

CATCH-UP



NEWSLETTER OF CAPE TOWN MASTERS SWIMMING

FROM THE CHAIR – JULY 2010



Howdy Doo fellow swimmers...
What a nice revamped newsletter! Chris and Marais,
take a bow!

June has come and gone, July is almost something of a
memory and the weather is still making it difficult to
get in the water every day. But keep at it, you will reap
the rewards.

The July gala was well attended with just under 50
swimmers. There were a lot of visitors so thanks to you
guys that have been spreading the word and getting
the new faces to swim. Next gala is in August - can't
wait!

The season calendar has been distributed by WP
Masters; those who have not seen it please ask
around, I'm sure most of us have it.

Winter Fitness Challenge is up next. There have been
some concerns around our ability as a big club to do
well at this event, but while the rules stand as it is, it
means that all of us have to get in the water and
swim!!! Get friends family and other squad members
involved as well, the more the better.

For those that are yet to re-register and submit your
CTM subs, please get those registrations in so that we
can get the admin behind us and concentrate on what
we are here for, SWIMMING!!!

Please remember that there are still some swimming
caps available for R20 each. Di Hau also has ample
costumes left for those who still want one. Get in

touch and we'll get it to you.

And that's the lot. And remember, in Judy's words,
Masters swimming is about Fun, Fitness and
Friendship!
A bunch of great people, taking part in a great sport
and having a great time!

Until next time...
Neil

DATES TO REMEMBER

31st July – 6 August: 13th FINA World Masters
Championships in Gothenburg, Sweden.

Saturday 31st July: Swem, Sop en Sjerrie –
Bloemfontein.

Thursday 19th Aug: Long Street Gala at 18h30.

Sunday 17th Oct: SAMS Short Course Champs at
Long Street (start training).

MEMBERS' NEWS

Perry Cadiz, and husband Frank, have produced
another bouncy baby – Cuan Roy, who weighed in
at 4,3kg – brother for Michael and Kelly.
Congratulations, especially to Perry (not to
undermine your effort, Frank) who continued to
put in serious laps up to 3 days before the birth.
Could we expect the rest of the water-polo team
soon?



FIRST-TIME NATIONALS

This extract may not be from a local (it's an Australian swimmers' account) but it is very reminiscent of the experiences many swimmers have had at their first nationals meet...

I've been asked to share with you my experiences of being a first timer at the National Masters Swimming Championships held in Launceston this week (April 2010). I'm sitting here on the plane back to Perth wondering where to start, so maybe I'll start with the trip to Launceston. School holidays and the Easter long weekend were upon us, and the Nationals loomed! That's when the trepidation set in. Had I done enough training? Frank (our amazing coach) believed in me, but did I believe in me? No, not really. As I sat on the small twin engine plane (I don't like small planes!) from Melbourne to Launceston, on my own, peering out to the very small propellers after an already epic travelling time of roughly 12 hours, I wondered what the hell I was doing! Why was I on a plane at all, (leaving my 3 kids behind) let alone about to embark on 4 days of gut wrenching competition, with a bunch of people I sort of knew, but not really? I suddenly felt very alone... But then we landed and I made my way to our accommodation to be greeted by my fellow Gropers (*that's a club, not a description!* – Ed), and that's when the real journey began.

Not much sleep was had by me the newbie, but surprisingly also from the seasoned competitors. A feeling of gut wrenching anxiety was beginning to take hold (a feeling I might add that lasted for 4 days solid!) A feeling which surprisingly became a comfort as I knew an event was coming up soon and it was time to overcome my fears! Then it was time...my first event, the 25m Backstroke. I was terrified. My stomach was churning. I thought I was going to be sick. But then it was over in a flash! I slipped at the start, and stuffed up my final stroke but I had made it! What a buzz! I felt like I had climbed Mt Everest and made it back down alive! My bathers didn't fall off and I didn't make a fool of myself in front of all those people! Next came the 100m Individual Medley. Oh my God! All I could think of was the order... Butterfly, Backstroke, Breaststroke, Freestyle... don't get it wrong! Seconds to go... butterfly, backstroke, breaststroke, free... Go!! Once you hit that water, it all happens so quickly you don't even have time to think about anything let alone the order, you just do it. I can just see Frank nodding his head saying "I told you so!"

