

May 2025

Contributions to the newsletter are most welcome. If you would like to contribute an item on a swimming topic that you are willing to share with members, you can send it the Newsletter Editor via the Club email adelaidemastersswimming@gmail.com. It is your newsletter!

Club Presentations – 30 May 2025!

Our **Club Presentations** will be held from **7pm (after training) on Friday 30 May** at the **Maid and Magpie Hotel**. This is one of our main social events, and we would love to have as many members there as possible, whether you are training on the evening or not. In addition to the presentation of awards, there will be some lucky draw prizes! **Please RSVP by 26 May** on the Club email adelaidemastersswimming@gmail.com

President's Report

There were two swim meets this month, with the Melbourne Masters Nationals participants Emily and Scott Goldie coming home with more than holiday snaps, being a very successful bag of medals between the two, a fitting reward for plenty of training no doubt. The MSSA State Cup found new Captains Judith and Charles bagging medals. Special thanks to long serving ex Captains Stephanie and Lee for assisting prior to, in the event and in the participation. There are reports and photos from these meets below. There is also a report on the MSSA Presentation Dinner held on Saturday 3 March at the Adelaide Sailing Club. It was great to see so many of our swimmers receive well deserved recognition and to have a strong attendance by our members and partners at the dinner.

Transition to winter training at St Peters happened along with the training attendance and payment system being modernised for your convenience. A big shout out to Elliot who developed the new system and who will be the committee lead on this great initiative. Basically, bring your old Summer and Winter tickets to training and Elliot will translate these to a credit system which you can top up as required. A report on your credits will be emailed to you (see April's Newsletter for details). All you need to do is to sign in for the training session, which is also required for insurance purposes.

The new committee is working on ironing out responsibilities and operational requirements for the club to run smoothly. All members attended the first meeting and contributed good ideas. The committee has created a WhatsApp group so this extra platform can rapidly sound out ideas. Please feel free to contact any of the committee with thoughts and ideas for us to consider.

I will soon approach the past members of the subcommittee which organised the 45th Anniversary Lunch brilliantly in 2022 to kick off planning for our 50th anniversary in late 2027. They will be looking for ideas and contributions to share the work, so please don't be shy!

On a personal note, I feel like a pin cushion having had multiple vaccinations, as I will be off to Africa in May. I thank Scott Goldie for holding the fort while I am away.

Jeff Sheridan

Coach's Corner

Freestyle tumble turns

As we are back in a short pool with twice as many turns, you might want to perfect them. In fact, I encourage you to review your turns, as it is easy to become sloppy at them. It is very easy to use them as a bit of a break between the laps. That is what most of the Master swimmers do but imagine the advantage you would get in the race when you perform your turns one second faster than your opponents.

Let's start with freestyle tumble turns:

1. Approach the wall with a strong freestyle stroke and keep your head down. Do not slow down before flipping your legs over.
2. As you reach the wall - approximately 1 m away (don't worry, your body is still in forward motion, so when your legs touch the wall it will be closer) - tuck your chin to your chest and perform a somersault: throw your legs over with the force and push off the wall as fast as possible, as if the wall is hot. Your feet should be around 10cm apart. Push off with all your mighty strength, as if trying to push the wall away from you. Simultaneously, assume the streamline position - extending the arms straight above the head and pressing them together. Your head should be tucked down between the arms, and your legs should be tightly pressed together, with pointy toes.
3. After pushing off the wall, glide underwater in a streamlined position for as long as you feel momentum from the push off. Your push off should generate speed that is faster than your swimming, so use it to your advantage.
4. Once you start losing momentum, begin your kick. If you are good at fly kicking and it does not tire you too much, do 2 to 3 fly kicks under water before resuming your full freestyle above the water. If you struggle with fly kicking, then vigorous freestyle kick under water for about 3-4 kicks will help to maintain the speed before surfacing and starting the full stroke.
5. And remember, try not to breathe on your first stroke after the turn - breathing slows you down (you are already in a vulnerable position with the speed). Train your lungs!



Guess who is my favourite swimmer?

