

Spring edition



2016

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# SAMS NEWSLETTER

The Official Newsletter of *South African* Masters Swimming

<http://www.samastersswimming.com>

<http://www.facebook.com/pages/South-African-Masters-Swimming/15367914469687>





## *Editor's Note*

*Hi everyone.  
Welcome to Spring 2016. I trust that you are all out of your winter woollies and raring to go in the pool. We had a really good season to date and I noticed that there was much activity in and around the pools, what with swim meets and of course the very successful and very worthy "Winter Challenge." I am also aware that many gala dates for Regions have been issued so please check with your clubs as to when these will take place. We don't want you to miss out!*

*Many swimmers of all ages are taking to the many Open Water Challenges. This makes for an ideal opportunity to introduce the concept of Masters Swimming. The more we get South Africans into the water, the better for everyone. Health-wise, fitness-wise and very importantly, safety-wise.*

*There are no Regional Reports in this issue and I hope to bring lots of news from everyone in the Summer Issue.*

*Karen has made great strides with SSA and we look forward to a great successful association.*

*I am really looking forward to the season ahead and wish you all Happy Training and lots of Gala Participation. Enjoy the read. Hugs as always.*



## *President's Message*

I hope you all enjoyed watching the Rio Olympics - The swimming was amazing!! Congrats to all our South African Athletes who did so well.

I was inspired and hopefully many more have also been inspired to get back into the pool.

Summer is here - no better time to get fit and healthy.

Thank you to everyone who took part in this year's winter fitness challenge - raising money for various charities.

The Month of October is a busy one - Sun City Open water swim takes place on the 22<sup>nd</sup> this swim signals the start of the open water season for most Gauteng swimmers.

SAMS short course champs will be held in October in the respective regions. We encourage all swimmers to take part in these champs. Please remember that you must be registered with club to be able to participate.

SAMS open water (Jade Homveld) has put together a very comprehensive open water calendar for the 16/17 season. Thanks Jade!

Good luck to all those taking part in various pool and open water events - most importantly enjoy what you do and have fun☺.

Regards

Karen

Karen Kennedy  
SAMS PRESIDENT



# Your Open-Water Report

By Jade Homveld



## OPEN-WATER SWIMMING calendar 2016/17.

I have compiled a provisional open water calendar for the 2016/17 season. I will continue to update the calendar. I will indicate the draft and date on which I compiled the calendar. ***It is always advisable to confirm the event date, distance and venue with the organiser or website prior to the swim to avoid disappointment.*** The information provided is to assist open-water swimmers with their planning for the season and I cannot be held liable for changes, cancellations or amendments to information included in this calendar. Please feel free to mail any event information, interesting swims or notable achievements to me for inclusion in future newsletters.

[jadehomveld16@gmail.com](mailto:jadehomveld16@gmail.com)

### PROVISIONAL OPEN-WATER CALENDAR 2016/2017

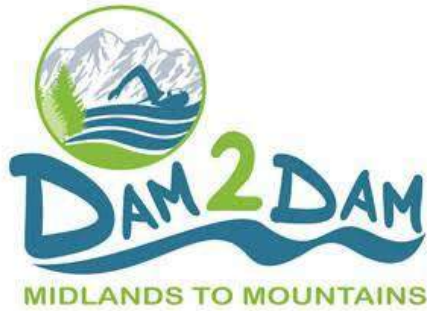
**(4th draft 03 September 2016 compiled by Jade Homveld (SAMS))**

<u>Province</u>	<u>Race Date</u>	<u>Race</u>	<u>Venue</u>	<u>Contact</u>	<u>Telephone</u>
Gauteng	08 October 2016	Marathon swim series 5km, 3km, 1km, 500m fun swim	Victoria Lake	<a href="mailto:marathonswimseries@gmail.com">marathonswimseries@gmail.com</a>	
Gauteng	29 October 2016	Marathon swim series 5km, 3km, 1km, 500 fun swim	Victoria Lake	<a href="mailto:marathonswimseries@gmail.com">marathonswimseries@gmail.com</a>	
Gauteng	6 November 2016	Cradle Moon swim challenge 1 (formerly Heia Safari) 3km/1km/400m	Cradle Moon	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
Gauteng	12 November 2016	Xtreme swim 6/12 mile challenge with shorter distances in the morning	Germiston Lake	<a href="http://www.xtremeswimseries.com">www.xtremeswimseries.com</a>	
Gauteng	26 November 2016	Marathon swim series 5km, 3km, mile, 500m fun swim	Homestead	<a href="mailto:marathonswimseries@gmail.com">marathonswimseries@gmail.com</a>	
Gauteng	27 November 2016	Marathon swim series 10km, 7.5km and 1km	Homestead	<a href="mailto:marathonswimseries@gmail.com">marathonswimseries@gmail.com</a>	
Gauteng	27 November 2016	Cradle Moon Swim challenge 2 (formerly Heia Safari) 5km/1km/500m	Cradle Moon	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
Gauteng	15 January 2017	Ebotsi			

