

**For Sale****35th anniversary polo shirts**

\$30.00

available from our website

[www.adelaidemasters.org.au](http://www.adelaidemasters.org.au)

Also, please check out the other club merchandise...more club members wearing club gear will encourage others!

**Editor's Note**

Summer is nearly here and its so exciting that the outdoor pools have opened and the open water swimming calendar is out! With the upcoming racing, this newsletter looks at dryland exercises and stretches that will compliment your swimming training so that you are swimming your best come competition time! Enjoy!

Namiko

**Upcoming Swim Meets**

1. Long Course Long distance meet. 11<sup>th</sup> Nov Marion Outdoor pool. Entries close 19<sup>th</sup> Oct online
2. Eric McGill Memorial Swim  
Henley Beach 18<sup>th</sup> November 9.30am  
This is a non-AUSSI Masters sanctioned swim and is open to all...
3. The Open Water Swim Calendar is now available...with the first swim on the 4<sup>th</sup> of Nov at West Lakes, its time to get training and organised ☺  
<http://www.aussisa.org.au/>

MASTERS  
SWIMMING  
South Australia

**Masters Swimming  
South Australia**  
And Adelaide Zoo present the

**2012 Annual Branch Dinner**

To celebrate **Fitness & Friendship**, but  
mostly for **FUN!!**

**Saturday 17th November,**

**6pm** for zoo tour to start at the  
**Rotunda.**

**ONLY \$65 per head**

**And what will your hard earned  
\$\$ get you?...**

- A tour of the zoo to start your evening
- Complimentary drink (after tour at 7pm)
- Acoustic music entertainment (Graham Mitchell)
- Seb Carboncini MC
- Delicious gourmet meal with canapés, choice of 2 mains and a delish dessert!  
(If you require a vegetarian option please let us know in advance)
- Presentation of annual awards, and absolutely some fun stuff too!!

*Dress code is a little bit fancy, cocktail attire but has to INCLUDE SOME ANIMAL PRINT, FEATHERS, OR FUR (vintage or faux please, no fresh stuff)*

**Please reserve your tickets and pay via your club.**

Tickets will be available for collection on the night and your name recorded when you arrive.

\*\*Club secretaries, please email the State Branch Secretary with attendees names and ticket requirements before 1<sup>st</sup> November.

**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.

## Thankyou!

A huge thankyou to all those who donated prizes for the quiz night...you made the night more memorable!

The Quiz Night couldn't have occurred without the expert help of all those behind the scenes, in particular: Ilze Ostrovska, Iain Wright, Brian Morris, Sarah Crossman and ofcourse our wonderful MC Kent with his son Darcy!

## Training Times

Monday, Wednesday & Friday: 6.30-8pm  
Burnside Swimming pool  
Cnr Greenhill Rd & Howard Tce Hazelwood Park

Saturday, Sunday: 9am (variable)  
Henley Beach jetty (pls confirm with Marj Muller for time and place)

## Raffle!

A beautiful glass sculpture will be raffled off over the next few weeks...more details to follow!

## New members for 2012

LOUISE GARLAND  
BERNADETTE SCHLIEBS  
SUSAN LI

Welcome!

### Monthly Friday catch up

Fri 26<sup>th</sup> Oct – after training  
(meet around 8.30pm at venue)

#### **Fasta Pasta**

539 Greenhill Road Hazelwood Park

**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...



## October Birthdays

KENT NELSON  
ANNE ANDERSON  
SEBASTIAN CARBONCINI  
PATRICK CONNOLLY  
JOCK DEAN  
JOHN FOOTE  
SUSAN LI  
KRISTA JENSEN  
GEORGINA MCGORM  
KAYLA McSPORRAN  
KYM RUNDLE  
TJ SCOTT  
EMMA THOMAS  
CLAIRE WILSON  
IAIN WRIGHT

### Rottnest swim interest

If there are any AM swimmers interested in doing the Rottnest Island swim next year, there are quite a few of you around so please let me know and we will be able to help out with teams and support crew

Namiko

**Dryland workouts to improve your swimming**

Olympic level swimmers are doing up to 10 swimming sessions a week which for most of us is absolutely impossible to fit in with work or other commitments. One way to get the most out of swimming sessions is to use dryland exercises to compliment and strengthen your swimming stroke. Here are just a few ideas to get your workouts going:

- Tricep push downs: This simulates the last part of your stroke which is very important in a sprint and is often a weak point for many swimmers.
- Lateral pull downs: This simulates the first part of your stroke and it is important to keep the whole movement controlled to gain the greatest benefit.
- Medicine ball exercises: using a medicine ball helps to build fluidity and control as well as use momentum in your movements. This is also a great opportunity for partner work if you go to the gym with someone else!
- Core work: Having core strength is an essential component of swimming well. Holding your position in the water requires good posture and strong core muscles. Furthermore, being able to swim fast means that you are rotating on a stable, strong core.
- Stretch cords: This is the bane of any competitive swimmer's existence! But they are also very effective and handy if you are travelling a lot as they can be packed up and put up anywhere. You can practice all strokes with stretch cords and vary sets between faster, sprint work and slower, endurance work.

