

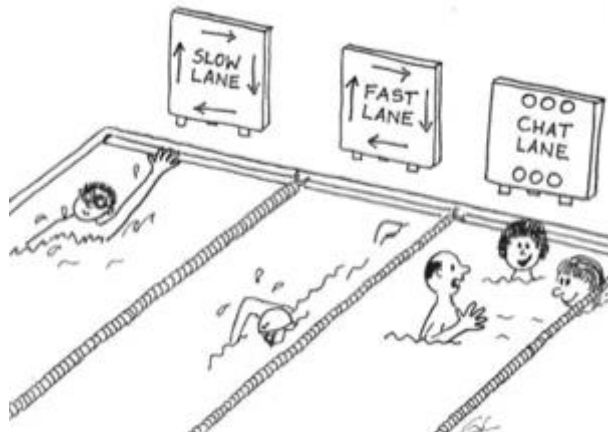
# Jasi Masters Swimming Club Newsletter

March/April 2016

**Nelson – Haulashore Island swim;  
Auckland – Rangitoto Island swim**

**But first:  
Coaching tips, from Ken (Yeah right!)**

Now before I start you all know there are one or two chatter boxes in the pool so maybe:



I know you all have computers. So from time to time people send me U-Tube clips and for a change I am going to copy a few for you to look at – mostly they are also on our Facebook site so have a look. I can assure you I have been watching them all and there is no nude swimming or anything else unseemly!

First – free style and thanks to Marco: this one is really good, believe me!

<http://www.youtube.com/watch?v=SONx52cyltI&sns=em>

Now, if you are keen on backstroke, like Susanna, look at this to learn more about the importance of relaxing your arms and how to rotate properly:

<http://theraceclub.com/videos/backstroke-swim-drill-6-kick-switch/>

And the following supplied via Tim are helpful reminders:

### 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 'steering' 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 'steering' 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.



## Open water swims – end of season stuff!

### Rangitoto Island

A number of our hardest swimmers, that counts Ken out of course, did the Rangitoto Island swim: Peter and Susanna, Mary and Simon, Andrew, and Marco. Conditions were perfect and the view great:



And our swimmers did really well in the 4.6 to 4.8km event:

- 11th MARCO TROIANI 1:06:39 Male 45 to 49 **1st**
- 13th SIMON OLLIVER 1:08:57 Male 50 to 54 **1st**
- 16th PETER JOHNSON 1:09:56 Male 55 to 59 **1st**
- 30th MARY OLLIVER 1:17:03 Female 50 to 54 **1st**
- SUSANNA GIN Female 50 to 54 **2nd** of 7 finishers, non wet suit 1:24:18
- ANDREW SOUTHEN 1:25:38 Male 55 to 59 17<sup>th</sup> of 31 finishers

### **And the Nelson, Haulashore Island swim**

Peter and Susanna, and Mary and Simon did this swim, for most not the first time. But conditions were pretty good and Peter was second overall in 40:49 – top effort Peter. And in the Nelson Mail (see: <http://www.stuff.co.nz/nelson-mail/sport/78082875/veterans-dominate-haulashore-island-event-in-final-race-of-nelson-triathlon-clubs-summer-swim-series>):

### **Veterans dominate Haulashore Island event in final race of Nelson Triathlon Club's summer swim series**



PATRICK HAMILTON/FAIRFAX NZ

Christchurch's Peter Johnson was second in the Haulashore sea swim.

Many regular sea swimmers take a spin around Haulashore Island for recreation or pleasure reasonably often.

The circuit has been an annual event on the Clements Windows and Doors Endurance Series for nearly a decade.

Strangely, Hamish Neill has never before ventured through the cut, but the veteran swimmer didn't let that hold him back as he left a quality field of 64 swimmers in his wake in the final race of the Nelson Triathlon Club's summer swim programme.

A couple of ships took advantage of the high tide to enter the harbour, causing a delay in the start, but a procession soon formed as swimmers headed to the 'dolphin' navigation marker and out through slightly choppy conditions in The Cut.

Out the back of Haulashore things smoothed out, but a test was to come as the field rounded the south end of the island.

Swimmers needed to decide whether to take the shortest route and risk hitting rocks or go slightly wider for a clear journey.

Ben Van Dyke and Kerry Mathieson cut things fine, running aground and having to revise their course, but they made up ground after that, swimming stroke for stroke as they progressed through the field.

