

CATCH-UP

NEWSLETTER OF CAPE TOWN MASTERS SWIMMING

DECEMBER 2010

FROM THE CHAIR – DEC 2010



Howdy Doo fellow swimmers...

Summer is approaching fast and already it's great to be swimming outside. Gotta love it!!! But please be careful out there in the sun... just ask me: if you saw me after the November 'Sprint' Gala, you would have nicknamed me Neil "Freshwater Lobster" Steenkamp...

Five SA records and 19 WP records were broken, what a gala!

The highlight was again the braai and rugby afterwards, thanks to Marcelle for the organization of the social. It was a winner!

Welcome to our new swimmers, hope you have made some new friends - that's a big part of Masters swimming, the friendships you build up and keep. The next gala will be a nice 50m gala!!! Strand here we come.

Ram Barkai from Cadiz has graciously agreed to sponsor our new batch of swimming caps. The previous batch was a winner and those swimmers who did not have them at galas will have had a visit from me to offer new caps or even trade in those that were looking a bit 'used' and receive new ones. If you already have a cap, but require another, you can purchase it for R20. If you don't yet own one, make a move and "get your cap

on". Thanks Ram!

If we don't see each other before the festive season kicks off, may you have a very merry Christmas and a jolly, happy New Year. To those going away, please drive carefully and look after yourselves...we want to see everyone at the January gala!

And that's the lot. And remember, Masters Swimming is about Fun, Fitness and Friendship!
Until next time....

But wait... There's more.... About the monkey.... Chris pointed out what the history of the monkey was all about in the previous newsletter, but neglected to mention that it is the most prestigious and eagerly awaited announcement / award at every Cape Town Masters AGM, RICH in history and tradition.... Just thought I should mention that...

Neil

DATES TO REMEMBER

Sat 4th December: Strand Gala at 10h00. **NEW** 4 x 100 relays. Timekeepers needed.

11th December: CTM end-of-year bash. Venue is Doug Howieson's house, 104 Zwaanswyk Rd, Tokai. Time is 18h00. RSVP Neil-the-Chair by Fri 3rd Dec (neil.steenkamp@sanlam.co.za or 0832657484).

22 January 2011: 10h00 gala at Paarl-East hosted by Winelands.

Sun 6th February: Brian Curtis Mile, Elgin Dam

Thu 16th & Fri 17th Dec: WP Open Water champs at Ashanti dam, Paarl. Queries www.wpaquatics.com

MEMBERS NEWS

We were saddened indeed to hear of the death of Renee Truter, as a result of a melanoma. Renee was a very private person and not many people knew of her illness. We mourn her passing and send our sincerest condolences to her family.

MEET THE COACH

By Marais Olivier

My suggestion that Clara Aurik be our next coach in "Meet the coach" was met with great enthusiasm. "Clara is a legend!" it was heard to be said. Clearly she is a well-known and beloved member of the swimming fraternity. It was my privilege to interview this swimming and coaching legend at her home in Rondebosch.

Clara, where did you learn to swim?

I was 2 years old when my parents moved from Holland to Indonesia. Because of the heat, the best place to be was in water and my younger sister and I learned to swim from an early age.

Did you receive formal swim training?

Yes, in 1939 I was sent to Holland for further schooling. I joined the Amsterdamse Dames Zwemclub and started training with an Olympic coach. She would point out the correct style and technique of the other swimmers, as well as their mistakes. Although I was still young and a competitive swimmer myself, I became interested in coaching.

In 1941, at the age of 15, Clara became the junior swim champion in Holland. This was during the Second World War and Clara lost contact with her parents. The German soldiers took all their possessions, even the medals they had won. These were melted down for ammunition. Instead of medals, the swimmers received wood-carved plaques as recognition. Clara showed me one of these neatly carved wooden plaques that she had received for a first place. In 1948 Clara was reunited with her family in Indonesia. She was back in the water and became the Indonesian swim champion.

When did you come to South Africa?

I came to South Africa in 1953 and started swimming and coaching at the Long Street swimming pool.

What was the level of coaching like at that time?

