

CATCH-UP



NEWSLETTER OF CAPE TOWN MASTERS SWIMMING

JULY 2011



A MESSAGE FROM NEIL

Hi Guys,
Welcome to the 2011/12 season!!! A new year and new challenges, personally I'm in a new age group, should essentially have been training my backside off to get my first year in the age group off to a flying start (While Marc is still stuck in the previous age group for another year), but those plans have not really taken shape. What has taken shape, is my body, but not in a good way, IT'S THE WRONG SHAPE!!!

AGM has come and gone, hopefully everybody forgot about my hick-ups on my first ever AGM as Chair. Thanks to those that could make it and those that excused themselves, you were with us in spirit.

A new committee, sort of, some portfolios shuffled around a bit with Judy and Luzanne taking up quite a lot this season.

Awards at AGM

Chairman's Award : *Doug Howieson*

Colin Cable Award : *Kascha Kloos*

Most improved Female : *Kascha Kloos*

Most improved Male : *Mike Carr*

Monkey Award : *Rainer Kloos*

The Kloos clan really went "all out" last season! Congratulations to all of them. I still have the Colin Cable and the Monkey in my possession. It will be handed over at the next gala. Spirit awards was given to Myself, Tarryn Stanford, Jeanine Welgemoed and Marais Olivier.

Registrations for the new season has been open for a while, please get yours in as soon as possible so that we can continue with what's important here.... Swimming!

Then... FINALLY, I have completed the new website. www.ctmasters.co.za has been pimped up and can be updated now with a click of a mouse button, very easy to use and update. If all goes according to plan we will never have to struggle with getting up to date information again. Suggestions are welcome on what you would like to see on the site and you might notice that some new features are not yet available, luckily it is not critical, ie. "Our Trophies" section. Have a look and let me have the suggestions.

That's about it from me for this kick-off to the new season, get in the gym and in the pool and let's prepare for the first gala and then the Winter Fitness Challenge 2011!

Remember, Fun, Fitness and Friendship.

The Chair

P.S. Please remember to support Al's!

2011 COMMITTEE

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Registration 2011/2012

Cape Town Masters Swimming.....	R100.00
Western Province Masters	R 40.00
South Africa Masters Swimming..	R 90.00
Swim South Africa	<u>R130.00</u>
Total.....	<u><u>R360.00</u></u>

BANKING DETAILS

Cape Town Masters Swimming Club

First National Bank

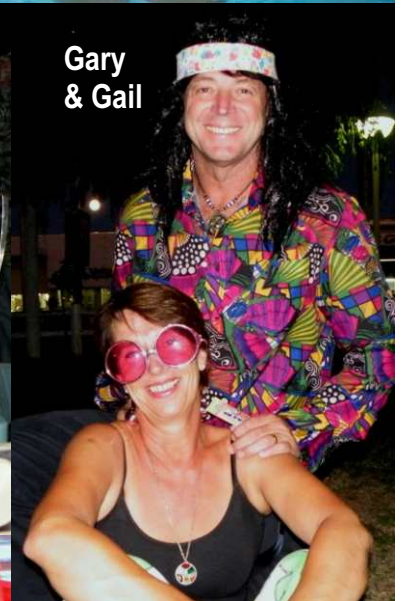
Account number: 5017 111 5030

Branch code: 201-109

Plumstead

Nationals 2011 Memories of Oudtshoorn

What a perfect location for a Nationals meet : all accommodation close to the pool, no traffic, wide streets, perfect weather and balmy evenings, refreshingly cool pool water and great hospitality! And then the meet: Morning giggles at Gary's Oracle (not orifice); Cecilia's World Record; Gail's 400 Free (who would have guessed?); Anton Hurry-Up Allen; Jeanie D's poolside boogie; Wahoo's purple (who is responsible for that colour - in and out of the pool?); pancakes and jaffles (when last?); meeting up with old friends (so wrinkly!); natural hippies at the dinner dance (clothes straight out of the wardrobe - no fancy dress there); and the laughter - at yourself, swimmers bodies, others' jokes and life in general. Wonderful! Thanks, Fish Eagles.
Chris Donnelly



What a great event! Apart from the competitiveness in the pool, it had all the ingredients to make it feel like a big family picnic! Thanks to all our members for making it special!
Neil Steenkamp

Awesome Nationals! Was fun in the sun!
Unknown

Some aspects of nationals that made it memorable are... the road trip down route 62, the world records, the wonky lane ropes, the army welcome, the band at the dinner/dance, Garry's daily update, Dougie's rusks, champagne from hotel management, David and Henry's 60's makeover and the big bamboo:)
Jean Degenaar



Nationals 2011 Memories of Oudtshoorn

For next year-maybe CTM should all check into a hotel/winefarm/residence for the gees. Happy hour and dinner dance needs to be kick ass-disaster this year in my humble opinion, I would be happy to make some suggestions.

RAINER KLOOS

Oudtshoorn has to be one of the most chilled, fun towns for Nationals. No traffic, plenty of parking, warm water and weather. Very relaxing..... Well done to Fish Eagles, who always do the best they can, with so few members.

Judy Brewis

It was a great Nationals, close enough to walk where you want to be, hot weather - the thunderstorm and rainbow above the pool was special! The 60's theme was "Cool" - loved it all!

