



SAMS NEWS



THE OFFICIAL NEWSLETTER OF SOUTH AFRICAN MASTERS SWIMMING

SEPTEMBER 2009

Welcome members of Masters to the new swimming season. Hopefully you have dusted off your costumes and ready to start swimming!

The new SAMS Committee is up and running, doing their best to keep Masters Swimming "flowing smoothly".

SAMS COMMITTEE MEMBERS 2009:



Pictured from left: Merle Angelos, Heather Goldstein, Betina Swart, Roland Heuff, John Hartley & Di Doveton.
Absent: Debbie Anderson
(CONTACT DETAILS ON BACK PAGE)

NEWS FROM SAMS:

FINA WORLD MASTERS CHAMPIONSHIPS:

The **13th FINA World Masters Championships** will take place in Göteborg & Borås in Sweden from the 28th of July to the 7th of August 2010.

For more information visit the website:

<http://www.2010finamasters.org/>

WORLD MASTERS GAMES - SYDNEY

These three proud looking Masters Swimmers are off to take part in the World Masters Games Sydney. Sydney set up a special Olympic village for the 2000 Olympic Games in which the spectacular long course pool is located.

Each will swim their maximum of 5 events plus the 3km Open water swim in Chowder Bay.

From all Masters Swimmers - Good Luck and safe return



*From left to Right: Mark Taylor, Kieran Lawrenson and Debbie Anderson.
All three from KZN East Coast Masters.*

REGISTRATIONS:

The cut off date for the Early Bird Draw was 31 July 2009. Those swimmers' who registered before this date were entered into the draw to win a cash prize which covers their subscription fee for the season.

Congratulations to the winner of the Early Bird Draw, DEREK FYFE from Coelacanth.

"Cut off date," means the last and final date for all necessary forms (i.e. forms 1-4) together with proof of payment to be on the desk top/computer of SAMS' registration appointee.

Please note the **important cut-off** dates below.

- 1. SAMS Short Course Champs and discounted fees: 30th September 2009**
(Any already registered members joining after 30th September 2009 will pay an extra R70.00. This does not apply to any new members to Masters Swimming who have not previously registered as a Master swimmer.)
- 2. SAMS Long Course Champs: The Hosting region organising LC Champs will announce a cut off date for entries to these Champs, which will then be the cut off date for any registrations for this current season.**

THE WINTER FITNESS CHALLENGE:

Results for the Winter Fitness Challenge Individual:

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

The winners for 2009 of the various relay teams were:

Women – Cape Town Masters 200C (Sanderina Kruger, Marcelle Strauss, Janine Welgemoed and Jean Degenaar) with a distance of 5725.

Men -Cape Town Masters 160A (Alistair Roberts, Tristan Riley, Keith Struthers and Trevor Petersen) with a distance of 6450 .

Mixed—Cape Town Masters 200B (Sanderina Kruger, Marcelle Strauss, Rod Holshausen and Nigel Hendricks) with a distance of 5700.

For the one hour Individual Challenge a total of 251 swimmers took part (compared to 238 in 2008). A total distance of 725,675 meters was covered.

Statistics for the individual challenge:

- Cape Towns Masters had the most participants with 67 swimmers and swam a total distance of 202.925 meters.
- Of the clubs who entered more than 1 swimmer, Seals PMB had the best average distance for the hour per swimmer:3.775.00 meters
- The oldest female swimmer was Rae Smit (89) from Fish Eagles
- The oldest male swimmer was Buddy Borstlap (76) from Fish Eagles
- The best distance for any female this year was 4150, done by a swimmer from Cape Dolphins
- The best distance for any male this year was 4650 done by a swimmer from Phoenix. This beats his distance of 4300 swam in 2008.
- Nine (9) age groups records were broken and one equaled.
(See full results on Website)

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

	2009	2008
1	Fish Eagles	Fish Eagles
2	Winelands	Winelands
3	Dolphins	Dolphins
4	East Coast Masters	Cape Town Masters
5	Cape Town Masters	Tuks
6	Coelacanth	Coelacanth
7	Free State Masters	East Coast
8	Highway	Highway
9	Seals	Seals
10	Phoenix	Supersport
11	Wahoo	Phoenix
12	Amakhosi	ET Stingrays
13		Wahoo

SHORT COURSE CHAMPS OCTOBER 2009:

Date	Organized by your Region in October 2009	Time;	As determined by your Region
Venue	As determined by your Region		

The events offered this year are the following:

- 50 & 100 & 400 Freestyle
- 50 & 100 Backstroke
- 50 & 200 Breaststroke
- 50 & 200 Butterfly
- 100 & 200 Individual Medley

