

PRE NATIONALS
EDITION
February
2017



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SAMS NEWSLETTER



Claire Rolt

Coelacanth Masters Swimming Club

Official Newsletter of South African Masters Swimming

<http://www.samastersswimming.com>

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





Editor's Note

Hi everyone

I trust that this edition finds you all well and hard at training for all the great events that are coming up in the New Year. Gautengers had much to look forward to. What with the (always great fun) 6 Hour Endurance, various Open Water Swims and many local championships getting under way. There is also the greatly contested Inter-regional where a great friendly rivalry exists between Gauteng and Tshwane. I have heard both sides of the Jukskei, say "bring it on".

Your local regions and clubs will have updated gala schedules so please follow up.

There is an old adage that says "The more you race, the more you understand your races and are able to strategize better" "So get to the galas."

I am also overjoyed and very proud of all South African Masters swimmers that participated in the Winter Challenge and with all the very generous donations that were given to various chosen Charities and the time and effort extended to

the less fortunate. Together a generous amount of more than R20,000.00 was handed over to many worthy charities who are all, humbly, and extremely grateful.

In this issue the much anticipated Regional Reviews are back so time to catch up on what is happening in your area. Jade will once again, expertly, guide you through all the aspects of Open Water. Terry will enlighten us on another topic that we probably would not have thought of.

There is an update from East London which should really make you finalize your planning for March 2017. Entry deadlines have come and gone, so good luck to all participating in March at the Joan Harrison complex.

There is an update on Budapest 2017. It looks like it will be one cracker of an event, so that is another major event you have to schedule into your training routines.

Lastly some motivational tips to psyche yourself up for racing at Nationals.

**AGM at East London Nationals
Wednesday the 15th at 14.30
Please attend.**

Hugs from me and just keep swimming.



Presidents Message

Hello everyone,

How the months have flashed by! Nationals is almost upon us and I have it on very good authority that the East London organising committee headed up by Kerry Skidmore is pulling out all the stops to make this year's event a roaring success.

On a personal note, East London holds a really special place in my heart as 9 years ago, I swam my very first Nationals after having had a break from swimming for over 20 years. I'm so Looking forward to revisiting the area, seeing old friends, taking a little trip down memory lane and of course making some beautiful new memories!

Wishing you all fun, perhaps a touch of fame and of course fabulous personal best times when we all get together next month.

As mentioned in my last newsletter SAMS has been hard at work building an amicable and functionally sound relationship with SSA. Happily our efforts have paid off in the short term and we hold a positive view on realising more of our Masters expectations in the longer term.

Right now I'm happy to confirm that SSA have agreed to provide the medals for the East London Nationals.

Looking forward to seeing you all soon.

Best regards,

KAREN KENNEDY
SAMS President

Other issues that SAMS has been working on are of course the grey area around the affiliate fee, and the matter of gaining access to the SSA Masters' Database for various practical reasons.

All parties seem to be open to our suggestion of a uniform/standardised national affiliate fee and SAMS has been asked to put a proposal forward as to how said fee should be structured. The database matter is also being resolved. Next year's individual Nationals entries will be done via Team and Meet Manager transferring entries electronically from clubs onto the affiliates and then onto SSA & NTS. The affiliates are fully aware that some clubs don't have access to Team and Meet Manager and have given us their absolute assurance that everyone will get the necessary assistance to be able to comply with the new system.

In closing, I'd like to wish everyone going to Midmar this weekend the very best of luck. I'd also like to extend a huge note of thanks to the 8 and 16-milers for the fabulous effort they have put into fundraising for the very worthy charities that they support. You do yourselves and Masters very proud!

Your Open Water Report



By
Jade Homveld

I would like to congratulate the thousands of swimmers who have participated in the many open-water events around the country since the start of the season. The events on offer are varied in distance and venues. Many have the opportunity to swim in ocean events, as well as in our dams and lakes. Many provinces have recently hosted their Provincial championships and some will still host in the next week or two.

The Open water qualifying times have changed for the 2017 season. Please note that the onus is on the swimmer who has swum 2 qualifying times in the season to ensure that an application form is completed and submitted by the club Chairperson before SA Masters Nationals in East London. I have already received a number of applications from across the country. The open water Swim at masters' nationals will be held at the Wriggleswade Dam.

Please refer to the information below:

<u>Women 2016/17</u>			<u>Age group</u>	<u>Men 2016/17</u>		
<u>Hrs</u>	<u>Mins</u>	<u>Secs</u>		<u>Hrs</u>	<u>Mins</u>	<u>Secs</u>
	42	49	19-24		39	56
	42	49	24-29		39	56
	43	22	30-34		39	50
	44	13	35-39		39	33
	43	49	40-44		40	08
	44	51	45-49		39	42
	45	56	50-54		42	01
	48	11	55-59		43	49
	51	01	60-64		45	12
	56	44	65-69		50	00
1	02	31	70-74		53	15
1	09	46	75-79		58	52
1	23	39	80-84	1	06	52
			85-89	1	49	55

(NB: The information below may be found on SAMS' website. Should there be any discrepancy then the information on the website takes precedent.)

