



SAMS NEWS

THE OFFICIAL NEWSLETTER OF SOUTH AFRICAN MASTERS SWIMMING

<http://www.samastersswimming.com/>

WINTER 2011



MESSAGE FROM THE CHAIR

Hi Everyone

Welcome to the third edition of SAMS News.

A big thank you to all our members who took the time to send wonderful responses to the first and second editions of SAMS news. This was much appreciated. We welcome any responses and comments on the newsletter.

Spring is around the corner and a number of the regions have had or are due to have their first galas. We wish you all the best, and know that this is the start of your journey to Nationals 2012.

Speaking of Nationals, this edition of SAMS News announces the 2012 Nationals Sponsors and also includes the Nationals programme. We do hope that this will assist with early flight and reservation bookings. Well done to the local organising committee on getting this out so early.

Until next time keep on swimming!

Marcelle

Registrations 2011/12

The following fees are to be paid by members to their Clubs:

1. Club fee (each club sets its own fee)
2. Regional Masters fee (as per each region)
3. SA Masters Swimming fee..... **R 90.00**
4. Swim South Africa fee..... **R130.00**

Cut-off date for renewals - **31 August 2011**

Any renewals received after 31 August will incur a penalty of **R80.00**

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SPONSORS FOR NATIONALS 2012 CHAMPIONSHIPS

Exciting Sponsors for Nationals 2012 Championships

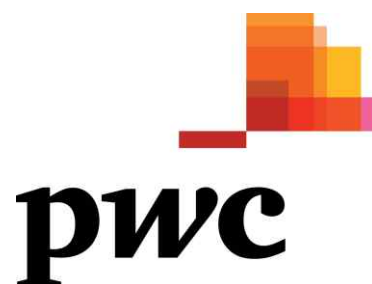
SAMS is excited to announce that WPMS who are hosting Nationals in 2012 on behalf of SAMS, have acquired 3 Major Sponsors for the SA Masters Swimming Championships to be held at the University of the Western Cape from 14 - 17 March and 18 March at a dam in the Somerset West area (open water swim).

The Championships primary sponsor is **Sanlam Investments** - part of the Sanlam Group. Johan van der Merwe, chief executive officer at Sanlam Investments says, "We believe that the values embodied by masters swimmers are those that echo what we at Sanlam Investments believe in - discipline, focus and determination. Sanlam Investments intends to partner with SA Masters Swimming to help showcase and support talented South African swimmers." Apart from sponsoring the SA Masters Swimming Championships, Sanlam Investments is also sponsoring professional Swimmer, Chanelle van Wyk's 2012 Olympic bid.



Investments

Audit and Advisory firm **PWC**, is excited to be involved with the sponsorship of the event as the Championships secondary sponsor. CEO Danie Fölscher says they are proud to be sponsors, as Masters Swimming involves participants from all segments of our society, rewarding excellence, determination and nurturing a healthy competitive spirit, values to which PWC subscribes.



Arena has been named as the Championships tertiary sponsor. Arena representative, Sam Gunther says; "Arena is very happy to be associated as a tertiary sponsor with these up coming Masters Swimming Champs in Cape Town and believes that it is going to be a great event with great swimming leading up to the World Masters Swimming Champs in Italy, which we also sponsor. Keep training hard. See you all there".

HOTELS IN THE NORTHERN SUBURBS AREA, 15 - 20 minutes from UWC pool

- **Protea Hotel, Tygervalley**, overlooks the N1 - 100 rooms
021 913-2000
- **Protea Hotel, Canal Walk, Island Club** - 23 rooms
021 528-7000
- **Protea Hotel, Colosseum, Canal Walk** - 68 rooms
021 526-4000
- **Town Lodge, Durban Road** - 106 rooms
021 948-7990
- **City Lodge, Grand West** - 176 rooms
021 535-3611
- **Road Lodge, N1 City** - 92 rooms
021 595-4466
- **Road Lodge, Airport Cape Town** - 90 rooms
021 934-7303
- **StayEasy, Century City** - 100 rooms
021 529-1100



- Lots of B&B's in the Durbanville, Platteklouf and Welgemoed areas.
- Alternatively swimmers can also stay in Southern Suburbs (traffic maybe problematic getting to the pool) or Atlantic Seaboard (traffic not so bad as you will be going against the traffic).

