



<b>In This Issue:</b>
Events for the Year
Editors Pic – Swimming Butterfly
SAMS Winter Challenge
Some Sad News
Are you a swimming Nerd?

## ***SAMS Newsletter – October 2008***

### ***Events for the Year***

We're already in full swimming season and training should be going well! Below is a table with all the Gala events for 2008/2009, so diarise, set your goals, and get the competition going!

<b>Event</b>	<b>Date</b>	<b>Region</b>	<b>Host</b>
WP SAMS Short Course	19 October 2008	Western Province	WP Masters
GMS SAMS Short Course	25 October 2008	Gauteng	GMS
Inter Regional	8 November 2008	Tshwane	Tshwane
WC Short Course	15 November 2008	Western Cape	Dolphins
Gauteng Short Course	22 November 2008	Gauteng	Killer Whales
KZN Long Course	23 November 2008	KZN	Highway
WC Long Course	6 December 2008	Western Cape	Cape Town
KZN Short Course	14 December 2008	KZN	East Coast
Orphan Annie	10 January 2009	Gauteng	GMS
6 Hour Endurance Challenge	17 January 2009	Gauteng	Easterns
KZN Short Course	18 January 2009	KZN	East Coast
WC Long Course	24 January 2009	Western Cape	Dolphins
Gauteng Short Course	31 January 2009	Gauteng	Phoenix
Tshwane Long Course Champs Long Distances	12 February 2009	Tshwane	Tshwane
KZN Long Course	15 February 2009	KZN	KZN
WP Long Course	17 February 2009	Western Province	WP Masters
WP Long Course	19 February 2009	Western Province	WP Masters
Tshwane Long Course Champs Short Distances	21 February 2009	Tshwane	Tshwane

WC Long Course	22 February 2009	Western Cape	WC
Inter Regionals	28 February 2009	Gauteng	GMS
Short Course	1 March 2009	Western Cape	WP Masters
SAMS National Championship	11 – 15 March 2009	South Africa – East London	Border
KZN Short Course	29 March 2009	KZN	Highway

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***Editors Pic – Swimming Butterfly***



## ***SAMS Winter Challenge 2008***

The Winter Challenge dares swimmers to determine how far they can swim in one hour either on their own, or as a relay team.

Last year's Cape Town Masters women relay team amazed us when they swam a whopping 5850m! The bar was set, the challenge was on! This year teams swam in excess of 6000m, living up to the challenge.

The winners of the various relay teams were:

Women – Cape Town Masters 160 A (Sanderina Kruger, Marcelle Strauss, Avril van den Heever and Janine Welgemoed) with a total distance of 5300m.

Men – Cape Town Masters 160 E (Alistar Roberts, Keith Struthers, Doug Austin and Mike Voortman) with a total distance of 6100m.

Mixed Team – Cape Town Masters 200 A (Sanderina Kruger, Marcelle Strauss, Nigel Hendricks and Rod Holshausen) with a total distance of 5400m. This team didn't swim the fastest distance for the mixed teams (CTM 120 A swam 6100m), but the formula used to calculate the winners favoured their higher age.

For the individual relay a total of 238 swimmers took part in the 1 hour Fitness Challenge (compared to 281 swimmers in 2007). A total distance of 700,700 meters was covered.

Statistics for the individual relay:

- Cape Town Masters had the most participants with 58 members participating and swam a total distance of 184,875 meters.
- Of the clubs who entered more than 1 swimmer, Highway had the best average distance for the hour per swimmer: 3,314.29 meters.
- The oldest female swimmer was Rae Smit (88) from Fish Eagles.
- The oldest male swimmer was Renato Salati (85) from East Coast Masters.
- This year, contrary to 2007, the males (130) far outnumbered the females (108) who swam.
- The average distance for the hour for the male swimmers were 3,014.6 meters and for the females 2,859.2 meters.
- The best distance for any female, a swimmer from Highway, is 4,300 meters. She equalled the record set in 2007 by a swimmer from East Coast Masters.
- The best distance for any male, a swimmer from Cape Dolphins, is 4,550. This beats the 2007 best distance of 4,350 meters set by a swimmer from Cape Town Masters.
- Sixteen (16) age groups records were broken and 1 was equalled.

Congratulations to the club winner of the SAMS 1 hour Fitness - **FISH EAGLES!**

Ranking table:

	2008	2007
1	Fish Eagles	Wineland
2	Winelands	Fish Eagles
3	Dolphins	Dolphins
4	Cape Town Masters	Cape Town Masters
5	Tuks	Seals
6	Coelacanth	East Coast
7	East Coast	Super Sport Seals
8	Highway	Highway
9	Seals	Coleacanths
10	Supersport	Brooklyn
11	Phoenix	ET Stingrays
12	ET Stingrays	Phoenix
13	Wahoo	

The SAMS Treasurer will be in contact with the winning clubs to arrange for the prizes.

