
RNSC MASTERS

NEWSLETTER 24

MARCH 1997

Thank you, thank you, thank you, thank you to Bob, Roger, Tony and Karen for contributing to the newsletter this time. Articles are ALWAYS welcome and I am ever on the look out for new things!

Chairman's Column is having a well-earned rest this month, but we are all pleased to see Deryk back in the pool and trust he will keep fit and well for Bracknell! I welcome Roger to the ranks of 'RNSC Newsletter Contributors' and am sure you will enjoy reading his theory on a question that was raised by Laraine in last month's issue. However, I should say that once you have become an 'RNSCNC' it is very difficult to get rid of me!

Bob has very kindly taken the accent away from swimming in his piece on the 'Ford Fiesta' - a very interesting article even if there may be an ulterior motive! And Tony has taken the opportunity to let you all know about a phenomenon that happened in the pool a few weeks ago.

It appears that Karen is still planning her escape "around the world" and has even been seen with extensive reading matter on the subject. Notwithstanding that she has still found time to 'do a little write-up' for the newsletter for which I am extremely grateful. If any of you feel inspired to write or draw something or you come across an interesting magazine article or photograph please pass it on. After all this is YOUR newsletter, as our chairman always says.

Happy reading!

JUST A QUICK WORD FROM YOUR COMP SEC

by Karen O'Dea

Just to let you know that we could be in the running for another top team trophy this year as I've had an excellent response to the Bracknell gala - 21 swimmers (possibly 22 if Alistair has entered). Good luck to Simon Hole who will be making his debut for the club and glad to see you've entered another gala Jason following your misfortune at Amersham. One of your fellow lane members, (he with the brief trunks), mentioned Velcro for your feet and block this time - what d'ya think!!!!!!

So thank you and good luck to you all and let's hope we can make it to the top again and bring another trophy home to Ruislip & Northwood.

Yes, I'm afraid it's true - I've been bitten once again by the travel bug and hope to head off towards the end of the year, so you'll have to put up with my nagging for your entry forms and money for only a little bit longer. So, as Liz mentioned, there will be a "Situation Vacant" very soon as unfortunately, I will not have the time to organise entries - far too busy planning my route!!

On another note, I'd like to thank Lesley B. for collecting relay money after Amersham - unfortunately she can't quite remember who she collected from so if you weren't collared by her, or you haven't yet given me any money for your relay swims, please could you get this to me as soon as possible. As usual, 50p per relay. Thanks.

A note for your diaries:-

Reading Gala - Saturday 17th May 1997

Entry forms will be available shortly.

THE END OF A MYTH

by Roger Bown

After being moaned and groaned at (Liz) I have finally managed to write something for our newsletter. I have promised for sometime to do it and here it finally is.

I thought I would start by confirming some of our worst fears. Over the last couple of months it has been noted that there is a swimmer in Lane 1 that appears to be super human. Well this is not true. Ian, the 'person' in question, is not super human - he can't be. Why not you may ask? Because he's not even human!! Confused? - let me explain. Ian is actually a cyborg, made of metal and synthetic latex skin. He is powered by a ultra thin green rechargeable Lithium battery (for those that don't know, this looks remarkably like a green swimming cap, and you'll be please to know it is recyclable) and he has been placed among us by a 'higher intelligence'. Why has he been put among us? - well this is simple, for entertainment. A group of individuals who make up what is known as the 'higher intelligence'(code names Ron, Reg and Tony) thought it would be really funny to place among us mere mortals a robot that could swim endlessly, effortlessly and at great speed. Well where's the fun in that you may ask? Again, simple! All we humans spend the whole training session, especially those in lane 1, trying to keep up with, or even trying not to get lapped by, Ian, working on the basis that if we try really hard we must be able to improve, hoping that we too could sprint 50 metres after one of Reg's hour and twenty minutes training session in approximately 26/27 secs. Most of us would settle for under 30, some would be happy just to be able to sprint! Until now we have not realised that this exercise is futile, and that we are competing against a machine!!

Is there no hope we ask ourselves? Are we destined to spend the rest of our days chasing something we'll never catch? (now I know what a greyhound feels like - no I'm not talking about bestiality!!!) Well, I have a plan. All we need to do is one of the following things.

