

SPLASH!

NEWSLETTER OF CAPE TOWN MASTERS SWIMMING CLUB

JANUARY/FEBRUARY 2010

FROM THE CHAIR



We are finally into 2010 - the year everyone has been waiting for - The World Cup Soccer in SA. Already there has been a lot happening in CT Masters Swimming. We have had the first gala for 2010 – Membership registrations are closed for the season and Entries for 2010 Nationals are closed...

The gala in Paarl on the 23rd January was fairly well attended, but there were some serious wake up calls – many of us need to get back in the pool, train and focus! But it was great to be there. The lunch at the Bossa Nova was great. Thanks to WP Masters for organising it all.

We have a total of 92 members for 2009/2010, of which 16 are new members and 2 are transfers from other clubs. Since December we have had 11 new members join us – welcome:, Genie McLachlan, Gillian Delport, Harald Kruger, Elsmarie Coetzee, Michael Carr and Kirsten & Tyron Richards and Brett Palmer (from Zim). We welcome back Kevin Davy, Halton Cheadle & Gregg Price. We hope that you will all have a great time swimming and socialising with Cape Town Masters.

Nationals are 6 weeks away! There are a total of 53 Cape Town members going to Pretoria in March – this is a record number going to an away Nationals, I think. This is great – the theme for the Dinner/ Dance evening is Soccer mania and each club has been given a country to represent – CT Masters are BRAZIL! This

should be fun and as usual Di will come up with some funky, fun outfit for us all. We will keep you posted.

If anyone needs new kit for Nationals – swimming costumes, Club caps, t-shirts or shorts then please contact Di Hau di@bramasol.co.za or 082 8068133.

February is a busy swimming month.

The Brian Curtis Mile is taking place on Sunday 14th February at the Elgin Country Club. This is a great swim and fun family day. The event is co-hosted by CT Masters.

WP Masters Championships takes place on three separate days at two different venues. Entry forms have been sent out. Remember that these galas are **for members only and on a pre-entry & pre-paid basis only.**

That is all from me, for now.

Train hard

Cheers

Judy 

DIARISE THESE DATES

Sunday 14th Feb: 11th Annual Brian Curtis Mile held at Elgin dam, Grabouw. Entry forms available online at bcmile.co.za or registration on the day from 8.00 a.m. Braais will be lit and available – just bring along a picnic.

Distances: 200m (fun swim), 3km and mile.

Tuesday 16th Feb: W P Champs (1) – venue UWC pool at 6.30pm.

Thursday 18th Feb: W P Champs (2) – venue UWC pool at 6.30pm.

Sunday 21st Feb: W P Champs (3) – venue Paarl at 10.00am. NOTE the earlier time.

Sunday 21st March: Cadiz Human Rights Day Swim Clifton 4th.

Sunday 1st May: Cadiz Vista Nova swim RI.

SWIMMING LEGENDS

Four Masters swimmers were recently honoured with the impressive Sport Legend Award. Congratulations to all of them! Here are a few facts that you may not have known about your old friends:

CLARA THERESIA AURIK – Clara came to SA from Holland in 1953 and first coached for Gordon’s swim club.

She won the Coach of the Year award twice – 1987 and 1996 – and trained Marianne Kriel who won a bronze medal in the 100 Backstroke at the Atlanta Olympics.

Clara has been a masters swimmer since its 1974 inception, during which time she has won numerous medals and broken more than a few SA records (and hearts!). She had previously held many Dutch records and has featured in the World Top 10 ranking. She is also one of CTM’s best dancers and one of the reasons that we have such an enviable party reputation at Nationals.



PETER ELWIN BALES – Peter has an illustrious long-distance swimming career. From 1969, when he did a 16km UK swim, until 2004 he completed 20 Robben Island crossings. Peter also has 6 Simonstown to Muizenberg (10km) swims under his belt and held nearly all Robben Island records at some stage, including the double crossing (15km). He won 3 bronze medals at the Hawaii open water masters swimming champs in 2000.

Having founded the Cape Long Distance Swimming Association, Peter has spent 40 years in unbroken service as chairman of that club.

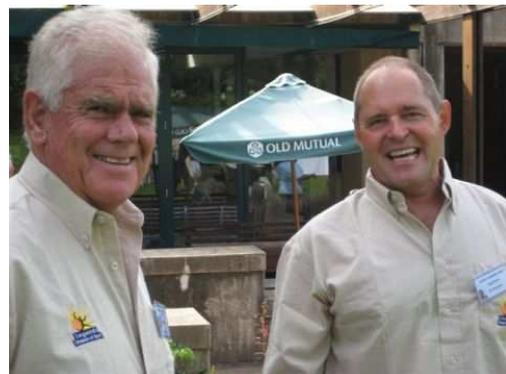
He is still actively swimming, officiating, piloting (boats for long-distance swimmers) and is still chairman of CLDSA.

PATRICIA (“Tricia / Rixie”) MERLE RIX – Rixie has participated in Biathlon since 1984 and was involved in introducing an interschool competition, which proved very popular among primary schools. She has coached swimming in both primary and high schools at Stellenbosch. Tricia has competed in over 21 Nationals competitions and won numerous medals. She has also been part of the CT team to five world champs.



