

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

\$30.00

available from our website

www.adelaidemasters.org.au

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

Editor's Note

In this newsletter, we have left the best for last...butterfly! It's a tough stroke and when that grand piano drops in the last few metres of any butterfly event, you really wonder why you do it...but watching Phelps race, it's such a beautiful stroke and once you've touched the wall, it's such a satisfying feeling to have completed a butterfly race! Enjoy ☺

Namiko

Quiz Night

Not to be missed!

'1970s' themed Club Quiz night
13th of Oct

Hungarian Club (Osmond Terrace, Norwood)

Tickets \$12 each or \$100 for a table of 10

What's on offer?

- Silent auction
- Prizes throughout the night
- Good company, lots of laughs
- A chance to test your knowledge ☺

Tickets on sale on the club website (on sale until 5/10)

If you buy individual tickets, we will be able to put you on a table with others so don't worry!



"GET YOUR ⦗ TOGETHER AND BRING IT TO BRIAN MORRIS' HOUSE FOR AN ADELAIDE MASTERS RUMMAGE SALE!"

6th October

The concept is simple: if you have any unwanted but sellable items at home, this is your chance to get rid of it as well as raise funds for the club!

Please let Brian Morris know by the 23rd of OctEmail: aldretemorris@optusnet.com.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 for further details.

Noticeboard

General Committee member

If anyone is interested in stepping up to be on the Adelaide Masters committee, a position exists for someone committed to attending monthly meetings with no specific portfolio at this stage. Please contact the newsletter editor for further contact details. This is a great opportunity to give back to a sport that gives all involved many benefits.

Adelaide Masters Delegate to State Branch

Do you want to be more involved with Masters swimming? A position exists for a representative from AM to attend monthly Branch meetings held in Nth Adelaide. Please contact the newsletter editor for further contact details.

Quiz Night

We need more prizes for the quiz night...if you or your business are interested in donating some prizes, please let Marj know on pool deck

Please contact the newsletter editor if you would like anything included on the Noticeboard for the next edition

Training Times

Monday, Wednesday & Friday: 6.30-8pm
St Peters College Swimming Pool, enter via Hackney Rd opposite the Botanic Gardens

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

New members for 2012

PETER CLEARY
CHELSEA GUYMER

Welcome!



September Birthdays

MICHAEL BRENNAN
ASHLEIGH FRANKLYN
CHELSEA GUYMER
MICHAEL HARRY
TOM MOORE
NICHOLAS QUADRIO
SHIRLEY SMITH
TREVOR WATTS

Monthly Friday night drinks and dinner

Fri 28th Sept – after training
(meet around 8.30pm at venue)

The Hackney

Hackney Rd, Hackney

(last meal orders by 9pm)

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...

Rottneest swim interest

If there are any AM swimmers interested in doing the Rottneest 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

Butterfly

This stroke actually developed from Breaststroke...it took a few smart swimmers to realise that an over the water recovery with a dolphin kick would make swimming a lot faster! Until the 1952 Olympics, butterfly was considered a variant of breaststroke and many swimmers took advantage of the speed of the 'butterfly' stroke to beat their fellow 'breaststroke' competitors. It was actually at the 1956 Melbourne Olympics that Butterfly was raced as a separate event for the first time, both 100m and 200m butterfly.

Butterfly according to FINA...

- 1** From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.
- 2** Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race, subject to point 5.
- 3** All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.
- 4** At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.
- 5** At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

To Butterfly or to dying moth, that is the question! ☺

Butterfly is a beautiful stroke that demands quality. I believe it should be swum at speed with total focus on the speed of the Stroke Rate and most importantly on the speed of the kick. Timing and Flexibility are also of great importance. With correct head positioning and great catch practise, butterfly can be executed well with relative back end speed.

Learners should always practice with speed keeping their head down and with no breathing (as it is over-rated anyway) for as long as possible and use fins to help with power remembering to always focus on a small consistent kick.

My Favourite drills are

Kick/Scull

Vertical kick for power & timing.

Single arm, Biondi for timing.

5 Stroke sprint with & without fins -no breathing.

Mal Lavis (Adelaide Masters coach)

Interclub 4 – 05.08.12

I am quite sure that it was cold (Steph Palmer-White had a cold, but her red and runny nose did not stop her from racing and performing her duties as team captain) and rainy (I recall a conversation with Chris Carter about blocked gutters and the consequences to our homes) Sunday, when climbing out of a warm and cosy bed, on the only sleep-in morning at 6.30 AM, is a medal worthy of itself.

