

SAMS NEWSLETTER



The Official Newsletter of South African Masters Swimming

TIM SHEAD

**OUR INDUCTEE INTO THE
INTERNATIONAL MASTERS SWIMMING HALL OF FAME**

**SUMMER EDITION
2014**

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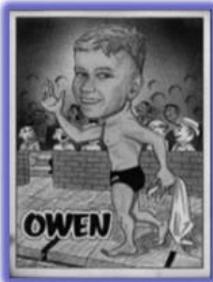
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EDITOR'S NOTE

Hi out there to all the swimming fraternity.

The saying goes "time flies when you are having fun". So I must be having the time of my life. Or is it an age thing? The other one goes something like "the older you get the faster time flies" Combine the two and you know you are in trouble. What has happened to this year? So much has been jammed into these last 11 months, that unless its documented, it wont be remembered.

In all the provinces, the SA Short Course Champs have been completed with some outstanding results with 2 more World Records to Golden Girl, Sanderina. The Sun City Open Water Swim has come and gone and again with some excellent performances. Many successful galas have also taken place around the country. The Tshwane Inter Region is upon us up here on the Highveld and that will be over before this news letter gets out. And so on.....Phew, that just exhausted me.

Derek Fyfe has done an interesting review on the progress of Masters Swimming in South Africa and our relationship with SSA.. This is a must read to get a better understanding and perspective of the current situation.

The **Nationals 2015** committee is frantically crossing all the "t's" and dotting all the "i's" for which promises to be a wonderful Nationals and an event that should not be missed. **The entry forms have been distributed so get yours filled in and returned to your club secretaries as soon as possible. Also, if you have not booked your accomodation now is the time to do so. You can also find Nationals 2015 on the SAMS Website.**

The Open Water section will have coverage of the Sun City event and there will be a special section dedicated to the SA Short Course Champs.

On a sadder note: You will all remember Rae Smit, who has sadly passed away. Always smiling, always trying, no matter what. She insisted on walking up on her own to collect her glass tortoise trophy for the oldest swimmer at Tshwane Champs 2010. She was a real inspiration to all of us, and never missed a Nationals. May she rest in Peace. Our thoughts and condolences to her family and friends.
We will miss you Rae.



If you are travelling over the Silly Season, please go safely. We want and need you all back in 2015
Till next time keep smiling, keep laughing and **MOST IMPORTANTLY** keep on swimming.

Hugs
Owen



MESSAGE FROM THE CHAIR

Dear fellow master swimmers,

The year has flown by at an alarming rate and a number of registration cut-off dates have flashed past at lightning speed. First, as you may recall, we had the early bird-cut off at the end of July, then the 30 September penalty date (i.e. the date from which SAMS' fee for membership renewals is increased by R100) and finally the SSA 31 October cut-off date. The latter impacts those relatively few masters who wish to

achieve SSA affiliate (regional aquatic association) qualifying times for the purpose of competing at senior nationals (pool or open water). But, for us masters, the important cut-off date for registrations is still to come – 31st January 2015.

At this stage we are still some 120 short of the 752 members we had at the end of last season. So I encourage you all too please go out there and recruit, recruit and recruit even more! In masters we have something that is very special and we do need to encourage others to join us and to reap the benefits of masters swimming and the healthy exercise that it brings. Also, the greater our numbers the greater will be the enjoyment and camaraderie all round. Apart from that, it is well known that SSA is desperately short of funds and will welcome every cent that they can get. Just think, 120 new members will bring in no less than R30 000 into SSA coffers - so let's go for it and enlist new members now!

SSA is currently revising its constitution. As you can imagine, this is quite a lengthy process but based on SAM'S involvement so far and with a positive, constructive and pragmatic approach by all concerned, I have every confidence that the needs of masters swimming, as such is conceptualized by FINA (please refer to the article "The Essence of Masters Swimming" below) will be taken care of and with enormous value added to the greater benefit of swimming in this wonderful country of ours.

Finally I wish you all a blessed Christmas, a wonderful festive season with friends and family and safe travelling.

Yours in swimming,
Anton



The Essence of Masters Swimming

1. Masters Swimming as defined by FINA is about masters competing for fitness, friendship and understanding, representing clubs at levels of competition – area, regional, national and international. There are no selection processes and entry times for events are not authorised or sanctioned by anyone and this includes participation at world masters champs.
2. FINA'S outlook is one that encourages adults to swim for fitness and health and for participants to enjoy the camaraderie engendered through competition and a shared common interest – the love of swimming! Masters Swimming is for all and not just those few that may be good enough to be selected for teams.
3. As such, Masters Swimming as conceptualized by FINA, is unique and different not only to conventional competitive swimming but also other sports such as triathlon where adult, age-group competitors undergo selection process in order to participate at higher levels which mean the majority are left on the side lines as "watchers". This is not the case with Masters Swimming where all are encouraged to participate at all levels of competition regardless of ability.
4. In order to provide for the above and for the differentials highlighted in the table below, FINA sets Masters apart as a separate discipline and dictates that federations (such as SSA) needs to make the appropriate provision in their constitutions for Masters.

Table: Differentials between Competitive and Masters Swimming.

Competitive Swimming - SSA/FINA	Masters Swimming – SAMS/FINA
Compete to be the best that they can ever be. Ultimate goal to compete at the highest level.	No desire or no longer able to compete at the highest level. Swim for fitness, friendship and understanding.
Nurture young people to be world class.	Encourage adults to swim for fitness and health.
Application forms geared to young people (e.g. information providing parent details, etc.)	Application forms geared to adults (e.g. information providing details of next of kin, etc.)
Where applicable, age as at day of event or as at calendar year start.	Age as at calendar year end.
A system based on authorized qualifying times.	No qualifying times and times are not authorized by anyone including for World Masters Champs
A system based on selection processes to represent districts, provinces and nations.	No selection processes – masters represent clubs.
International competition through national representation.	International competition through club representation.
SA/World records at any FINA sanctioned gala.	SA/World masters records only at FINA sanctioned <i>masters</i> galas.
Must reside and register with a club in the applicable affiliates' area of jurisdiction.	May belong to any club world-wide.
Registration for the season closes 31 October.	Registration for the season closes at the closing date for National LC Champs
A fee structure based on clubs providing professional coaching and to make provision for all the above.	Fees kept to a minimum to encourage adults to register with masters.

