
RNSC MASTERS

NEWSLETTER 20

OCTOBER 1996

Sorry for the delay folks in getting this newsletter out. Problems with the old computer again. This time it was a problem with the 'memory allocation'(?).

MIDDLESEX CHAMPS

by Liz Smart

Gawd - so long ago now. Who can remember what happened at the Middx Champs? The problem with the Middx was that everyone remembered what it was like in 1995 - total lack of atmosphere, officious officials, collapsing boom - and this had obviously affected the Ruislip & Northwood entries as there was only a fraction of our normal crowd. (Of course they didn't tell us about the Top Club award until *after* we had arrived on the day!!)

So it was with these memories in mind that we congregated on a coldish July afternoon. After spending the previous night in a car park a few hundred miles away(!), Deryk and Lyn were unable to join us; Karen arrived but could only look to her right (or was it her left?) because she had slept awkwardly and after a 30 second warm-up was forced to abandon her chances and join Ron in the spectator gallery!!; Lesley C had had "a BAD WEEK" so wasn't swimming her usual quota of races..... it was your usual RNSC Masters collection of woes. But Sandra was back on the scene after a minor break, winning medals by the truckload, and regretting her entry in the 50m fly!! Simon was also 'back' and about to swim his 'swan song' for the club (more about that later). And Tony Robjant was there too having carried out secret training somewhere in Fleet (or so he said!) and possibly the only one celebrating the fact that 'same-age-group Deryk' hadn't made it!!? Sarah Jane (promising to attend more training sessions next year when she joins the ranks of Masters) swam in every possible event but we only had the pleasure of *talking* to our Bernie who was swimming for the Met!

The Ruislip and Northwood contingent soon set up camp in our favourite spot poolside, relaxing on the white plastic garden chairs provided and in direct eye contact with Coach Ron and Assistant Timekeeper Karen. In order to see any of the races you had to walk up to the competition pool and congregate at the corner but it gave you a chance to chat with some of the other clubs and cheer on your fellow swimmers. Christine was, as usual, offering advice on neck/back/knee/arm injuries whilst she, and myself, were ruing the Hillingdon group C turnout (she stuffed them on the backstroke though!! - Ha!) Fresh from the Nationals in June, video operator Danny with assistant Lesley Bee were, fortunately, concentrating on taping eachothers' races until the relays but more about *that* later!! Lesley had an absolutely "stonking" (can I print that word?) afternoon, coming away with oodles of medals and Danny looked the coolest dude there.

We had an interesting start to Tony F's 50m Free. With family and friends watching from the sidelines we knew that Tony was going for a fast time. He needed a good start. No, a good start - not a *false* start! That Russel of Ealing did it again. The starter started the race for 'the second and last time' just as our Tone was stepping onto the blocks!! Not exactly the start he had been hoping for. He had to settle for another 28 sec job and a bronze medal.

By half time relay teams had been organised to cover absentees and injuries. Enid, who had innocently arrived to watch, suddenly found herself on a 160 years+ breaststroke leg!! And Coach Ron had to leave his post to join the 200 years+ medley team. A gold medal was Enid's reward and taking part in the most

spectacular relay the club has ever seen was Ron's. Spectacular not because they won the bronze medal but because of the manner in which they achieved it!! After a good start from Tony F and Ron, Tony R put in an excellent fly leg to hand over to Mr. Gold. Our Joe was waiting carefully at the boom end, ready to launch himself off when ... suddenly ...something happened and he crashed... into the water - sort of.... upside down!! The RNSC team gasped. Was he OK? Did he fall? Was he pushed?? Where was he? Suddenly he emerged like a phoenix from the ashes and swam like the blazes to the end to secure the bronze medal position. Unfortunately for Joe the whole episode had been captured on video by Lesley Bee and once the team was sure he had suffered no injury we were lining up to watch it on the play back!!

By the end of the day everyone seemed to agree that it had in fact been quite a good gala. The atmosphere certainly warmed up during the course of the day. There was excellent team spirit. Hilarity and unstoppable laughter at some stages and we could have easily whooped the opposition if we had had a full turn out. Make a date for next year!!

BARNET DISTANCE MEET (19-20 JULY)

by Liz Smart

Karen couldn't go because of her neck. I didn't go because of all sorts of reasons! Lesley C went but didn't get past the warm up (*her neck went when somebody in front of her stopped suddenly*)! BUT Roy put us all to shame and *did* make it. He swam really well in both the 100m and 800m freestyle events clocking up a fine PB of 14.57.86 secs in the latter race. Congratulations Roy!!

