

## **ADELAIDE MASTERS SWIMMING CLUB NEWSLETTER**

**SEPTEMBER 2011**

**COST:** Free if you are a member of Adelaide Masters. Six bananas if you are a non-member (they have got cheaper, so the number of bananas required has increased). Please note all you non-members that are reading this, I haven't received one banana yet!! I know who you are!

In this brilliant, exceptional and superb newsletter I have my best joke, my best article on Open Water and my best and finest inspirational quote EVER! (Now how's that for a sell!)

Well I competed in the Interclub and loved it. Love the smell and taste of victory. Full match report later in the newsletter by one of our inspirational team Captains. The lunch afterwards where a huge crowd of some of the greatest athletes ever attended and the party was excellent.

### **A PRESIDENTIAL ADDRESS.**

*Article obviously by Prez Rob (coz he's the Prez and thus he gets to do the Presidential Address)*

Congratulations to all members on the result of the Interclub Series especially to those who attended all 4 meet. We can see by the results that when we flex our muscle we can dominate this series. Yes I am back from my PNG excursion and much the wiser for it. It's good to be back in Adelaide and enjoying the freedom we take for granted. Although I do miss not having the door opened for me by a security guard when entering a shop!!

Looking forward we have lots happening with the Mildura Masters later in August then the Short Course State Cup on 11/9 where we get to swim at the new centre and the Masters Games in October. So no excuses to slacken off training!!

Another positive sign is that we are still continuing to attract new members which I hope is a sign that we are doing things right. Masters swimming is about fun fitness and friendship (in no particular order). The last interclub was a great example of this with our fitness showing in the results (thanks Mel) as well as the fun of competition, especially the teams (thanks Captains Steph & Layton) and the friendship (thanks everyone) we all enjoyed at the Hackney afterwards. Keep it up.

We also had the pleasure of recognising the outstanding efforts of Marj & Howard over the last 20 years with a presentation of a vase to Marj and a bottle of good red for Howard. Once again thanks.

Keep on Swimming.....

## **INTERCLUB 4 (The Match Report)**

*Article by Layton (male captain), who managed the relay teams with all the cunning, shrewdness and guile of a seasoned competitor.*

We saved our best until last. Interclub 4 was a fantastic club result and a great way to finish the Interclub series. There were a number of highlights from I4 special mention as always goes to our senior swimmers who continually amaze us with their efforts, another highlight from I4 was the “junior” swimmers we had competing, it reminded us of what we could do in our prime and lastly thank to all the swimmers who either swam in their first interclub or came out of Interclub retirement for I4.

Reflecting back over the Interclub series there have been a number of individual and club highlights that have made the Interclub series not only successful for our club but also enjoyable to compete in. Thank you to all our swimmers that have competed throughout the interclub series and contributed to our club’s success, your efforts and participation has been greatly appreciated. Personally I would like to thank Stephanie for her assistance (and patience) in helping me with the relays and I will work on my handwriting!

### Upcoming events

As we start to think about the open water season a reminder that the Short Course State Cup and Short Course Long Distance meet are coming up and are key competitions for our club and a great way to get ready for the open water.

## **INTERCLUB 4 (The Scoreboard)**

Interclub 4

**Adelaide 674**, Atlantis 370, Noarlunga 268, Marion 173, TTG 163, Aquadome, 63, Henley 57.  
Comprehensive Victory

Over the entire Interclub series:

**Adelaide 1877**, Atlantis 1507, Noarlunga 1011. The rest were a long way back

The winners of their age groups:

- Danielle Hamann 18-24 Women
- Steph Palmer White 45-49 Women
- James Sharpe 18-24 Men
- Layton Waters 40-44 Men
- Roman Zaika 45-49 Men
- Mark Smedley 50-54 Men
- Tony Ward 70-74 Men
- Jonathon Davies 80-84 Men

## Place Getters in their age group

Bernadette Anderson (2<sup>nd</sup>)  
Georgina Anderson (2<sup>nd</sup>)  
Charlene Margison (2<sup>nd</sup>)  
Rebecca Healy (3<sup>rd</sup>)  
Ilze Ostrovska (3<sup>rd</sup>)  
Leonie O'Connell (2<sup>nd</sup>)  
Betty Reinboth (3<sup>rd</sup>)  
Bessie Kesic (3<sup>rd</sup>)  
Mary Phin (2<sup>nd</sup>)  
Lauro Melo (2<sup>nd</sup>)  
Sebastasion Carboncini (2<sup>nd</sup>)  
Kym Rundle (3<sup>rd</sup>)

## State Records

- Jasi Watson, 50m Butterfly 31.71s (Smashed by 0.03 of a second)
- Jonathan Davies, 100m Breaststroke 1.53.7
- John Baranoff 50 Breast
- Adelaide Masters women 72-99 100 Medley relay

## **POOL**

There are eight lanes of pure water at St Peters and we can spread out a bit. The pool is clean and it is all ours. Everything is happy and joyous about our stadium. Almost everything the showers are woeful. Lucky we only spend 2 mins in the showers and 90 minutes in the pool. But the men can hear the women gossip next door discussing which male has the best bod.

