

CATCH-UP



NEWSLETTER OF CAPE TOWN MASTERS SWIMMING

MARCH 2011

FROM THE CHAIR – MARCH 2011



Howdy Doo fellow swimmers...

What a WP Champs we had, a nice, relaxed evening at the pool at UWC, a windy Newlands and lovely sunny day at Paarl East! Gotta love it!

8 (5 by CTMSC swimmers) WP records broken and 8 (All CTMSC swimmers) SA records broken at WP champs, a brilliant performance by all. Between Cecilia, Kascha, Lenchen and Aletta they ripped into the records. Well done girls!

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 event will be SA champs in Oudtshoorn. Accommodation has been sorted, entries have been completed and relays have been entered. All that is left to be done is our 2011 Nationals shirts and then to get ourselves there.

Keep working in the pool and gym; let's hit the water swimming at Oudtshoorn.

I still have some Parka Jackets that need their owners so please contact me to get hold of them.

Remember the pre-Nationals dinner on the 10th of March at Ferryman's, hope to see everyone there at 19H00, and please remember to RSVP with Dianne

Coetzee.

Captains for Nationals will also be announced at the pre-Nationals dinner

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

Until next time....

Neil

DATES TO REMEMBER

THURS MARCH 10th: Pre-nationals get-together at Ferrymans, V@A Waterfront, at 19h00. RSVP Di Coetzee please.

WED 16th – SAT 19TH MARCH: Masters National Champs in Oudtshoorn, Western Cape.

SUN 27th MARCH: Around the Island Swim, Langebaan (3.2km and 1.6km), at 10h00. Contact Craig 082-444 6885 for information.

THURS 14th APRIL: Gala at Long Street.

SAT 7th MAY: Cadiz Freedom Day swim. Overall winner takes home US \$10 000.

MEMBERS NEWS

Cape Town Masters has 18 new members this year each of whom are warmly welcomed to the club. We hope that you enjoy participating in all aspects of the club – galas, socials and even correspondence.

MEET THE COACH

The coaches appear to have gone to ground for this issue. Marais will unearth one, and be back with the interview, next month.

NATIONALS NEWS



Don't forget your club caps - compulsory!

We have a bumper team attending the champs this year - 55 members - quite a few of whom are new to the club.

Just a tip for the newbies - anticipate initiation! (Don't stress, you only have to run naked around the pool once...) 😊

Seriously, we're sure you'll enjoy yourselves.

Here's a CHECKLIST for the team:

Compulsory Kit = club cap (shown above), club t-shirt, dark (black/blue) shorts, CTM costume for warm-ups (or races, if you lack a zoot suit), 60's dress-up gear for the Saturday party, Pro-Hep/Milk Thistle or whatever else helps with your endurance out of the pool, and a seriously fun attitude.

Club t-shirts

The shirts will be handed out at the pre-nationals get-together (see Dates to Remember) or, if they are not ready, in Oudtshoorn.

Event programme

The start time for the first event on Wednesday has been changed to accommodate those travelling to Oudtshoorn on that day (15h30 instead of 14h00) and the Medley Relay event has been included in Session 3 on Thursday afternoon instead of Wednesday evening.

However you are getting there, travel safely and have the best of times.

PATAGONIA

Once again Ram Barkai, along with 4 cold-water swimming mates, has swum where few men have swum, or considered swimming, before.

The 5 friends have just completed the 4km swim across the Strait of Magellan (water temp around 4 deg C), a 2km swim in the Beagle Channel (Chile-Argentina-Chile, also 4 deg) and, at the time of writing, were still to battle the seas around Cape Horn.

All this with only a speedo costume and cap as clothing.

CADIZ AND THE SWIM SERIES

If you are a long-distance swimmer in Cape Town, there are plenty swims for you to participate in.

Cadiz, a financial services company with Ram Barkai as CEO, has set up the above swim series, which is a succession of sea swim races to "promote open water swimming and to raise funds for good causes."

So far the series comprises the following swims:
Human Rights Day Swim - 21 March
Youth Day Swim - 16 June
Women's Day swim - 8 August
Heritage Day swim - 24 September

For more information on these, and the Freedom Swim held in May, go to www.cadiz.co.za

TECHNIQUES AND TIPS

Every swim training session inevitably includes some drills. Here's a different way to look at two regularly practiced drills (by Karlyn Pipes-Neilsen)

Catch-up Freestyle

Old Way: The hands tap at centerline (so you are not cheating), followed by an "S"-type pull. The stroke is

long with a thumb-to-thigh push and maybe even a flick of the wrist.

New Twist: The hands enter shoulder-width apart. As you begin the pull, lift the elbow to start the catch, and then apply a very brief oomph, focusing your energy on the lower palm and wrist, not the hand. To exit, simply let go of the pressure and flow into the recovery. This "catch-and-release" pull may feel like a half stroke with a long glide at the top.

Why: To emulate the fastest freestylers in the world, this wider entry puts your hand in the best position to set up early-catch freestyle - which is impossible to achieve if your hand/arm is sliding out. To find the ideal exit point, try contrasting a longer distance-per-stroke pull versus a shorter one. You may be surprised to find that the shorter *pull* is both easier and faster since you are not wasting your energy *pushing* water behind you. This works for single-arm as well.

Fingertip Drill

Old Way: Drag the fingertips alongside the body toward the centerline with a high-elbow recovery.

New Twist: With a relaxed and rounded arm recovery, draw a half circle with your fingertips, ending with the hand/arm about shoulder-width apart.

Why: Yes, the shortest distance between two points is a straight line, but not at the expense of your shoulders! Over time, a high-elbow recovery can cause pain, strain and injury due to impingement. Experiment with an "anything goes" recovery, staying as relaxed as possible to ensure a break before the upcoming power phase.

(Swimming World magazine)

GALAS

It definitely appears to be the case that the longer you swim the faster you get! Here are a few notable performances from the recent WP Champs.

Kascha Kloos gets a big thumbs-up for her swims, but most notably for her SA qualifying time (12.06) in the 400 free, at the ripe vintage of 86 years.

Still leaving broken records in his wake is

David McLachlan, 74, who achieved WP qualifying times in both the 200 IM (3.23) and the 400 IM (7.14). He also achieved SA QT for 200 Fly (3.32)!

The Stanfords are entertaining us, too. Note their times in the 400 and 800 Freestyle events:

400Free

Tarryn (25) 5.01.01 (WPQ)

Cecilia (50) 5.02.03 (SAQ)

800Free

Tarryn 10.12 (WPQ)

Cecilia 10.21 (SAQ)

Inspiring achievements all.

COMMITTEE DETAILS 2011

Chairman: Neil Steenkamp

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BANKING DETAILS

Cape Town Masters Swimming Club

First National Bank

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