

CATCH-UP



NEWSLETTER OF CAPE TOWN MASTERS SWIMMING

JUNE 2010

Editor's comment...

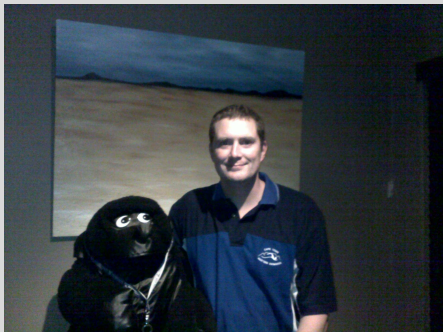
And so you have a new committee (details elsewhere), elected at the AGM; thanks to the many who attended and volunteered their services. I just love that my begging was heeded! You'll notice that the mug-shot (below) is of a bright, sparkly and motivated new Chairman - NEIL STEENKAMP.

Your newsletter also has a new title and here's how we decided on it... Catch-up is a swim drill (that we should all be doing) and is not used in any other sport (that we are aware of); the C and the T stand for Cape Town; and the phrase refers to a space where you can "catch-up" on news, photo's, the odd bit of 'skinner' and what is going down in the club generally.

Thanks to Marais who both suggested the title and came up with the artwork.

Hope you enjoy the fresh approach. C

FROM THE CHAIR



HOWDY Doo fellow swimmers, officials and fan club... Okay, no fan club yet, but with a few calendars and pictorials, you never know.

Nigel in June, Clara as the shining miss February, Allen in spring and add a dash of Di in December and we might have a winner.

MAY month may not have been the busiest month for galas, but there was enough going on to keep us busy, the Cadiz Freedom and AGMs, to name a few.

Speaking of the AGM, Cape Town Masters had our

AGM at the lovely Woodside Village on the 20th of May 2010 (Thanks Clara).

Firstly, we need to thank the members of last season. You guys did a stellar job, myself and everyone involved with the club thank you for doing the hard work to ensure that the rest of us had a ball of a time! You guys set a great example for the new committee to follow.

Speaking of the new committee, here is a quick break down of the members:

Chairman	Neil Steenkamp
Vice Chairman	Shirwyn Weber
Treasurer	Doug Howieson
Secretary	Di Coetzee
Membership Sec	Judy Brewis
Newsletter	Chris Donnelly, assisted by Marais Olivier for info
Website	Neil Steenkamp
Kit & national s	Di Hau and Luzanne Boyes
Galas & PRO	Michael Arendse and Marais Olivier

May we all do the club proud!

Awards were handed out at the WP AGM. CTMS swimmers helped themselves to a host of awards. We congratulate Marc Moore for the *Victor Ludorum*, Di Coetzee for the *Victrix Ludorum*, Cecilia Stanford for the *President's Award*, Janine Welgemoed for the women's *Golden Bullet* u50, Nick Orton for the men's *Golden Bullet* u50 and Sanderina Kruger for the women's over 50 *Golden Bullet*. Well done you guys - keep it up!

Seven CTMS swimmers also swam their way into the FINA top 10.

Congratulations to, Sanderina, Cecilia, Rachelle, Edith, Amanda, Dave and Tim. We are extremely proud of you!

Awards were handed out at the CTMS AGM too. Well done to Clara Aurik for the *Chairman's award*, Sanderina Kruger for the *Colin Cable award*, Tarryn Stanford for the *Most Improved swimmer-female* and Neil Steenkamp for the *Most Improved swimmer-male*.

The CTMS *Spirit* awards went to Anne-Marie Odendaal, Edith Otterman, Rainer Kloos, Marc Moore, Leon Nel and Shirwyn Weber for 3 years; Rod Holshausen, Doug Howieson, Marcelle Strauss and Miems Swanepoel for 9; Jean Degenaar, Sanderina Kruger and Judy Brewis for 12; and Allen Morrison for 15 years. Some other award was handed out as well... just view the picture above - no comment.