Cape Town Tourism

[Http://www.accommodationcapetownnorth.co.za/](http://www.accommodationcapetownnorth.co.za/)

PROGRAMME OF EVENTS FOR NATIONALS 2012

SAMS 28th SWIMMING CHAMPIONSHIPS CAPE TOWN 2012

NB: MEN START FIRST WED & FRI / WOMEN START FIRST THURS & SAT



Investments



pwc



EVENT	
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SAMS AGM AND TECHNICAL MEETING AT POOL AT 12H00

SESSION 1- WED 14 MARCH AT 14H00

100m Freestyle	
200m Butterfly	
50m Breaststroke	
400m Mixed Freestyle Relay	

OPENING CEREMONY 18H30

SESSION 2-THURSDAY 15 MARCH AT 08H00

Mixed 800m Freestyle	
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PHOTOS 11H30

SESSION 3- THURSDAY 15 MARCH AT 14H00

400m Individual Medley	
50m Freestyle	
100m Backstroke	

SESSION 4- FRIDAY 16 MARCH AT 08H00

200m Individual Medley	
50m Backstroke	
200m Breaststroke	
200m Mixed Medley Relay	

SESSION 5- FRIDAY 16 MARCH AT 14H00

200m Mixed Free Relay	
100m Butterfly	
400m Freestyle	

HAPPY HOUR AT 18H30

SESSION 6- SATURDAY 17 MARCH AT 08H00

200m Backstroke	
100m Breaststroke	
50m Butterfly	
200m Freestyle Relay	

SESSION 7- SATURDAY 17 MARCH AT 14H00

200m Freestyle	
200m Medley Relay	
Dash for Cash	

DINNER DANCE 19H00

SESSION 8-SUNDAY 18 MARCH

OPEN WATER SWIM 09H00



The UWC Swimming Pool

This is for information purposes only - full entry forms will be sent out within the next 2 months.

Reminder...
7 months
left to train!



14 - 18 MARCH 2012 UWC POOL CAPE TOWN

The SA Masters Open Water Swim will take place on Sunday 18 March in the Somerset West area. The swim will start at 9.00am and will be finished by latest 1.00pm. Those swimmers taking part should arrange their flights accordingly.

President's meeting at PWC



Back from left: John Petersen, Marc Moore, Andy Reeves, Craig Stanton, Jill Black, Terry Downes, Marais Olivier, Guy Harker, Francois Muller & Elsa Craig
Front from left: Cecilia Stanford, Marcelle Strauss & Perry Cadiz



Elsa Craig and Marc Moore



Danie Schoeman & Perry Cadiz

The Annual Presidents meeting was held on 28 May at the PWC 's Western Cape offices in Century City. A very big thank you to PWC for making their offices and state of the art executive board-room available for the meeting.

In attendance were: Marc Moore from WP, Guy Harker from Gauteng, Andy Reeves from Border, Danie Schoeman from Free State, Elsa Craig from Eastern Province, Francois Muller and Jill Black from SWD, Ann Gray from KZN and Craig Stanton from Tshwane. In addition the meeting was attended by the full SAMS committee; Marcelle Strauss, Perry Cadiz, Cecilia Stanford, Grant McGilvray, Marais Olivier, Ann Gray, Terry Downes, John Petersen and Mairi Brimble.

Some of the key decisions made at the meeting included the following:

- * S/C champs to revert back to 2 year rotational cycle to be held in October
- * Renewal cut off brought forward to 31 August
- * Increase in penalty fee from R70 to R80 for renewals received after 31 August
- * WFC money to go to charity
- * Open water swimming swimmers can qualify after 3 nationals in either the open water swim or in the pool
- * Only SA citizens or permanent residents of SA may break a SA record
- * 2013 Nationals PE, 2014 Nationals Bloemfontein

Swem, Sop & Sjerrie cancelled

It is with great regret that we announce that the Swem, Sop and Sjerrie gala, hosted by Free State Masters was cancelled for 2011. Due to low number of entries received it was not viable to hold this fun event. Free State masters will be in touch with the entrants to refund entry fees paid. Danie Schoeman - President of Free State Masters Swimming says that a Swem, Sop and Sjerrie Gala will be planned for 2012 and they will keep members posted.