4.1. Twice during the same season (01 May to 30 April) you must have achieved a time that equals or betters the time in the current SAMS table as published on SAMS' website. This time must have been recorded to 1 second by the organizers of the Swim.

4.2. At the time you achieved the qualifying times you must have been:

* A South African Citizen or have been granted South African Permanent Residence Status (i.e. you must be in a possession of a valid South African Identity document that showed your 13 digit RSA ID Number and indicates your status as a Citizen or Permanent Resident)

* A properly registered and paid-up member for the current season (01 May to 30 April) of a Masters Swimming Club which is affiliated to SAMS and representing the above Club in the Open Water Swim

* compete in a SAMS sanctioned and accepted Open Water Swim.

4.3. You must also have attended in a minimum of 3 (or be attending your 3rd) SAMS National Long Course Championships (either Pool or Open Water). If you have not yet fulfilled this latter requirement at the time that you qualified as per paragraphs 4.1 and 4.2 above, your qualifying details will be kept on record until you do so.



Terry Laughlin explains how to get all parts of your body working in harmony in Freestyle

Try to imagine how it would feel to kick a football or ski a downhill run with arms strapped tightly to your sides. Or to swing at a golf or tennis ball tightly wrapped in a brace from waist to knees, reduced to a stiff-armed lunge. If you have experience with any of these sports you know these are notions no one would take seriously.

Now consider the most basic forms of human locomotion: crawling, walking and running. A baby's first crawl, a casual jog and a world record sprint all have this in common: a 'contra-lateral' relationship between upper and lower body.

Whether semi-horizontal as in crawling or fully vertical as in walking and running, one arm and the opposite leg move forward together. As they do, muscles in the core create an integral connection between upper and lower and right and left halves of the body

These examples all illustrate that the body is designed to work as a system, in which all parts cooperate in a complex, synergistic – even elegant – way.

That elegance is displayed in the economy and grace with which 'movement geniuses' – from dance to martial arts to sport – perform feats that leave most of us gaping in wonder. They acquire that marvellous ability through practice that, without exception, is devoted to honing a seamless integration of head, torso and limbs. Practising 'dis-integration' – such as described in the opening paragraph – is simply unthinkable.

The striking exception to this embrace of the principle of synergy-in-movement is swimming. This begins as a primal and universal instinct but, over time, has evolved into a seldom questioned belief system. In our first primitive attempts at swimming, each of us churned our limbs heedlessly, as much to avoid sinking as to achieve locomotion. Survival concerns left no room for thoughts of synergy. As we gain the ability to swim farther, achieving integration almost never occurs 'by accident'. The innate instinct to churn away is too great

And if you seek formal instruction, it's almost certain you'll be taught to kick and pull independently, for instance, gripping the wall or a foam board to work on (or 'strengthen') your kick. Finally, if you train for endurance or speed, few workouts do not include sets with a foam buoy tucked between your legs or gripping a kickboard, specifically intended to work the other half of the body in isolation.

Famed Canadian Olympic coach Howard Firby referred to this as 'arms department/ legs department' thinking (i.e. that the upper and lower halves of the body had separate and unrelated roles to perform and should be trained accordingly). It seems that a style of swimming that begins as a hopelessly inefficient survival instinct evolved to become a nearly universal and seldom questioned cornerstone of teaching and training – one that mainly makes inefficiency habitual.

Fortunately, it's not terribly difficult to learn to be a synergistic swimmer, by getting all parts of the body working in harmony. If your primary stroke is front crawl, or freestyle, there is an exceptionally large payoff for doing so, because it has more 'moving parts' than the other strokes and thus for greater occasion for stroke dis-integration. So here's a step by step guide for a synergistic front crawl.

The fastest way to improve your swimming is by reducing drag, because it does more to sap your endurance limit than anything you can do to increase them. Do this by making it your highest priority in each stroke to make your torso- from head to toes- as sleek and stable as possible. In other words think of each freestyle stroke cycle as a streamlined right side alternating with a streamlined left. This is a radical change from limb-churning and is only possible with strong integration of all body parts.

**Begin with
Your head**

1. Make sure it's aligned with your spine at all times, especially when breathing.
2. Keep your head perfectly stable. Any uncontrolled motion in your head will cause instability in your body, leading to uncoordinated 'steadying' motions of the arms and legs.
3. In general, visualise your head always moving forward through the water, with no diversions up, down or sideways— and your spine following it.

