



The Plank

Promoting Individual Achievement and Participation
while embracing Fun, Fitness and Friendship through Swimming

The official journal of the Seaside Pirates Inc. Masters Swimming Club

February 2013.

From the President.

Welcome to our new Pirates Greg, Andrew, Cameron and Richard and welcome back to Graham Charlton and Andy Almenara and Lee and Robert Mason
Congratulations to former member and Singapore based Darren Gum, whose wife gave birth to a baby boy Samuel Gene Gum on January 21st weighing 2.84 kg

Best wishes to our Dubbo member John Wherritt who has recently had a shoulder operation, do hope it won't be long before you are back in the water.

Congratulations to Brian Munro our Leeton member who was 12th in his age group in the Big Swim at Palm Beach on 27th January.

Congratulations to Sandi Rigby on the birth of her granddaughter on January 29th

Long Course Training at Knox

Our next long course training is Saturday 9th and 16th March.



2013 Masters Swimming National Championships 17 - 20 April Sydney

Sydney Olympic Park Aquatic Centre

Wednesday 17th April

1. 800m Freestyle (probably in the pm only)
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Thursday 18th April

2. 400m Individual Medley
 3. 50m Butterfly
 4. Relay 4x50 Mixed Freestyle
 5. 50m Backstroke
 6. 200m Freestyle
 7. 100m Breaststroke
 8. Relay 4x50 Mixed Medley
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Friday 19th April

9. 200m Individual Medley
 10. 100m Butterfly
 11. 100m Backstroke
 12. 50m Freestyle
 13. 200m Breaststroke
 14. Relay 4x50 Women's Freestyle
 15. Relay 4x50 Men's Freestyle
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Saturday 20th April

16. 400m Individual Medley
17. 200m Freestyle
18. 100m Freestyle
19. 50m Breaststroke
20. 200m Butterfly
21. Relay 4x50 Men's Medley

Competition Rules: Masters Swimming Australia rules as at 8/3/2013 will apply. The 400m and 800m events will be deck seeded (form strokes permitted). All other events will be heat seeded.

Registration: This meet is open only to swimmers registered with Masters Swimming Australia (or an equivalent body overseas) as at the closing date for entries.

Branch Relay: will be held, time permitting.

Events: maximum of 10 individual events over four days (max of 3 events per day). Swimmers may compete in each relay. Relay teams and age groups to be pre-entered with other entries. Team members can be nominated on the day.

Entry Details: will be available on the Masters Swimming Australia website.

Warm Up: 8am to 9am each day (in the diving pool during competition).

Closing Date: 5pm Friday 8th March 2013

Masters Swimming NSW



Long Course Championships 2013 in conjunction with

Warm up:		08:00am	
Start:		09:00am	
1	200m Freestyle	9	200m Individual Medley
2	100m Butterfly	10	50m Butterfly
3	200m Breaststroke	11	50m Breaststroke
4	50m Backstroke	12	100m Freestyle
5	50m Freestyle	13	200m Backstroke
6	100m Breaststroke	14	4 x 50m Women's freestyle
7	200m Butterfly	15	4 x 50m Men's freestyle
8	100m Backstroke	16	4 x 50m mixed freestyle

Blacktown City Masters

Sanction no: N2013/BC1

Boyd Street, Blacktown

Sunday 24 March 2013

Maximum of 3 individual events and 2 relays per swimmer.

Cost:

Event fee:	\$20	per swimmer <i>plus</i>
Entry fee:	\$3	per individual event
Relay team fee:	\$10	per team

Pool entry is included

Closing date: **All entries – Wednesday 6 March 2013.**

IF late entries are accepted, they will attract a LATE FEE of \$100.

Registration: This meet is open only to swimmers registered with Masters Swimming in Australia (or an equivalent body overseas) at the closing date for entries.

Entries for State and Nationals.

Entries for State close on March 6th- please send them to me by email by March 3rd, as we need to work out the number of relays.

Entries for National close March 8th- entries MUST be on the Nationals entry form and emailed to me by March 6th, as we need to enter the relays by the closing date.

I will be sending reminders, but the earlier you can send your entries the easier it will be.

Can you also let me know how you will be paying (cash, cheque for EFT) as I need to keep track of this as well

If you could answer the question on the forms about relays and also whether you require a printed program, that would also mean I don't need to ask you those questions again.

Thanks to everyone who has let me know their polo shirt size, if you haven't please let me know.

We are hoping to get a good representation at the Presentation dinner of Pirates, so please consider coming along and joining Cathy and I on a Pirate table or two, it should be a great night. (at the Tennis Centre Sydney Olympic Park)

Two months to go!

There are now two months to go before its time for Nationals in Homebush. Seaside Pirates hopes to have a massive amount of Pirates all in club gear swimming at their peak! So with two months to go the question is, how do I swim at my peak?

