



Editor's Note

I hope everyone has adjusted to the slightly cooler weather and that motivation is still high for swimming training through winter. It was great to see so many Masters swimmers competing at the recent National Champs. It was inspiring to see so many doing fast times and enjoying the competition. At the end of this newsletter is the Co-Captain's wrap-up of the event with results.

As we get back into solid training, this edition will concentrate on the importance of good technique as a basis to fast swimming.

Thankyou to those who emailed or spoke to me providing feedback for the April newsletter...much appreciated!

Please get involved as the club celebrates 35 years of successful operation.

Swim well

Come and celebrate 35 years of Adelaide Masters!

30th June, 7pm until midnight
Hackney Hotel, Hackney
Tickets \$50 (excl drinks)

Tickets will be available through the club website. In the meantime please RSVP to Marj Muller
(muller.marjory@gmail.com)

If you are still in contact with past members, please invite them along to what promises to be a memorable evening.

Items for a silent auction are also needed so please email the newsletter editor if you or your business have any suitable items.

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.

Noticeboard

Annual Solstice swim

To be held on Sunday June 24th starting at Henley Beach at 9.30 am

This is not a Masters sanctioned swim & swimmers compete at their own risk, no water coverage etc., Just a fun (crazy!) thing to do.

After the "swim" there is the chance to warm up at Evida's café!

General Committee member

If anyone is interested in stepping up to be on the Adelaide Masters committee, a position exists for someone committed to attending monthly meetings with no specific portfolio at this stage. Please contact the newsletter editor for further contact details. This is a great opportunity to give back to a sport that gives all involved many benefits.

Entertainment booklets

These are now available poolside from Howard. Valid until June 2013. Cost \$65

Quiz Night

Not to be missed! '1970s' themed Club Quiz night to be held on the 13th of Oct at the Hungarian Club (Osmond Terrace, Norwood)

Adelaide Masters Delegate to State Branch

Do you want to be more involved with Masters swimming? A position exists for a representative from AM to attend monthly Branch meetings held in Nth Adelaide. Please contact the newsletter editor for further contact details.

Masters Swimming SA Branch Dinner

To be held on the 17th of Nov. More info to follow!

Please contact the newsletter editor if you would like anything included on the Noticeboard for the next edition

Training Times

Monday & Friday: 6.30-8pm

Wednesday: 7-8.30pm

St Peters College Swimming Pool, enter via Hackney Rd opposite the Botanic Gardens

Saturday, Sunday: 9am (variable)

Henley Beach jetty (pls confirm with Marj Muller for time and place)

New members for April 2012

NICHOLAS QUADRIO
NICOLE ROLFE
JENNIFER SORBY-ADAMS
ALISTER WALSH
Welcome!



May Birthdays

MARK DREW	MAY 3RD
DIANA SIMONS	MAY 9TH
RICHARD PAK POY	MAY 16TH
NICOLE ROLFE	MAY 16TH
SCOTT GOLDIE	MAY 22ND
REBECCA HEALY	MAY 27TH

Beautiful swimming, fast times

My coach's mantra was always that 'a swimmer has to be able to swim slowly with good technique before they can swim fast'. A concentration on good swimming technique this month made me reflect on swimmers who I admire for their technique and gracefulness in the water. Here is a short article on these swimmers. These swimmers make swimming look like ballet on water and for me, it is still a pleasure to watch re-runs of their most famous races and marvel at their technique and speed.

Alexander Popov – The Russian sprint king who dominated the 50m and 100m freestyle events in the 1990s, Popov still is considered to have one of the most beautiful swimming strokes in swimming history. His stroke is one of technical perfection. His training sessions consisted of lap after lap of slow, slow swimming emphasizing long stroke lengths and minimising drag. Popov's coach (Gennadi Touretski) maintained the rule 'if you can't do it right, don't do it at all'. As a swimmer tries to swim faster, the resistance will increase. The concept behind Popov's training was to be aware of the drag forces whilst swimming slowly and to maintain a stroke technique that minimized drag as swimming speeds got faster. Watching his swimming, you will notice that he carries his head much lower in the water than his other competitors and also extends each arm stroke for much longer in order to streamline his body better. The 'Popov Roll-Over Drill' allows you to concentrate on stroke length and efficiency.

