

# Manly Murmurs



## Riccione Ragazzi



*Mary, Marie, Marion support the flag, Tony with swag of medals, Karen, Patricia, and Pam, overlooked by Peter and Dawn in Riccione. This can't be the pool they competed in.*

News from the competition see <http://www.finamasters2012.org/news.asp>

[www.aussimastswimnsw.org.au](http://www.aussimastswimnsw.org.au) Results at <http://95.110.194.230/index.htm>

*Dawn, aka Alba, writes from Riccione: 'it is like the Gold Coast with less high rise. The weather is lovely, and the beaches are packed with umbrellas, deckchairs and bikini-clad women of all ages. The competition has been hard and fast.*

Several members were ill but they valiantly plunged into the pool to compete, and others braved the Mediterranean open water swim. They will be back soon to give us details on **La Dolce Vita in Italia**. What other cultural delights did they see apart from the mosaics at Ravenna? Who did they exchange Manly froggy T shirts with? and more ...

Well done Manly team!

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## Grab Starts from coach Jon Mealar

When you're ready to work on your start, you have to make some choices.

**Choose** whether you're going to do a GRAB START, with both feet over the edge of the block and both hands holding the block.....or a TRACK START which we will look at in the next newsletter. If you're still figuring out your dive, the GRAB START is best because it can make you feel more stable on the blocks.

All starts begin with a solid foundation or 'footing'. Get a firm grip on the starting platform by wrapping your toes over the edge. Use every inch of your toes. Feel them **grab** the block's edge. For the most power, place your feet shoulder width apart. Keep your body relaxed. At this point, focus on your race and the commands from the starter.

**Choose** where to place your hands as you grab the block. If you place them **between** your feet, it's a little easier to get into streamline as you leave the blocks.

If you place your hands **outside** your feet, you may feel more stable and comfortable.

Each hand position has advantages; choose one that feels more comfortable and gives you most power and speed.

**Choose thumbs forward or thumbs back.** Try both positions and find the one that makes you feel more comfortable and ready. Make sure you get as strong a grip with your hands as you do with your toes. Stay relaxed, but take advantage of every part of the block...and every part of your fingers and toes.

**Choose** how to **position your head, neck, and eyes.** A lot of swimmers like to look ahead -- toward the other end of the pool. This may seem the obvious place to look, but it keeps the rest of your body from "loading" or coiling for a powerful push-off.

**Either** hold your **head in a neutral position**, eyes focused directly down at the water or at the edge of the starting platform, arms slightly bent. This helps stay relaxed, alert and ready for take off.

**Or** tuck your head so that you're **looking back** through your legs. This creates more tension through your arms, spine, and hamstrings, and prepares you for an explosive start.

The most important thing is to find a starting position that makes you feel **stable and comfortable** ... but ready to explode off the blocks. You want your body to be symmetrical and balanced.

Relaxed but ready to go.

Keep experimenting and working until you find what's right for you.

Once you find your best 'ready' position, it's time to dive in.

**Throw** your arms forward to initiate the start. Eyes look forward slightly, and then the head tucks into streamline so that his body is narrow and straight when it enters the water. Eyes are down at entry, and head is tight between the shoulders.

A great start is a **clean start**. You want everything -- your hands, head, shoulders, and feet -- to slip through one hole in the water. Every swimmer leaves a 'footprint' when they dive in. You want yours to be clean, precise, circular, and **small**.

**Your goal is a clean, streamlined entry.** You want to slip every part of your body through one small hole in the water.

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## ***on your marks!***

- Grip the block with your toes and fingers.
- Look down or slightly back with your eyes.
- Keep your head, neck, and spine in one continuous line.
- Stay balanced and symmetrical.
- Coil your body to explode, but keep everything relaxed.
- Explode forward with the hands.
- Streamline your entry, with head between your arms.
- Hold your streamline to maintain momentum.

## **Nominate a champion Volunteer from your Club**

Vorgee have been sponsoring Masters Swimming since 2006 and have been very generous with their financial support, swimming caps, raffle packs, prizes and trophies to reward our swimmers. To celebrate their re-signing with Masters Swimming we are offering Vorgee goggle prize packs to Branch and Club volunteers, who after all, make our organisation tick!