- 1 Leave the club and join one where they have no robots.
- 2 Remove and destroy aforementioned green swimming hat.
- 3 Puncture his skin and spend the next two weeks watching him rust!! (This one sounds good).
- 4 Place a large magnet at the deep end of the pool and just wait for Ian to swim above it! (sounds equally as good).
- 5 Buy yourself a green swimming hat and ensure that it is fully charged.

One last thought is that Lesley may also be a robot, again placed amongst us without us realising. I can only suggest that we try the magnet test and if she sinks we'll know!

I would, however, like to take this opportunity (as this is probably the last time I'm going to write an article) to say that since joining the club everyone has been so friendly and welcoming - thank you. Most appear to be dedicated to their sport and the club's attendance at swimming galas is excellent. I have thoroughly enjoyed training and competing for the club and (eyes permitting) hope to continue for the foreseeable future.

The Optimists snatch last minute victory from Deryk and the Pacemakers

Six teams of five did battle at the Swakeley's Bowls Club on Saturday 15th March. The Fiery Five, Positive Thinkers, Mr. Bronze, BETTIE (!), The Optimists and Deryk & the Pacemakers pitted their knowledge, grit and determination against one another to strive for the coveted first prize. Victory was only assured in the very last moments when The Pacemakers' stonking music round just failed to catch the Optimists' points tally.

A very wide variety of questions like "What do you add to brandy to make a Sidecar?", "How do you spell 'Psittacine' (as pertaining to parrots)?" and "How many speed bumps are there between the entrance to Merchant Taylors and the swimming pool?", to name but a few, were put by Question Master Lesley B. who kept the rowdy rebels in line. She was ably supported by assistants Danny and Lesley C. whose jobs were to ensure the steady flow of question papers around the room - amongst other things (!) and thanks also to her mum and dad for delivering the piping hot fish and chips at half time!

Spot prize rounds punctuated the proceedings. These involved exchange of men and women's clothing,

men applying lipstick, chasing of the opposite sex into the toilets and making paper aeroplanes. An obscure 'Numbers Round' foxed most during the course of the evening and most of us are still trying to work out how BETTIE (Roger, Rebecca, Tony R., Barbara & Greg) managed to get so many correct and go on to win that special prize.

The Music Round arrived (with many thanks to Chris' husband Pad) and Liz and Karen sat back in amazement as their fellow team members, Tony F., Deryk and Lyn, named all but one or two of the Rolling Stones' tracks from a few notes. Even more consternation when Janice, it appears, was able to write down all the actors that have played Dr. Who!! And Graham felt vindicated for gluing himself to the television to watch the Jackie Stewart programme the previous weekend when Lesley asked for the names of the Stewart GP Team drivers.

A loud round of **APPLAUSE** for Lesley B. She has lived and breathed this quiz for the last month and did a truly excellent job!

Liz

Following on from last month's article, Terry (from 'the Net') gives us more swimming advice

LONGER BOATS ARE FASTER

Terry Laughlin (USA)

Have you ever noticed how boats look when they're built more for speed than for carrying cargo? The classic cargo-carrying vessel is the barge. It's just as broad in the front as it is in the middle, the better to maximize cargo capacity. But it doesn't matter how powerful a tug is pushing it, the barge will never move at more than a crawl, even when moving downriver empty.

The classic built-for-speed vessel is the racing shell because its human cargo is also its engine. Even though it has only a 8-human-power engine, compared with the thousands of horsepower driving the tug, the crew shell really flies across the water. Now what about that shell's design? Not only is it needle-like from stem to stern, but it has an awful lot of length both in front and back of where the crew sits. There's a lesson in that for swimmers.

In the 1830s and 1840s, there was a fever among clipper ship owners to break the speed record for various ocean crossings. Because they had only sail power to rely on and couldn't simply install a bigger engine, the only way to gain speed was to change boat design. A naval architect named W. Froude tested various vessel shapes in a water tank to figure out what ratios of length, width and draught would produce the fastest boat. Froude's critical discovery was that, all other things being equal, the best way to reduce drag was to design the boat to be longer at the water line. To this day, "Froude numbers" are used in boat design, and if you look at any boat-built-to-go-fast, from the racing shell to an America's Cup yacht, they all have the same long, sleek shape.