Mary T Meagher – Known as 'Madame Butterfly', to watch her swim a 200m butterfly as a young 14yr old with the speed and fluidity that belies the effort required to complete this distance makes you think she actually may be enjoying the race! Her ability to swim huge butterfly sets at training contributed to good core strength. This training basis though was complimented by good technique. In her entry to the water, before starting her underwater stroke, her fingers are the highest point of her entire arm and she seems to press down on the water with her chest. This allowed her to gain greater force from her arm stroke and greater leverage with her kicks to propel her forward.

Kiyosuke Kitajima - Japan's breaststroke sensation, I may be a little biased in choosing him! His grandmother once said that the expression on his face whilst racing scares her in its intensity and ferocity. Kitajima weighs only 70-odd kilos yet manages to propel himself ahead of many more powerful swimmers because of the efficiency of his stroke. His kick is a 'whip' like action with a narrow width and quick recovery phase. With each kick, he uses his streamline in the glide and keeps his stroke well-controlled. That glide position is vital for breaststroke and the more momentum maintained during this glide phase ensures faster times.

Krisztina Egerszegi - Hungary boasts what I believe to be one of the greatest female swimmers of all time. Egerszegi's versatility and dominance of the backstroke events is a testament to her technique. Her backstroke underwater stroke comes as close as possible to mirroring the freestyle underwater stroke and this is her strength. Her coach created a very narrow lane next to the wall forcing her to rotate as much as possible and depend on a deeper stroke whilst keeping her core stability by swimming with a plastic cup on her forehead.

If you have access to the internet, please watch these swimmers race in their pet events on YouTube and I'm absolutely certain that you will be impressed with their technique. Swimming, at any level whether it be for fitness, training for pool competitions, for open water or for triathlons and even if you're just swimming for fun, it is about mastering efficiency in the water and good technique is central to this.

Reflections from Layton...

The other night at training Namiko reminded me that my article was due; I thanked Namiko for the reminder and dived in for my first training session at St Peters. As I swam on into the session trying to hold PB + 20, I was thinking not about stroke count, technique etc but about what I am going to write about. Fearing writers block I started to panic and lost my technique. During my panic mid-way through the main set I realised what I was going to write about.

As I swam on during my first session at St Peter's last Monday I realised this is my 3rd year of training with Adelaide Masters at St Peters and what a positive impact it has had on me. Feeling a touch nostalgic as I swam on I remembered the day I decided that all the mid to late 30's exercise programs were not working and I could no longer put off what I had spent the best part of my childhood and teenage years doing and that was to return to the pool.

Now that my decision was made, I searched the web looking for somewhere to train. I came across the Adelaide Masters website and called the number and left a message, a short time later a Marj Muller called me back calmly and caringly telling me about Adelaide Masters and when the next session is. Feeling apprehensive I arrived at St Peter's on a cold and wet winter's evening to be greeted by Howard. After a short but persuasive conversation the next thing I knew I was introduced to Mel (who was filling in). After a short conversation with the coach who I had to assure that despite the rounded body shape and sports shorts I could swim. I decided that my training would start in Lane 1 and dived in (read as bomb dived, belly flopped or fell in).

It was that dive into Lane 1 two years ago that I reflected on and thought what a positive impact swimming with Adelaide Masters has had on me. As I was going slightly hypoxic towards the end of the tech set I realised that I am fortunate to be a member of such a great club and to have met some fantastic people. It was with that thought that I finished the cool down and headed for the warmth of the change rooms.

Layton Waters (Club Co-Captain)

Links

- Masters Swimming Australia
www.mastersswimming.org.au
- Adelaide Masters
www.adelaidemasters.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. Thankyou!

Namiko

Interclub 2

Sunday June 3rd

SA Aquatic Centre, Marion

8am warm up, entries:

http://www.adelaidemasters.org.au/events/?page=enter_event&eid=25

Entries close 25th May

Come along and race to contribute to club points!