

**SAMS**  
**Newsletter**  
**SPRING**  
**EDITION**



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***Registration dates for 2007/2008***

Registration dates for the following season will remain the same as was done in the past.

- 30 Sep 07 – Registration cut off date for Short Course Champs and for SAMS discounted registration fee
- 8 Feb 08 – Last date for 2007/08 registrations

Also remember that the new person to send registrations to is Peter Ponsonby at [registrations@samastersswimming.com](mailto:registrations@samastersswimming.com), his contact number is 084 216 0439.

***New SAMS Committee***

The new committee has been finalised, and are eager to run a successful year for SAMS with some great ideas and even better people to ensure we get these ideas into action! Meet the committee below, together with what they're key focus is and contact details.

<b>Name</b>	<b>Portfolio</b>	<b>Contact Details</b>
Tracey Gardiner	President	<a href="mailto:president@samastersswimming.com">president@samastersswimming.com</a> 083 321 3307
Debbie Carroll	Vice-President	<a href="mailto:vicepresident@samastersswimming.com">vicepresident@samastersswimming.com</a> 083 297 2106
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Bobbie Crowther	Galas	<a href="mailto:galas@samastersswimming.com">galas@samastersswimming.com</a> 082 464 0400
Jason Wagner	National Teams and Kit	<a href="mailto:nationalteams@samastersswimming.com">nationalteams@samastersswimming.com</a> 082 935 0133
Terry Downes	Records	<a href="mailto:records@samastersswimming.com">records@samastersswimming.com</a> (012) 460 2036 (h) (012) 312 0471 (w) (012) 312 0248 (f)

## SAMS 26.8 Degrees South Highlights



Besides having the perfect weather and a pool at the perfect temperature in, the overall agreement has been that 26.8 Degrees South has to date been the best Nationals ever! A lot of praise was given for the cleanliness of the change rooms, the number of well trained officials and the smooth handing out of medals.

It was with great honour that we welcomed Penny Heyns to come and give us a talk at the Opening

Ceremony. This added to a very pleasant start of the champs. Penny gave a brilliant speech, for those who couldn't join us at the event, ask your team mates who were there. Nothing better to start Nationals with a lot of motivation! And of course there was no shortage of delicious snacks to keep the hungry mouths fed!



With a lot of teamwork, credit must be given to the team in charge getting the results up after each



event and having all the medals for our star athletes ready. The results were laminated and made available to swimmers within minutes after each event was completed, and beautiful medals were labeled with the swimmers details and packaged in plastic bags. A lot of thought went into the medals as well and they were absolutely stunning and will forever be remembered as the 26.8 degrees south medals.

The party of the year – All that Jazz – was another huge success. The venue was big enough to fit all the enthusiastic swimmers in, the food was delicious and the dance floor was always jam packed with people dancers. Once again all the teams put huge effort in dressing up for this event; the outfits were a sight for sore eyes. In true swimmer spirit, once again all masters showed that no matter how much energy they expend during their races, they can still party up a huge storm afterwards!



AND then still pitch up for a 3km open water swim very early in freezing water the following morning! The Open Water event was held in conjunction with the Africa Open Water swim with Telkom again being a huge sponsor of the event. A special



3km Masters event was held, but those masters who were a little too tired after the huge party the night before participated in the 1km event.

In summary, much fun was had by everyone, and congratulations to all the swimmers who did PBs, and all swimmers who broke records.

All the best of luck to the organizing committee for Nationals 2008 Durban, looking forward to seeing old friends and catch up on a year's war stories then!

### ***You know that you're a competitive swimmer when . . .***

- . . . you think that getting up before the alarm clock rings is a "false start."
- . . . at the beginning of a test, you wait for the teacher to say "Take your mark--GO!"
- . . . all you can think about when you watch *The Little Mermaid* is whether Ariel's dolphin kick is good.
- . . . you make people think you're a spy sending a secret message when they hear you keep muttering to yourself "Fly back, breast free."
- . . . you try to clean your glasses by spitting on them and rubbing it in with your fingers.
- . . . you have a green streak up the middle of your hair, and you don't even have a cold!

### ***XII FINA World Masters Championships Perth Western Australia 2008***

The dates for this very exciting event are 15 – 25 April 2008. This event will take place at the Challenge Stadium, home of two FINA championships already. Perth is known for sunny long days, lots of beaches, an array of shopping, dining and night-life options, golf courses, wineries and more! The organizing committee also promises to make your time in Perth not just about swimming, they will be organizing social events to showcase the best of Western Australia's foods, wines and lifestyles.

