

April 2025

Contributions to the newsletter 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!

President's Report

As incoming President, first I wish to thank the outgoing committee and especially Peter Holley for his dedication to the last three years as President. The Club is in good condition as shown by the keen member engagement at the AGM. The new committee, which is listed in the AGM report later in the newsletter, sees some new faces and all contributions are encouraged and respected. As the AGM highlighted there are some disparities with mandated 'positions' that our 45 year old constitution dictates. We will be ironing these out as the committee meets to ensure that our Club functions effectively. I see plenty of goodwill provided by members who are not on the committee but are willing to be involved in the many activities that are essential to delivering business as usual and special projects for the Club. Forming sub-committees is a good way of delivering these important activities through their committee leads below.

Training sign in management - Elliot S.

Merchandise team - Judith G, Betty R.

Interclub meets/Relays - Judith G, Charles G.

Boros Bequest initiatives - Peter C, Michael H

Proclamation Open Water Swim/Bay Sports Festival - Geoff Mc, Scott G.

Web Site Rebuild - Russel A.

AM 50 year anniversary in Spring of 2027- Jeff S.

Social Enhancement – TBA

Please feel free to get involved in these activities, either by contributing directly or with constructive feedback to the leads above or through the Adelaide Masters email. We encourage and appreciate feedback, as this enables the committee to provide activities and processes for the needs of members. Don't be shy!

Jeff Sheridan

New Training Sign-in System

Have you ever misplaced your swim sessions pass? Or perhaps you've had to buy a new one right before we're about to switch pools? Maybe you knew a Masters member who wanted to swim with us for just one or two sessions during a visit to Adelaide? Or maybe you're just sick of fumbling with that clicker...

Well, Helen Bartsch had been very interested in a solution to these very problems and investigated lots of good options - some of which we may be ready to revisit in the future.

But, we **are** ready to put some of those good ideas into action right now, and very soon we'll be doing-away with those punch-cards! That's right. Our change of system starts when we move to St Peter's on Monday 28 April.

When you come to training, you'll still have to sign in with your name and signature, and you'll still pay for your swims with bank transfers (or cash ... if you must!). But instead of paying for a card, you can top-up your Adelaide Masters balance with whatever amount you'd like. For example, \$40 transferred to the AM bank account will add \$40 to your AM balance. Each week (if your balance has changed) you'll get an email update for your balance, including which sessions you attended. The sign-in page will still have the "Note" column for you to mention anything unusual.

As for the cards you already have, hand them in to us during sign-in and we'll add what's left of it to your new balance. Also, when paying with our new system it'll be particularly important to remember to put your name and 'swim fees' in the reference and description.

BSB: 035-213
Account number: 128446
Reference: [Your Name]
Description: swim fees

If you have any queries or issues with the new system, let us know via the Adelaide Masters email (adelaidemastersswimming@gmail.com) or at training.

Elliot

Coach's Corner

Core engagement

Core muscles – every one of you has heard about these. Recently at training we have been talking and experimenting with our core muscles. What exactly is the core? The core is the foundation of the body, and without it, we'd be unable to stand upright, much less swim. Core muscles include the abs, hips, lower back, obliques, transverse abdominis, and erector spinae (muscles supporting the spine). But, are you truly using your core? Is it something you consciously think about and engage during swimming?

Role of core in freestyle

Freestyle body posture should resemble that of ideal standing posture. Whenever a swimmer moves, the core tenses first and should be in constant engagement to link the movement and load of the arms with the kick and rotation of the body. If the core is disengaged, the swimmer will have a disconnect between the shoulder and hip drive, losing a great transfer of power. To engage your core, imagine bracing yourself for a sucker punch right to the stomach. You're going to take a deep breath and tighten your abdominal muscles. It may be helpful to picture "zipping up" your abs—bringing your navel up and toward your spine.

The ability of a swimmer to use their core muscles helps lift the body in the water by creating tension in the body and maximising the use of the lungs for flotation. From this enhanced

body position – higher in the water – the core muscles can then control rotation, allowing the bigger muscles of the back to provide power rather than relying on the relatively small muscles of the shoulder.

How to tell if you are engaging your core

People learn from mistakes. In that sense, it might be easier to learn how to engage your core by understanding what **not** to do. Below are some common examples of **failing** to engage the core.

