



SAMS NEWS

THE OFFICIAL NEWSLETTER OF SOUTH AFRICAN MASTERS SWIMMING

<http://www.samastersswimming.com/>

Summer 2012/13

MESSAGE FROM THE CHAIR



I cannot believe how quickly 2012 has flown by!

This edition focuses on the 2012 Winter Fitness Challenge. Once again keeping in line with the Masters motto of fun, fitness and friendship the regions rose to the challenge by creating awareness of Masters Swimming and by making a difference in a needy person's life.

The SAMS S/C Champs winners are announced – and SAMS would like to thank everyone involved for their assistance in arranging the Championships in the regions.

As the year draws to a close – we would like to remind those of you, who are on your way to lovely PE in March 2013 to take part in the SA Masters Championships, that entry forms need to be received by your Club Chairperson by 31 January 2013.

The SAMS Committee would like to wish you and your families a blessed Festive Season – keep on swimming during this time and if you are going away – drive safely.

See you all in PE!

Marcelle

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Happy Festive Season all Masters Swimmers!



Winter Fitness Challenge 2012

Below are summaries from the regions:

Tshwane Masters

What a super day in the sun, after it had been snowing in Pretoria during the week! We had 38 members from Coelacanth participating in the challenge. A lot of fun and laughs were had, as usual, when we all get together. There were a number of members that did the challenge in their own time, well done. Thank you to all those who helped raise an amazing amount of R2,750.00 for our chosen charity, Irene Homes for the mentally disabled. Thank you to those who willingly gave donations and to Tshwane Masters for sponsoring the cost of the pool hire. We will also be donating 10 swimming costumes and 10 swimming caps. Thank you to Sakkie, our "Gees Committee" who supplied us with cups of soup and slices of bread during the morning. The top male swimmer was Terry Downes who swam a distance of 3,800m and our top female swimmer was Annemarie Dressler who also managed a distance of 3,800m. The total distance swum was 83,950 meters. Well done to you all and thank you once again for giving up your time for this cause.



Terry Downes



Sabine Verryn, Marieke Bouwer and Kim Foster

Gauteng Masters

WAHOO MASTERS – WINTER FITNESS CHALLENGE

We decided to approach the event this year with a two pronged focus:

- * To raise funds for disadvantaged swim groups
- * To expose the spirit of Masters swimming to a wider audience



Probably – more importantly – to ensure our current members also had a load of fun. In order to maximise on these fronts – we ran our event on two separate days – the team event on one Sunday early in the month and the individual event late in the month. The team event was run under the theme "bringing summer into winter" and was based on Hawaiian dress up. It encouraged plenty of fun and a very spirited atmosphere.

We were very lucky to draw participants from the "kids" squads, water polo teams, coaches at the centre, underwater hockey, aquarobics members as well as triathletes. Twenty seven teams took part in the initial event - a total of 108 people. Of these, 9 teams were current Wahoo members and 2 of these teams were made up of Wahoo

member's children. A further 13 individuals competed in the one hour distance swim or medley challenge. Apart from the relay sessions, we had Jacaranda 94.2fm run their Olympic swim - They were running a series on radio where some of their more prominent staff members were participating in events to be able to set a bench mark so that listeners could have a perception of the difference between a regular person and an Olympic athlete. Their swimmer managed a 1.15 for the 100 free! In addition, they supplied goodie bags and other spot prizes. Both Powerade and Cadbury donated drinks and small chocolate slabs which were handed to each swimmer. On the cold winter day Main Event Catering sponsored coffee for all. Mike van Hille who runs the Wahoo Aquatic Centre allowed us to use the pool free of charge for these events.

Our main winners of the team event were:

- Males swimming furthest
The Beach Boys = 6 450m
 - Females swimming furthest
Hula Chicks = 5 075m
 - Mixed team swimming furthest
Fairly Useful Crawl Kings = 5175m
- And for the individual hour challenge:

- Male – Owen Sheftz = 4 400m
- Female – Caren Strydom = 3650m

The money raised is being split between SuperFins (who we supported last year) and the Wahoo Aquatics Development Program. Old kit was also collected for distribution to these two organizations.