Go and view their website at <http://www.2008finamasters.org>, it is stacked with colorful pictures, an array of information about their country and you can sign up to receive regular updates via email.

The following snippet was taken out of one of the newsletters from the organizing committee:

## **Air Fares Released**

The Organising Committee today announced championship airfares have been released with a number of Star Alliance partners including:

- Singapore Airlines
- Thai Airways
- Air New Zealand
- United Airlines
- South African Airways
- Air Canada

"We expect that these airfares will be very, very good compared to the airfares competitors and visitors can get from the general travel market," according to Marketing Manager John Lynch.

"We have already compared airfares for a number of countries and we know the XII FINA World Masters Championships airfares will be very hard to beat."

The airfares will be provided by nominated suppliers for each zone in the world.

If you are coming to the tournament, please go through the website and get the cost for airfares from the Star Alliance partners <http://www.2008finamasters.org/>

### ***Sydney World Masters Games 2009***

Participants of the Sydney World Masters will have the honor to use the same facilities as many Olympians have done, since the same pool as was used for the Paralympic Games will be utilized for World Masters. Other than some of the venues and that registration will open early 2008, the Sydney committee is still very secretive with their information. However to get regular emails and updates on what

is happening, go to <http://www.2009worldmasters.com/concept/participate.html> and register yourself! Take this opportunity to start planning well ahead and getting your training fine tuned to break records in 2009 and your budget full of money to travel to Sydney!

### **EVENTS for 2007/2008**

When you look at all the events all across the country, you realize how much effort is put in by all the regions to provide for their members.

When you travel to a certain region, make the effort to go and support a gala. The Roaming ambassador of SAMS has been privileged to attend a gala in Cape Town and enjoyed the experience! (See later in the newsletter: *The Long Street Adventure*)

2007					
	Day	Event	Type	Region	Venue
May	12	Frostbite 1	SC	Gauteng	Wahoo Pool
June	10	Frostbite 2	SC	Gauteng	Wahoo Pool
July	19	Long Street (SC)	SC	WP	Long Street
	28	Swem, Sop en Sjerrie:	SC	Free State	Bloem
August	11	Gauteng Shortcourse Champs	SC	Gauteng	Wahoo Pool
	19	Stellenbosch	SC	WP	Stellenbosch
	19	1500 & Winter Challenge	SC	KZN	Kings Park
September	9	Clifton Aquatics	SC	KZN	Clifton Aquatics
	22	Spring Gala	LC	Easterns (GP)	Delville, Germiston
	29	Coelacanth 1500	LC	Tshwane	Hillcrest
October	14	CG Joliffe	SC	KZN	CG Joliffe
	20	Sun City 1500, 3000	OWS	Gauteng	Sun City
	21	Stellenbosch	SC	WP	Stellenbosch
	28	SA SC Champs	SC	Gauteng	Wahoo Pool
November	3	Ashanti Mile	OWS	WP	
	10	Inter-Regionals	LC	Tshwane	Hillcrest
	17	Dolphins	SC	WP	
	18	Kings Park	LC	KZN	Kings Park
	24	Killer Whales	SC	Gauteng	Linden Pool
December	1	U.W.C	LC	WP	U.W.C
	9	Clifton Aquatics	SC	KZN	Clifton Aquatics

2008					
	Day	Event	Type	Region	Venue
January	12	6 hour Endurance	Endurance	Easterns (GP)	Kempton
	20	Kings Park	LC	KZN	Kings Park
	20	Malmesbury	LC	WP	Malmesbury
	26	Old Eds Gala	LC	Gauteng	TBC
February	3	WP Champs	LC	WP	Paarl
	9	WP Champs	LC	WP	U.W.C
	12	WP Champs	LC	WP	Newlands
	14	Tshwane Champs	LC	Tshwane	Hillcrest, Hatfield
	16	Phoenix Gala	LC	Gauteng	TBC
	17	Gordon Road	SC	KZN	Gordon Rd
	17	Brian Curtis Mile	OWS	WP	
	23	Tshwane Champs	LC	Tshwane	Hillcrest
	23	Tshwane Champs	LC	Tshwane	Hillcrest
March	1	Inter-Regional	LC	Gauteng	TBC
	12 - 16	XXIV SA Masters National Champs,	LC & OWS	KZN	Kings Park, Durban, KZN
	30	Gordon Rd	SC	KZN	Gordon Road
April	15 - 25	XII FINA World Masters Championship	LC		Perth, Australia

### **Winter Fitness Challenge**

This event challenges an individual to swim as far as he/she can in an hour. This season, the Winter Fitness Challenge had a new dimension where a Relay team (of 4 people) did the same over 1 hour: this is called the 1 Hour Relay Challenge

### **Winter Fitness Challenge**

Congratulations to Winelands who won the Winter Fitness Challenge!