Marais Olivier



Luzanne

Judy

Clara



Dougie

Nigel

Dieter



Lenchen



Danie

Di



Jean



Neil

Nigel

Rod

Elmien



Marc



The Strandies

Cecilia leads in Leeds

Cecilia Stanford was on record breaking form last season and after setting new world records in South African waters, she set off for the UK to compete in the **British Gas Masters Senior Age Group Championships (50m) 2011**, which was held in Leeds from 17 - 19 June 2011.

Cecilia competed in the 100m back, 50m fly, 100m fly, 100m free & 50m breast. She won all her races. Well done Cecilia, you are an inspiration to us all!

Cecilia's results:
100m back - 1:14,64
50m fly - 31,7
100m fly - 1:13,19
100m free - 1:04,61
50m breast - 39,59



The History of breaststroke swimming

The history of breaststroke goes back to the Stone Age, as for example pictures in the Cave of Swimmers near Wadi Sora in the southwestern part of Egypt near Libya. Depictions of a variant of breaststroke are found in Babylonian bas-reliefs and Assyrian wall drawings.

In 1538 Nicolas Wynman wrote the first swimming book, *Colymbetes*. His goal was not to promote exercise, but rather to reduce the dangers of drowning.

Nevertheless, the book contained a good, methodical approach to learning breaststroke.

In 1696, the French author and poet Melchisédech Thévenot wrote *The Art of Swimming*, describing a breaststroke very similar to the modern breaststroke. In the pre-Olympic era, competitive swimming in Europe started around 1800, mostly using breaststroke.

Captain Matthew Webb was the first man to swim the English channel, in 1875. He used breaststroke, swimming 21.26 miles (34.21 km) in 21 hours and 45 minutes.

The 1904 Summer Olympics in St. Louis were the first Olympics featuring a separate breaststroke competition, over a distance of 440 yards (402 m). These games differentiated breaststroke, backstroke, and freestyle. Butterfly arms with a breaststroke kick were used by a few swimmers in the 1936 Summer Olympics in Berlin for the breaststroke competitions. In 1938, almost every breaststroke swimmer was using this butterfly style, yet this stroke was considered a variant of the breaststroke until 1952, when it was accepted as a separate style with its own set of rules.

In the early 1950s, another modification was developed for breaststroke. Breaking the water surface increases the friction, reducing speed;



swimming underwater increases speed. This led to a controversy at the 1956 Summer Olympics in Melbourne, and six swimmers were disqualified, as they repeatedly swam long distances underwater. However, a Japanese swimmer, Masaru Furukawa, circumvented the rule by not surfacing at all after the start, but swimming as much of the length underwater as possible before breaking the surface. He swam all but 5 m underwater for the first three 50 m lengths, and also swam half underwater for the last length, winning the gold medal. The adoption of this technique led to many swimmers suffering from oxygen starvation and even to some swimmers passing out during the race, so a new rule was introduced by the FINA, limiting the distance that can be swum underwater after the start and after every turn, and requiring the head to break the surface every cycle.

Since then, the development of breaststroke has gone hand-in-hand with the FINA rules. In about the mid 1960s, the rules changed to prevent the arm stroke from going beyond the hip line, except during the first stroke after the start and after each turn. In about the mid 1980s, swimmers were allowed to break the water with parts of the body other than the head. This led to a variant of the stroke in which the arms are brought together as usual under the body after the pull but then are thrown forward over the water from under the chin until the arms are completely extended. There was a controversy at the 2004 Summer Olympics at Athens after Japan's Kosuke Kitajima won the gold medal in the 100 m breaststroke race over American Brendan Hansen, the world-record-holder. Video from underwater cameras showed Kitajima using a dolphin kick at the start and at some of the turns. Officials claimed that these kicks were not visible from above the surface of the water, so the result stood. In July 2005, FINA changed the rules to allow one dolphin kick at the start and at each turn.

Adapted article from Wikipedia

A DATE TO REMEMBER

Our first gala for the season will on the 28th of July 2011. Events will be made available with entry form soon. The gala will be held at the Long Street pool.

Date : 28 July 2011
Event : First gala of the new season
Venue : Long Street pool

Swim Down...

Q: What do a dentist and a swim coach have in common?

A: They both use drills!

Q: Did you hear about the slow swimmer?

A: He could only do the crawl.

Blonde Swimmer

The story of my life...

There was a competition to swim from Robben Island to Big Bay beach, doing only the breaststroke, and the three women who entered the race were a brunette, a redhead and a blonde.

After approximately 6 hours, the brunette staggered up on the shore and was declared the fastest breaststroker. About 40 minutes later, the Redhead crawled up on the shore and was declared the second place finisher.

Nearly 4 hours after that, the blonde finally came ashore and promptly collapsed in front of the worried onlookers. When the reporters asked why it took her so long to complete the race, she replied, "I don't want to sound like I'm a sore loser, but I think those two other girls were using their arms."



New Cape Town Masters kit for men

Neil and Allen braved the winter chill to model the new Cape Town Masters costumes for men, designed by Chris Donnelly and Di Hau. They and are said to be very fast, both in and out of the water, made from durable material and will fit men of any shape or size. These costumes will be compulsory for next year's Nationals. Orders can be placed with Di. Neil and Shirwyn are currently working on similar styled swimsuits for the ladies and in the next issue they will be modeled by Chris and Di.