1 Hour Challenge Records:

<b>1 Hour Individual Records</b> (distance in meters)						
	<b>Women</b>			<b>Men</b>		
AGE	DISTANCE	NAME	YEAR	DISTANCE	NAME	YEAR
19 – 24	4,000	Cindy Botha (ECM)	2008	4,300	Paul Brewis (Cape Town)	2008
25 – 29	3,150	Deidre Petersen (Phoenix)	2008	1,500	Ryan Spencer (East Coast)	2007
30 – 34	4,000	Perry Cadiz (Cape Town)	2008	4,300	Steve Hurley (ETSR)	2008
35 – 39	3,950	Olive Webb (Dolphins)	2007	4,100	Ryan Stramrood (Cape Dolphins)	2008
40 – 44	4,300	Bev McCarney (East Coast) Barbara Bowley (East Coast)	2007 2008	4,350	Johan van der Merwe (Cape Town)	2008
45 – 49	4,150	Cecilia Stanford (Cape Town)	2007	4,350	Paul Blackbeard (Cape Town)	2007
50 – 54	4,000	Clare Davie (Phoenix)	2007	4,100	Nigel Hendricks (Cape Town)	2008
55 – 59	3,400	Jenny Ireland (Highway)	2008	4,050	Tim Shead (Cape Town)	2008
60 – 64	3,250	Anne Jones (Phoenix)	2007	3,450	Doug Wilson (Phoenix)	2007
65 – 69	3,200	Olivia Belcher (Tuks)	2008	3,350	Gary Freeling (Dolphins)	2007
70 – 74	2,350	Ann Hanson (Coelacanths)	2008	3,200	Michael Clark (Cape Town)	2008
75 – 79	2,000	Vilma Grobler (Coelacanths)	2008	2,850	Mike Arbuthnot (Seals)	2008

80 – 84	1,750	Clara Aurik (Cape Town)	2007			
85 - 89	1,400	Elaine Buck (East Coast)	2007	1,900	Renato Salati (East Coast)	2008

<b>1 Hour Relay Records</b> (distance in meters)						
<b>WOMEN</b>						
160+	5,850	Cape Town Masters	2007	Cecilia Stanford, Di Coetzee, Perry Cadiz, Gail McCarney		
<b>MEN</b>						
120+	6,000	Phoenix	2008	Mark Stonestreet, Heather Morris-Eaton, Peter Ponsoby, Wesly Williams		
<b>MIXED</b>						
120+	6,100	Cape Town Masters	2008	Doug Howieson, Taryn Staford, Perry Cadiz, Paul Brewis		
200+	5,425	Cape Town Masters	2008	Sanderina Kruger, Marcelle Strauss, Nigel Hendricks, Red Holshuasen		

Thank you to Bobbie Crowther and John Peterson for putting together this info!

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### ***Some Sad News – Goodbye to a fellow swimmer***

It is with sadness that we say goodbye to Melanie Roodt who passed away early August – she will be sincerely missed as a fellow swimmer and friend to many.

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### ***Are you a swim nerd?***

by Wayne McCauley

Add 4 points if you have pockets of air in the top of your cap

Add 4 points if you think the decal/name should face forward

Add 3 points each for earplugs or nose clip

Add 1 point if you put conditioner on hair before swimming

Add 5 points if you bought the "foamiest" goggles possible

Add 1 point for every 200 yards you swim with goggles fogged during workout

Add 3 points if you wear a watch during workout

Add another 3 if you don't know how to use your watch to tell your swim times

Add another 3 points if your watch alarm goes off once a day and you can't change it

Subtract 1 point every time you got your time in your workout (-10 max.)

Add 10 to your score if you didn't get your time even once

Add 5 points if you look at the clock but lie about speed or fake that you got the time to your fellow swimmers/coach

Add 10 points if you don't know your 100 yard time

Subtract 5 points for each stroke, other than freestyle, that you have swam 200 yards or more in the last week (-15 points max.)

Add 10 points if you counted sidestroke or elementary back stroke in the previous question

Add 5 points if you don't know what an I.M. is

Add 5 points if your string sticks up out of suit

Add 20 points if your string sticks out below suit

Add 1 point for every inch of width of the side panel of your suit

Add 1 point for every \$10 that your equipment cost (including your swim bag and towel)

Add 5 points if you bring your water bottle

Add 3 points if you have a "Power drink" in the water bottle

Subtract 5 if you have Pina Colada, Margarita in the water bottle and can still make your normal intervals.

Add 2 points if you prefer to swim on your own

Add another 2 points if others prefer you to swim on your own

Subtract 5 points every time you get your heart rate 4 X above your resting rate in workout.

Add a point for every 10% of your workout that you wear Zoomers

Add 3 points if you use any "glove" hand paddles

Add 2 points if you use the ladders, stairs or ramps

Add 1 point for every stroke you take in 25 yard pool

Over 110 Points: Always swim with a lifeguard on duty

90- 110 Points: Stay in the shallow end

70 - 90 Points: Keep trying. Did you sign the Release of Liability?

50 - 70 Points: Sign up for SPMA clinics, don't expect much but thanks for the check.

30 - 50 Points: There's hope. Perhaps try an ocean swim with a buoyant wetsuit.

10 - 30 Points: You're ready for an International Meet

Under 0: Sushi material. How would you like to coach a clinic.

Bonus Points: Add 10 points if you took this questionnaire seriously.

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If you have any articles, interesting news or funnies to share, or comments on the newsletter, send it to Maria at [bubblesm@gmail.com](mailto:bubblesm@gmail.com).

KEEP SWIMMING

STAY MOTIVATED

STAY FOCUSED!