Peter Johnson made one of his regular trips up from Christchurch hoping for a good results, but couldn't match Neill in the final kick from the dolphin to the yacht club ramp.

Neill stood up after 40 minutes flat, with Johnson making it a one-two for swimmers over 50, finishing in 40min 49sec.

Canadian triathlete Rachel McBride stuck with the leaders most of the way, finishing next in 41min 12sec to lead the women's field.

She had to scamper over the last 100m, just holding off Jon Linyard (41.14), Andrew Martin (41.25) and Glen Findlay (41.26).

Lynette Griffiths was seventh, the 53-year-old Christchurch swimmer, a regular migrant to long events in Nelson, finishing second in the women's field in 41min 43sec, followed closely by Van Dyke (41.49) and Mathieson (41.59).

Christina Harris continued the 50+ theme, taking the fourth women's spot in 42min 29sec, ahead of Chris Vincent (42.40).

Christchurch swimmer Simon Oliver (43.01) swam without a wetsuit, leading home a quality group of three including Denis Cooper (43.02), Paul Peacock (43.04) and Simon Bloomberg (43.05).

The oldest male and female respectively were Derek Eaton, 74, who finished 26th in 49min 59sec, and Margaret Johnston, 61, 28th in 51min 53sec.

Five swimmers took advantage of the short option to make the trip out to the dolphin and return, with Janis Crampton reaching the yacht club ramp after 16min 17sec, ahead of Bruce Bell (20.42).

## Forthcoming SOCIAL events and notices:

- Swimming at **Graham Condon**: 12th & 26th June, 3rd & 24th July. We will send out reminders but please note in your diaries.
- Matt has been running '**clinics**' at the Tuesday training sessions, with two lanes dedicated to technique etc. Matt will be attending a committee meeting soon, so please send Kathryn your feedback on this format. Personally I could only do a couple including 'fly' and I'm sure you have all noticed the improvement!!!

The committee are organising some social/fundraising events, the tentative details for which are:

- **Wine tasting** - Saturday 11th June, 3-5pm, \$5. Come along and taste Tiki wines (<http://www.nzwine.com/winery/tiki-wine-vineyards/>) and eat cheese and salami. Please advise if you're likely to be interested in this so we can get an idea of numbers. See separate flyer at end of newsletter but note:
  - This is a social event to be held at Andrew and Gillys' place, 122 Waimairi Road
  - This is also a fund raiser for the club – details related to the purchase of wines are provided on the flyer

## Forthcoming SWIM events:

**South Island Short Course Championships 2016**: To be held in **Ashburton on 12<sup>th</sup> and 13<sup>th</sup> of August**. Entries close 31<sup>st</sup> July. Entry forms available on our websites. This is a NZMS sanctioned meeting.

In relation to the above note that **North Canterbury are holding a casual meet** prior to the SI Short Course at Ashburton in August for anyone interested. It will be on **Sunday 19<sup>th</sup> June 2016** - held at **Dudley Park Aquatic Centre, Rangiora**. Four lanes booked between 1pm and 3pm. Meet poolside no later than 12.45pm.

The format will be similar to the one that QE2 held at the Graham Condon pool last year. The format is to be decided, and it will depend on the numbers attending, but it will involve short distances (up to 100 metres?) in roughly seeded races. It won't be a club v club type thing due to likely uneven numbers. NC will contact us by email once they have finalised the format.

Afterwards they intend to meet up at Rangiora RSA at 82 Victoria Street, Rangiora. At this stage they plan to provide snack food if they give us permission - which they have in the past. The RSA provides good meals for anyone planning to stay on later, but there are many other options for meals in Rangiora also.

**National Long Course Championships 2016**: This sanctioned meeting will be hosted by North Shore Masters and held at the new Millennium Pool in Albany, Auckland. The pool has been booked 11<sup>th</sup> - 13<sup>th</sup> November. Swimming New Zealand will



officialiate at the meeting as a dress rehearsal to the World Masters Games in April 2017.

### **World Masters Games**

There is a team going – so contact Susanna Gin and look at:

[www.worldmastersgames2017.co.nz/th.../pricing-packages/](http://www.worldmastersgames2017.co.nz/th.../pricing-packages/)

The games are on 21-30 April 2017 in Auckland and of course feature multiple sports.