### Training

Monday 6.30- 8.00pm  
Wednesday 7.00- 8.30pm  
Friday 6.30- 8.00pm

Sunday 4.00-5.00pm, no coach but you have a program. Great escape from the kids! They are in full swing so come along and try it out. It's a great way to finish off the weekend.

## DEPARTURES x 1



Lauro Melo, the clubs Brazilian recruit has had the call back to his native country (rumour has it for the London Olympics). The female contingent of the club knew him as a very fast swimmer. The male contingent knew him as the guy that showered and showered and showered. It may have been because he still has a full head of hair and we were jealous. It will be nice to have the shower back though.

Lauro represented his club and swam hard. He was always smiling. We will miss him but he has promised to stay in touch.

Good luck Lauro.

## **NEW MEMBERS TO THIS GREAT CLUB**

- Georgia Kriaris
- Lisa Kriaris
- Kerry Owens
- Michelle Den Dekker
- Royce Zygarlicki
- Stuart Richardson

Magnificent to top up our already strong list with these fine good looking athletes.

## **NO TRAINING**

No training on Friday the 26<sup>th</sup> of September.

I can feel the disappointment. Therefore feel free to follow Desi's visualisation training methods. Whilst reclining in the comfy chair in front of the tube watching the footy finals and eating peanuts picture a swimming pool after every goal is kicked and the ads come on. By the end of the game you would of done a fair few visual laps.

## **AN ALMOST FUNNY SWIMMING JOKE**

**(This is my best one yet!!)**

In which direction does a chicken swim?

Cluck-wise!

## **TIME TRIAL NIGHT**

*(Article from our resident Scottish swimmer singer, Iain) try saying that fast!*

Friday night swims are superb for me. All I need to do is make sure I suck up the week, keep the Friday night social calendar free until after 9pm and I'm there.

Coach Mel, is always inspiring if a little crazy about swimming. So by complete accident I turned up to the time trial night. Considering this a big mistake, on my part I, purely because I haven't been back in the pool for long, I took a deep breath and joined the stretching session before the warm up, an alarming pleasant thing to do before swimming but actually something I wish I did more of before a swim. Yes I felt a bit stupid at first but everyone is stretching and moving and all is good.

So onto the warm up. Struggled through but got my heart rate up and my general excuse was losing 2 wisdom teeth on the Tue which surely impacted my performance?? A very mixed warm up and soon we were all on the blocks waiting for the 50m free.....then warm down then onto 100IM...warm down and then 100m freestyle relay....bang! the night was over.

The results? Well I am not a big one on results but there was plenty of discussion between swimmers on time and all time keepers reported times as soon as the swimmer finished. (However with Howard on my side keeping my time I apparently did 50m free in 26sec, I will accept that time, thank you!)

A very pleasant and different night for me. Granted I was not swimming on the Sunday but I don't think the amount of swimming we did would have impacted any performance I might have put in. In fact the stretching session was very good and would probably help most swimmers in the long run. Just a heads up for everyone, it is a very casual and different night with plenty of feedback and some terrible dives!! That's why were here, to improve on all aspects of swimming in a casual friendly environment.

Iain the timing was correct. Desi's golden rule: The wonderful officials are always right.

## **STATE CUP**

Entries are now open for the State cup short course to be held on Sunday September 11th at SA State Aquatic & Leisure Ctr.

Warm up is 8 am for 8.30 start & swimmers may enter any 4 events, this doesn't include relays. Enter from our website [http://www.adelaidemasters.org.au/events/?page=view\\_events](http://www.adelaidemasters.org.au/events/?page=view_events) cost is \$15.00 & entries must close on Thursday 25th August.

It would be nice to get a clean sweep. The other clubs hate us winning and often try to poach our swimmers. Lucky our swimmers are loyal.

## REAL SWIMMING

(I have used this before for the Branch and of all my articles this is spot on!)