DOLPHIN MILE SURF SERIES

The Dolphin Mile Surf Series took place on the 5th of June. This is a popular Surf Swim series which takes place from Marine Surf Life Saving Club near uShaka Waterworld in Durban. It is extremely popular with Masters swimmers who like to keep fit during winter.



1 The Start



2 Swimmers going through the waves.



**3 Sven Dahlmann and Nicola Martins
(Both East Coast, treasurer and Gala secretary
of KZN Masters Swimming respectively)**



**4 Jimmy Hughes (East Coast) and Peta Harrison
(Highway)**

Future dates:

7th August, 4th September

For more details log on to www.dolphinmile.co.za



London 2012 Olympics

Preparations for the London 2012 Games are on track. The Aquatics Centre certainly looks impressive and will be the gateway to the Olympic Park. It will include a 50m pool, a 25m diving pool and a 50m training pool. Water polo will be held next to it in a temporary venue with competition and warm-up pools. After the Games the temporary seating will be removed, leaving a venue with 2,500 seats to be used by the local community, clubs and schools, although its capacity for major competitions could still be increased.

Cecilia leads in Leeds



Cecilia Stanford (Cape Town Masters) 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 - **1st place** (1:14,64),
50m fly - **1st place** (31,7),
100m fly - **1st place** (1:13,19),
100m free - **1st place** (1:04,61)
50m breast - **1st place** (39,59)

Well done Cecilia, you are an inspiration to us all!

Is Swimming a Good Exercise to Lose Weight?



Just Swimming May Not Be The Best Choice For Weight Loss

By Mat Luebbers

There is no doubt that swimming is good exercise, and you can burn about 500 calories per hour when you swim. But - is swimming a good exercise choice if your primary goal is weight loss?

* Many people feel like "eating a horse" after they finish a swim session, and may eat more calories than they just used during that swim.

* Swimmers may be so tired from the training that they sleep, sit or otherwise do generally nothing outside of their swimming workouts.

While you do use a lot of calories swimming, once you get out of the swimming pool much of that calorie burning stops. Why? Because when you are in the pool you don't heat up as much as you do on land, and your body does not have to work to cool you down as much once the exercise session concludes.

Swimming does exercise almost the entire body - heart, lungs, and muscles - with very little joint strain. Swimming is great for general fitness and health, just not the best way to drop excess pounds. To lose body fat you must use more calories than you eat through a combination of controlling your food intake and/or increasing your exercise routine - like doing more swimming.

There are some new ideas coming on the effects of cooling the body's core temperature and weight loss. Swimming in a cool or cold pool, lake, or ocean (following proper safety precautions) might actually increase calorie burning while your body works to restore your core temperature. That could mean that if the pool is cold enough, you could lose weight by swimming (maybe more so because the environment is cold, but it is still swimming to lose weight).

Swim On!

New Strokes



Over the past few years two strokes have emerged as possible alterations or additions to the current strokes. The first of which is Bree which is a combination between the front crawl (freestyle) and breaststroke. In Bree swimmers move their arms as they would in the front crawl, but on every other stroke they include a single breaststroke kick. This technique is especially beneficial to swimmers who excel at breast stroke kick. It is a very energy efficient stroke that allows for constant movement while kicking breaststroke. Swimmers treat walls and dives like they would in a breaststroke race.

The second stroke is the Clayton's Crawl and uses the front crawl (freestyle) arm motion and a dolphin kick. This stroke combines the Butterfly kick and the front crawl. Swimmers treat their turns and finish as if they were swimming Freestyle. The Clayton's Crawl was developed and perfected by Clayton Webb and Patrick Wehby.

These events are unlikely to ever feature as competition events although many swimmers include them during their warm ups or as drills during training.

Water Bottle Backstroke Drill

Keeping the balance



This might seem like an odd way for a swimmer to keep a water bottle handy but it is in fact a good backstroke drill. When swimming backstroke it is important to keep ones head steady to move forward. Think of a swimmer as a torpedo. If you keep your head up looking at the other end of the pool you are basically creating a wall with your head against the water. If you keep turning your head to look to your right or your left your body will follow whichever way you are looking. The key is to keep your head back and flat.

