

# Splash-e

August 2013

## August's Heroes

- **Katie Lewis, Annie Cook, Pat Lewis, Helen Rubin and Paul Wyatt, Georgene Mackenzie Hicks and Anita Saviane** at the **World Masters**
- **Heather Cachia** – volunteer of the month
- **Ruth Fitzpatrick, Betty Grant Memorial Award** winner

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## NSW at the World Masters Games

Many congratulations go to the MSNSW swimmers who attended the Torino World Master's Games.

Katie Lewis (centre) won 3 Gold, 4 Silver and 2 Bronze medals at the Games. On the last day she smashed her way to below 3 minutes in the 200m breast stroke.

Annie Cook from Picton (Left) won 3 Gold, 1 Silver and 1 Bronze medal.

Pat Lewis won her medal in athletics in the 2km steeple chase.

Georgene Mackenzie Hicks won Gold in the 100m free-style and Anita Saviane won Gold in the 100 m Butterfly

Helen Rubin (right) won her first international medal, Bronze for the 200m butter-



fly. She then went on a wonderful swimming holiday in Greece. Well deserved Helen!

Paul Wyatt from Coogee won Gold in 50m Breast stroke, and 100m back-stroke and Bronze in 100 m Butterfly .



## Amazing swimming pools

You need a head for heights when swimming in the Pudong Kanggiao Holiday Inn in Shanghai, China. The 30m pool is on the 24th floor, well a bit of it is. The deep end juts out from the side of the building. The pool floor is made of toughened glass so swimmers get a view of the street below. What an awesome swim that would be!



## Volunteer of the month

Congratulations to Heather Cachia from Castle Hill RSL club on being chosen as the MSNSW Volunteer of the Month.

paragraph as to the reason why you think they should be nominated.

<https://www.facebook.com/hashtag/volunteer>

If you would like to nominate someone as Volunteer of the Month just drop our office a

Email: [admin@mastersswimmingnsw.org.au](mailto:admin@mastersswimmingnsw.org.au)

## Carnivals coming up

### 31 August Ryde BPS

[Ryde BPS meet](#)  
Course 25 m

### 8 September NSW Long Distance Championships 2013

[NSW Long Distance Championships 2013](#)

Knox Grammar Short Course 25m

### 21 September Lake Macquarie Crocs BPS Carnival,

[http://www.msnswoffacebook.info/msnswoffdocs/Lake\\_Macquarie\\_Crocs\\_BPS\\_Flyer.pdf](http://www.msnswoffacebook.info/msnswoffdocs/Lake_Macquarie_Crocs_BPS_Flyer.pdf)

(Short Course 25m).

### 19-20 October—NSW

**Short course Championship 2013** [NSW Short Course Championships 2013](#)

Canberra International Sports and Aquatic centre



## Farewell Jamie Jenkins (1919-2013)

Jamie loved swimming. He was an excellent swimmer from a young age and trained with many of the old Olympians. As well as being a Manly Masters swimmer, he has been a member of North Steyne Surf Club, City Tattersall's Club swimming group and a life member of Manly Amateur Swimming Club.

He was one of the founders of Manly AUSSI (the original name of the Masters) in 1974. He served as secretary for many years, and became a life member. When State championships started in the late '70s, his name was to be found year after year as the age group champion - and this was in the days when medals were only given to the first three in the total points from seven events. He regularly set Australian records and was a member of the first Manly men's relay team to set a World record. He competed with us until 2003.

When Manly wanted to hold their first carnival at Harbord Diggers pool, it hadn't been surveyed. No problem. Jamie was an academic at Uni of NSW and his engineering degree was enough. So on a quiet morning the job was done with another Manly member as survey assistant. From that day on, records could be set in our home pool.

When Manly first fielded an over 80 men's relay team (Jack Winter, Hedley Crisp, Terry Kelly and Jamie), we had trouble finding them in

time for their relay swim as all four had wandered off to talk to old mates. After that, two of our younger women were put in charge; rounding them State event, Jamie vanished completely. Eventually he was found snoozing on the stretcher trolley in the first aid room.

