February 2025

Contributions to the newsletter from members are most welcome. If you would like to contribute an item, however small or unusual, you can send it the Newsletter Editor via the Club email adelaidemastersswimming@gmail.com. It is your newsletter!

Reminders

Membership renewal – important!

If you were a Club member in 2024 and intend to continue as a member, you **must renew your membership** via Swim Central on the Masters Swimming SA Website if you have not already done so. You will not be able to train with the Club and you will not be eligible for Club points in the Summer Pool series or the Open Water Series or for the towel for completing all open water swims unless you are a registered member! Summertime, and the living is easy.

Mighty Swim – 8 & 9 February

Adelaide Masters has entered a team into the 2025 MS Mighty Swim. You can enter by following the instructions in the President's report below!

President's Report

Summer is here, the air is warm, the sea is warm, and the skies are clear. It's the perfect time of year for taking a dip in the sea. The open water calendar is in full swing. We have recently had the Pub to Pub, the State Championships and the Jetty to Jetty. Adelaide Masters members have made a good showing in all of these events, but I have noted with a little sadness that our club's name was not on the Jetty to Jetty Club Trophy this year, something we will have to fix next year.

For those of you who are yet to dabble in open water, there are still plenty of chances to participate with the Henley Swim, the Port Elliot Swim and the Noarlunga Swim coming up in the next few months. They are all lovely but if I was to choose one it would be the Port Elliot swim, splashing around Horseshoe Bay is special and it makes the journey there worth it. You can enter these events on the website of the hosting Masters club (Henley and Grange, Atlantis and Noarlunga) or on the MSSA website when registration details are posted.

Whilst my focus will be on Open Water there is still an abundance of Pool Swimming for those inclined. There is still time to be part of the Adelaide team in the MS mighty swim. All you have to do is enter here and then select your preferred time slot here (Although it might pay to do it the other way round as your preferred slot may already be taken). There is also the Summer Series Swim in Strathalbyn to test your Summer fitness against other clubs. The Summer Pool series is always relaxed and good fun, so if you have not done one before, this is a good one. Don't forget that the entries have opened for the Nationals in Melbourne in April. These events are a good chance to meeting other like-minded swimmers form across the country and to swim with them, an opportunity not to be missed.

See you in the water.

Pete

Coach's Corner

Preparing for the Open Water!

The following advice is too late for the Jetty to Jetty but will help you prepare for swims to come!

First of all - build endurance

The Jetty to Jetty distance is 2.2 km, but unfortunately open water can be rough. At some stage you will swim against the current or the wind and you will rarely swim in a straight line. That means you should be able to swim non-stop for much longer than the distance of the race you are swimming.

Work on alternate breathing

Most pool swimmers have a preferred side when breathing. However, this can be a problem with open water swimming. Wind, waves and other factors can make breathing on your preferred side unpleasant or nearly impossible. That's why it's imperative to get used to breathing on both sides.

Switch up your stroke style

Open water conditions can change without warning, and varying conditions call for varying strokes. For example, long, deep arm pulls are great for speed and distance, but if you're facing choppy conditions, you might need to adjust to more shallow, short strokes to stay afloat. Not only will switching up your strokes help when conditions change, but it can also relax certain muscles in your arms that are feeling fatigued from the repetition.

Practice sighting

Instead of looking side-to-side as you breathe, you'll need to practice looking forward. It's best to do so on an exhale to avoid breathing in water. In lakes and calm water, lift your head slightly above the water while sighting. However, if you're swimming in the ocean you'll need to feel the swell and get used to sighting at the crests of waves where you can get a better view.

Ross, Judith and Charles before the Jetty to Jetty swim.

Judith is ready for a choppy swim   Charles likes a panoramic view

Ross hopes for calmer waters.

Ilze

Swim Central Accounts – Multi factor authentication

Masters Swimming Australia is introducing multi factor authentication (MFA) as an additional layer of security to all Swim Central accounts. MFA will become mandatory from the 3 February 2025.

The Swim Central Product development people have sent the following help article that explains MFA and how it will be implemented in every account: **https://support.swimming.org.au/hc/en-us/articles/11060737286415-Enable-Multi-Factor-Authentication-MFA** **Please read the article.** It explains the reason for MFA introduction and gives a step by step explanation of how to implement it in your Swim Central account.

You are likely to have already had some experience with MFA in another of your personal accounts. Here are a couple of key points from the attached help article:

- You only have to set up MFA once after your login in any time from Feb 3.
- Almost everyone is likely to use their phone as the Authenticator – a code will be sent to your phone to help you log in.
- Further into the article another option using QR codes and requiring downloading another app is given. I would suggest this is a secondary option, it would be easier to use your phone and sms codes. If you have any questions, please let me know.