Arms

1. Extend them forward as if following a track directly forward of your shoulder. Track at a slightly downwards angle. Carefully avoid sideways diversions, as these will divert your head and spine sideways.
2. On recovery make each side a mirror image of the other. Asymmetry will cause you to rotate excessively, diverting arms and legs to 'steadying' actions, and hurting integration.
3. Press straight back, avoiding 'S' strokes, during the propulsive phase.

Legs

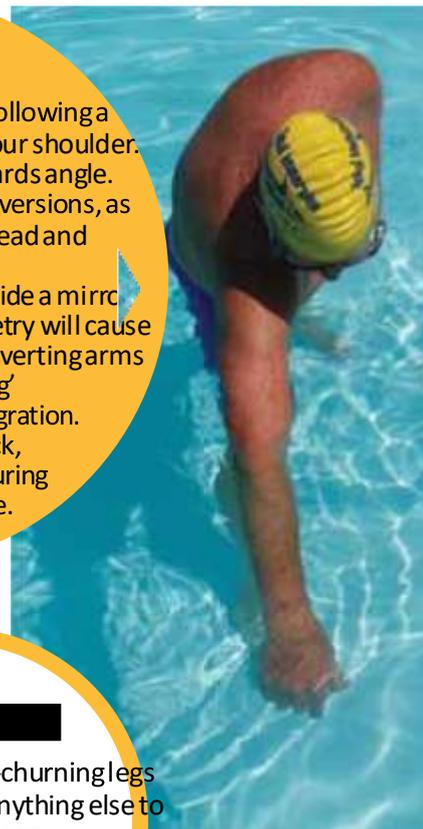
1. Kick less. Busily-churning legs do more than anything else to disrupt synergy.
2. Focus on keeping your legs within the 'slipstream' of your upper body.

Torso

1. Keep core muscles engaged to help control wobbles or wiggles.
2. Control rotation. Rotate 'off your stomach' not 'on your side.'

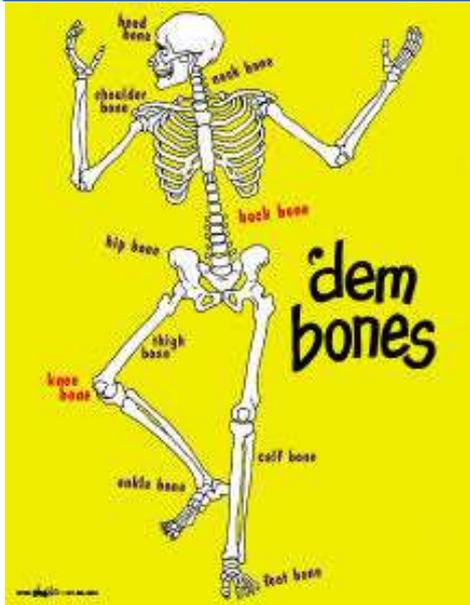
**And finally, to
pull it all together...
move from your centre**

1. Locate your centre of mass (COM): a point two inches below your navel. The body balances and rotates around that point, and all motion should originate there.
2. Be conscious of keeping your COM always moving forward, almost laser-like, even as it rotates side to side.
3. This is the most important point: any time you want to swim faster, move your core faster, not your arms and legs. Rhythm and power should always flow outward from the centre to the periphery.





DEM BONES



Dem bones dem bones dem dry bones

Dem bones dem bones dem dry bones

Dem bones dem bones dem dry bones

Now shake dem skeleton bones

The thigh bone is connected to the hip bone

The hip bone is connected to the back bone

The back bone is connected to the head bone

Now shake dem skeleton bones

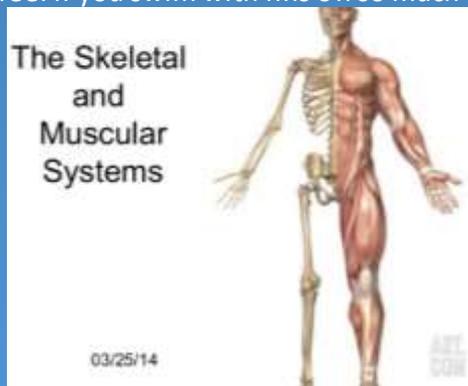
Aren't we all too inclined to separate things, to deconstruct, to analyse?

