

The STiNGERS NEWS

Bunbury Masters Swimming Club Inc Newsletter

Fitness, friendship, fun!

In this issue we round up the events for August to September, shine the spotlight on Joe Mihaly, get some valuable tips and find out what's happening over the coming year in open water swimming

Read on for the latest STiNGERS news...



Pam's Pen

Finally I feel as though I can lift my head up and take a breather. These last few months have been like a whirl wind.

I started in early August with the celebrations of Brian and my 50th Wedding Anniversary. I hope all members enjoyed our morning tea. It was great to have been able to share it with you all. Many thanks for your special gifts we are both looking forward to taking advantage of these gifts in the near future.

Our Country Carnival by Correspondence is finally drawing to a close at the end of September. This year I found we were all very slow at taking our opportunities on board and left it for a last minute scramble to try to get all individual swims and relays completed. When this carnival is held next year it would be great to see members take responsibility and read their programs and emails then select what they will swim at the timing sessions. This would help the club captain and myself out tremendously, also if you do this small thing I won't have to sound like a broken record or trying to twist your arm to swim. We do have 2 months to complete 8 swims.

UPCOMING EVENTS

Next meeting Committee 17th October
@ 11.15am
Bunbury Swimming Club
Rooms SWSC

Next social "Not the Melbourne Cup
Lunch"
7th November, 12 noon
The Parks Tavern

Please keep Sunday 16th
December free for a club
lunch. More details to
follow.



Bunbury Masters Swimming Club Inc
PO Box 329 Bunbury WA 6231
secretary@bunburymasters.asn.au
www.bunburymasters.asn.au

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All distances for sprints and endurances. It does take the fun out of the whole completion as it makes it a chore for both the captain and me when we have to hound you all the time. Thank you to the members who did sacrifice their own training when I called for time keepers it was much appreciated.

I was very proud of all our members at our Skins Carnival. The swimmers you were outstanding, the work you have put into training over the last 2 month certainly shined on the day. I had the rare opportunity to sit back and watch you all swim; don't get that opportunity very often. Also well done to those who gave up their opportunity to swim so they were available to work pool side, officiate and help with the setting up. A great team effort well done.

Congratulations Julie on a great carnival. A lot of hard work for many weeks all over in a few hours!

The following weekend another great band of members got together and organised a B.B.Q. at Bunnings Bunbury Store to raise some funds for the club, this also was a great success.

Many thanks to the members who gave up their long weekend and helped out. Thank you.

Our Founding Member and our first Life Member, Marie Harris has now gone to Perth to live with her family as she is finding it now hard to be able to look after self. Marie's smiley little face will be sadly missed at pool side. This is her new address I am sure she would love you get in touch now and then.

Marie Harris, c/- 28 Bourke Street, Yokine 6060

We also mourn the passing of an old member Rita Harrison who is Lucinda's mother. She passed away a couple of weeks ago from Alzheimer's.

Pam Hall



South West SKINS Carnival

This year we combined with Busselton Masters to create the South-West SKINS carnival. 70 swimmers from 15 clubs took part. Apart from a few technical issues at the Recording desk, the carnival was a great success with several swimmers swimming personal best times. Unfortunately, we did not have time to run the Random Relay this year, but the excitement of the SKINS events made up for it.



Special thanks must go to:

- Bunbury City Council for sponsoring the lane hire, and South-West Sports Centre staff for being so helpful on the day.
- TPS Training (via Tanya) for sponsoring the Splash-for-Cash SKINS event.
- Busselton Masters for their assistance with organising the prizes and the raffle, and for nominating Richard George to be the announcer as he did a fabulous job.
- Bunbury and Busselton members who provided another magnificent spread for the afternoon tea.
- Kathryn and Brian (plus Linda from Belmont Masters) for doing such a great job with the marshalling.
- Sandra Mutch (State Recorder) and Elissa (from Bunbury Swimming Club) for doing a great job with the Recording in trying circumstances.
- Stingers and friends who helped with the time-keeping and/or the set-up and clean-up of the pool area.
- Gordon for filming and editing the fabulous video of the Splash-for-Cash SKINS.
- Swimmers... I hope you all enjoyed yourselves.

This event is not run to make a major profit (which is why it was free for Stingers and Busselton members to enter). Each club made around \$300 from the event.

