

A word from the President

Welcome back to training at St Peters after the COVID enforced break. It's great to see not just current members, but also a few "old" members re-join, some new members and members from other clubs training with us. Graeme has set "achievable" programs, allowing our fitness levels to slowly return.

The 1st Interclub for 2020 will take place on the 23rd August. This is a fun event to try your racing style over 25m - 200m, using your stroke of choice in a friendly, interactive environment and it can be as competitive as you want it. It would be lovely to see you all there representing the club

If you are in need of training bathers, the club is currently clearing old stock, both male and female at drastically reduced prices and these can be bought at training. Pool coats can also be ordered or email adelaidemastersswimming@gmail.com

It is not all about training: we will be resuming the last Friday of the month dinner and drink at the Maid and Magpie, come and unwind at the Pub after training on the last Friday night of each month. It is a good opportunity to relax and get to know your fellow swimmers a little better.

I would like to say a big Thanks to everyone for complying with all the COVID Safety requirements and Health checks to ensure the safety of fellow swimmers. Please note, although the change rooms can be used, there is no access to the showers, as St Peters Sports Facility is a multipurpose venue and consequently showers are not permitted.

Betty Reinboth

The Coach's Corner

I hope that you are all enjoying being back in the water now that we can run our regular sessions again. I know that for some of you this has probably been the longest that you have been out of the water and, to be frank, it has had effects. Some of you are carrying a few of those COVID kilos gained by inactivity and frequent visits to the fridge. Do not worry, regular training and better eating patterns will soon return you to the lean and mean swimming machines that you were before. If you would like to speed the process, make coming to all our weekly sessions your priority, you'll be amazed at the effect an extra swim or two can have to your fitness and well-being.

I have it on good authority that the inter club competitions will be restating soon. I would like to encourage all members to support the club and SA swimming by entering. I view competitions as the sharp end of swimming for ALL swimmers. This is the environment where YOU personally can excel. It is not about the people in the other lanes, it is all about YOU. Feeling the adrenaline surge at the start of the race, pushing through the water, feeling the effect of all that training, and leaving nothing in the tank when you get to the end. This is where YOU set your personal best, set yourself YOUR future challenge, that time to beat. All the time I will be on the pool deck to ensure that YOU have the advice and guidance to make sure YOU are giving it your all.

Beyond competition, inter clubs are fun. This is where you can chat with club mates and friends (they might even be the same person), find out what everybody else had been doing, catch up on the gossip and support your team. I implore YOU all to take the plunge and enter an inter club, you will not regret it.

Graeme

Racing Again in SA

With COVID-19 restrictions and plans in place, MSSA will be running their first swim meet since February on Sunday 23 August 2020 at the SA Aquatic & Leisure Centre. This meet was to be the last in the 2020 Interclub Series but now will be a standalone meet called "Racing Again in SA".

[Registration are now open:](#)

Entries will close on 14 August 2020 and NO LATE ENTRIES WILL BE ACCEPTED. All attendees must agree and abide by the [COVID-19 Terms and Conditions available on the website](#).

Key Factors:

- Capacity limits currently apply to all events
- Social distancing applies at all times (No more than 1 person per 2 square metres)
- Changed Venue Entry/Exit Procedure
- Changed seating/pathways within Venue
- Event Information and Pool Map will be available on the website after entries close.

Bather Sale

As we all know a new set of bathers is guaranteed to make you go faster, as it happens, we have a small stock of club bathers that we need to clear. We will be selling them at knock down prices, poolside at training. Once they are gone, they are gone, this is a once a decade offer

Men's Club bathers \$20

Women's Club bathers \$30

Tony Ward: Up to My Neck



When I was six, I discovered while on holiday with my parents in the Isle of White, that I could float on my back. A year later floating on my front I discovered that if I kicked my legs in a frog like motion I would start to move forward. I am not aware at that age that anybody taught me to swim.