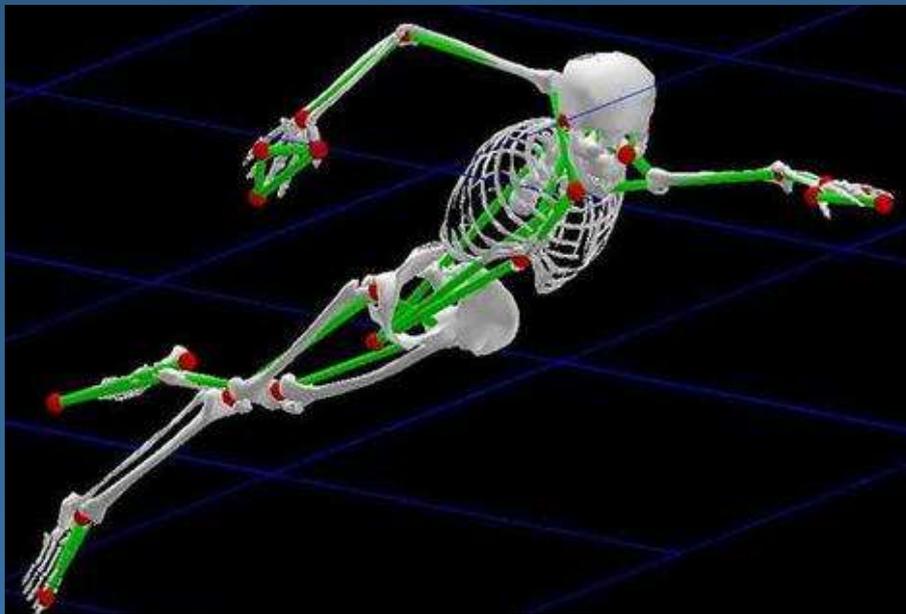
We tend to put things into categories and then believe that we get a better understanding of the whole. Take the body. The body is taken to pieces and presented for study: anatomy, physiology, nerves, muscles, the heart, the lungs, biochemistry, metabolism and on and on into compartments. The scientific word for this is taxonomy and it leads one to think of the brain as if it is different from the body instead of being part of it. But it is only when we synthesise, put it all together, that we begin to understand that one thing depends on the other and everything is interrelated and must work together for anything to function.

Don't we (coaches especially) tend to do the same our swimming preparation? Isolate, separate, analyse. Drills by the dozen, kicking, pulling, bend your elbow at this angle at this time, fins, paddles, pull buoy (pool buoy?), snorkel, the dreaded hypoxic swimming, stupid super slow swimming and on and on. Then, magically we are expected to put it all together and swim wonderfully effectively - and faster too. Isn't this a little like body building where individual muscles are targeted and exercised (built)? Isn't it true that the body developed by such a regime is pretty? Pretty useless if you ask me, because it can't DO anything. It is all very well to do the gym work and make individual muscles stronger, (note that bigger is not necessarily stronger) but always remember why you are building the muscle(s). They must DO something, i.e. they must make you swim faster, for longer. Those very muscles, when swimming, do not work on their own, they need all the surrounding muscles to support and control, and if these are not equally strong and fit the system will not function optimally even though the "main" muscle has been developed. The only way to get the system in shape is to work the entire system.

Maggie Thatcher said something to the effect of: Nowadays people want to BE somebody instead of wanting to DO something.

Dem bones don't work in isolation, when you move one de whole skeleton shakes. Muscles can be developed in isolation but they never **work** that way. There is that factor, refined by working the entire system, called fine muscle/motor control. When we swim we kick. But the mechanics of the kick while swimming are different to when we just kick. Body position is different, head position is different, torso rotation is different, and all these differences require different muscle groups to work in unison. When we swim we must pull the arms through the water, but the way we do it when we swim is different to the way we do it when the pull buoy is keeping your hips up. The entire balance is different, and then the coach talks of "feeling the water". The very feel is different! How are you supposed to get the feel if you swim with fins on so much of the time?



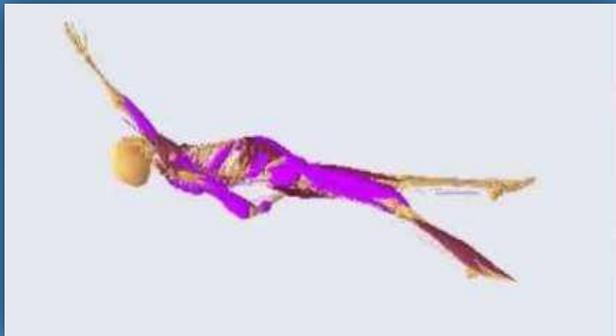


It is fine motor control that separates the efficient from the non-efficient athlete. Fine motor control isn't something you can deliberately exercise, especially by analytical method. Fine motor control is learned only by performing the desired motions in context, i.e. actually swimming. It gets better – muscles, and the nerves activating them, and the brain that controls nerve signals, work differently in different situations. For instance swimming slowly requires a certain pattern of motor activity and swimming fast differs. Not only is the pattern of nerve signals different but different muscle fibres are recruited and they contract differently. So if you want to swim fast at Nationals then you need to swim fast in training. Balance of control and ease are especially found in swimming where even the flick of the ankle is part of the poise in the entire stroke cycle, without which the pure form is spoiled, because –

The ankle bone is connected to the leg bone

The leg bone is connected to the thigh bone

Now shake dem skeleton bones.