All in all everybody had fun - they smiled, laughed, got pushed through pain and together swam a cumulative distance of approximately 170 375m!!!

(Continued on next page)

Winter Fitness Challenge 2012

Western Province Masters

Winelands Masters

As Winelands Club is spread over a very wide area, it is always fun to see a strong component of mostly non-swimmers from the little town of Bonnievale, becoming swimmers during August. This year saw 11 such swimmers also drawing 8 other new swimmers in: 3 from Swellendam and 5 from the Klipdale area. Therefore we felt it appropriate to benefit a most deserved charity in Bonnievale in 2012. A project, hugely involved in the poorest communities where the fabric of society has reached desperate dimensions (due to alcohol, tik, AIDS and relocation and gangsterism) was established by two very brave women in 2009. This is the Valleys and the Mountains Development Foundation which has established a pre-primary school for 103 kids from the poorest families, motivating highly committed teachers who offer life-skills training for parents as well. The school is badly underfunded (feeding children 2 meals a day as well as education and reduced salaries). In addition, earlier this year the V&M Foundation started a 'Vangnet' project for boys who have become street children or were turfed out of school for reasons of drugs and thuggery and heading straight for criminality. There is no funding for teachers, although they have managed to get support in various other ways. Personal funds from the co-ordinator are poured into the project and her young assistant, an educational psychology honours graduate, is given free board and lodging and NO PAY. They are the most selfless people doing an EXCELLENT far-reaching job in uplifting the fabric of society.



CAPE DOLPHINS MASTERS SWIMMING CLUB

Our Winter Fitness Challenge took place on the 18th August at a number of venues. We had a total of thirty four swimmers taking part in the event with a combined total of 105 699m swum in the hour. Our furthest distance swum in the hour was 4300m by Richard Willmore. Total funds raised at the event were R1695.82. All proceeds will be used to purchase much needed items for the Sarah Fox Children's Convalescent Hospital. The Sarah Fox Children's Convalescent Hospital is a 60-bed facility based in Silvertown, Cape Town. It serves as the only convalescent hospital available to children in the Western Cape. The hospital aims to provide professional care necessary to allow full recovery once the critical stage of the illness has been treated. The main conditions treated at the hospital include burns, HIV/Aids, tuberculosis, kwashiorkor, marasmus, motor vehicle accidents, effects of malnutrition, surgery, trauma, gastro-enteritis and non-accidental illnesses. More recently, children have been referred to Sarah Fox Hospital not only for medical reasons, but simply because they have no other place to go. The number of abandoned children and children coming from socially unfit backgrounds are on the increase.

CAPE TOWN MASTERS SWIMMING CLUB

The members of Cape Town Masters, in the various swimming squads, managed to raise the amount of R3220. This money was donated to Laps for Life and Christy Harrison, a 41 year old cancer patient was the beneficiary. Christy has just been readmitted to hospital for her 4th round of chemotherapy and they have still not been able to find a suitable donor for her. Christy and her family are very grateful for the help from Laps for Life and everyone who contributed in the WFC, as the strain on them financially has been crippling.

Easterns Masters Swimming

Eastern Masters collected R500.00, which was donated to Casa Caritas home for mentally challenged persons in Kempton Park.

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Winter Fitness Challenge 2012

KZN MASTERS SWIMMING



Rosemary Clark, Heather Campbell, Barbara Bowley, Shirley Carey and Gerhard van Rooijen



Di Hughes and Merle Angelos

Wow what a fantastic response we had this past Sunday, 26th August at this year's Winter Fitness Challenge. A full report with photos will follow soon but I just felt I had to say a BIG thank you to all who helped to make the morning such a fun **"PINK swimming morning"** - we had pink bunting and bunches of pink balloons to brighten up the pool surrounds, many swimmers came in pink t-shirts, some teams had pink swim caps and pink water bottles and Reach for Recovery had their pink gazebo set up.