At about eight years of age my family put me on a boat to Gibraltar where I had a cousin who lived there. He was the same age as me and we spent most of our days at a small yacht club which had a 30-metre pontoon going out into the harbour. It was from the pontoon that we swam and fished. Now and then an adult would turn up and say, "Fancy a sail?" There we learnt how to step over ropes, haul a sail up and tie knots such as the bowline, clove hitch and cleat hitch. Three months later I returned to England brown all over and with sun bleached hair and went to a school in the City of London. Around the corner from the school was Whitechapel which had a bath house, a laundry and swimming pool. For next to nothing you could get a freshly laundered towel and swimming trunks shaped like an hourglass which you then fastened with tapes on each side of your hips.

After primary school I went to a Grammar school which overlooked Kennington Oval. If you watch test matches from there you occasionally will catch glimpses of it in the background. One of the after-school activities here was the ATC, the Air Training Corp. I joined because at the end of each term you could go to camp at various RAF Stations, fly planes and fire guns. Back at school, myself and a group of classmates volunteered for the once a year Inter Squadron Swimming Gala. I think we were all very confident. After all we were Grammar school boys and we came from South London.

Big mistake. To say we got beaten would be putting it mildly, though I did recognise the names of at least two swimmers who had or did swim for England. I quickly realised that I needed to take some action if I were to improve so I joined a local swimming club called, "Leander." I did better and next time the gala came around I managed a second and a third placing. Leaving school, I worked my way through college for four years, got a scholarship to Denmark and spent a year in Copenhagen. I seem to remember I drank a lot of Carlsberg.



On my return I met up with a swimming friend who suggested I should join the Otters an all-male swimming club that had its pool in the basement of Shell House at Waterloo. Along with swimming competitions, they also fielded a water-polo team. I wasn't very good at water-polo. I couldn't maintain the violence and frequently got beaten up by blokes bigger than me. I am not sure whether there is a connection here, but around that time I became interested in Scuba Diving and joined BSAC, the British Sub-Aqua Club. I did three months training in the pool plus written exams before I could do my first open water dive. I have always been cognisant of the training. I dived in Portsmouth where you could still find cannon balls from the sixteenth century and the Mediterranean where you can't find much at all

In 1977 I came to Australia with my family on the last immigrant boat the "Australis". Australia and Asia have some excellent places for scuba diving which I continued to do during the holidays, often

on Live-Aboards which moved to a different site each day. While I have dived in a lot of places, my favourite is the Coral Sea.

Under the instruction of Di Simons and Mary Phin, I became a certified Swimming Instructor. I applied along with other male swimming instructors for positions with local swimming pools. It seemed nobody wanted to employ us. I cannot think why! Around the same time in 1998, and possibly encouraged by Di Simons, I joined Adelaide Masters. Since then I can now claim a few state records in the butterfly and in the individual medley. 2008 saw me in Perth for the World Masters where I managed to reach the bottom half of the top ten in the 200 IM and 400 IM and the mixed relay team also claimed a national record.

Now and then I have pushed for the things I considered could make improvements. To get a concession on a training pass you had to be retired. I considered that if you had a Senior Card you should also get a concession which I am pleased to say the committee agreed too. I also suggested

to a then State President that the relay races should be moved to the middle of the Inter Club and State Swims since some people could have completed their events by 10.30 which meant they might well have to wait for two and half hours, just to swim one or two laps in a relay race. Not many swimmers wanted to hang about that long, which left a poorer relay team and less points to be won. For about one or two seasons the relays were placed in the middle of the other events but since then I notice that they have slid back to be last events again.

The club has also been fortunate in having some excellent coaches who taught me how to swim and introduced me to stroke technics and to swim efficiently. When one trains in the same lane with the same four or five people there is a certain camaraderie that takes place. People are always very polite.

"After you,"

"Oh no, after you, you're quicker than me,"

"OK, well if you want to overtake me just touch my feet,"

"I won't overtake you..."

"Oh! They have gone."

The pity of it is that swimmers do go, they just disappear, and you never see them again. Neither can you contact them because you don't have a phone number or an email address. That is a pity.