Note to Organisers:

1. Only registered (with SAMS by 30 September) Swimmers' results may be submitted.
2. A swimmer may compete in a Maximum of 5 events
3. Event Numbers and order must be adhered to.
4. Do not mix the genders in events.
5. Please e-mail the results by 1 November to SAMS
(webmaster@samsmastersswimming.com)
6. Results must be in Meet Manager (to assist John Petersen in compiling the results

Best Club (Short Course) Trophy:

A Best Club Trophy (Shoty course) will be awarded

It will be calculated on handicap taking Club size (as of 30 September, but no less than 8) Participation (number of swimmers at Short Course Champs) and performance (placing up to 10th place in each event at Short Course Champs) in consideration.

Regions to please send out entry forms to your members.

SAMS LONG COURSE CHAMPIONSHIPS – PRETORIA 2010:

The 26th South African Masters Swimming Long Course Champs will be held at the Hillcrest Pool in Pretoria from Wednesday the 17th to Saturday the 20th March 2010.

A new website for the Champs is up and running and has accomodation information included. Go to <http://www.tshwanemasters.co.za> for all the info. Or email nationals2010@samastersswimming.com

Please don't forget to inform the SAMS committee, by the entry cut off date Long Course Champs, as to who the swimmers/officials are that will be receiving their 20 or 10 year awards.

PROGRAMME:

Wednesday 17th March 2010

13h00	800m Freestyle
17h00	Mixed Medley Relay
19h00	Opening Ceremony – Hillcrest Pool

Thursday 18th March 2010

08h00	100m Freestyle
	200m Butterfly
11h00	SAMS Special General Meeting
(Follows)	SAMS AGM
12h00	Team Photos – Hillcrest Pool
14h00	200m IM
	100m backstroke
	50m Breaststroke
	Mixed Freestyle Relay

Friday 19th March 2010

08h00	200m Breaststroke
	50m Freestyle
	100m Butterfly
14h00	200m Backstroke
	400m Freestyle
	Medley Relay
18h00	Happy Hour

Saturday 20th March 2010

08h00	50m Butterfly
	200m Freestyle
	100m Breaststroke
	50m Backstroke
14h00	400m IM
	Dash for Cash
	Freestyle Relay
19h00	Gala Dinner & Prize Giving

Sunday 21st March 2010

08h00	Open Water Swim or 1500m Pool Swim (see note below)
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Open water swim:

Discussions are in progress with the organizers of the national open water swim schedule to arrange for an open water swim to coincide with our Nationals event and to be held in close proximity to Pretoria.

Opening Ceremony

This will take place at the pool. Contact has been made with the mayoral office and a dignitary from that office will be opening proceedings. It is also anticipated that one of Pretoria's star, world class swimmers will make an address at the opening ceremony.

Happy Hour and Dinner Dance Banquet

Venues have been booked and deposits made. The theme for the dinner dance has been agreed to but, hold on to your horses – all will be revealed in due course!

Accommodation

If you have not booked your accommodation you need to do so without delay. Please refer to the Tshwane Masters web site, www.tshwanemasters.co.za

Sponsorship

Progress is being made in this regard but any assistance here would be hugely appreciated. Please email Joanne at joanne@fairwaygroup.co.za or Andrew Neumann at aneumann@sail.co.za. Thank you to SAMS for, so promptly, providing R10 000 towards the champs.

Kit and entry forms

It is anticipated that details of kit that can be ordered as well as entry forms will be made available by mid October.

Tshwane Masters is hugely excited about the champs and is looking forward to welcoming all masters at Hillcrest. You can be assured that the Committee is doing its level best to ensure that a great and enjoyable time will be had by all. We are gonna have a ball!

SAMS' CALENDAR

PERIOD OR DATE	EVENT
30 September 09	Registration cut off date for SC champs and for which SAMS' R90 registration fee is applicable. (NB for renewal registrations received after this date SAMS' fee is increased by another R70. For new members the fee remains unchanged)
October	Regions hold SAMS' Short Course Champs.
15 November 09	Results for SC champs to reach SAMS for collating
31 January 10	Last date for registrations for the applicable season - to compete in the LC champs you must be registered by this date.
17 – 21 March 10	LC Champs.

CHANGES TO THE SA MASTERS SWIMMING CONSTITUTION:

There have been 5 proposed changes to the SA Masters Constitution (i.e., that document which sets the parameters for masters swimming and which few masters ever get to read!).

First, to have SAMS registered as a PBO.

