

# CATCH-UP



NEWSLETTER OF CAPE TOWN MASTERS SWIMMING

## FROM THE CHAIR – OCT 2010



Howdy Doo fellow swimmers...

Spring is here!!! We can swim outside in the sunny weather and pick up on a bit of tan to save others from arc-eyes at the galas!!!

Did everyone participate in the CTMSC Spring Fitness Challenge? If not, you only have until end of September to be part of the inaugural SFC, no costs involved, just swim and tell us how far you went. Entry forms have been sent out but if you require one please let anyone know asap.

Wow.... Did you guys see the results from Worlds in Sweden! Amazing! All the swimmers who went there - please take a bow! You did us extremely proud! To top it all off, did some of you carry that form over to the local galas afterwards? Records flew all over the place. It was a bit intimidating...

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. While on the topic of friendships... I seem to have had a quote wrong over the last few newsletters... I was informed by a very prestigious member of our club that the phrase "Masters Swimming is about Fun, Fitness and Friendship!" has been a phrase used by Masters swimming for as long as Masters swimming has existed. I assumed that it was a phrase created by our previous Chair and stated it as such in previous communications... I apologize for this... Assumptions

are the mother of all "bugger-ups"!

Our CTMSC website "<http://www.ctmasters.co.za>" has become a bit outdated... The info on there is current, but let's be honest, it's not exciting and the galleries are a bit of a 'Black-hole'. As a committee it was agreed that we will investigate the details around revamping it a bit. Anyone with some suggestions or who would like to assist in the matter is more than welcome. Please mail me or give me call.

Next gala is the SA Short course champs in October over 2 separate days. This leaves a month of some hard training ahead, so let's do it!!!

For those who are yet to register, please get those registrations in so that we can get the admin behind us and concentrate on what we are here for, namely SWIMMING!!! Penalties are applicable for renewals after 30 September.

Also remember that there are still some swimming caps available for R20 each. Di has ample costumes left as well so get in touch and we'll get it to you.

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

Until next time....

Neil

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### DATES TO REMEMBER

**Sunday 3<sup>rd</sup> Oct:** First Sunday Clifton swim 4<sup>th</sup> beach.

**Sunday 17<sup>th</sup> and 24<sup>th</sup> Oct:** SAMS Short Course Champs at Long Street – 10am. Club membership is compulsory for these champs.

**Sunday 14<sup>th</sup> Nov:** Winelands Mile

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### THE MONKEY

If you're a newish member, you may wonder about the presence, and origin, of the Monkey (the one peering up at the Chairman, in the photo)...

**Back in Riccione, Italy, in 2004 (World Masters Champs), some of the team went sight-seeing and Ram fell in love with the ape, as one does. You've heard of having the "monkey jump on your back" some way through a race when you lose your strength, dignity and cool – that'll be where this bloke comes in. He (along with the Monkey Award) is presented, annually, to the swimmer who literally performs the worst in a race – starting out strong, but limping home. The first winner was Tim Shead, for his 200IM. He's always famed for something....**

## MEET THE COACH

### *This month Marais chats to Coach Tanith van Meyeren...*

Thank you for the opportunity to appear in the Cape Town Masters newsletter. It's a great idea and wonderful opportunity to communicate with the masters and grow the sport. I really feel blessed that you asked me, thank you.

#### **1. How did become involved in coaching swimmers?**

I became involved in coaching swimming as I was a swimmer myself and have a great passion for the sport. I wanted to help others enjoy swimming and achieve their various goals.

#### **2. Where do you coach?**

I coach in Bellville.

#### **3. Do still participate in competitive swimming yourself?**

No, not anymore, but I am planning to phase competitive swimming back into my life. I have missed competing as I have done so from an early age and feel a big void in my life the past 3 years.

#### **4. Would you encourage masters swimmers to get involved in competitive swimming and why?**

Yes most definitely. I think it's good for them to compete then they can see how they are progressing and then set new goals and targets. Most of us get encouraged when we see we have reached our goals. It keeps us motivated and is very satisfying. I need competitions and galas to motivate me and I think that most of the masters are the same.

#### **5. What do you enjoy most about coaching?**

I love working with the masters. They are so hard working and are at swimming because they want to be there. It so wonderful to see how much they want to learn, Masters are like sponges that just want to absorb as much information as possible. They don't give up and keep trying till they achieve what is needed.