Rosemary Clark (KZN President)



Sven Dahlman, Heather Goldstein and Rosemary Clark with Reach for Recovery Committee)



Colleen Bailey winner of the Reach for Recovery Committee

We had about 52 swimmers (many were visitors) and we raised R3000 for Reach for Recovery through the team entry fees, donations and sponsored swims plus the raffle they organized raised R560. We collected about 3 boxes of used/new swim equipment to re-home, 2 boxes of 'wish list' goodies for the Kiddiepak project, and 3 packets filled with 'wish list' items for Reach for Recovery to use in the comfort bags they hand out to Breast Cancer patients at some of the Government hospitals. The KZN Masters Committee is overwhelmed by the generosity of our swimmers.

A BIG thank you also to Ann Gray for organizing a fantastic Lucky Dip prize of 2 Drakensberg **Canopy Tour tickets- Kieran and his wife** won this and we are sure they will really enjoy it.

DONATIONS

Donations for Reach for Recovery

An assorted amount of toiletries was collected for the **Reach for Recovery Comfort Bags**

Donations for the Kiddie Pak Project

This included 80 x 22gms chips, 48 liquifruit type juice, 12 pkts popcorn/peanuts, 6 rolls of sweets, 10 x 7 JD 115 notebooks, 2 x JD 127 notebooks, 4 Bic pens, 10 pencils, 19 small pkts tissues, 2 moist wipes and 1 x 50gm pkt chips.

Donations of Swimming equipment for the underprivileged.

This included 10 kickboards, 7 pull buoys, 57 goggles, 24 swimming costumes, 1 pair hand paddles, 3 towels, 3 T shirts, 2 pairs of fins, and a packet full of swimming caps.

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Winter Fitness Challenge 2012

South Western Districts Masters

Fish Eagles Masters Swimming

Our small club's participation in the Winter fitness Challenge every year is an anticipated event and normally well supported by our swimmers.



As there are only 2 heated gym pools in this area, (covering the area from Plettenberg Bay to Riversdale), swimmers are justifiably not as active as in summer! Nevertheless, 17 swimmers submitted log sheets. A total distance of just short of 30km was recorded and the average age of participants was 57.4!

The concept of "67 minutes for Charity" has been well received and we will focus next year's challenge with much more drive and exposure on this theme. This year we have collected R700.00 which will be donated to Rosemor Old Age Home, a local facility in one of the underprivileged areas in George. An article in the local newspapers will feature a picture of members handing over the cheque and exposing swimming at masters level in our area.

Free State Masters

Seven members from Free State Masters took part in the WFC and R800 was raised. The money was donated to CANSA.



WELL DONE MASTERS!

SAMS would like to thank all the members who took part in this worthwhile event. It is wonderful to read all the stories of how everyone has contributed to making a difference.

The WFC has not only made a difference, but has also created awareness of the needs of the people and communities around us.