5. SSA is currently revising its constitution. Given that SSA, of necessity, must take cognizance of all FINA's requirements including that of Masters Swimming, it is anticipated that the appropriate and necessary changes will be made to ensure that FINA's ethos for Masters will be upheld and that Masters will continue to grow and prosper adding value to the greater benefit of swimming in SA.

**We in South Africa and all at SAMS, honour Tim Shead.
Our Inductee into the International Masters Swimming Hall of Fame.**



We at SAMS, and as representatives of all you on this, the highest award and reward that one could as Tim you have been such an integral part of Masters close and everlasting bonds, ties and friendships in achievement, as we know you are.

wonderful Masters Swimmers, congratulate Tim Shead achieve in Masters Swimming. We use the term "OUR", Swimming over the past decades and created many South Africa. We are all extremely proud of you of this

The International Masters Swimming Hall of Fame (IMSHOF) is located at the International Swimming Hall of Fame in Fort Lauderdale, Florida, USA. The inaugural induction took place in January, 2003 at the International Swimming Hall of Fame.

SELECTION PROCEDURE: Masters Athletes must be competing for a minimum of 16 years, spanning four five-year age groups. The minimum age requirement for beginning consideration is 25 years of age (as established by FINA). Approximately nine inductees shall be selected annually. Representation shall be proportionate to each discipline's numbers of participants worldwide: 3 female swimmers, 3 male swimmers, 3 divers, synchronized swimmers, water polo players or contributors.

A point ranking system has been devised for the swimming discipline only. Masters World records starting with the MSI list dated November to current. Each record receives 10 points.

Masters World Rankings include in the USA Long Course before 1986, MSI Long and Short Course from 1986 to 1991 and FINA Long and Short Courses from 1992 to present.

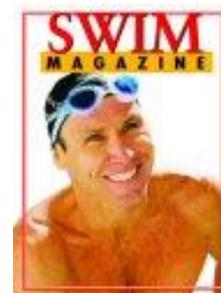
1st Place - 5 Points 2nd Place - 3 Points 3rd Place - 1 Point

FINA Masters World Championships (1986 to current, held every 2 years)

1st Place – 3 Points 2nd Place – 2 Points 3rd Place – 1 Point



The Selection Committee, chaired by Walt Reid with June Krauser Chairman Emeritus is comprised of 62 international authorities in the sport, receives and considers nominees. A balloting process is used to finalize those selected for induction.



TIMOTHY SHEAD, competing for a South African club and USA clubs, first appeared in the Masters Top 10 in 1992 and has been listed there for a total of 17 years since then. As a versatile swimmer, he set 32 FINA Masters World Records, 20 long course meters and 12 short course meters in the I.M, backstroke, breaststroke and relay. He has competed in 10 FINA Masters World Championships winning 17 gold, 16 silver and 5 bronze medals in the I.M, backstroke, breaststroke and butterfly.

From Tim

I love swimming and cannot imagine my life without it! The lifelong friends and memorable experiences it has provided are priceless. On Friday night I was inducted into the International Swimming Hall of Fame. A dream come true, an experience of a lifetime, yet incredibly humbling. I want to thank those without whom it would have NEVER been possible. Bob Karl, Pat Toner, George Breen, Jim Montrella and John Grzeszczak. Must also thank Charlie Hodgson and David Marsh for playing such major roles in my life. And of course all my amazing South African coaches and fellow swimmers for all your unselfish love, help, support and friendship; Tyrone, Halton, Cecilia, Judy, Margo, Chris and Di are first to mind. P2Life of course. But most importantly- must thank my wife Lesley- and my wonderful kids- for your amazing love and support. To all my swimming friends around the world- THANKS for so enriching my life and helping make this such an amazing journey.



**From your family, SAMS, and all your SA mates
Well Done Tim, we are very proud of you**



A Tribute to Tim from Perry Cadiz

Tim Shead is the first South African Masters Swimmer to be inducted into the International Masters Swimming Hall of Fame (IMSHOF). Strictly speaking he was inducted as a U.S Masters swimmer and a SAM'S swimmer, but since his first love is South Africa, we are going to take the credit for his accolade!

Tim was one of the first friendly faces that I encountered at my maiden squad session at Constantia, as a wet behind the ears, 25 year old, wannabee masters swimmer. It was around that time that he was establishing himself as a serious contender in the Masters Swimming World. Despite me quickly realising that I was in the company of someone very talented, my impression was of someone that was keener to help and share his extensive knowledge than of a world-renowned athlete. It would be years before I knew of his success as a coach in the U.S, but I was moved by his tangible love for the sport, and his desire to help others improve and realise their own potential.

Tim was not a swimming prodigy. In fact his highest achievement as a youngster was to be ranked amongst the top swimmers in the state of Florida.

However many top stars are not simply "born" and the bug had bitten enough for him to continue to swim while studying an accounting and marketing degree at The University of Pennsylvania. After graduating, he moved to California where he trained under Jim Montrella, a former Olympic coach, with the aim of swimming in the 1976 Olympics. This dream was not realised, but instead of turning his back on the sport he loved, he chaired US athlete's representative programme, as well as the Executive Board of United States Swimming Inc. He also started his own Swim team in Miami and after 5 years it was ranked as one of the top club teams in the US. His coaching success resulted in him being awarded the title of Head US International Swim Coach.

Tim began his master's career in Johannesburg in 1984 at 32 years of age. By 1997, at the age of 45, he broke his first master's world record, the most memorable moment of his swimming career. From then on he went from strength to strength and the records literally tumbled. Tim himself has joked that "he who slows slowest, -wins" which is probably a bit too humble, but the fact that he has maintained the speed and form he had as a youngster and swum a few personal bests at age 60 has afforded him the ability to break 33 individual Masters World records! At times, he has also ranked in the top 10 in the FINA rankings for 30 out of a possible 35 events, which shows how versatile he is as a swimmer. On the home front, he has broken over 140 SAM'S records.

In Sept 2014, Tim was awarded the prestigious honour of being inducted in to the IMSHOF. For inclusion athletes must have been swimming for 16 years at least, spanning 4 age groups, and have earned roughly 700 points. Points are earned for FINA Masters world records, FINA Masters top 10 placing's, and FINA World Master's Championship medal placings.

Despite this being a monumental accolade and one of the proudest moments of his life, he is quick to acknowledge that Master's swimming is not only about the records, nor the world top ten rankings.

No one needs to convince a swimmer about the huge physical, social and emotional benefits of swimming. The lane banter and the people are the draw card, and it's nice to hear the Best of the Best emphasise this.