As the season of interclub's finally ends and we have the State Cup in September. I see the swimmers go through the motions of doing a few laps but in their hearts they realise that it's not real swimming. Wistfully they dream of summer. A summer of real swimming.

I'll state it now real swimming is Open Water Swimming.

Open Water swimmers:

- Don't need a black line to guide them.
- Can justify a snag, egg and bacon washed down with a beer at 10am at the Seacliff Pub.
- Realise that sledging is socially acceptable at the start of a race.
- Start in a crooked line not a perfectly neat line like the soft pollies.
- Love Vaseline.
- Manage to swim 2km in a 1500m race.
- Hate Chlorine.
- Swim at Noarlunga and maybe get a Jet Ski ride back into the race (Pam G) and where practically everyone wins a wine in the raffle.
- Don't worry about times, they worry about who snuck in just ahead of them.
- Understand shrinkage.
- Are patriotic. They know Australia Day means swim between two jetties.
- Have heart. As you go around the last buoy with five others and still push yourself even though you are spent.
- Can party all night in Port Augusta and still front up the next day and swim 5km.
- Hate drafting.
- Have one swimmer they always want to beat.
- Socialise after the race.
- Believe that seaweed down their cleavage is sensual.
- Love the smell of salt water in the morning.
- Are tough. They don't need lane ropes to protect them from contact.
- Think racing 200m in a pool is soft and anything less is even softer.
- Love surf lifesavers.
- Realise that the best thing about Brighton Jetty is that its 4kms to Glenelg Jetty and you get to see a reef.
- Are elite athletes on the inside.
- Love the variety of currents, waves and wind.
- Don't tumble turn in a race.
- Think that change rooms are a luxury.
- Know that the most important handicap event in Australia is the Melbourne cup.
- Know that the Pub to Pub handicap comes in a close second.
- Love the dolphin.
- Realise that there is nothing more Aussie than mates and beach.
- Can change out of their togs balanced on one foot with a towel.
- Have something to talk about to impress their work colleagues on Monday.
- Love nature and its elements.

- Realise that zig zag swimming across the course is a skill and a story.
- Love food after the race.
- Know if the starting hooter doesn't work you start by consensus.
- Swim with the Dolphins at the Marion swim (Nat and many others).
- Love uncertainty and variety.
- Burping a gutful of salt water is socially acceptable after the race.
- Look forward to Port Elliott as it has real waves.
- Hate just getting pipped at the end.
- Love helicopters.
- Know that jellyfish don't really hurt.....much.
- Thrive on the wave hitting you as you try to breathe.
- Love swimming stroke for stroke and looking their competitor in the eye.
- Realise that most years at the Charles Sturt race you can float to the end.
- Love sunburn cream.
- Check that everything is in place as they get up after a rough race.
- Realise that "Girt by" means "designed to race in the" in our National Anthem.
- Store carbs on Christmas Day so they can swim well at Glenelg.
- Are intelligent, good looking, modest and salt of the earth citizens.
- Don't need warm water and if they do they make their own.
- Love the Aussie battler that struggles in at the back of the field proud as punch that they have beaten the ocean.
- Realise they are a good chance to pick up a random prize during the season.
- Covet the Open Water Legend Towel that they receive for swimming every race.
- Know there is nothing better than Open Water Swimming.

The soft poolies may snigger and scoff at this article. The swimmers that haven't yet had the exhilaration and pleasure of Open Water swimming may doubt. But the Open Water Swimmers know it's all true

## **MULTI TICKETS**

Evidently they have gone up in price but only slightly. Still good value considering what the club offers. Notice I didn't mention the showers!

Buy on the internet and then see Howard the Bouncer for tickets!

## **QUOTE (Best quote ever)**

If I were dropped out of a plane into the ocean and told the nearest land was a thousand miles away, I'd still swim. And I'd despise the one who gave up.

Abraham Maslow



## **SALE**

A poolside sale. We all love a sale and we are selling stretch bands for only \$4.50. These bands will help in many ways, not only will they assist in stretching they will also increase your height, you will lose five kilos overnight, have a healthy glow, cure shoulder problems and footrot, increase your desirability with the opposite sex, and make you five seconds quicker for every 50m.

Not entirely convinced but the nice man with shiny shoes and a smile a mile wide told me all this as he unloaded the box off the back of the truck. Purchase poolside and if you mention that Desi sent you will get them for \$4.50!