- Your back arches while you perform shoulder presses or push-ups
- Your back slumps while sitting down
- Your lower back raises from the ground when trying to “hollow” your body
- You lean far to one side when performing a single-arm shoulder press
- You lose balance when performing single-leg exercises

All of the above scenarios exemplify a weak core in different ways. The first example - back arching when performing shoulder presses - is the easiest to dissect. When you perform a shoulder press, you should be able to extend your arms overhead while keeping your back in a neutral spine position. If you can't, your core muscles are weak, you haven't learned how to engage and brace them, or perhaps you have a different mobility issue. Core strengthening exercises are available in the [2024 newsletter](#).

This next revelation will make some of you cringe and laugh at the same time because the best exercise in the water to improve your core muscles is **kicking**. Using the kickboard and kicking freestyle or butterfly will encourage you to engage your core muscles. Haha, I knew that kicking was not invented only to punish Alastair Murphy!

Have fun and see you in the pool.

Ilze

Annual General Meeting

The Club's Annual General Meeting was held at Burnside Pool after training on Wednesday 26 March. We had the highest attendance at an AGM for many years and received nominations to fill every position on the Committee which includes 6 new members with a range of skills and interests. We also have support from Club members outside the Committee who are willing to take on roles.

The newly elected Committee for 2025/25 is as follows:

President	Jeff Sheridan
Vice President	Scott Goldie
Treasurer	Steph Palmer-White
Club Captains	Judith Gallasch, Charles Gravier
Nominations Officer	Elliot Smith
Fitness Director & Coaching Co-ordinator	Ross Eldridge
Recorder	Paloma Isobel
Safety Officer	Geoff McConachy

Newsletter/Publicity Officer

Michael Harry

3 General Committee members

Russell Anderson, Lydia Alvino
Betty Reinboth



First meeting of the new committee!

Retiring President's Report

Every year brings its own unique problems, and this year has been no different. This year we became, for a while, a swimming club without a pool. This is not an ideal situation as it is particularly difficult to swim without water. Normally we would have found another pool to fill in the blank but, as I am sure you are painfully aware, with both the North Adelaide and Payneham pools closed, pool space is currently at a premium. I would like to thank you all for keeping the faith and attending the informal sessions that we had at Norwood.

Every cloud has a silver lining and because of the issue we now have a multiyear arrangement for the use of Burnside pool in the summer. I feel that this is a good result. Over the course of the year the committee has been trying to ensure that the club remains on track to become the best club by reputation in South Australia.

The core function of our club is to ensure that we put on regular swimming sessions for our members to enjoy. Of course, we must balance that against the cost of putting on those sessions. As a committee we have worked to make sure that on the financial side, the swim sessions are cost neutral. This involves checking attendance, checking payments, and ensuring that they are in balance. This is important yet underappreciated committee work that I would like to thank Peter and Steph for doing.

Making the Club visible has been another objective - by that I mean that our distinctive personality comes through by identifying us as a club. I would like to thank the merchandise committee for their work in this area, especially Judith, who has carried clothing to so many swim sessions. There is still much to do in this area, and I look to you all to help ensure that no one miss can miss Adelaide Masters swimmers at meets and social events.

This year our Proclamation Day swim was cancelled on the day due to the weather. It was a shame, but the safety of the swimmers is paramount. Even though it was cancelled it still required the same amount of work as if the swim went ahead. I would like to thank Jeff and Geoff for all their hard work on this front.

We are in the unique position of having the Boros Bequest which was kindly given to the Club by Christina Boros in her will to aid the swimmers she swam in. Last year we used it to provide some quality coaching to those who normally would not consider it. I am sure that the Bequest sub-committee will soon announce how the money will help those swimmers this year.

On a personal note, I am stepping down from the committee this year after three years of service. I would like to thank all of you who have supported me and the work of the committee over the last few years. It certainly has been an interesting experience and, if it was not for a change in my personal life, one I would have liked to continue. I wish Jeff Sheridan and the new committee the best of luck in navigating whatever comes their way.

Pete Holley

Event Reports

Noarlunga Reef Open WaterSwim – Monday 10 March

The Noarlunga Reef Open Water Swim was held in fine conditions, with a light south easterly breeze and the water temperature a positively balmy 23C. Noarlunga Masters' swims are always both competitive and friendly. They offer the choice of 1.5K, 2.5K or 5K swims, so you can do the shorter swim, do the full circuit up to the mouth of the Onkaparinga River and back or do the circuit twice if you really want an extended work out. The water is always clean and clear, and there are lots of fish to see if you swim alongside the reef on the outer leg. This year there were 178 swimmers, a tribute to the organisation as well as the beautiful location. After the swim, we reconvened to the Noarlunga Surf Lifesaving Club, for lunch and the presentations, including the lucky draw at which there were bottles of wine and other prizes donated by sponsors and local businesses. As usual, it was a lively and happy gathering.