One way to learn how to do this is to try and swim backstroke while balancing a water bottle on your forehead. If you can keep the water bottle on your head for a lap of the pool, then you have great head balance. The more you practice the drill the better you will get. You can even play games with teammates. Have relay races by balancing various objects.

This is a balance drill that keeps your head stabilized for swimming backstroke. Notice the body position; shoulder is in perfect rotation while the head is kept flat.

Robben Island (non) Swim 2011

The Long weekend

By Neil Steenkamp

The anticipation of an Island swim is always a huge emotional rollercoaster for me. The 2011 edition of the Cadiz Freedom swim had just that little extra anticipation for 24 hours more! Waking up on the Saturday morning early, waiting for that SMS to say that the swim is on and all can go ahead as planned, is one of the biggest pauses to experience in life. Once that SMS comes through it's all aboard, to your boat with your buddies to tackle this majestic event.

Once on that boat, you know it's no getting out anymore. The trip to the island was one better be forgotten.

Swish..... bump..... swish..... bump..... WET!!!

That sums up the boat ride to the island. Looking to your left and seeing a 12+ foot swell and to the right another going away is quite spectacular, but not if you are freezing and wet, and this before the actual swim. We waited for what seemed like hours on the boat, seeing other swimmers lose their perfectly balanced breakfast overboard does not help your morale. Finally the swim was called off for the day and back we went, swish..... bump..... swish..... bump..... WET!!!

The next day you get to Blouberg to swim the adjusted Freedom swim, no island involved. Around the rocks. 8 loops per team. 4 bigger loops for individuals.

I decided to go first and get it over with, 2 loops and I'm done for the day. The water (not unexpectedly) was very "chilly". I struggled to get my breathing under control and just saw people pass me left and right. I ended up near the back of the field by the time we hit the thick kelp. Crawling over the kelp my body started to adjust to the temperature and I started to find a nice rhythm. On the second loop I really only got going and started to pick up the slower swimmers and passing people for a change! I must have halved the time of my first loop on that second one even though I got terribly disorientated at one stage. Close to the end of my second loop, I got the feeling that I could have gone on for ever with the rhythm I was on.

Sick thoughts creep through your head at that stage.... Thoughts like, "my body can handle this cold" and "maybe I should do the solo swim next year"... Bah... crazy talk, must have been hypothermia setting in. Back in recovery my body temperature was 36+ degrees... No hypothermia... I was sane... The solo swim next year...? HELP!!!



Neil (far right) with teammates Michael Arendse (left) and Shirwyn Weber (middle) after last year's swim, when they *did* actually complete the swim

Ways that swimming has been good for you



What's good about swimming?

Swimming is a healthy activity, with many benefits. What have you found to be helpful or good for you from swimming? Share your swim benefits with us, we would like to hear from our readers.

Send your stories to Marais at:
molivier@badgco.co.za

The Speedo Ice Swim Africa 2011

By Michael Arendse

23 July 2011, Fraserburg, Northern Cape:

Sixteen extreme athletes successfully completed a bone-chilling "ice swim" in a water temperature of **5°C** and an altitude of 1400m at a dam near Sutherland, the coldest region of South Africa - The Speedo Ice Swim Africa (www.speedoiceswim.co.za)

I prepped by swimming in cold water as often as possible in the months leading-up to the event. This would usually take the form of 2 or 3 lunch time swims each week at Sea Point pool of a mile each. As part of the entry-conditions, we had to have:

- a medical check-up and ECG conducted by a Medical Doctor
- an ice-bath wherein we had to spend 5 minutes in a bath of ice-water of 1 - 2°C
- at least 1 vetting swim in Silvermine Dam - I did 3 (water temp about 10°C)

The experience for me was a combination of nerves, anxiety and excitement. We received informative insights from Ram Barkai on what happens to oneself before, during and after the swim. His presentation on the ice swim he did at a glacier in Norway brought home to me the pioneering-nature of the event we were about to embark upon. I am convinced that the body-fat one has is of tremendous help for these ice-swims, and the endurance-event swims I do at regular galas all helped in the mental preparation for doing something as extraordinary as an ice-swim - the mantra I keep in mind is: *"the ordinary cannot be extra-ordinary, neither can the extra-ordinary be ordinary."*

I also want to help change the common perception in the City of Cape Town (amongst officials and citizens alike) that swimming is a 6-month activity, and that the municipal pools can be closed for half the year. Furthermore, the cold-water conditioning I have prepares me to perform a life-saving/rescue action at any time of the year - I have no qualms about stripping to my undies in mid-winter and diving into the Atlantic to assist someone in distress.