At the next meeting we will decide what to run next year. We may choose to run something a little less formal, with no officials and only invited clubs. If so, it would not be a record-capability event and times would not be recorded in the Masters system, but should be just as much fun and a lot simpler to run. Come along to the next meeting and help us decide.

Julie O'Connor



Sausage Sizzle at Bunbury Bunnings

On Saturday 22nd of September, a team of enthusiastic club volunteers headed to Bunnings Bunbury for our inaugural sausage sizzle.

It was an early start for those setting up, and sadly we had to turn away some early customers who caught us before the first batch were cooked. The first

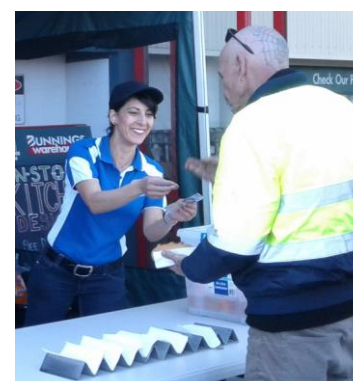
crew forged out a good system before the lunchtime crew took us through the busiest part of the day.

The barbeque could hardly keep up with the crowds of people in the middle of the day! Even though the Eagles were playing just after lunch, we still had a steady stream of people throughout the afternoon.

Thankfully, the pace reduced a little for the afternoon crew and we gently wound down to the required 4pm knock off time. The feedback from volunteers was very positive, and everyone seemed to enjoy the time spent together.

At the end of the day, we banked a profit of just over \$1200 towards our lane hire fees. A massive **'THANK YOU'** to everyone involved. We couldn't have done it with the enthusiasm of such a great bunch of members.

Kathryn Knoll



Open Water Swim Calendar 2018/2019

Date	Distance	Where	Organiser	Julie's Picks
Saturday, 20 October 2018	1.8km	North Cottesloe - Cold Water Classic	North Cott SLSC	Great for people who like cold water
Saturday, 3 November 2018	2km	Augusta	Augusta Adventure Race	New swim - should be good
Saturday, 3 November 2018	5k, 2.5k, 1.25k, 500m	Leighton	Swimming WA #1	Nice place to swim -- clashes with Augusta
Sunday, 11 November 2018	3.2km, 1600m, 400m	Lake Leschenaultia	WOW Swims (MSWA) #1	Lovely place to swim -- should be good
Saturday, 17 November 2018	5k, 2.5k, 1.25k, 500m	Busselton	Swimming WA #2	Lovely place to swim -- should be good
Saturday, 24 November 2018	10k, 5k, 2.5k, 1.25k, 500m	Coogee Beach	Swimming WA #3	Lovely place to swim -- should be good
Saturday, 1 December 2018	1600m	Rottnest Swim Thru	Cottesloe Crabs	Fabulous swim but expensive day
Saturday, 8 December 2018	5k, 2.5k, 1.25k, 500m	South Beach - Ports Swim Thru	WOW Swims (MSWA) #2	Nice place to swim
Sunday, 9 December 2018	5k, 2.5k, 1.25k, 500m	Rockingham	Swimming WA #4	Nice place to swim, but long walk to finish
Saturday, 15 December 2018	1.8km	Trigg - Tower to Tower	SLSWA -- date TBC	I have never tried this swim
Saturday, 15 December 2018	10k, 6.7k, 3.3k	Coogee "Christmas 10K"	WOW Swims (MSWA) #3	If you are planning to do a Rotto solo!
Saturday, 22 December 2018	10k, 5k, 2.5k	Champion Lakes	Swimming WA #5	Not for me -- not nice water to swim in
Saturday, 29 December 2018	10k, 5k, 2.5k, 1.25k, 500m	Mullaloo	Swimming WA #6	Nice place to swim
Monday, 31 December 2018	1k, 2k	Albany	SLSWA -- TBC	Nice place to swim
Saturday, 5 January 2019	5k, 2.5k, 1.25k, 500m	Harvey Dam	Swimming WA #7	Fabulous swim -- highly recommend
Saturday, 12 January 2019	400m, 1.6k, 3k	Cottesloe Classic	Cottesloe SLSC	Nice place to swim
Sunday, 20 January 2019		Matilda Bay - Swim Thru Perth	WOW Swims (MSWA) #4	Going back to PTP swim - should be great
Saturday, 26 January 2019	10k, 5k, 2.5k, 1.25k, 500m	Sorrento	Swimming WA #8	Clashes with Mandurah
Saturday, 26 January 2019	4k, 2k, 1k	Mandurah	WOW Swims (MSWA) #5	Great swim - highly recommend
Saturday, 2 February 2019	2.2km	Swanbourne - Swanny Ocean Classic	Swanbourne SLSC	My second favourite swim!
Sunday, 3 February 2019	5k, 2.5k, 1.25k, 500m	Shorehaven, Alkimos	Swimming WA #9	Don't know about this one
Saturday, 9 February 2019	5k, 2.5k, 1.25k, 500m	Koombana Bay	Swimming WA #10	Come and support, even if you don't swim
Sunday, 10 February 2019	3.6k	Busselton Jetty Swim	Busselton Jetty Swim	Great challenge... don't forget to enter 01-Oct
Saturday, 16 February 2019	5k, 2.5k, 1.25k, 500m	Cottesloe	Swimming WA #11	Lovely place to swim -- should be good
Sunday, 17 February 2019	1k	Peppy Beach -- TBC	Rhonda Brennan Memorial Swim	Fabulous swim -- highly recommend
Saturday, 23 February 2019	20k	Rottnest Channel Swim	Rottnest Channel Swim Assoc.	Too far for me!
Saturday, 2 March 2019	1.6k	Leschenault Inlet	Barrett Swim Thru - TBC	Club usually supports this in numbers
Saturday, 2 March 2019	1.6k	??? MSWA State Meet	WOW Swims (MSWA) #6	Not sure what is happening this season
Monday, 4 March 2019	2.5k, 500m	Scarborough - Relay Round	Swimming WA #12	No thanks!
Sunday, 10 March 2019	1500m, 750m, 250m	Coogee - Jetty to Jetty	WOW Swims (MSWA) #7	Great place to swim -- can be busy
Saturday, 16 March 2019	25k, 20k	Port-to-Pub	Hotel Rottnest	Solo too far for me but great team swim
Saturday, 20 April 2019	4km (solo/duo/team)	Albany - Harbour Swim	Albany SLSC & Albany Masters	Great swim, but cold
Sunday, 21 April 2019	1.6k, 3.2k	Denmark - Southern Ocean Classic Mile	SLSWA	Wonderful swim if conditions good