9 Adelaide Masters swimmers entered, with a number achieving outstanding results. Em Goldie came 1st in the Women's 1.5K in 22.50, Steph Palmer-White finished 2nd in the Women's 2.5K in 35.56 and Sharon Beaver was 1st in the Women's 5K in 1.15.13. Scott Goldie won the Men's 2.5K in 34.42, while Pam Holley, Michael Harry and Remin Nath completed the 1.5K and Pete Holley and Roman Zaika the 2.5K. Congratulations to everyone, and to every Adelaide Masters swimmer who participated in the MSSA Open Water series this year. It was an excellent series, apart from the disappointment of the Proclamation Classic cancellation.



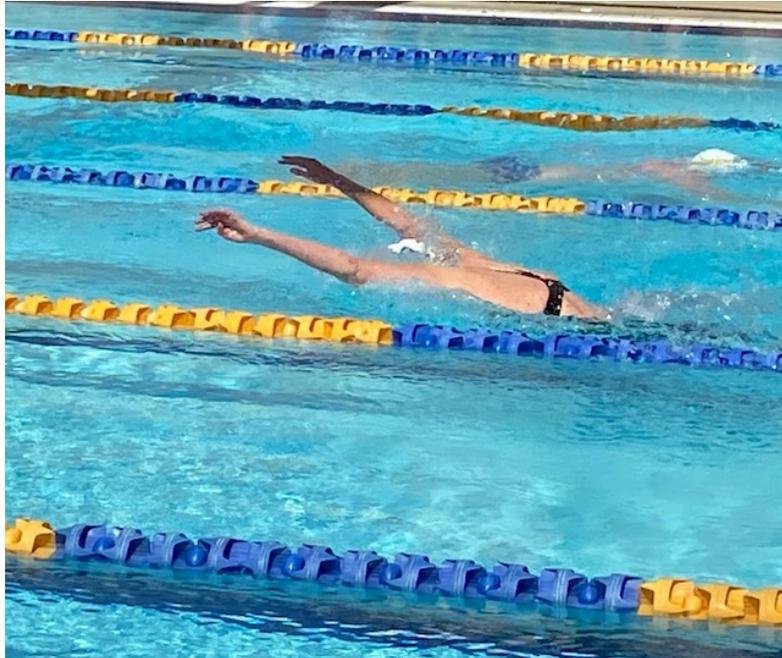
Steph, Pam and Sharon at Noarlunga

Murray Bridge Pool Meet – Sunday 23 March

10 Adelaide Masters swimmers made the trip out to Murray Bridge to swim in a new location in the Summer Pool series. Our Club performed well, finishing 3rd behind Phoenix and Tea Tree Gully. Adelaide Masters finished 4th overall in the Series, a good result considering the relatively small number of swimmers we entered. The highlight was Steph Palmer-White's superlative swim in the Women's 60 – 64 years Women's 400M Butterfly, in a National and State Record time of 6.09.63.

Steph finished 1st overall in the individual scores for the Series in the Women's 60 – 64 years, capping off an exceptional season in both the Pool and Open Water series. Sharon Beaver finished 1st in the 55 – 59 years, Judith Gallasch 2nd in the 60 – 64 years, Amanda Ruler 2nd in the 65 – 69 years, Emily Tsoutouras 3rd in the 45 – 49 years and Pam Gunn 5th in the 70 - 74 years. In the Men's results, Charles Gravier was 2nd in the 30 – 34 years, Scott Goldie 3rd in the 50 – 59 years and Brian Morris 2nd in the 65 – 69 years.

It was encouraging to finish on a high note, and we look forward to having a strong representation of our swimmers at the Winter Series which begins on 27th April with the Long Course State Cup at the Adelaide Aquatic Centre. Congratulations to all of our swimmers who competed in this year's Summer Pool Series, while also swimming in open water events in most cases.



Steph's National Record swim....note her arms are straight on hand entry!

Member Profile

Ashley Everton



Ashley, at the Jetty to Jetty

Discovering an affinity for a hobby can take a long time. Although surrounded by opportunities and encouraged to take up swimming, a contrarian streak ensured that I would not act at the behest of others for fear of becoming chained by expectations. That changed in 2016 while I was on a short hiking weekend in Wilson Promontory. A lifetime of avoiding physical activity meant my general fitness was very low and my swimming was abysmal. As a result, I found the walk that day from Tidal River to Oberon Bay difficult, while challenges for everyone else in the group revolved around remembering water, fuel, and tent construction! The temperate weather was fortunate for our expedition, but it also prompted me to watch the sunset from the shore of Oberon Bay which was inexplicably littered with dead crows. But somehow the cool waters called me! Suffice it to say, swimming in a secluded, far-flung bay, alone, with little ability, was a terribly dangerous risk. That fey bay could hide many dangers for a poor swimmer!

