

# SAMS NEWSLETTER

Spring  
EDITION

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Barbara Fraatz



Photograph by

Kerstin Kuntze Kunst

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Official Newsletter of South African Masters Swimming

<http://www.samastersswimming.com>

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



## Editor's Note

Hi everyone

Thanks to the efforts and turnout of Masters Swimmers, their families and friends in supporting the Winter Challenge 2017, there some very grateful charities and happier people in South Africa. SAMS CONGRATULATES YOU ALL. All results and pictures are coming in and we will be covering the Winter Challenge in the body of this Newsletter.

We also congratulate those SAMS Swimmers who took part in the recent FINA WORLD MASTERS in Budapest. Everyone swam above themselves, with so many PB'S with medals and records galore. All the results are now published on the SAMS Website. Welcome home. We are so very proud of all of you. Photographs and personal news are covered in the Regional News section. A special mention must go to Tim Shead who broke yet another World record and medalled in every event he entered. Well done Tim. We are all very proud of you.

The new season, 2017/2018, has begun with some very good early swims to look forward to. There are Regional Short Course Championships followed by the SAMS Short Course Championships and various meets across the country to kick us into gear.

In Tshwane, there is the Coelacanth 1500 on the 30<sup>th</sup> of September at the Hillcrest Swimming Pool.

It is also the start the start of the Open Water season so please keep in touch with your Regions. Please see the list of dates and venues across South Africa in the Open Water section of this newsletter. Gauteng kicks off with Sun City Dam Swim on the 21<sup>st</sup> October. This event is growing in size, every year, with over 3,000 participants anticipated. We will keep you all up to date on the South African Masters Facebook page as well as on the clubs that have a Facebook Page.

Many of our Masters swimmers tackled various waters around the globe. The KZN ladies swam, ate and drank Greek wine around the idyllic Greek Islands. Herman Van der Westhuizen tackled the difficult Ireland to Scotland crossing successfully and Roger Finch was doing his thing all over the waters of the Northern Hemisphere. He has also supported many other swimmers in their quest for success. Well done all of you.

I wish everyone a successful and happy 2017/2018 season. Just keep swimming and enjoy the read.

## President's Message.

Hello Masters Swimmers,

I hope you are all revving and rearing to get into the swing of our new summer swimming season.

Gauteng is turning into a gorgeous wonderland of new life, jam-packed with blossoms, leaves, and shoots of all shapes and sizes. All that's missing is the summer rain – but hopefully not for too long!

The Fina World Master's Championships was held in Budapest, Hungary from the 10<sup>th</sup> to the 20<sup>th</sup> of August 2017.

50 South African swimmers took part, 24 women and 26 men. They did themselves and South Africa extremely proud:

- 1 World record was broken – Tim Shead – 200m Backstroke 65-69 age group
- 11 Championship Records were broken, 20 SAMS individual records, and 8 SAMS relay records.
- 19 Gold, 5 Silver & 7 Bronze medals were won.
- Our oldest swimmer was Kascha Kloos from Cape Town Masters competing in the 90-94 age group.

Congratulations to all who participated and well-done on the outstanding achievements.

The full results can be viewed at: <http://www.samastersswimming.com>

All regions completed their winter fitness challenges recently in August and in doing so, raised valuable funds for charity. Well done to all the swimmers who participated, "giving back" to the various communities and some chosen charities. Judging by the photos and videos of the various events, it certainly looked like a good time was had by all.

SAMS short Course champs will take place during October. Please remember that in order to participate, you must be registered with SAMS.

Registration cut-off with SSA for previously registered remains the 30<sup>th</sup> of November 2017.

Please keep on swimming and I look forward to seeing you all very soon!

KAREN KENNEDY  
SAMS PRESIDENT

# Your Open Water Report

By  
*Jade Homveld*

*Jade*

## OPEN WATER SWIMMING calendar 2017/18.

I have compiled a provisional open water calendar for the 2017/18 season. I will continue to update the calendar and I will indicate the draft and date on which I compiled the calendar. The calendar is not in date order, but in provinces. ***It is always advisable to confirm the event date, distance and venue with the organiser or website prior to the swim to avoid disappointment.*** The information provided is to assist open water swimmers with their planning for the season and I cannot be held liable for changes, cancellations or amendments to information included in this calendar. Please feel free to mail any event information, interesting swims or notable achievements to me for inclusion in future newsletters.

[jadehomveld16@gmail.com](mailto:jadehomveld16@gmail.com)

## PROVISIONAL OPEN WATER CALENDAR 2017/2018 (1st draft 10 September 2017 compiled by Jade Homveld).

Province	Race Date	Race	Venue	Contact	Telephone
<b>Swaziland</b>	1-3 December 2017	Various distances	Luphololo Dam	<a href="mailto:chriss@swazi.net">chriss@swazi.net</a>	
<b>Gauteng</b>	05 November 2017	Cradle Moon Swim Challenge 1 400m, 1km and 3km	<b>Cradle Moon</b>	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
<b>Gauteng</b>	19 November 2017	1200m	<b>Homestead</b>		
<b>Gauteng</b>	26 November 2017	Cradle Moon Swim Challenge 2 500m, 1km and 3km	<b>Cradle Moon</b>	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
<b>Gauteng</b>	14 January 2018	Ebotsi 3km	<b>Rynfield</b>		
<b>Gauteng</b>	20 January 2018	Lake Heritage water festival 3km and 5km	<b>Cradle Moon</b>	<a href="mailto:info@mimarmile.co.za">info@mimarmile.co.za</a>	
<b>Gauteng</b>	21 January 2018	Lake Heritage Water festival 600m and 1200m	<b>Cradle Moon</b>	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
<b>Gauteng</b>	27 January 2018	Gauteng Open Water Championships 5km, 7,5km and 10km	Homestead		
<b>Gauteng</b>	28 January 2018	Gauteng Open Water Championships 3km	Homestead		
<b>Gauteng</b>	28 January 2018 ??	Roode 1000 1km and 1500m	Baja Dam resort Bronkhorstspuit	<a href="mailto:info@roodeswim.co.za">info@roodeswim.co.za</a>	
<b>Gauteng</b>	18 March 2018	SA Masters' Nationals 1 and 3 km	Rynfield		
<b>Limpopo</b>	17 March 2018	Ebenezer Mile	Ebenezer dam		
<b>Limpopo</b>	1 April 2018	Bosveld Mile Various distances – fun swim, mile, 3km, 5km	Bela Bela	<a href="mailto:info@belabelasplash.co.za">info@belabelasplash.co.za</a>	
<b>North West</b>	21 October 2018	Sun City swim 1500, 3km and fun swim	Sun City	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
<b>North West</b>	4 February 2018	Platinum mile 1 mile, 3km, fun swim	Buffelspoort dam Rustenburg	Di Williamson	
<b>OFS</b>	24 February 2018	Sterkfontein swim			
<b>Mpumalanga</b>	08 October 2017	Lowmed Open water swim series #1 3km, 1500m, 400m, 100m	Longmere dam White River	<a href="http://www.lowmed.co.za">www.lowmed.co.za</a>	

Mpumalanga	05November 2017	Lowmed Open water swim series #2 3km, 1500m, 400m, 100m	Longmere Dam White River	www.lowmed.co.za	
Eastern Cape	Sunday 15 October 2017  Sunday 12 November 2017  Sunday 21 January 2018  Saturday/Sunday 3rd and 4 <sup>th</sup> February 2018 (NMBA 10km & 3km Championships)	<b>Eastern Cape Swim series Sanctioned by NMB Aquatics 1km/3km/5km/10km</b>	Marina Martinique Jeffrey's Bay	<a href="http://www.zsports.co.za">www.zsports.co.za</a>	041 484780
	21 December	<b>Sabrina Love Ocean Challenge</b>	Central Beach Plettenberg Bay		
Eastern Cape	Sunday 8 <sup>th</sup> October 2017 # round 1  Sunday 22 <sup>nd</sup> October 2017 # round 2  Sunday 15 November 2017 # round 3  Sunday 19 November 2017 # round 4  Sunday 10 December 2017 # round 5  Sunday 14 <sup>th</sup> January 2018 # round 6  Sunday 28 January 2018 # round 7  Sunday 11 February 2018 # round 8  Sunday 11 March 2018 # round 9  Sunday 25 March 2018 # round 10	<b>Aquella Ocean Racing Series 1km/2km/3km Ocean Swim</b>	Hobie Beach	<a href="http://www.zsports.co.za">www.zsports.co.za</a>	041 484780
Eastern Cape	20 and 21 February 2018	Spar River Mile Festival	Port Elizabeth Sundays River	<a href="http://www.zsports.co.za">www.zsports.co.za</a>	041 484780
Eastern Cape	3 March 2018	Merrifield Mile	Wriggleswade Dam		
Eastern Cape	3 and 4 March 2018	SA Open Water National Championships	Marina Martinique Jeffrey's Bay		
Eastern Cape	20 March 2018	Bell Buoy Challenge	Port Elizabeth	<a href="http://www.zsports.co.za">www.zsports.co.za</a>	
KwaZulu Natal	26 November 2017	Sunday Tribune Capital K Varsity College	Midmar Munro Bay	<a href="http://www.capital-k.co.za/">http://www.capital-k.co.za/</a>	
KwaZulu Natal	10 December 2017	Dolphin mile surf swim Midmar Mile qualifier	Marine Surf Lifesaving club	Heather Campbell	082-3207083
KwaZulu Natal	21 January 2018	Dolphin Mile surf swim Midmar Mile qualifier swim	Marine Surf Lifesaving club	Heather Campbell	082-3207083
KwaZulu Natal	10/11 February 2018	Midmar Mile	Midmar dam	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	

