

September 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.

President's Report

By the time you read this the entries for the state cup will be closed, and the racing types will be looking forward to a fun morning of short course swimming, followed by a lunchtime of socialising with the Adelaide swimming community. I do hope that as many of you as possible have responded to our recent requests to get involved so that the possibility of winning another State Cup becomes a reality.

Winter is well and truly behind us now. The weather is getting warmer, and trees are blossoming, and hay fever sufferers are sneezing. All this points to the arrival of spring and with it new adventures. Soon we will be able to swim outside in a warmer ocean and enjoy the salt water. For those of you who have not tried it, why not give it a go this year? There is nothing like bobbing up and down in moving salty water to feel truly alive. If you are lucky you might get to see seals, dolphins, skate, rays and crabs! If you want to take it a little further, why not aim for one or two of the Open Water Swim series that happens every year? Our very own Proclamation Day swim for example.

If you only do one open water swim this year, how about doing the Australia Day, Jetty to Jetty Swim, Adelaide Masters have traditionally done very well in this event and it would be lovely to continue this tradition and to have our name on the silverware.

Have I mentioned the Nationals? Have a look at [2025 National Championships | Masters Swimming Victoria](#) just in case your 2025 diary is looking a little empty.

Happy swimming and I'll see you in the pool or the sea

Pete

Coach's Corner

Australia is the lucky country. It is nice to travel places to compare and experience different cultures. I can see that swimming is definitely not in Latvian culture.

I tried to keep my fitness level and went to a local pool for a casual swim. To my surprise I was asked to pay 12 euros with a limit of 2 hours in the pool! I was lucky to have read the fine print and brought the mandatory swim cap and sandals (for a sauna). I had a 50m lane to myself.

Naturally, after one visit to the pool I tried to swim in every lake I visited. The water was a nice temperature.

I suppose during the summer time there's not such a need for pools, as Latvia has so many natural places to swim. So, aren't we lucky that Australia has much easier access to pools! See you soon.

Ilze



Captains' Report – Interclub 4 - August 4

A small but enthusiastic Adelaide Masters Team participated in the 4th Interclub meet. Our team consisted of Steph, Sharon, Amanda, Lee, Julie, Judith, Emily, Scott, Mark, Charles and Pete Holley.



We finished in a respectable 6th place at this event, contributing to our overall score of 1424 points for the Winter Interclub series. This earned us 5th place overall, with Atlantis leading the series with 2804 points and Phoenix in 2nd place with 2012 points. See the full results [here](#).

In the individual standings for the series, several swimmers excelled in their age groups:

- **Emily:** 1st place in the 45-49 age group with 89 points
- **Sharon:** 1st place in the 55-59 age group with 90 points
- **Julie:** 2nd place in the 55-59 age group with 88 points
- **Steph:** 1st place in the 60-64 age group with 90 points
- **Judith:** 2nd place in the 60-64 age group with 86 points
- **Lee:** 1st place in the 64-65 age group with 88 points
- **Charles:** 2nd place in the 30-34 age group with 81 points

Despite swimming in only 3 of the 4 interclub events, **Scott** (50 points) was 2nd and **Mark** (60 points) 3rd in their respective age groups.

Several of our swimmers volunteered to help the interclub run smoothly, with Julie training as a technical official and Helen and Steph learning the role of recorders. As always, Pam and Pete did an

outstanding job of marshalling the competitors. A big thank you to Russell for timekeeping throughout the morning. We missed John White and Pete Bowman, who often help with timekeeping, but several swimmers stepped up to fill in during their absence.

Special congratulations to Steph, who broke her own National and State records in the 200 fly and her State record in the 100 fly. The 200 IM was a highlight with three Adelaide Masters swimmers competing: Sharon, Scott, and Emily Goldie. In a spirited family rivalry, Scott led in the butterfly and backstroke legs, but Emily, as Scott put it, “kicked my butt” in the breaststroke and held her lead to touch first. All three managed to win their respective age groups.

Rank	Swimmer	Lane	Time
1	Coulter, Garth	5	2:40.05
2	Cranley, Matthew	6	2:48.37
3	Goldie, Emily	3	2:49.40
4	Goldie, Scott	4	2:52.17
5	Boardman, Andrew	7	2:55.34
6	Beaver, Sharon	2	3:06.31



We entered four mixed relay teams, but unfortunately, had to scratch one due to Kent's no-show. Scott and Emily teamed up, rather than competing against each other, and with Sharon and Mark secured 1st place an impressive 200+ 4 x 25 Medley Relay swim. In the 4x 25 freestyle relay Charles, Judith, Julie and Scott secured a 2nd place in the 200+ age group and Steph, Pete, Lee and Mark were 1st in the 240+.

Apologies to Amanda for missing a relay swim, but many thanks to her for stepping up to timekeep for the final events.

We're looking forward to a strong showing at the Short Course State Cup on September 8th and hope to replicate our success from the Long Course State Cup. Even if you're not swimming, we always need timekeepers and supporters—your presence would be greatly appreciated.

Lee O'Connell Steph Palmer-White
Club Captains

Appointment of Member Protection Information Officer

Jeffrey Sheridan has now completed Member Protection Information Officer training. Member complaints (marked 'confidential') can be directed to him via the club email in the first instance.

Member contribution

A competition at the Adelaide City Baths 1896

Recently I was given a large mounted photograph of the original Adelaide City Baths. It was retrieved from items that had been de-accessioned by the South Australian Museum and were destined for landfill.



The photograph is one of a number of images of the Baths displayed on the State Library of South Australia on line archive¹. The description of the item reads 'A large crowd looks on during a swimming contest where girls clad in neck to knee swimsuits are lined to start at the edge of the pool.' The occasion appears to be a schools swimming competition, such events being held regularly at the Baths.

¹ <https://collections.slsa.sa.gov.au/collection/City+Baths+Collection>



The photographs of the Baths were taken by Ernest Gall, a professional photographer who became “official photographer for many high-profile events, including balls at Government House and at Federation conventions”². Gall became renowned for his images of buildings and outdoor scenes in Adelaide and regional South Australia, publishing two booklets.

The Adelaide City Baths were opened 1861, water pumped in from the River Torrens. The story of the Baths and the Adelaide Olympic Pool which replaced them in 1940 will appear in a future edition of the newsletter.

MSSA news

6 Months Registration

The 6 month membership is now live on the MSSA website and costs \$95.00.

Closure of North Adelaide Aquatic Centre

The Adelaide Aquatic Centre is closed from 1 August for demolition of the existing pool. The rebuild is expected to be completed in the summer of 2025-26. Information and updates on the project are available at https://www.dit.sa.gov.au/infrastructure/adelaide_aquatic_centre .

During the rebuild, Unley Pool will remain open throughout the year. Information about opening hours is available at <https://www.unley.sa.gov.au/Events-programs-facilities/Facilities-venues/Unley-Swimming-Centre/Opening-Hours>

Michael Harry ©

Merchandise

Members wishing to order club merchandise can either see Judith Gallasch at training on Wednesday evenings to view the merchandise and place an order, or email the club at adelaidemastersswimming@gmail.com requesting a Merchandise form. The form provides information about available items including images and prices. Goods must be ordered on the Merchandise form and paid for by EFT to the club bank account (which is on the form) before they will be ordered through our supplier.

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](#).

September

8th Short Course State Cup SA Aquatic Centre

² https://en.wikipedia.org/wiki/Ernest_Gall

October

26th – 27th Murray Masters Mildura Carnival Mildura Waves Pool, Mildura

November

10th Long Distance Event SA Aquatic Centre

April 2025

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



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