This can be downloaded from [Combined OWS Calendar](#)



Open Water Swim Training Tips

by Julie O'Connor

From 2014-2017 my time for the Busselton Jetty Swim seemed to be stuck around the 1:10 to 1:15 (depending on conditions). After completing the Club Coach course, I began thinking more about my training methods and last year I improved on my personal best time by over 10% to swim a 1:02. I thought I would share how I did this, in case it helps any other Stingers who wish to improve their OWS times.

Firstly, I will stress that training for Open Water Swimming only in the ocean is unlikely to get you your maximum improvement. A reasonable amount of training in the ocean is obviously necessary, but working on technique in the controlled pool environment is invaluable.

The following are the major areas that I worked on:

Basic Freestyle Technique – Minimising your drag and maximising your propulsion:

- Lateral Kick drill sequence: This is **the best** set of drills that I have found to improve your streamline position and therefore reduce your drag. The series is **done with fins** as follows:
 1. *Lateral Kick* – Your body should always be rotated to your breathing position (1 arm forward, 1 arm trailing) which should be a rotation of **only somewhere between 30 and 45 degrees** from face down. The only thing that should move in your upper body in this drill is your head which rotates from face down to the breathing position and back. Do a 3-stroke change of sides every 25m. Continue until you can breathe without disturbing your streamline position.
 2. *Single Arm Freestyle* – this starts the same as the Lateral Kick drill, but you add in single arm freestyle to learn to time your breath and not disturb your streamline position. In this drill your body now rotates from flat to the breathing position and back. Make sure you are breathing “under your armpit”... i.e. not lifting your head or pointing it forwards. There is a bow wave at the front of your head. You should be breathing in the dip just behind this wave which requires the minimum head and body rotation. Swap arms every 25m so that you are comfortable doing this on either side.
 3. *8-3-8 drill* – Although this is so named to suggest 8 kicks then 3 strokes etc. it is much easier to think about your breathing, so do it as 2 breaths then 3 strokes, etc. Again, make sure you are not disturbing your streamline position whilst breathing and make sure you are breathing behind the bow wave.
- Swimming with a pull-buoy and paddles: the pull-buoy adds buoyancy and puts your body in a position much closer to where you will be in the ocean. The paddles allow you to get a much better feel for the water and improve the effectiveness of your stroke whilst also building strength. Make sure you don't overdo it and strain your shoulders!