Coaching was not very good and the pool was very crowded. Co-operation between the coaches was not good.

But Clara persisted and soon her swimmers started to excel. Over the years she trained several great swimmers, many of whom became Springboks. Clara became one of South Africa's foremost swimming coaches. Her career was not without controversy. In 1976 she defended some of her swimmers who were, undeservedly, excluded from the team. Clara was branded the "Rebel Coach" and barred from attending any swim meets. But this coach was determined to see her star swimmer at the time, Karen van Helden, compete. With a wig as disguise, she was on the stands to see Karen win. "Nobody knew it was me", Clara told me with a twinkle in the eye.

Although Clara had coached many champion swimmers, none of them were allowed to compete internationally, because of South Africa's political situation at the time. Then, at the age of 70, Clara accompanied Marianne Kriel as her coach, to the 1996 Olympic Games in Atlanta.

What did it feel like when Marianne won a medal at the Olympic Games?

Marianne was not one of the favorites to win a medal in the 100m backstroke, but she swam an excellent race and with a very strong finish, she touched third. I was so happy, I danced! After the medal ceremony, Marianne tossed her flowers to me, but they were caught by a taller member of the audience. "No!" Marianne called out, "those are for my coach!" The flowers have long since died but I kept the ribbon with which they were tied.

Besides coaching, Clara kept on swimming and became a master's champion. She competed and won gold at several world championships. In 2004 she was involved in a serious car accident and was forced to retire from swimming. Clara can still be seen at every masters gala, where she takes charge of the timekeeping.

You once mentioned to me that life is too short. If given the chance, what would you have done differently?

Nothing, I would be a swim coach. I loved it.



A younger Clara with her swimmers



Clara with Marianne Kriel



A more recent photo of Clara with new protégé Tarryn Stanford.

COMPETITION...

Guess the location of this tidal pool (photo below) and you could be in line to win a holiday for 10 to the Bahamas... actually not really, but wouldn't it still be good to win a bag of, say, swim goodies? This you could definitely do, so email me with the answer – first correct reply earns the prize!



... AND CHALLENGE

On Sunday 5th December Neil-the-chair, Shirwyn-the-tank and big-Mike Arendse are entering their team in the BSG Energade Triathlon and challenge other swimmers to do the same. The event will be held at Blouberg Beach and the distances are as for half-triathlon: 600m swim (pah! easy), 20km cycle (no problem) and 5km run (oh, puh-leeze!) A fun triathlon to do, especially as a team. You could also be up for a great team prize.

So hurry if you are keen and oh, if you do enter, please let me or one of the team members know. They are dying for some real competition.

NATIONALS NEWS

Accommodation

Balance of payment will be due by 15th January, so ration your Christmas presents. Email with details to follow.

We are pleased to announce that Rod H and Nigel Cones have been allocated the honeymoon suite. Don't disappoint, boys!

Uniform

Thanks to Ram Barkai, and Cadiz, we are sporting our smart CTM swim caps. Ram just asks that you sleep, go shopping and attend formal occasions in them for him to get decent coverage.

Seriously, team swimmers are obliged to wear these white caps when competing.



This is the cap you should all be sporting

Secondly, please make a point of wearing only CTM costumes in warm-ups.

T-shirts

Nationals t-shirts will be available before champs in March.

Racing suits

On the subject of racing...Shirwyn has the following shopping option for racing swim suits:

SPORTSMANS WAREHOUSE sells Speedo LZR Competition suits and Arena Powerskin R-Evolution, Powerskin ST. They go up to size 34 in Arena and 32 in Speedo. Prices are as follows:

- . Speedo LZR Racer Comp Mens Jammer - R699.95
- . Speedo LZR Racer Comp Ladies - R799.95
- . Arena Powerskin R-Evolution Mens Jammer - R1599.95
- . Arena Powerskin R-Evolution Ladies - R2699.
- . Arena Powerskin ST Mens Jammer - R799.95
- . Arena Powerskin ST Ladies - R1299.95

Branches:	Rondebosch	021 6898171
	Tygervalley	021 9141801
	Canal Walk	021 5520163
	Tokai	021 7130180
	Somerset West	021 8511318

Shuttle - George Airport to Oudtshoorn

Contact Heather Goldstein with the following details if you require a shuttle to or from George airport:

Name, date of arrival, time of arrival, date and time of departure.

