

# Jasi Masters Swimming Club Newsletter

**January/June 2017**



## **FEATURING:**

**World Masters Games April 2017  
Lyttelton Harbour Open water swim  
Lake Hood swim  
Simon Olliver swims Foveaux Strait**

### **Editorial**

Well club member readers – once again apologies. I missed Jan/Feb and Mar/Apr and even struggling now to keep up with work and whatever – no excuses but I have this belief that everyone is on the web and/or on Facebook and getting the news I compile in the newsletter anyway. That assumption makes it a bit tiresome to be honest, in putting together something I'm not sure many people read anymore. Anyway – enough of the rant and time to celebrate. To celebrate competition swimmers who enter almost everything and do very very well. These people are swimming and competing while boring old Ken is out hunting deer for the freezer (thanks for asking – we did get one a couple of weeks ago) and flyfishing in the mountains (thanks again for asking as I did get 4 rainbow trout a month or so ago) or gardening (thanks for asking – yes the raised vegie garden construction project is coming along nicely). But to be serious (actually that was serious) these swimmers are amazing – they train hard, they compete hard and they are all winners, and do this club proud. So let's see what they have been up to ...

## World Masters Games – Auckland

The Club had a small but powerful team entered in the World Masters Games:



Both pool and open water events were held and we were well represented in each. All in all superb – all our swimmers medalled and Robyn broke several NZ records. Details follow, and I thank Susanna for the information as it is no longer available on the website (which I find amazing!):

### **Robyn Crotty**

100fly	1st
200fly	1st
400IM	1st
200IM	1st
400Fr	2nd

### **Mary Olliver**

200fr	?
50fr	8th
100fr	5th
100fly	2nd
5k o/w	1st

### **Susanna Gin**

50br	7th
100br	5th
200br	2nd
200IM	11th
100fr	14th
1.5k o/w	3rd=

### **Lorrain Porter-Bishop**

50fr	12th
100fr	9th
200fr	8th
1.5k o/w	3rd =

### **Peter Johnson**

200bk	6th
400IM	6th
200IM	14th
400fr	4th
800fr	6th
5k o/w	8th
1.5km o/w	3rd

This is an amazing effort by all our swimmers. So, note the celebratory photo below of the team and then Peter in his Canadian relay team!!!



## 10 Ways to Reduce Frontal Drag

(Source: The Race Club: <http://theraceclub.com/aqua-notes/10-ways-to-reduce-frontal-drag/>) – I am trying some of these 10 and they all make sense: just do it (Editor)

Frontal drag is the number one enemy of the swimmer. Swimming is arguably the most technique sensitive sport on the planet. With water being some 800 times denser than air, the frontal drag forces that slow swimmers down come into play at much slower speeds than all other sports on land. For that reason, in order to become fast, we must learn how to reduce frontal drag as much as possible.

There are three types of frontal drag; friction, pressure (form) drag and surface (wave) drag. Researchers have shown that all three can contribute significantly to the slowing of a swimmer. In any given medium, including water, the frontal drag forces of an object are determined by its shape, its surface texture (friction) and its speed squared. Here are ten good ways to help reduce frontal drag (NOTE KEN'S SELF EVALUATION IN CAPS AT THE END OF EACH POINT)

1. Keep the body aligned. A curved body creates more frontal drag than a straight body. While some curve in our body is needed in order to create more propulsion, such as during the hip undulation in the dolphin kick, it is important that we bend, but not break the body. Too much curve or too much angle of one of our appendages sticking out causes an enormous increase in frontal drag. Keeping the body aligned requires having a tight core. CORE – WHAT THE HELL IS A CORE?
2. Keep the head down. Keeping the head down helps keep it in alignment with the body, but more importantly, a head down also can help reduce surface or wave drag. There is actually less drag underwater than on the surface of the water (think of a submarine), because we eliminate surface drag. Frontal drag is proportional to our speed squared, so ideally, we would like to see the head submerged during the fastest point in the stroke cycle, which I call the surge point. All four strokes have a surge point where the head should be underwater, even if it is slightly so. YES BUT IF I KEEP MY HEAD DOWN I CAN'T SEE WHAT IS HAPPENING IN THE OTHER LANES SO EASILY, OR KEEP FROM CATCHING UP TO BRYCE OR SUZIE!
3. Pull underwater with a high elbow. In the pulling motion of all four strokes, the upper arm is the 'bad cop', causing most of the frontal drag. By keeping the elbow nearer to the surface (except in backstroke) and more in alignment with our body's motion, we can reduce, but not eliminate, the frontal drag caused by the forward motion of the upper arm during the pull. SOUNDS EASY BUT NOT AS EASY AS IT SOUNDS!
4. Wear the fastest technology racing suit possible. The records set in 2008 and 2009 convinced all of us that the suits really matter. Even today, the best suits help

reduce friction and keep the body tighter to reduce frontal drag. NO WAY AM I PAYING \$400+ FOR A PAIR OF BUDGIE SMUGGLERS!

