

Editor's Note

Welcome all to the July edition of the Adelaide Masters newsletter. It may well be the middle of winter but some of our members were still brave (or mad) enough to take a dip in the ocean at the Winter Solstice.

The Interclub series is in full swing and, as you may have noticed from your emails, Adelaide Masters have not been performing at our usual high standards. We were beaten into 4th place at the latest event last month!

The club would love to see as many of you as possible at the final event which will be held at the fantastic SA Aquatic Centre in Marion on 11th August. **ENTER HERE:** <http://bit.ly/14EBvby>

The Interclubs are great events that cater for all standards of swimmers and are a great way to get to know some of your other team members. The club will be holding a social event after the last event as well. Details below.

Swim well,

Neil

Find us on Facebook



The club has taken a bold leap into the 21st century this month and launched our very own Facebook page.

There's not much content on the page yet so we'd love to get you, our members, to post any information, links or content from the web that you think would be of interest to your fellow swimmers.

<http://www.facebook.com/AdelaideMastersSwimmingClub>



New Members

IAN CURRIE
MARIE STACY

June & July Birthdays

BERNADETTE ANDERSON
GEORGINA ANDERSON
NANETTE ANDERSON
VICTORIA COX
RYAN COX
SARAH CROSSMAN
IAN CURRIE
MARGARET FAVARO
JELLE LAHNSTEIN
DAVID MAYFIELD
GEOFFREY MCCONACHY
PETER MCFARLANE
ANGUS NETTING
KERRY OWENS
STEPHANIE PALMER WHITE
MARY PHIN
JAN PINCOMBE
AXEL POST
STUART RICHARDSON
MARIE STACY
KYM SYMONDS
SIETA VAN DER HOEVEN
FRANCIS WILLIAMS
EMMA WILLIAMSON

Club Sponsorship

If your business or a business you know is looking at reaching a large and varied target population, sponsorship of Adelaide Masters may be what you are looking for.

Adelaide Masters has over 100 active members from all walks of life with regular swim meets that attract extensive community involvement. Please contact adelaidemastersswimming@gmail.com for further details.

Social Event – Sunday 11th August

The club will be holding a get together following the completion of the final Interclub event down at Marion.

**VENUE: Holdfast Hotel, 83 Brighton Road,
Glenelg 5045**

Please RSVP to Marj (muller.marjory@gmail.com) so that numbers can be confirmed.

Interclubs 1 and 2

The overall team results may not have been what we've come to expect, however, there have been some exceptional individual performances already. Congratulations to Leonie O'Connel, Tony Ward, Jonathan Davies and Carlos Assumpcao all of whom took out individual state records at the events. Adelaide Masters also claimed a brace of state records in the short course relays during the first event as well.



Adelaide Masters were lucky enough to have a couple of professional photographers at the first Interclub as well. A couple of shots are featured in this article and the others can be found on the club's Facebook page: <http://on.fb.me/171xfFk>



Entries for the 3rd Interclub have now closed but entries for the 4th and final event on the 11th August are open until 25th July: <http://bit.ly/14EBvby>. So no excuses, let's get as many people as we can to sign-up and make this an event to remember!

Winter Solstice Swim



Brian Morris: I think his face says it all!

The Winter Solstice Swim is a ritual for a number of masters' members from Adelaide Masters and other clubs. This year it was held on Sunday 16th June (a little bit ahead of the actual Solstice on 21st) to avoid a clash with the 2nd Interclub. The weather outside the water was a very pleasant 15 degrees but the water temperature was certainly a lot cooler. Congratulations to Brian Morris and Pam Gunn for completing the event. Commiserations to Kent Nelson who couldn't swim this year due to an apparent clash with the Sea to Summit hike. Sounds like excuses to me. As for me, I was very keen to take part but felt that there needed to be somebody on hand to document the event.

Kit's 80th at Mildura Masters



Mildura Masters are hosting a swimming carnival on 24th and 25th August. Further details and entry forms can be found on the SA Branch site: <http://bit.ly/14FcE84>

I can highly recommend the Mildura Swim Meet. Lots of camaraderie and partying among our SA teams and a chance to catch-up with our SA compatriots. Only 2 days this year but it'll be lots of fun. Please consider entering and we are hoping that any AMers who plan to swim at Mildura will consider staying until Monday or return to Adelaide later on Sunday night so you can join us to celebrate Kit's 80th at our open house (boat), Adventurer II on Sunday afternoon. Hopefully the competition will finish about 2:30pm. No presents but a bottle would be appreciated.

Di Simons

Coach's Corner



Coach: Kathy Devonshire-Gill

Swimming Technique Video Clips

Ed: One of our favourite Adelaide Masters alumni, Namiko Kobiyashi, was kind enough to send through some instructional videos this month from renowned swim coach Karlyn Pipes-Neilsen. Links to each of these are provided below and Kathy has reviewed the videos and added insight from another coach's perspective.