Swimming Straight – Open Water sighting

- Swimming crooked adds a surprising amount of distance to your swim, and therefore time. I generally sight every second breath (I breathe bilaterally, so I sight each time I breathe to the left). Watch the Karlyn Pipes-Neilsen video to see how: [Karlyn Pipes-Neilsen Open Water Technique](#). Karlyn prefers to sight, then breathe. I prefer to breathe, then sight as I think breathing is more important! I take a normal breath then, instead of rotating my head straight back down, I turn it forward so that only my eyes are out of the water. If I fail to sight the buoy for 3 attempts in a row, I resort to up to 3 polo strokes to find the buoy. To measure whether or not I am swimming straight, I anticipate where I expect the buoy to be and point my eyes there. If the buoy is left of where I expect, I am veering right; and if it is right of where I expect, I am veering left. I can then use this to adjust. If the water is clear, I will also use underwater features to help me keep straight between sightings. To practice this in the pool, practice sighting the lane number (so that you actually focus) every second breath; and also practice sighting 3 times in a row followed by 3 polo strokes to simulate not finding the buoy in the open water. Again, if you can get the whole lane to cooperate, practice trying to swim down the black line, but shutting your eyes for an increasing number of strokes as you get better at it.

Drafting – its not cheating!

- Due to the number of people in the water during open water swims, it is impossible to ban drafting, so it is a well-accepted technique. Swimming in a pack, or swimming at someone's hip or feet is faster and uses less energy than swimming on your own... provided the others are either the same speed or a little bit faster. To practice in the pool, get the whole lane to stop at the end of each 50m so that you can swim either on the person in front's hip or right on their toes (without touching them!). If you are both the same speed, swap who is leading and who is drafting each 50m. If you have a group of 3 close in speed, swim in an arrow formation, with the leader swimming down the black line. Make sure the whole lane is doing the same thing to ensure no collisions!

Speed Burst Training

- This is another hugely valuable training tool. You will use it to move from one pack to another, or to gain right-of-way before a turn buoy. You need to be able to put on a sprint of up to 50m without then "hitting the wall" and being passed by all who you just passed. To do this, train sets where you put on a burst of speed in the middle of the set, and then concentrate on breathing out and lengthening your stroke whilst you recover back to your endurance heart rate:
 - 300m continuous: 25m medium, 25m speed burst from the middle to the end of the pool; 100m medium recovery (concentrate on breathing out and lengthening your stroke); 25m speed burst off the wall; 100m medium recovery; last 25m speed burst. Take your pulse for 15 seconds and then do a 100m recovery in any stroke to get your heart rate down. Take your pulse again. You should be between 35 and 40 beats per 15 seconds after the speed burst and around 10 beats lower after the recovery swim.
 - As you get fitter, gradually increase the speed burst distance until it is 50m speed burst followed by 75m medium recovery. Still take your pulse after the last burst and again after a 100m recovery swim.



Endurance Training

- Come to Endurance on a Friday and do all the long Freestyle swims. Not only will it help you, but it will gain club points towards the Endurance trophy.
- Get used to watching the timing clock during Endurance swims in the pool. This way you can try things out with your stroke in the middle of a swim and see what the effect is. To do this, I usually check the clock on my last breath to the right at the shallow end each 100m. It also gets you used to focussing quickly without disturbing your stroke. Set a target for where you expect the sweep hand to be at the end of the next 100m.

Fixing leaking goggles without stopping

- How many times have you had goggles leak at the beginning of an Open Water swim race? It can happen due to sunscreen, nerves, or having your goggles knocked at the start. I have now perfected fixing them without stopping or slowing down. To do this I mentally rehearse what I am going to do for a few strokes, then instead of putting my recovering arm out the front, I set my hand up on the leaking goggle (it will be the arm on the same side as the leak). As I turn to breathe, I quickly flick the bottom of the goggle up to release the water, then let it go and continue with the second half of the stroke as normal. Practice in the pool until you can do it without disturbing your stroke rhythm. If both sides are leaking, I fix one side at a time. If they leak again... repeat. They usually settle down after a few goes. If your goggles are end of life, you may need to do this periodically throughout the swim, but if you are comfortable doing so it is not very off-putting.