## **SOCIAL EVENT AND FUND RAISER**

**Jasi Masters wine tasting: social afternoon and ‘fun’d raising combined**

**When: 3-5pm, Saturday 11<sup>th</sup> June**

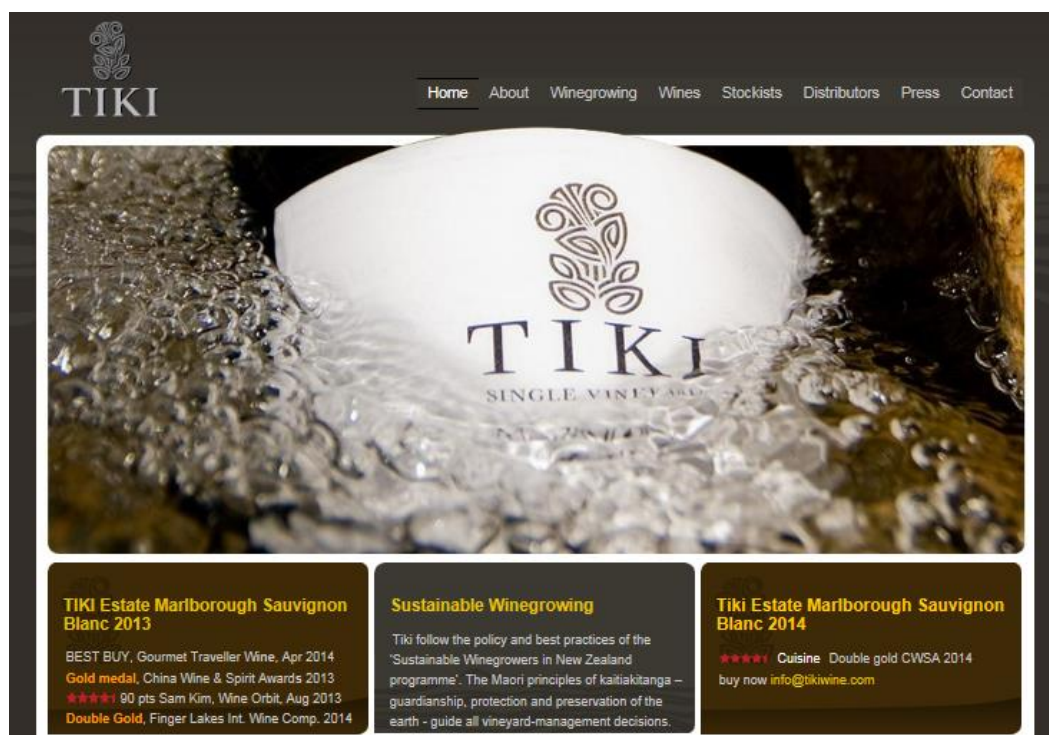
**Where: Andrew and Gillys’, 122 Waimairi Road**

**RSVP: by 7<sup>th</sup> June to Susanna Gin – email [susannagin@slingshot.co.nz](mailto:susannagin@slingshot.co.nz)**

**Details:** Tiki wines are a nationally recognised brand; you will be sampling wines and eating nibbles

**Purchases:** ‘Fun’d raising is via the purchase of wine: ranging from \$90 for a 6 bottle case of sauvignon blanc to \$110 for a 6 bottle case of pinot noir. Wine can only be purchased by the case but you can come to an arrangement to share a purchase.

**COST:** \$5 per person cash at the door; plus wine purchases



The screenshot shows the Tiki Estate website. At the top is the Tiki logo and a navigation menu with links: Home, About, Winegrowing, Wines, Stockists, Distributors, Press, and Contact. The main image features a white wine bottle with the Tiki logo, partially submerged in water with bubbles. Below this are three product highlights:

- Tiki Estate Marlborough Sauvignon Blanc 2013**  
BEST BUY, Gourmet Traveller Wine, Apr 2014  
Gold medal, China Wine & Spirit Awards 2013  
★★★★ 90 pts Sam Kim, Wine Orbit, Aug 2013  
Double Gold, Finger Lakes Int. Wine Comp. 2014
- Sustainable Winegrowing**  
Tiki follow the policy and best practices of the 'Sustainable Winegrowers in New Zealand programme'. The Maori principles of kaitiakitanga – guardianship, protection and preservation of the earth – guide all vineyard-management decisions.
- Tiki Estate Marlborough Sauvignon Blanc 2014**  
★★★★ Cuisine Double gold CWSA 2014  
buy now [info@tikiwine.com](mailto:info@tikiwine.com)

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