

## October 2024

Contributions to the newsletter from members are most welcome. If you would like to contribute an item, please send it addressed to the Newsletter Editor to [adelaidemastersswimming@gmail.com](mailto:adelaidemastersswimming@gmail.com).

### President's Report

Spring is here, the days are getting longer and before long the clocks will change and we should be moving to Burnside to swim in that glorious 50 meter pool, only this year that is not going to happen as soon as we all expect.

As I am sure you have all heard, Burnside has a few issues with its filtration system that require building work to fix. That means that Burnside will not be open until late November at the earliest. This leaves us with a gap from our last swim on 12<sup>th</sup> October until Burnside opens where we are a swimming club without a pool. The Committee have looked at the options we have available to us, which are limited as Payneham Memorial Pool and the Aquatic Centre are both closed, and have come up with a cunning plan. Like all the best plans there are two parts:

First, we encourage everyone who trains with us to meet up at Norwood Swimming Centre on **Mondays, Wednesdays and Fridays between 6.15pm and 7:30pm.**

Secondly, we would encourage all of you to make use of the fact that being a Masters member allows you to train with any Masters club (in the world). There are details of other club training days and times in this newsletter, and we have advised other clubs to expect one or two of you to turn up during our "pool-less" season

Not having a home pool is not an excuse to stop training and if you are the sort of person that needs a goal, how about the long-distance meet on **10 November**? It would be great if you could make this a red-letter day and swim a long way for the club, just to show that Adelaide Masters are as strong as ever.

We will, of course, put on a little celebration once we return to Burnside and attempt a meet up or two while we are in the wilderness. Speaking of Burnside, the management of the pool have decided to continue their sponsorship of our club for a further three years, so once we are back, we are staying.

I am not sure how I have got this far and not mentioned the [Nationals in Melbourne](#). This is the time of year people think about getting a new diary, so if you are getting one, don't forget to mark the 8 – 12 April 2025 for swimming in Melbourne!

See you in the water

Pete

## Coach's Corner

As you are aware, we will be without secured pool space mid October to December. Unofficially, you can turn up at the Norwood outdoor pool on Mondays, Wednesdays and Fridays from 6.15pm – 7.30pm. I will be providing the program but not coaching. Of course, this plan might not work, so please be prepared to stay in shape and be experimental with that – just like Cameron McEvoy did before the Olympics. Apparently, he was swimming only 3 km a week. The rest was “a physically creative approach to training”, including rock climbing and bouldering!

Shall we do our own experiment? I know my weakness is core strength and I can bet that many of you lack that too. So, whenever you miss a swimming session, replace it with a dryland session. Try these stretches and some strength exercises.

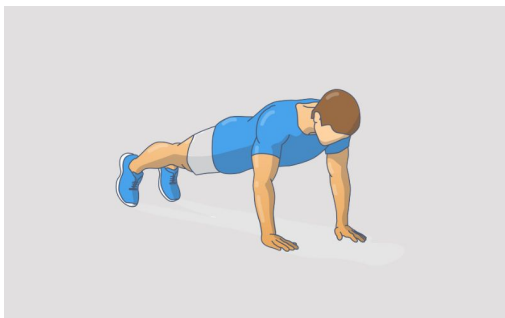
**1. The Plank** - Planks are a staple in [dryland workouts for swimmers](#) for a few reasons.

For starters, it's hard to screw up, and if the form is off, it's easy to diagnose. And, no equipment! Planks can be done anywhere, anytime.

Planks help swimmers improve body control and alignment in the water and are also an excellent way to activate your core before hopping into the water for [swim practice](#).

- Keep the back, neck, and head straight. No sagging of the lower back or staring straight ahead
- Suck in the belly button to really “brace” the midsection
- Use a push-up position or place forearms on the floor at shoulder-width

Start by doing plank holds for 20 or 30 seconds for several sets to learn the basics of bracing the core and breathing while the core is firing.