Gauteng	21 January 2017	Lake Heritage water festival (Heia Safari) 5km/3km	Cradle Moon	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
Gauteng	22 January 2017	Lake Heritage water festival (Heia Safari) 1200m/600m	Cradle Moon	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
Gauteng	28 January 2017	Gauteng Open Water Championships			
Gauteng	29 January 2017	Gauteng Open Water Championships			
Gauteng	29 January 2017	Roode 1000 1km and 1500m	Baja Dam resort Bronkhorst spruit	<a href="mailto:info@roodeswim.co.za">info@roodeswim.co.za</a>	
<b> </b>					
Limpopo	18 March 2017	Ebenezer Mile	Ebenezer dam		
Limpopo	2 April 2017	Bosveld Mile Various distances – fun swim, mile, 3km, 5km	Bela Bela	<a href="mailto:info@belabelasplash.co.za">info@belabelasplash.co.za</a>	
<b> </b>					
North West	01 October 2016	Marico Mile 500m, 1 mile and 3km	Marico	<a href="http://www.maricomyl.co.za">www.maricomyl.co.za</a>	
North West	22 October 2016	Sun City swim 1500, 3km and fun swim	Sun City	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
North West	5 February 2017	Platinum mile 1 mile, 3km, fun swim	Buffelspoort dam Rustenburg	Di Williamson	
<b> </b>					
OFS	25 February 2017	Sterkfontein swim			
<b> </b>					
Mpumalanga	08 October 2016	Lowmed Open water swim series 3km, 1500m, 400m, 100m	Longmere dam White River	<a href="mailto:taryn@lowmed.co.za">taryn@lowmed.co.za</a> <a href="http://www.lowmed.co.za">www.lowmed.co.za</a>	<b>0824425833</b>
Mpumalanga	06 November 2016	Lowmed Open water swim series 3km, 1500m, 400m, 100m	Longmere Dam White River	<a href="mailto:taryn@lowmed.co.za">taryn@lowmed.co.za</a>	<b>0824425833</b>
Mpumalanga	19 November 2016	Lowmed Open water swim series 3km, 1500m, 400m, 100m	Longmere Dam White River	<a href="mailto:taryn@lowmed.co.za">taryn@lowmed.co.za</a>	<b>0824425833</b>
Mpumalanga	03 December 2016	Lowmed Open water swim series 3km, 1500m, 400m, 100m	Longmere Dam White River	<a href="mailto:taryn@lowmed.co.za">taryn@lowmed.co.za</a>	<b>0824425833</b>
<b> </b>					
Eastern Cape	16 Jul 2016	JBay Winterfest Cold Water Classic mile/double mile/triple mile	Marina Martinique	Race Office	<b>076-6055062</b>
Eastern Cape	3 July 2016	Knysna Dragoons Lagoon Mile Swim	Knysna Lagoon	<a href="http://www.oysterfestival.co.za">www.oysterfestival.co.za</a>	<b>0824110950</b>
Eastern Cape	Sunday 23 October 2016 Sunday 6 November 2016 Sunday 20 November 2016 Sunday 15 January 2017 Saturday/Sunday 4 <sup>th</sup> and 5 February 2016 (NMBA 10km & 3km Championships)	Eastern Cape Swim series Sanctioned by NMB Aquatics 1km/3km/5km/10km		<a href="http://www.zsports.co.za">www.zsports.co.za</a>	<b>041 484780</b>
Eastern Cape	Sunday 16 October 2016 Sunday 30 October 2016 Sunday 13 November 2016 Sunday 27 November 2016 Sunday 11 December 2016 Sunday 8 January 2017	Aquelle Ocean Racing Series  1km/2km/3km Ocean Swim	Hobie Beach	<a href="http://www.zsports.co.za">www.zsports.co.za</a>	<b>041 484780</b>

