

SPLOSH!

NEWSLETTER OF CAPE TOWN MASTERS SWIMMING CLUB

JULY 2009

Hi Swimmers,
Being the start of a new (swimming) season, I thought it appropriate to freshen up the newsletter a little. The birthday list is gone; the committee list has two new names (well, happy returns actually); and I've added a Splosh Question, which gives you the opportunity to comment on a particular topic.

Contributions to the newsletter are always welcome, whether in the form of a note or an article (or *skinner*). It all helps to ease the task of sourcing editorial material (mind you, in a club filled with weird and wonderful characters, as ours is, I never struggle too long to find an event, or angle!). Constructive comment on Splosh is also welcomed.

For the next newsletter please send in your answer to the question: *Which aspect of swimming do you struggle with most?*
eMail to chriswd@iafrica.com or text message to 083-461 3422.

If your swimming is in winter hibernation - enjoy, but not for too long.
Chris

FROM THE CHAIR



It is the beginning of the 2009/2010 season. Both WP Masters & CT Masters have had their Annual General Meetings. Thank you to all who attended. It was great to see everyone again. Thanks to Clara and Woodside

Village for organising the venue and the snacks.

I must say Thank You to my Committee of last season for all their input and assistance. The Committee remains much the same with the exception of the Treasurer, Bez Bezuidenhout, who has resigned. Unfortunately Bez has other commitments and asked to be relieved of his duties. A BIG thank you, Bez for the years you have put into CT Masters swimming as Treasurer. You have done a brilliant job – forever efficient and precise in controlling our finances. Hopefully we will see you back in the pool soon.

Welcome Di Hau and Doug Howieson who have been elected on to the CTMSC Committee. Di will be in charge of the Kit and Nationals and Doug will be in charge of the Finances. I hope you will enjoy your time being part of the team and I look forward to working with you.

The AGM is Awards time. Congratulations to all of those who were recipients of WPM & CTMSC Awards (see list in newsletter). Well done - you are all worthy winners.

14 CT Masters swimmers have made it into the 2008 FINA World Top 10.
Congratulations to Paul Blackbeard, Perry Cadiz, Di Coetzee, Doug Howieson, Rachelle Isakov, Sanderina Kruger, Gail McCarney, Dave McLachlan, Edith Otterman, Amanda Picard, Greg Price, Tim Shead, Cecilia Stanford and Johan Van der Merwe.

This is a great achievement!

Membership fees are now due. Unfortunately, due to SSA, SAMS & WPM all increasing their fees, we have had to increase our fees as well. The season runs from 1 May 2009 – 30 April 2010. Fees for the 2009/2010 season are **R320**. Members renewing their membership must do so before the end of September when SAMS add a R70 penalty.

Remember that even though it is cold and wet outside you still need to train and stay fit. You will always feel better for doing something. The first gala of the season will be in July at Long Street. I hope that in this season

CT Masters will grow in strength and we will see a large number of you attending the galas.

Till then – take care.

Happy swimming.

Judy 

SWIM CALENDAR

1st Gala of the season: Thursday 30 July, 630pm, at Long Street pool. Warm up and registration from 6pm. There's bound to be a race (distance) for everyone!
Very NB: Allow for social gathering after!

Winter Fitness Challenge: Coming to a pool near you in August. You have been warned – start training.

2010 National Champs: 17th – 20th March in Pretoria. (Just so's you know)

Midmar Mile 2010: 6 – 7 Feb.

Brian Curtis Mile 2010: 14th Feb.

ROBBEN ISLAND VISTA NOVA SWIM 2009

This years' swim was a good one for many competitors. These two accounts are from two CTM members with very different training backgrounds...

Making a splash for charity

Michael Arendse, Manager: Distribution Computing in the City's IT Department, trained hard this year for the annual Cadiz Vista Nova Freedom Swim and posted a time of 2:38:55. The swim was to have taken place at 10am on Saturday, 25 April, but was delayed until Sunday 26 April at 1.30pm because of foul weather and fog. Swimming legend, Natalie du Toit, was the winner and broke the 20-year old channel record for women with a time of 1:35:45. "Postponing the race was a wise call," says Michael. "The rain and inclement weather would have caused havoc."