Open Water Training

- Although it is nice to do most of your open water training in perfect conditions, if you are training for the Busselton Jetty swim, make sure you deliberately do some in rough water. I make sure I go to the Jetty in a full-on sea breeze at least a couple of times and swim about 1km each time.
- Try as often as possible to swim where you can practice sighting and turning around a buoy.
- Train in a rash vest... you get stung less and it adds resistance so the race swim seems easy!



Pam and Brian's 50th Wedding Anniversary

On Wednesday 15th August we celebrated Pam and Brian's 50th wedding anniversary with a morning tea, cake and great company at the South West Sports Centre.



Social Stingers

We are organising a **"Not the Melbourne Cup Lunch"** at The Parks Tavern and Restaurant (in front of K-Mart at the Parks Centre)

Wednesday 7th November at 11:30am ie straight after the morning training session.

Please wear a fancy/whacky hat!

Please RSVP to Kathryn Knoll by Sunday 4th November. Email knollcando@westnet.com.au or Text 0427427705.

Kathryn



Please keep lunch on Sunday 16th December free for our end of year celebration.

More details will be sent out closer to the date.

Travelling Stingers

Allan Taylor

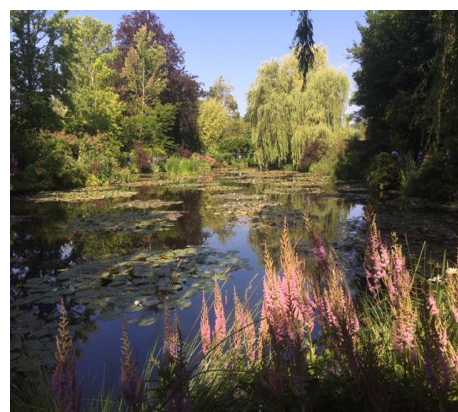
Bonjour Tout le Monde: Mes Vacances en France à Paris à la recherche de l'aventure parfaite pour la natation.

The starting line is Marcilly-sur-Seine, une petite ville 175 kms upstream from Paris on the Seine River.

The river downstream from here is completely navigable, the current is quite steady, you could float on your back to Paris. In fact a local timber trader made a fortune from floating his logs all the way to Paris many years ago. Though I reckon it must have been in the wet season only, because the Seine was just a narrow shallow stream until they introduced a series of locks to guarantee year-round draughts in the 1800's. Marcilly is in the heart of the famous Champagne region so we can toast each other success before we take the plunge. Une hectare de vignes de champagne dans cette region produire un million euros par an (year)....expensive real estate.

The finishing line is Paris, home to 2.2 million people. Unfortunately, this is where a few sanitation problems creep into the course. As you can see from photo number 3, the further you go the river tends to get a little overgrown with plants such as lillies etc. Actually this is a photo of Monet's lilly pond, an offshute of the Seine, a hundred klometres further downstream towards the coast. You might be able to just make out his famous passerelle (small bridge) on the otherside.

Seriously folks, I did see someone swimming at Marcilly but the parisiennes never swim in the Seine. In periods of high water levels it becomes an open sewer. The capital has a long history of devastating floods. As recently as January 2018 there were 6.2 metre flood waters through the city. When my daughter and I were there, the days were long ,hot and dry though. It peaked at 35°C one day and I do believe there is no french word for airconditioning.



Paris is an amazing city abounding in history, art, culture and cuisine. The people are so friendly and amazingly accomodating, especially when you try to speak french with them. They are truly a cosmopolitan people that co-exist together so well. Two million people came together as one for the World Cup Final. Bastille Day is awesome culminating in fireworks à la Tour d'Eiffel, see photo number4 above. An excellent place to visit, but when I am swimming at Koombana Bay and there is not a sole in sight, I feel like we have got it pretty darn good here!



Oh et oui, c'est moi qui donne un coup de pouce au Pendule de Monsieur Focault au Pantheon à Paris.