Throughout his life, Jamie was a mentor - to his Uni students, to youngsters struggling in the pool and the surf, and to anyone else who needed help.

He had a wonderful love of life and enjoyed telling jokes.

Jamie died on 14 April 2013 and some Manly Masters members attended his funeral.

Freshwater has lost a legend and Manly Masters has lost a great friend and champion.



## Exotic swims coming up

### **The great Barrier Reef Swim**

Heron Island

October 10 - 14, 2013

<http://www.oceanswims.com/Events.asp?EventID=247>

### **Fiji Mana Island Swim Fest**

October 23-28, 2013

Distances 1km, 3km and 10km solo and relay events

<http://www.oceanswims.com/Events.asp?EventID=478>



## Good news for Lane Eighters?

The usual seeding at swimming championships is to place faster swimmers in the middle lanes. This caused some problems at the at the World Swimming Championships in Barcelona this year according to *The Australian* newspaper. The medal tally was skewed in the 50m events. Only one of the total

of 24 medals was won by swimmers in lane one to three. Eleven were won swimmers in lanes six to eight. Further investigation revealed that there was a slight circular current running in an anti clock wise direction. This meant that swimmers swam faster on the left side of the pool in a 50m swim. The current was thought to be due to the filtration system. After complaints by the US team the filtration system was turned off for the finals.

# The Bold and the Beautiful

The Bold and the Beautiful is an informal ocean swimming squad in Manly. They meet at the south end of Manly Beach every day at 7am to swim around to Shelly Beach and back again. The distance is 1.5 kms. The squad includes swimmers of all abilities. Some swim in wet suits, some with flippers. Some swim to Shelley Beach and walk back while some walk to Shelley Beach and



swim back. The squad attracts around 150 swimmers.

It's a friendly and relaxed group that welcomes newcomers. The swim is magnificent. The marine life in Fairy Bower Bay is gorgeous. Occasionally the squad is accompanied by dolphins. Once a whale joined the lucky 49 swimmers

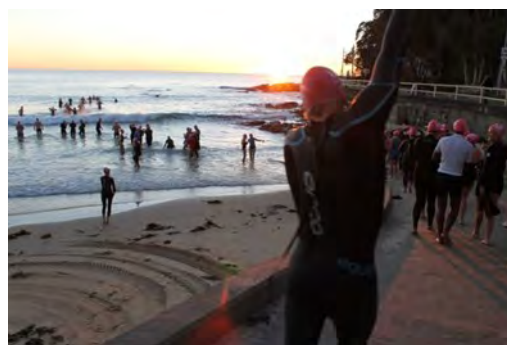
Newcomers can just turn up a little before 7am outside Manly SLSC. They then register their details and have their photo taken. They are then presented with a B & B pink swimming hat which

needs to be worn each swim. There is no water safety with

the group. There is no timing. There are no results. There is no water or fruit at the end. After the swim many go to Bluewater Café, one of their sponsors, for a coffee or breakfast.

Swimmers can earn a Cold and Beautiful badge for winter swimming if they complete 20 swims over the 13-week winter season. During the summer the challenges are 6-km swims and 10-km return swims to Freshwater Beach and Curl Curl.

<http://www.boldandbeautifulmanly.com.au/>



# Something to aim for

The third Pacific Outgames will be held in Darwin next year. The games feature a range of sports and is open to everyone. The swimming takes place at the Causarina Swimming Centre from Saturday 10 May to 12 May. NSW Wett Ones will be there as will Aqualicious from Brisbane and the Glamour-head Sharks from Melbourne

Register at < [www.darwinoutgames.com.au](http://www.darwinoutgames.com.au)>





Splash-e

## Betty Grant Memorial Award

The Betty Grant Memorial Award was today presented to **Ruth Fitzpatrick** from Manly Masters. This award is presented every year at the State Relay Meet and is presented to a person over the age of 60 years who has satisfied criteria including:

1. Participation at Carnivals
2. Swimming Performance.
3. Endurance 1000



Do you have a favorite swimming product?