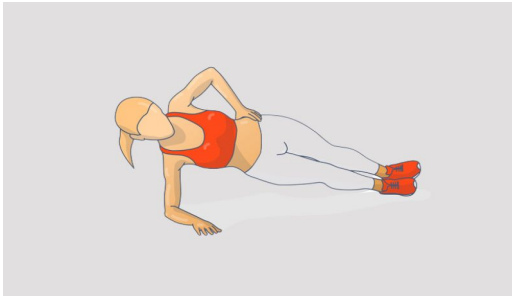


**2. Side Plank** - The side plank is favorite core exercises for swimmers. It has a lot of applications in helping swimmers increase pelvic control, strengthen the lumbar spine, and hammer the obliques.

Even though it looks fairly straightforward and easy, it's a powerhouse, excellent for addressing muscle imbalances, strengthening the muscles around the spine, and yes, helping swimmers transfer more power in the water.

Side planks can also be configured according to the swimmer's ability. Entry-level side planks can be done on the forearm, while more advanced users can use a Swiss ball for even more stability work.

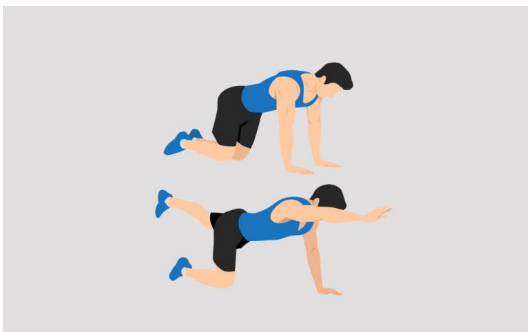
- Avoid allowing the hips to sag; aim for a straight spine line from the top of the head to your feet
- Keep the hips straight and keep them from rotating
- Breathe and brace the core by drawing the belly button in towards the spine



**3. Bird Dog** - The Bird Dog exercise is another excellent exercise for swimmers.

Although it looks easy and like it may not do much, this core exercise is a beast for targeting the core (obviously), glutes, hips and the lower back.

- Keep your back and neck flat. Avoid the urge to pick your head up. You aren't swimming into the wall to do a flip turn, after all.
- Focus on the connection from your fingertips to your toes in extension.
- Move through the full range of motion slowly and in full control. No gold medals are given out for rushing through core exercises.



**4. Unilateral Glute Bridge** - Unilateral glute bridges are part core exercise, part glute and posterior chain exercise.

This core exercise is perfect for swimmers who spend a lot of time sitting over the course of the day as it wakes up "sleepy" glutes and hamstrings from hours of being parked on.

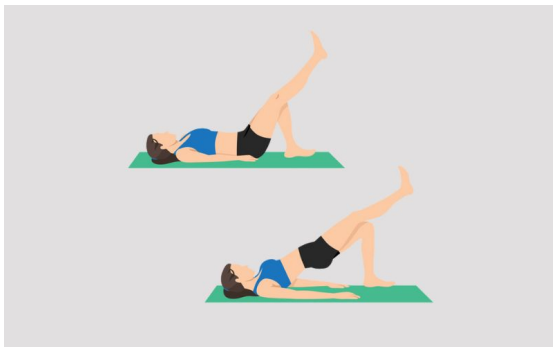
The exercise is done on the floor. Place your arms at your side, feet shoulder width and knees bent approximately 90-degrees. Raise the hips until the hips, knees, and shoulders form a straight line.

Raise one foot and extend it. You'll feel it in the glutes and hamstrings and the core as your body rushes to stabilize the leg.

The unilateral aspect can be done after a normal supine bridge (i.e. you raise the hips with both legs, pause, and then extend one leg) or begin the movement with one leg extended (as shown in the image below).

Variations include doing light flutter kicking with the leg in the air, or more advanced users can do small circles with the toes (sort of like pot stirrers but with your feet) for added stability work and activation.