What's the implication for the vessel that carries you up and down the pool? Many swimmers assume that the best way to go faster is to make the engine (muscles and CV system) bigger. They hit the weight room, pull with paddles or do more yardage (to increase the engine's available fuel - heartbeats and calories). But any potential increase in engine power will always be puny in comparison to the amount of drag faced.

So vessel design that reduces drag will clearly have a far greater payoff. Froude told us that drag and the power required to overcome it are greatly reduced when you increase the length of the vessel. If you put a 12-foot and a 16-foot canoe in the pool side by side and push both away from the wall with equal force, the 16-footer will always go farther, faster and truer. Okay, I understand that if my body was longer I'd travel through the water faster and further on every stroke. But I'll never be taller than 6-feet so how does that apply to me?

Well, when I extend an arm overhead I'm nearly 9-feet long from my fingertips to my toes. And Froude's research showed that a 9-foot vessel would travel nearly 25% faster than a 6-foot vessel. There's a simple experiment to test that. Push off the wall as hard as you can with your arms at your sides (the 6-foot position) and glide as far as you can. Then go back and do it again, but with your arms streamlined overhead (the 9-foot position). You'll glide a lot farther. Conclusion: One way to swim faster with no more effort is to keep your body as long as possible for as long as possible during each stroke cycle. There are three ways to do that:

1. Make sure that you extend your hand fully (forward not down) when it enters the water. Swimmers who think the hand is used only for pulling usually cut the extension short so they can begin pulling more quickly. They think reaching further is a waste since it doesn't propel them. All they're doing is making their body shorter and reducing its speed potential. Swimmers who realise the more critical function of the hand is to extend the body line reach out all the way and increase the body's potential for speed.

2. After you stretch your hand out, wait a moment before beginning to pull back. At my swim camps, I analyse every swimmer with underwater video. When I see someone start pressing down and back as soon as they enter the water, the pulling hand is usually back under the hips before the other hand enters the water in front. They spend far more time in each stroke cycle as a 6-foot vessel than as a 9-foot vessel. When I see them pause and glide a moment with the hand extended before beginning their pull, the recovering hand has a chance to catch up a bit and enters the water overhead by the time the pulling hand is passing the head. They spend far more time in each stroke cycle as a 9-foot vessel.

3. Roll to your side as you enter and reach. Another simple experiment: Stand facing a wall with your right arm stretched overhead. Leave your hand on the wall and turn your body so the right hip and shoulder face the wall. Your hand will stretch 4 to 6 inches further up the wall because you become "taller" when you turn to your side. Same thing applies in the pool. Roll to your side as you stretch your hand on entry and stay in that full-extended, sidelying position for just a split second longer in each stroke cycle.

In the final analysis, there's no advantage to stroking faster if it reduces your reach. Keeping an arm outstretched in front of the body for just a bit longer during each stroke cycle allows your "vessel" to be longer for more of each stroke cycle and hugely reduces the drag on your body. You should feel a very slight overlap (or catch-up) in your strokes. Too much overlap will mess up your stroke rhythm. Just a split-second longer can make a difference. You'll travel farther and faster with no more effort on every stroke. Happy laps!

EASTER OPENING:

There will be no training on Good Friday or Easter Sunday (28th & 30th March).

THE FORD FIESTA

by Bob Rogers

Lee Iacoca, President of the Ford Motor Corp, before he fell out with Henry Ford the Third and left to save Chrysler Motors from corporate oblivion, claimed to be the Father of the Fiesta. Henry was not enthusiastic, claiming that small cars made small profits. Be that as it may, the Fiesta has been around for a long while, and is Ford of Europe's second best selling car.

The prototype was built on a Fiat 127 underbody, and a new factory was constructed near Valencia to produce the car.

It was certainly a lot smaller than the Fords we had been used to. One of my colleagues complained that the engine compartment was too small to swing a cat in, let alone use a welding gun. However, tooling was completed, and before long more capacity was needed to keep up with demand.

At about this time it was decided to concentrate building Granadas in Köln, so the old Granada lines in Dagenham were tooled up for Fiesta production. It was quite a sight to see these little Fiestas travelling round on lines designed for a car almost twice their size.