KwaZulu Natal	01 April 2018	Triple distance surf swim 800m, 1.6km, 3km Swimmers can swim all 3 swims, swimmers exit after each distance or you can swim one distance or have a group of swimmers who swim each of the distances.	Durban underwater club	Heather Campbell	082-3207083
KwaZulu-Natal	08 April 2018	Dolphin Mile Surf Swim Series #1	Marine Surf Lifesaving club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	22 April 2018	Dolphin Mile Surf Swim Series #2	Marine Surf Lifesaving club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	13 May 2018	Dolphin Mile Surf Swim Series #3	Marine Surf Lifesaving club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	20 <sup>th</sup> or 27 <sup>th</sup> May 2018	Dolphin Mile Surf Swim #4	Marine Surf Lifesaving Club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	3 June 2018	Dolphin Mile Surf Swim #5	Marine Surf Lifesaving Club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	24 June 2018	Dolphin Mile Surf Swim #6	Marine Surf Lifesaving Club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	22 July 2018	Dolphin Mile Surf Swim #7	Marine Surf Lifesaving Club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	12 August 2018	Dolphin Mile Surf Swim #8	Marine Surf Lifesaving Club	Heather Campbell	082-3207083 (cell)
KwaZulu-Natal	09 September 2018	Dolphin Mile Surf Swim #9	Marine Surf Lifesaving Club	Heather Campbell	082-3207083 (cell)
Western Cape	24 September 2017	Heritage Day swim 1 and 3 mile	Oceana	<a href="mailto:Freedom.swim.za@gmail.com">Freedom.swim.za@gmail.com</a> <a href="http://www.freedomswimseries.co.za">www.freedomswimseries.co.za</a>	
Western Cape	30 September 2017	Freshpack fitness festival 1500m and 3km	Clanwilliam	<a href="http://www.freshpackfitnessfestival.co.za">www.freshpackfitnessfestival.co.za</a> <a href="mailto:tridusport@mweb.co.za">tridusport@mweb.co.za</a>	
Western Cape	01 October 2017	First Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	15 October 2017	Atlantic Dash Clifton 4 <sup>th</sup> beach to Three Anchor Bay	Clifton	<a href="mailto:derrick@bigbayevents.co.za">derrick@bigbayevents.co.za</a> <a href="http://freedomswimseries.co">freedomswimseries.co</a>	
Western Cape	29 October 2017	Benguela Cove Lagoon 1km, 3km, 5km	Benguela Cove Lagoon	<a href="mailto:derrick@bigbayevents.co.za">derrick@bigbayevents.co.za</a> <a href="http://freedomswimseries">freedomswimseries</a>	
Western Cape	05 November 2017	First Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	13 November 2017	Brian Curtis Mile	Eikenhof Dam	<a href="http://www.freedomswimseries.co.za">www.freedomswimseries.co.za</a>	
Western Cape	19 November 2017	Third Sunday of the month swim	Fourth Beach		
Western Cape	03 December 2017	First Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	16 December 2017	Reconciliation day swim 1 and 2 mile	Clifton 3 <sup>rd</sup> beach	Big bay events <a href="mailto:derrick@bigbayevents.co.za">derrick@bigbayevents.co.za</a>	
Western Cape	07 January 2018	First Sunday of the month swim	Fourth Beach	Warren Fialkov	
Western Cape	21 January 2018	Around the rocks swim 2500m	Bloubergstrand	Big bay events <a href="mailto:derrick@bigbayevents.co.za">derrick@bigbayevents.co.za</a>	
Western Cape	04 February 2018	First Sunday of the month swim	Fourth Beach		
Western Cape	04 February 2018	Bridge House Mile	Val de Vie Estate		
Western Cape	18 February 2018	Sanlam Cape Mile	Eikenhof Dam Grabouw country club	<a href="mailto:entries@stillwatersports.com">entries@stillwatersports.com</a>	
Western Cape	04 March 2018	First Sunday of the month swim	Fourth Beach		
Western Cape	08 April 2018	Shipwreck swim Seli 1 to Big Bay 5km	Bloubergstrand	Big bay events <a href="mailto:derrick@bigbayevents.co.za">derrick@bigbayevents.co.za</a>	
Western Cape	14 April 2018	Langebaan Lagoon swim	Langebaan	Big bay events <a href="mailto:derrick@bigbayevents.co.za">derrick@bigbayevents.co.za</a>	
Western Cape	21 April 2018	Freedom Swim	Robben Island to Big Bay	<a href="http://www.freedomswimseries.co.za">www.freedomswimseries.co.za</a>	
Western Cape	28-30 April 2018	Hi-Tec Walker Bay XTreme 2.5km swim	Hermanus		

# Sport psychology – take the pressure

By **Helen Davis** • 31st July 2017



**Sport psychology is the study of how psychology influences sports, athletic performance, exercise and physical activity. This month we focus on controlling anxiety and coping with pressure – the art of thinking effectively**

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Open water swimming can be a source of anxiety for any athlete at any level; even the most confident swimmers can experience it. Most open water swimmers will talk about experiencing an array of physical feelings due to anxiety when entering a competition. These often include symptoms such as stomach butterflies, sweaty palms, tense muscles, nausea or restlessness. These physical symptoms are normal and are designed to help us out when responding to a pressure situation. A little dose of anxiety or pre-race nerves can be a good thing; it can sharpen our focus or give us adrenaline for that 'extra edge' in competition. Yet there is strong evidence that too much anxiety can impair performance.

## **Open water swimmers have a lot to contend with**

From a physical and psychological perspective, open water swimming presents many unique challenges that can lead to anxiety. An inability to see in dark, murky water can be challenging for some, the technicality of sighting (which can potentially take you off course) is a difficult test and even the temperature can be problematic – it can be really cold! In addition, wetsuits can cause claustrophobia, be uncomfortable or restrictive for some swimmers and affect breathing. Open water swim starts can be intimidating with a mass of people, a scrum of flailing legs and attacking elbows. As open water swimmers, we have a lot to contend with and from a psychological perspective, this can be challenging. We are, however, all different and anxieties can differ according to the situation and the individual. Although some level of competition anxiety is considered to be normal, when competition anxiety exceeds a threshold level it can become detrimental to performance, motivation and enjoyment.

## **How can sport psychology help?**

Anxiety has been a strong focus of interest in sport psychology for many years; primarily exploring the anxiety-performance relationship and the role competitive anxiety plays in sport. Models of stress have identified the central role of cognition and coping in the generation of emotions.

Evidence states that how you appraise a situation affects how you feel about it. In general, cognitive appraisal can be divided into two types of stages: primary and secondary appraisal. Primary appraisal is where you ask yourself the question, how significant or meaningful is this event for me? Secondary appraisal is where you assess your ability to cope with the situation.

Briefly, a primary appraisal focused on the potential threat a situation poses is generally associated with anxiety. Athletes who consistently experience anxiety, especially cognitive anxiety (which reflects worry and negative thoughts), frequently anticipate failure and negative social evaluation; additionally they tend to interpret these negative outcomes as significant threats to self-identity or self-esteem. Secondary appraisals involve those feelings related to the stressful event. Negative secondary appraisal might include statements such as 'I can't do it, I know I will fail.'