PBO stands for 'Public Benefits Organization'. This means that SAMS is excluded from paying taxes. In this regard, huge thanks are due to Price Waterhouse Coopers (coordinated through Marcelle Strauss – Cape Town) for the changes to our constitution, at no cost, to make this happen.

Second, additional funding for the region hosting SAMS:

It takes a considerable effort to run clubs and regions including the organizing and running of galas, handling registrations, winter challenge, SC champs, kit, etc., etc. It follows that regions find it extremely difficult to take on the additional work load, responsibility and associated stress of hosting SAMS.

So, a financial incentive is provided to the hosting region. Such funds may be used by the region to provide a gratuity to an individual(s) or for hired help, or for any other purpose which that region sees fit.

It is important to remember that when a swimmer sacrifices additional time to assist on SAMS that swimmer's family also makes sacrifices! The time spent is easier to justify if it means, at the end of the day, a summer holiday for the entire family sponsored, in appreciation, by master swimmers.

Third, to provide for continuity in SAMS

Every two years the hosting of SAMS passes onto a new region. The last thing needed is to have the new committee drowning in the deep end of the pool because the previous committee is lax in handing over all the stuff!

Thus, provision is made for the new SAMS' President to attend the last meeting of the retiring committee and for the retiring President to attend the first meeting of the new committee.

Also, the retiring committee must ensure that SAMS' Integrated Handbook (a strategy document which describes what has to be done, when, where and how) is handing over properly updated.

Fourth: to avoid possible anomalies which could occur in SAMS colours system.

SAMS have an excellent colours system which is based on the 10th placed time in FINA masters listings. However, because the number of participants in each age group are not infinite and not equal, an anomaly can arise whereby swimmers in a younger age group ends up with a **slower** colours qualifying time than an older age group.

The above sometimes occurs in the younger age groups when drop off in performance with age is less pronounced. To avoid a swimmer having a legitimate complaint because

he/she does not get colours but a swimmer in a younger age group with a **slower** time does, the time of the younger age group is made synonymous with the older age group.

The foregoing applies to all age groups and all strokes as well as to open water swimming.

Fifth: Open water swimming and colours.

SAMS intends taking open water swimming rather more seriously and has devised a colours system for same as described in the following articles.

NB: If you are not happy with any of the proposed changes to the constitution then all is not lost! You will have a last chance, to express your support, or disgust if you like, at the SGM (special general meeting) to be held at next year's nationals. Be there!

NEWS FROM THE REGIONS:

KZN MASTERS SWIMMING:

The 6th and final swim in the Staminade Surf Swim series took place on Sunday 13 September. It was a great success and enjoyed by all.

Kzn Masters would like to thank the following people for making it a success:

Muscle Science for their generous sponsorship and prizes, Tony Bath from IT works for sponsoring prizes as well as assisting with keeping swimmers updated, Phillip Dempster from Garmin for sponsoring a prize, to Ushaka for use of their facilities, and to all Masters swimmers' and friends of Masters Swimming who assisted with the running of the event. Thanks goes to all of you for making this event what it was.



FISH EAGLES MASTERS:

Fish Eagle Masters has had a successful year with their membership growing by 20%.



With the increasing membership, Fish eagles hope to upgrade their current facilities in time to host Masters 2011 in George:

***FISH EAGLES
MASTERS IN
SERIOUS
TRAINING***



COELACANTHS MASTERS:

HOW COELACANTHS SURVIVED WINTER!

Well, some members decided that they could not wait the whole winter before seeing their swimming mates again, so two functions (each in the form of an evening meal out) were organized as well as having the usual winter braai at Rietvlei dam nature reserve. All three functions were well attended.

On the swimming side, members took part in the two Wahoo Frostbite galas and the Gauteng SC champs. Once again these galas were well run by Wahoo and Gauteng respectively - good job guys!

Talking about frostbite, Herman vd Westhuizen had an excellent race during the Robben Island Swim.

So far, his challenge for other club members to join him next year has just been met by blank stares and the comment; "are you nuts"!

Needless to say, Herman received, appropriately, the "Chariots of Fire" trophy at the Coelacanth's AGM.

SUN CITY SWIM

The Sun City 1500m swim is taking place on Saturday, 31st October and not Saturday, 17th October as previously scheduled. This event is organised by Ross Lawson (Cell: 082 935 3751) and Phil Chappel (Cell: p83 409 8096).

REGIONAL NEWS UPDATES:

Please could all regions send through their news and snippets to Sams Secretary Di Doveton at dovetons@telkomsa.net

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