

# SPLOSH!

NEWSLETTER OF CAPE TOWN MASTERS SWIMMING CLUB

APRIL/MAY 2010

## *Editors comment.*

*Hi all, it's getting close to AGM time, and therefore start of the new season, which is when the committee gets elected or (as in recent times) re-elected.*

*Your current committee has been around for a while now - some of us for 8 years! It's important for there to be "older swimmers" on board, both for their knowledge and experience, but it's just as vital that there is newer, younger blood introduced regularly. Masters swimming is continually growing in popularity and, as we saw with our nationals team this year, is pulling in a lot more youthful (ugh, hate to use that word) members. This is wonderful and the committee, and its activities, should echo this spirit.*

*Where am I going with this?*

*It's always the same people who volunteer annually, for fear of the committee's collapse. We need new, energetic volunteers to come forward and keep up the momentum of the friendliest, most sociable club in town. It's really an enormous amount of fun (especially the wine club, sorry, meetings) and there are always people to assist you in the job. Take a look at the AGM Agenda, when it is sent to you, or even the list of duties at the end of the newsletter - there might be a position tailor-made for you. Please consider it.*

*Chris*

## *FROM THE CHAIR*



Can you believe it – Nationals has come and gone and we are looking at the end of the 2009/2010 season?

This year we had a bumper number of swimmers going to Pretoria to attend SAMS Masters Championship. We were a great team with lots of friendship and fun. Everyone showed their support, in and out of the pool. A big thank you and well done to our captains – Neil, Marais, Hester & Perry.

Each and everyone contributed to CT Masters winning the **SAMS Handicap Trophy**, which is awarded to the club scoring the most points per swimmer entered. Sanderina Kruger was awarded the **Victrix Ludorum**, Dave McLachlan the **Colin Cable Trophy for Best Performance by a swimmer over 60**, Rachelle Isakov the **Peter Pirow Trophy** for her 400 IM being closest to a World record and Edith Ottermann won the **Best Performance by a female**. Well done & congratulations to you all.

All in all it was very successful Nationals for Cape Town Masters. Those of you could not make it this year hopefully you will be able to be part of the CT Masters team that goes to Oudtshoorn in March 2011.

The month of May is AGM time. Please diarise the AGM dates (below). It is important for you, as a member, to attend these meetings as it is where the Committees are elected to lead you through the next season and Awards are presented for achievements in

the past season. So please make every effort to be there to support your committees and fellow swimmers.

The World Masters Championships is in Goteborg, Sweden on 31 July. There are a few in the team at present, but it is not too late join. The entries, for Worlds, close on 22 May 2010.

Thank you and well done to everyone who has participated in galas throughout the season. Masters Swimming is all about fun, fitness & friendship - and achieving personal goals. We all need to sit back now and take stock of what we want to achieve in the next season, which starts in May with the first gala being held in June or July.

Till then, cheers.

Judy 

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### DIARISE THESE DATES

**SUN 2<sup>nd</sup> May:** Cadiz Freedom Swim (Robben Island). Contingency date is the 3<sup>rd</sup> May. You'll find information at [www.freedomswim.co.za](http://www.freedomswim.co.za).

**THURS 6<sup>th</sup> May:** Western Province AGM at Woodside Village, Rondebosch, at 7 for 7.30pm.

**THURS 20<sup>th</sup> May:** Cape Town Masters AGM at Woodside Village at 7 for 7.30pm.

**WED 16<sup>th</sup> June:** Youth Day swim at Clifton. To be confirmed.

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### PRETORIA NATIONALS FEEDBACK

So that was Nationals - and, jeez, it was fun! CTM had a large team this year which included a new injection of youngsters (thanks to all those "points machines") who settled in very easily and added to the regular CT jollity.

We may not have won on points overall (that privilege went to Coelecanths who had the most swimmers present), but we made our presence known - by our performances as well as our noise!



**Record-breaking relay team – Brett, Marc, Paul and Glenn (winning time 1.42.66 which is a new SAMS record)**



**Big Mike Arendse killing the 200 Fly**



**Tarryn and Clara - Coach of the Millenium!**

Congratulations, and thanks, must be extended to Tshwane Masters for setting everything up to work so smoothly.

Great idea to introduce Roland Schoeman in the Opening Ceremony – hearing what goes into being an Olympian is riveting stuff... pity he wasn't giving out his phone number for extra coaching!

Tim Shead's talk, incorporating tips on all the swim strokes, was well-received and left many with food for thought. The most important thing to concentrate on? DISTANCE-PER-STROKE!

There were a few hiccups, as in all champs: Lack of a warm-up pool; awfully uncomfortable stadium seats (a CT recce team was drawn up every day to retrieve the mound of paraphernalia that dropped through the benches!); and insufficient seating for CTM upon arrival at the dinner-dance. However, none of these detracted from the overall atmosphere, and enjoyment, of the event.

Next year's Champs are to be held in Oudtshoorn (no warm-up pool there either, unfortunately) so get in your base, Winter, training now. It looks as though the 2012 champs will be held locally – the pool has yet to be decided upon.

Here are some photos of the event – you'll notice there weren't many swimming shots taken!



**The youngsters get down and boogie**



**Clare in limbo**



**Jean and Mike**



**CTM in party mood – what's new?**



**Two of our scariest party animals**

Some were happy to head home for some rest...



**BACKSTROKE SWIMMING TECHNIQUE**

What is your mental picture of a backstroke swimmer? This is one result from a mental exercise to quickly describe different elements of backstroke swimming:

- **Head** - In-line with spine
- **Eyes** - Looking straight up in longer events and slightly back towards the feet in shorter events
- **Shoulders and chest** - Rotate around central axis of spine in same plane as hips. High shoulder is on recovery arm side, low shoulder on pulling arm side
- **Arms** - Arms are always 180-degrees from each other. Arm speed is controlled by kick speed. Recovery arm is straight from wrist to shoulder and points straight up
- **Forearm and hand pull** - Propulsive surface, line from fingertips through wrist and elbow starts pointing towards the bottom and side of the pool, rotates more towards the side and surface of the pool, then finishes releasing the water towards the feet and under the hips; reach towards the bottom, then arm-wrestle, then throw something into your pocket
- **Forearm and hand recovery** - Straight arm from shoulder through wrist
- **Forearm and hand entry** - Pinkie first, directly above and just outside the shoulder with arm fully extended, with body rotation allowing entry hand to reach deep into the catch
- **Trunk** - Must maintain the connection between the shoulders and the hips
- **Hips** - Rotate around central axis of spine in same plane as shoulders. Attempt to initiate body rotation from the hips
- **Legs** - Kick is steady 6-beat, with faster tempo resulting in faster hands
- **Feet** - Faster feet = faster pull = faster swim. Boiling water at the toes is not only OK but encouraged to facilitate better follow-through on the kick
- **Breathing** - One breath per cycle; inhale on one pull, exhale on the next pull

Swim on!

Acknowledgements: About.com:swimming

*“When the earth floods from global warming, the swimmers will rule the world” - Unknown*

off the mark.com by Mark Parisi



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**Correction** – In the January newsletter it was stated that Tony Sellmeyer had completed a night swim in shark-infested waters. This wild act can only be attributed to Ram Barkai.

Special thanks must go to **Cadiz Holdings** and **Ram Barkai** for the very generous sponsorship of Cape Town Masters new SWIMMING CAPS. They really look great and the sponsorship is much appreciated. If you have not yet received your complimentary cap, please let me know and Judy will arrange to get it to you at the AGM on the 20th May.

Half of swimming is 90% mental

#### COMMITTEE DETAILS 2009

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#### BANKING DETAILS

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