Sport psychology can help athletes with debilitating anxiety by teaching a variety of coping mechanisms. Remember, we are all different, so each athlete needs to work out which strategy works best for them. It may take a while to try out different things to work out which one is best for you.

### Learning to cope – what strategy do you use?

Research suggests that there are two different ways of coping, by using problem-focused strategies or emotion-focused strategies. Briefly, problem-focused coping targets the causes of the stress in practical ways, such as identifying, solving and minimising effects; consequently directly reducing the stress. Emotion-focused coping involves trying to reduce negative emotional responses associated with the stress, such as anxiety. Avoidance coping is a third dimension of coping, which can be considered a type of emotion-focused coping. This dimension represents actions whereby individuals disengage themselves from the task at hand, making efforts to escape, avoid or distract themselves from the situation.

Sport-related research on coping demonstrates that in general athletes employ a wide range of problem-focused, emotion-focused and avoidance coping strategies. Broadly, investigations between coping style and anxiety have shown that athletes who report more emotion-focused and avoidance coping tend to experience greater cognitive anxiety.

### Identify negatives, doubts or worries

The first step to helping yourself with sport-related anxiety is to identify the negatives, doubts or worries you may have about open water swimming. Are any types of negative thinking listed below contributing to your anxiety?

**1. Don'ts** Does the language that you use to talk to yourself include words that end with 'n't', such as 'shouldn't', 'wouldn't', 'mustn't' or 'didn't'? Examples of this are saying things such as, "I shouldn't tense up at the start of the race"; "don't set off too quickly!" or "I mustn't get panicked at the start." Here you are focusing on what not to do, rather than what you can do!

**2. Limitations** These are barriers, which are self-imposed about future performance, expressed as statements often preceded with 'can't', 'never' or 'doubt'. Examples of this are saying things such as, "I can't hope to get a personal best today"; "I've never swum well in really cold water"; "I doubt I will have a good race today in these conditions". Limitations such as these fail to challenge what is possible for you.

**3. Put downs** These are statements relating to the athlete's perceived weaknesses or errors in a previous performance, for example, "my technique was poor"; "I went out too fast"; or "I was so slow in that race!" Put downs can begin to dominate thinking, overshadowing the positives.

**4. What-ifs** These describe a negative loop; the 'worry' is phrased in terms of a rhetorical question. The question is repeatedly posed, e.g., "What if I swim badly today?"; "What if I let down my family who have come to watch me?" or "What if I get hit in the mass start?"

**5. Self-doubt** These are expressions of doubt about having the ability to perform well. They may reflect a concern over physical readiness, technical ability or psychological preparedness, e.g., "I'm not as fit as I should be"; "I'm not breathing correctly"; "I can't do this, it's too cold and dark in the water."

**6. Letting others down** This is a concern about how other people might be perceived to have judged your performance, e.g., "Others will be disappointed in me"; "I've let myself down by swimming so badly"; "I've let my coach down".

**7. Preoccupations** This refers to non-related problems, such as domestic issues, relationships and employment, which can distract the athletes' thinking, affecting their performance.

If you recognise some of these negatives, thoughts or worries, it could be affecting you in a variety of different ways. Consequences can range from a lack of focus due to attending to errors to becoming very tense, or from trying to please others to a lack of confidence. It can affect you in many different ways. Read on to find out ways of reducing this type of negative thinking and learn to replace with clearer, more positive thinking.

### Develop ways of thinking effectively

**Here are some tips to help you develop ways to think more effectively and reduce anxiety-provoking thoughts.'**

#### **DON'TS – Re-phrase**

Instead of focusing on what not to do, focus on what you can do. For example, instead of thinking 'don't set off too quickly' tell yourself to 'start off steadily'.

#### **LIMITATIONS – Believe in the possible**

The aim of this is to perceive the performance as a challenge, rather than a threat. This focuses on thinking what is required in order to produce the desired performance. Also, try and keep a sense of proportion by keeping the outcome in perspective.

### **PUTDOWNS – See it as unstable**

It is important to develop a view that putdowns are not permanent, weaknesses can be improved upon and recent lapses in form are unstable. Once you have identified a put-down, commit it to the past - "My technique was rubbish", rather than "My technique is rubbish", try and perceive future improvements, "There's room for improvement in my starts next time". Imagine if someone else spoke to you in the way that you speak to yourself; would you be as accepting of him or her putting you down in the same way?

### **WHAT IFS – So?**

Prefixing the 'What if' question with 'so, if.' encourages a response again based on what you can do to enhance your performance. For example, the anxiety laden statement "What if I get hit at the start of my open water race?" becomes a problem-solving statement such as, "So, if I get hit at the start... I will move to the side, take three deep breaths and then carry on".

### **SELF DOUBTS – Flip it over**

Some aspects of self-doubt and performance may be framed in negative ways, yet it is always possible to shed a more positive light on the experience, for example, "I am not the slowest swimmer in the world, it just so happens there are a lot of people who are quicker than me."

### **LET OTHERS DOWN – Be your own judge**

It is important to remember if you have concern over how you might be judged or evaluated by others that firstly it is impossible to control the way others think, they will make their own minds up and secondly people will make judgements irrespective of how you perform as a swimmer – however good you are, someone, somewhere will be critical. The way people judge you is their concern, not yours. You are the only one who has the inside knowledge to judge you and therefore that should count.

### **PREOCCUPATIONS – Bag it**

This is a way of putting potential distractions on hold. Pre-competition is not a great time to be resolving problems, when your focus should be on preparation and performance. Aim to side-line your problem until after the competition – put a ring around it visually and decide to analyse it and problem solve it after the competition.

*Helen Davis is a sport psychology consultant who works with individuals, teams and coaches on all aspects of sporting performance. Helen has a BA (Hons) in Psychology, an MSc in Sport and Exercise Psychology and is currently working towards chartered status with the British Psychological Society. She is also an active masters and open water swimmer.*





## A Loser's Guide

This article is inspired by one written by Wayne Goldsmith. Google him for many articles on sport.

In life there are a lot of people who prefer to fail instead of succeeding, in fact there are far more losers than winners. Why is that? It is so because there are many people who choose to fail. Can you believe it? THEY CHOOSE TO FAIL!



The following 5 points are a guide to help all those who actually prefer failing to winning. These are related to sport but are just as applicable to life in general.

1. Turn up late, or don't turn up at all. The most popular thing that losers do is give up. Be late for every practice and sometimes, when there is something else you want to do, just skip the session. Just take the day off.
2. Don't take responsibility for your performance. Someone else will see that you get to practice. The coach will make you fit and see that you learn the skills necessary for you to swim well and enjoy what you do. Someone else will pack your bag and make sure that you have a costume and goggles and something to eat. Then when things don't turn out the way you would like you can blame someone else. Wonderful.
3. Don't make a commitment to your sport. Start late. Always be the first one out of the pool. Don't help with the pool covers, someone else can do that. If something else comes up don't do everything you can to make the practice, just take the day off.
4. Always find a short cut, never give your maximum. Set the example in the squad by always swimming well within your comfort zone, the coach will never notice. If you train on your own turn short a couple of times or do one 100 less than the programme recommends. You can always do a little extra tomorrow, no-one is there to notice. Don't eat proper meals, avoid vegetables as much as you can. When the coach calls for a maximum sprint choose to go at about 80% until the last one then try to shine by giving max when the rest of the squad is tired. What does the coach know, what is he thinking, making you do more than one sprint?
5. Don't worry about practicing starts and turns. On the day of the race you will do a perfect start and everything will go right with your turn. Don't think about the efficiency of every stroke you take while swimming. Who needs to practice skills over and over again until you get really good at it? Don't do any sprints, because you are a distance swimmer and sprints are so exhausting. Don't do the necessary aerobic work if you are a sprinter, a couple of 25s and you are good to go. Don't listen to the coach when she calls for a particular drill or tactic, you just do what you want, whenever, like going underwater when she is explaining something. Who needs to understand the finer techniques of swimming anyway?
6. When the next local gala comes up be sure to have a valid excuse for not coming. Your mother's budgie is a little off colour this week and needs to be looked after. Losing is not *not winning*, it is not participating.

**Go for it** and you are sure to achieve your goal of failing.





Yours in swimming,  
Gary Sr.

Some swimmers underestimate the importance of warming up before swimming. It's not surprising as it's usually tempting to just jump right in. However, there are many reasons taking time to warm up is essential before you dive into the water.

