Breaststroke 20. 4x25 Womens Freestyle Relay 21. 4x25 Mens Freestyle Relay	<b>Event No.</b> 1. 1500 Freestyle 2. 800 Butterfly 3. 800 Breaststroke 4. 800 Individual Medley 5. 800 Backstroke 6. 800 Freestyle 7. 400 Butterfly 8. 400 Breaststroke 9. 400 Individual Medley 10. 400 Backstroke 11. 400 Freestyle
Swimmers may enter any 3 individual events  Registered Swimmer Entry Fee: \$25.00 No Guest Swimmers at this Event  <u>Entries Close Branch: 22/03/2024</u>	Swimmers may enter any 3 individual events  Registered Swimmer Entry Fee: \$25.00 No Guest Swimmers at this Event  <u>Entries Close Branch: 6/09/2024</u>	Swimmers may enter any 2 events: 1 x 1500m with 1 x 400m 1 x 800m with 1 x 400m 2 x 400m  N.B. Rolling starts used for 1500 & 800 events  Registered Swimmer Entry Fee: \$25.00 No Guest Swimmers at this Event  <u>Entries Close Branch: 1/11/2024</u>

The logo for Adelaide Masters Swimming Club Inc. It features a dark blue rectangular box with the text "ADELAIDE MASTERS" in white, uppercase letters. Below the box, there are three wavy white lines representing water. The background of the entire page is a gradient of blue with white wavy lines.

ADELAIDE MASTERS

SWIMMING CLUB INC

The Facebook logo, a white lowercase 'f' inside a dark blue square.

Find us on  
**Facebook**

For up to the minute news and last-minute changes.

Do you have something we can include in the newsletter? Mail it to  
[adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com)