When in Cape Town, Tim happily arrives 5 mornings a week for a session and a post work-out coffee and chat. It's a lifestyle that's hard to beat, and for him the racing comes secondary to the social and physical benefits.

Tim's achievements are not only pool based. He runs two very successful international nutrition and supplement companies called P2Life and Ultima and he spends a lot of time travelling between South Africa and Florida. Tim firmly believes that correct nutrition is partly responsible for his success in the pool. Most of us have converted to "Tim's shake" and I would be surprised if there are people who haven't heard about Tim's adaptogens!

In his view, bad eating habits are as destructive as poor technique, incorrect training and inadequate rest. In my view, snowboarding with a testosterone fuelled young adult is more destructive (being the physio for his 2 recent shoulder rotator cuff repairs!) but the upside is that his recent injuries have afforded us great coaching tips whenever a butterfly set is introduced. (Tim hates butterfly sets)

Tim appears to have lots of life left in him for further greatness in the pool, and with his in depth knowledge of race strategy, land and pool training, nutrition, and most importantly his generosity of time and willingness to share and teach, we can be glad he is going to be spending more time here in Cape Town than in Florida.

Who knows, with some tips and a few more adaptogens, maybe one day we can all outlast our competitors and become World record holders at 90!



OPEN WATER SWIMMING – Ann Gray.

Hi everyone. The Open Water is truly upon us with Sun City and the first Heia Safari behind us up on the Highveld. There is so much information sitting in the SAMS Website so please do go and have a look and trust that that motivates all non-starters, to date, to get back in the water. In this issue I will be concentrating on the Sun City Swim with plenty of exciting news and some stunning pictures. It truly is a magnificent setting for an Open Water Swim. It was a hugely successful day with ± 3,000 entrants. There was even a small contingency from KZN who made the Trek to Sun City, checked in for the weekend and had an absolute ball. Myself included.



Masters swimmers did us so proud on the day, with many registering top 50 and top 150 places. A special mention must go the Albertyn family with Gary and Megan from Coelacanths, both coming first in the 30 and over swims. To top that their little daughter Kaitlyn who is only 12 years coming 5th overall with a time of 22:13. What an achievement for all of you.

Some of the overall results of Masters Swimmers are as follows with many placing 1st in their respective age group.

The 3k event. Open to all age groups.

8th Gary Albertyn 39:14
 33rd Megan Albertyn 43:15
 65th Nadia Bacchini 47:01
 124th Sandra Dorlas 52:22
 141st Derek Maltby 54:39
 144th Caren Strydom 54:53
 146th Selwyn Sundelowitz 54:56
 150th Roger Finch 55:18

Women's over 30 and Girls under 13

1st Megan Albertyn 21:43 in 41-50
 14th Nadia Bacchini 23:02 in 31-40
 16th Karen Kennedy 23:19 in 41-50
 20th Barbara Fraatz 24:00 in 41-50
 28th Marieke Boucher 24:40 in 51-60
 31st Claire Rolt 25:15 in 31-40
 43rd Kim Foster 25:43 in 51-60
 61st Sandra Dorlas 27:08 in 41-50

Men's over 30 and Boys under 13

1st Gary Albertyn 19:32 in 41-50
 4th Michael Phillips 20:39 in 31-40
 6th Mike Semple 21:17 in 51-60
 22nd Terry Downes 23:25 in 61-70
 26th Francois Grobler 23:48 in 41-50
 30th Emil Berning 23:59 in 41-50
 73rd Derek Maltby 27:19 in 61-70
 85th Derek Fyfe 27:55 in 71+

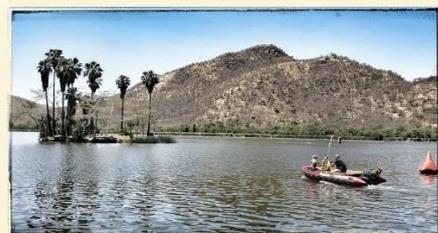
Coelacanth came away with the club trophy with the most Masters Swimmers entered from a club. Joyce and Derek Fyfe with the Trophy with Cameron Van Der Burg. One of the stars of the day Megan Albertyn also with Cameron. The other star of the day was Gary Albertyn.



Marking the swimmers is one hectic job, especially when there is nearly 3,000. So here are some of the gallant volunteers hard at work



Some views of the Sun City Swim which is now in the very capable hands of Wayne Riddin



There is now a very exciting event held each year in Cape Town, Durban and Johannesburg and that is the Extreme Swim Series. Keep an eye out for the Xtreme Swim Series for 2015 on the following Web Address. <http://xtremeswimseries2014.myactiveweb.co.za/>. These swims are starting to prove to be very popular as they are quite a challenge.

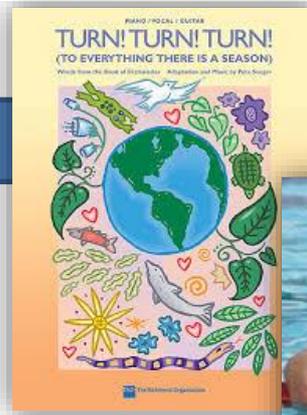
MIDMAR 2015 MIDMAR 2015 MIDMAR 2105.

Entries are now available so get yours in as soon as possible. Please visit the website at www.midmarmile.co.za/info-rules/entering-midmar-mile/

Applying for SA Masters Open Water swimming Colours? Please visit the SAMS Website, go to section under Hand Book and check out Open Water Swimming/Colours/4.0-4.3

Yours in Open Water..... Ann

By Terry Downes



Uncomfortable



To everything, turn, turn, turn. There is a season, turn, turn, turn. (Pete Seeger/The Byrds 1965). This is the time of the season when the mind must turn to March 2015, SAMS Nationals, in Johannesburg. The air is rare in Johannesburg and swimming at altitude can, and will be uncomfortable. This is simply as it is, there is a time for everything and the time has come to start serious preparation for competition.

Every one of us would like to do our best at Nationals. However, probably not all of us will achieve our goals. Those that do are those that have prepared themselves for their events. The better the preparation the better the performance.

Racing at your maximum pace will never be comfortable. If it is comfortable then you are not trying hard enough and you will never know how fast you can be. But the uncomfortable truth is that discomfort begins long before the race. There is still time for us all to move from what we always do to what we wish to do, but that time is right NOW.