But how many minutes should you take to properly warm up? The intensity of your swimming session will influence the amount of time you should spend warming up. If you plan to do swim sprints, it's best to take your time to warm up. For some people, five minutes maybe enough, while others may need 10-15 minutes. The key is to listen to your body. There are two major types of warm-up routines, namely, static warm-up and dynamic swimming warm-up. Static warm-up involves maintaining a position for a sustainable amount of time, approximately 30-60 minutes. It produces mild discomfort that has been proven to increase a person's range of motion. Dynamic swimming warm-up involves performing different types of movements as opposed to holding a position for a specified amount of time. It increases blood flow throughout the body, thus making it easier for swimmers to move in the water. Dynamic warm-up exercises are highly encouraged by trainers, coaches, and therapists for swimmers.

#### **What is a Dynamic Swimming Warm-Up Exercise?**

A dynamic warm-up exercise is a combination of soft tissue work (self-myofascial releases), dynamic mobility, injury prevention, functional movements, neural activation, and gentle cardio exercises. Experts encourage swimmers to perform this exercise for at least five minutes. The exercise should be done before a workout, prior to a competition, and between races.



## What are the Benefits of Dynamic Warm-Up to Swimmers?

Your muscles are often stiff at the start of your workout or training session. Any sudden, rigorous movements could lead to injuries. Dynamic swimming warm-up exercises prepares you for the activity and lowers your risk of injuries.

### 1. Preparation for additional muscular and metabolic loads

Swimming is an energy-consuming activity that could leave you out-of-breath and result in sore muscles. A dynamic swimming warm-up pushes more oxygen and nutrients to your muscles. It also enhances blood flow to the muscles, preparing you for the activity and improving your endurance.

### 2. Initiates a cardiovascular process essential for resisting fatigue and lasting longer in the pool

Dynamic swimming warm-up prepares your body for rapid changes in blood pressure and oxygen supply. Cardio exercises increase your metabolic rate, thus raising the temperature of your body so you can acclimatize properly to the temperature difference when you get into the pool. When you don't warm up before getting into the pool, you'll start with stiff muscles and this could lead to injuries. Lactic acid can also build up quickly if you don't warm up before your swimming workout, training, or competition. Lactic acid causes fatigue and therefore could affect your performance.

### 3. Creates flexibility and improves muscle coordination

Dynamic swimming warm-up exercises activate your muscles. A good example is the lunge with a twist. This warm-up engages your hips, legs, and core muscles. Your shoulders are also engaged, making it easy to move through the water. During the cardio phase, you swing your arms in circles, which improves flexibility.

Some swimmers also do jump rope to enhance flexibility in the ankles and muscle coordination. As a result, you're able to push more water backward instead of kicking it down. When you kick water down, it creates a drag. When you push water backward, you create a forward thrust, helping you cover more area with less effort. The flexibility of the ankle also gives the body a better positioning and makes the ankles and the feet coordinate well. According to a study done by the NCAA, flexibility in the ankles enhanced kicking speed.

### 4. Prepares your nervous system

Dynamic swimming warm-up eliminates nervous system fatigue and helps improve your workout performance. During warm-up, your brain receives messages that your body needs more energy, oxygen and blood. Your brain responds by supplying what your body needs so you can perform the movements with ease. Without warming up, your body is unable to keep up with the sudden change in oxygen and nutrient requirements.

## Dynamic Swimming Warm-up Exercises



To reap maximum benefits from dynamic swimming warm-up, you must adhere to the following guideline;

### 1. Self-Myofascial Release for infraspinatus, tensor fasciae late, quadratus lumbar and thoracic spine

[Shoulder pain](#) is a common injury among athletes. Foam rolling, also known as self-myofascial release is done to release the tension on the trigger points. The lacrosse ball is the perfect ball size for this muscle release. To do this, you have to find the trigger points, then use the foam roll to massage these parts.

## **2. Kneeling Lunge with alternate shoulder IR/ER**

It involves the athlete being in a lunge position. One knee is down on the ground, the athlete raises the same side arm straight up in the air and the hand should stretch overhead and across the body to the right to create a good stretch in the hip flexor and torso for approximately ten seconds.

## **3. Cherry Pickers**

This involves standing with the feet shoulder width apart, the hands reaching down and touching the floor. Start by touching the floor in front of you, then slowly work your way backward until you're touching the space between your feet. Finally come back up and place your hands to your waist. Repeat this several times. When done regularly, it could improve balance and reduce any injuries to the back.

## **4. High Kneeling Wall Slide and Y**

Start in a half-kneeling position with your legs apart. Bend your front knee at 90-degree and keep your back knee on the floor. Keep your chest forward and bring your arms up so your hands are over your head. Rotate your torso to the direction of your front leg. Keep this position for a second, return to your starting position and repeat the process a few more times.

## **5. Side step with ER**

The knees and the hips are flexed with the torso upright and facing forward. Wrap your arms around your body in a hug. Go back to your starting position once you feel that you've stretched your shoulders enough.

## **6. Reverse Lunge with Bow and Arrow**

It involves standing tall with your hands on your hips or overhead and then taking a large and controlled step backward with your left foot. Bend your left knee at 90-degree angle with your heel raised. Stand, press the right heel onto the floor, and bring your left leg forward to complete one set.

## **7. Rotational Punch with Upper Cut**

Bends your knee, keep your hips down, and rotate your body as this stage generates the power for the uppercut punch and then release the uppercut. Relax your hand as you quickly lower to the desired uppercut angle.

## **8. Jumping Jacks**

Stand up straight with your arms on your side. Jump as high as you can while raising your hands high in the air and then returning them to the side upon landing. You may tweak the routine by doing internal and external shoulder rotation to help prepare the rotator cuff for the demands in the pool. You must ensure that the area you're doing this on is stable and dry to prevent slipping or sprains. Make sure to do the exercise for about a minute before proceeding to the next step of the dynamic warm-up.

This exercise forms an important part of the cardio portion of the warm-up, as it raises the body temperature and increases your heartbeat to cope with more activities slated for later. Additionally, it conditions the brain to fine-tune reaction times and other pre-emptive tactics naturally geared towards avoiding injury.

## **9. Push-up**

You can try a few push-up exercises to warm up your upper body and arms for motion in the water. Begin by lying straight on your tummy with the arms folded at the elbows. Place your arms perpendicular to the side of your body and put your palms firmly on the floor. Try and raise your body off the floor until your elbows are at a right angle, then slowly lower yourself. Always support your lower body using your toes and maintain a straight back to prevent straining it.

## **10. Skipping**

Skipping is a dynamic swimming warm-up exercise that every swimmer needs to do. It gets your heart rate up and your lungs to work more efficiently. Skipping varieties you can do include butt kicks and fast paced skipping. You can also use a skipping rope.

## **11. Split Jumps**

Stand with your legs two to three feet apart and place one foot in front of the other one. Keep your torso upright and your legs bent. Lower your body into a lunge and jump. When landing, make sure that the opposite leg lands forward into a lunge position. Repeat this several times with the forward leg alternating in each rep.



## TSHWANE NEWS

Since the last SAMS Newsletter, a lot has happened. We, Tshwane members, Coelacanth and Champion Swim Club supported the Frostbite Galas and the Gauteng Short Course Gala.

The main event of course was the Budapest Masters World Championships. Coelacanth had 5 very excited competitors, Sabine and Sandra Verryn, Harald Ruck, Selwyn Sundelowitz and Franco van Lingen. For Champion Swim Club, it was their first time to travel overseas to compete, in Budapest, and they were super excited about their trip. They had 7 members competing. Louise Garnet-Benett, Ingrid Terblanche, Pam Reyneke, Dida Coetzer, Melissa Combrink, Kathy Combrink and Coillard Ford. They all smashed their PB's, finished the Open Water in tough conditions (on some days) but had an experience of a lifetime! They all did our clubs and our country proud.

### Coelacanth's positions in Budapest:

Harald was amazing in his 50 back, Coming **First** in the World in his Age Group!  
 10<sup>th</sup> in 110 back, 16<sup>th</sup> in 50 Free, 13<sup>th</sup> in 50 butterfly, and 17<sup>th</sup> in 100 Free.

