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SAMS Newsletter – May 2008

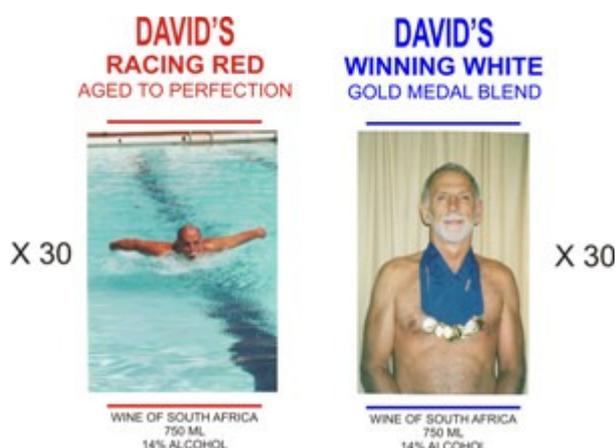
Serious Stuff First – Gala Dates

All Masters are SAMS Masters because they're only interested in swimming, partying, making friends, chatting to friends, drinking with friends and all in all having a good time. But occasionally we do some work as well! The ONLY work for this newsletter is a request from all Presidents in all the regions to submit dates for their galas. We'd like these as soon as is possible so we can publish these dates on the SAMS website. You can send these to Bobbie Crowther at bobc@adcorp.co.za.

Next up – all the fun stuff

A Birthday with a Difference!

One of the SAMS members celebrated their 70th birthday in January this year already, but is still worth a mention. In true Masters spirit, David showed that Masters swim very hard, but can party even harder. And how better to do this than with a good bottle of red wine?!



Masters definitely get more creative the more they mature, EXACTLY like a good bottle of red wine! David, any luck on us getting hold of your wine?

Member Report: Cape Point Swim

After a 32 day wait due to prevailing South Easterly winds, on Sun 03/02/08 at plus minus 08.15am I started out and successfully swam from Diaz Beach in the Cape Point Nature conservation area around Cape Point. The time spent in the 14degree C water was 1 hour 15 minutes, distance covered 3,5km, and conditions of the sea off Diaz Beach to the Point were what I would perceive to be like a giant washing machine. I swallowed huge amounts of water and foam when turning my

head for air in this stretch of the swim, once around the point, which should have been some what better, also proved to be hard. I was swimming against a very strong current running up the coast towards the Point.

When we started out our half hour trip by boat from Millers point en rout to Cape Point, the weather was reasonably good, a light Northerly wind and sunny, but as the area around Cape Point is known as the Cape Of Storms, true to form it turned quite nasty with 30km North Westerly winds and pouring rain which churned up the water creating white horses, needless to say the boat crew got as wet as I was in the water.

My initial plan was to swim from Diaz Beach around Cape Point to Buffels Bay, which is a distance of 8,5 km, but due to very bad stomach cramps, getting sick and the turning of the weather, I managed to swim the 3,5km before deciding that it was enough. I had achieved my goal of swimming around Cape Point.

Next up the list is to swim from Dassen Island, which is about 80km up the West Coast from Cape Town to Yzerfontein, distance 8,5km, water temperatures here average around 13 degrees C. This I am hoping to do some time in March this year.

Till later
Best Regards
Alan

From SAMS – Congratulations on your swim, a tough and wonderful feat to conquer!

FINA Perth World Champs Qualifiers

Huge congratulations to the following swimmers that achieved qualifying times at the FINA Perth World Champs.