Let us know!

## My favorite swimming toy

### The Garmin Swim

The Garmin swim watch is designed for pool swimmers. It counts laps of any length pool, detects and counts strokes, measures efficiency, records swimming speed and keeps a weekly tally of the distance swum. I find it much more accurate than my Poolmate, which costs about the same. The watch connects wirelessly to a computer where the statistics from the swim can be analysed and compared. The watch gives accurate time repeats in training sessions — a better option than relying on the person in front and then adding ten seconds. It might look a bit chunky but it is surprisingly light. I wear mine all the time. The watch costs around \$160. (I bought mine from Wiggle). But the watch does not work for open water swims. I'm planning my next purchase of a Garmin Forerunner 910Xt which has GPS. This is a bit

pricier at around \$400

<http://www.wiggle.com.au/>

Lindy Woodrow

Do you have a favourite swimming product? Let Splash-e know about it.



## Energy Bars

These bars, part flapjack and part muesli bar, are excellent for extra energy needed for winter swimming. They are delicious and much better for you than bought muesli bars. They are also very easy to make.

### Ingredients

125g butter  
 150g soft brown sugar  
 125 crunchy peanut butter  
 75g honey  
 Zest of 1 orange  
 Zest of 1 lemon  
 200g porridge oats (not jumbo)  
 150g dried fruit (eg raisins, prunes, apricots)  
 150g mixed seeds (eg pumpkin, sunflower, sesame)

Preheat oven to 160C/ gas mark 3. Grease and line a baking tin about 20cm square.

Put the butter, sugar, peanut butter, honey and grated citrus zests in a saucepan over a very low heat. Leave until melted, stirring from time to time. Stir in the oats, dried fruit and three quarters of the seeds into the melted butter mixture until thoroughly combined. Spread the mixture out evenly in the baking tin, smoothing the top as you go.

Scatter the remaining seeds over the surface and trickle

with a little more honey. Bake for about 30 minutes, until golden in the centre and golden brown at the edges.

Leave to cool completely and cut into squares. The bars will keep for 5-7 days in an airtight tin.



## Getting technical about swimming

For those who enjoy the technical aspects of swimming take look at this journal. *The Journal of the International Society of Swimming Coaching*. It's free to download. This issue looks at swimming propulsion and core stability. It's an academic journal but may be of interest to Masters NSW.

<http://isosc.org/pdf/volume%203%20issue%201.pdf>



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## Splash-e

Manly Masters is an active swim club, which meets, competes and trains regularly. We also participate in local community or fund raising events from time to time. On 26<sup>th</sup> February, 2014 we are partnering with Manly Council in support of their sister city, Oecusse, East Timor. The event is also partnered by Manly Friends of Oecusse.

Watch this space, or the Everyday Hero site (<http://www.everydayhero.com.au>) for more details.



## Two Phoenix crocks finally back in the water

Blue Mountains Phoenix has been having something of a gap year this year, due mainly to what we like to call Circumstances Beyond Our Control.

One of our newest members, Suzanne Heimann, is a very keen swimmer but she smashed her heel late in her lead-up preparation for her very first state and national championships this year. We can only imagine how terrible was her disappointment at not being able to compete after training for and entering the championships. Added to that, Suzanne spent the first two months after the break almost flat on her back, immobilised. Now she is up and about at last, able to drive, but still unable to bear weight on her left

heel.

BUT she can swim again—how fantastic—and we're hoping she'll very soon be back in her training lane. For the time being she's having to swim in her own lane, to keep clear of the other phantastic phoenix phimmers who might accidentally bump her healing heel.

Nerida Murray, on the other foot, has only been out of the water for six weeks (only!!) following the removal of the wire from the arm she broke last year and then a foot operation a few weeks ago.