	Sunday 27 January 2017 Sunday 12 February 2017 Sunday 12 March 2017 Sunday 26 March 2017				
Eastern Cape	25 and 26 February 2017	Spar River Mile Festival	Port Elizabeth Sundays River	<a href="http://www.zsports.co.za">www.zsports.co.za</a>	041 484780
Eastern Cape	18 March 2017	SA Masters Open water swim 1km and 3km	East London		
KwaZulu-Natal	26 Jun 2016	Dolphin Mile Surf Swim Series 6	Marine Surf Lifesaving club	Heather Campbell	082-3207083
KwaZulu-Natal	17 Jul 2016	Dolphin Mile Surf Swim Series 7	Marine Surf Lifesaving club	Heather Campbell	082-3207083
KwaZulu-Natal	14 Aug 2016	Dolphin Mile Surf Swim Series 8	Marine Surf Lifesaving club	Heather Campbell	082-3207083
KwaZulu-Natal	4 September 2016	Dolphin Mile Surf Swim	Marine Surf Lifesaving Club	Heather Campbell	082-3207083
KwaZulu-Natal	30 October 2016	Lake Eland Mile 3km/1 mile/ 500m	Lake Eland	info@midmarmile.co.za	
KwaZulu-Natal	3 and 4 December 2016	Capital K	Midmar dam	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
KwaZulu-Natal	11 December 2016	Dolphin Mile Surf Swim	Marine Surf Lifesaving Club	Heather Campbell	082-3207083
KwaZulu-Natal	22 January 2017	Dolphin Mile Surf Swim	Marine Surf Lifesaving club	Heather Campbell	082-3207083
KwaZulu Natal	11/12 February 2017	Midmar Mile	Midmar Dam	<a href="mailto:info@midmarmile.co.za">info@midmarmile.co.za</a>	
Western Cape	03 Jul 2016	First Sunday of the Month Swim - Jul	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	07 Aug 2016	First Sunday of the Month Swim - Aug	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	09 August 2016	Women's day swim 4 x 800 m relay swim	Big Bay	<a href="mailto:Freedom.swim.za@gmail.com">Freedom.swim.za@gmail.com</a> <a href="http://www.freedomswimseries.co.za">www.freedomswimseries.co.za</a>	
Western Cape	09 Aug 2016	Freedom Swim Series: Women's Day Swim	Camps Bay Beach	Derrick Frazer	082-7705798
Western Cape	04 September 2016	First Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	24 September 2016	Heritage day swim 1 and 3 mile	Oceana	<a href="mailto:Freedom.swim.za@gmail.com">Freedom.swim.za@gmail.com</a> <a href="http://www.freedomswimseries.co.za">www.freedomswimseries.co.za</a>	
Western Cape	01 October 2016	Freshpack fitness festival 1500m and 3km	Clanwilliam	<a href="http://www.freshpackfitnessfestival.co.za">www.freshpackfitnessfestival.co.za</a> <a href="mailto:tridusport@mweb.co.za">tridusport@mweb.co.za</a>	
Western Cape	02 October 2016	Benguela Cove Lagoon 1 and 3 mile swim	Benguela Cove Lagoon	<a href="mailto:Freedom.swim.za@gmail.com">Freedom.swim.za@gmail.com</a> <a href="http://www.freedomswimseries.co.za">www.freedomswimseries.co.za</a>	
Western Cape	02 October 2016	First Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	06 November 2016	First Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	12 November 2016	Winelands Swim 200m Junior swim 1 mile 4 x 200 relay	Calais Wine Estate Paarl	<a href="mailto:winelandssim@gmail.com">winelandssim@gmail.com</a>	
Western Cape	29 November 2016	Global warming cold swim 2.5km swim	Clifton 4 <sup>th</sup> to Camps Bay	<a href="mailto:Freedom.swim.za@gmail.com">Freedom.swim.za@gmail.com</a> <a href="http://www.freedomswimseries.co.za">www.freedomswimseries.co.za</a>	
Western Cape	04 December 2016	First Sunday of the month swim	Fourth Beach	Warren Fialkov	072-6022557
Western Cape	16 December 2016	Reconciliation day swim 1 and 2 mile	Clifton 3 <sup>rd</sup> beach	<a href="mailto:Freedom.swim.za@gmail.com">Freedom.swim.za@gmail.com</a> <a href="http://www.freedomswimseries.co.za">www.freedomswimseries.co.za</a>	
Western Cape	19 February 2017	Sanlam Cape Mile			





# SAVE the DATE

## New swim event

### 25-27 November 2016

### 27-29 January 2017

Dear Swimmer,

Kwa Zulu boasts having the most magnificent inland pieces of water. These dams are situated on 3 of the main rivers, namely, Umgeni, Bushmans and Tugela. We will be swimming on a different dam each day as we celebrate and appreciate the unique charm, that Midmar, Wagondrift and Spioenkop Dams exhibit. Later each day we will be travelling and discovering the delights of the Natal Midlands as well as KZN's own Bushlands and Mountains.

The swim trip is suitable only for adults and sadly we will not be catering for children yet.

The distances to be covered daily will range between 1.5 – 3 km per day. The group will be mindful of each other's safety and a signed indemnity as such, will be required prior to departure. Support crew will include 1 or 2 paddlers.