All the best practising!

Ilze

Captains' Report

State Cup 1 (long course) Sunday 27 April 2025

Adelaide Masters performed well at the long course State Cup held at the SA Aquatic Centre on 27 April. We finished third, a strong achievement considering we had quite a small team of 10 swimmers competing: Sharon Beaver, Julie Bowman, Judith Gallasch, Scott Goldie, Charles Gravier, Pam Holley, Peter Holley, Amanda Ruler, Emily Tsoutouras and James Yip.

7 of our swimmers won medals in their age group: Sharon 1st Female 55 – 59 Years; Julie 1st Female 60 – 64 Years; Judith 3rd Female 60 - 64 Years; Pam 1st Female 70 – 74 Years; Emily 3rd Female 45 – 49 Years; Charles 3rd Male 30 – 34; Scott 2nd Male 50 – 59. In the Women's 4x200m Freestyle Relay, our team of Julie, Sharon, Judith and Emily finished second by ONE SECOND to Phoenix, Emily touching a fraction behind Jo Sutcliffe. A BIG thankyou to Russell Anderson and Emily Goldie for coming out to do

the timekeeping for the day. We are especially grateful to Emily who couldn't swim due to a shoulder Injury she suffered at the Nationals.



Charles, Judith, Emily and Pam...medal winners all!



Emily's first pool interclub!



Happy Charles!

We are looking forward to the next meet, the Relay Interclub, on 18th May. All swimmers who entered have been placed into their relay races and will receive a copy of their events on the morning. It should be a lot of fun swimming and cheering on each other!

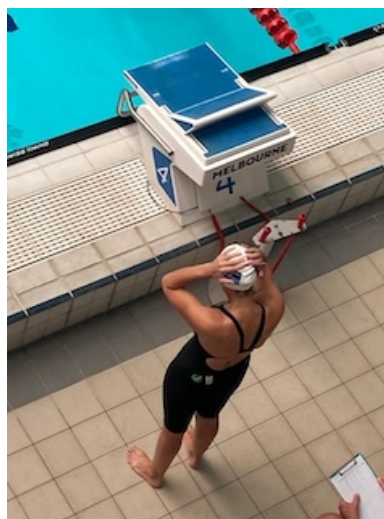
Judith Gallasch Charles Gravier
Club Captains

Event Reports

Masters National Championships, Melbourne 8 - 12 April 2025

Two Adelaide Masters swimmers, Emily Goldie and Scott Goldie, travelled to Melbourne to compete in the Masters Nationals on 8 – 12 April, winning 6 medals between them.

Emily won 3 gold medals - 100M Fly, 200 IM and 400M - and a bronze medal in the 800M Free In the 50 – 54 Women's Age Group. In the Men's 55 – 59 Age Group, Scott won a silver medal in the 800M Free and a bronze medal in the 400M Free. Congratulations on their outstanding performances at national level, particularly as both swam in several other events in the meet!



MSSA Annual Presentations Dinner, 3 May 2025

The MSSA Presentations Dinner, hosted by Henley and Grange Masters, was held at the Adelaide Sailing Club on Saturday, 3 May. It was a relaxed, enjoyable evening, with 19 of us from Adelaide Masters out of approximately 100 people attending: Sharon Beaver, Julie Bowman, Pete Bowman, Peter Clements, Judith Gallasch, Em Goldie, Scott Goldie, Charles Gravier, Michael Harry, Pam Holley, Pete Holley, Brian Morris, Kathy Aldrette-Morris, Kent Nelson, Lee O'Connell, John Palmer-White, Amanda Ruler, Steph Palmer-White, Di Simons. It was wonderful to have our Foundation Life Member, Di Simons back for another dinner.

We won the Long Course State Cup in April 2024, finishing well ahead of Phoenix, and came second in the trophy for Runner Up in the Open Water Swim Aggregate. 4 of our best swimmers featured in the individual awards:

Josie Sanson Cup
(outstanding State Cups swimmer)

Steph Palmer-White

Open Water Swim towel

Scott Goldie, Emily Goldie

Pool series towel

Sharon Beaver



Celebrating our winners!