A total of 281 swimmers took part in the 1 hour Fitness Challenge.  
A total distance of 788 835 meters was covered.

Cape Town Masters had the most participants with 78 and swam a total of 228 150 meters.

Phoenix Masters maintained the best average of 3575 meters per swimmer

The youngest swimmer was a 9 year old, Chris Odendaal, swimming for Brooklyn.  
The oldest female swimmer was Elaine Buck (88) from East Coast Masters  
The oldest male swimmer was Ralph King (77) from Cape Town Masters

The number of females 142, outnumbered the 139 males that swam  
However, the men swam further (403 565 meters) than the women (385 270 meters)

The best distance for any female was Bev McCarney (East Coast Masters) who swam 4300 meters

The best distance for any male was Paul Blackbeard (Cape Town Masters) who swam 4350 meters

*(If you want to see all the age records, please go to the SAMS website)*

## **1 Hour Relay Challenge**

Congratulation to Cape Town Masters who won all 3 categories (Women, Mixed and Men) in the 1 hour Relay Challenge

The best team from Cape Town Masters (made up of Cecilia Stanford, Di Coetzee, Perry Cadiz and Gail McCarney) did an amazing 5850 meters in one hour.

Perry said that they achieve this by doing 25 meters each. Now that you know their secret, you can try and better this next year!

## ***Long Street (Swimming) Adventure*** (Report by the SAMS Roaming Ambassador)

I was in Cape Town for business during July and September and took the opportunity to compete in a WP Gala at the Long Street Pool.

Finding the pool was not difficult. The setting is interesting and dripping with history. The Long Street Pool is a beautiful old building at the top end of the Long Street. It is surrounded by busy and hip Restaurants frequented by models, tourists and locals alike.

When you enter the building, it is like stepping back into the 1930's. You overlook the pool from your seat and you face a spectacular mural. You can almost imagine someone with a costume with frills walking out from the change rooms.

At every gala, there is a lucky draw. After the Gala, there is a visit to a restaurant close by.

In September a great number of swimmers went to the Extreme Hotel to catch up on news and gossip. I was made to feel very welcome.

I will be back a next time!

*Roaming SAMS Ambassador's adventure tip:*

*Plan your next holiday or business trip to coincide with an event in that region. Let us make friends across South Africa and support one another. You will be surprised how at home you will feel.*

*I hope to swim in Durban during October.*

## ***Records***

I am a mediocre swimmer and have enjoyed the Fitness and Friendship that Masters Swimming has to offer.

Over the few years I have met the most wonderful personalities: I often found the most unassuming people are often amazing swimmers.

I had a look at the World Championship meet records, World Records and Top 10 lists.

Below is a list of South Africans that are listed.

**World Championship Meet records:**

Edith Otterman (35 - 39) 50 Free (26.53), 50 Fly (29.42)  
Edith Otterman (40 -44) 50 Free (27.05),  
Beverly McCarney (40 - 44) 100 Free (1:00.39), 50 Back (31.99)  
Cecilia Stanford (45- 49) 200 IM (2:35.64)

**World Record Holders (as of August 2007)**

Short Course: Tim Shead (55-59), 100 Breast (1:10.50) and 100 IM (1:03.53)  
Long Course: Edit Otterman (40-44): 50 Free (26.60) & Beverly McCarney (40-44)  
50 Back (31.99)

**All Time top 10:**

Some tidbits-

- 3 people ranked number 1 in events: Tim Shead, Edith Otterman, Beverly McCarney
- People that are ranked across age groups for events: Marianne Kriel twice, Edith Otterman twice for 2 events, Terry Downes 3 times!
- In Shortcourse, Tim Shead is ranked in 6 events !
- In Longcourse, Bev McCarney and Terry Downes are ranked for 5 events each and 3 each for Heather Campbell, Sandarina Kruger and Cecilia Standford.