#### BASIC TRIP INFO:

##### DAY 1

Meet at Midmar on Friday morning...the group will have a meet and greet. Then weather permitting enjoy the cool water of Midmar. Then move on into the Midlands meander for lunch. Dinner will be enjoyed at Blue Haze overlooking the Wagondrift Dam.

##### DAY 2

Awake, breakfast then we will cross a section of the dam and explore the boundaries of the beautiful piece of water of Wagondrift.

In the afternoon we will head to the mountains for Lunch and back to Spioenkop area for Dinner.

##### DAY 3

Head off to Spioenkop Dam, for our final swim of the trip and Brunch. A game drive through the reserve, enjoying KZN's own wildlife, could end the trip. For the history buffs a trip up the mountain exploring the Historic Spioenkop battle site could form the final chapter. Safe travel home to Durban in the late afternoon.

Please send email to [goneswimming.ph@gmail.com](mailto:goneswimming.ph@gmail.com) for a booking form, should you wish to join us.

Warm regards

Peta and Geoff Harrison.



Simon Griffiths

Founder and publisher, *H<sub>2</sub>Open Magazine*  
(Article kindly forwarded for SAMS News)



A well-invested block of training during spring will help convert a solid winter of training into performance gains for the upcoming open water season. But, unless you pay attention, you can quickly lose speed when you swap winter pool-based sessions for the delights of summer swimming outdoors. Hopefully, you will have been developing your endurance, pacing skills and sustainable speed along with correcting technical issues in your stroke to become more efficient in the water over the winter. Protecting the gains made over the previous six months should become a priority in the summer.

When swimming in open water there's a tendency to relax your focus on accurate pacing and excellent technique, both of which are detrimental to speed. In addition, if you don't brush up and hone your open water skills, you will also be at a disadvantage. My suggested sessions this issue therefore focus on pacing and open water skills to ensure you make the most of all the training you've done through the winter.

To maximise performance in open water, ideally your endurance training session each week should now be taken outdoors.

If you've been following my training sessions you will know I place a lot of emphasis on critical swim speed (CSS), which is your threshold or sustainable swimming pace. Your CSS in open water will be different to the pool, especially if you wear a wetsuit which results in a significantly faster CSS for many swimmers. You will also be affected by sighting and the lack of turns.

For those seeking to maximise performance in open water, ideally your endurance training session each week should now be taken outdoors and completed in a wetsuit if that's what you use for racing. In my SwimSmooth Richmond squad we see an improvement of up to 20 seconds per 100m with wetsuit use. Those with non-swimming backgrounds tend to benefit the most from the improved buoyancy and body position whereas some very experienced swimmers can feel completely unbalanced. It is essential to understand how swimming with a wetsuit affects your speed so you can train at the correct pace.

Secondly, having confidence and competence in deploying open water skills requires practice. But it's worth noting that practice does not make perfect, but rather, permanent! So ensure that you utilise skill and strategy practice relevant to your particular stroke anomalies. The difference between being skilled at open water strategies or not will determine whether you can execute the desired swim times in racing based on your (wetsuit) open water CSS in training. Enjoy working on both critical aspects in the sessions below.



## Session 1 – PACE AWARENESS

*(Do in a wetsuit if that's what you use for racing)*

Warm up: 3x400m stroke rate contrast set as:

1. 400m FS at easy, relaxed stroke rate (2-3 Strokes per Minute (SPM) below your Base Stroke Rate (BSR)) focusing on consistent exhalation and effective breathing technique.
2. 400m FS at BSR or normal stroke rate rhythm, practising versatility in breathing patterns (bilateral, unilateral, 3/2/3/2).
3. 400m FS at a slightly elevated stroke rate (2-3 SPM above your BSR); experiment with a more open and relaxed arm recovery and finishing stroke to thighs

Take 30-60s rest after each 400m

### MAIN SET 1: (Timed Swim))

1,000m FS at fastest sustainable pace

Calculate your average pace per 100m after the session, to use for training sets in open water. If you wear a wetsuit this may be a vastly different pace to your non-wetsuit CSS. It is important to have an accurate pace to use in open water with a wetsuit.

60 seconds rest

#### Recovery set:

200-400m easy FS (relaxed stroke rate) with paddles, ensure stroke is finished to thighs

30 seconds rest

### MAIN SET 2:

6 to 10x100m drafting in pairs or small groups (3-4 swimmers) practising hip and feet drafting positions. Lead swimmer to dictate pace, varying from CSS to sprint over each 100m to provide non-static speed for drafting swimmers to dial in drafting skills, observation skills and anticipation of pace changes. Swap leader after each 100m. Work on close drafting and versatile breathing patterns to ensure lead swimmer is kept in sight to not become dropped!