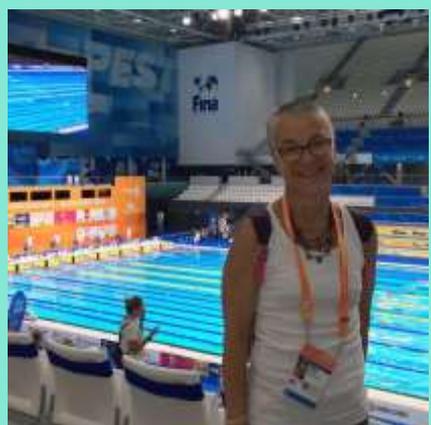
Selwyn: 11<sup>th</sup> in 3k Open Water, 15<sup>th</sup> in the 800m, 20<sup>th</sup> in the 200 Back and 22<sup>nd</sup> in the 400 IM

Sabine: 8<sup>th</sup> in 50 Free, 19<sup>th</sup> in 100 Free, 26<sup>th</sup> in 50 Fly and 29<sup>th</sup> in 100 Breast.

Sandra: 72<sup>nd</sup> in the 50fly.

A lot of sightseeing was done in this beautiful city, an experience never to be forgotten.

Everyone sent beautiful pictures of Budapest and the pools etc. Glad you are back safe. Here are some of them.



## Franco Van Lingen. Memories of Budapest

Thanks for all the support and encouragement from you and the team.

We had an amazing time swimming and touring. Budapest is a beautiful city with awesome historical buildings and beautiful scenery. The Hungarians and Fina did an amazing job, I heard a couple of complaints, but for me the setting, the pools the transport to and from the pools were all free, in actual fact we travelled all over the place tubes, buses were free not only to and from the swimming but all over.

After the after the first two races I had a lot of free time between swims so my wife and I went exploring the city walking too much, when it came to my other swims my legs gave in in the breast stroke. But I wasn't going to win in the water in any case. But the whole World Masters Swimming Experience was a "Win" 1st Place. Thanks for making it possible. Love you all.



Herewith Franco and I polishing our carbo loading pre-race technique combo, which we seriously recommend.

Within the hectic picturesque setting of Budapest the champs were organised around two venues each holding two competition pools with access to four warm-up/down training pools both on site and remote. Communication tended to be a last minute affair in some cases and only via the internet meaning you had to have your ear close to the ground. In the case of the open water swim they changed dates and start times the day before and reinstated the original time table the day of the first races. You can only imagine!

However, the facilities were of a mind-boggling standard and the vibe around the warm-up and competition pools was really something to behold. A festival of sun, noise, nerves and splashing! Magic. Myra and I were fortunate to stay with Eve and Franco at the same hotel and so share this wonderful experience with them. Peter Larcombe from East Coast Masters also became an integral part of our intimate little group. All in all it was adventure tourism at its best. My results 65-69 age group were:

3km - 11<sup>th</sup>  
800 - 15<sup>th</sup>  
200bk - 20<sup>th</sup>  
400im - 22<sup>nd</sup>, SS

Memoirs of Budapest- Selwyn Sundelowitz

Our Winter Challenge was a great success once again, even though Hillcrest Pool was closed for repairs, we managed to hire Tuks Pool, which was a warm 27 degrees and it was a gorgeous sunny day. Prizes were handed out to all who competed. Results Template



## OUR MASTERS RECEIVE TOP AWARDS FROM NTS

Claire Rolt and Gary Albertyn were awarded prizes at the NTS Awards Evening  
For the best Female and Male swimmer for the season.

Well done!





Our first thought of ever entering a World Masters Championship was when our coach, Wendy Albertyn, had just come back from World Masters Champs in Kazan and said she would like to start a Masters group to send to the next World Champs in Budapest 2017. Well, we fell for it head, line and sinker. Didn't matter that most of us couldn't get to the other side of a 25m pool without stopping at least once, but hey, we had two years to train. And so the dream began. . .

On 08 August 2017 the swimmers from Champion Swimming Club – Masters, namely, Louise Garnet-Bennett (Team Manager) thanks for all the hard work Louise! Ingrid Terblanche, Pam Reynecke, Dida Coetzer, Melissa Combrink, Kathy Combrink and Coillard Ford (who stayed separately from the team) headed for Budapest leaving the cold weather behind. We landed at a VERY hot Budapest Ferenc Liszt International Airport on from where we took a taxi for the two hour scenic drive to Balatonfüred, where the Championships would start with the open water events at Lake Balaton. We stayed in a beautiful little village called Csopak. During this drive we had our first glimpse of how well the Hungarian taxi drivers could multi-task while driving, and while doing it all on the “wrong side” of the road.

While the open water swimmers did their thing in the lake getting ready for their open water events, the rest of us tried out our “catching the bus skills” to the indoor training pool (never knew there were so many buses going to so many places!). The only thing I will admit to, is that we ended up walking WAY more than we took the bus!

On Friday 11 Aug, Ingrid and Coillard had their 3km open water swim. Due to heavy rain the previous evening, the normally calm lake turned into a sea of high waves and rough water with minimum visibility. For Ingrid it was a very difficult swim but she was very thankful to have been able to complete the race, as a few swimmers in her age group were unable to finish. Coillard found it to be a great experience and a challenging swim. He finished in 2<sup>nd</sup> place in his heat and an amazing overall 14<sup>th</sup> place in his age group. Well done both of you on your awesome swims!

Louise and Dida had their open water swims on Saturday, 12 Aug. It was touch and go as to whether they would be swimming or not due to weather conditions. They eventually did swim on a shorter route due to severe winds. For Louise it was one of the toughest swims she has done but she said it was incredible and awesome just to be there taking part. Dida said that with limited OW experience she found it to be challenging with waves coming at her from both sides. She is happy with her swim and says it was a great experience but she still has place for improvement. Well done to both of you on your great swims.

From Balatonfüred we caught the Fina train to Budapest to our awesome hotel, Eurostars, in the city centre, to participate in the pool events.

To get around Budapest we had these “open sesame” athlete cards which hung around our necks on a bright orange lanyard, and boy did these cards open doors for us! Train doors, tram doors, bus doors and venue doors! It was awesome, we just flashed our cards and we were in.

The venues were huge and the pools beautiful and sparkling. Well done to Coillard who achieved a PB in his 800m free coming overall 14<sup>th</sup> in his age group. If there was a medal for the person who took off the most time in the pool events then Pam would definitely have won it. A whopping 34 seconds off, in total! Well done Pam! Pam said that as a teenager she kept missing out on qualifying for Nationals, so competing in Budapest some 40 years later was a dream come true for her. Well done to Melissa who surprised herself with her 100m Back swim, winning her heat and taking off 8 seconds. She said the Championships were a fun and memorable experience. The rest of our team swam PBs or close to PBs and were happy with our swims and grateful to have been able to be there and to compete. The relays were a highlight for us all. They were so exciting and we were super-fast! (According to us!)

One thing that was really amazing and encouraging to see was some of the swimmers in their 80's and up, diving off the blocks and swimming awesome times!

There was so much that we did and experienced, the laughs and fun we had, the beautiful sights we saw, the delicious meals we ate, the camaraderie we shared, the lost in translation situations we found ourselves in, the caps we swopped, the friends we made, the memories we have. Most important of all, WE WERE THERE!

Kathy Combrink



Two of our members, Scott Gilchrist and Cliff Garrun had the privilege of swimming in the Fina World Masters Champs in August. How lucky they were. We all saw the amazing coverage of the World Champs a few weeks earlier with such beautiful surroundings and excellent facilities.

Scott Gilchrist has just aged up to 40, that magic age when we suddenly feel time snapping at our heels and we need to remind ourselves how strong and capable we still are. He is a Fly/IM specialist and did very well in the 400IM where he came 12th and in the 200 fly where he was ranked 15th.

He had the good fortune to be swimming in the main pool for his 400IM and said the facilities were as incredible as they looked on TV and the organisation was brilliant.



### Our new committee



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**Newsletters:**  
 Sue Leuner and her daughter.

SAMS - ONE HOUR WINTER SWIM CHALLENGE			
done by: Phoenix Masters Swimming Club			
CHARITY - WOODROCK ANIMAL RESCUE CENTRE			
<u>CASH</u>			
EFT's R800.00			
Number of participants	16 Individual swimmers	Total Distance	39,275m
<u>ITEMS DONATED</u>			
Dry dog food 64kg Wet dog food 5.425kg Dry cat food 6 kg Cat and dog treats			
Cat and dog treats Washing powder Dish wash liquid Cleaning liquid Dog shampoo			
Tea Coffee Sugar Leashes and collars Halter and lead Cat scratching post Various bags Fitted dog coats			

<b>Name of Charity</b>	Woodrock Animal Rescue Centre	<b>Amount Collected</b>	<b>Total Value R3212.00</b>
<b>Number of participants</b>	16 Individual swimmers	<b>Total Distance</b>	<b>39,275m</b>



## 4 Elements Ocean Challenge – Durban - May 2017

Carole Bridges and I motored down to a windy, cloudy Durban on the Friday to take part in this swim, which raises

money to fund disadvantaged students' studies in marine environmental management.