Nationals 2013, Port Elizabeth

PROGRAMME OF EVENTS

29th SOUTH AFRICAN MASTERS SWIMMING CHAMPIONSHIPS PORT ELIZABETH 2013

SESSION 1- WEDNESDAY 13 MARCH AT 14:00

100m Freestyle

200m Butterfly

50m Breaststroke

4 x 100m Mixed Medley Relay

OPENING CEREMONY NEWTON PARK POOL 18:30

SESSION 2-THURSDAY 14 MARCH AT 08:00

Mixed 800m Freestyle

PHOTOS 11:30

SESSION 3- THURSDAY 14 MARCH AT 14:00

100m Backstroke

50m Freestyle

400m Individual Medley

HAPPY HOUR SHERWOOD GARDEN CENTRE 18:30

SESSION 4- FRIDAY 15 MARCH AT 08:00

200m Individual Medley

50m Backstroke

200m Breaststroke

4 x 50m Mixed Medley Relay

SESSION 5- FRIDAY 15 MARCH AT 14:00

100m Butterfly

400m Freestyle

4 x 50m Freestyle Relay

SESSION 6- SATURDAY 16 MARCH AT 08:00

200m Backstroke

100m Breaststroke

50m Butterfly

4 x 50m Mixed Freestyle Relay

SESSION 7- SATURDAY 16 MARCH AT 14:00

200m Freestyle

4 x 50m Medley Relay

Dash for Cash

DINNER DANCE WILLOWS RESORT 19:00

**SESSION 8-SUNDAY 17 MARCH AT 10:00
OPEN WATER SWIM MARINA MARTINIQUE**

NB: MEN START FIRST WED & FRI / LADIES START FIRST THURS & SAT

**SAMS AGM AND TECHNICAL MEETING AT POOL,
WEDNESDAY 13 MARCH AT 12:00**

NATIONAL ENTRY FORMS:

To be received by your Club Chairperson by 31 January 2012 together with payment.

Registrations:

All swimmers wanting to take part in the SA Masters Swimming Championship need to be registered with SAMS by 31st January 2013. Please ensure that your Club registration secretary has sent your registration to SAMS (Mairi Brimble) before this date.

SAMS Short Course Championships 2012

The 2012 SAMS S/C Champs were held at various 25m pools around the country.

Congratulations to Coelacanth MSC on winning this year's event.

The full results are on the SAMS website: www.samastersswimming.com



Combined Team Scores - Regions

Place	Region	Points
1	Gauteng	1,194
2	Western Province	1,073
3	KZN	997
4	Tshwane	918
5	Eastern Province	887
6	Border	103
7	Easterns	70

Place	Team	Points
1	Coelacanth MSC	918
2	Cape Town MSC	845
3	Wahoo MSC	744
4	East Coast MSC	685
5	Bay Eagle Swim Team - Masters	604
6	Phoenix MSC	414
7	Highway MSC	312
8	Main Sports & Swim Ac. - Mast.	283
9	Cape Dolphins SC - Masters	110
10	Amakhosi MSC	103
11	Winelands MSC	78
12	ET Stingrays MSC	70
13	ATC Swimming - Masters	40
14	Mandeville Dolphins SC - Mast.	36

Montréal, host of the Championships in 2014! FINA World Masters Championships

The City of Montréal will be the host of the 15th FINA World Masters Championships in July 2014.

"Montréal is a city where amateur sport occupies a special place. In 1994, we hosted the FINA World Masters Championships and, in 2005, the FINA World Championships. It is with great pride and pleasure that the Montrealers will welcome again, in 2014, the FINA World Masters Championships. On this occasion, our metropolis will live at the rate of this exceptional event and I want to thank FINA for their renewed confidence", says the Mayor of Montréal, Mr. GÉrald Tremblay.

This event will attract between 8,000 and 10,000 athletes to Montreal over a period of 14 days. The five aquatics sports will be represented, swimming, water-polo, diving, synchronized swimming and open water swimming. Athletes from 60 countries around the world will participate in this event. The ages are 25 and older in swimming, open water swimming and diving, 30 and over in water-polo and 20 and over in synchronized swimming.

"We shall host athletes from of all levels, since this event is open to all, including former world champions and former Olympians. This Championship, held every two years, is the largest aquatic event in the world" says Mr. Pierre Cloutier, Chief Executive Officer, Montréal 2014.



SWIMMING WITH DOLPHINS

The dream of so many! But firstly, ethics. Is it right to swim with dolphins? When people swim with dolphins, are the dolphins disturbed in any way? When you encounter dolphins in the great expanse of the ocean, whether it is while sailing, surfing, swimming, free diving or scuba diving, it is the dolphins choice to interact if they want to do so. Surfers know that on many occasions dolphins will approach them and share the waves with them, circle around them for a few minutes and then move on. If you are on a boat and you jump into the water with wild dolphins, they will swim away, and no matter how fast you swim, you will not cause them any mental anguish!