**Shortcourse All Time Top 10**

*If it notes something like "ranked twice" it means that the individual is ranked over two age groups*

- Women:

M. Kriel: 50 Back - (ranked twice) , 50 Back; 100 Back; , 50 Fly,  
Di Coetzee: 200 Back  
Sandarina Kruger: 100 Free

- Men

Terry Downes: 50 Free, 100 Free  
Andre Steynberg: 50 Back  
Tim Shead - 50 Breast, 100 Breast (1st), 200 Breast, 100 IM (1st), 200 IM, 400 IM  
Dave McLachlan - 200 Fly

**Longcourse All Time Top 10 :**

*If it notes something like "ranked twice" it means that the individual is ranked over two age groups*

- Women

Britt Stott: 200 Breast  
Edith Otterman: 50 Free (1st) (ranked twice); 50 Fly - (ranked twice)  
Marianne Kriel: 50 back; 100 Back  
Heather Morris-Eaton: 200 Breast  
Beverly McCarney: 100 Free; 50 Back (1st); 50 Fly; 100 Fly; 100 IM  
Cecilia Stanford: 100 Fly; 200 IM; 400 IM;  
Diane Coetzee: 100 Back  
Clare Davie - 200 back  
Heather Campbell - 50 Fly; 100 Fly; 100 IM  
Sandarina Kruger - 50 Free, 100 Free: 200 Free

- Men

Chris Steward - 50 Breast

Terry Downes - 50 Free; 100 Free - (ranked 3 times); 200 Free; 100 Back; 200 Back

Greg Price - 50 Fly

Andre Steynberg - 50 back

Guy Harker - 50 back

Tim Shead: 50 Breast, 100 Breast,

Tyrone Tozer - 200 Free

Bob Hatherly - 100 Breast; 200 Breast

John Keyter - 200 Fly

David McLachlan - 200 Fly; 400 IM

George May - 800 Free

Some of the people noted above are no longer with us. In a life so short, let us use every day to work towards our own goal

I salute every one listed above.

I also salute you, who achieved that PB (Personal Best).

I salute the people who got excited with you and the family and friends that supported you.

### ***World Records: A long History***

The youngest record setter was 12-year-old Karen Muir (RSA) in 1965 when she swam 1:08.7 for 110 yards backstroke on 1 Aug, in a morning heat swim in Backpool.

The oldest record setter is Alexander Popov (RUS) when at age 29, he swam 21.64 for the 50 freestyle in 2000.

(To read the rest go to

[http://www.fina.org/swimming/news/world\\_Records\\_history.php](http://www.fina.org/swimming/news/world_Records_history.php) )

### ***Want to go on holiday but not loose out on swimming training?***

Then why not go on a holiday where you swim to your destination?

Swimtrek is a swimming holiday operator organizing tours to Croatia, Greece, Malta, Germany, Australia, New Zealand and the British Isles. Go Island hopping by swimming from one Island to the next and then experiencing the beautiful scenery of each Island. There are one week tours, two day tours, and if you really don't see fit to swim the full distance between each island you can always hop onto the support vessel.

Go and check out [www.swimtrek.com](http://www.swimtrek.com) for more information and to book a spot for yourself, family and some willing friends!

### ***Editors Advice Article: The Importance of "Self Confidence" in Achieving Your Swimming Goals***

*Belief is the knowledge that we can do something. It's the inner feeling that what we undertake, we can accomplish. For the most part, all of us have the ability to look at something and know whether or not we can do it. So, in belief there is power: our eyes are opened; our opportunities become plain; our visions become realities.*  
(unknown)

#### **By Wayne Goldsmith**

Have you said (or thought) any of the following in the past few months??? "I can't do it," "They are much faster than me. I'll come last," "I'm hopeless," "I've never been able to do that, so I know I can't do it now," "It's just too hard. It's impossible." You are not alone. Many swimmers have these thoughts and say these words from time to time. Most swimmers (and people generally) have times when they get a little negative and lack faith in their abilities.

When swimmers say "I can't" or "it's too hard," what are they really saying?  
Swimmer says: "I can't do it." Swimmer means: "I am not prepared to try because if people might think less of me."

Swimmer says: "They are faster than me. I'll come last." Swimmer means: "If I can't win there's no point trying."

Swimmer says: "I'm hopeless." Swimmer means: "I have no faith in myself or my ability to succeed. I have no confidence."

Swimmer says: "I've never been able to do that, so I know I can't do it now ."  
Swimmer means: "I've never really prepared for this or learnt how to do it correctly so the chances of me doing it now are not very good" or "I tried once and failed, so I am not going to try again."