5. Shave all the hair from your body. Although this is generally not done (or recommended) until post puberty, when significantly more hair grows on the body, shaving the entire body will reduce friction and make us slicker and faster. MAYBE BRYCE AND I COULD DO THAT FOR THE SI MASTERS, ASSUMING BRYCE IS POST PUBERTY OF COURSE!
6. Streamline off the start and all turns. Getting into the tightest streamline possible creates a huge advantage when you are moving fast. The fastest point you will reach in a swimming race (about 15 mph) is when the fingertips touch the water off the starting block. The second fastest is when your toes leave the wall on each turn (6-8 mph). At either time, because of the exponential relationship between speed and frontal drag, you had better get into the tightest streamline possible. YEP – AM TRYING TO DO WHAT MATT PRACTICED WITH US A COUPLE OF WEEKS AGO AND DOING MORE TUMBLE TURNS!
7. Keep your kick tight. In freestyle, backstroke and breaststroke, the kick must be tight in order to help reduce frontal drag. With the former two, that means not bending the knees too much and in breaststroke, it means keeping the knees at or inside the hips. SORRY – KICK – WHAT IS THAT FOR?
8. Double cap. Covering up that thick head of hair and creating a new surface for your head with the reduced friction of silicone is another good way to reduce drag. Most athletes today will double cap, leaving the goggle straps between the first and second caps. The outer cap should be a thicker silicone material to maintain its smoothness. THINK BRYCE, ANDREW AND I WILL BE OK WITH ONE CAP, OR NONE?!
9. Wear low profile goggles. Racing goggles should be strapped on tighter to the face and are a little smaller and sleeker than larger training goggles. The less they protrude from your face, the better. YEP – WEAR THEM ALL THE TIME!
10. Point your toes. One of the most common mistakes made on the start is not pointing the toes at entry. A German study recently showed that a relaxed foot creates 40% more frontal drag than a pointed toe. In general, the less splash one makes on the dive entry, the less frontal drag. The other common strokes where the relaxed foot causes more frontal drag is at the end of the breaststroke kick and the down kick in dolphin. In either case, keep the toes pointed backward to reduce drag. NOT SURE I AM FLEXIBLE ENOUGH TO POINT THEM!

If you successfully comply with all of the above, you will graduate from being a swimmer, one who slogs through the water, to become a much faster 'swiper', a swimmer that slips through the water.



## Other more local events our members have engaged in!

Caroline Bay open water – Jan 14<sup>th</sup>: a good number of participants from the club and an interloper, ex member!



Lake Hood – 3<sup>rd</sup> March 2017: Wet conditions: in and out of the water; before, during and after too. Congrats to Tim Jackson for finishing first male in the 2.5k swim. Great effort to all JASI masters swimmers for competing: Peter, Simon, Kirsten, Lorraine, Tim and Susanna. But no photos! And while this is Lake Hood it wasn't like this on the day:



Christchurch Crown – 4<sup>th</sup> March 2017: Heaps of Jasi entrants – spot them below!!:



And look who one of our winners was/is!



And there he is again!





## Port Hills fire could not halt Triple Crown attempt



SARAH POPLAR

Simon Olliver recently completed the Foveaux Strait, ticking off the last leg of the New Zealand Triple Crown - Lake Taupo, Cook Strait and Foveaux Strait.

Christchurch's Port Hills fire could not stop Simon Olliver from cracking an open water swimming feat.

Evacuated from his Christchurch home because of the blaze, Olliver snuck back through a cordon to retrieve the things he needed to swim the Foveaux Strait last week.

About eight hours and 50 minutes after taking off, he made it to a beach somewhere between Barracouta Point and Steep Head on the Invercargill Heads.



HOLLY CASSIN

Olliver was also the oldest person to complete the English Channel.

"I had to hang onto the sand to stop being dragged back in, and then as soon as a wave had gone I had to get up and run up the beach before the next one hit," he said of his landing.

His time was about 20 minutes shy of the record for Foveaux and made him the ninth person to complete the swim.





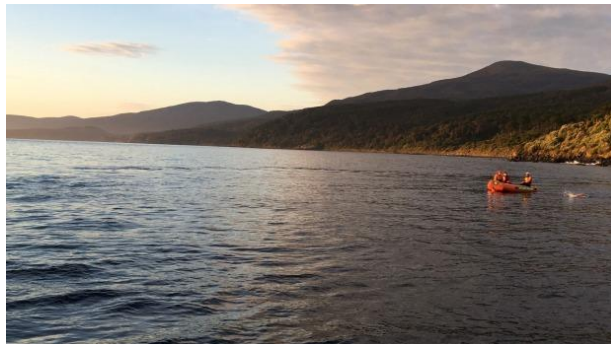
HOLLY CASSIN

Olliver, in the life boat, prepares to set off on his swim.