Training becomes purposeful when everything you do is aimed at achieving your goal. Now the setting of goals need not be a big thing, not all of us aspire to breaking records. It is not necessary to write down your goals and contemplate them on a daily basis. Simply make a decision, a commitment that every time you train it will make you a little fitter, or a little better (technique) in something. It becomes an attitude and thus, whenever you train there is a sense of achievement and satisfaction in having done something worthwhile. If there is no destination then any road will get you there, but when you set a target there is only one way, and that way needs to be uncomfortable, albeit just a little. The time to prepare is every time you get into the water. Let's look at some specifics.

Turn, turn, turn. Let's face it, although some Masters swimmers have yet to reach their PBs, most of us have accepted that time stretches as our elasticity goes the other way. If you haven't already done so, and most of us haven't, there are things that we can practice and improve on. Starts and turns and underwater efficiency. We marvel at the Olympic swimmers' underwater techniques. How did they get there? Practice. Practice even when it is uncomfortable. Practice *especially* when it is uncomfortable. You will ask: "Why am I doing this? Am I enjoying this?", then before you decide that you won't do it any more, ask yourself: "Can I go just a little more, just a couple of lengths? You will find that it is the mind that gives up, not the body. With a little determination you will find that you can endure "uncomfortable", then practice some more. The more you practice the better it gets, and the better it gets, the faster you swim, the faster you swim the more you enjoy it and the more you enjoy it the harder you want to practice. It is called the positive cycle - get into it.

The human body (the brain is part of the body) has evolved to adapt. Adaptation only occurs when things change. Things can change in two ways, either circumstances get easier or they get harder. If there is no change there is no adaptation and things continue as they are. If things get easier the body relaxes and we get fat and lazy. It is only when things get tougher that we get stronger, faster. Here is the interesting part: *The choice is yours*. You can choose to make things tougher (tougher, uncomfortable training sessions) and you will reap the benefit of adaptation and improved performance or you can stay in the same place and go backwards.

Turn, turn, turn.



The Red Queen observes to Alice in *Through the Looking Glass*: "Now, here, you see, it takes all the swimming you can do just to stay in the same place." (Slightly adapted for the occasion)



SHORT COURSE CHAMPS 2014

Short Course Championships were held all over South Africa in the month of October at various venues with some excellent results. Please check out all the final detailed results on the SAMS Website. Check out all the action form around the country. It is always very rewarding to see everyone climb in and assist at these meets. It's because of all you that the meets and Masters are so successful. From Mesina (well not quite, but that would be nice) to Cape Town, swimmers in their droves turned out. Check out the visuals and enjoy. If you were there, I hope this brings back good memories.

Gauteng/Tshwane



KZN



Amakhosi



Eastern Province



Western Province

The Records

There were some remarkable performances at the Short Course Championships held all over the country in the month of October. To mention just a few outstanding performances we must acknowledge the following.

Sanderina Kruger once again broke **2 World Records** for 50 and 200 FS, in Stellenbosch, smashing the SA records in the process.

The oldest record, dating from 1989 has been broken by **Claire Harrington**, 25 - 29 doing the 200 Breast in 2:54.70 also in Stellenbosch.

Another old record that has fallen dating back to 1992 is the 50 Fly for women 25 - 29, by **Elzanne Werth** from Phoenix.

Those who had indoor pools or at least had good weather were the lucky ones. Poor KZN were soaked in a cold rain for the entire meet. Well done KZN for sticking it out.

John Petersen will be combining all results so please check out the SAMS Website for all the combined results to see your individual placing nationally. Hopefully you will all be in the Top Ten.

The women had a field day and certainly showed up the men in the records department. Well done ladies.

Well done on all the excellent performances below. Be very proud.

The SA Records that fell are as follows:

Men	Women
50 Free	50 Free
35 - 39 22.48 R Neethling Stell 10/14	25 - 29 26.47 E Werth Jhb 10/14
50 - 54 24.99 C Maughan Stell 10/14	65 - 69 31.64 S Kruger Stell 10/14 *
	70 - 74 39.40 L Zundorf Stell 10/14
200 Free	
40 - 44 2:06.18 B Nortjie Stell 10/14	200 Free
35 - 39 2: 03: 30 B Reen PE 9/14	65 - 69 2:37.00 S Kruger Stell 10/14 *
50 Breast	400 Free
65 - 69 38.02 H Cheadle Stell 10/14	60 - 64 5:54.91 J Brewis Stell 10/14
50 Butterfly	50 Back
35 - 39 27.36 J Richards Stell 10/14	70 - 74 48.04 L Zundorf Stell 10/14
55 - 59 27.94 C Maughan Stell 10/14	50 Breast
100 IM	30 - 34 35.80 A Landau Jhb 10/14
65 - 69 1:15.71 H Cheadle Stell 10/14	55 - 59 41.03 G McCarney Stell 10/14
	70 - 74 52.80 L Zundorf Stell 10/14
	200 Breast
	25 -29 2:54.70 C Harrington Stell 10/14
	55 -59 3:16.42 G McCarney Stell 10/14
	70 - 74 4:57:81 T Rix Stell 10/14
	50 Butterfly
	25 - 29 27:42 E Werth Jhb 10/14
	55 - 59 34:45 K Foster Jhb 10/14
	200 Butterfly
	55 - 59 3:04.98 K Foster Jhb 10/14
	65 - 69 4:02:17 E Craig PE 9/14
	200 IM
	65 - 69 3:29:57 E Craig PE .9/14
	100 IM
	65 - 69 1:37:39 E Craig PE 9/14

*Denotes a World Record



The Road to Jozi 2015

Dear Masters Swimmer

Have you seen the entry form yet?

We are starting to count down the days to the “Best Nationals Ever”. The entry form is out and you will get the kit order forms in a few weeks’ time. Both are due back to us at exactly the same time, just to make your life that little bit easier. We are super excited about the official 2015 kit and really hope you like it. Also stay tuned for info on the themes for the various social evenings and other exciting tidbits of information that are coming your way.

Exhibition 100m relay

Cape Town Masters have laid down the gauntlet and are going to try and break a record in the 4 x 100m mixed free relay and the 4 x 100 mixed medley relay. In order to give them something to chase and to give other clubs a chance to also break or set records we will host the free relay at lunch time on Thursday and the medley relay at lunch time on Friday. First 10 relays to register directly with us will get a spot. We will only do one race regardless of age. If you want to enter a relay please let us know on nationals2015@samastersswimming.co.za, don't let Cape Town swim alone! There are still lanes available. Who is up for the challenge?