#### **6. What is the most challenging part of coaching?**

The most challenging is getting rid of the fear in those that have been very fearful for years, but very fulfilling when they see that they have conquered their fears and can swim.

#### **7. How important is stretching for swimmers?**

Stretching is very important as we need to be as flexible as possible. I compare swimmers to gymnasts. Good gymnasts are those that are very flexible. Swimmers must be the same.

#### **8. How do you motivate your swimmers on a cold winter's day?**

That's a bit difficult as some masters seem to feel the cold more than the children. I encourage them by telling them to look at their goals and the bigger picture. If they stay away too long they will lose out in the long run with not achieving their best times and building on their foundation.

#### **9. Is it true that swimming does not improve bone density, because it is not a weight bearing exercise?**

Yes it is. I have a sister in Australia with breast cancer. She was prescribed weight bearing exercises. She is a good swimmer and asked if she can swim to improve bone density and was told that swimming would not help. **(She hates running by the way)** but has to do it every day. She misses her swimming lots.

#### **10. When is the best time to weight train when you have swim practice every night?**

In the mornings.

#### **11. What makes you laugh?**

The communication and things the masters say. Masters have funny things to share.

#### **12. What irritates you the most?**

Nothing irritates me with masters, but I get very irritated with parents that get involved and get too pushy with their children. Some of them get so angry with their children at galas. I don't like the way they treat their children. A child is not going to swim bad on purpose. The parents become too competitive. I should encourage them to do masters galas and then they can see that sometimes one does have a bad dive or a bad swim. We can't swim the perfect race all the time.

#### **13. Where can people who keen to be swim coached, reach you?**

They can contact me. Email [tanithvm@telkomsa.net](mailto:tanithvm@telkomsa.net) or my mobile no is 0826587777.

Thank you so much for this opportunity. I look forward to getting even more involved with masters and growing it big time.



**Memoirs of Masters World Championships in  
Gothenburg, Sweden 2010**  
By Di Coetzee

When Chris asked me to write something on the World Champs for the newsletter I thought okay that's easy we'll do the "highs" and "lows". Big problem, there were no lows and too many highs as all the Cape Town swimmers did so well. I've decided, instead, to share some of the things I'll remember about the champs concerning our team. It started at Heathrow with trying to get through the security check to board the flight to Gothenburg. There I'm being patted down and searched with a metal detector (hip replacement related) and I look across and see Marcelle fuming and cursing while unpacking her whole bag! They were convinced she had liquids in it. Thank goodness customs couldn't understand South African swear words or they would have arrested her on the spot and probably Sanderina, Henry and I as co-conspirators. Next was the problem that they drive on the wrong side of the road plus they have cycle tracks on the pavements. If we remembered to look the correct way for traffic we'd get mowed down by the bicycles. Catching trams was the next hazard as we kept on standing on the "wrong" side of the platform expecting them to go in the other direction. Thank goodness transport was free as our mistakes would have cost quite a few Rand. Clare Amner decided to take the "scenic route" to champs. Her 2 hour direct flight from London took 2 days. Ask her to explain and she'll say "it's a loooooong story" but it started with the bus reversing into a pole at the terminus in England and everything went downhill from there. It became a guessing game "Where's Clare now!!" Kevin Stanford was given the job of finding a restaurant for dinner and decided to take everyone on a 10 Km hike before they were allowed to eat. I think he was fired after that!! Halton managed to break a wine glass in two while

trying to pay for his bill after one dinner and then still tried to fit it back together!  
Thereafter he told us he has a very good memory and promptly left the restaurant without his 3meter long guitar he'd bought as a present.

We had a few identity crises as the Swedish announcer had a big problem with our names. For example I was "Cortez" for one race; some of us came from Russia (RSA) and one of my competitors complained about the "tall Swedish lady" beating her 'cos she was so tall! I've had news from a very reliable source that the profits in the Pizza Hut, in our hotel, dropped remarkably after Sanderina and Trish left as did the profits in the hotel bar after Rod left. They have named the end bar stool after him though!

No one could keep up with Rod and his "roomies"; first there was nobody, then Werner, then Rainier then Clare!!