We're hoping both Suzanne and Nerida will be back to some sort of fitness by state short course championships.

Photo: Suzanne Heimann and Nerida Murray at Springwood







## SWIM FOR SIGHT: JAMES PITTAR AND FRIENDS



### BLIND MARATHON SWIMMER GETS BEHIND FRED'S VISION

James Pittar was like any other Australian teenager growing up in Killara, NSW until he was diagnosed with Retinitis Pigmentosa at 16 years of age. James' vision rapidly began to deteriorate until he was completely blind by his late twenties.

Although the condition that led James to go blind was untreatable, he is determined to support The Fred Hollows Foundation and is serious about helping those that are needlessly blind. The Fred Hollows Foundation is working towards ending avoidable blindness. There are 32 million people in the world that are blind, but 4 out of 5 of them don't need to be. 50% of avoidable blindness is due to cataracts – which can be removed in a simple 20-minute operation, costing as little as \$25.

On **22 September 2013**, James will be swimming 12km from Long Reef to Shelley Beach and he needs you to join him for the last 2km from Shelley Beach to North Steyne Beach.

James is calling for 100 swimmers each raising \$1000 (that's only 40 people donating \$25 each) which will restore sight to those who are needlessly blind.

A community BBQ will be held at North Steyne Surf Life Saving Club afterwards to celebrate.

- **When:** Sunday 22 September 2013 (approx 11.30am)
- **Where:** Shelley Beach to North Steyne Beach. BBQ held at North Steyne SLSC.
- **What:** Support James – join the last 2km and 'Swim for Sight'!
- **Why:** There are 32 million people in the world that are blind but 4 out of 5 of them don't need to be. James Pittar and The Fred Hollows Foundation is calling on all Sydney swimmers to help end avoidable blindness and 'Swim for Sight'.
- **Target:** 100 swimmers to raise a target of \$1000 each (that's only 40 people donating \$25 each!)

**To register or donate:** [www.everydayhero.com.au/event/swimforsight](http://www.everydayhero.com.au/event/swimforsight)

This event will also bring to life Pittar's lifelong motto that 'You don't need to have sight to have vision'.

Every swimmer counts! Together we can make a difference the world can see.

**Please note:**

- \* Swimmers must be at least 18 years of age to participate.
- \* \$30 registration fee to secure participation in the swim
- \* Participants must be competent swimmers
- \* Risk waiver to be signed before the event

**For more information about the swim, please contact:**

Harkeet Sandhu – Partnerships Coordinator T: 02 8741 1979  
E: [hsandhu@hollows.org](mailto:hsandhu@hollows.org)





Ground Floor Sports House,  
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Phone: 02 8116 9716  
Fax: 02 8732 1606  
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admin@mastersswimming.nsw.org.au

Web page: <http://www.mastersswimmingnsw.org.au/>

Facebook:  
<https://www.facebook.com/mastersswimmingnsw>

## Core strength in swimming

This is an interesting blog about core strength in swimming. The blog is based on Total Immersion Swimming techniques. Core strength is essential to avoid injury and to maximise swimming speed. Pilates and Yoga are recommended to develop core strength. The blog has some useful advice and includes a Youtube link to a good core strength workout.

<http://smoothstrokes.wordpress.com/2013/07/20/core-muscles-for-swimming/>

Yoga abs workout:

<http://www.youtube.com/watch?v=AfYKy2G-9ak>

## Splash-e Contributions wanted

We'd like to have Splash-e as a monthly newsletter. We can only do this if we have contributions from you. It can be anything related to swimming such as:

- Carnival achievements
- Club news
- Upcoming swimming events
- Enhancing swimming performance
- Open water swims
- Favourite swimming spots
- Open water swimming groups or events
- News about members
- Great swimming products

Articles should be between 75-200 words and come with a photo.

Send submissions to:

[lindy.woodrow@gmail.com](mailto:lindy.woodrow@gmail.com)

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