- Use a hip band (aka "booty bands") when beginning to help the glutes and hips fire when doing the exercise.
- Use it as an activation before swim workouts to "wake up" the hips and glutes.
- Try different variations as you get more efficient at this exercise, including extended leg holds, flutter kicks, toe circles, and so on.



All the best, Ilze

## Captains' Report – Short Course State Cup Sunday 8 September

An enthusiastic contingent of 18 Adelaide Masters swimmers—12 men and 6 women—made the trek to SAALC for the Short Course State Cup on Sunday, September 8. You can find the full results [here](#).

We were excited to welcome two swimmers competing for the first time with Adelaide Masters: Graeme Knowles and Walton Chan. It was fantastic to have you both join our team!

Overall, the meet was a success for us. While we couldn't quite replicate our victory from the Long Course State Cup held in April, where we took home first place, we still earned a respectable third place with 527 points. Phoenix led the way with 768.5 points, followed by Noarlunga with 681, and Marion in fourth with 484 points.

Congratulations to Steph, who broke a State Record for the 200 IM and narrowly missed the 400 free record by less than half a second!



Judith, Lee, Peter, Walton (first interclub!), Matt, Russell and Jeff

Many of our swimmers earned gold, silver, and bronze medals in their events, and several excelled in the overall points for their age groups:

- Emily: 1st in 45-49
- Sharon: 1st in 55-59
- Steph: 1st in 60-64
- Judith: 3rd in 60-64
- Lee and Amanda: 2nd in 65-69
- James Yip: 2nd in 25-29
- Scott: 1st in 50-54
- Mark: 1st in 60-65
- Pete Holley: 3rd in 60-65
- Peter Clements: 2nd in 65-69

A special thanks to Peter Clements for competing despite a sore shoulder—he even adapted his swims to do breaststroke in his freestyle race to avoid aggravating the injury.

Sharon, facing ongoing issues with her left knee, bravely participated in three events and a relay, winning her age group. We wish her a full and speedy recovery after her total knee replacement on September 23, and we hope to see her back in the pool and the ocean soon!

While it's typically Steph who shines in the butterfly events, she chose to swim only the 25m fly this time. However, we were well represented in the 100m fly by Matt Lockwood, Emily Goldie and Scott Goldie. The family rivalry continued: unlike the last interclub meet, where Emily edged out Scott in the 200 IM, this time, Scott claimed a one-second victory over Emily.

We successfully entered three relay teams: our younger and older men's 4x25 freestyle teams both excelled. Congratulations to Walton, Ashley, Scott, and James for winning the 120+ age group (though they had no competition!). Our 'mature' men's team—Russell, Jeff, Jock, and Mark—came in second in the 240+ age group. Unfortunately, our women's team of Sharon, Emily, Lee, and Judith was disqualified; we're still uncertain about the reason.



Peter, Mark and Jock



Graeme (first interclub!)

A huge thank you to everyone who volunteered to time-keep between their swims, especially James Yip's mom, Julie, who did a substantial stint with a stopwatch. Your efforts kept our allocated lane manned throughout the morning. Pam and Pete again marshalled the event, and afterwards, most of our swimmers joined competitors from other clubs for lunch and socialising at the Warradale Hotel.

Mark your calendars for our last pool event of the year: the Short Course Long Distance Meet on Sunday, November 10. Come challenge yourself with some longer swims and plenty of turns!

Steph and Lee Club Captains

## Film Screening – Adelaide Film Festival

During the Adelaide Film Festival there will be two screenings of *The Pool*, a new release movie about the Bondi Icebergs Ocean Pool at the Palace Nova Eastend on Sunday 27<sup>th</sup> October and at the Semaphore Odeon Star on Sunday 3 November. Further information about the film including a link to a trailer of the film is available [here](#). We encourage anyone who is interested in Sydney's fabulous ocean pools to get along to learn about the most famous of them all.