Regional Reports

Gauteng

6 HOUR ENDURANCE SWIM

The 6-hour endurance swim was held on the 7th January 2017. Phoenix Masters had 3 teams who participated in the pouring rain which lasted the 6 hours of the swim. As usual, spirits were high despite the miserable weather conditions. It just goes to show, nothing can scare master's swimmers away!

Everyone had a great sense of humour throughout the day with many laughs and shivers.

The Phoenix swimmers did a fantastic job, the winners of the lady's trophy consisting of Karen Kennedy, Carol Mason, Lynne Callanan and Justine Johnson, the Phoenix Ducks, swam a total of 23.2 kilometres, in 7th place were the Whales, consisting of Gordon Greaves, Anne Jones, Sergio Catril Carmona and Marissa Rollnick, who swam 19.5 kilometres and The Three Mermaids, consisting of Jade and Alexis Homveld and Nadine Freeman, swam 18.8 kilometres.

We are very proud of all our swimmers who braved the cold to still give Phoenix such amazing results, well done everyone and thanks again for making it a special swimming day.



EBOTSE OPEN WATER SWIM

On the 15th January 2017, the open water swim was held at Ebotse for the first time in a few years. The weather was perfect for the event. The water temperature was also great, which made swimming this event wonderful. It was well supported and always a good day out in the sun and water. Phoenix masters had a fantastic day in the water. Carol Mason leading the pack, coming first overall and Justine Johnson coming in second overall. Liz Bronkhorst came in 12th position overall. We are very proud of our swimmers in achieving these results.



Keep swimming and enjoy

the fun times in the water!

TSHWANE MASTERS NEWS

We wish you all a Happy New Year. We have had a great start in 2017 so far. Starting with the 6 hour Swim held at Hillcrest on the 7th January, 2017. Even although it poured with rain continuously during the morning we had 8 awesome teams competing. The winning team was, Craig Stanton, Gary Albertyn, Andy Neumann and Lyle Jacobs.

Well done! On the 22nd January it was the Gauteng gala held at Wits Campus where Claire Rolt shone once again, breaking the SA LC Record for the 50m and the 100m Breaststroke

The very next day we were all off to Cradle Moon to swim the Open Water Swim where so many Coelacanth members did extremely well. Gary and Megan Albertyn swam in every event possible to keep their fitness levels up for the Midmar Swim.

At Baja Dam, Bronkhorstspuit, on 29th January, we had an awesome amount of Coelacanth members supporting the Roode Swim. This was great fun with Coelacanth running away with the 31 and over prizes, men and women.

Good luck to all swimmers going to complete the Midmar Mile. We have a few 8 milers, Megan Albertyn, Sabine Verryn, Richard Thompson, Kim Foster and Jana Grobler. Gary Albertyn attempting the 16 Miler for the second year. We wish you all the best of luck, swim well and take care.

Upcoming events:

Tshwane Masters LC Championships.

Wednesday 15th February the long distance, Saturday 18th Short distances to be held at Hillcrest Pool. Check the Coelacanth Facebook page for entries.

South African Masters LC Course Championships

Will be held in East London 15th to 18th March, 2017. This is going to be a very exciting and enjoyable venue. We wish everyone a safe journey down to East London and see you all there!



Eastern Masters Gauteng

Who we were and where we see ourselves going'.

The Masters club was started about 30 years ago and were based at the Northern Areas Pool and was originally known as Eastern Transvaal Masters. This was changed with the elections in 1994 and we became Easterns Masters. Fina changed the rules that clubs had to be represented and not regions, so we became ET Stingrays.

Carol Van Der Walt has been President and Gillian Roets the treasurer for the past 20 years. We have hosted one Nationals, at Delville Pool, Germiston in 2005 and at that time we had approximately 30 members. The club had two members of colour which brought us home a trophy. We have many loyal supporters over the years and just have to mention Joy Mitchell who has been our resident timekeeper all these years.

We unfortunately had to move from the Kempton Pool and the facilities were just not kept up to standard. At this stage the majority of our members are over 50 years old. We hope to encourage younger members to join Masters.

There are a number of Masters Clubs in the Region and we have decided to rename the Region Eastern Masters Gauteng (MEGA). MEGA is now made up of Eastern Sting Rays, Victor Aquatics and Soles Master Club.

We have registered with SAMS and we welcome the newly elected interim committee. They will carry us to May 2017 when a new Committee will be elected.

President Pieter: De Klerk; Vice President: Danny Vile; Secretary and Registrations: Derek Isemonger; Treasurer: Kim Semple. Under the guidance of the committee we hope to encourage younger members to join Masters.