Club Flags



The club flags are seriously overdue an update! We need your logos! A few clubs have sent them through but we need the rest. Please make sure your club president has sent through your club logo – no logo no new flag! We would like to be able to fly all the clubs flags at Nationals so please don't miss out on this opportunity, you don't want to get stuck with the tiny old flag when everybody else has big, shiny new ones! Thank you Sublime Digital for this generous donation! Please send logo's in a Jpeg PDF.

International Swimmers

The organising committee have sent out dozens of invitations to international clubs as well as to the various individual Masters Swimmers who now live overseas. Here's hoping we get a few international swimmers on deck just to spice things up a little. If you are aware of any swimmers that may be interested please send us there details so that we can get them on the mailing list.

Programme Advertising

If you would like to advertise in the Nationals Programme or send a good luck message please send through your requests to nationals2015@samastersswimming.co.za and we will let you know where and how to make payment. Adverts need to be sent as a PDF. Any adverts that are placed in the programme will be repeated on Facebook for FREE.

Full page – R1000 Half page – R600 Quarter page – R350 Bi-line – R100

Thank you to our sponsors. This event would not be possible without you.



PEACEFORCE
Security Group

Banteng Tel: 014 442 8000 0861 720 720	KwaZulu/Natal Tel: 031 200 1160 0861 720 720	Western Cape Tel: 021 816 0028 0861 720 720	Northern Cape Tel: 063 831 8904 0861 720 720	Eastern Cape Tel: 078 151 8819 0861 720 720	Free State Tel: 053 414 9700 0861 720 720
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FOR PEACE OF MIND email: sales@peaceforce.co.za WWW.PEACEFORCE.CO.ZA



Peaceforce Security Group have very generously donated ALL the security for the entire event so you can rest assured that you, your possessions and your cars will be protected. **Peaceforce** are very familiar with the Ellis Park precinct and sporting events so know the challenges of this kind of event. Thank you Vanessa and Geoff Capstick-Dale for your generosity. www.peaceforce.co.za

Sublime Digital are sponsoring all the printing requirements for Nationals 2015. You can expect shiny new club flags, lots of helpful signage, information posters and a generally well organised event. Last but not least, thank you to **Red Hot Media** for the generous donation towards the giveaway cause. You can all expect some great goodies at the Best Nationals Ever! www.redhotmedia.co.za

Until next time, keep swimming from your 2015 Organising Committee



Tshwane hosted the Inter-regional meet between Gauteng and Tshwane, and did it in style in pouring rain which thankfully eventually stopped.

Well we survived the rain and we had a fabulous time. The gala was well supported and there were approximately 75 swimmers taking part. A big thank you to Phoenix, Wahoo, (who bravely crossed the Jukskei into the hostile north), Players and Alcatraz for pitching up. We had some new members from afar

join us, who swam in their 1st Masters Gala. We welcomed Denise who came from Botswana and who is now a Coelacanth member. We also said welcome to Paulo Samuel who joined the club on the day. It was great to see Van Reenen Cloete who travelled from Bela Bela.

The food spread was simply fantastic (as always) again, so a big thank you to all the ladies who brought those delicious salads. I did see Clive sneak in a potato salad as well so even the men helped. That's our spirit. Francois and Charlie were hard at braaiing, while Liz and Dawn set up the fabulous spread. Mr SAMS PRESIDENT, Anton, controlled the poolside (as usual) and did a great job as starter. Owen bossed the timekeepers around as Chief time-keeper and Craig and Renee organized the drinks and helped on the deck as always. Dave and Cheryl our official bean counters managed the entries and monies efficiently and of course our *Master Meet Manager*, Derek Fyfe who controlled all the entries and results. Derek slogged it out in the back office and even managed to swim, plus had the results out before we departed the pool. It is always amazing that we get all the wonderful people helping with the time-keeping. Without you all, there would be no gala! What a team!!

The biggest shout out goes to all the swimmers who pitched up in the rain and swam their hearts out with some excellent performances. Well done to Kim Foster who broke the SA. Record for the 100 Fly, in a time of 1.23.50. Yet once again the Albertyn's ruled the pool. Megan and Gary were simply awesome.

At the braai Craig read out the combined results, much to delight of the home team and were as follows:

TSHWANE POINTS 801 GAUTENG POINTS 398

Craig presented Karen Kennedy, Phoenix, with the trophy for the visiting club with the most members that took part in our Coelacanth 1500 in October. Well done Phoenix and yet again get your club name on the trophy.

Joyce and Ann also presented a cheque of over R4, 500.00 to the Irene Homes Charity who were most grateful. This was collected from a tremendous effort from the swimmers who participated in the SAMS Winter Challenge.





**Our Personality profile for the Summer Edition is
PAUL MULDER**

Paul has an amazing history, which he is reticent to talk about, being the proud humble man that he is. His parents were living in the Far East when the 2nd World War broke out. Paul, at the time, was just 16 years of age. During that time his parents landed up in Japanese Concentration Camps. In an incredible story that would make the Hardy Boys look like pansies, Paul eventually ended up in the USA and became a USA Fighter Pilot in the Pacific against the Japanese.

After the war, he immigrated to South Africa where he obtained a doctorate in Geology. He spent much of his time in the Bushveld and it was there that he developed a love for hiking. Up until recently he would think nothing of completing a 3 day Hike in the Berg, carrying a 20kg backpack. He now restricts himself to 1 day hikes. Hiking and then swimming became his two great loves and Paul thinks that Masters Swimmers are fantastic people (much more friendly than the hikers).

Paul is an extremely modest person and did not want to attend the Awards Dinner in Bloemfontein to receive his trophy for being the oldest participant at those nationals.

Paul has consistently performed at our National Championships and proudly, has many SA records to his credit. To honour his great achievements over the years SAMS presented Paul with certificates in recognition of these achievements and reaching the incredible milestone in celebrating his 90th birthday.

SOUTH AFRICAN MASTERS SWIMMING



**CERTIFICATE PRESENTED TO PAUL MULDER ON THE OCCASION OF HIS 90TH
BIRTHDAY FOR EXCELLENCE IN SWIMMING AT SA NATIONAL SWIMMING CHAMPS
1995 TO 2014**



Gauteng

Phoenix News

Phoenix Masters Swimming Club is off to a terrific start this new season. We won the Coelacanth's 1500m trophy staking our claim as the visiting club with the most participation.