Cool down: 200-400m easy. Include some backstroke

## Session 2 – Open water skills

### Warm up: 5x200m as:

1. 200m easy aerobic pace
2. 200m FS, open turns no wall push off. Work on re-establishing stroke rate rhythm after each turn.
3. 200m FS, sighting every 6 or 8 strokes. Practise co-ordination of brief sight forward before turning head to breathe in.
4. 200m FS, hip drafting a partner, breathe towards them to monitor speed, proximity and co-ordinating stroke rate around theirs
5. 200m FS, as 4) but swap leader. Breathing pattern 3/2/3/2 working at CSS pace

### Main set 1:

10x100m at CSS pace (from session 1). Deep water starts and no wall push off. Practise a range of turns (backstroke flip turn or single arm turn) +15 sec rest in between

### Main set 2:

2 to 3x500m drafting practice, swapping lead every 100 to 200m. Utilise sighting to remain on the feet or breathe towards partner if hip drafting to remain in good proximity and benefit from up to 20% in energy saving, in their draft. 60s rest after each 500m

**Cool down:** 200-500m easy, include some backstroke.

## Guidance Notes

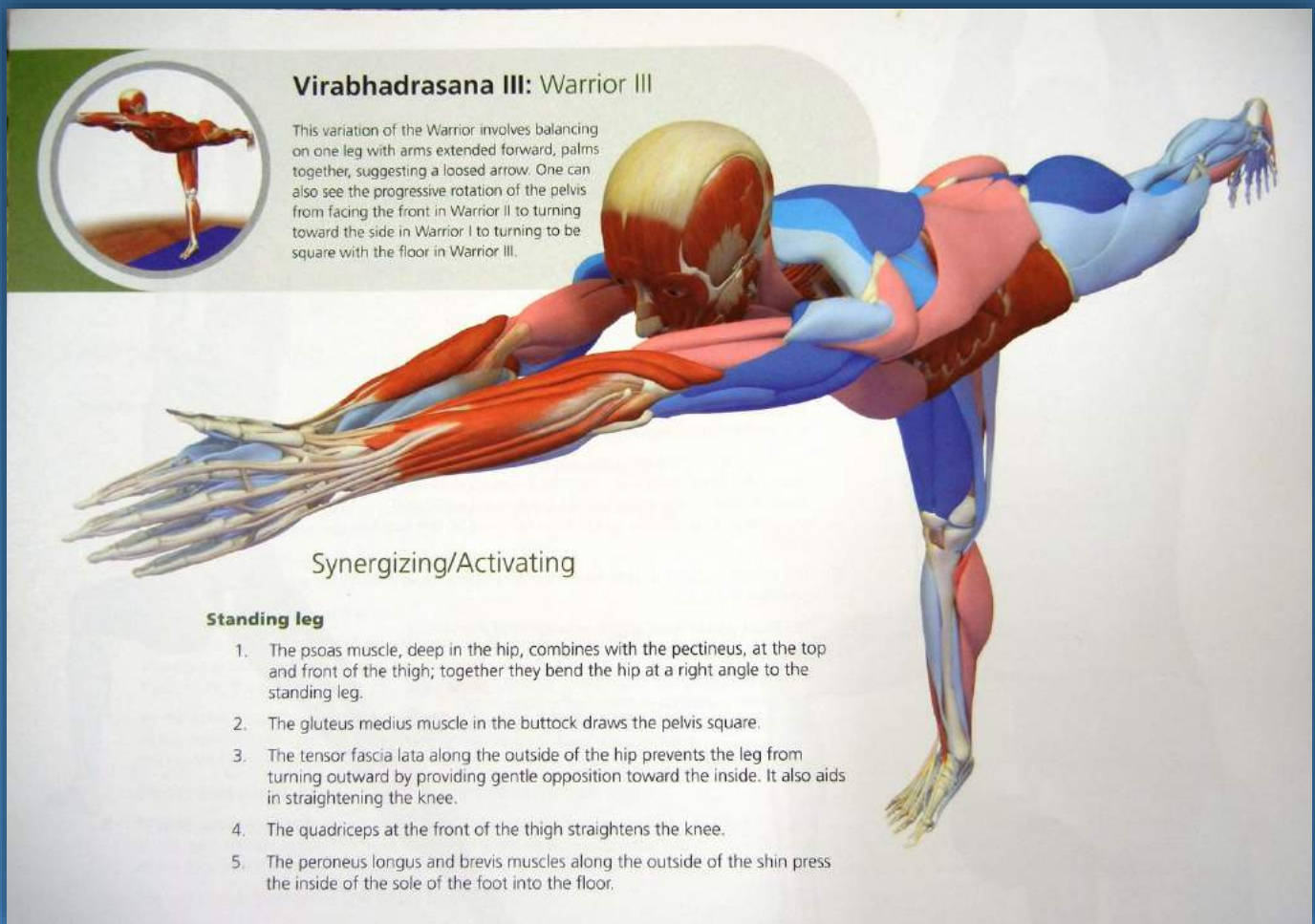
CSS - Critical Swim Speed. Effectively training at your threshold pace provides you with significant speed efficiency gains  
Pacing - using the pool clock, your own stopwatch or a timing device such as a Finis Tempo Trainer or Wetronome