Swimmer says: "It's just too hard. It's impossible." Swimmer means: "I'm not prepared to try ."

Confidence is believing in yourself to do what has to be done. To do what needs to be done, with faith in your ability to achieve it. To meet new challenges with an expectation that anything is possible. To accept failure as an opportunity to learn from the experience and try again. And try again. And try again if necessary . Confidence is trying to achieve and if you fail knowing that it was the nature of the task or the circumstances or just plain bad luck, not your lack of character that is to blame. Confidence is learning from that failure and trying again with more energy, more commitment and greater determination than before.

What do some of Australia's most successful people say about CONFIDENCE??  
"Confidence comes from accepting a challenge and achieving it using the best of your ability. Confidence builds through training to meet your challenge". Phil Rogers (Commonwealth Games and Olympic Medallist).

"Confidence is about believing in yourself and your ability to do something -- not necessarily believing in your ability to do it perfectly or better than other people, but

believing that you have as good a chance as anyone to achieve something. Confidence is having the courage to get up and try and face whatever the outcome is -- good, bad or something in between." Chloe Flutter (Australian Representative Swimmer -- now Rhodes scholar).

"In my experience, confidence is best achieved through controlled independence. If a young athlete is constantly challenged to be independent (within reasonable bounds), they will learn to rely on themselves and know how to thrive without the assistance of others in moments of greatest need. The ability to follow good decision making processes is a crucial part of this. For young athletes, teach them to take personal responsibility ( control the controllable and develop a chameleon-like ability to deal with the rest). Confidence is the ability to believe you can do something and the courage to do it - if others have made the hard decisions for you and you have never had to live with the results of your own actions, you can never be expected to know full confidence and the power of the self". Marty Roberts. (Dual Olympian, Commonwealth Games Gold medallist, University Graduate, father of two).

*" Attitudes such as belief, optimism, high aspirations, and anticipation of the best possible result - all these positive states of mind add up to confidence, the keystone for success. But of course it pays for all of these to be built on the firm rock of a sound preparation".* Forbes Carlile (Legendary Coach, successful business man, author, leading anti-drugs in sport campaigner).

Confidence it seems, is a skill -- a skill that can be learnt. You learnt to swim. You learnt to tumble turn. You learnt how to do butterfly. You can learn to be confident. Leading Melbourne based Sports Psychologist, Dr Mark Andersen agrees: "Many people believe that confidence is something that comes from the inside, but we probably develop confidence from the models we have around us, that confidence really comes from the outside. If we have coaches, parents, teachers and instructors that model confidence in our abilities and let us know that they think we can do good things, slowly their confidence in us becomes internalised".

#### **A few tips to develop confidence:**

accept who you are and learn to like and respect yourself.

Nothing helps build confidence like learning the 3 P's. Practice to the best of your ability. Develop a Positive Attitude to trying new tasks. Persevere, Persevere, Persevere.

Understand what motivates you to do well then you can harness your energy in the right directions.

Failure is a race or a meet or a task -it is not a person. Failure is not the person: it's not you- it's the performance. Learn to separate who you are from what you do. Learn to talk to yourself positively. When the negative thoughts come, learn to replace them with positive ones. I can't = I can, I won't = I will, I will try = I did. Remember the old saying, "If you think you can or think you can't, you're probably right".

"The greatest achievement is not in never failing but in getting up every time you fall". Keep trying and it will happen.

What you believe, you can, with effort and persistence, achieve. Dream a dream, believe in that dream, work towards achieving it and live the dream.

Anything worth having is worth working to achieve. Talent is important, but there are many talented swimmers who don't make it to the top. TOUGH, TENACIOUS TRAINING makes up for most talent limitations.

Successful people are not afraid to fail. They have the ability to accept their failures and continue on, knowing that failure is a natural consequence of trying. The law of failure is one of the most powerful of all the success laws because you only really fail when you quit trying.

Article taken from [http://www.swimmingcoach.org/articles/2000/1026\\_1.asp](http://www.swimmingcoach.org/articles/2000/1026_1.asp)

***Happy Swimming, keep swimming, even if it's cold and dark – and don't take anything or anyone too serious!***

***SAMS Editors***

***Have anything interesting to put in the news?  
Want to congratulate or wish fellow swimmers well?***

***Contact Maria at [publications@samastersswimming.co.za](mailto:publications@samastersswimming.co.za)***