Join the rest of Australia by investing in a deck coat! (Straight off the pamphlet, not sure whether the rest of Australia has it or whether it's an investment, but I won't get too picky). 320gm anti pill polar fleece lining. 4oz waterproof oxford outer. Double ended YKK zip to suit coat size. Lined hood with extended edge. Double pockets angled for comfort. Knee length. Sizes: XXS - XS - S - M - L - XL - XXL. In your club colours at \$145 with the Adelaide Masters logo. If you order two, you get the special price of \$290. If you order eight, you get a special price of \$1,160. Does Desi do deals!! Have we had any sales yet?



## **MASTERS GAMES**

Masters Games (Adelaide 7-16 October 2011) and Masters National Championships (Adelaide 14-17 April 2012)

It's time to start some serious training in preparation for the big season of competition ahead. Both the 2011 Masters Games and the 2012 Masters National Championships are scheduled to be held at the new Aquatic Centre at Marion.

For more info about the 2011 Masters Games to: <http://www.australianmastersgames.com/>

Perhaps even enter some of the other sports such as boxing, indoor rowing and macramé.

Regardless of what event you enter can you let the coach know?

## **WHO WAS IT?**

Which three former Adelaide Masters swimmers joined AM celebratory and farewell lunch as they were lonely at their new club? (Shouldn't comment but I have) Adelaide does have good lunches and a decent turn out. The room was packed!

## **DID YOU KNOW?**

Peter Clements (super elite athlete and regular Adelaide Masters swimmer) is crossing an item off his bucket list early next year. Desi loves people with a bucket list!

**AN IRONMAN.** (Notice the dramatic use of font, please do a crescendo of drums in your mind as well)

Now people hear ironman a lot but don't understand what it means. Four kilometre swim (not a problem really for us swimmers, we do that at training), 180km cycle (now that's got a hurt a few tender areas) and then as a cool down a full 42km marathon run. Seriously doing a marathon is an incredible achievement but to do a marathon after a swim and a cycle just makes me question the grey matter. Now I'm no expert but that's a bucket load or two of pure pain! Besides that you have a whole 15 hours to complete it. I would get tired watching it on television. It's beyond my simple brain to fathom. As my mate Rudyard said "You are a better man than I".

Good luck Peter. May the wind be at your back for the whole event and all downhill and downstream.

## **DEPARTURES x 2**

Evidently, there was more about this club man or man of many clubs.

*Article by Di Simons (Marshaller extraordinaire)*

Don Redpath passed away on Sunday 10/7/11, aged 84. He was a State backstroke champion in his hey-day and a revered coach for the Unley Swimming Club. As an AUSSI swimmer, he competed in many Nationals and SA Regional games and was a top swimmer for Adelaide Masters until ill health forced him to retire five years ago.

He was one of the characters in the club and caused us a few giggles along the way when in odd vague moments he would stand up on the block in his beanie or a pair of socks ready to dive in.

He was always ready to pass on coaching tips and will be sadly missed particularly by the older fraternity in Adelaide Masters.

## **THE END AT LAST (AND IT IS THE END)**

A test to see if anyone actually reads the whole newsletter. You need a life if you are the one person that does.

On a serious note, in the last issue, I discussed my view on Masters swimming (on the web if interested). It was my view, I indicated it was my view and it still is my view. It wasn't meant to be controversial. Members actually told me their different reasons on why they swim, that I hadn't listed, other clubs (that sneakily read our newsletter as I do theirs) asked whether they could use it for their newsletter. Unfortunately the humble musing has caused considerable controversy. It has upset a couple of individuals and the intention of my newsletter was always just to be humorous, inspiring and informative to all.

It is therefore (with no regret) my last newsletter. It was a short career and I'll miss the substantial pay cheque, but the swimming world needs a Boonie type (rock solid, dour, dependable and stable) to convey the message to the masses of the greatness of this club. I am not this type.

I sincerely thank Nat, Marj, Richard, Layton, Rob, Angus, Howard, Iain, Di and Jason Akermanis (writing tips) for their dependable support and for supplying me with some great material. I thank all those readers that have discovered my true identity and for their compliments (how anyone can know my top secret identity, I'll never know. And to Yung {one of the many adoring fans} I will meet you when I eventually turn up to train). I also thank those readers that had an issue or negative comment and had the decency to front me. I would be so disappointed if everyone had the same view. I would of hated to produce bland and I don't think I did that.

Hope this newsletter and the previous five newsletters provided a smile and some information. Surely I didn't offend anyone this month! Thanks for all those that contributed. I have no more material and a lot more time.

Thank you for reading. I do appreciate it.

Desi Cadel Akermanis Robbins Lindrum McKay Renford  
(Also known as Kent Nelson)