## History – The Adelaide City Baths 1861 - 1939

The original Adelaide City Baths were opened on 16<sup>th</sup> December 1861. The *South Australian Weekly Chronicle* reported:

'The City Baths were formally opened on Saturday morning by His Worship the Mayor, in presence of several members of the late Corporation, and a few other spectators. His Worship in the course of a few appropriate remarks alluded to the unsuccessful efforts made at different times to establish baths in the city. When the water was introduced into the city it was considered a favorable opportunity to carry out the project, and on the motion of Mr. Councillor Cottrell, the Corporation resolved to appropriate the sum of £2,000 for the erection of the building which they had met that day to open to the public. His Worship added that the establishment of public baths would prove beneficial to the health and add to the comfort of the citizens, and he hoped they would be generally used. He then declared the baths to be opened, and forthwith one or two enthusiastic bathers plunged into the swimming baths, and considering the weather the more rational visitors gave three cheers for His Worship, and adjourned to discuss the biscuits and wine provided for the occasion.'<sup>1</sup>

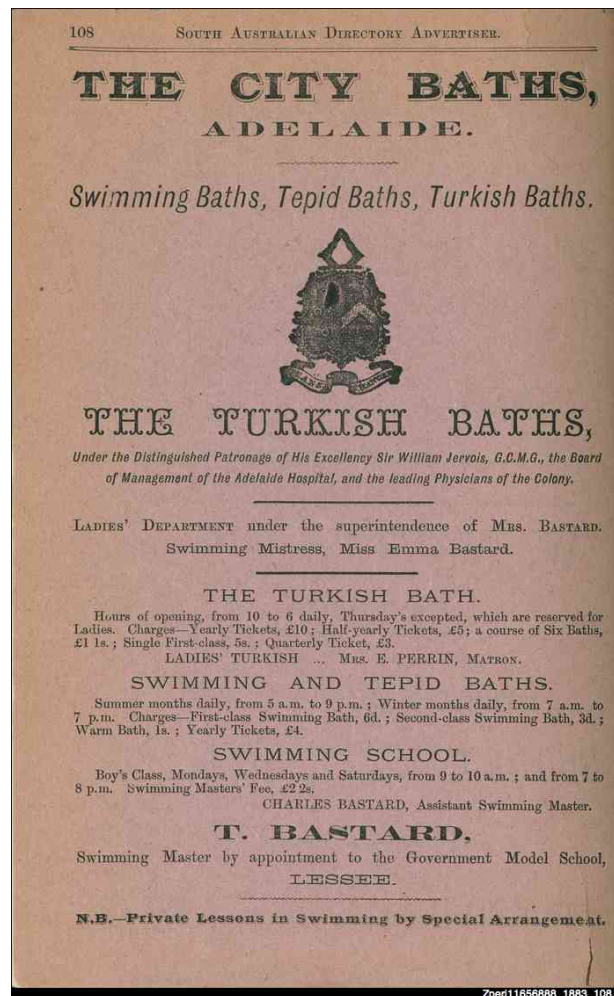


Adelaide City Baths on King William Street c.1890

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<sup>1</sup> South Australian Weekly Chronicle Saturday 21 December 1861 p6

Due to the high cost of pumping water from Thorndon Park Reservoir, initially no tenders were received to lease the Baths. Thomas Bastard, known as 'Cockney Tom', established the South Australian Swimming Club at the Baths in 1863. Three years later he became the first lessee of the Baths, which were extended to add Turkish Baths. The Baths became increasingly popular with the general public for recreational bathing, swimming instruction, displays and competitions involving professional and amateur swimmers. The first school championships were conducted there in 1875.