This is my last communication for the newsletter as after 30 years I am stepping down and handing over my responsibilities.

Much Love Carol – "Happiness Loves Company"



6 Hour Endurance Swim.

We run the highly successful 6 hour Endurance Swim and once again this year we made use of the Hillcrest facilities in Pretoria.

We had an excellent Turn out with some 72 swimmers taking part in the gruelling 0800-1400. All but one lane had two teams per lane. Fantastic.

The weather this year was not very kind and it poured with rain the entire duration of the 6 hours. That did not dampen (joke) the spirit of the swimmers who persevered with a lot of laughter and smiles. Most of them stayed and enjoyed the Braai and salads afterwards.

This event has always been a main source of income to boost the Eastern Stingray funds and we look forward to be hosting this event in the years to come.



Roger Henk Arno David



Lyle Carol Craig Andy Gary

The winners are calculated on the total distance swimmers achieve in the 6 hour event. Full results on the SAMS Website.

The winners this year were as follows: (All 18 teams were winners and we have highlighted the Top 3 and Trophy Winners)

<u>Team Positions</u>	<u>Total Age</u>	<u>Team Name</u>	<u>Distance Covered</u>	
1 st Craig Stanton's Team (Coelacanth)	176 yrs.	"Team GALC"	25.250 Kilometers	Winners of the 120+ Trophy
2 nd Owen Sheftz Team	188 yrs.	"Wahoo Babes"	23.800 Kilometers	
3 rd Karen Kennedys Team	193 yrs.	"Phoenix Ducks"	23.200 Kilometers	Winners of the All Ladies Trophy
15 th Derek Fyfe's Team (Coelacanth)	275 yrs.	"Drowned Rats"	17.8 Kilometers	Winners of the Handicap Trophy

The last gala of the year, our Christmas Gala had to be abandoned due to heavy rain. It is only the second time in 33 years that KZN Masters Swimming have actually cancelled a gala. A previous evening gala in January 2015 was abandoned due to lightning.

Never the less KZN Masters swimmers were very generous in bringing toiletries, presents and clothing for the Angels Care KZN Centre at Elysium near Ifafa Beach - a shelter for destitute, homeless, abandoned adults and women with children. It provides them with temporary accommodation, food clothing, bedding and access to medical care -a shelter for destitute, homeless, abandoned adults and women with children. These were taken by KZN Masters swimming secretary, Rosemary Clark, Heather Goldstein (Highway Club) and Simone Webb (East Coast Chairman) to the Angels Care Headquarters.



Simone and Heather



Angels Care Headquarters

Our KZN Masters swimmers have been out and about enjoying the waters of KZN - Seas, Dams and Pools. Unfortunately the first Dolphin Mile Swim of the year on the 22nd January had to be cancelled due to

Two KZN Masters Swimmers, Heather Campbell (East Coast) and Pauline Bowman- Edgar (Highway) will be swimming all 8 Miles for the Pink Drive on the 11th and 12th February.



Some Masters Swimmers living in the KZN Midlands, Bev Shuttleworth, Ann Gray, Pauline Bowman- Edgar, Jenny Ireland and Grant Webber, have had a few training swims (double mile crossings at Midmar dam) with the Swim Chix.

Other KZN Masters Swimmers took part in Peta and Jeff Harrison's Dam2Dam Swim tour. They swam in Midmar Dam, Wagondrift Dam (outside Estcourt) and Spionkop Dam (Outside Winterton) and visited other interesting places en route. For anyone interested in going on one of these swimming tours contact Peta Harrison on gonesswimming.ph@gmail.com.



Our January short course gala was a real bumper record-breaking gala- all in all 27KZN Masters Records were broken and 10 SA Masters records will be applied for- also 3 SA Masters QTs and 11 KZN Masters Honours times!!! Looks like our swimmers have all been training hard for the forthcoming SA Masters Nationals .We now look forward to our KZN Masters Long Course Champs at Crawford school pool in la Lucia , a short course Pre-Nationals gala at Gordon Rd pool on the 6th March and then it's off to the Joan Harrison pool in Buffalo City.

Looking forward to seeing you all at Nationals.



AMAKHOSI MASTERS SWIMMING CLUB
IN ASSOCIATION WITH BUFFALO CITY
AQUATICS

PRESIDENTS MESSAGE



As we approach the end of 2016, it is a time to look back on what Amakhosi Masters Swimming Club has achieved so far towards the hosting of next year's Nationals.

This year in-between AGM's, president meetings, Club awards night, Winter challenge, Short course gala and numerous socials, we have also managed to update SAMS, SwimSA and Buffalo City Aquatics on our progress towards hosting the SA Masters National Championship Gala.