# On Losing Control

Yoga is all about balance. The individual is encouraged to balance mind and body. Stretch and relax and feel, feel, feel. Move your awareness inwards, and allow external factors to fall away until your mind is totally absorbed with balance. When assuming a yoga pose, perfect balance is the objective but so is perfect posture and the interaction of the two requires control and concentration. The Warrior III pose (Virabhadrasana III) requires you to move from Virabhadrasana II and balance on one leg with your torso parallel to the floor, arms stretched above your head, free leg pointing in the opposite direction.



It is a difficult pose to get into and requires exquisite balance and control to maintain. Yet when you get there, if you want to benefit from the pose you have to strive to improve your posture. You need to continually make small adjustments: straighten your spine, square your hips, stretch your arms, relax your neck, and lift your back leg into the horizontal. And here's the point – you must take yourself to the very limits of your ability and then relax everything that is not essential to maintain balance. Now you will find that it is possible to stretch a little further. If you can do that then you may have not gone far enough. Can you improve just a little? To find out how far you can go it is necessary to take yourself to what you may perceive as the limit. But how will you know you have reached your limit? You really need to exceed your ability to balance. Stretch, feel and adjust until you actually overbalance, lose control and fall! Now you have learned something about your ability to balance.



Swimming too is about balance. The individual is encouraged to balance mind and body. Stretch and relax and feel, feel, feel. Just as there are many poses in yoga there are many different “postures” in swimming. Obviously the body does things differently when swimming the four strokes, but what is not all that obvious is the many different things that can be improved.

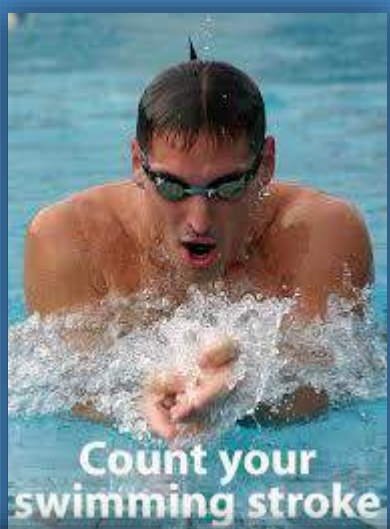
How do you know how fast you can be if you never take yourself to the limit of your ability and see whether there is room for a stretch? How will you ever know that your turn is perfect and cannot be improved? (It isn't and it can.) How do you know how far to travel underwater after the turn? Too little is no good, too much and you lose. Don't wait for the BIG race day to experiment. Do that in training and then test yourself at the next gala. Go out faster than you think you should and see whether it works for you. Don't just keep doing the same every time. Have you ever considered trying to do a negative split, which is the opposite of the previous way of falling over? Do you kick too much/ too little? Kick more and see what happens, then kick even more. Kick less and see what happens then kick even less.

Although fitness and strength are factors there are others limits to explore. The number of strokes you take in covering 50 metres (say) is one factor. While a long stroke is desirable for any distance, we all understand that we take more strokes when sprinting than when swimming distance. Just how much is enough? More isn't always more, more can be less. Less isn't always better, less can be worse. (Ask Goldilocks, she knew a thing or two about getting it right.) *You* need to get it just right too. And the place to practice at getting it just right is in the training pool. The place to test, if you can remember to do it in a race, is at the next gala. This is where the feel and the clock must come together. It isn't enough to count strokes and do more per length or fewer per length, you need to adjust with an eye on the clock, and you need to push the limit until you lose control. When you lose control in swimming, unlike falling (down) in yoga, your falling (time) goes up. You need to experiment in both directions, fewer strokes and more strokes, while all the time monitoring the feel and comparing the time.

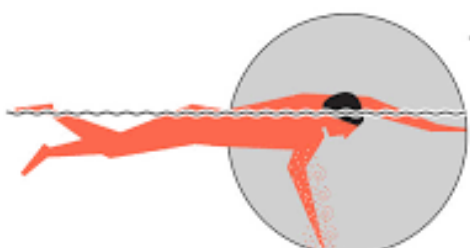
There is no one recipe or formula for perfect balance, but there is one way that is right for *you* and the only way to find it is to test the limits you have set for yourself.