And I was not alone! 27 courageous, reliable, fast, strong, unbeatable and exceptional athletes (smart, nice, good looking, witty, polite e.t.c.) from Adelaide Masters team were also there – some to prove something to themselves or to others, some because they did not have anything else to do and some because they are just born to swim.

In short – Adelaide Masters lost on the day, but won this year's Interclub series, therefore claiming the title that has already been embroidered on the new polo shirts - **1st in SA** (one can only imagine what we would do with those shirts if the outcome had turned out differently). I have no idea how many people have purchased the new polo shirts, but I am sure that they would like to wear them in the future without having to unstitch the embroidery. To help them to avoid this unnecessary work, please remember – sometimes the strength is in numbers. Apart from the quality that AM clearly possesses (10 State records and possibly 2 National records – and that is only on one day of Interclub competition) there is a definite need for quantity too.

Have fun and see you at the next Interclub!

Ilze Ostrovska

Bunnings Barbeque

On Sunday 12 August Adelaide Masters ran the "on site" barbeque at Bunnings, Kent Town.

Fortunately it was a relatively warm and rain free day that enticed the home handyman outdoors - not even the excuse of a Crows game to postpone their winter outing.

Members included Brian, Richard, Scott, Karsten, Neil, Mark, Shane, Anne and Russell, Martin, Greg, Shirley, Pam and Sue who contributed their time over the 8 hours, with special mention to Scott Goldie who stayed for the entire day. This also allowed Scott to provide an over view on the snag quality control front as there were a number of trips to the local butcher to keep the hotplate sizzling. Sue and Pam also did a fabulous job late in the day charming (although some may say coercing) many of the not so hungry patrons into buying a sausage or two.

The barbeque provided assistance to the club and we look forward to being invited by Bunnings to run another snag sizzle in December. Please keep a look out for the roster at pool side later on in the year.

We would like to thank Bunnings for this opportunity as their stores undertake a variety of fundraising and awareness activities to support charitable groups and have a Prostate Cancer Awareness month in September.

Geoff McConachy

President's Report

Well I must say I enjoyed my little holiday to Queensland but things were certainly busy back here with the club.

Firstly, congratulations on our victory in the Inter Club series. However next year we will have to be on our best and have much better representation as other clubs are snapping at our heels!!

A warm welcome to our new treasurer Tony Ryan who has stepped up and volunteered (maybe with a little encouragement from Marj) to take on the job after only a few months in the club. Thanks Tony I'm sure you will enjoy the involvement. Our biggest thanks go to Russell for his wonderful contribution to the club over his many years on the committee. Russell will continue to be involved with the Club as Open Water Swim director. The sausage sizzle at Bunnings was a resounding success and we raised \$765.15 which will be a great boost to our club funds. Thanks to all those who volunteered their time and in particular Geoff McConachy for his effort in coordinating the day.

Thank you to Marj for organising the wine raffle which raised over \$170 for the Club.

We have lots of things happening with October being an important month for our club. As you are aware we are constantly battling with keeping our finances in order so the 2 events in October are particularly relevant.

October 6th Brian Morris has generously donated his time and location for a garage sale with all proceeds to go to the club.

This is a great offer so please support us with donations of saleable items which are to be advised and delivered to Brians by September 23rd so we can set it up. I'm sure we all have some useful items we are not using and are able to donate.

October 13th is our Quiz Night. Again this is a great fundraiser but we need your support. Kent will again be at his entertaining best as Quiz Master. There will be prizes and an auction. So gather up you friends and put together a table of 10. A good night is assured.

And yes swimming is continuing with Burnside opening in October so we will soon be swimming in the great outdoors again. Our attendances at St Peters have been quite good lately and we have been meeting our commitments. We must continue to support the training sessions provided by the club and our coach Mel. Overall things are warming up with summer on the way and hopefully not too much more cold weather for the year. There are lots of things happening in October so be part of it, help your club and have fun...

Robert Harris.....President

Links

- Masters Swimming Australia
www.mastersswimming.org.au
- Adelaide Masters
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!