We have managed to get the Gala program as well as the entries out to everyone in October (thanks to Karen Kennedy and SAMS Committee), official invites have also been extended to overseas Clubs and the Buffalo City Metropolitan Municipality and Tourism, are sponsoring and working hard to ensure that this event will be "Turning Moments into Memories".

Our very special Joan Harrison Swimming Pool Complex is looking neat, clean and ready for all Masters Swimmers, having undergone a mini-face lift, with new pipes installed and the complex has been re-painted.

All that is left to do is for you to register as soon as possible so as to be legible to enter next year's Nationals. Do not miss this opportunity to experience true Eastern Cape Hospitality and a wonderful open Swimming Pool Complex with plenty of entertainment, food stalls, daily lucky prize give-a-ways, fun filled evening events and finishing off on Sunday at Wriggleswade dam near Sutterheim, one of the Eastern Cape's best hidden treasures.

Do not forget, entries close on the 15th January 2017 and we look forward to hosting you!

Here to fun, friendship and fitness

Kerry Skidmore

PRESIDENT AMAKHOSI MASTERS SWIMMING CLUB



REASONS WHY YOU SHOULD NEVER VISIT EAST LONDON

Some people believe that East London is a beautiful place.



1 Nahoon Early Sunrise – Simon Comley

It is off the beaten track and hard to get to and no-one ever comes to visit.

They make ridiculous claims about it being the Adventure Capital of South Africa



2 Half Iron Man – Harewood Lodge



3 Cruise Liner 'Silver Wind' in EL.

Besides which, if they did ... what is there here for them to do?



4 The award winning East London Airport – Where to Stay Harbour
There is literally nowhere to watch sport



5 Arena Riverside Resort (Jikeleza Route) – Karen Herman
And you are out of luck if you want a quick round ...



6 Buffalo Park Cricket Grounds
It is a gastronomical wasteland



7 East London Golf Club – Sandy Loppnow
with no appreciation of the arts!



8 Grazia Fine Food & Wine – The Esplanade
The hotels are really run down



9 The Anne Bryant Art Gallery – Karen Herman



10 Hemingways Hotel – Karen Herman

Tell us again ... whatever would make you want to come to visit East London?

<http://showme.co.za/east-london/lifestyle/30-reasons-why-you-should-never-visit-east-london/#.WCL8NbspO7w.facebook>



BUDAPEST 2017

Two very important websites that everyone should diarise. They are full of information to assist you on planning.

<https://www.fina.org/content/17th-fina-world-championships>

<https://www.facebook.com/budapest2017masters>

How to get there?

Hungary – one of the 28 states of the European Union - is the full member of the Schengen agreement as of 2007. All those citizens who need a visa to enter may find information under this link: <http://konzuliszolgalat.kormany.hu/en>

Travellers may reach Hungary and its capital by various means of transportation, such as:

By air: the most important air hub is Budapest Ferenc Liszt International Airport, receiving flights from numerous destinations. The closest international Airports are in Vienna and in Bratislava, in which case you will either need a transfer flight or (because of the relatively short distance, less than 230 km) a transfer by an international coach bus/train.

By waterway: the unique possibility to arrive to the venue of the FINA World Championships by the river Danube is there for you if you take a ship. Please consult dedicated websites if you are interested, such as: <http://www.mahartpassnave.hu/en/timetable/international-hydrofoil-lines/budapest-vienna-hydrofoil-line/>

By road: all major highways and motorways run into the capital, so whatever direction you may come talking a car, bus etc. you will arrive conveniently, as in our case "all roads lead to Budapest". Important: if you rent a car, make sure it has a highway sticker, which is compulsory on local roads!



2017. 08. 07 - 20. 🕒

**WATER. WONDER.
WELCOME.**



SCHEDULE AND RESULTS
17th FINA MASTERS WORLD CHAMPIONSHIPS

DATES	05/08 SATURDAY	06/08 SUNDAY	07/08 MONDAY	08/08 TUESDAY	09/08 WEDNESDAY	10/08 THURSDAY	11/08 FRIDAY	12/08 SATURDAY	13/08 SUNDAY
BUDAPEST, DAGALY COMPLEX (2 10-lane 50m pools + 1 50m warm-up pool) & MARGARET ISLAND (1 10-lane 50m pool, 1 8-lane 50m pool + 2 33m warm-up pools)	OPENING CEREMONY			SWIMMING					
			Training	Training	Training	Training	Training	Training	Training

BUDAPEST, HEROES' SQUARE, ICE RINK (outdoor 30m, warm-up: 50m)	SYNCHRO								
	Training	Training	Solo Tech	Duet Tech	Team Tech Mixed Duet Tech	Solo free	Duet free	Team Free	Mixed Duet Free Free Combination