A WORD FROM OUR COMP SEC

by Karen O'Dea

Well folks - to start with I'm going to get on my soap box and have a good old whinge now.

Yes, I'm afraid it's all about gala forms again. Could somebody please tell me if I'm doing something wrong - am I frightening you all off or something 'cos I've been really disappointed with the response I've had for the last few galas i.e. Barnet Short Course Sprints, Southern Counties and the Nationals. If you really don't want to swim I promise I'll understand but a response of some kind would be much appreciated. Don't be put off by the name of the gala - the swimmers are the same people who would swim at any gala. Therefore the standard is no more difficult than normal.

Anyway, on a lighter note, the next major club gala will be Amersham (Feb '97) for which I hope to have the entry forms very soon and in which hopefully you will all participate. We came second this year behind Lewsey. Please let's try for the number one position next year.

I am now taking in deposits for Guernsey, which most of you should be familiar with. The deposit is £40 which I would like as soon as possible in order to make the necessary reservations. If you are interested, please let me know as I have all the details and would prefer to have all deposits by the end of October. It's a very entertaining weekend and if you're anything like Mrs. Smart you might like to stay longer - eh Liz!!!!? Well, maybe not!

So finally, I would just like to say, see you ALL at Maidenhead - we want that trophy again!!!!

DATES FOR YOUR DIARIES

OCT 25-27	<i>ASA Masters Sprint Champs</i>	<i>(Venue: Barnet Copthall)</i>
NOV 2	<i>Berks & S. Bucks Masters Meet</i>	<i>(Venue: MAIDENHEAD)</i>
FEB 2	<i>Amersham Open Masters Meet</i>	<i>(Venue: Stoke Mandeville)</i>
MAR 21-23	<i>Guernsey</i>	

Dear Club member,

It was a shame you couldn't make it to the *Fun Day* in August. It turned out to be really good day in the end. We were really lucky with the weather as it was quite warm until about 5 o'clock when the heavens just opened and it bucketed down for about an hour. Fortunately we had cleared away by then and most of us were home, but when we did get home, Graham insisted on seeing the video of the Grand Prix before emptying the car!!

About forty five of us made it. Some of us hung around the car park at first 'herding' the arrivals towards the pool but when it looked like nobody else was likely to come we set forth to organise the relays. Lots of people were already in and the kids were enjoying a splash about in one half of the pool. Things looked a bit more serious on the other side with swimmers warming up. Enid was helping the Smart boys with their diving, Lesley B. was practising her synchro with Jennifer and Deryk (sporting deep suntan) and Ron were trying to sort the volunteers into teams. At one point we nearly lost Enid when she jumped onto a rubber ring and shot right through the middle!!

We had enough for three teams in all. Pretty fair in the end, although one or two teams turned out to be better cheats than the other!! Team One: Deryk, Danny, Graham, Ann, Joanne, Paul and Bob. Team Two: Lesley C, Mark (Marlen's son, Jennifer's brother), Jennifer, Julia, Sandra, Lesley Bee and Debbie. Team Three: Keith, Andrew, Liz, Jill, Enid, Christine and James. The races were much the same as last year - Freestyle, T. shirt, Baton, Rubber Ring, Water Bottle - and usually involved having to carry some difficult object the length of the pool. As usual there was frantic discussion of tactics. And what innovations our swimmers come up with. As I was standing waiting to go second in the T. shirt race Andrew and Keith decided that it would be quicker if there were two people either side of me ready to "help" the incoming swimmer to take the shirt off. I can't remember who the poor individual was but she must have been shocked to be suddenly derobed by two men. It was certainly strange being "dressed" by them. And Team One had a novel idea of carrying their large water bottle - you know the ones they keep in the cupboard for lifesaving practice which carry about 5 litres. They clasped it between their legs!! Yes, and you can imagine how much water was left in it by the time they had finished their lengths!! Team Two had complained that they didn't have as many men in their team as the others but that Mark turned out to be extremely useful. Definitely worth persuading him to come training in the future!!

After the races someone suggested a game of Water Polo!! Excellent idea! By that time Roger had turned up and was persuaded to get changed to join in the game. So too was Joe who had arrived late with Karen, but she decided to spectate, having only got to bed at 4 o'clock the previous morning - after babysitting I hasten to add!! Tony Fidler was also a late arrival but he didn't join us - something about not wanting to get his hair wet!! We played across the pool in the deep end. Somebody had brought some proper caps - I think it was Deryk - and some very cruel comments abounded. Someone said that someone looked like the Village Idiot and someone else said that that was an insult to Village Idiots!! Ron refereed (thank god) and everyone thoroughly enjoyed themselves. Mark really came into his own and Joe did an excellent job in goal. Some of the girls thought that we should ambush Deryk to check out whether he had any white bits but we weren't quick enough. Everyone certainly thought it might be a good idea to repeat it one Friday night so you might get a chance to have a go yourself one day soon!!