It also made him the fourth person to complete what he called the New Zealand Triple Crown – the Cook Strait, Lake Taupo and Foveaux – and the first to have finished all three since 1988.

Olliver said he had also swum the Catalina Channel in the US, and became [the oldest Kiwi to swim the English Channel in 2015](#), aged 51, meaning he was one swim away from the world Triple Crown – still needing to swim around the Manhattan islands.

Despite having completed some of the most challenging open water swims in the world, he maintained Foveaux was the most difficult.



HOLLY CASSIN

Although appearing calm, Olliver said the Foveaux Strait was the most challenging open water swim he had done.

"That's because of the uncertain conditions – it is quite rough. You've got all these other things hanging over you like the sharks and all that sort of stuff."

He said he managed to avoid the sharks, but a different kind of sea creature encounter stayed with him throughout the swim.

"I did encounter jellyfish, pretty early on in the start, which stung me on the backs of my legs. I had that tingling all the way across, pretty much.

"It obviously had quite long tentacles because it got right across both of my legs."

Olliver expected those challenges, but it was a road block of a different kind that could have stopped the swim altogether when fire broke out on the Port Hills.

"That was one of the biggest stresses actually . . . we put a small bag together not thinking we were going to be out for days.

"I didn't have any of my swimming stuff with me . . . the street below us was not evacuated so I had to sneak back in the next day.

"I might've had to call the swim off."

With Foveaux ticked off, Olliver would look to complete the world Triple Crown with a swim around the Manhattan islands in 2018.

"I'm not going to get too obsessive about it . . . next summer I might just do some fun stuff."

### **PREVIOUS FOVEAUX STRAIT SWIMS**

John van Leeuwen: February 7, 1963 - 13hr 36min

Meda McKenzie: March 20, 1979 - 14hr

Belinda Shields: March 24, 1984 - 9hr 53min

Michael Quinlivan: February 13, 1985 - 9hr 41min

Sandra Blewett: February 11, 1988 - 12hr 5min

Todd Utteridge: February 15, 1989 - 8hr 40min

Wayne Evans: February 9, 2013 - 9hr 20min

Chloe Harris: February 1, 2016 - 8hr 30min

## **Upcoming events:**

[South Island Masters](#), Ashburton, 4-5 August. Peter Johnson has booked accommodation for this important event:

- Swimming Friday night
- Swimming Saturday morning and afternoon
- Social event Saturday night

Talk to Peter re this event – he is pushing hard for a big contingent of Jasi swimmers (Editor note: Not sure I can make it due to lack of build up!).

## **Jasi Masters Winter Lunch - Hintons**

Notice of JASI Masters winter lunch Sunday 23 July at Hintons Winery Wairakei Rd 12 noon. Please keep this day free. We have already notified you with booking arrangements. The Club is contributing to member's costs so it would be great to see you there.



## Lane etiquette:

I have been asked, as chief lane etiquette enforcer, to remind people of some key aspects of lane swimming:

1. Swim in a lane with people of similar pace.
2. Leave at least a 5 second gap before you begin to swim – that gives you the benefit of swimming hard with the knowledge you should not have to touch the next person in front of you.
3. When you get to the end of the set DO NOT stop in the middle – that is where people want to finish by touching the wall; if it is public swimming then that is the point people tumble turn at!
4. When you are the end and you are starting your new set move into the space the swimmer in front of you has departed from – that gives everyone a chance to rest at the end rather than having to hold on to the lane rope.
5. If there is a stroke you cannot do in a set, e.g., fly in an IM set, then start at the back of the group – it's not fair on those doing the full set to have you haring off doing free and then starting again just as the IM swimmers arrive at the end of the set.
6. During most sets there is a standard pause period – use that time to rest, not to take off early and make it hard for those to follow.

Now for a couple of pet etiquette hates:

7. Pulling on the lane rope is perfectly OK for Ken – it is his invention so just play along!
8. Kicking with a pull buoy is OK according to Peter – so all you guys who kick: just listen to Peter as he knows what he is talking about.

## Our Facebook Page:

This Jasi Masters Facebook Page (<https://www.facebook.com/groups/1686502144894835/>) is updated regularly and of course takes on board member contributions. Why don't you join it and find out more about what is going on? I have a screen capture photo below – does that entice you? If it does then just join!



Ken Hughey (Newsletter Editor) – remember: any news, letters to the editor, etc, then send to me at: [klr.hughey@xtra.co.nz](mailto:klr.hughey@xtra.co.nz) or [ken.hughey@lincoln.ac.nz](mailto:ken.hughey@lincoln.ac.nz)