These are just a few of the things that will stay with me - hope I haven't let anyone's secrets out!  
Start saving for Riccione!!

Cheers  
Di C



**Di and Amanda Picard**



**Kasha Kloos revving up**



**Anybody for Riccione in 2012?**



The weather wasn't always great



The girls costumes were sponsored by Second Skins



The girls – Claire, Monique, Marcelle, Cecilia and Jean



Rainer made sure the Swedes were introduced to the full might of the vuvuzela



(I just know I'll be in trouble if I comment on this one...)

## GREAT STARTS

*With gala season upon us, I thought it prudent to put in a few pointers about starts, which few of us have time, or opportunity, to practice.*

*(Acknowledgements: Swimming World magazine)*

At one time, all swimmers used one swimming start: the two-footed leaner start. This start was taught by every coach and used by every swimmer from the late 1960s through the 1980s. Nowadays, most athletes use a track start, but as with every sport and every aspect of a sport, there are multiple variations of the same type of start. The differences between the styles are vast (Pike, Flat, Flight and Lift - *no space for expansion on these techniques - Ed*), but there is no correlation between any of these starts and a faster time to 15 metres by elite swimmers. However, one common factor was found: all elite swimmers enter the water at one point with their hands, and the rest of their body (shoulders, hips, and feet) follows through the same "hole". This is essential for a great start.

### On the blocks

Elite swimmers grab, stand and pull in a variety of ways once they are on the blocks.

**Hands** - The athlete's hands should grip the front of the blocks with all their fingers and both thumbs. This gives them a larger surface area on the blocks, enabling them to generate more force. The elite swimmers have their thumbs wrapped in the front - not on the top - of the block.

**Arms** - Arms should remain completely straight and tensed - not flexed, but tensed and ready to react. This decreases swimmers' time on the blocks.

The elbows should face backward, and the athletes should pull backward on the block with straight arms to move forward.

Anyone who has taken physics knows that "every action has an equal and opposite reaction". If the elbows face backward, the action is backward, making the equal and opposite reaction forward, with the

5 same force applied.

**Legs** - The legs are the most variable aspect of the start. Comfort and steadiness are essential on the blocks. The feet face forward - if they face sideways, they will go sideways...remember equal and opposite reactions!

### Underwater kicking

The aforementioned information is the “meat-and-potatoes” of the aerial profile of a start, but all great swimmers utilize underwater kicking. Dominating underwater begins with the streamline.

NB. The glide time during the start is the fastest part of a swimming race.

Determining the best time to start kicking is important to maintain speed throughout the start and breakout. Starting the kick too soon creates drag, which offsets velocity.

A good rule of thumb for elite swimmers is that they should not kick until their velocity is below their average swimming velocity.



Note the two circled (incorrect) starts

### S-T-R-E-T-C-H

How often do you stretch?

Do you know that?...

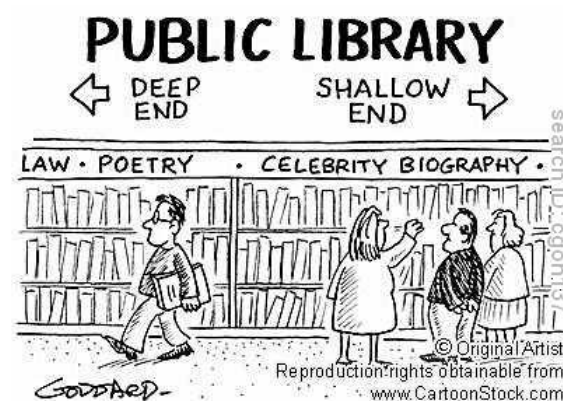
Stretching is essential to fast swimming;

Stretching reduces the risk of injury (by increasing your flexibility);

Isometric stretching utilizes a technique called “contract-relax” which is just what it sounds

like: you stretch a muscle, contract it (for 10 seconds) then relax it again. Isometric stretching should not be performed prior to exercise - there is no scientific evidence that it reduces the risk of injury, plus it damages muscle cells;

The main joints used in swimming include the ankles, hips and shoulders. Ensure that you stretch these joints after each swim session (trainers in the gym could advise you on the correct techniques to employ).



### COMMITTEE DETAILS 2009

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