Technique 1: Proper Hand Placement to Improve Freestyle Swimming Efficiency

https://www.youtube.com/watch?v=ZTQpF_mmg44

Technique 2: Fingertip Orientation to Improve Freestyle Swimming Efficiency

<https://www.youtube.com/watch?v=YsgZX2oD9CY>

Technique 3: Wrist Awareness to Improve Freestyle Swimming Efficiency

<https://www.youtube.com/watch?v=RZO738a8WQw>

Technique 4: Umph at the Front to Improve Freestyle Swimming Efficiency

<https://www.youtube.com/watch?v=kPMFxYDPkqs>

Technique 5: Exiting the Stroke to Improve Freestyle Swimming Efficiency

<https://www.youtube.com/watch?v=sUWAZo-03u0>

It is always interesting to hear the opinions of other coaches, to look for points of similarity and see where we differ. There is no single 'correct' technique with deviations being 'wrong'. Based on the principles of biomechanics, movements can be more efficient or less efficient. Based on the anatomy, they can increase risk of injury or minimise risk. Additionally, differences in limb length ratios and muscle type mean that we are all different, and at the end of the day, it's a matter of what works best for you whilst hopefully minimising risk of injury.

Karlyn Pipes has an awesome track record – voted World Masters Swimmer of the Year in 2012 for the 5th time in 9 years, she has set over 200 World Masters swimming records. She specialises in long distance and open water swimming, and this is apparent with her front quadrant freestyle stroke [gliding the front arm while the other arm is recovering] and relatively straight arm recovery.

Things I like:

1. I think Karlyn's technique of finding the ideal entry position relative to the line of the body is brilliant! She demonstrates it in the first clip. I liked it so much I immediately presented it to the AM swimmers at training!
2. I also like her image of bending the elbows to place the hands on top of an imaginary box. When you transfer this from the vertical standing position to the horizontal swimming position, it results in the 'early vertical forearm', a common feature of most top swimmers.
3. In the second clip she draws attention to the direction the fingers point during the stroke – downwards! Yes! You will notice her hand is square on to the direction of travel during the pull phase, never tilted sideways with the thumb below the fingers. This square on position helps reduce risk of shoulder injury.
4. I encourage the relaxed finger position Karlyn presents in her third clip. I also like the way she draws attention to where you feel the pressure of the water when you start your stroke. Many swimmers aren't aware of feeling the water at all! Personally, I like the focus to be on the pads of the middle and outer fingers at the very start of the catch, then on the wrist area, and then on the forearm, right up to the elbow. This creates a long paddle from elbow to finger tips.
5. I very much like her emphasis on a relaxed hand. She really debunks the notion of a tense hand with rigid fingers being necessary to create power. Many swimmers who are very focussed and try to do everything properly fall into this trap when they try to stretch out maximally in front. All your fingers and hand need to do is resist the pressure of the water as you execute the pull.
6. I agree that many swimmers over rotate, especially if the core muscles are weak, thus increasing drag rather than minimising it.

Things I don't like:

1. I am not a fan of a pull phase that is wide of the body. The wide entry is important in reducing risk of shoulder impingement but for the actual pull phase, personally I find there is less pressure on the shoulder joint and more power in the stroke when the line of pull arcs gently under the midline of the body [but not crossing the midline!]. Fingers still point downwards, never sideways in freestyle.
2. One cannot deny the importance of getting an effective purchase on the water at the start of the stroke. However, I do not agree with the 'umph' being at the front part of the stroke. I prefer to see an acceleration of the stroke throughout the pull, so that the arm increases its velocity as it pushes back. Karlyn advocates the notion of pulling rather than pushing. I advocate the opposite! However, analysing her own freestyle technique on other clips, she definitely accelerates her stroke at the back end, just like all top swimmers..
3. I do not advocate a shortened stroke with an early departure from the water [clip 5]. Of course one does not flick the hand up out of the water. However, I believe it is important to continue pushing the hand back until the elbow is virtually straight [not locked!]. I recommend finishing with the palm then facing the thigh, ready for a lift of the elbow and ultra-relaxed hand for the recovery. Personally, I think having the hand higher than the elbow places a lot of strain on the shoulder joint.

Notes of interest:

1. Karlyn has an excellent power-to-weight ratio, i.e. she is light and strong! This aids performance, particularly in distance swimming.
2. The YouTube clips are sponsored by Vasa Ergometers. I think the use of ergometers is fantastic for measuring power and monitoring performance during dry land training. I don't think Karlyn's message was always being demonstrated accurately by the subject on the ergometer though. There was some creative use of capturing power readings to emphasise a point during the clips, where the time [in seconds] shown on the ergo display was less for the second of 2 alternatives than the first!
3. Please note how the principle of early vertical forearm was transferred to butterfly and breaststroke. This is highly desirable! She didn't mention backstroke, but the idea is the same, except that the fingers point sideways. You still unite the entire forearm and hand to create a long paddle.
4. It is good to experiment with your swimming and try different techniques to see how they feel. Remember, at the end of the day, how you swim is up to you. As coaches, we only offer suggestions.

Links

- Adelaide Masters
www.adelaidemasters.org.au
- Facebook
<http://www.facebook.com/AdelaideMastersSwimmingClub>
- Masters Swimming SA
<http://www.mastersswimming.org.au>
- Masters Swimming Australia
www.mastersswimming.org.au
- Swimming Australia
<http://swimming.org.au>

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If anyone has suggestions or contributions for the newsletter, please let me know either at training or via email as above. Thank you!