Having spent the night with my mate Daryl Francois and his crazy, wonderful family and had a bit of liquid carbo-loading, we got up and proceeded to DUC, next to Ushaka, for the start.

After my car being rear-ended (write-off) on the way there and Daryl picking us up on Old Fort Rd, we decided to swim anyway!

Inclement weather conditions prompted the organisers, the great Taylor family of Durban, to change the normal south/north route to a circular course starting and finishing at DUC.

Our Wahoo contingent Carole, Karen Gibson, myself plus Daryl and a big field of swimmers, braved the elements and ended having a wonderful 5km swim, with a welcome breakfast afterwards.

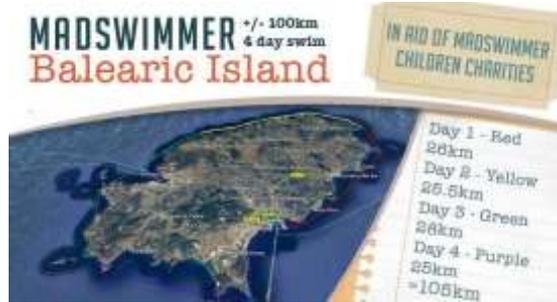
Hiring replacement vehicle, police reports etc. happened thereafter.

Guy Harker

Wahoo, GMS, SAMS



## Wahooligans tackle the Madswimmer.



Dawn Smith, Andrew Ford and Owen Sheftz swam to raise money for the Guild Cottage Orphanage.





## Freestate greetings Lienkie & Chris Olivier

Freestate Masters had their Winter Fitness Challenge at Fitness Zone Gym in Klerksdorp on the 26<sup>th</sup> of August with water temp of 21 degrees. Our other teammates participated at the Virgin Active Gym in Bloemfontein. Our charity this year was SAVF Rethabile Klerksdorp Children's home. We donated an amount of R3110 and swam 26, 4 km. Our weekend started with a "Sop and Sherry Kuier" and early Saturday morning we met up with 70 kids from the children's home. They helped with registrations, some swam for the very first time in a pool, and other kids walked on the treadmills. Freestate Masters donated 70 swim caps to them for the summer. Every swimmer received a goodie bag before the challenge.

We want to send out a thank you to Lynette Richards who brought along balloons from Ireland that formed part of the decoration of the day. And then a special thanks to Sias Browning, Brent Browning, Caroline van Niekerk, Zander, Shani Loxton, Janet Stocken, Chris and Lienkie Olivier for their contribution into making it a special and successful event.



From Sven-- Prior to departing for Budapest I received an e-mail from the organising committee that the open water event for my age group would be moved a day forward due to adverse weather. This meant that I would miss my swim and I had mixed feelings about that. Firstly there was the relief, as I had never actually swum three Kilometers in one go before in my life. It also meant that I would be nice and fresh for my 200 Backstroke two days later. But there was also the disappointment of not getting the chance to swim in the powder blue melt-water that is lake Balaton, and experiencing my first proper sanctioned open water event with pontoon start and that fancy slap-the-overhead-floating-finish-line thing. It seems numerous other competitors had the same concerns and by the time I landed there was an e-mail stating that the event would indeed take place, albeit in a shortened two lap format. It's amazing how excitement and anxiety as conflicting emotions can spike one's heart rate. We swam the following day.

I spent the night in the pretty little lakeside town called Balatonfüred. The thunderstorms rolled in bringing wind and rain and lightning. Luckily for me the lake is at the heart of the Hungarian winelands, so I calmed myself with two glasses of red.

The storms had blown past by morning time, but the cold wind persisted. Without warming up (that's what the first lap is for right?) I dived in and found a smooth stroke that I could maintain for a fair while. I had consulted beforehand with open water specialists and learnt all about pack swimming and drafting and this and that, but after the start I hardly ever saw anyone with a cap colour from my heat. Convinced that I was in the lead, or second place at the worst, I picked up the pace, even giving a kick here and there. Then I turned around the first buoy, and my heart sank. I felt the full force of the biting wind and heavy chop right in my face. Looking up to try and spot the next turn resulted in repeatedly smashing face first into fast moving walls of water. This race will actually require some effort from my part. I felt a bit concerned for the rest of the field because being a beach bum from Durbs I am more than used to choppy open water surf swims than most. Luckily being a freshwater swim and swallowing all those waves helped with the hydration of my very dry mouth (possibly due to the wine) and I breezed past the packed stands that actually provided some shelter from the wind.



The second lap wasn't any better, especially knowing the wind that awaited after the turn, but I finished in a respectable time for a three ks swim. Except it wasn't three ks, because they shortened the course to 2, 4 ks, even though I know that it was probably closer to 3, 4 ks. Also, when the provisional results came out I was almost top ten, but after the second heat started coming through I dropped to 31st, which means they definitely had a shorter and less choppy course. It's a conspiracy I tell you!

**KZN once again had a very SUCCESSFUL Winter Challenge. Well done to all those that were able to participate in the cause worthy event.**

<b>Region/Club</b>	KZN Masters
<b>Venue</b>	Glenwood Prep School
<b>Name of Charity</b>	Angels Care Project –a charity for homeless and destitute families
<b>Amount Collected</b>	R5375
<b>Number of Participants</b>	61 swimmers
<b>Total distance covered (Individuals)</b>	14,20 Km
<b>Total Distance Covered (Relay Teams)</b>	64,375 km

Swimmers also brought items from a wish list of the Inanda Valley Dog and Cat project – tins & packets of dog /cat food/ bedding/ bowls etc.  
 The youngest swimmer was 7yr old – Nicholas Taylor – Julian’s son. He swam in The Taylor Boys team – Julian, Mark , Richard (Mark’s son) and Nicholas (Julian’s son)  
 Special Mention must be made of Heather Campbell who entered 6 teams from her Flying Fish Swim School, contributing generously to the Angels Care Project.

## New Green Mamba.

I want to thank you and all those who made a contribution to the purchase of the New Green Mamba. I am still getting over the fact that so many people of our Amakhosi Masters Swimming Club made this possible. It was possibly the best kept secret at the championships and the crazy thing is that the wife of a good friend of mine had just passed on and her husband, Carl, does not drive was very willing to pass on this New Green Mamba to me. Of course I will not be able to do much in the way of Taxi bashing but at least get to and fro to the pool more comfortably.

Once again thanks to you all that made it possible.

Yours in swimming

Joe Hillstrom



## What would be a perfect week getaway for you?

Like me, you have probably had friends (or acquaintances around a friend's dinner table) tell you of their holiday, walking the Camino for 5 days, or on Zanzibar island for a week. How about cycling Croatia or France. Hiking Kilimanjaro is also an option. But none of these flap my flippers as they don't involve swimming or water. So when I saw (Master swimmer) Owen van Renen's post on his Face Book page to a link to SWIMQUEST the first thing I read was, "SwimQuest specialise in open water swimming holidays, for all abilities, in locations worldwide. Exceptional service, unrivalled experience, incredible places."

I knew this would have to be my "Shirley Valentine" holiday as my husband doesn't love swimming the way I do. I thought, "I can do this" The location advertised and the one I chose, is Mathraki Island Greece. Maximum in each group is 16. Non swimming partners are welcome.

Mathraki is a remote island in Greece and an incredible location for a swimming holiday. The Diapontia Islands (off the North West coast of Corfu) provide a range of distances, from bay swims all the way up to a 6km swim. This tour is ideal for anyone looking to lose themselves in a more relaxed way of life for a week. Mathraki provides a fantastic base from which to explore the surrounding archipelago and the extraordinary Kravia rock formations. Expect basic but comfortable accommodation on this quirky island, fantastic swimming, and delicious home cooked food, and unbeatable Greek hospitality from the Argyros family.

My trip is early September (still summer there) and I will post my experiences in the next newsletter... watch this space. For more info and to see the amazing locations, [www.swimquest.uk.co](http://www.swimquest.uk.co)

I first discovered Biathle in 2013 after watching a friend's colleague compete in World Biathlete Championship in Dubai. I was immediately drawn to the sport as I realized that a strong swimming component could give an advantage and I had been a relatively strong swimmer at school and had been part of Amakhosi swimming club since 2008.