Member spotlight: Sonya Montgomerie



How did it all start?

It is hard to say how old I was when I started swimming, I don't remember a time before swimming. Certainly, I was swimming at some level before I started school. There was very little opportunity growing up to swim squad or competitions. Swimming was an important part of my family's life, we

lived in the Murray Mallee and the weekends were spent at the school pool from dawn to dusk. In summer, the only other spot choice for girls was Tennis, so not really a choice for me. Holidays were either VacSwim at Penishaw beach on kangaroo island or in Adelaide with the grandparents where we spend long days at West Beach - back when West Beach was an expansive beach, unlike today.

What motivates you to swim?

I am motivated by lots of things - I have personal goals to improve my stroke & speed, and I am motivated by the health benefits of swimming both mental and physical.

Have you always swum or is it something you've dipped your toes in now and again?

I haven't swum much over the last 10 years, swimming really dropped off of the radar when I was living in Melbourne, work, a young family and life's challenges took precedent for many years. I think I forgot how much I like to swim... relocating back to Adelaide has given me more time and opportunity to engage with things I like to do and as a result re-ignited my passion for swimming.

Do you prefer swimming short distances or long distanced and why?

I would say I'm more of a mid-distance swimmer, I'm not naturally built for speed or short course swimming, a swim around the 2-3km range is my preferred swim.

Do you prefer swimming in the pool or at sea?

I do prefer swimming in a pool, I am a fair-weather ocean swimmer! I don't enjoy swimming with a wetsuit, or in water that is so cold my toes and fingers hurt.

How do you fit swimming into your routine?

Honestly, not as well as I'd like, as a single parent and full-time professional, fitting in regular swimming is a challenge. I aim for a couple of swims a week, some weeks I get three others zero.

Which do you prefer: swimming in a group or own your own?

I prefer swimming in a group, I like the social element of regularly swimming with Adelaide Masters and find it motivating to see others success and the wide range of ages and abilities getting out and swimming each week.

What does swimming mean to you?

Swimming is one of the only things I do just because I want to do it, not for anyone else.

What is your greatest swimming achievement?

Lately, it would be turning up for my first swim at Adelaide Masters, I was really nervous about swimming in a squad.

If you could give your younger self one tip what would it be?

Swimming related advice would be don't stop. General life advice would be buying a house in your twenties because they're going to get expensive...

What are your interests outside of the water?

I enjoy bushwalking/hiking/cycling, travel, and design/architecture. I spend a lot of my time with my dog and family, and I'm recently enjoying exploring South Australia and the many wineries, distilleries, and restaurants around the state.

If you could pick one of fun, fitness and friendship what would it be and why?

I would choose friendship, as what is the point of in if it's not shared with others? Fitness is important but that alone would be quite a sad life.

If you had the choice of doing one stroke well or all strokes badly what would you consider before choosing?

I would consider the options of stroke and be tossing up between freestyle and butterfly. I enjoy the more strength focussed strokes, and would love to be better at them, I can take or leave backstroke and breaststroke.

Tell us about your best swim

Last year my best swim was the Jetty to Jetty, conditions were beautiful, and it was the first ocean swim I felt comfortable and relaxed in the ocean.

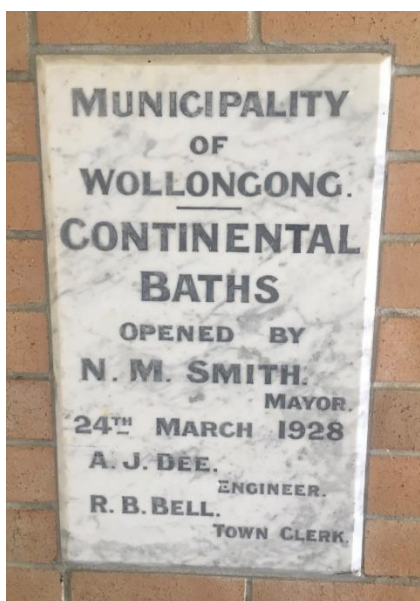
What do you see in your swimming future?