I realised then that my sedentary habits were restricting me. Inaction had bound me to my chair, and a lack of fitness allowed only vicarious experiences of reality. I resolved to free myself from that chain! Six months later, I planned my first swimming session. In that time, I came to realise that most people fail to achieve resolutions because, while they want to change, they are unable to do things differently. Like everyone else, my days are full. To include swimming, I had to sacrifice something, so I gave up video-gaming, knowing that I wouldn't be able to join in late-night sessions with my friends. I didn't abandon gaming, but picked the times more carefully.

Kensington Leisure and Aquatic Centre was my first swimming hole. It was close to work - convenience drives adoption. At first, I could barely swim to the other end of the 25m pool. However, I knew of a goal-chunking method that the gaming industry uses to drive players into addiction, which I applied to more moral ends! Using this method I was able to cement swimming into my life and push my limits. My pool swimming improved quickly, enabling ocean swimming, and finally competitive swimming. Breaking that chain exposed the many hidden ways that being unfit affected my life. I see it now in my own improved health, and watching my friends who remain inactive. I became aware of the need to reach a base level of fitness so I could really enjoy life's various activities. The world would have passed me by if I had not heard the waters call at Oberon Bay and discovered swimming!

Member Contribution

Stonehaven Pool, Scotland

Stonehaven, a picturesque village 25 kilometres south of Aberdeen in northern Scotland, has a special pool. Opened in 1934, the Stonehaven Open Air Swimming Pool has a colourful art deco frontage and a tiled roof. Located close to the beach, it is protected from the North Sea weather by walls on the remaining sides. The pool, which is heated, has been open in recent years for a brief cold water swimming winter season. This year, the pool learned that three of their regular winter swimmers were training for the World Ice Swimming Championships to be held in the Italian Alps in April. The swimmers trained in the 2C water and duly delivered, returning with 13 medals. The pool has just put up the following post on Facebook: 'Following discussions, we are absolutely delighted to announce that the International Ice Swimming Association came up to visit the outdoor pool and loved it so much that we can now announce we are hosting the IISA GB Championships winter 2025. Stonehaven Outdoor Pool is now on the International map for cold water swimming. We cannot wait to welcome all the visitors to Stonehaven for this event in December.'

Over the past 45 years, I have made regular trips to Stonehaven with my wife, who comes from Aberdeen and has extended family there. During each visit, we spend a day in Stonehaven where we have friends. After lunch at the Ship Inn, a wonderful hotel on the little harbour, we walk around to the pool. On one occasion, it was shrouded in fog which is not uncommon in summer and can envelope the coast, lasting until the afternoon before it lifts. Being summer, the pool was open. Looking through narrow windows, I could see lots of swimmers, young and old, enjoying the heated water surrounded by steam. We are planning a trip to Aberdeen in September. I will most certainly visit the pool, which I haven't and will have a swim which I haven't done before. I will also take some photos and write a further report for the newsletter!



1930s Art Deco entrance...



Winter swimmers in 2C water...



Summer swimming in 27C water...

Michael Harry

Dates for your diary

Further information on the following events, including registration details (when posted) and the calendars for the 2025 MSSA Interclub and State Cup series is available on the [MSSA website](#).

April

8 th - 12 th	MSA National Championships	Melbourne Aquatic Centre
27 th	State Cup 1 (long course)	Adelaide Aquatic Centre

28 th	Switch to St Peters pool for winter training	
May		
3 rd	MSSA Annual Presentations Dinner and Awards (see below)	Adelaide Sailing Club
18 th	Interclub 1 - relays (short course)	Adelaide Aquatic Centre
June		
1 st	Interclub 2 (long course)	Adelaide Aquatic Centre



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

Hello all Master Swimming members!

The biggest night on the MSSA Calendar is coming up:
Annual Presentation Dinner and Awards

This year at the
Adelaide Sailing Club

Barcoo Road, West Beach,
 6.30pm Saturday May 3

Including:

* 3 course meal with drink on arrival

* music, fun and awards

Cost: \$75

PURCHASE YOUR TICKET TODAY: [**CLICK
HERE**](#)

Time: 6pm for 6:30 start RSVP by 23/4/2025		Casual dress code (no thongs) Beach Theme
	Celebration Dinner May 3rd	
\$75 - 3 course meal with arrival drink - fun night		Location: Adelaide Sailing Club 9 Barcoo Rd, West Beach SA 5024