I started competing in both Biathlon and Biathle in 2013 and managed to achieve podium finishes in all the local and national competitions. My first international opportunity came in 2014 when I won world champs in Guatemala. In 2015 I competed in the country of Georgia where I placed fourth individually and a team gold and last year I competed in the USA and managed to win a silver medal in the individual event and a gold in the relay event and team event.

This year I also won SA Biathlon and was awarded SA colours for the sport which was a very proud moment.

Both of these sports have been a challenge that have at times pushed me to my limits, but I am always grateful for the good swimming grounding which has played a crucial part in my success. Being part of a great swimming-club has given me exposure to good swim advice from well-seasoned swimmers, motivated me to keep at it and push through the tough times, made some of my training experiences far more enjoyable and a bonus on top of all of that is having the Amakhosi chairman who is an avid runner who can give advice and encouragement in the water and on land!

## OUR PARTICIPATION IN THE DEAF OLYMPICS

This needs to start with a big thank you to Tadhg Slattery and Albie Loaw for putting your faith in me as Swimming Coach/Manager for the 2017 Deaflympics. To my main sponsor, and also to my other sponsors and friends, Joy and Shane Roach and Jeanne Loubser, a big thank you.

Also a big thanks to Amakhosi Masters swimming, for the amazing casino fund raiser you did to help our local swimmer Mark Roach and myself make this trip a reality. What fun we had that night betting "For Mark to be Anchored in the Heart of the Diamond Crown", while I stayed loyal to my Bumpy Trees.

This trip would not have been possible without your financial backing. I am definitely richer in many ways for this amazing cultural and soul moving experience. For this I thank you.

23rd Deaflympics, 2017, Samsun, Turkey, 4000 athletes, 85 countries represented!

We arrived to a friendly and organized registration centre, although a lengthy procedure at one o'clock in the morning, it needed to be done. There we met our Volunteers, Amanda Mkhize and Sima Mathe. Lovely young SA girls, studying in Turkey. They were our "go to" girls for any problem big or small, and boy did they deliver. Respect ladies! A job well done, and good friendships forged.

We were then taken by bus to VD1 Olympic village. This incredible bus service, that was available to all throughout the games, was amazing. Never did I wait for it for more than 10 minutes, although I and many others, did fall down the step more than a few times! Who hollows out the floor of a buss?

We arrived to an impressive row of six monstrous buildings, staggered down the side of a mountain. These were linked by 247 stairs on the rite and a rather steep road on the left! This I know, as we climbed it twice a day, for the next two weeks. The security going into the complex, and any other sports ground thereafter, was "international airport" standard! Very impressive.

After the security check we passed into "A" block, which consisted of eating halls, social arias, auditorium, gym, laundry, library and shop. A very social space and lots of fun and meetings, and fun meetings were held there! It was also the coolest spot, from the sweltering heat.

Well if that was "A" block, our living quarters, you guessed it, were in "E" block, at the bottom of the mountain! Let the aching legs begin!

These living quarters, however, were fantastic. Serviced, spacious, clean and private, all one would need. The food was interesting and adequate, but then became very repetitive. This could all be overlooked by the abundance of summer fruits on offer. Our needs were met although it was touch and go, when the coffee machine was not working for the third day!

The first three days were spent finding our way around and doing some good training in a very impressive Aquatics Centre. This, however, was all a bit of a blur to me as I had somehow got myself a raging fever and a bout of bronchitis! But all was mended after two hospital visits with numerous drips and nebulizers. They gave me very good service and all on the house.

The opening ceremony was a spectacular, heart-moving event in a packed soccer stadium, filled with people from all over the world, forgetting their differences and having fun in the name of sport. It touched my soul!

Let the games begin!

Swimming took place in the Atakum Olympic Swimming Pool, which had the latest starting blocks and backstroke ledges. Each swimmer had a set of movable lights at their block to indicate Red - get on the block, Orange - take your mark and Green -Go.

We had 194 swimmers, representing 37 countries.

Our South African swimmers did exceptionally well, considering they had come from winter to a hot summer, climbed all those stairs twice a day and also Cornell and Mark had got flu and could only be medicated with sport legal drugs.

Pierre Dallieu

50m Free - entry 24.51 - heats - 24.60 semis 24.55 - final 24.53 - placing 7th.

100m Free - entry 54.92 - heats 54.92 - finals 54.74 PB - placing 8th

Very impressive for his first international meet.

Mark Roach.

50m free - entry 24.93 - heats 25.10 - semis - 25.07 - placing 11th

100m free - entry 55.81 - heats 56.22 - placing 17th.

50m fly - entry 26.41 - heats 26.72 - placing 11th

100m fly - entry 1:00.38 - heats 59.62 PB - finals 59.96 - placing 8th

50m back- entry 29.97 - heats 28.93 PB - first reserve by .01 splits - placing 9th

200m IM - entry 2:15.20 - heats 2:14.52 PB - finals 2:14.61 - placing 5th

Fantastic achievement! You take big leaps forward, every time you represent your country. Excellent leadership qualities shown this time. Proud of you!

Cornell Loubser

200m free - entry 2:19.13 - heats 2:17.51 PB - made final but withdrew

50m fly - entry 29.64 - heats 30.41 - finals 29.43 PB - placing 4th

100m fly - entry 1:05.50 - heats 1:05.75 - finals 1:04.75 PB - placing 2nd - Silver

200m fly - entry 2:28.96 - heats 2:30.06 - finals 2:26.19 PB - placing 2nd - Silver

Wonderful achievements Cornell. So proud of you and you working ethic! You are a wonderful example and inspiration to the new swimmers.

Well done swimmers! You did yourselves, your families, your coaches and your country proud!

South Africa came away with Two Silver medals, a 4th, 5th, 7th and two 8th placings. Our swimmers were tough and never complained about anything, they just got the job done. Many wonderful memories and friends were made, and many life lessons were learnt. All in all, a wonderful growing experience for young adults.

The athletics we watched saw Simo speed through to two semi-finals. Even with an injury he was impressive. Well done for your first international event.

On the social side, we South Africans were very well received. We were invited by Australia to a closing dinner for the swimmers on the last night. It was wonderful to see what good friends Australia, GB, USA, New Zealand and South Africa have become.

Also a movie was made of our Amakhosi Masters swimmer and star actor, Joy Roach! Of how the parents support, of accompanying them all over the world, helps their children in sport. Other than being called a 'him' all the time, it turned out fantastic! Joy, what a good sport you were!

We also felt very special to be visited by the South African Ambassador, Mr Pule Malefane, who travelled from Ankara, just to meet us. Thank you sir!

Our local Olympiad, Terrance Parkin, "The most decorated Deaflympics swimmer in the World" was also there. Even though he was really busy, he made sure he was at all the swimming meets and also spent a lot of time just socializing with us. It was great to get to know him better.

Our amazing supporters club (Joy, Jeanne and Carla) were always ready to take us out to taste the amazing foods that were on offer at the traditional eateries. Except that goats milk that Joy enjoyed ... they can keep!

On the last few days we went sightseeing, shopping for Turkish delight and swimming in the Black Sea. It was all a wonderful cultural experience.

To the powers that be! Again a big thank you for your vote of confidence in selecting me.

To Tadhg Slatery, it was once again a pleasure to work with such an organized, calm and humble human being.

To my sponsors and companions, I had a blast, thank you.

To the swimmers, you did it, and you did it Good! Of you I am immensely proud! Keep training, World Champs is around the corner.

To my God, thank you for keeping me safe.

Yours in Swimming

Vionne Skinner

Deaflympics Swimming Coach/Manager



# Eastern Cape

## Bay Eagle

Bay Eagle Swim Team are looking forward to a "Swimming-Filled Spring" as we shake off the winter cold and begin to prepare for the 2018 swimming season. Our group of dedicated swimmers have braved the cold water, cold wind and icy mornings throughout the winter to get fit and stay fit. All thanks to the dedication and persistence of our amazing coach, Erika Scheepers!

We are proud to announce that our amazingly talented, Elsa Craig, participated in the World Masters Swimming Competition in Budapest. Elsa had quite an eventful time and I have to say that she is truly one of the bravest people I know!

Elsa arrived in Budapest on the 8 August 2017, accompanied by her husband Brian. Her first event was the Open Water at the Balatonfured. Unfortunately Elsa had a fall at the swimming pool and broke her toe and sprained her arm and wrist . . . the

day before the Open Water Swim! But in true "Elsa" style she got up, brushed it off and continued to take part in the Open Water Swim. And to top it off she won 6<sup>th</sup> place in the 70-74 age group. Elsa continued to make us proud.