With thanks

Warwick Povey
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Event Reports

Pub to Pub Open Water Swim – Sunday 5 January

The first open water swim of the new year, the 1.6K Pub to Pub, is always good natured, starting with coffee at Seacliff and finishing with presentations in the hospitable Espy at Brighton. Swimmers are recovering from festive excess, the atmosphere is friendly and it is not unduly competitive. This year featured changing conditions as a fresh south westerly arrived during the swim. Combined with Jenny Bradley's unfathomable handicaps, the variable water made swimming even more interesting than usual.

Adelaide Masters had a happy group of four - Emily Goldie, Scott Goldie, Michael Harry and Remin Nath. Emily finished first Masters female and second female overall in 28.29m, and Scott was first Masters male and third male overall in 27.56m, very good swimming by both against a strong tide and choppy conditions. Michael and Remin were pleased to finish.

MSSA Open Water Championships – Sunday 12 January

This year's Masters SA OWS Championships at Somerton were run in fine conditions in beautifully clean, clear water. A 15 - 20k south-easterly made for hard work on the south leg, while the buoy placement on the back leg took swimmers well out to sea. There were 91 finishers in the 1K and 63 in the 3K, a tribute to Marion Masters' excellent organisation.

Adelaide Masters' team of 9 swimmers did exceptionally well, winning the trophy for Average Points per Swimmer for the second year in a row. Steph Palmer-White finished 1st overall in the Female 1K in 15.42m, Emily Goldie took 2nd place and Lee O'Connell 9th. Ashley Everton won the Male 1K 35 – 39 category, while Michael Harry and Remin Nath also finished the swim. In the 3K event, Julie Bowman finished 4th overall female and won the 60 – 64 category and Sharon Beaver was 8th overall. Scott Goldie finished as first Masters Male overall in 43.11m. Congratulations to the award winners and well done to all swimmers.

Ashley…winner 1K Male 35 – 39

Steph and Emily..1st and 2nd overall 1K Female

Scott…1st Masters Male 3K   Steph with our trophy!

Jetty to Jetty Swim Sunday 26 January

The 23rd MSSA Jetty to Jetty Long Swim was run on a fine morning in good swimming conditions - water temperature 23C, a light northeasterly and minimal tide. 337 swimmers entered the race, including 21 Adelaide Masters swimmers. We finished a creditable third in the team results, behind Henley & Grange and Atlantis. There were some excellent individual performances: Scott Goldie won the Ted Geary trophy for fastest Male Masters swimmer and was 3rd overall in 28.08m, an outstanding swim; Julie Bowman won the Female 60 – 64 age group and was 4th female overall in 29.51m, with Steph Palmer White a close 2nd and 5th female overall; Ross Eldridge finished 1st Masters Male 35 – 39 years and 17th overall; Emily Goldie was 3rd Female 50 – 54 years and 20th overall; Sharon Beaver was 2nd 55 – 59 years Female and 21st overall; Lee O'Connell finished 3rd 65 – 69 years and received her 20th Jetty to Jetty Swims award; Andrew Loose was 4th Male 70 – 74 years and Judith Gallasch 4th Female 60 – 64 years. Pete Holley, Russell Anderson, Geoff McConachy, Michael Harry, Charles Gravier, Brian Morris, Roman Zaika, Ewan Whiteside, Pam Gunn, and Graeme Knowles also finished. Well done to everyone!

Scott…fastest Masters Male   Steph and Julie…1st and 2nd Female 60 – 64 years

Ross… 1ˢᵗ Masters Male 35 – 39 years   Sharon… 2ⁿᵈ Female 55 – 59

Dates for your diary

Further information on the following events, including registration details (when posted) and the calendars for the MSSA 2024-25 Summer Pool Series and the Open Water Series and other swims is available on the [Masters Swimming SA website](#).

February

8ᵗʰ – 9ᵗʰ	Mighty Swim (non - Masters event)	Unley Pool
9ᵗʰ	Pink and Blue Swim (non - Masters event)	West Beach SLSC
16ᵗʰ	Henley Beach Open Water Swim	Henley Jetty
23ʳᵈ	Summer Pool Series Swim 2 (Long Course)	Strathalbyn Pool

March

1ˢᵗ	Port Elliot Swim	Port Elliot SLSC
10ᵗʰ	Port Noarlunga Reef Swim	Port Noarlunga Jetty
17ᵗʰ	Summer Pool Series Swim 3 (Short Course)	Woodside Pool

April

8ᵗʰ – 12ᵗʰ	MSA National Championships	Melbourne Sports & Aquatic Centre

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