And those limits are in your mind.

It's your mind, the choice is yours.



**KNOW YOUR SWIM CADENCE**  
HOW TO TIME STROKE RATE



To time one full arm cycle:

1. Start when hand enters water.
2. Stop after one revolution, when same hand enters water again.





2<sup>nd</sup> Update  
September  
2016

### Presidents Report

Amakhosi Masters in conjunction with Buffalo City Aquatics would like to put forward our first official 2017 National Masters Newsletter. This Newsletter will update our progress towards next year's National Championships and in conjunction with our "BEL-App" which was introduced at the Presidents Meeting, as well as our very own Amakhosi Facebook page, will endeavor to keep all Masters Swimmers constantly in touch with our progress.

Many of you before have experienced a wonderful Masters Championship here at Buffalo City (formally East London) and you can be guaranteed that our 2017 edition will be even better. Without giving too much away,

we will slowly release our plans of how each and every National and International Masters swimmer will be tested in the pool, entertained during the evenings and experience our Theme of 2017 - "Turning moments into Memories".

Our organizing committee for the 2017 National Championships will be highlighted in the next News Letter and their enthusiasm coupled with Buffalo City Aquatics involvement will ensure a world class Nationals from the 15th March to 19th March 2017.

The Sunday open water event will be held at one of our surrounding big dams once logistics and suitability has been established, so get ready

for a real flat water event which hopefully will provide Masters with some record times.

Despite the cold, the snow and the odd tornado, I wish to remind you all that in just over 220 days, the 2017 Nationals starts so, "Dip your toes" into the water and get that training up and going for fun, fitness and fellowship.

Regards

Kerry Skidmore

AMAKHOSI PRESIDENT



Introducing our new Secretary...

**FELICITY MASON**



Kind, caring and super-duper efficient!

Please send all correspondence to our new email address:

**amakhosi@benchmark.co.za**

Felicity will make sure that it is handled by the correct person

### Useful links:

Amakhosi Facebook page:

<https://www.facebook.com/amakhosimasters.swimming>

Trip Advisor East London:

[https://www.tripadvisor.co.za/Tourism-g312556-](https://www.tripadvisor.co.za/Tourism-g312556)

[East-London-Eastern-Cape-Vacations.html](https://www.tripadvisor.co.za/Tourism-g312556-East-London-Eastern-Cape-Vacations.html)

Events and local info: <http://www.thewhatson.co.za/>

East London entertainment: <http://showme.co.za/east-london/events-entertainment/>



## Preferred Accommodation Listings

### 1. **PICCOLOMONDO GUEST HOUSE**

108 Beach Road, Nahoon, East London  
8 Rooms – Double Rooms – R690 B/B  
Ph. 043 – 735 3146 – Peter Grobler  
Email: [peter@piccolomondo.co.za](mailto:peter@piccolomondo.co.za)

### 2. **MAJESTIC HOTEL**

21 Orient Road, Beach Front, East London  
Single room R490 B/B  
Double Room R730 B/B  
Swimmers will get 30% discount  
47 Rooms  
Ph. 043 7437477  
Email: [Russell@seymourproperties.co.za](mailto:Russell@seymourproperties.co.za)

### 3. **CHANDLERS GUEST HOUSE**

1 Lukin Road, Selborne, East London  
Ph. 043 743 1494  
Email: [admin@chandlers.co.za](mailto:admin@chandlers.co.za)  
Single room – R835 B/B  
Sharing - R495 B/B

### 4. **HAREWOOD LODGE**

11 Harewood Drive, Nahoon Mouth, East London  
043 735 4987 Alison or Nandi  
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What do the 1930"s and  
these tyres have to do  
with our  
Dinner Dance?



## DID YOU KNOW?

Some famous people who were schooled in this area and sporting milestones from East London and surrounding Border Province were.....

- Jody Scheckter – 1979 Formula One World Champion
- Jonty Skinner – 1976 World 100m Freestyle record holder
- Joan Harrison – 100m Backstroke Gold Medal winner at 1952 Helsinki Olympics
- Springbok Rugby players – Mark Andrews, Keith Andrews, Andre Vos, Brent Russell, Akona Ndugane, Odwa Ndugane
- Allan Gray – Wealthiest South African
- Protea Cricketers – Makhaya Ntini and Mark Boucher
- Border shared the Currie Cup Rugby Trophy with Western Province in 1932 & 1934
- Border beat the All Black 9-0 in 1949 and then later in the same tour drew 6-6 with them when the All Blacks fielded their full strength side.
- Border beat the 1955 British Lions 14-12. The British Lions drew the series 2-2 with the Springboks.
- The South African Grand Prix was first run at the Prince George Circuit in East London