JUNE, winter, cold and little sun, not much happening either but keep up the training, it will pay off when the season finally gets momentum. BUT, to our swimmers going to the world champs, good luck guys and keep up the hard work, it will pay off in a few weeks! Rest assured that the balance of the club will cheer you on from Mzansi!

PLEASE remember to get those registrations in, the sooner the better - hit that early bird! R320 gets you registered and ready for the season. Lets' get the admin behind us and focus on the swimming.

THE next gala will be in July...WP are looking at the 18th, details will be confirmed. This will really assist our World Champs guys to prepare in race conditions, in the UWC pool - if all goes well.

PLEASE remember that there are still some swimming caps available. If you did not receive your free cap at Nationals, inform me or Di and we will get it to you, but be quick about it, because they are up for sale at the incredible price of R20. We'll even throw in a free plastic container if you order now!

AND that's the lot. And remember, in Judy's words, Masters swimming is about Fun, Fitness and Friendship!

A bunch of great people, taking part in a great sport and having a great time!

Until next time....

Neil



SUBSCRIPTIONS



Your club fees, of R320 (no increase from last year), are now due for the season May 2010 – April 2011. You are kindly requested to pay EARLY (like, now) to avoid administrative overload (or secretary melt-down) later on in the year.

PLEASE inform us if you are not going to renew your subscription this year. Also, if you would like to renew but just do not have the means, you could send us a letter in this regard. Correspondence should be directed to vice chairman Shirwyn Weber (davesands@telkomsa.net). Requests will be addressed at the following committee meeting.

MAKE A DATE

WEDNESDAY 16th JUNE: 3Km Youth Day swim at Camps Bay – 9am registration for 10am.

SATURDAY 31st JULY: Bloemfontein is hosting the *Swem Sop & Sjerrie* gala again.

SATURDAY 17th JULY: “Ice Swim” at New Dam, Fraserburg. Contact Craig Doonan on 021-785 3683 and info@leapcommunications.co.za.

MEET THE COACH

In our new series, CaTch-up decided to get to know some of our masters' coaches in the Western Cape a little better. Jean Degenaar, a popular coach with her swimmers, (reluctantly) agreed to be the first to answer a few questions.....



Q. Where do you coach?

For the past few years I have been coaching kids outdoors at Somerset House in the summer months. I then saw a need for a masters group in the area (Helderberg) and started up at the Strand Indoor pool last October which had just opened its doors again after having been closed for renovations for a year. We started with about 6 regulars and have grown to a group of about 17 (on and off) and we train all year round.

Q. What age groups do you work with?

At the moment the masters group ranges in age from 19-73.

Q. How does coaching masters swimmers compare to coaching school students?

At least with masters I don't have to deal with difficult and pushy parents! The masters (generally) want to be there.

Q. Do you still find time for your own training?

Yes, at 6:30am at the Virgin Active; this takes some

doing on cold winter mornings! And at UWC on Tuesdays where we are put through our paces by Cecilia, which is always fun in retrospect ☺

Q. What are your hidden talents?

I'm still trying to find them. There's still time...

Q. What could you absolutely not give up?

Good coffee... (I've tried); traveland probably swimming...because it's a form of meditation (but not on Tuesdays)

Q. What makes you laugh?

I love Jerry Seinfeld's humour - he takes everyday situations and somehow manages to see the funny side of everything!

I also enjoy movies like "It's Complicated" with Meryl Streep and Alec Baldwin - I found myself laughing out loud.

Q. What irritates you the most?

Insincerity...and bad coffee.

Q. What do you love most about coaching?

I enjoy the rapport with the swimmers and also the challenge of trying to make each session different and not boring.

I also enjoy seeing the swimmers realise their personal goals, whether it be doing the Robben Island swim or managing an 800 swim in a corporate triathlon.

Two Important tips for brilliant Breast Stroke

Breast/Fly Turn:

- Keep your eyes down, even after the touch.
- Use your abdominals strongly to contract your knees into your chest.
- Get the turning hand off the wall as quickly as possible.
- "Salute" with the top hand as you push off, bringing the front of your hand past your eyes before entering the water cleanly.