Despite the fact that the bodies were being built and trimmed in Dagenham, Valencia supplied the doors, bonnet and liftgate. We call these bits 'Bolt Ons', despite the fact that they are mostly welded on these days.

The first Fiestas were simple cars, just two doors and a tailgate, so we call them three doors. My first Fiesta was very basic; one door mirror, no radio, no rear wash wipe and the seats didn't recline. Motor manufacturers have now educated us to the fact that if it does not have electric this and that it is not worth having; so even if they don't sell more cars, they make more profit.

The years rolled by and after tarting the Fiesta up a bit with a new bonnet and front wings, it was time to produce a Really New Fiesta. (Like the one I drive now). This car is a bit bigger than the first Fiestas, which gave the designers the opportunity to offer it in five door form, as well as the three door configuration. It was expected that the increased size, and the availability of a five door version would increase demand for the Fiesta.

Increased demand produces its own problems, particularly with Bolt Ons, and doors were a special problem. In Valencia, the doors for the old Fiesta were built on one line. You build, say three days' supply of left hand doors, then strip all the tooling out and put in the right hand door tooling, and build three days' supply of right hand doors and so on.

This is O.K. when you are building just three door cars, but the new car needed six different doors to be produced; front, rear and the larger front door for the three door car, right and left hand. As one of the Spanish managers said, 'We won't make many doors, but we will do a lot of tool changes'.

The new Fiesta was also going to be built in Köln, so the German engineers solved the door problem by having six lines running slower than the Valencia line, but at least you didn't have to store the doors. They were just built as required and fed to the finish line to be welded straight on to the body.

The very latest Fiesta now has a redesigned bonnet and front grille, which I think looks rather nice, but its a shame about the liftgate-styling for styling's sake. Sadly, the Fiesta is no longer built in Valencia, its original home. That is where the Ka comes from now.

All of which amounts to a pretty long sales pitch, so

Would anyone like to buy my Fiesta?

Bought new Aug 1993 (L reg) One owner. 3 Door, 1100cc Catalist engine- Leadfree petrol only. Five speed gearbox, Silver paintwork, Keycode radio (thief resistant) sun roof, and tinted windows.

42,000 miles. £3,395

Bob Rogers Tel 0181 863 5701

QUIZ - TEST YOUR COMMITMENT

Q1. The coaches normally set aside 10 minutes for the warm-up at the beginning of the session. Do you:

- a) arrive at the pool as early as possible to ensure that you get the FULL ten minutes (or more, if possible)?
- b) ease yourself into the water gradually five minutes after the start time and feel happy if you manage 6 lengths?
- c) what's a Warm-up?

Q2. It's 8 o'clock and the pool is still full of the RNSS youngsters. Do you:

- a) dive in anyway and plough your way through them, knocking a few into the lane ropes as you go?
- b) wait patiently until the last swimmer has left the pool - the later the better?
- c) hide on the other side of the foot bath until the coast is clear?

Q3. Your coach is explaining the first part of the session. Do you:

- a) listen attentively, 'translating' to other members in the lane and checking for understanding?
- b) ask your coach to explain once, twice or even three times again just to make sure you've got it right (and delay the start!)?
- c) look blank and just copy what everyone else does?

Q4. You are leading the lane and your coach tells you to start on the 'Red Top'. Do you:

- a) launch yourself off at break-neck speed three seconds early to give yourself a good start?
- b) wait for someone to shout "Quick! Don't let them get away!"?
- c) point out that you can't see a thing without your glasses on and suggest someone else goes in front?

Q5. Your coach suggests you leave five seconds between each swimmer. Do you:

- a) leave five seconds, but attempt to overtake and suggest that you go in front in future?
- b) apologise profusely if you happen to touch the foot of the swimmer in front and make sure you slow down on the next rep?

c) grab hold of an ankle if possible and hope that they can drag you along with them!

Q6. Your hand accidentally comes into contact with a swimmer coming the other way in your lane. Do you:

- a) stop immediately, swim to the side clutching your hand and shoot daggers at the culprit?
- b) don't feel a thing as your hands are numb with effort?
- c) hit them harder next time?

Q7. Your coach has given you a long & punishing schedule of 15 x 100m IMs. Half way through you, and the rest of the swimmers in your lane, have completely lost count. Do you:

- a) having taken note of the time you started the reps, you work out quickly where you are in the session and add an extra 100m to make sure?
- b) have a chat with your fellow swimmers and see if you can come to some sort of arrangement to suit everyone?
- c) stop and feign exhaustion?