If you haven't swum for a while two months will still be enough time to get you in good shape, but with the attendance we have had at training most of you are well on your way to do well at Nationals. You are fit and just need to continue building on where you are. Regardless of current fitness level the way forward looks surprisingly similar.

Depending on where you are in your training cycle we try to adjust the sessions to one of two target objectives, fitness or speed. At this point we will stay with predominately fitness for another couple of weeks, and then we will increase the speed component of the sessions in preparation for the competitions. There is never really a point where you only do either or though. When doing fitness it is great to do some quicker swimming, and when you are going at maximum speed it does feel as if your heart is about to leave your chest!

Fitness: You add to your fitness the moment you spend 20 minutes that gets your pulse up. This includes everything from walking and gardening to turning up to one of the gruelling sets we treat you to on Sunday mornings. Fitness can be achieved outside the pool if you struggle to make it to all the sessions. Go for your second favourite sport! Sports that let you do workouts with your upper body are great for swimmers such as boxing classes, surfing, canoeing and kayaking, but cycling and running will do you good as well. If you do cycling or running try adding some workouts such as push-ups, chin-ups and sit-ups to give those swimming specific muscles a go.

The time when you are doing your fitness training is also the time when you build your strength. If you enjoy going to the gym this is the time to do so. If you don't enjoy going to the gym you can do plenty at home. Push-ups and chin-ups might be boring but they are good for you! If you have never done any specific muscle building activities before try it. The muscles are very quick to react to training so if you do two 40 minute sessions per week for the next four weeks it will make a big difference for how you swim.

Speed: How quickly you can go in the water over a short distance is hinging on two things; strength and technique. With strength comes the explosivity that will give you the opportunity to rip through the water, with technique you can focus all that energy in propelling you forward, instead of just splashing around. Considering there are twelve year old girls that does circles around me there is no

doubt in my mind which one is the most important; technique. The strength does however only take a couple of training session to improve, so you should do it for the next four weeks.

Other important aspects of your preparations are your starts and your turns. We have decent blocks in Narrabeen so I always try to fit a bit of dive practise into the Thursday sets. You should take the opportunity to practise your turns every time you come up against a wall. There are also the changeovers in relays, and as a team I think we have a chance to take between one to two seconds off the average Pirates Team. We'll do some changeover training closer to Nationals.

So for the eight remaining weeks this is what you need to do in order to be the best you can be:

- Next four weeks, fitness, strength and technique.
- Next three weeks there should be a bigger focus on swimming really fast.
- Last week, rest, sleep and eat well. Try skipping the most excessive drinking!

If you turn up to Pirates sessions three times a week, we will look after a big chunk of this for you. If you are training with others or on your own you need to build a plan that will have you be the best you can be in eight weeks time. Good luck and see you in the water!

Staffan

Pirates AGM

Our AGM will be held next Sunday February 24th after our Sunday morning training session at the Terrey Hills pool. All members are welcome and encouraged to attend. We will be making the presentations to our trophy winners for 2012, the Swimming Achievement Award and the Club Member of the Year, and also to the Club champions for 2012, as well as electing the new committee for 2013.

Club Championships

The first round of the 2013 club championships will be held at Narrabeen on Sunday March 10th at 4pm.

Program to be released soon.

Hope to see everyone there for some great race practise before State and Nationals



I think we should go that way?



Pirates in the surf!

Our Shelley Beach swim was a great afternoon in January. Around 34 Pirates and family took to the open water and all reports were favourable, lots of sea life, lovely temperature, I believe Willy found a very small shark, and everyone got back to the shore in one piece. Meanwhile back on the land Paul and Matt Fuller were cooking up a feast and this was quickly devoured by all the hungry swimmers plus those of us who had not ventured into the water but were there to provide moral support. Barry, our official Pirate photographer took these amazing photos (and many more) This has become a great annual event and we look forward to even more Pirates in the Water next January (maybe I will be able to swim by then)



Guess who is the synchronised swimmer??



Fitness, Fun and Friendship and then there is FOOD!



Pirates' Weekend in Katoomba February 2013

After dropping off the dog, I headed to the Blue Mountains for our swim camp weekend. Telling my non-swimming friends I was going on a swim camp for the weekend made me feel youthful and energetic.

Sandi and I met in Leura Friday afternoon where it was strangely hot. Isn't it usually cold and misty in the Mountains? We strolled the shops and felt like tourists. Here's a plug for Leura Doggie Store, which sells an extraordinary range of canine products including Batman costumes, rugby jerseys, tuxedos, kilts, snow boots, jewellery, perfume, sunglasses, doggles, chocolates, backpacks, toys, and professional photo sittings. Bindi and Bobby (dogs) even have a blog. We didn't buy anything.

With an hour to spare until we were due to collect the key at our rental house in Wentworth Falls, we visited Falls Gallery, conveniently across the road from the house. Sandi, being an established artist herself, of course knew the owner, Anne Smith. The gallery is in a restored weatherboard cottage set in beautiful gardens.