Breaststroke Timing Technique Tip:

Timing Basics:

One of the common characteristics of most great breaststrokers is their timing. Timing includes both the order and the spacing in between the parts of your stroke (pulling, kicking, etc.). One of the simplest and most effective ways to teach

breaststroke timing involves using what some coaches call "self-talk."

In self-talk you speak your swimming cues to yourself, consciously affecting what your body is doing. The self-talk that you use with breaststroke is "Pull-Breathe-Kick-Stretch." By speaking to yourself, you can positively impact technique flaws, especially in timing.

Some of the common technique flaws in breaststroke timing and the ways that using a self-talk can overcome them include the following:

- **Over-lappers:** Beginning the pull before the kick is finished. By saying "stretch" to yourself after each kick, it will help you to finish each kick and streamline the body at the conclusion of each stroke.
- **Over-gliders:** During the stretch phase of the stroke, if you glide so long that your body loses much of its momentum, forcing you to speed up and slow down every stroke cycle. If your self-talk sounds like "Pull-Breathe-Kick-Stretch-pause-pause-pause" you may be over-gliding. A self-talk allows you to recognise immediately pauses and problems with your timing.
- **Stop-and-Goers:** During the cycle, the pull is finished and the head is down before the feet begin the kick. When we refer to the kicks place in our self-talk, we are talking about the power phase of the kick (when the toes are pointed out and they are pushing the water back and together). While you are doing the out-sweep of the pull and your head is rising to breathe, the heels of your feet should be coming up towards your hips. This will ensure that when it is time to kick, your legs are bent and you're ready to kick. This kick timing will also help your hands to recover quicker while your legs are driving together.

The breaststroke self-talk can be modified to fit into many drills that most of you already know:

- 1 Pull/2 Kick Breaststroke – "Pull – Breathe – Kick – Stretch – Kick – Stretch"
- Streamline Kick or kicking with hands on the bottom of a kickboard – "Breathe – Kick – Stretch"

SPOT THE MISTAKE(S)

I'd take a flying guess and say that this reporter is not a swimmer...did they even consider the epic proportions of the swim that they suggest? And then they contradict themselves in the heading! *Hai-bo...*

Icy swim to Robben Island



Candice Murray, Stefané van Niekerk, Samantha Rule and Caitlin van Niekerk looked remarkably relaxed after their icy swim from Robben Island to Muizenberg in Cadiz Freedom swim. The girls, who all attend Herschel Girls School, came first in the School Team (Wetsuit) and was placed third in the School Relay (mixed teams) in a time of 02:32:18.

2010 WORLD CHAMPS GOTHENBERG – SWEDEN

CTM has a small-ish group (15) travelling to Europe for the champs which take place from the 27th July – 7th August:

Cecilia Stanford, Di Coetzee, Sanderina Kruger, Tricia Rix, Jean Degenaar, Amanda Picard, Kasha Kloos, Rainer Kloos, Tim Shead, Halton Cheadle, Tyrone Tozer, Johan van der Merwe, Danie Folscher, Rod Holshausen and Werner Ludick.

There are a few interesting facts they may wish to arm themselves with:

- *Gothenberg was founded in 1621.
- *The local currency is the Swedish Krona (SEK).
- *The average August temperature is 16° but perhaps they'll be lucky and get a 20°C (this is summer...about those sandals and shorts).
- *If they were to take a dip in the sea, it may be a balmy 17°C.
- *Gothenburg appears to be a gastronomic delight so they shouldn't have a problem finding a delicious meal.
- *It's also a shoppers' paradise – spend those Krona wisely.
- *Looks like the Swedes have copied the idea of

our Giant Wheel (at the waterfront). Theirs was opened in May this year.



(It is impossible to find any *really* interesting facts about this town, and I looked extensively! Hope the team doesn't get too bored between race days...)

All the best – may you experience wonderful times!

COMMITTEE DETAILS 2009

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BANKING DETAILS

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First National Bank
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Somebody find this dude a pool... Ω

CaTch-up