



### Editor's Note

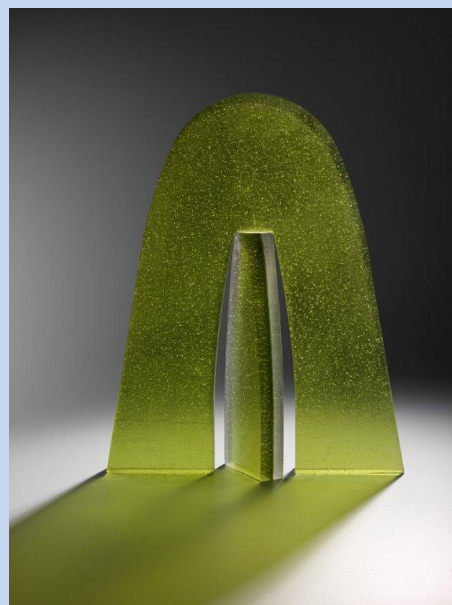
Its already November and Christmas is nearly upon us! This means warmer water, open water swims and re-establishing tog tans ☺

I hope everyone is excited about the open water swim calendar and has plans to stay as fit as possible over this summer period.

Adelaide Masters continues to promote club participation and good health so get involved in as much as possible!

With the year drawing to a close, it is a good time to thank all those behind the scenes helping to organise the various meets and events. Thanks for all the hard work and support...it is appreciated!  
Namiko

## RAFFLE



### 'Waiting for Spring' Kilnformed Glass Sculpture by Catherine Aldrete-Morris

+ 6 Consolation Prizes of a 3 pack of Wines.  
\$2 per ticket

To be drawn at Burnside Swimming Centre,  
3.30pm Sunday 23<sup>rd</sup> December 2012

All members, please help us out by collecting a booklet of 10 from Howard at pool deck to sell to family, friends, co-workers etc...

### Don't miss out:

Seacliff Open Water Swim 9<sup>th</sup> Dec  
Proclamation Classic Open Water Swim  
30<sup>th</sup> Dec

Pub to Pub Open Water Swim 6<sup>th</sup> Jan  
SA State Masters Open Water Swim  
Championships 20<sup>th</sup> Jan

Please see Masters SA website for  
more details

<http://www.aussisa.org.au/>

### 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](mailto:adelaidemastersswimming@gmail.com) for further details.



Congratulations to the Wadham family who recently welcomed a new addition to their family! We hear little James was born just in time for Trevor to compete at the Murray Man...

### Monthly Friday catch up

Fri 30<sup>th</sup> Nov – after training  
(meet around 8.30pm at venue)

#### **The Place Next Door**

516 Glynburn Rd, Burnside

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...

## **BUNNINGS BBQ FUNDRAISER**

### **BUNNINGS KENT TOWN**

**SAT 22<sup>ND</sup> DEC – ALL DAY**

### **COME ALONG AND SUPPORT YOUR CLUB!**

We will be calling for volunteers soon to help us out on the day to sell sausages and drinks as well as draw in the crowds so please put your hands up to help out!

Well done to all Adelaide Masters triathletes that competed (and completed!) the Murray Man!! Swimming, running and cycling all in 40 degree heat...truly amazing!

#### More triathlete achievements!

Sam Boag competed at the World Ironman Championships in Kona, Hawaii last month.

Kerry Owens represented Australia at the recent 2012 World Age Olympic Triathlon Championships in Auckland, NZ.

**For the Eric Magill memorial "swim", we had 30 swimmers, walkers etc. taking part and the trophy was "won" by a Henley club "swimmer"**

## **Training Times**

Mon, Wed & Fri: 6.30-8pm  
Burnside Swimming pool  
Cnr Greenhill Rd & Howard Tce  
Hazelwood Park

## **Sunday Sea Swims**

Meet in the car park at Henley Beach every Sunday at 9am  
Meet at 8.30am if the temperature is predicted to be above 35 degrees (temp is set on Sat night)

## **New members for 2012**

ANNA GRIFFEN  
UWE DOMBROWSKI  
DARRAGH JENNINGS  
JASON HATZIMIHAIL  
ANA KALDI  
RYAN COX  
Welcome!



## **November Birthdays**

MARGO BATES  
DEBORAH BROWN  
ELENA CORTAZZO  
UWE DOMBROWSKI  
PAMELA GUNN  
NAMIKO KOBAYASHI  
CAROLE MARGRISON  
BRIAN MORRIS  
ELIZABETH NEAL  
JENNIFER THOMAS

**Importance of good posture**

The reason good posture makes for optimum performance is that the muscle flexibilities and muscle strength balances which enable you to produce the maximum speed, strength, and endurance in most physical activities also enable you to hold good posture all the time, "automatically".

**So how do you develop proper flexibility, strength balances, and posture for best swim performance?**

First, you should know what is "proper postural alignment". Within fairly narrow limits, proper relaxed standing alignment is the earlobe over the middle of the shoulders, over the hip joint, and over a point about an inch in front of the ankle joint. However, instead of proper posture, most swimmers stand and walk with their head thrust forward ("forward head posture"), their shoulders hunched forward and often shrugged upwards, and their upper back rounded. The effect of the predominantly forward and downward arm rotations of swimming tend to develop rounded and hunched shoulders.