Q8. It is getting towards the end of a particularly hard training session. Do you:

- a) stay to the bitter end, adding a 10 minute warm-down for good measure?
- b) 'get cramp' & sit out a few reps to get your breath back?

c) slip under the water as if you are looking for something and climb out when the coast is clear?

Q9. Karen asks you whether you have filled in the gala form which has to be sent off the next day. Do you:

- a) say that you completed yours ages ago and have sent it off directly to the club involved?
- b) apologise and say that you were waiting to find out what events everyone else was doing?
- c) find your soggy, dirty copy at the bottom of your bag and look sheepish?

(Now turn to page 8 to see how committed a swimmer you are!)

A NEW NAME TO REMEMBER

by Tony Robjant

I remember being on the brink at the time. You know, that wonderful moment when, half way through your latest comeback (number 12 I think!), you are just beginning to think to yourself that you MAY just make it to the end of the session after all, when it happened.

It was a bright Saturday morning - trunks still fit (but that's going to be the only place that the 'fit' word can be applied), friends remember you and you have convinced yourself that to get out and leave after, say thirty minutes, wouldn't be that shameful - if a good enough excuse could be found.

Reg then shows you his schedule: NO BREASTSTROKE -- not even IMs -- Brilliant. Only a shattering of kicking -- even better!!! Warm-up looks a little odd though -- 44 x 100s and 60 x 200s for the first 45 minutes -- or something. Half-way through and the shoulders at last begin to loosen up - the bottom of the alveoli are discovered again!! - and unfortunately the bladdy knee says HELL-O. Still he's surviving and only about 10 lengths behind Keith at this stage!

Then it happened. Reg, with an extremely disconcerting calm in his voice, announces the next engagement. We're to do continuous battle for 12 whole minutes. It's us against the elements. No stopping, just counting lengths done. Targets were mentioned - some silly number like 25, I think - whatever, definitely over the number 16 which my ears seemed to insist on! Choice stroke throughout though, so not too bad.

Next red top -- line up behind Keith -- definitely behind Keith -- large amounts of Grit and Bottle being searched for in stomach by extremely under-sized assistant Mr. Will Power. Then suddenly, completely betrayed, undone, knee-capped and turned to custard by scrotum-grabbing comment from partner in front

"I THINK I'LL DO BUTTERFLY"

Before the T can be added to the SHI..., it's RED TOP and he's gone!..... powering down the first 25 ... and I'm just about keeping up with my flat-out freestyle!

Four lengths later and he's still there...six...eight...twelve... I'm keeping up - just. Surely he's got to switch out of fly fifteen.....twenty.....that's T.W.E.N.T.Y. ...folks, and he's still going!! All my other assistants have left now. Mr. WP left after ten! Grit and Bottle soon after!! Courage and Determination kept sort of coming and going but never stuck around for long. You can always rely on good old prospective N double E (Never Ending Embarrassment) to pull you through a crisis though. How could I stop, even in a comeback? On he went...twenty two....twenty three.... I began to think about Duracell battery adverts... and realised I'd have to stop soon!twenty four....twenty five....then at last REG whispered that time was up!!!!!!

YES folks, he did it. As I'm sure most have now heard, Keith boldly went one step furtherinto the annals as it were!

So be it known across the vast reaches of Master swimming, I'm applying for official recognition of Keith's swim.

We have SMILER, we have MRS. 200%, we have THAT COSTUME and, in the same way as we gave birth to MR. GOLD (Joe O'Dea, to those currently resident on different planets!), I now seek your approval for the re-birth of Keith Gilder into:

MR. TWENTY SIX

Let all members speak now..or forever hold their peace.....unanimously carried!!!!!!!

By the way, I heard afterwards that he had done exactly the same the Wednesday before!!!!!!!

Want to Swim Faster? Here's How

by Graham Smart

$$P=W/t$$

That's it folks. It has been a long time coming but at last I have it sussed. It's all about the P word - or POWER. For those not into reading 'Physics for Beginners' in bed with their cocoa:-
P = Power W = Work Done t = Time

It basically means that the Power at your disposal for that 50m blast is equal to the Work you can generate in a given period of time. What does this mean? It means you are not going to be able to swim faster!