Heather: goldsteinh@mweb.co.za or 084-2064484.

CTM Website

Our website (www.ctmasters.co.za) is under renovation and should soon sport a more updated look. It will also be easier to upload photographs, which brings me to my next point...there are usually a few cameras out at galas and functions and there are most likely a few photos which you could share with your fellow swimmers. Please send them to me – any size will do - I can always reduce them. The more variety, the better.

TECHNIQUES AND TIPS

What does it take to break a world record or, for that matter, improve your stroke? Attention to detail, good technique and smart training strategies. If you have ever thought about what the fastest “older” swimmers in the world think about when they swim, then read on!

BUTTERFLY

- Long, strong and keep your head down! This is especially important as you tire, as you may shorten your stroke, leave your head up longer for air and drop your hips, causing drag – *Laura Val, 59*
- Butterfly is all about rhythm, and your underwater kick is all about moving your whole body. If you improve your dolphin kick, I promise...you will be a better dancer! – *Misty Hyman, 31.*
- The key to good butterfly technique is to hold your stroke together while building your endurance with short training distances such as sets of 25's – *Lisa Dahl, 48*
- I like looking for opportunities to rest in all of my races. My favourite resting spot in fly is during the recovery. I try to relax my hands and arms as they recover. Not only does this save energy – I feel like it improves my catch - *Mike Ross, 42*

BACKSTROKE

- Keep those hips and legs up! Also, flex your ankles, so your feet feel like they are “scooping” water to help speed you along - *Betsy Jordan, 73*
- On the start, I focus on the back of my hands and try and get them to push off as fast as possible. If my hands get away quickly, my feet will follow. – *Rich Burns, 67*

BREASTSTROKE

- When I swim breast, I find that I can think about the pull OR the kick, but not both – *Susan von der Lippe, 44*
- Breaststroke has become a power stroke with a “catch” similar to butterfly followed by a forceful in-sweep. There is tremendous power here, but many Masters do not emphasise it enough – *Bob Strand, 64*
- “Eyes, Exhale and Late” – Keep your eyes looking down when you extend forward, *exhale* prior to lifting the head to ensure a quick, clean breath, and try a *late* timing of the kick. The later you put the kick, the smaller it will be – since you will be rushed to finish it – and this can help limit resistance – *Glenn Mills, 48*

FREESTYLE

- Play with toys such as a snorkel and a pull buoy to emphasise good hip rotation. Also look forward to watch your catch. You should see your elbow high, a straight wrist and fingers pointed at the bottom – *Mike Mann, 56*
- I keep my head down by watching the tiles on the bottom of the pool. On the flip, I watch my feet touching the wall before I push off. This keeps my head in the right position for quick rotation – *Jane Asher, 79*
- I am working on a longer reach through better hip rotation. I am also digging down deeper to get a solid grip on that still water – *Jim McConica, 60*
- Remember to squeeze your butt muscles (glutes) when you push off the wall to take the curvature out of your lower spine and for better streamlining – *Rich Abrahams, 60*

TRAINING

- Since most Masters workouts are an hour long, make the most of it by working on your walls, stroke technique or race strategy. Weed out the garbage yardage and focus on the quality – *Dawn Hickman, 33*
- When I am at my most broken-down and tired, I hammer my sets the hardest and do my best to achieve race pace, either by time or feel. This gives me the confidence to attack my race – *Alex Kostich, 40.*

(Edited from an article by Pipes-Neilsen, 2010, SWIM magazine)

HAPPY HOLIDAYS

The CTM committee wishes you, and your family, peace and joy over the festive season. Take care of yourself and get in some R & R. Enjoy the break!



COMMITTEE DETAILS 2009

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BANKING DETAILS

Cape Town Masters Swimming Club
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