The Cadiz Freedom Swim from Robben Island to Bloubergstrand is held annually to raise funds for the Vista Nova School for children with special needs. It is considered to be one of the toughest, most extreme long distance cold water sea swim races in the world – 7.5km across the Robben Island channel, known for

its bitterly cold water and strong, unpredictable currents.

Michael decided to do the swim when a visually-impaired swimmer, who trained alongside him at the Long Street pool, told him he was fit enough – all he needed was more cold-water training. Having been featured in *Contact* No 29, April/May 2008, for his swimming prowess, Michael committed to this goal and set about serious training in outdoor pools during winter.

He describes his race: "For me the swim went well. I felt occasional twinges in both my calves and right hamstring threatening to cramp-up, but fortunately they held out. I'm grateful for the leg-stretching I did while waiting during the delay at the island. When I reached the beach and tried to stand in the surf my left-calf and right-hamstring muscle cramped-up, but seeing so many spectators, friends and family cheering me from the beach enabled me to walk unaided from the water, receive hugs and kisses, a towel, a beanie, a medal and assistance from one of the Vista Nova volunteers to the recovery-tent.

"The delay really didn't affect me much. We were told that the water was 13C. I found it warmer than what I had experienced in the Sea Point pool during my winter training – could it be psychological? I also had a waterproof mp3-player that kept me company with some rhythmic rock that helped take my mind off the cold.

"I am extremely happy with my performance and especially the support I received from my support surf-skiers – Tallon Denovan and Donni Totton. When I do the swim again (yes I will – it's for an absolutely worthy cause) I hope they will agree to support me again. Their unselfish spontaneity to support me will never be forgotten."

Asked what his next goal was, Michael said: "My next challenge is improving the conditions and facilities of the municipal pools."

oOo

From the Swimmer, Amanda Picard:

I quit the Cadiz Freedom Swim at 6km frozen and miserable, 10 days later I finished RI-Blou in a 1h46.

I entered the Cadiz Freedom Swim and thought I would manage the cold by swimming fast. I trained 5 times a week in Switzerland throughout the winter and I had endurance and was in great shape. I arrived from Zurich one week before the swim and swam once at

Camps Bay for 50 mins in 13 degrees. I didn't swim again in cold water (big mistake) and thought I would conserve my energy for the Race.

I made some other errors; I didn't carbo-load days before the swim or eat breakfast (up to early & too nervous). The Race was postponed from Saturday to Sunday because of bad weather and on Sunday we waited for nearly 4 hours before the mist lifted and we were given the go ahead by the NSRI. During these 4 hours I drank my one 500 ml Accelerade energy drink and ate 2 Chocolate gels. Peanuts, chips & chocolate were offered as a substitute for lunch but I decided against eating junk before the swim.

I started the Race running on empty; my gut said get on the 14h00 Ferry back to CT and try again next year. I felt cold and panicked almost immediately. The official water temperature was 13 degrees. It felt more like 12 at the Island and 11 in some icy pockets out in the Bay. I never got to Blouberg where the water was reportedly warmer and probably where the 13 degree reading came from.

During the race I had no sense of direction. I love open water swimming and have always enjoyed seeing land as a reference point. I wasn't mentally ready to swim without a landmark. I had a boat seconding me and swam alongside the boat. I breathed every second stroke and never relaxed and couldn't find a rhythm. I was wearing a Polar F7 and had a maximum heart rate of 189 bpm and an average heart rate of 166 bpm for 80 minutes. (My average pulse in a 90 minute workout is 130 bpm). I used up a lot of important energy trying to swim too hard and needed this energy to keep me warm. At the 6km buoy I had terrible cramps in my frozen legs and decided to quit. I felt like my legs were sinking and that I might drown. I got into the boat frozen and teary repeating how much I hated the swim!

Surprisingly I warmed up relatively quickly in ICU at the Blouberg Club House; my ear temp was 31 degrees on arrival. Clara, my Coach of 30 years, insisted I would do better next year! I thought I would NEVER swim it again.

My Skipper Toby sent me an email a few days later with some useful information. He found a piece of paper on his boat with my splits per km, the first 3 km's were at 13 minute a km pace and the last 3km at 14 minute a km pace. When I received this information I was very annoyed that I didn't keep on

swimming (in retrospect we all think this). Maurice (my husband) has seconded me on numerous swims and had never seen me so panicked in the water that when I asked a second time to get out he agreed.