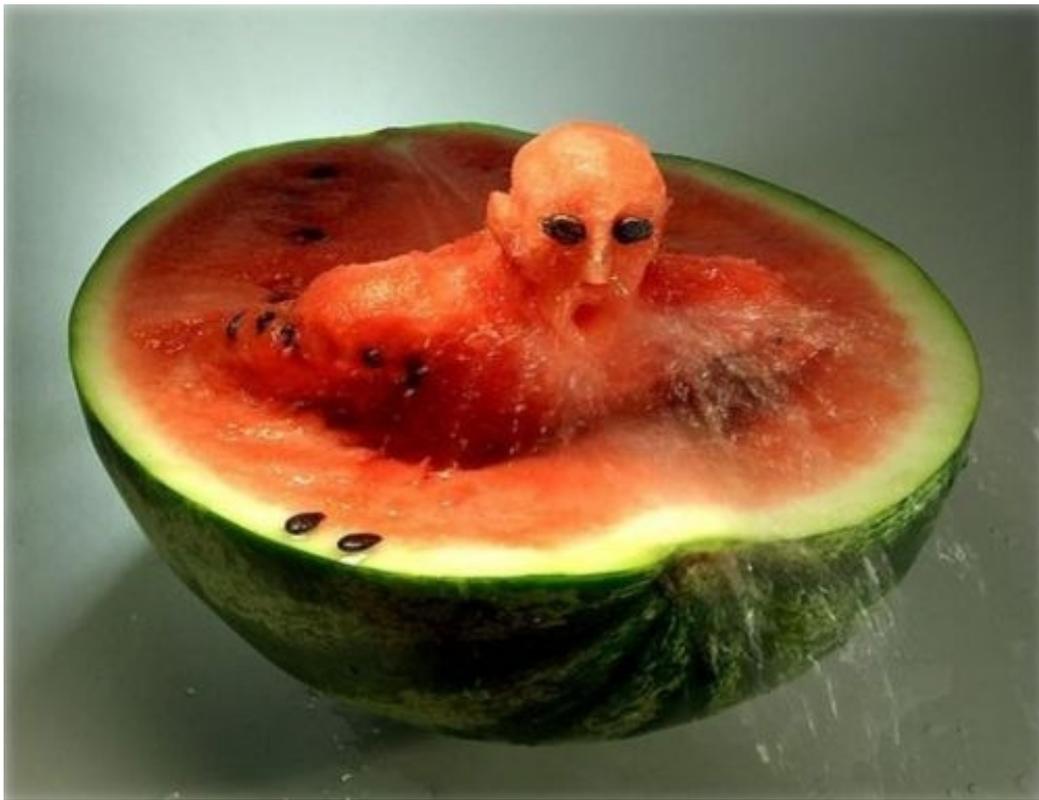
Gail McCarney (CPTW) qualified in the 200m Breaststroke.

Mike Rudolph (CPTW) qualified in the 100m Backstroke.

Mike Semple (ETSM) qualified in the 100m Freestyle, 50m Freestyle and the 100m Butterfly.

Our hardest working webmaster, John Peterson has captured all the SAMS swimmers results from the FINA Perth World Championships into Meet Manager and Team Manager. These have been published on the SAMS web site – www.samastersswimming.com. If you haven't been on the website for a while – go check out the logo!

Editors Funky Picture



Fish Eagles Aquatics happenings



FISH EAGLES AQUATICS

Masters Swimming

The Fish Eagles Aquatics from the Garden Route recently held their Annual General Meeting on Monday 5 May. It was attended by a buoyant crowd of 10 members; which is quite a good attendance if you consider it as a percentage of total membership...

Rae Smit was awarded the trophy for the best individual results at the SA Masters and Jill Black (our chairperson, secretary, treasurer, doctor, teacher, psychologist, preacher, coach and maid)



was voted Club Member of the Year. A stern warning was issued to Jill not to let it go to her head.

One of the main points of discussion under "general" on the agenda was the fact that we are hosting the SA MASTERS in 2011. Between the 10 members present, half don't have cellular phones and only a third has e-mail. But ALL of us enthusiastically started volunteering for certain duties and portfolios for 2011. One member knows the person who does the steam train rides down the coast and up the mountain; one knows somebody who hires out tents (so we can put up some shelter around our new 50m swimming pool); another knows somewhere ideal for a dinner/dance (weather and Eskom- to a lesser degree- permitting); yet another knows somebody who owns a VW Kombi. I can't even swim, but I have a guitar. And so it goes in our small club.

What we lack in numbers and finances, we make up in enthusiasm.

We have a sponsor of R15 000 (a pledge, not received); so we are optimistic, straining at the bit and amped. Bring it on.