The original building was refurbished in 1883 and a two story building erected at the front. The refurbished Baths featured 'eighteen hot baths, retiring rooms, and a suite of rooms for the manager. The ground floor housed a large open swimming pool for men and a smaller roofed pool for women. The men's pool was roofed in 1885. The Baths then remained much the same until 1910, when they were extensively and lavishly refurbished.'<sup>2</sup>

<sup>2</sup> State Library of South Australia [SA Memory South Australia: Past and Present for the Future](#)



Charles Bastard, with his brother Philip, inherited the lease over the pool on his father's death in 1883. He took over as sole lessee in 1885 and continued to run popular professional competitions, ensuring 'the central significance of the Adelaide City Baths' for swimming in Adelaide. To provide revenue in the cooler months of the year when attendance was low, in 1887 Bastard installed a skating rink in the Baths. The South Australian Register reported on this remarkable innovation:

'The floor covers the large bath, which will, of course, be permanently empty till this summer, making the space available for skating to be 117 ft. by 33 ft. 6 in. On the floor of the bath are erected massive jarrah uprights, supporting 9x3 inch beams of the same timber. The joists are also of jarrah. The thick floor is well planed, and no doubt after a few trials will be quite smooth. Excellent accommodation has been provided for ladies. Mr Bastard intends to throw the rink open every evening.'<sup>3</sup>

In 1899 a 'Meeting of Champions' featuring Syd Cavill son of Frederick Cavill, the Professor of Swimming, took place at the Baths with substantial prize money offered. As well as competitions between local and interstate champions, the events included races for ladies. In 1905, Bastard brought Annette Kellerman to Adelaide where she gave swimming demonstrations at the City Baths and at the Glenelg Baths.



Adelaide City Baths 1919

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<sup>3</sup> South Australian Register Saturday 14 May 1887 p7

Frank Beaurepaire, winner of silver and bronze medals at the Olympic Games in Paris in 1908, visited Adelaide to participate in a 'welcome home' carnival at the City Baths in 1910. At the time, Beaurepaire was recognised as world champion over multiple distance after competing in the United Kingdom and Europe. In 1920, the Australian Swimming Championships were held in Adelaide. The Baths were the venue for the 100 yards and quarter mile, while other events were held in a swimming enclosure at Fletcher's Dock on the Port River. Throughout the 1920s 'Grand Amateur Swimming Carnivals' were held at the Baths, including the annual School Boys Championship of South Australia over 100 yards.

Charles Bastard remained lessee of the City Baths until 1939 when construction began of new Baths to replace the original structure that was 78 years old and being superseded by a new generation of swimming pools conforming to Olympic standards. A plaque which read: 'To commemorate the services rendered by the late Charles Bastard, lessee of the City Baths 1885-1939, who taught over 10,000 people to swim'<sup>4</sup> was installed at the new Adelaide Olympic Pool shortly after his death in 1941. Bastard died aged 78 years old, the same age as the Baths he had leased for over 50 years.

#### Sources:

John A Daly *The Splendid Journey – A Centenary History of Amateur Swimming in South Australia* Adelaide 1998

Thomas Bastard *The Autobiography of "Cockney Tom," Showing his Struggles through Life, and proving this Truth of the Old Saying that "Honesty is the best Policy"* Adelaide 1881

Janine Molloy and Lynette Carmichael *Salt in our Blood – 100 years of Henley and Grange Swimming Club 1912 - 2012*

State Library of South Australia Photographic Archives

Michael Harry © 2024

**Author's note:** Shortly before he died in 2020 aged 97 my uncle told me his recollections of learning to swim in the early 1930s under Charles Bastard's instruction. This was the first time I became aware of the instrumental role of the Bastard family in South Australian swimming.

## Dates for your diary

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

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<sup>4</sup> [https://en.wikipedia.org/wiki/Charles\\_Bastard](https://en.wikipedia.org/wiki/Charles_Bastard)

**October**

26<sup>th</sup> – 27<sup>th</sup>      Murray Masters Mildura Carnival      Mildura Waves Pool, Mildura

**November**

10<sup>th</sup>      Short Course Long Distance Meet      SA Aquatic Centre

**April 2025**

8<sup>th</sup> – 12<sup>th</sup>      MSA National Championships      Melbourne Sports and Aquatic Centre



For up to the minute news and last-minute changes.