Those not playing water polo had already made their way over to the Tuck Shop to sort out the barbecues and other goodies. Luckily we had Lyn (sporting a matching tan) to organise the kids. People had brought their own stuff to cook and we (Enid, Lesley B and myself) had done some salads etc. to accompany it. We seemed to have got the quantities sorted out now and there wasn't any waste. The cakes certainly went down well. So there we were - relaxing outside in the sunshine, enjoying a nice chat. It was all very civilised. At one stage I saw my Michael taking off his roller skates (he had brought them to take advantage of the large playground!) and we were all very surprised to see our Enid getting into them!! After making her way to the edge of the paved area she launched herself off giving a display of true grace and balance. Of course, my Ian wanted to race her (he also had his on!) and I'm sure Enid would have beaten him but she had the kindness to let him win!!! Anyway Lyn took some photos of her which apparently came out really well. I'm sure Enid will let you see them if you ask nicely!!

Anyway, people started to leave gradually about 4ish and as I said before we were home by five. It was a really good day. Hopefully we shall do it again next year and you will be able to come this time!!

See you soon,

Liz

NEW FEES

Hands up all those who have paid their annual fees! Hands up all those who have received a form! Hands up all those who now know where that form is!! Hmmm!! A warning to you all - Enid will be on the warpath shortly as she has the unenviable task of collecting all our subs. Not a fair or pleasant job. So why not sort our your cheque book NOW, fill in all the details and shove it in your training bag for when you next go down to the pool. As ever the levy represents brilliant value for training.

MEMBERSHIP	£5.00
ASA REGISTRATION	£7.50 *
LEVY	£120.00

(Cheques made payable to RNSC - can be paid in two halves with a post-dated cheque for March '97)

* If in doubt, pay it anyway. You don't know when you may be able to help the club out in relays in the future. You never know, you may even get a taste for it!!)

[STOP PRESS: Please pay your subs by the end of October or you won't be able to swim!! If you don't pay, you don't play!!]

LONGER, NOT FASTER, STROKES

(Another article gleaned from "The Net". Unfortunately we haven't been able to get back in to find out what his name is!! We have a couple more of his 'lessons' for the next newsletter, so we might have found out by then!!)

When I began swimming competitively nearly 30 years ago, I couldn't beat anyone in short sprints. But the further we swam the better I did. Other people just seemed to get tired faster. So I told myself I was a distance swimmer. It was the first and simplest of many things I've learned from experience in 30 years. I quickly decided that if my greatest asset as a swimmer was that I was relatively tireless, then the more tireless and relentless a stroker I became the more successful I'd be. That became my guiding principle throughout high school and college.

In college my best race was the mile, 66 lengths of a 25 yard pool. When I first swam it in 1968, my time was about 22 minutes. By 1970, I was swimming it in 18 minutes. The American record at the time was about 16 minutes. Though I swam it for 2 more years in college I never went any faster. But that experience taught me something that I later used to coach a swimmer who went 15 minutes. As a college swimmer, I never received any technique coaching, but I was given long hard workouts. So I was a well-conditioned, but inefficient swimmer. Where I now take about 17 strokes per length, then I took 24-25 or approximately 1600 strokes in my mile race. My logic was that to swim the race faster, I'd better condition myself to take those 1600 strokes faster and harder. No one ever suggested to me that I'd have a better chance to go faster by, say, learning to swim the race in only 1100-1200 strokes (as I do now). So every day I went to practice with a single goal: to swim as hard as I could and turn my arms over as fast as I could for 6000 yards, figuring that the better I became at that task and the more pain I could condition myself to tolerate, the better I would do when I could concentrate all that effort into only 1650 yards.

And I got pretty good at that. More than once other swimmers told me after a race: "I've never seen anyone move their arms so fast for so long without getting tired." That approach worked pretty well for several years until I hit a physiological wall. Years of sheer effort had gotten me into the best condition I was capable of. I'd reached the limit of how hard and fast you could stroke while swimming that distance.