The importance of stretching cannot be emphasized enough! It improves flexibility, helps with injury prevention and encourages good recovery. Since swimming utilizes your whole body, stretching is doubly important...whether it is before, during or after training, having a good repertoire of stretches will mean that you are making the most of each training session.

Mel will be conducting stretching/dry land sessions prior to training on Friday so please come along and help her improve your swimming! See attached note at end of newsletter for further details...

**PB+20 with Brian Morris**

**Star sign:** Scorpio

**Place of birth:** Hindmarsh Hospital SA

**When did you join Adelaide Masters?** June 2010

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

Building supervisor. (Building new homes)

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

Years ago as a child watching the Olympics got me interested.

I keep coming to training to try to improve my technique and reduce my times with that darn fast clock.

**What is your favourite swimming event?** Any open water swims on a fine day.

**What is your favourite carbo loading meal?** Any pasta dish, the more the better.

**Best place you've ever swum?** Italy Ligurian Sea

**Short Course State Cup 9th Sept**

As Adelaide Aquatic Centre double -booked the pool on the 2<sup>nd</sup> of September which also clashed with Father's Day (maybe the dads had something to do with it?!) it was rescheduled for the following Sunday. On that day we did note a number of swimmers were missing especially with those sad empty lanes during races. And we did miss the lovely ladies who often assist with marshalling. Unfortunately we did lose on team points but there were a number of swimmers who broke state records on the day. Congratulations to Carlos Assumpcao (25m butterfly), Stephanie Palmer-White (25m butterfly), TJ Scott (400m free), and Jasi Watson (25m butterfly and freestyle) .

Jasi Watson

### Rummage Sale Report

Hi all, to another successful Garage Sale starting at 8am – 5pm Saturday 6 October. Well the first customers were at the front gate at 7am, looking for records but none were to be found so they settled on a turn table instead. From that point on it was quite consistent with lookers and buyers and I hadn't even got the directional boxes out onto the street corners yet, to show where the rummage sale was to occur. Must be the Advertiser paper that works a treat. It was amazing one person's trash is another person's treasure. It doesn't matter what price is on an item, people want it cheaper. The sale finished about 6pm with a profit of \$500.00. YA HOO!! Many thanks to all who help and contributed. Maybe now people are able to get a little more than a foot in the door of the old shed.

Brian Morris

### President's Report

On the swimming front we have completed another successful interclub series although we are being seriously challenged not only by Atlantis but also Marion who now have over 100 members.

For a club with over 140 members we do not achieve as much as we should. I realise that a lot of people prefer open water swims and others the pool events. However it would be good to see better numbers supporting all the events. I would especially ask our newer members to consider entering events as this will be a good way of evaluating the value of the training effort that is being put in.

We have now begun training at Burnside and hopefully we can continue the good numbers that we had at training at St Peters over the last few months. Unfortunately the weather is not always kind to us at this time of the year but please continue to support Mel and attend training whenever possible.

On the fund raising side of things we had a very successful Garage Sale. Thanks to all those who contributed goods and a special thanks to Brian Morris who not only put in hours of effort but generously volunteered his home as the venue. To all those who assisted, thanks. Our profit from this was around \$550 so a job well done. The Quiz Night was also a successful event and while we would have loved to have a few more in attendance those that did go enjoyed the evening. Our Quiz Master Kent again did a fantastic job and again some of the questions were a bit "out there" it all adds up to a great evening's entertainment and we also pocketed around \$300 profit. Thanks to Kent and his son Darcy (who probably is the computer brains behind the scene), Sarah, Namiko, Ilze and all those who helped make the night a success. I'm still getting used to the Hungarian beer though!!

The Bunnings sausage sizzle was a big success and we will do it all again in December. Thanks to Geoff for contacting Bunnings about next year and it looks like we will get 3 spots in 2013. That is a great result and will be a good boost to our funds.

The Branch Dinner is on November 17<sup>th</sup> and it would be great to see a big attendance from our club as we will be receiving some awards and lots of swimmers will be receiving awards for their age group performances over the interclub series. The venue at the Zoo promises to be something different and enjoyable as well. Please make an effort to get your best animal theme outfit out of the wardrobe and buy your ticket. It would be great to see a show of strength by Adelaide Masters.

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

### Links

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

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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!

**Stretch And Flexibility Focus**  
**Adelaide Masters October 2012**

Moving Stretch - Should be executed 15-30mins prior to swimming.

Used to bring blood and pro-active fluids to the soft tissue and muscular systems.

Static Stretch – Should be executed 15-30mins post training.

Used to lengthen muscles, re oxygenate and gain flexibility.

Stretch Cord or Theraband – Should be used 3-5 @ least per week.

Used to strengthen Ligaments including all soft tissue within all joints.

Programs such as Pilates and Tai Chi are most beneficial where all three elements of stretch are taught.

I believe these practises are beneficial to any program from the most basic learn to swim programs to the most serious programs of a world class swimmer.

For the pure reason of correct alignment, relaxation within muscles when not under performance and the proven scientific facts that support our human body's ability to adapt and become stronger with the correct technique and recovery practises programmed.

Which is why I am willing to dedicate my free time on a Friday night prior to training from 1745 till 1830 @ the Burnside Swimming pool during this Summer season for the purpose of a full stretch program.

I hope to see you all there.

Your Coach

Malisa Lavis