After a week Herda Silverman, an experienced RI swimmer, started sms-ing that conditions looked good and the water was a warm 14.5 degrees at Three Anchor Bay. 10 Days had passed and I was starting to feel very disappointed that I got in the boat and maybe it was normal not to feel your legs when you swam in cold water.

On Thursday 7 May I hopped into Herda's boat with Herda, Hugh Tucker (Best Skipper in CT), Andrew Chin (Zurich Polar Bear) & Ryan Stramrood (English Channel swimmer 2008). It was a perfect day for a fast swim plus the water was warm 14.5 to 15 degrees. I ate jungle oats, drank my carbo loader, took a choc gel and waded through the kelp to the rocks at RI. I didn't think too much about my previous swim experience and just swam. Andrew and Ryan joined me at the start. I felt so safe and calm - a completely different experience from my first swim. I trusted Hugh and knew I would swim the shortest distance to Blouberg.

It was cold, the 1 hr 46 (and only 2 quick stops) dragged on, especially when you can see the Rocks at Blouberg and think you are "nearly" there, but I needed 20 minutes to get to the beach. Andrew swam the last 400m with me which was very kind considering he had to get wet again. I was tired and he encouraged me to swim faster. It was high tide and took ages to reach the beach. My average pulse was 145 bpm with a maximum of 154 - much more reasonable than the first swim.

I am delighted to have finished; cold extreme swims aren't for sissies and need to be taken seriously. You have to train in cold water months in advance. Massive thank you to Herda & Andrew for not letting me chicken out, and to Hugh for guiding me across the bay so quickly.

That was definitely not my last Robben Island Crossing. Here are some things I learnt after the first swim: wear an extra thick Speedo; find a Granny silicone cap also extra thick; whack the Vaseline on extra thick; carbo load before the swim; eat breakfast; take a packed lunch in case of mist; and get LOTS OF COLD WATER EXPERIENCE. I also noticed that most swimmers swim alongside a Buddy. Hook up with someone: it's a million times easier than swimming alone when the cold starts to bite!

Report from the Boat, Herda

Silverman:

The conditions were perfect except for the lack of sun, but then if you have only a week to cram a swim in to, you can't have everything. To describe this in more detail, it was an overcast day with early morning rain, a rolling swell from the SSW with a slight NW breeze which caused a bit of chop early on in the swim but this died away completely. To sum it up, it was perfect for swimming except for the lack of warm sun on your back, which is always nice to have. As we neared Big Bay we were concerned about the size of the swell, not so much for the swimmers landing, but we did not have anyone to meet them and they had to swim back to the boat. Hugh did his usual rubber duck gymnastics and the swimmers were collected about 10m from the shore, despite the risky conditions. We were so lucky weather-wise, as the previous two days there had been heavy fog on the bay all day and just after we had collected the swimmers a thick fog descended. If this had happened during the swim we would have to have aborted! The swim was meant to be as we had a lucky break in the weather on the last available day for Amanda, as she had commitments the next day. Having said that, I was so determined that she should swim that I would personally have taken her son to the doctor so that she could swim!!

As regards Amanda's swimming, Hugh, who has probably taken in excess of 200 swims, said about a km off the island that we were making very fast progress, normally when alongside a swimmer we only use one engine, I thought that we might need two. Amanda's pace increased as she went along. Amanda maintained her stroke rate and form. We watch this carefully as this is an indicator of the swimmer taking strain, especially from cold. Amanda made a brief mention of cold, we responded with the possibility of breaking the ladies record and off she went and never looked back. Personally, I was watching closely, trying to figure out what was making Amanda move so fast. I asked Hugh what he thought and he said she is very streamlined, my response, well, that wouldn't really explain things, as everyone knows how Melsie and I are working our athletic builds - ha ha. What a fantastic swimmer, a pleasure to watch and to help her succeed. Well done Amanda, all on the boat got a lot of pleasure in helping you achieve your goal!

SWIMMERS' NEWS

Received from WPM, the following information relates to two new awards that WP has decided to introduce to encourage participation, and also includes new criteria for the WP Victrix and Victor Ludorum awards:

Participation Award: Male and Female

The purpose of this award is to encourage participation at galas. The criteria for the award are:

- To the member who takes part in the most galas during the season including WP Champs. In the event of a tie this will be measured firstly against the number of galas attended and, secondly, against the number of events swum. If there is still a tie it will be measured as closes to the WP qualifying time

The recipients will receive a trophy as well as R250, for both male and female swimmer, as an incentive to be given towards membership fees.