At the same time, I had a team mate who swam backstroke. I always thought him lazy because, while I was stroking furiously, he moved up and down the pool at what seemed a leisurely pace, stroking long and easy. Now and then, he'd tell me "I don't know how you work so hard," and I'd think "Just imagine how fast you could swim if you just worked harder". But oddly enough, his best times qualified for Nationals while mine never came close.

There was a lesson in that, which I never learned until I began coaching. It's longer strokes, not faster strokes, that make a better swimmer. Two separate studies have proven it empirically. A Penn State biomechanist did a computer analysis of every swim in the 1988 Olympics. And a research group from the University of Rochester analysed the results of every race of the US Olympic Trials the same year. Both studies were looking for what distinguished faster from slower swimmers (faster and slower being relative terms; all of these swimmers were elite level.) Both studies reached the same conclusion. In each race, the fastest swimmers took the fewest strokes. But taking fewer strokes is not a simple matter of "subtracting" strokes. These swimmers were able to swim faster on fewer strokes because they figured out how to make their body travel further every time they take a stroke. There are two ways to make that happen: one is to "thrust" your body further through the water by maximising the propulsive power in each stroke. That's called **CREATING** propulsion. The other is to "allow" your body to travel further with each stroke by minimising or **ELIMINATING** drag. Of the two, **ELIMINATING** provides about 70% of your opportunity to increase stroke while **CREATING** offers only 30%.

So in looking to improve your swimming, you should always look first to the eliminating side; changes in your ability to create should always be secondary. Yet we usually approach swimming technique in the opposite order. You improve your eliminating skills by focusing on changes in body position. Creating skills end to focus on how we paddle with the hands (though much of your ability to maximise power actually is found by learning to use trunk muscles to work in better co-ordination with arm muscles). When we think about our swimming technique, we always think first about the paddling actions of the hands. Eliminating drag is improved three ways:

1. By balancing the body. Our feet and legs tend to sink because of body composition, and effect called "body torque". For every increase in torque there's a linear increase in energy cost for swimming, which causes the greatest amount of drag. So the greatest opportunity to reduce drag is by reducing torque, or balancing the body so the hips and legs ride as high as the upper body. (see previous lesson on pressing the T to learn how to do this)
2. By making the body longer. Any time you increase the length of a vessel at the water line, you reduce drag
3. By turning the body on its side. A body on its side allows the water to slip by more easily than a body on its stomach, again reducing drag.

And what about the swimmer I coached to a 15 minute mile? For several years in his early teens, I had him establish a very low stroke count at lower speeds and continually practice how to strategically "trade" distance per stroke for speed as he went faster. He learned how to swim with the greatest possible efficiency at any speed. As he grew older, he was able to apply his increased strength and fitness to the foundation of a very economical stroke, so his energy expenditures would always produce the greatest speed. When he swam the 1650 in 15 minutes, it took him only about 14-15 strokes per length or fewer than 1000 strokes for the race.

Stroke longer not faster, by eliminating drag through creative body position, and you'll swim faster too.

Happy laps!!

T SHIRTS SWEATSHIRTS..... T SHIRTS.....SWEATSHIRTS

For those of you who didn't know, or had forgotten, or are new, or haven't quite got round to it yet (LESLEY!), Lyn has a supply of good quality club gear for you to purchase.

WHITE RNSC MASTERS T SHIRT (Navy logo) £8.50 (M, L, XL)

NAVY SWEATSHIRT (White logo) £14.50 (M, L, XL)

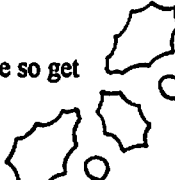


CHRISTMAS DINNER

by Christine Rowley

Yes it's that time of year again!! A booking has been made at QUAKERS, Old Mill Lane, Cowley for SATURDAY 7TH DECEMBER at 8.00pm. The venue has excellent food with a good selection on their Xmas menu (which will be circulated shortly), a "cosy" dance floor and a good atmosphere.

The cost will be £25.00 per head and a deposit of £10.00 per head is required by the end of October. (Cheques to be made payable to RNSC) . Numbers may have to be limited depending on the response so get your deposits ASAP to either Christine, Liz or Graham.



VERY RUSTY
Squash Player
seeks
DAYTIME PLAYING PARTNER
(equally rusty?!)
Contact Heather on 0181-904 9049

IN BRIEF

We have sadly had to say goodbye to Simon who is moving to Biggleswade because of his job. Due to the short notice we haven't been able to give him the sort of send off he deserves but we wish him well in his absence and hope that our paths will cross sometime in the future!!