A number of our members also won medals in the 2 Pool Series: Judith Gallasch, Mark Smedley, Emily Tsoutouras, Charles Gravier, Louise Guy and Pam Holley. Congratulations to Steph, our evergreen champion, to our towel winners who turned up to all of the Open Water or Pool events and to everyone who swam in the State Cup and the Open Water swims. Thank you to coach Ilze and to our volunteers who turned up regularly to help with set up and to give support. It was great to have Pete Bowman, John Palmer-White and Kathy Aldrette-Morris with us at the Presentations.



Member Profile

Lidia Alvino-Felquer



Hi, I'm Lidia, and I'm a newish member of Adelaide Masters Swimming Club.

My swimming journey started back in Argentina when I was just eight years old. I competed in local, district, and state-level competitions right up until I was 21. I was a solid swimmer back then, what I loved most wasn't just the competition, but the friendships, the team spirit and the way swimming made me feel strong, healthy, and happy.

When it came to strokes, butterfly was probably the one that suited me best, and I enjoyed swimming breaststroke and backstroke too. Freestyle was never my favourite, but like most swimmers, I trained and competed in it when needed.

When I went to university, I had to stop swimming competitively. There weren't many options for older swimmers at the time, and life moved on. A few years later, after moving to Australia, raising a family and working full-time kept me very busy. Swimming fell to the side, although it was always something I missed.

Recently, I decided it was finally time to make space for something that has always been a big part of who I am. Finding a Masters club wasn't easy, unless you know about Masters Swimming, you might not realise it's an option. Training times that suited full-time work were another challenge. Luckily, I discovered Adelaide Masters Swimming Club, close to home and with sessions that fit perfectly around my schedule. Joining Adelaide Masters has been one of the best decisions I've made. The welcoming community, the supportive environment and the wonderful coaching helped me reconnect with the sport I love. It took a little while to get back into the rhythm of regular training, but that old sense of joy returned quickly.

Swimming again has made a huge difference to my life. It's not just about fitness, it's about feeling good, finding balance, and connecting with people who share the same passion. I sometimes wish I had returned sooner, but I'm grateful to be here now, rediscovering how much swimming brings to my life. If you're thinking about getting back into something you love, no matter how long it's been, I would say: it's never too late.

Merchandise

For members who are interested in purchasing Club merchandise for winter wear, we now have the following items available:

AM unisex Hoody (Sizes: S, M, L, XL) \$90

Pool Coats with club logo & name Sizes: S, M, L \$120, an extra \$25 with Name

Track Pants Ladies & Mens Sizes: S, M, L, XL, XXL \$60 (Track Pants have no AM logo)

Adelaide Master's Beanies \$35

Please let Judith know if you would like to order any items or see samples. We have in stock AM Beanies, AM Baseball caps, Ladies AM bathers, Men's AM Jammers & Briefs. Judith brings merchandise to training sessions on Wednesday evenings, so you can have a look and try on before you order.

Swimming culture

Editor: Items on 'swimming culture' (for want of a better term) appear regularly in print and on line media, suggesting there is increasing interest in swimming stories and places in Australia and overseas. If you come across something interesting - an image, an article or a news item - or if you are feeling inspired to contribute something more personal, please send it in!

Abandoned Swimming Pool, La Palma

In August 2023 after an extended period of seismic disturbance, the Cumbre Vieja volcano on the island of La Palma off the north west coast of Africa erupted, spreading lava and black volcanic ash across much of the southern part of the island, destroying thousands of homes.¹



¹ *The Age Good Weekend*, 15 March 2025

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](#).

May

Sunday 18 th	Interclub 1 (Relays)	SA Aquatic & Leisure Centre
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June

1 st	Interclub 2 (Long Course)	SA Aquatic & Leisure Centre
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July

27 th	Interclub 3 (Short Course)	SA Aquatic & Leisure Centre
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August

24 th	Interclub 4 (Long Course)	SA Aquatic & Leisure Centre
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