Nominate a member who deserves a small reward because of their contribution to your club. Tell us why they deserve a reward and if we agree, we will send a prize. Email; [admin@mastersswimming.org.au](mailto:admin@mastersswimming.org.au)

## **Race Secretary's Report**

Carnival participation has been strong this year, but with our Italian team overseas competing, entries will be down a little bit until they return.

The next opportunity for Manly Masters to make an impression the **NSW Relay Meet on Sunday 22nd July 2012**. Many of you have already indicated your availability/unavailability and Lindsay is looking forward to approaching swimmers to make up teams for this fun event.

The second half of the calendar year gives us all our local carnivals - Seaside Pirates, **Manly**, Ryde and Warringah. Every swimmer in the club is expected to swim at **our carnival on Sunday 19th August** at Abbotsleigh School and it is never too early to give me your entry! Apart from club emails, flyers at the NSW Masters website <http://www.aussimastswimnsw.org.au/>

Finally, I want to encourage everyone to attend the **NSW Short Course Championships in Woy Woy on the weekend of 20th and 21st October**. Accommodation has been booked at The Glades, Woy Woy. If you still want to take advantage of the rooms set aside for our club, please email Dawn Gledhill [the\\_gleds@bigpond.com](mailto:the_gleds@bigpond.com) or Ruth Fitzpatrick [fitzpack@optusnet.com.au](mailto:fitzpack@optusnet.com.au)

**Armchair swimming practice?** talk to Kay Winton she'll lend you a DVD

**Need new goggles or cap?** Kay has a supply every Saturday morning and can take your order for other Manly club gear: T shirts, men and women's costumes and two-tone blue polo shirts *First in best ...* Cost \$28.00 1 Small 4 Medium 3 Large 1 3XL  
[kay@gumbylock.com.au](mailto:kay@gumbylock.com.au) P 0416 078 567

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## Safety Officer

Next time you are in the pool look for the two **red Emergency buttons** on the walls beneath the **Green First Aid** signs.

The **defibrillator** is behind the Reception desk. **Oxygen** in the cupboard near the entrance doorway. You may need them. I hope we never do but it is good to know there are there.

Jon is qualified in **First Aid**. I expect Mia and Renato are too, but will check and advise you. We need a few more members qualified in first aid, so please think of doing the course.

Happy and safe swimming! Sue Sacker

## Are we efficient?

A study of swimming efficiency measures: including the energy cost (energy used) of swimming, stroke frequency and distance per stroke, as well as measuring factors affecting resistance to moving through the water, considered 47 male masters swimmers aged 31-85 years of age.

What did they find?

No differences between any age group (30-40, 40-50, 50-60, 60-70, and 70-80 years) were observed for height, weight or body fat levels. Stroke frequency (strokes per 25m) was no different between any age group. However, **distance per stroke dropped steadily with age from 2.3m in the 30-40 years to 1.6m in the 70-80 years age group**. Interestingly, the frontal surface area of the swimmers over 60 years of age was greater than all the younger age groups. This was a result of the **greater body incline in the older swimmers meaning greater resistance to work against**. However, while the energy cost of swimming didn't change with age, **the propelling efficiency of each stroke did decrease with age**.

The message is clear: **The older we become the more we need to focus on technique, and especially distance per stroke. Flexibility training as well as strength and power training in the gym or on pool deck with an accredited coach can help with both of these.**

**From Master swimming June e-newsletter** Source: Zamparo, P. et al; (2012). The determinants of performance in master swimmers: a cross-sectional study on the age-related changes in propelling efficiency, hydrodynamic position and energy cost of front crawl. Published online 17th March in the highly prestigious peer-reviewed sport science journal *European Journal of Applied Physiology*.

## The President wants feedback on restructuring training sessions

**Training Costs:** The \$5 Saturday fee may have to be raised, as the cost of pool hire is going up.

**Training Sessions:** **As part of renegotiating a Saturday hire rate, I was hoping that we could re-instate a club session on Tuesday and provide our own coach.** Jon would be willing to take the Tuesday evening session. We could hire 2 lanes for an hour session which could accommodate at least 10 swimmers. But before the club makes any decision I would like your feedback.

Would you commit to a Tuesday evening club session at a possible cost of \$10 and what would be your preferred time? Let Ted know your views at Saturday coffee or [samfam@ozemail.com.au](mailto:samfam@ozemail.com.au)