And good luck to Julia who is about to start a 4 year part time law degree on Tuesday and Thursday evenings. She is promising to keep up her training on Wednesday and Sunday nights instead and may even be there for an odd Saturday morning. ("Good Gawd!!"). (Note from Graham: "Watch out Reg, she loves 100s!!")

MIDDLESEX CHAMPS - 14TH JULY (GURNELL)

<u>SANDRA</u> (E)						
100 IM	1.53.29	Silver	50m Breast	54.42		Gold
50m Fly	1.00.39	Silver	50m Free	43.78		Silver
<u>LESLEY B</u> (B)						
100m IM	1.27.68	Silver	50m Back	42.75		Silver
50m Free	33.90	Bronze				
<u>CHRISTINE</u> (C)						
100m IM	1.22.25	Bronze	50m Fly	35.69	☺	Bronze
50m Back	36.64	Gold	50m Free	31.84	☺	Silver
<u>SARAH</u> (SA)						
100m IM	1.30.24		50m Breast	45.39		
50m Fly	38.44		50m Back	39.12		
50m Free	34.28					
<u>LIZ</u> (C)						
50m Breast	41.01	Silver	50m Free	33.26		
<u>LESLEY C</u> (A)						
50m Fly	31.54	Gold	50m Back	35.28		Silver
50m Free	28.67	Gold				
<u>JOE</u> (G)						
50m Back	49.01	Gold	50m Free	37.34	☺	Gold
100m IM	1.34.35	Gold	50m Breast	42.72		Gold
50m Fly	41.09	Gold				
<u>DANNY</u> (C)						
50m Free	33.84		50m Breast	46.55		
<u>TONY R</u> (E)						
50m Free	32.35	Silver	50m Fly	36.09		Silver
<u>SIMON</u> (A)						
50m Free	29.37		50m Breast	37.86		Bronze
<u>TONY F</u> (D)						
50m Free	28.29	Bronze	100m IM	1.19.83		Silver
50m Fly	33.74					

RELAYS

<u>100 yrs Medley</u> LADIES	Christine 17.50	Liz 18.86	Lesley C 14.46	Lesley B 15.50	1.06.42 Silver ☺
<u>100 yrs Free</u> LADIES	Christine 14.58	Liz 15.22	Lesley B 14.72	Lesley C 13.60	58.08 Gold ☺
<u>160 yrs Medley</u> LADIES	Christine 17.01	Enid 24.46	Lesley B 16.85	Sandra 18.70	1.17.14 Gold
<u>160 yrs Free</u> MEN	Tony F 13.14	Danny 14.90	Joe 15.97	Tony R 14.11	58.23 Bronze
<u>200 yrs Medley</u> MEN	Tony F 17.32	Ron 26.05	Tony R 14.74	Joe 20.22	1.18.30 Bronze
<u>100 yrs Medley</u> MIXED	Christine 16.94	Simon 16.87	Lesley C 14.67	Tony F 12.81	1.01.49 ☺
<u>100 yrs Free</u> MIXED	Simon 12.94	Christine 14.88	Tony F 12.63	Lesley C 13.41	53.96 Bronze ☺

☺ Smiley Face Table 1996 ☺	
Lesley B.	☺☺☺☺☺☺☺☺
Karen	☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺
Tony F.	☺☺☺☺☺☺☺☺
Enid	☺☺☺
Christine	☺☺☺☺☺☺☺☺
Lloyd	☺☺☺☺☺☺☺☺
Mike G.	☺☺☺☺☺☺☺☺
Roy	☺☺☺☺☺☺☺☺
Joe	☺☺☺☺☺☺☺☺☺☺
Maggie	☺
Ann	☺☺☺☺☺
Michael	☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺☺
Danny	☺☺☺☺☺☺☺☺
Lesley C	☺☺☺☺☺
Alistair	☺
Paul	☺☺
Teresa	☺☺☺☺☺☺
Ron G	☺
Deryk	☺
Julia	☺
Liz	☺☺

☺ Smiley Face Relay Table 1996 ☺	
Karen	☺☺☺☺☺☺
Christine	☺☺☺☺☺☺☺☺☺☺
Liz	☺☺☺☺☺
Lesley C.	☺☺☺☺☺☺☺☺☺☺
Enid	☺
Lesley B.	☺☺☺☺☺☺
Ann	☺
Alistair	☺
Andrew	☺
Bernie	☺☺☺
Deryk	☺☺☺☺
Tony F.	☺☺☺☺☺☺
Keith	☺
Danny	☺
Tony R.	☺☺☺
Paul	☺
Lloyd	☺
Simon	☺☺

(Thanks to Janice who passed on this cartoon for the newsletter!!)