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We are all now in training for our first Open Water Swim at the Marina Martinique in Jeffery's Bay. Round 1 takes place on 15 October. We are so privileged to have this venue for our events and look forward to the SA Championships that will be held there next year! Swimmers can choose between the 1km, 3km, 5km and 10km disciplines.

**What a fantastic experience. The pool, the organisation, the vast amount of swimmers and not least the beautiful city of Budapest. From Elsa Craig**

**We had a ball in Budapest - apart from the fact that I fell and broke my big toe, sprained my wrist and arm a day before the open water. I limped across the 3km to finish 6th! Then I had 5 days to get better before the pool swimming started, and still had a problem with the sprints. It seemed to be better on the longer distances where I could build up. But in any case I managed the following results: 400 IM - 5th, 50 fly - 3rd, 200 IM - 4th and 50 Backstroke - 5th.**

**At least my times was faster than in EL during Nationals 2017.**



**Happy Spring to all of our fellow masters swimmers across the country**

*The results from one of our charity swims from George*

Region/Club	Fish Eagles Masters Swimming		
Venue	Virgin Active, George		
Name of Charity	George SPCA		
Amount Collected	R3445		
Number of Participants	8		
Total distance covered (Individuals)	8150		
Total Distance Covered (Relay Teams)	3000		
Number of swimmers completing the Mile challenge	LEVEL 1	LEVEL 2	LEVEL 3
	4		
<p>We all swam at the same time and afterwards celebrated by having a Greek luncheon at one of the member's home. This was in preparation for a possible swimming trip to Greece in 2018!</p>			

**Nelson Mandela Bay Aquatics Masters**






**NELSON MANDELA BAY AQUATICS MASTERS**  
 IN ASSOCIATION WITH  
**SOUTH AFRICAN MASTERS SWIMMING**  
 PRESENT  
**NATIONAL WOMANS DAY**  
**WINTER CHALLENGE 2017**  
**100 x 100 "S**  
 DATE: 08th AUGUST 2017  
 TIME: 19:00 START  
 VENUE: SUMMERWOOD INDOOR POOL  
 R 500 PER TEAM OF 10 SWIMMERS  
 Confirm your entry by emailing  
 pj@nmb-aquatics.co.za

All funds raised will be given to **Yokhuselo Haven**  
 (A shelter dedicated to women and children  
 affected by Domestic Violence)

Enjoy an evening swimming with friends for a worthy cause




**AQUABEARS DOING THEIR BIT FOR CHARITY**

# Western Province Masters



BUDAPEST  
2017



**Fina**  
WORLD MASTERS  
CHAMPIONSHIPS



## BUDAPEST, YOU BEAUTY!

28 Cape Town Masters Swimmers recently packed their TYR backpacks and awesome kit sponsored by Maze Consulting and headed to the 17 Fina Masters World Swimming Championships in Budapest, Hungary. The competition was scheduled over a week and was hosted in 4 pools, 2 at Duna Arena and 2 at Hajos on Margaret Island, with the Open Water event at Lake Balaton.

Our week was filled with many PB's, WP, SA Championship Records and a **WORLD RECORD** to Tim Shead for his 200m Backstroke in a time of 2:39.69!

Santa van Jaarsveld, Andre Steynberg, David McLachlan, Cecelia Stanford, Calvin Maughan, Andre Kascha Kloos all brought Home individual GOLD and TOP placings.

Overall, our swimmers achieved **FANTASTIC** results:

Our relays earned CTM tied for **1<sup>st</sup> place** in the medal count. 3 Gold, 2 Silver, 1 Bronze, 2 5<sup>th</sup> places and 2 6<sup>th</sup> places! Just Fabulous!

Individually, our men achieved 10 Gold, 2 Silver, 2 Bronze, 5 4<sup>th</sup> places, 1 5<sup>th</sup> place and 2 6<sup>th</sup> places. A total of 22 medals!

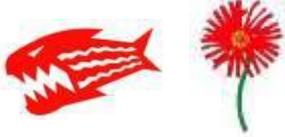
Our women, 4 Gold, 2 Silver, 3 Bronze, 4 4<sup>th</sup> places, 3 5<sup>th</sup> places and 2 6<sup>th</sup> places. A total of 18 medals! Typical of masters' swimming, many new friendships were formed and an unbelievable camaraderie existed amongst teammates and new friends. Now, we're all set for South Korea in 2019, are YOU?





**NTS**

AFFILIATED TO SWIMMING SOUTH AFRICA



## Pretoria 2018

# Getting around Pretoria



The Gautrain network is a rapid rail transport system from OR Tambo International Airport, connecting Sandton (CBD), Johannesburg (CBD), Pretoria (CBD) and Hatfield (very close to the pool). A line change at Marlboro Station to the Pretoria line is required. There are several Gautrain Buses operating routes from the stations, to enable you to get as close as possible to your destination.



To use UBER on you mobile open the Uber App in your Play Store and download. Then click install on your device. Then Log in or register. Follow prompts to call a driver.



The 2.6-billion Tshwane BRT system<sup>1</sup> which formed part of the city's revitalisation project is part of a global concept. With more 47 BRT systems operating worldwide. The Tshwane BRT consists of a total of some 80 kilometres comprising 62 stations and runs from Mabopane through the Pretoria CBD past Menlyn and onto Mamelodi. The system consists of some 340 buses some of which is powered by gas. The buses travel along dedicated bus lanes in the centre of the roadway allowing you to avoid the traffic and get to your destination faster safer and on time

# The Last Word'

## Six Ways to Kickstart Your Motivation



Alrighty, let's boogie:

1. Partner up with someone who is faster in your group. Improvement is about reaching for just past what we feel ourselves capable at this moment. If he or she is going pace 50s at 35-second intervals, do it too. If they are going to do use a rubber band on their ankles when doing a pull set, follow suit. Successful swimmers have this odd characteristic of wanting to challenge themselves. Challenge yourself by rising to their level.
2. Pick up the habit of doing more than is expected of you. All the talent in the world can only get us so far without hard work. If you are doing "just enough" to get by, your results will reflect this. There is a powerful and visceral pride in being able to tell yourself that you did more than what was asked.
3. Choose a habit to destroy at the pool this week. "Hey, I don't have any bad habits. I'm perfect," you might be saying. Mmm-hmm. Pick that one habit that you've been using as a crutch and vow to destroy it once and for all. It could be something like pulling into the wall when doing kick sets, breathing the first stroke coming off the walls, not breathing every three strokes ... You get the idea. Pick one, and attack it for a week. Just one bad habit, and just for one week. Typically that is more than enough time to replace that stinky habit and give you the boost of confidence and motivation that you don't, in fact, need to do nine butterfly kicks on breaststroke pullouts.
4. Show up early. Often the most agonizing moments of a swimmers day is the lead-up to a particularly difficult workout session. (Hey coaches, just surprise us. Don't tell us two days earlier that we are doing 10x1000 on Friday morning.) Nip this in the bud by showing up early. Sitting around with your friends agonizing about it will only make you feel worse and dread it even more. Think of that insane workout as a Band-Aid — just rip it off! Sure, it'll sting at first and you might have some body hair stuck inside of it, but the sooner it's done, the less time you can spend obsessively freaking out about it.
5. Make a countdown. Pull out that big, greasy goal you have for the year. It could be smashing a personal best, making a travel team, or even setting a world record. Count the number of days between now and the day of the meet where you hope to execute this goal. Create a reverse countdown using this number. (Google "countdown app" — there are an endless number of options. Or create your own advent calendar. Mmm chocolate!) Doing this will make your goal more real and establish some urgency to make every single workout count. Doing this while humming Europe's "The Final Countdown" probably wouldn't hurt either.
6. Get some perspective. Swimmers spend a lot of time in the pool. A lot. This doesn't include travel time from practice and competitions, the nine hours per day spent trying to stay fuelled up, or the endless loads of towel and bathing-suit washing. When training is in full session we get one day off per week, and that is generally spent recovering on the couch, eating bagels, catching up on homework and in a general state of dread for a fresh week of training to commence Monday morning. Perspective comes in various forms, but my favourite is simply walking along the ocean. Getting outside and getting something besides chlorine in those lungs is a good way to remind yourself that while that 10x1000 set sucks, there is nowhere else you'd rather be. Got any other ways to keep the winter blues at bay?

*Olivier Poirier-Leroy is a former national level swimmer in Canada*

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***So till next time, whenever, wherever, hugs AND.....***

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