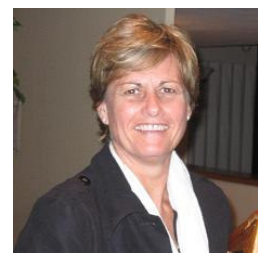
Victrix and Victor Ludorum

The purpose of this award is to reward the best performance of a male and female swimmer at WP Championships. The criteria for this award are:

- To the member who swims the most qualifying times at WP Champs. In the event of a tie, it will be measured as closest to the SAMS qualifying time.

Both these awards will be handed out at the AGM.

CTM Girls



At the recent AGM both Perry and Cecilia were sporting new "do's".



Shirwyn wasn't impressed

CLUB KIT

The Order Form for CTM Club Kit (costumes, caps, golf shirts and shorts) is attached with this newsletter - you need Club costumes when swimming galas and attending Champs.

Please send completed forms to Di Hau: email – di@bramasol.co.za or hand to a committee member at the gala.

TECHNIQUE

What is your mental picture of a butterfly swimmer? This is the result of a quick mental exercise, trying to describe different elements of butterfly swimming technique:

- **Head** - Varies slightly, but primarily in-line with spine
- **Eyes** - Looking at bottom of pool when not breathing, looking down and forward when breathing
- **Shoulders and chest** - Tip up and down/forward about a line drawn from one hip through the other. The chest lays forward and presses down as the hands enter
- **Arms** - Arms are a mirror of each other. Arm speed controls rhythm, with generally steady to decreasing/slowing rhythm through the course of a race unless well-conditioned
- **Forearm and hand pull** - Arms remain shoulder width apart, flex at elbows with line from fingertips through elbow moving towards pointing down and slightly inward, then sweep inwards to outwards they press on the water, with the fingertip through elbow line moving from pointing inwards and down to slightly outwards and down
- **Forearm and hand recovery** - Straight arms, relaxed hands, with a wide and low arm swing, thumb down, pinky up, back of the hand towards thumb lead
- **Forearm and hand entry** - Straight arms, extended, thumb to fingertip first, shoulder width apart
- **Trunk** - Must maintain the connection between the shoulders and the hips

- **Hips** - Maintain hips relatively high in the water, acting as moving-forward pivot point
- **Legs** - Generally two kicks per cycle, but one per cycle is also acceptable. Kick timing is based on arm timing, with kick balancing arm and trunk motion. There is generally a kick as the pull begins and a second kick just prior to hand exit. The kick action and the chest position must work together or swimmer will be moving body up and down instead of forward. If swimmer attempts to kick with too much effort they will tend to tire sooner than if they allow the kick to work with the arms and body
- **Feet** - Feet must remain in the same plane through the entire kick. They may be in slightly different planes, but that difference must not change. Feet are extended, relaxed ankle on the down-beat, flexed on the upbeat. Kick amplitude should not be exaggerated
- **Breathing** - Keeping body as low and flat/forward as possible, head tips up enough for face top clear water, inhale, head lays down prior to arm-recovery reaching a "T" from the shoulders out to the fingertips

COMMITTEE DETAILS 2009

Chair Person and Membership Secretary: Judy Brewis
021 – 685 1812 / 083-303 0429 judy@brewis.co.za
Secretary: Luzanne Boyes
021 – 671 0650 / 082-456 9271 luzanne@mweb.co.za
Treasurer: Doug Howieson
021-7043047 / 082-979 2132 doug@flexipackaging.net
Newsletter: Chris Donnelly
021 – 794 5406 / 083-461 3422 chriswd@iafrica.com
Nationals and Kit: Di Hau
021 – 794 4133 / 082-806 8133 di@bramasol.co.za
Website: Julian Hansen (Technical)
021 – 794 0636 / 082-880 6037 julian@marcorpsa.com;
Website Co-ordinator: Shirwyn Weber
021 – 531 3838 / 078-541 3102 davesands@telkomsa.net
Galas and SnailMail: Di Coetzee
021 – 790 6593 / 082-822 8138 henrydi@telkomsa.net

BANKING DETAILS

Cape Town Masters Swimming Club
First National Bank
Acc: 5017 111 5030
Branch: Plumstead, Code 201-109

Ω