At the Sun City open water swim our ladies took Podium position in all the age categories. Well done to:

- 1. Nadia Bacchini: 2nd in 31-40 years
- 2. Karen Kennedy: 2nd in 41-50 years
- 3. Carol Mason: 1st in 51-60 years
- 4. Maureen Mons: 1st in 61-70 years
- 5. Marissa Rollnick: 2nd in 61-70 years
- 6. Linda Crawford: 3rd in 61-70 years

Then on November 15th we had 7 swimmers participating in the Xtreme Swim Series held at Germiston Lake. The objective was to complete 12 Miles within 12 Hours.

Regrettably the weather didn't play nice restricting the swimmers to an 11 Mile swim due to lightening conditions. None the less Our Xtreme Team braved the conditions as long as was permitted. Congratulations to the 7 swimmers below on an awesome, admirable feat!

- 1. Tyron Venter 2. Jade Homveld 3. Alexis Homveld 4. Justine Johnson 5. Nadia Bacchini 6. Emil Berning 7. Christine van der Spuy

Phoenix is doing consistently well in both Open Water and Pool events. Some of our swimmers set new SAMS and GMS records at the recent SAMS short course champs. They are: 1. Andrea Landau 2. Elzanne Werth

Keep up the good work Phoenix as we head on towards JOZI 2015, and the best Nationals ever!

Wahoo News (We take our Purple seriously) We had two big memorable events during the last 3 months and put together a bunch of pictures to show you we can have fun no matter where, no matter what.

The first was a sad farewell to Andre Steynberg. He will be back for nationals in 2015.



The second was the Winter Challenge.





Our Personality profile for the Spring Edition is Marissa Rollnick

By Karen Kennedy



MARISSA ROLLNICK
Born – November 13th 1951

For those of you who may not be aware of it, Marissa is not simply Marissa! She is first and foremost, Professor Rollnick, Head of Science Education at Wits University. And then of course she is the esteemed swimmer we are all familiar with and who has, over the years, earned the respect and admiration of countless members of our fraternity.

Marissa has achieved notable acclaim in her life, not only in the world of Academia with her Master’s Degree obtained in England and her Doctorate from Wits but also on stage with her accomplished singing. She is a member of the Johannesburg Symphony Choir and plays a number of musical instruments to boot.

It is in the arena of the swimming pool however, that I first came to meet the good Professor. I clearly recall being totally dumbstruck at her prowess in the water particularly given the fact that she was 15 years my senior.

I immediately looked up to Marissa and 6 years down the line, nothing has changed. Phoenix is extremely lucky, not to mention proud, to have Marissa as part of our team! Amongst her earlier achievements in the swimming world, are participation in the Currie Cup and taking a squad of swimmers to the Commonwealth Games.

Marissa has been awarded SAM’s colours for both pool and open water achievements on more occasions than I am able to count, and this trend is continuing particularly in the open water where you will undoubtedly spot Marissa emerging from a swim amongst the top 20 - regardless of age.

Marissa is a born leader and no rookie in the time management department! Despite a gruelling schedule, she always turns up for events regardless of how busy she may be. She never makes excuses, is tenacious and has a work-ethic to be admired. I’ve often seen Marissa at a gala or an open water swim working on her laptop or marking student’s papers between races.

Phoenix has no doubt that our multi-talented Professor will continue to inspire our swimmers for many more years to come.



KZN MASTERS

SWIMMING NEWS FROM KZN MASTERS

Incredible to think that we are now well into the swimming season and besides our Winter Relay Challenge in August we have had 3 KZN Masters galas - 2 short course galas at Gordon Rd School pool and 1 long course at Crawford College School pool. At the short course gala in September 4 KZN Masters records and 4 KZN Masters Honours times were broken. Our SAMS short course Champs were held on a very wet miserable Sunday in Durban but in spite of the weather our swimmers turned up and great fun and fellowship was enjoyed by all as they huddled together in any dry spot they could find in between their races.

The swimming was great and a total of 9 KZN Masters records were broken and 9 KZN Masters Honours times set. Well done to all the record breakers.

We are all wondering when we will get sunny Durban back for a gala day - our long course gala at Crawford was held on a cold chilly Sunday morning with an icy breeze blowing straight up the pool! During the gala a troop of monkeys came to join us on the pool deck providing much hilarity!

Our next KZN Masters gala is our Christmas gala on the 14th December at Gordon Rd pool and we encourage all KZN Masters swimmers to join us for this and to stay and enjoy the bring and share Christmas braai afterwards. Hopefully we will have a sunny Sunday for a change this time.

Many thanks to all who are so willing to help with the time keeping at our galas, without your help our galas couldn't happen. Also thanks to our very special Braai Master Adrian who so willingly organises our braai fires each time.

KZN Masters swimmers would like to wish all our fellow Masters swimmers a very happy festive season.

Everything in Threes.



Our lovely ladies in the wet
at the SA short course Championships



More lovelies at the Dolphin mile

There was late tribute to Adrian which just had to go into this news letter.

From Winston and Leoni

Our great friend Adrian. Leoni and I got to know Adrian as person of encouragement and upliftment during the starting days of our accommodation business. Since then for the past 11 years I have witnessed this endearment for fellow humans many times, no matter whom the person may be.

His encouragement has also eventually got me to join the Masters Swimming. Of course there is also a very much lighter side to Adrian, especially for the Ladies, with his saying "I am not the man I used to be...I am much better now"! For me this is very true, as time progresses, I am more inspired by Adrian's love for life and prospects of a healthy future that is possible for all of us. Especially with an attitude of "If I can do it, so can you - or, perhaps not quite as good."

Our Personality profile for the Spring Edition is Adrian Schoeman



From Adrian.

I joined the SADF in 1959 and served the SANDF for +- 45 Years & retired as a Colonel. I became an Infantry Instructor 1961, qualified as a Paratrooper & Parachute Instructor in 1962. I became an Officer (Lt) in 1970 and a Free Faller & Free Fall instructor in 1972, with +-1000 Para jumps. I also served 10 years in Special Forces (Reccys). Boxed for Free State & SADF, & also did Athletics, Parachuting & Modern Pentathlon at Provincial level. Became a Modern Pentathlon Springbok in 1968 to Australia.

Visited 61 Countries over past 15 years. Have done 12 Argus races, 19 SA Swim champs, 17 Midmars, 3 World Mountain Bike & 3 World swimming champs, 1 World Track & 1 Road Cycle Champs. Have obtained so far 148 KZN, 76 SA Short Course, 69 SA Champs + a number of SA (9) & KZN (19) Cycling placings. I was quite an able middle distance runner e.g. 3,000m Steeple Chase, 5,000m & 10,000m and Cross country runner who ran for SADF, Free State & Western Transvaal, and won quite a number of titles/placing's & competed at SA Athletics/Cross Country Champs. Had 4 knee operations (1967-71) which ended my running career.