Since my early thirties I have been a victim of this terrible physical fact in a variety of sports from athletics, cycling, skiing and now swimming. Despite being physically stronger as I've grown older, spending hours in the gym and 'on the road' work to maintain the never ending path forward I have got slower and slower. Why? Because the amount of time I can keep a given Power Output or Work Load going is getting shorter and shorter. As we get older we get slower because our Power Output decreases. The loss of flexibility and onset of stiffness are additional major contributory factors. Have a look at the 'young-un's in lane one. How long could you keep that arm/leg rate up? A length? Half a length? Five strokes? Not at all? Most of them keep it going the whole hour! I'm afraid time even catches up with the 'naturals'. "Can't keep it going for 200m but I can for 100m" - "Can't keep it going for 100m but I can for 50m" .

Now there are ways to delay this inevitable fact.

- You can improve your technique (I should be lucky here having started with no technique -although I've been trying for two years and it's still not coming - help).
- Increase your level of fitness.
- Be more specific in your training (Tony's Friday night sessions should be compulsory for lane one and two swimmers).

All these help but as you look back there is a constant theme. The Power is decreasing even if the strength is still there.

What is the answer? Change sports? Have more kids to live sport through them? Blame injury or the effects of global warming? Answers on a postcard or floppy disc please to lane 3, Wednesday nights or Saturday mornings.

To all Guernsey Swimmers

Please, please, please - look after Liz for me

I've never knowingly been a party pooper but on this occasion I must make a public announcement. I need her back with all the bits in the right places and functioning more or less normally. The following week, 29th March, we are booked for a week's skiing at La Plagne with a group of friends. Lesley and Danny may even join us for a day as they will be in Courchevel for Danny's 40th. (It seems to me that we have almost as many skiers in the club as swimmers. I suppose someday we may get around to organising a weeks 'downhill gala'. There, I've actually put it in words. We could pack Danny off with all the kids - he would love that. Hmm, might be a problem though when he returns at the end of the day without them - a few upset parents). For those who don't know, one trip I picked Liz up from Heathrow Airport hospital because the aircrew would only let her off the plane in an ambulance and last year she almost put the island in quarantine after she caught a strain of viral meningitis.

So please:

- No chips or late nights.
- No alcohol, chocolate or substances containing sugar, E numbers or other man made substance.
- Don't let her leave the pool with her hair wet and make sure she wears a dry cossie for each race.

1997 CLUB 'EURO' GALA

SATURDAY 12th APRIL

MERCHANT TAYLORS' POOL

WARM UP 5.30 PM

By now you should have all received your entry form. Please get these back as soon as possible as it makes life so much easier! As ever, family and friends are welcome, especially those who are willing to do a spot of timekeeping. In fact, if any of your nearest and dearest are going to be available for the aforementioned task, please let us know.

For those who have not been to one of the club's galas, do not be put off. It is, as the name suggests, FUN - or should be anyway! The races are handicapped (post-race) so you could easily end up beating the stars of your age group. And if you really don't want to swim, then still come along because the 'Prize Giving Buffet', held afterwards in the Tuck Shop across the car park, is not to be missed. If nothing else it is a chance to chat to your fellow club members without the coach hassling you to get on with the next rep!!

*As last year, food will be supplied (@ £1 a head), but could you just bring along **SOME DRINK** (alcoholic or otherwise) to share. We always share it back out if there is any left over, so it's always worth hanging about at the end!!*

NEW FOR 1997

Shorter races - single length sprints only

Fun events - using unusual props(!)

Euro theme

No handicapped starts

BACK BY POPULAR DEMAND

Smiley Face 'PB' Biscuit Awards

Post-competition buffet organised by Lesley B & Co.

Flapjacks

Results by Graham

---oooOOooo---

RESULTS TO COMMITMENT QUIZ

MOSTLY a)s - You are certainly a keen swimmer and should be congratulated on your commitment. You are ready to move to a new club in Cambridgeshire.

MOSTLY b)s - You are certainly a swimmer and should be congratulated. You are now ready to swim with Mr. 26

MOSTLY c)s - You are certainly something and should be committed. It is about time you made another comeback!