BUDAPEST, DAGALY COMPLEX (INDOOR TOWER)	DIVING								
	Training	Training	3m Springboard 3m Springboard	3m Springboard 3m Springboard	3m Springboard 3m Springboard	Platform	Platform Platform Mixed	Platform Platform Synchro	3m Synchro 3m Mixed

BALATONFÜRED	OPEN WATER SWIMMING									
					Training	3km M,W AG (55-80+)	3km M,W AG (40-54)	3km M,W AG (25-39)		
						Training	Training			



BUDAPEST, MARGARET ISLAND (4 POOLS)	WATER POLO MEN								
	Training	Training	Competition	Competition	Competition	Competition	Competition	Finals & Position	Finals & Position

BUDAPEST, MARGARET ISLAND (4 POOLS)	WATER POLO WOMEN								
	Training	Training	Competition	Competition	Competition	Competition	Competition	Finals & Position	Finals & Position

TRAINING POOLS:
Kisjaci Pool (Indoor 50m, outdoor 50m) and BVSC Pool (Indoor 50m, outdoor 50m) - if requested, each available for competition (in water polo) training sessions are available for dx wp, syn before 6 aug upon request

DATES	14/08 MONDAY	15/08 TUESDAY	16/08 WEDNESDAY	17/08 THURSDAY	18/08 FRIDAY	19/08 SATURDAY	20/08 SUNDAY
BUDAPEST, DAGALY COMPLEX (2 10-lane 50m pools + 1 50m warm-up pool) & MARGARET ISLAND (1 10-lane 50m pool, 1 8-lane 50m pool + 2 33m warm-up pools)							CLOSING CEREMONY
	SWIMMING						
	800m FR	200m BA 100m FR 100m BR	400m IM 200m FR 50m BU	50m FR 200m IM 100m BU	4x50m MD MX RL 4x50m FR MX RL 4x50m MD RL M,W	200m BR 100m BA 200m BU	50m BA 400m FR 50m BR

Training
 Quarter/Semi-Final
 Final

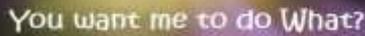
BU - Butterfly
 BA - Backstroke
 BR - Breaststroke
 FR - Freestyle
 IM - Individual Medley
 MD - Medley
 MX - Mixed
 W - Woman
 M - Man
 RL - Relay

The Margaret Island Complex

The Dagaly complex. Competition Pool.

'The Last Word'

Some motivational quotes to inspire you for our upcoming Nationals.



You want me to do What?

"Being your best is not so much about overcoming the barriers other people place in front of you as it is about overcoming the barriers we place in front of ourselves. It has nothing to do with how many times you win or lose. It has no relation to where you finish in a race or whether you break world records. But it does have everything to do with having the vision to dream, the courage to recover from adversity and the determination never to be shifted from your goals."
Kieren Perkins

"Mainly, I like to have fun. Swimming is all about having fun, and I am firm believer that you should keep swimming as long as you are having fun, but I can say that it becomes much more fun as you get older and learn more about the sport, life, and especially more about yourself".
Scott Goldblatt

(Preparing for a race)

"I try and just relax and reflect on all the work I've done in the past season. That's one of the most important things, remembering your goals and how to swim your races. It's also important to get your mind off racing before you race sometimes".
Ian Crocker

"When I go out and race, I'm not trying to beat opponents, I'm trying to beat what I have done ... to beat myself, basically. People find that hard to believe because we've had such a bias to always strive to win things. If you win something and you haven't put everything into it, you haven't actually achieved anything at all. When you've had to work hard for something and you've got the best you can out of yourself on that given day, that's where you get satisfaction from."
Ian Thorpe

"I concentrate on preparing to swim my race and let the other swimmers think about me, not me about them."
Amanda Beard

So till next time, whenever, wherever

See you all at Nationals 2017



"Taper"

Definition: (v) diminish or reduce or cause to diminish or reduce in thickness towards one end // gradually lessen

Definition to Swimmers: (n) The greatest time of the year // a stoppage of all normal "land" activities such as, but not limited to: walking, climbing stairs, descending stairs, getting up to do anything, walking far distances, riding bikes, lifting heavy objects, lifting small objects, thinking about anything other than that final 25 yards of that final race of the season.

Origin: According to USA Swimming, the first use of "taper" was described in 1963 by Australian swim coach, Forbes Carlisle. So the concept is relatively new – only roughly 50 years old. A recent definition also outlined by Dr. Inigo Mujika excellently describes taper as "

A progressive nonlinear reduction of the training load during a variable period of time, in an attempt to reduce the physiological and psychological stress of daily training and optimize sports performance and enhance training adaptations during the taper period."

But, to me, the true origins of taper might as well have been created by some higher power who wishes swimmers to have a few morning practices off, to have shorter practices, and greater overall happiness. Maybe the Great Swim Buddha invented it thousands of years ago.