Oh and yes, it is me who gives a helping hand to the pendulum of mister Focault at the Pantheon in Paris.

Léon Focault was a french physicist who conclusively proved that the earth rotates. The pendulum was suspended 67 metres from the ceiling and by marking out a clock on the floor he could show that the pendulum did not move but the floor did. He didn't actually give the pendulum a push, he held it back with a piece of twine and let a candle burn through it to start it's forward momentum.



Au revoir tout le monde, à bientôt.

Allan Taylor

Hi all,

We are in Haarlem, Holland at the moment. We had a great couple of weeks in Scotland...lots of hill walking, some of it was quite rugged. Haarlem has been interesting - bike hire, a day trip to Amsterdam & visiting windmills.

Tomorrow - Wednesday we fly to Osaka in Japan - here's hoping that there are no more typhoons!

John & Liz Common



Hello

Jill and Ben and friend Karen from Alabama went on a road trip to Exmouth to see the whales, scuba dive and enjoy the wildflowers. Back now to catch up on some swimming before our next big adventure.

Ben and Jill



Stinger in the Spotlight

Introducing

Joe Mihaly

What got you started in swimming?

I was only about 8 or 9 years old and our neighbour was able to swim, and she found out I couldn't, through our neighbourly chats. She suggested I go to the local pool and she would teach me to swim. I took to it pretty quickly and it wasn't too long before I was able to swim. Nothing graceful, technically not really correct but I didn't sink to the bottom of the pool.



How long have you been a Stingers Member?

Not very long, about 3 months.

Where do you prefer to swim?

This question can be looked at a few ways. If you mean in a pool or the ocean, it would be the ocean with waves to have fun in trying to body surf, but for improving my technique and ability to swim further, it must be the pool.

What is your favourite swimming stroke?

My favourite would be freestyle.

Memorable Swimming Events:

It was a high school swimming carnival and it was a 50 metre backstroke race. Most of the swimmers were similar size physically, except one guy. He was a surf lifesaver, taller than me, his arms were the size of my thighs, he swam all the time and he was fit. I had no chance here. Well the gun went, I took off and he had no chance as I just flew like my life depended on it. I couldn't believe I won that race.

Favourite Book/Author:

I am not a reader of books, but a friend suggested I read Lord Of The Rings, and I saw the size of the book and said no way. She suggested then that I read the Hobbit and if I liked that, I would love the big book. She was correct as I loved the Lord Of The Rings so much I read it very slowly so I wouldn't finish it too quickly.

Favourite Music:

I love heavy rock, one of my favourites is AC/DC. Some other bands I enjoy are, The Eagles, Pink Floyd, Eric Clapton and Wolf Mother to name a few.

How do you spend your time when you're not swimming?

I enjoy mountain bike riding, fishing (the fish are safe when I am trying to catch them), I like playing golf as well. I really enjoy taking photos and lately I have been taking photos at squash tournaments.

One thing about you that may surprise others:

When I was about 4 or 5 there was an uprising in Hungary and my parents decided it was too deadly to stay there so we headed for the border trying to escape as refugees. The soldiers were either pretty good at detecting us or we were not very good at hiding, but they caught us and my dad gave them what money he had, and they let us go. We ended up in Australia and settled in Melbourne.

Favourite Sport (other than swimming):

I would have to say squash. When I was about 13 or 14 we lived across the road from a squash court, and my friend and I would often go in there for something to do and eventually we began to play. There was a school sport outing that had squash as a sport to do and I was one of the players. I ended up playing in pennant teams over the years, and recently started playing in the Squash Masters tournaments.

**One thing you couldn't go a day without:**

I really enjoy a good cappuccino and that weakness has led me to get my own machine which sits in primary position in the kitchen. My daughter is a barista and she has given me lessons in how to make a proper brew. I haven't progressed into being able to do a love heart or leaf in my brew, but it tastes pretty good though.

What advice would you give to others starting out in swimming?

Practice, practice, practice. I haven't actually "got there yet", but I would advise to just keep trying and listen to the coach and you will eventually overcome the obstacles, to get faster, swim further, learn a new stroke, just hang in there.

Having trouble with your googles fogging up?



OR



Hi to all Stingers members.