I don't have big plans; in the future I see increased consistency in my swimming and increased speed. I also plan to master the tumble turn... one day.

If you could only swim in one place for the rest of your life, where would it be and why?

The Great Barrier Reef. Technically not a swim I guess, but if I was going to swim in only one place why not at a natural wonder (also the water is warm all year round).

Wollongong's Continental Baths



The Illawarra coast, which spans the area south of Sydney down to Shoalhaven, is renowned for its fine ocean swimming places. In addition to beautiful beaches and the ubiquitous rock swimming pools, there are three Olympic-size saltwater baths: The Continental Pool in Wollongong, the Port Kembla Pool and the Thirroul Pool. These pools are operated and maintained by the Wollongong City Council. They are free to enter and are supervised by Council Lifeguards.

The Continental Baths are located on the sea front between Wollongong Harbour and North Beach, a short walk from the town centre. There have been swimming pools on the rock platform in this area since the first gentlemen's bathing place, Clarke's Hole, was created in 1871. In 1926, an expansive new pool was opened, named the Continental Baths because it accommodated "continental" (mixed gender) bathing. The

baths were built entirely by volunteer men, with support from women volunteers who provided afternoon tea. The volunteer contribution helped to contain the cost to 1000 pounds, which was met jointly by the Council and community fund raising, the local public school contributing 67 pounds.



The Baths were rebuilt in the early 1960s to provide a fully enclosed space containing an Olympic-size pool, a slightly smaller recreational pool and a toddler pool. The stately Pavilion, opened in 1928, fell into disrepair and was demolished and replaced in 1986 with a brick building.

A swim in the Baths is a singular experience. While offering the safety and regularity of a conventional pool, the Baths have a tangible connection with the ocean environment, with the feel of a natural rockpool. Although the pools are protected from the open sea, they are exposed to the coastal environment, creating a distinct choppiness on a windy day. The original Men's Baths, on the ocean side of the Baths, is still intact, offering a more exposed swim. The structure and facilities are clean and well maintained, while retaining the character of an old and cherished place of recreation and competition.

Community attachment to the pool is palpable, embodying the strong community ethos that



characterises Wollongong. The Pavilion foyer has a historical display of photos showing the original baths and Pavilion. On the morning of my visit, two classes of school children were occupied in swimming lessons at either end of the recreational pool, while lap swimmers of all ages, sizes and shapes quietly went about their business in the main pool. There are no allocated lanes or overbearing rules. Swimmers seem to find their own space and routine, without impeding each other. Lifeguards watch

from the pavilion and unobtrusively patrol the perimeter. The place feels well-ordered, almost serene.

After my swim, I paused to take several photos of the pools and close up images of the fabric. On leaving, a Lifeguard approached me. He had noticed that I had taken photos and asked politely if I had any concerns or issues about the Baths. His tact and professional friendliness exemplified the personality of this remarkable place.

The Continental Baths do not bear comparison. They are unique, like no other.

Michael Harry

21/7/20

Acknowledgements

Wollongong City Council

Sally, who posts blogs on swimming and other subjects, for her history of Continental Baths:
<http://swimsallyswim.blogspot.com/2014/01/wollongong-continental-baths-and-mens.html>

Dates for your diary

August

Sunday 23rd: Racing Again SA, Marion

Graeme wants you to enter this event, you don't want to disobey Graeme, [Enter Here](#)

Friday 28th: After training drinks, Maid and Magpie

Join us for a post training catch up over food and wine

September

Sunday 13th: Short Course State Cup; Marion

Provisional depending on the lifting of COVID-19 restrictions / how well the August event goes

November

Sunday 1st: Long Course Long Distance

Provisional depending on the lifting of COVID-19 restrictions / how well the August event goes

For up to the minute news and last-minute changes



Do you have something we can include in the newsletter? Mail it to
adelaidemastersswimming@gmail.com