And so it continued... Freestyle, breaststroke backstroke and butterfly in every combination you can think of. With 14 of us Gropers there was never very long before you were screaming at the top of your lungs for one of your teammates and you wouldn't stop until they acknowledged you from the starters' blocks. Yes they can hear you! It didn't take long before the trepidation I had felt at not really knowing anyone disappeared. The incredible amount of

support and camaraderie between the team was unbelievable, and the sheer joy and exhilaration of competing was shared by all. The fact that it didn't matter where you came (which was lucky for me!) and that the enthusiasm and support was unwavering was intoxicating. I may not have won my heat, but it didn't matter. The fact I'd done a PB however was celebrated with genuine support, encouragement and excitement. You see, we were surrounded by 563 swimmers of all ages and sizes (and some interesting swimming costumes i.e. the purple leopard print bathers on a rather larger woman that I think were beyond their use by date!) who were there to swim their hearts out, not only for World Records and National Records, but just to feel the water on your skin and the surge of adrenalin at the starters gun. Every nerve ending was tingling, muscles were twitching and you knew you were alive, very alive! What a buzz! Everyone needs to feel this alive at some time. It is exhilarating and exhausting all at once. I want more and feel like I am bursting with news that I want to tell everyone... hence this essay that was only meant to be a paragraph.

It is however the bonds that have been forged and the friendships that have evolved that has been the most rewarding part of this trip for me. I have laughed myself silly, to the point of exhaustion and pain. I have pushed my body hard and it has responded (thank you Frank, Richard and Elena) and I can't wait for the next comp. Roll on the State Titles in 3 weeks! What a transformation.

Bottom line, I think I finally get what this is all about... amazing people doing amazing things all the while encouraging you along for the ride.

LOST YOUR STUFF?

Contact Clara (caurik@mweb.co.za) if you left behind a bag containing caps and goggles after the UWC gala on Saturday.

NEW NORTHERN SUBURBS SQUAD

"We have a training squad - comprising triathlete swimmers and masters' swimmers - going Mondays and Wednesdays at 18H30 at Virgin Active Table View.

We would like to hear if there are other masters swimmers in this area (the west side of town) that would like to join us.

As we all know, it is easier to attain those better times when we are spurred on in our training by a bit of

kindred spirit / group energy.
Please can you put the word out (blow the swimming vuvuzela) to hear if there are people out there?

We are being trained by Nic Muhl who is an active top triathlete and who does stuff like the Cadiz Freedom Swim.

Nic is B-R -I-L-L-I-A-N-T with his stroke correction and uses really imaginative programmes to crank up the fitness without us having time to feel sorry for ourselves.”

For more information, you can contract Peter or Marita Bennetto (021-554 3470/1; 082-463 3382) or email peter@southharbour.co.za



SPEEDO ICE SWIM

BIG UP to Ram Barkai, and five other extreme swimmers, who braved the icy conditions of Fraserburg Dam (near Sutherland, N Cape) on Sunday 19th July to complete a mile in the 4° water.

Just to compare this temperature to things you might experience...the water coming out of your tap on a cold winter morning is about 13°; a dip in Clifton beach's water in summer would earn you a 12° ankle freeze. Now try and imagine 4°. *(The swimmers sit in a tub of 0° water for 5 minutes, in the days prior to the event, and then 5° for another 5 minutes to prepare their vitals for the freeze).*

Nineteen other swimmers completed 600m in what was believed to have been “the most extreme conditions ever swum in Africa”.

The swim was aligned with the World Cup's 1World campaign and also celebrated Nelson Mandela's 92nd birthday. The event raised

R10,000 for Destiny Academy – a school in Fraserburg.