Animals have been used along with physical therapy for decades. It seems that only in recent years have researchers noticed how the dolphin interacts with those who have special needs, and the science of dolphin therapy has evolved. Dolphins have it in their nature to be curious and sociable. Their lesser known traits are patience and an inner sense of their environment. Physiotherapy researchers noticed that dolphins seem to exhibit an extra degree of protectiveness towards individuals who are physically disabled. Pregnant women are also known to receive extra attention when they swim with dolphins.

Dolphin therapy Researchers are careful to emphasize that the results will vary for each individual. The results of their studies continue to reflect amazing potential. Non-verbal individuals have often spoken their first words to dolphins or during a swim with dolphins. Seemingly unaffectionate individuals have

gradually learned to cope or even show affection after swimming with dolphins in dolphin therapy sessions.

Dolphin therapy studies have also showed some patients developing greater motor skills when introduced to dolphin assisted therapy where they swim with dolphins. Cancer patients have found relief from the emotional isolation they may feel by swimming with dolphins. Patients with multiple sclerosis and autism have all responded positively to interaction and swimming with dolphins.

Dolphin assisted therapy, also called DAT, is most often conducted with the help of a marine biologist as well as a physical therapist. The individual receiving the therapy is given the standard physical exercises, but they are allowed physical contact while swimming with the dolphin at the same time.

Scientists are currently exploring the use of dolphins in a therapeutic setting. There are no guarantees of results when using dolphins as with any other animal. The dolphin's 'healing' powers have been attributed to a range of factors, but a swim with dolphins will never be detrimental.

Some theories believe it is merely the dolphin's affection and tolerance that brings such positive results. Other rumors suggest that the dolphin's natural sonar actually triggers a healing response from within the human body. When a dolphin swims, it is so graceful and it exudes joy and evokes joy.

Advocates of dolphin therapy cite many areas of improvement for patients. Many believe that a regular swim with dolphins can boost the immune system. Some state it can increase learning capacity from 3 to 11 percent. Advocates also believe this learning capacity brings a knowledge retention rate of around 50 percent a year, so swim with dolphins and get smarter!

Dolphins swim in groups that are called pods. They carry one offspring at a time and nurse them after birth. Dolphins are warm blooded like humans. They protect and care for one another just as humans do. After a baby dolphin is born, the mother and baby dolphin swim close and keep physical contact. The baby dolphin has whiskers with which it feels the mother's slipstream in order to stay close to her. When they sleep, the mother and baby dolphin swim in a tight circle, the baby dolphin swims on her inside for protection from predators.

Dolphin assisted therapy usually occurs in a captive dolphin facility, but disabled individuals with mobility or even those who can't swim are usually treated to swimming with dolphins with assistance and flotation devices.

Dolphin assisted therapy is not a promise of success. It does offer the potential to bring much joy into the lives of the disabled. These caring and gentle animals of the ocean can urge development in areas that may not see stimulation in other circumstances.

Website : www.extremenaturetours.co.za



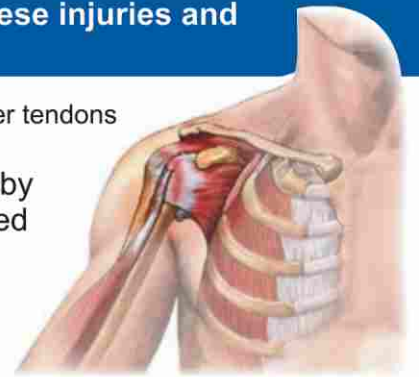
Swimming Injuries – Prevention is Better Than Cure

No matter how good of a swimmer you are, without the proper warm ups and techniques, you can very well get yourself injured. So what are these injuries and how do we prevent them?

Swimmer's Shoulder

This is the most common injury among swimmers. It is usually caused by improper techniques. Apart from that, it can also be caused by increased workload or swimming aids such as swim paddles and pull buoys.