I compete annually in about 60+ Competitions. I feel Swimming is possibly my weakest of 10 sport Disciplines I competed in at SA level? I am however very thankful for the pleasure, special Friends I made with Master swimmers! Master swimming, Open water & Surf swims became a big part of my life. I am a Widower & have one son of 39, Stephan, who lives in Windhoek and also competed Canoeing Internationally.

Thank you all co-Masters Swimmers for your Friendship and Camaraderie! Dankie Owen vir die Voorreg dat U my versoek het vir 'n Insetsel! Adrian.

A report from an article in a KZN Newspaper.

At 73, the Bluff's Adrian Schoeman is showing no signs of slowing down, with 46 competitions under his belt so far in 2014, winning his 10th Victor Ludorum for KZN Swimming and placing 11th in International Skydiving competition, Leapfest.

Leapfest is an annual International static line parachute competition that attracted about 400 competitors to Rhode Island in the USA this year. Teams of five (four jumpers and one alternate) jump from a CH-47 Chinook helicopter at about 457 meters in the air and steer their parachutes to land on ,or close as possible, to a mark on the ground.

The ex-military Colonel and eldest competitor placed 11th overall in the 4th of August competition. "It was really exciting but nerve-wracking because I haven't jumped for about 12 years. I was part of the force for about 40 years and spent many hours jumping out of aircraft, so thankfully it all came back to me and everything went well," said Schoeman.

The retired Bluffite spends much of his time competing in swimming and cycling competitions and has won five first place and six second place titles in the KZN swimming competitions and three first place KZN Titles for cycling this year. He was also awarded his 10th Victor Ludorum for swimming in the KZN Masters category. During the SA Cycling champs he fell and cracked a rib, but still managed to claim third place.

'I enjoy these competition, it gives me a sense of achievement". And with nearly 500 to his name, Schoeman certainly has achieved a tremendous amount.



FREE STATE MASTERS

A few of our swimmers took part in the Ghaap River Extreme this weekend. Attached please find a photo.

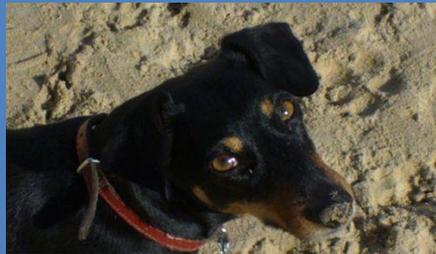
They swam a one km, and the results were as follows, in the order on the photo:

- Bianca du Toit in a time of 18:28 (Ladies 1st place. Overall 2nd place)
- Pieter Bredenkamp in a time of 23:30 (men's 3rd place)
- Barenda Bredenkamp in a time of 30:00 (Overall 9th place)
- Koos Fick in a time of 26:40 (Overall 8th)

What makes this all the more amazing is that where they live in Postmasburg where there is no swimming-pool. During the winter they have to do land training, and in summer they train in a dam, or use harnesses in a home swimming-pool. If that isn't dedication I don't know what is.



For those who went to Bloem Nationals you will all remember gorgeous Shado.



Our Personality profile for the Spring Edition is
SHADO



I have decided to be the profile for the month. All the Free State swimmers are very involved with other things at the moment and we do not want to look like we are being slack and shirking our responsibility. Keeping Owen happy is a tall order!!!

My name is Shado. I am the Free State mascot. I was born in January 2008 in Bloemfontein. I am what one would call a mixed breed, that is, my mom was a feisty Jack Russell and my dad, a docile Daschund. I was very fortunate to have been bought by my "human" mom, who is an avid animal lover. I am extremely over-indulged and spoilt. I suffer from severe separation anxiety, so get to go almost everywhere with my mom. Sometimes the rules cannot be bent and then I am left with my "aunty" who is my brother's mom.

From the beginning of my life with my "human" mom, I have had to get up in the early hours of the morning to go with my mom to swim, whether it is freezing cold or pouring with rain. I wait in the car while she swims and sometimes cannot understand this fixation of hers with swimming, because she never wins any medals at the galas. All I can think is that it must make her feel good to be able to swim.

Free State Masters hosted the swimming championships this year, so I was very fortunate to have been allowed to attend the gala every day. Those Wahoo swimmers even tried to convince me to be their mascot, but I stood my ground and refused to join them, even though it looked like they were having a lot of fun.

I am not very partial to swimming and have not won any medals yet. My mother has to coax me into the water. I prefer to swim in a dam or where I can get my feet wet and not have to dive in like you swimmers do.

I am first and foremost a therapy dog and go to work with my mother every day. I listen to people's stories all day long - some sad, some bad and sometimes desperate. I help them to feel loved and to know that they are important and very special. Sometimes I will even lick them to make them feel better

I have had the good fortune to have been taken to Midmar nearly every year. My mother sneaks me in under a blanket at the gate and tells me to lie quietly. I love going to Midmar, because there are so many swimmers there. I still cannot quite understand why people want to swim across the dam, when there is a road to walk on. I am just so grateful to be taken along, so I don't let on that I don't understand this strange human behavior.

I smell something brewing in the air! It is that Wahoo crowd again. I believe they will be hosting the 2015 Masters Championships and that all those who attend will be treated to a very special event. I hear that they have been working so hard and that it is going to be a gala of note.

AMAKHOSI MASTERS



We had our Winter Challenge at the Stirling indoor pool. Thank you to everyone who attended and donated - and a special thanks to [Rose Hartzenberg](#) and her Aqua group, who also donated. Another special mention to Samantha Simmons, who managed to raise R460 of the total R2008 for CHOC! Kerry Skidmore and [Jayne Reeves](#) handed over R2008.00 that was raised during the "Amakhosi Winter Challenge" to CHOCO on 30 August. This is always such a worthwhile event and greatly appreciated by the recipients, so thanks everyone.

SA Masters Short Course Championships 2014.

Well done brave pale skinned Amakhosi's braving the elements so early in the season! You're all champions! Thank you [Joe Hillstrom](#) for solely manning the stopwatch. You're a star!

Our very own Rodney Westgate in today's (17 October) Daily Dispatch - winning the Biathlete World Champs in Guatemala. A massive congratulations from Amakhosi Master Swimming Club! We are SO proud of you!