Ram initiated the launch of the International Ice Swimming Association (IISA) with this swim. Check out www.speedoiceswim.co.za for more details of this event.

You may also be interested in visiting another website www.adventurefestival.co.za which has details of, yes, an adventure festival, including another Cadiz swim.

GALA PROCEDURE

There are quite a few newcomers to the swim meets and the timekeepers and coaches feel that it would expedite matters if the procedure at galas was reviewed:

STARTS:

- Swimmers line up behind the blocks
- Step **forward** on 3 whistles
- Only **step up** on the block **on 1 whistle**
- No moving once starter announces “on your marks”
- The No False Start rule applies – if you false start, the race will continue. If you are disqualified you will be told at the end of the race.

TURNS:

For Individual Medley:

- Fly to Back changeover – double hand touch
- Back to Breast – remain on your back; either a back tumble or single arm touch from your back (slight rotation to look at the wall is ok) is acceptable.
- Breast to Crawl – double hand touch.

LEAVING THE WATER:

Swimmers may only leave the pool once the starter referee has blown **1 whistle**.

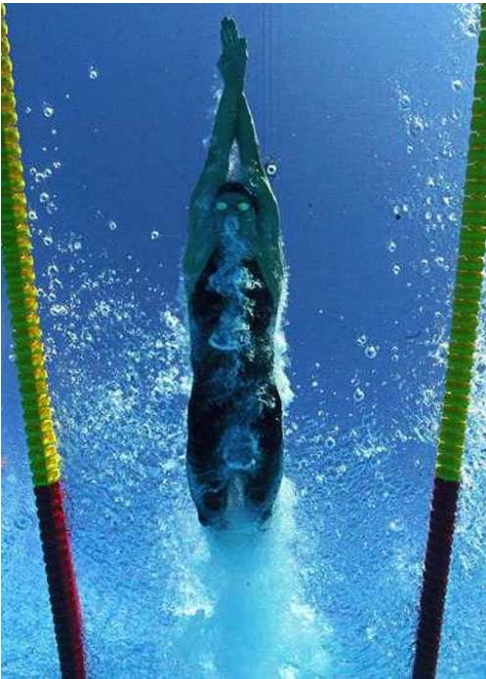




Feel as if you're drowning in vitamins? You should be - to ward off the 'flu that always seems to attack just when summer is around the corner!

A New Stroke Faster Than Freestyle

What would you do if you were told there is now a new stroke that's faster than freestyle? The rules say you can do it instead of freestyle, backstroke or fly. Not only is it faster but it also uses less energy. Would you use it to help you swim faster? Would you ignore it and waste your time and energy making swimming harder? Well guess what... there is a fifth stroke and it is faster than any other stroke. It's called underwater dolphin kick.



Just ask Michael Phelps or Roland Schoeman if they think it's worth doing. What is amazing is that South

Africans seem to want to swim slower. Besides a few great swimmers, no one does underwater work. The rules say you can only go 15 meters underwater because when people figured out it was faster, they were going the whole way underwater! Denis Pankratov used to hold the world record in the 200 Fly by swimming about 30 meters underwater. When they changed the rules, he got beaten and lost his world record. Anyone who swims and doesn't go far under the water is simply wasting a very easy opportunity. The reality is that you can't show up at Nationals and go 15 meters without practicing it in practice. The good news is you all have time to go to practice and extend your wall distance. Every day your aim should be to continually increase your distance off the wall. If you normally do one kick, do two. Then next week do three and go on until you can go about 20 meters. Then when you race, 15 meters will seem easy! It makes no sense to swim 20 hours a week and not do the easiest thing to get faster.

Ed's note (wearing a coaches cap) – Even if you don't swim at international level, practicing this underwater technique will, at the very least, improve your fitness.

MEET THE COACH is struggling to re-surface after the World Cup...back next edition.

COMMITTEE DETAILS 2009

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BANKING DETAILS

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