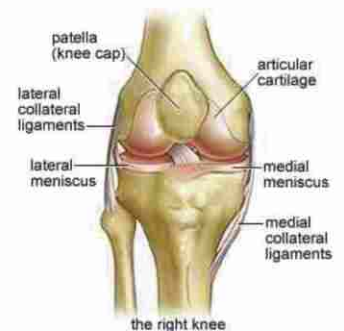
Inflamed shoulder tendons



Breaststroke Knee

From the name of it, it derives from the breaststroke kicks. As the kicking technique involves rotation of the knees, the inner ligament of the knee is put under stress. To avoid this injury, the following can be done:

- Proper warm ups and stretching exercises before a swim
- Alternate between different swimming strokes
- Do strengthening exercises for your hamstrings and quadriceps



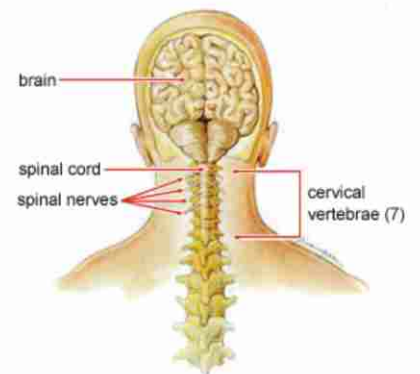
Neck Injuries

This is normally caused by incorrect techniques.

While swimming the freestyle, your head should be aligned with your spine and your eyes looking down. You shouldn't be looking in front or lifting your head up for air. When you're inhaling, you should not over-rotate your head. Instead, you should rotate your body more.

While swimming the breaststroke or butterfly, your head should be aligned with your spine at all times. When you inhale, avoid looking in front. Instead, look down to keep your head in a neutral position.

As for the backstroke, increase your distance gradually, allowing your neck muscles to adapt.



Lower Back Injuries

Once again, this is usually caused by incorrect techniques.

While swimming freestyle, if your head is in a high position and your hips and legs sinking, it will force you to kick even harder, causing overarch of your back. To prevent this from happening, you would need to work on your position and balance to find the proper horizontal position.

While swimming the butterfly, poor techniques can cause you to lift your upper body out of the water with the strength of your back. To prevent this from occurring, work on your body undulation and dolphin kicks. This will help your body wave lift your upper body out of the water and not your back.

Additional Tips

- Proper warm ups and stretching exercises before a swim
- Proper cool downs and stretching exercises after a swim
- Follow a general program to develop your functional skill



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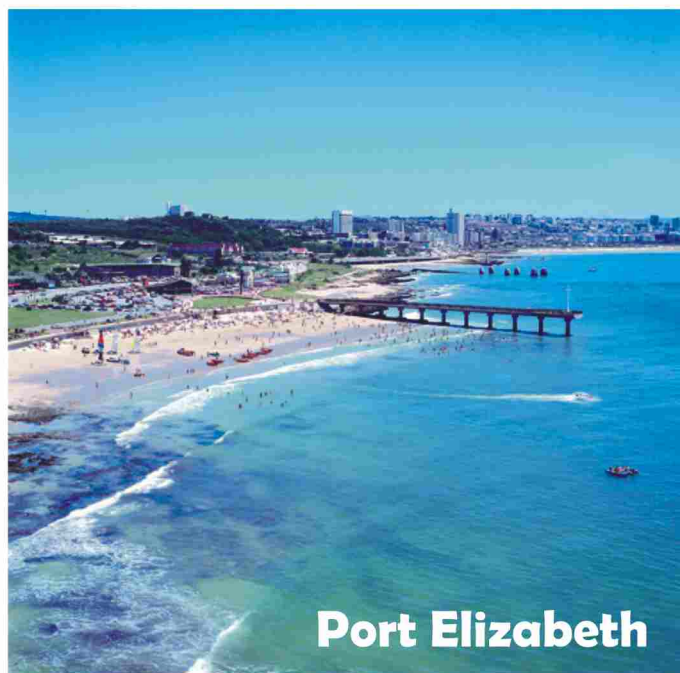
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Nationals 2013



Port Elizabeth

Reminder... **3 months left to train!**

Please ensure that all entries are received by YOUR club chairperson together with entry fees by **31 January 2013**.



<http://www.facebook.com/pages/South-African-Masters-Swimming/153679144696876>