EASTERN PROVINCE MASTERS

Below are our happy Masters Swimmers who took part in the Eastern Province leg of the Short Course Gala on the 29th September, 2014
 Back L to R: Francis Searle, PJ Duffy, Gregory Hough, Jared Cassidy
 Mid L to R: Brian Saunders, Margie Saunders, Tracy Gous, Elsa Craig, Bradley Reen
 Front L to R: Alan Searle, Rebecca Newman, Erika Scheepers, Denis Bosman



The following swimmers broke SAM's records: A big congratulations to Elsa who also achieved SA Colours in the 200 IM and 4 SA Records.

- Bradley Reen (35 -39) ----- 50m Free in 24.64-----200m Free in 2:03.30
- Elsa Craig (65-69) -----50m Free in 37.28-----200m Butterfly in 4:02.17
- 100m Individual Medley in 1:37.39
- 200m Individual Medley in 3:29.57 (SA Colours)

South Western Districts

Fish Eagle Masters swim for Animal Welfare.

12 swimmers took part in the winter challenge and swam a total of 34,625 m. Virgin Active in George kindly allowed non-members to use their pool for this charity swim as many swimmers do not have access to heated pools. Pippy Bishop swam the furthest- 3750 m and Nanna Joubert Collected the most sponsorship-R945. A total of R2, 675.00 was donated to a very grateful Knysna Animal Welfare. Congratulations to all involved. We are proud of our swimmers.



Western Province

First and foremost!

A big congrats to Cape Dolphins and Claire Harrington! She broke the oldest SA Masters record at SC Champs; it was in the Women 25-29, 200 Breast stroke with L Holloway's record set in 1987, 27 years ago.

We at WP Masters are extremely proud of your achievement!

WP SA SC Champs

The gees at these champs was PRICELESS! The spirit was great; there was enthusiasm from the newbies, the PBs and records rumbled and tumbled, including two world records (still to be ratified) from Sanderina Kruger! A special mention must be made of 89 year old Kascha Kloos who continues to inspire, swimming three events and setting an inaugural South African record in the 200m Breaststroke. Kudos to a gracious lady, in and out of the swimming pool. (Photo Kascha and 5 of her 11 grandchildren). Also the small matter of having Ryk Neethling blitzing his way down the lane in the 50m Freestyle, very exciting moments for the swimmers who took him on and those who watched from the side-lines. Lovely to have Tim Shead, recent inductee into the US Swimming Hall of Fame, and Izak Spies, recently back from a very successful champs in Montreal, helping with timekeeping – special thanks to WP Aquatics for sending their officials, and to the timekeepers! (Photos: Sanderina sharing a light-hearted moment with Neil Steenkamp. The start of the 50 Free.

Kascha with 5 of her Grandchildren



Golden Girl Sanderina. 2 more World Records.



Peter Benneto raring to



Ryk and the boys pumped for the 50m Dash.



WP SPRING GALA. We held a very successful Spring Gala with some great performances and loads of fun and Spring Spirit.



Our Personality profile for the Spring Edition is Izaak Spies

I started with Masters in 2005 and my first Nationals was in Malmesbury in 2006.

I currently hold 2 SA records in the 400 & 800 freestyle.

I was fortunate to take part in the world masters swimming event in Montreal in August. It was quite a long journey to Montreal and this was my first overseas trip in about 30 years. Although I got a bit lost in Frankfurt I safely arrived to a hot and humid Montreal. Before I left whenever I told anybody I was going swimming in Canada they told me it was too cold to swim there.

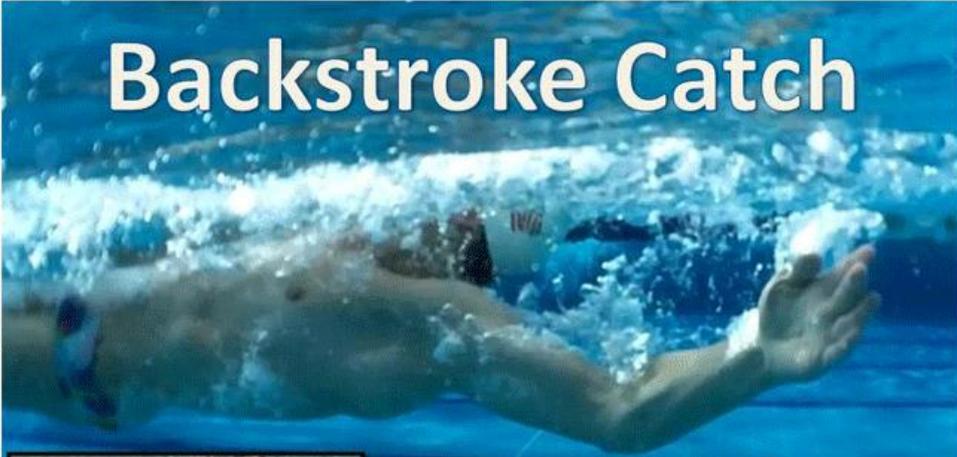
I stayed in a very comfortable hotel in the old part of the city and was able to explore the old city by foot. There were many interesting places to see and at night this part of the city comes alive. The people of Montreal really enjoy their short summer.

The swimming was on an island in the river. Travelling there was very convenient by the Metro. The Metro station was right across the street from my hotel and the journey with one change over took about 20 minutes. The metro station on the island was next to one of the pools. The other pool was on another island which was connected by a large bridge. The water was an ideal temperature and was lovely to swim in. The pools got a bit crowded for the warm-up as there was about 9000 athletes in the various disciplines. The actual events were well organised and the heats followed each other at a rapid pace. In some of the events there were over a 100 heats.

As I was the only participant from my club I was quite alone at first but the fellow club Cape Town masters took me under their wing and I joined up with them regularly. I took part in 5 events in the pool and one open water event. The open water was in the Olympic rowing basin and consisted of an outward leg of 1.5km and then back. It was longest straight I ever swam and it never seemed to end.

Last page goes to you all you backstrokers. Our tip for 2015 so get practising.
Compliments of USA Swimming

Backstroke Catch



- Fingers point to the side
- Hand is just below the surface
- Hand is to the side of the body
- Bend elbow betw 90-120°
- Hand is higher than elbow

Avoid this!

- Palm facing down
- Hand too deep



Russell Mark
National Team
High Performance

Missy Franklin in perfect position. The catch, Head, Shoulder, Rotation and Arm. Perfect!
No wonder she holds World Records.



So till next time, whenever, wherever...Happy Safe Holidays Everyone