Next, the swimmers started arriving: Matt and Mark, Brian and Jan from Leeton, Milton and Lynda, Biff and Paul, Staffan and Cecilia. Sandi, Shane and I shared the “Anne Frank” loft room, which had the special feature of its own possum entrance. Staying in the other house were Jane, Cathy, Cap’n Mark, Dubbo Mark and Darren. Sandi must have been feeling young again and insisted on having a pillow fight.

Friday dinner was at the Alexandra Hotel in Leura where the food and service were great, and strong thirsts were quenched. Later, back at the house, more thirsts were quenched in preparation for training the following day.

Our first training session for the weekend was Saturday morning in the 50m outdoor Katoomba pool



It's an older style pool but a big improvement on the original Katoomba pool:



Cathy coached our first session, concentrating on distance work. Mark from Dubbo, Brian from Leeton (both second-claim Pirates) and four swimmers from Blue Mountains Phoenix Masters joined us and I hope we made them feel very welcome. It was still hot and, despite applying sunscreen, several swimmers had a pink glow by the afternoon session.

Between sessions, Shane, Sandi and I headed into town for lunch and some Katoomba-style culture. We struck gold - the Blue Mountains Ukulele Festival was in town. Hungry for more, we visited the newly opened Blue Mountains Cultural Centre and discovered an excellent display of this World Heritage area. Several of Sandi's relatives and friends are mentioned; you can ask Sandi about this! Our visit was interrupted by an emergency evacuation that, as expected, turned out to be a drill.

After a quick nap, it was back to the pool for our afternoon session with Staffan. The sky was grey and rumbling with thunder when we arrived and we were not allowed in the water until the lightning stopped. Staffan imparted many valuable tips for improving our technique in form strokes. As we were leaving the aquatic centre, we encountered more examples of the range of cultural activities available in the Blue Mountains. A rock band was practising out the back, the Blue Mountains City Brass Band was practising in the front hall, and the Roller Derby League was underway in the main hall.

Saturday night dinner was reported to be a fun affair at Café Bon Ton in Leura, funded by the Pirates' bank account surplus. As I took the opportunity to visit friends in Blackheath that evening, I am unable to confirm or deny the reports of fabulous food and wine.

By Sunday morning, numbers in the pool were down slightly. Surely, it wasn't because we were doing sprints. Jane stepped up as coach when Matt had to leave early. (Thankfully Matt is now

back to 100%.) More valuable lessons were learnt, especially the rule about being disqualified for talking on the blocks.

Thank you to my fellow Pirates for a fun weekend.
Linda

North Sydney's Sensational Summer Sprint Meet

Andy Almenara, Bill Atkinson, Richard Burchfield, Virginia Moller, Milton O'Dell, Darren Paton, Cameron Powell, Kerry Ryan, Craig Smith, Helen Wallace and Bill Watkins stepped forward to represent the Seaside Pirates at Sydney's iconic and mega scenic North Sydney Pool.

The North Sydney Carnival is in itself a unique experience among the carnivals for the year. Where in one carnival you get the Olympic history, a salt water pool, 50m individual races only, a location that all properties yearn for, the city lights and, on occasion like last night, a thunderous and spectacular fireworks display only surpassed by New Years Eve. It is a very very popular spot indeed, as was evidenced by the challenge of finding parking and the potential penalty of not planning ahead*. There was a light rain, but it cleared soon and there was room in the bleachers to get under cover.

Another feature of the North Sydney Carnival is that once it commences you are likely either in the marshalling area ready for your next swim, already marshalled or in the pool. The only time to observe fellow swimmers is during the one event, the one stroke, of the four that you did not choose. In my case, viewing was further restricted by timing when to pay for more parking out front – trying to make the two hour time slots contiguous so that I didn't run out or have to pay for a third parking time. Bill and I looked for parking places east of the bridge, but found none. We paid two lots of \$14 per 2 hours and were looking at a third lot, but ended up not swimming a relay as well as sampling the pizzas and colas before the relays finished. Some swimmers have better memories, planned ahead and either took the train in (very handy) or parked at Luna Park for \$20. I highly advise attending this carnival next year and planning ahead.

The following are swim reports I got in casual conversation:

Darren – disappointed with 50 free but happy with 50 fly

Willie – ok with 50 free, not too far off with 50 fly but considered bailing out at the ladder early

Richard – ok with 50 breast, ok with 50 fly, but didn't hear about 50 back or 50 free

Helen – looked great so probably swam ok

Milton – ok with 50 free, struggled trying to glide with 50 breast, and couldn't get kick going in 50 fly

Thanks to Kerry for the great conversation I had with him about starts, race training, characteristics of my age group and his update as to what he was working on. Kerry I got a real kick out of it and expect you to be kicking more and harder, sooner than later. ☺

I did not have a chat with and thus get any input from the other Pirate swimmers on their swims or if any relays were swam. Please do ask them when you see them at the pool next.

And a final word, it was great to see Mark Morgan back swimming after about 15 years!

Milton