Over time, this poor posture causes the following bodily adaptations which decrease swimming performance:

- Neck lateral (left and right) rotation range and upward rotation range both decrease, so it is necessary to roll farther to breathe during freestyle, and to raise the chest farther out of the water to breathe in breast stroke and butterfly.
- Chest and front of shoulder muscles shorten and tighten
- Upper back and back of shoulder muscles lengthen and loosen
- Shortened top of shoulder muscles (trapezius) from shrugged shoulders prevents full and easy downward movement of the shoulders, reducing stroke length and reducing power delivery during the last part of the stroke, when hand speed and force generation should be the greatest.
- Neck, back, and shoulder muscle loading increases
- Lower spine curvature changes (usually increasing, but sometimes decreasing) to compensate for the excessive forward curvature of the upper spine.

So the next time you find yourself hunched forward and dropping your shoulders...think how your posture is stopping you from being the best swimmer you can be!

**Correct posture in the Water and how it relates to efficient swimming.**

I believe correct head and posture alignment is crucial to efficiency within all swimming strokes and their function of movement. The head position is of the greatest importance, for if not in a position of neutral buoyancy it will reflect greatly upon body positioning and body rotation and therefore will deplete the ability to swim to your absolute best performance. Symmetrical rotation is essential for maximum movement within stroke and will be affected by the kick phase which is all controlled by the head position. I believe having correct technique, good head and body alignment is gained by using a progressive and sustainable stretch program, kinetic dry land/gym program and swim plan with relevant and specific drills that reflect the individual needs. This will ensure the progressive ability of the swimmers strength and performance. If you would like to discuss this further please do not hesitate to approach me. There are many different disciplines and exercises to promote good body posture I would be happy to program any of the above mentioned individual sessions for any Adelaide masters member.

Your Coach, Malisa Lavis

**PB+20 with Daniel Milne**

**Star sign:** Gemini

**Place of birth:** Adelaide

**When did you join Adelaide Masters?** January 2012

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

Gainfully employed by Halliburton it's just at this point in time and in the foreseeable future I am not required to attend. Meanwhile, I am a fulltime triathlete.

**What got you interested in swimming in the first place and what keeps you coming back to training?**

I entered into an Ironman event late last year where it dawned on me that swimming was not my forte, while it still is not, I keep coming back to make improvements, that, and to engage in endless chatter in the shallow end of the pool.

**What is your favourite swimming event?** It must be said I do like open water swimming. I really enjoyed the Captains Cup earlier in the year.

**What is your favourite carbo loading meal?** Huge fan of a pasta carbonara and a bowl of hot chips on the side.

**Best place you've ever swum?** While I believe there are much better and nicer places to swim, the Water Cube in Beijing certainly provided me with an adventure. If you ever have the opportunity to swim there please do embark on the tedious and over complicated process just to get into the front door. You then have to navigate the rabbit warren to the pool deck, just remember to pack your swimming cap. No cap, no swim!

Daniel will be competing in the Busselton Ironman in December later this year...

Good luck!!



**Long Course Long Distance Championships**  
**Marion Outdoor Pool 11<sup>th</sup> Nov**

It was a beautiful hot day at the Marion Outdoor Pool for the Long distance event. Many swimmers swam events they hadn't swum before or for a long time and it was great to see people finishing events with a sense of achievement! For those who did the 400m butterfly and the 800m IM...we are all in awe of you!

Congratulations to Sebastian Carboncini, Rob Harris, Leonie O'Connell, Sharon Beaver, Stephanie Palmer-White and Charlene Margrison who achieved State Records in their respective events. National Records are still waiting to be confirmed.



**President's Report**

Well done to our Adelaide Masters swimmers who won awards at the Branch presentation night held at the Adelaide Zoo last weekend.

As a club we won the Long Distance Shield, the Long Course State Cup and the Interclub Shield. We were runners up to Marion for the Short Course State Cup. Charlene Margrison was runner up for the Female Swimmer of the year. Not a bad result for all concerned.

The open water swimmers were also rewarded with towels being presented to Pam Gunn, Brian Morris, Roman Zaika and Robert Harris for competing in the 10 events last summer.

Also congratulations to the medal winners in their age groups at the Interclub Series.

Women.. Danielle Hamann 1<sup>st</sup> 18-24, Charlene Margrison 1<sup>st</sup> 25-29, Namiko Kobayashi 2<sup>nd</sup> 25-29, Ilza Ostrovska 1<sup>st</sup> 45-49 and Bessie Kesic 2<sup>nd</sup> 65-69.

Men.. Nicholas Quadrio 1<sup>st</sup> 18-24, Timothy Franklin 2<sup>nd</sup> 18-24, Daniel Milne 2<sup>nd</sup> 30-34, Sebastian Carboncini 2<sup>nd</sup> 35-39, Mark Smedley 1<sup>st</sup> 50-54, Robert Harris 1<sup>st</sup> 65-69, Carlos Asumpcao 1<sup>st</sup> 80-84 and Jonathon Davies 2<sup>nd</sup> 80-84.

Once again our own DJ Seb put on a great little act and his Gorilla Strip will be long remembered by all who were lucky enough to witness it!!

On other matters the Open Water swims start on December 9<sup>th</sup> at Sealcliff and entries are ready online. Also online entries are available for the Jetty to Jetty on Australia Day so get in early and register.

Our membership continues to grow and welcome to our new members.

On a rather sad note we will be looking for a newsletter editor due to Namiko's imminent departure so please if someone can step forward it would be great as the newsletter is a vital part of communication within the club.

Remember also the Sausage Sizzle at Bunnings in December and volunteers are being called for this great fund raiser for the Club.

Enjoy your swimming... Regards... Rob



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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!