ANTHONY (TONY) EDWARD SELMEYER – Tony has been a member of the long-distance swimming association since 1988 and was president of open water swimming in 2003/2004. He, too, has completed numerous Robben Island crossings as well as swims from Simonstown to Muizenberg. Tony has also completed a night swim (in shark-infested waters).

In 1988 he formed an association with long-distance swimming and has recently published a book entitled: A Journal of Long Distance Swimming in South Africa.



Peter and Tony

NATIONALS

The PRETORIA nationals are around the corner and, for the newer members, this may mean checking up on kit requirements. CTM requires you to wear a club shirt and dark shorts for the official photograph which is taken on the Thursday of the champs.

These can be obtained from Di Hau. Club costumes are also available and are necessary for warm-ups and races, if you are not in possession of a legal "zoot suit" (more about that below).

There will be a pre-nationals get-together on Thurs 4th March. Venue TBA.

Cecilia has drawn up a list of the relays and, in case you aren't aware of the severity of letting your relay team down, urges you to remember that UNDER PAIN OF DEATH do you forget/not pitch at the time required. You have all been sent lists so please copy them out and take them with you.

You haff been vorned!

We have the largest CT team yet, so let's go and kick some serious butt.

FINA SWIMSUIT RULING

This competitive swimming business is just all too revealing. Just when you thought you could brush off your favourite old cover-all racing suit for the competitive season, the new FINA regulations require you to be suited up in much less than you were previously happy with.

No zips, fasteners or fabric coatings. Nothing past the knees. These figures of authority obviously have no idea how much masters swimmers rely on all that covering to maintain an air of dignity on the blocks.

For those few moments we are able to puff out the chest, jiggle the arms around and believe that we are Olympic champions, or at least resemble one – all sleek and sexy! Mind you, the reality generally hits home once we touch the wall at

the end of the race, but it's good to dream! And feel good.

So, whilst it's necessary to level the playing fields, and in our club there are those to whom this rule will apply, I say down the rankings, where the zoot suit doesn't give you that much zoot, we should be left to dream. And preserve our dignity.

2012 WORLDS CHAMPS

It'll be back to Riccione, for those who participated in the 2004 World Champs in that beautiful little Italian town.

For first-time visitors, this really is a pretty place with the Adriatic coast beach available for a siesta on your off-days.

Start planning now!

TECHNIQUE

Questions you always wanted to ask your coach, but were afraid to ask. (*Adapted from an article by Wayne Goldsmith – one of the world's leading experts in elite-level swimming.*)

Q. You, the swimmer:

How good can I be? Do I have what it takes to be a great swimmer?

A. Coach:

How good you can be has nothing to do with me. It's up to you.

I can write the workouts, help improve your technique and skills. I can help you get faster, stronger, more flexible and more powerful.

I can do all that, but in the end...greatness is a choice...and success is a lifestyle.

Your passion and desire to succeed will determine how far you go in this sport. I will help you all I can, but in the end...*it's up to you.*

When should I specialise in one event/stroke?

There are rules about stroke specialisation. It's about the three P's:

- What stroke suits you **PHYSICALLY**?
- What stroke suits you **PSYCHOLOGICALLY**?
- What stroke are you **PASSIONATE** about in swimming?

In other words, your "special" stroke is the one that best suits your body, mind and spirit. If you work hard at it every session, there are no limits to what you can achieve.

Why do you always go on and on about streamlining and working our turns?

Swimming is so much more than butterfly, back-stroke, breaststroke and freestyle. There is a fifth stroke – underwater technique and skills.

You can be the fastest freestyle *swimmer* in the country, but never win a medal at the championships because you have slow turns and sloppy underwater work.

Streamlining, turns, starts and underwater kicking are *as important as any of the four competitive strokes*.

Why do I have to practice other strokes? I only want to do backstroke.

Several reasons: first, swimming the same stroke all the time would get boring – for you and for me!

Second, developing skills in other strokes will help your favourite stroke. Improving your fly can help your freestyle and backstroke underwater kick. Working on backstroke can enhance your catch and shoulder flexibility.

Third, it gives you options. Sometimes if you just focus on one stroke and it is not improving you can get bored, frustrated, angry and even despondent.

By spending time working on skills, technique and performance in other strokes, you will often find that your main stroke starts to improve as well.

Why do we do so much kicking practice?

Kicking is a critical part of swimming fast. Next time you train, cross your feet and swim the fastest 100 you can. Then do it again, working your legs fast and kicking with speed and power – and *feel* the difference.

In fact, one of the greatest swimmers of all time recently said the following about kicking: "Kicking is critical to success. I think of it like this: 'My arms take me *out* (to half-race distance), and my legs bring me *back* (second half of the race). Without a strong kick to 'bring me home' there wouldn't be any world records, any gold medals or any big-race victories.'"

Actions speak louder than coaches

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Q: Why did the Boston swimmer with the sore throat try to swallow his TYRs?

A: Because the doctor told him to GOGGLE with salt water!



COMMITTEE DETAILS 2009

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BANKING DETAILS

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