• See you all in 2017



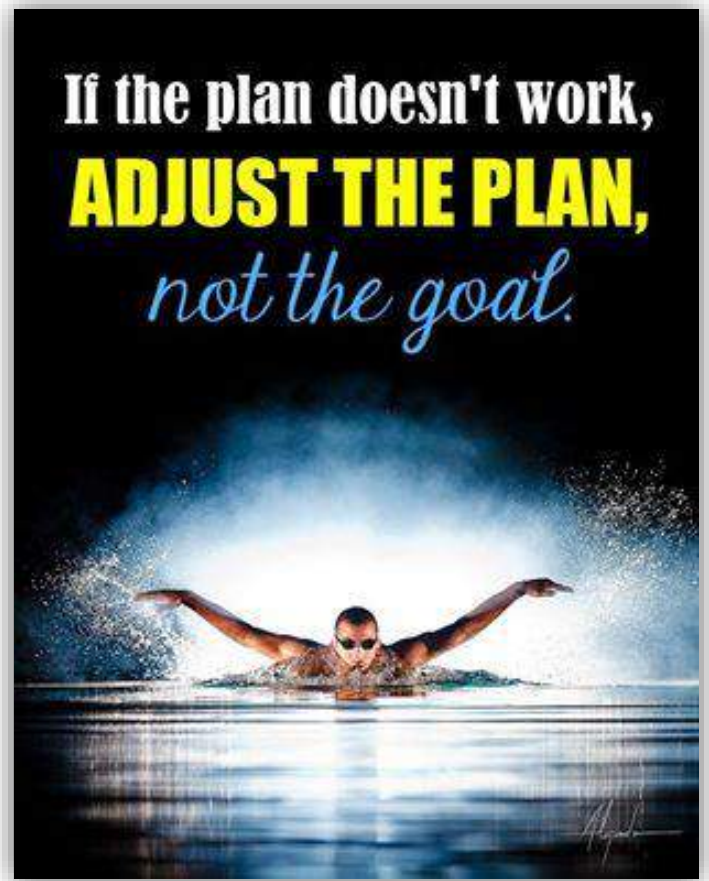
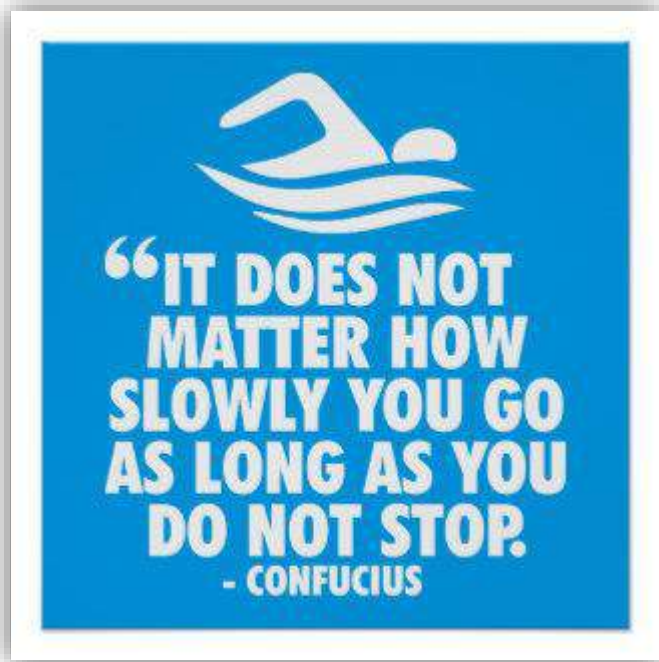
Turning Moments into Memories

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# 'The Last Word'



Most swimmers have had 2 months off, will be relatively out of shape, and will have lost some muscle memory for their strokes (often a good thing as bad habits are forgotten as easily as good habits). Giving them a potentially demoralizing and debilitating volume of work at the start of a 10-month season seems folly to me for so many reasons. "Also, my swimmers will already be emotional involved with the sport, and so limiting ourselves to easy and fun activities isn't productive or rewarding". This leaves some variation of Mix It up. I love the idea of doing non-swimming-specific exercises now while we work on our ABCs, both in the water and out. Then we can treat the loss of muscle memory as an opportunity to develop proper stroke and turn techniques by doing some focussed technique work. Next, provide some base conditioning with lots of kicking and streamlining work. And finally, provide some socialization activities for your friends who you might not have seen for a few months, and bring in new members so they to feel like they're part of a team.

Extract from article by Rick Madge

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*So till next time, whenever, wherever*

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