A recent advice through the club gave a warning regards using an anti-fogging spray that could prove very serious to the eyes. I have tried many such products over the years, both commercial and home based concoctions with very little success. I found some brand goggles to be better than others but they all eventually succumbed to dreaded fogging. I also found that if you kept some on continually then they kept fogging at bay, but as soon as you introduced some moisture that was it for the session. This is particularly annoying in open water swimming where not being able to see the buoy ahead leads to going off course and swimming further than you should.

I don't know how widespread this is known, but using Johnson's Baby Shampoo is foolproof. This gem was passed on to me by our fellow club member Steve Povee. It works 100% of the time IF your googles have a decent seal.

Steve's method is to put a tiny droplet on the inside of each lens, smear it over the surface and rinse the goggles gently. You rinse it to remove any excess in case it does get in your eyes.

I prefer to invert the bottle, rub my index finger on the outlet without squeezing and when I can feel it on my finger just smear it on the lenses. There is no need to rinse and though it appears a little blurred at first this very quickly clears away. Then you are good for that long ocean race. In fact I use this method in the pool all the time now.

Don't go for the big economy bottle, there is enough shampoo in a small bottle to last you years using either method, unless of course you still have that baby lustre to your hair.

Allan Taylor

Another reason to swim:

An interesting fact from Thelma. A 250m swim is equivalent to a 1km run.

So our 2km training sessions are equivalent to an 8km run.

7 GREAT REASONS TO EMBRACE COLDWATER SWIMMING

-by Allan Taylor

Love of the great outdoors. Bored with the endless blue line, the monotony of counting laps and chlorine etching your skin, then join the world wide phenomena of cold water swimming. Not only will you embrace the euphoria of being as one with nature but you will also discover many health benefits as well, both mental and physical.

Intake of oxygen increases just like training in an altitude chamber pushing yourself to perform under cold conditions. The heart pumps faster to keep you warm therefore training your heart to be stronger and the blood is sent to your organs instead of the skin thus improving organ function.

Boost your immune system by increasing levels of antioxidants and white blood cell counts because the body is forced to react to changing conditions. Overtime your body becomes better at mobilizing it's defences.

Improve your swimming prowess. Not only will your body burn more calories by trying to keep warm you will be facing the natural elements of tides, winds and waves not present in a swimming pool where conditions are always the same. This will make it a more interesting and a harder swim therefore burning more calories and forcing your body to adapt in a more natural way.

Drug release into the body has proven to increase in cold water, raising the levels of endorphins, serotonin and testosterone. These substances give us a sense of well being and improve our coping capacity thus improving our overall confidence, self-esteem and general mood.

Overall sense of wellbeing is enhanced because subjecting our bodies to the unnatural stresses of cold water trains our bodies to be more resilient against the unforeseen stresses that life throws up at us. Many studies have highlighted the link between stress reduction and cold water. Cold water swimmers are naturally calmer and more relaxed. They are stronger in the face of adversity.

There is another great beneficial improvement that maybe highlighted to you when reading this article, so ladies be warned Bill Tapper and myself have been swimming all winter. Seriously though, there are many benefits to be gained from open-water swimming in general not just in cold water extremes. The important thing to be aware of is that the body's response to stress is a real thing, telling you that you should take care. It is very important to acclimatize to cold water gradually and just like any training situation, know your level of fitness, health and capabilities.

Until your comfortable with your ability to cope with the conditions always swim your buddy, stay close to the shore and listen to your own body. We are not all built the same, some having a bit more insulation than others, which is an advantage, and we all have different tolerance levels. The best of the English Channel swimmers spend 8-10 hours in temperatures comparable to our winter water temperatures at best, so know that the body can adapt, and embrace the many benefits that go along with a sense of personal achievement.

Club Contacts

President Julie O'Connor 0418 936 059
bluesky.jules@gmail.com

Secretary Ben van de Ruit 0419912481
secretary@bunburymasters.asn.au

Treasurer Brian Hall 9721 6496

Coach Pam Hall 9721 6496

Club Captain Julie O'Connor
bluesky.jules@gmail.com

Endurance Liz Common
commonej@bigpond.com

Safety Wendy Thornhill

Newsletter Ben van de Ruit
editor@bunburymasters.asn.au

Social Kathryn Knoll
knollcando@westnet.com.au



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Thanks to all contributors

As always, many thanks to all contributors to
our newsletter. 😊

Til next time
See you in the water!
Ben – the relief Ed.