Yes, God willing I will be back in Fraserburg next year to attempt the full-blown Ice Swim: 1 mile in water less than 5°C. We were lucky with the uncharacteristically warm weather experienced in the region this year. The locals told us stories of snow, sleet, and ice during their winters, and expect that a time will come when such conditions will co-incide with the event. I think Ram will love that - he is always eager to push the envelope.....!

The following swimmers successfully completed 1 mile:

(Note: This was not a race, times are for recording purposes only)

Heat 1

1 Philip Emslie	22:30:47
2 Brad Gale	23:38:34
3 Ray Butcher	23:43:80
4 Henko Roukema	23:57:57
5 Heinrich Langer	26:31:65
6 Jakob van Rouendal Smit	26:45:67
7 Tim Stiff	27:43:99
8 Mark van Schaik	28:29:04
9 Tony Enderli	29:17:24
10 Mark de Klerk	30:49:92
11 Cecilia Schutte	31:25:13

Heat 2

1 Kieron Palframan	24:24:45
2 Ryan Stramrood	25:28:10
3 Andrew Chin	28:03:54
4 Ram Barkai	28:21:56
5 Toks Viviers	28:59:82



The following swimmers successfully completed a 600m swim:

Heat 1

1 Lisa Cowling	09:02:91
2 Duncan Haupt	09:36:16
3 Neil Hopkins	10:11:93
4 Richard Hirschson	11:32:54
5 Roxy van Eyk	11:58:95
6 Ansar Plaaitjies	12:54:26
7 Wayne Harley	12:54:44
8 Michael Arendse	13:19:19
9 Luke Meiring	14:12:24

Heat 2

1 Phillip Dempster	10:26:24
2 Richard Krugel	10:45:17
3 Maryse Pretorius	12:00:60
4 Sandi Sher	12:15:40
5 Juliette Ball	12:45:88
6 Derrick Frazer	13:16:77
7 Mathias Koglin	13:43:51
8 Thembalani Dayile	14:11:40
9 Aphinda Afrika	15:49:13
10 David Taitz	16:30:97

SAMS COMMITTEE 2011/12

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Winter Fitness Challenge

VISITORS ARE WELCOME
ALL PROCEEDS TO GO TO A CHARITY

The SAMS Winter Challenge 2011 has 2 categories:

1. *The 1 Hour Individual Challenge OR WFC Mile Challenge*

In the 1 hour individual challenge, a swimmer swims as far as he/she can in one (1) hour in a standard pool (25m or 50m) during the month of August 2011. The WFC Mile challenge is to swim the 4 different strokes as well as an IM. The objective is not to swim the same stroke twice. It is up to the swimmer to decide which stroke to swim for the indicated distances. The challenge needs to be done consecutively but does not matter how long it takes. However rest should only be taken between distances but the amount of rest time is up to each individual. The statistic for this event would be to see how many swimmers did level 1, or 2 or 3.

2. *The 1 Hour Relay Challenge (for teams of 4)*

In this challenge, teams of 4 swimmers will relieve one another and see how far they can go in one (1) hour in a standard pool (25m or 50m). Normal relay rules apply.

General Rules:

The 2 challenges may be held on 2 separate days: this could mean that a person could swim in the 1 hour Fitness Challenge and then form part of a relay team on another day.

The 2 Challenges may be held on one day, but then refer to the next rule. A Super fit (or super crazy?) may still swim in both.

The Relay Challenge may not be used as part of the Individual Challenge.

All proceeds will be donated to a charity chosen by the Region committee.

New proposed sign
to be used at
public pools:



Keeping warm
while swimming
*Now why didn't I
think of that!*

<http://www.facebook.com/pages/South-African-Masters-Swimming/153679144696876>