We promise an event that nobody will ever forget. We are already looking forward to it. We don't have much time, you know. And us Garden Routers NEED our time. We back the tortoise; not the rabbit. We wrote the book on underdogs. We won't break records in the pool, but we will make memories. We'll ask you very little, but give you a whole lot.

Those of you who attended our previous effort at Oudtshoorn, can validate that!

In the meantime, any suggestions (and cash and cheques and credit cards) are most welcome. We have our ways of (not) doing things, but every positive input will be delegated with immediate efficiency.

Regards

The Fish Eagles Aquatics team/members/committee (same thing)

PS: Remember: no problem is ever so complicated that it cannot be run away from...

Annual Polar Bear Swim Challenge



Date: Saturday 21 June 2008

Time: 12 noon

At: Dragon Peaks Dam. Swim from the Main Land to the Boma on 'Bunny' Island (100m or 25m for the not so tough!)

Entry R30.00 includes Soup or Gluwein

In Aid of Estcourt SPCA

Which serves the Central Drakensberg Area

Certificates to all Finishers and many Lucky Dip Prizes

No wet Suits Allowed

Spectators Welcome! Please bring along some Tinned Pet Food

**Accommodation: Dragon Peaks 036 4681031 and Cathkin Park
Reservations 036 4681091**

For more details contact Ann 082 8280401

Learn to Control your Breathing



It is not a secret that a swimmer has one of the best lung capacities from all athletes or at least should have. :) . Here are a few ways how you can improve your breath holding ability during every day practice.

1. **Lungbuster** - exhale all your air and when no air is in your lungs, push off the wall and either sprint fly or free for a 25 or sprint fly kick underwater while in streamline with maximal speed of undulation.
2. **Good ol' underwater swims** - 40x25m underwater on 40 etc.
3. **Hypoxic swimming** - do a set of your chosen distances (3x400 or more) and vary your breathing by 50s or 100s as follows. 1x50 breath every 3, 1x50 every 5, 1x50 every 7, 1x50 every 9 and repeat all over again.
4. **Fast fly kicks on your back** - do a set of sprint fly kicks in the streamline, head aligned with eyes looking up (not behind you), fast undulations coming from the bottom of your ribcage. Why on your back? Answer: To even out your kicking muscles due to the fact that majority kicks are on your front and also, because it is harder to keep the air in. If you can't keep the air in and it is escaping through the nose, use a nose plug (don't be afraid - top athletes do it). That is the last thing you need, air bubbles coming out of your nose.
5. **Underwater turns** - pick a favorite distance (not below 300) and have a set where you swim from inside the flags-to the wall-to the flags underwater, so only the section in the middle of the pool between the flags is above the water, the rest below.
6. **Front snorkel** - one of a great ways to work harder in the water is to limit your oxygen intake. Front snorkel is a wonderful tool which will do just that and it will help you with your head and body position.
7. **Not taking breaths into the turns and off the turns.** This practice is perfect for training to

help you get out of it as much as you can. Take one stroke into the turn and one stroke out of the turn without breathing.

8. **Breathless relays** - Sprint fly or free as a relay, however, without breathing. If you are not skilled in non-breathing swimming, start with 25's, if you are more advanced I'd do 50's to make it more challenging. There is a catch though. If a person takes a breath during their part of the swim, the relay is penalized by one more swim or by time or any other penalty you can think of to make it interesting.

As Richard Quick, former Stanford's Women's Swimming Coach, mentions in his [Championship Winning Swimming Videos](#), underwater swimming is a 5th stroke and up to 60% of your races can be swam underwater. So here you have it.

One last note, remember that when racing, it is not good to go into an oxygen debt, that is why you'd want to incorporate some of these exercises into your training. And also keep in mind that while in competition, if you have a perfect stroke and body/head position, you can take as many breaths as you want without impacting your speed (there is nothing wrong with that). You will swim faster with more oxygen.

If you wish to share any articles, news or happenings, or wish to make any comments on the news letter, drop our editor a mail at marti_ma@mtn.co.za.

Happy swimming, keep it up during these *freezing*, dark winter mornings!