



INVERCLYDE MASTERS SWIMMING CLUB NEWSLETTER JULY-DEC '05 –N.4

Hello Swimmers,

I know....It has been a long while!

A few technical issues have been holding us up for the last 6 months. In a nutshell, we were off the website but certainly not off the pool.

In fact Scottish Champs, GB and the Islay week-end with Inverclyde ASC have gone by and many excellent results achieved. Not least, Gordon Docherty's gold medal at the Special Olympics in Glasgow.

We had also been looking forward to this year's edition of the English Channel Challenge. August 21st's overnight sponsor swim kept 3 Teams occupied with swimming, timing, legs counting and ...barbecueing! So....

All features to suggest that this year we would have had another fantastic Inverclyde Masters Meet. And it was indeed! See Ian Wallwork's article published on the ASA website: www.britishswimming.org and click on Masters.. There we go! Fun, fitness and friendship finally explained.

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For this Quarter I have chosen a Breaststroke - Pull Buoy Kicking drill. OOPS! We have just found out that there are other ways to use one piece of equipment. Yes you got it right:KICKING.

No changes for the Quarterly tip: as we are still to get through a very intense season of training and racing I have thought it sensible to remind you about simple nutritional advice.

This Quarter's Motivational tip section: short is short. But sweet?

In the Gossip column: swimmer guest from REN 96 and pace-clock man back from Italy!

Enjoy!
By Simona Ielo

1-SWIMMING: CALENDAR AND COMPETITION INFO [What's coming up the Scottish Championship Agenda?](#)

4/5 November 2005

Glasgow International Open Short Course Meet, Scotstoun

12 November 2005

Scottish National Short Course 1500m Masters Championships, Tollcross.

For more information on events above and entry forms please visit:

<http://www.scottishswimming.com/sports/masters/>



Starting to get the idea here? Wait... there's more!

4- SWIMLIKEAFISH



Drill of the quarter

BREASTSTROKE - Pull Buoy Kicking

By Barbara Hummel

Kicking breaststroke with a pull buoy has benefits for every level of swimmer. If you're just learning breaststroke, kicking on your back with a pull buoy allows you to focus TOTALLY on your legs, ankles, and feet because you don't have any worries about getting air. It allows you to peek down and see that your knees aren't coming up too high. It ensures that you'll learn a narrow recovery (rather than a spider-like recovery), and it helps to eliminate the dreaded scissors kick that plagues many young swimmers (and a few Masters swimmers, too!).

For more advanced swimmers, kicking breaststroke with a pull buoy helps you develop a narrow recovery of the legs, and helps you focus on pushing water with the INSTEP portion of your foot. If you don't use the INSTEP when you do this drill, you'll find that you go...nowhere.

HOW TO DO IT?

1. Hold your pull buoy between the thighs, just as you would for a pull set. You'll find that, for kicking, a one-piece pull buoy (such as the [Zura Team Pull Buoy](#)) is a little easier to hold in place than a two-piece pull buoy.

2. Push off on your back with your hands at your sides, and start kicking breaststroke. You'll quickly realize that you have to turn out your ankles and push with the instep to get any power. If you don't go anywhere at first, be patient and keep working on turning out the ankles. The swimmer in the photo is a national-level, age-group breaststroker, and he can touch his heels to his fingertips. This is something to work toward as you do the drill.

If your pull buoy keeps popping out, it usually means that you're letting your knees separate too much on the kick. Just be patient and try again. A narrow kick uses slightly different muscles than a wide kick, so you have to gradually awaken and strengthen the new muscles. Keep in mind that you won't SWIM breaststroke with your knees locked together like this (they'll naturally separate when you take off the pull buoy), but using the pull buoy is a good way to awaken the right muscles for a powerful kick.

3. Once you've mastered this drill with hands at your sides, try it with your arms in streamline.

4. Finally, flip it over and swim whole-stroke

breaststroke, but with the pull-buoy still in place. This will help you work on a lot of things in your stroke: Keeping the feet together with toes pointed during the recovery...Hiding the feet and calves behind the thighs during the recovery...Using the insteps to push water.

How To Do It Really Well (the Fine Points):

1. Try to touch your heels to your fingertips on each kick. This will allow you to get maximum leverage and power.

2. When you go to whole-stroke breaststroke with the pull buoy, focus on getting the hips up and over after each kick, and focus on riding in perfect streamline after each stroke.

(by Barbara Hummel: GoSwim Updates on January, 2005).

5-QUARTERLY TIP

Magic beans!

When you attend a competition it is important to eat suitable healthy snacks such as:

- Sandwiches/rolls/pitta/bagels (with cottage cheese, peanut butter, banana, salad, honey, jam marmite, tuna, chicken)
- Low fat yoghurt/fromage fraiche
- Fresh fruit (apples, bananas, nectarines, oranges, grapes)
- English muffins/scones/crumpets/Scotch pancakes/potato cakes (no butter or margarine)
- Fruit/cereal energy bars
- Pasta/rice/baked potato (avoid cheese/mayonnaise for a filling/sauce)
- Fruit juice/diluted squash
- Mixed nuts and dried fruit
- Rice cakes/crackers
- Breakfast cereal (with low fat milk)

Do not bring sweets, crisps and fizzy drinks as these are not suitable 'fuel'.

Little and often is the rule of thumb to ensure food is digested and you are not swimming on a full stomach.

If you are at a competition that involves several events it's really important to refuel and rehydrate after a swim. Choose simple carbohydrates such as bananas, dried fruit, breakfast cereals, rice cakes, fruit juice.

6-MOTIVATIONAL TIP

No pain, no gain! (as simple as that!)

7-GOSSIP OF THE MONTH

Guests form REN 96

Robert Willmott of REN 96 joined our Sunday morning session on 7th Aug. 2005. This was in preparation for his trip to the European Masters Championships in Stockholm.

Pace-man back from Italy

Gerry is just back from his hols in Italy where he could practise his language skills and watching open water swimming on the Garda Lake. As well as we always appreciate his talent as the club's pace-clock man keeping us right with pace and rest intervals, Gerry once revealed that he was also very talented in French when still at school. The two words he exported from Italy are : 'Buongiorno' (Good morning) and 'Penne all'amatriciana' (Amatriciana pasta quills). C'on Gerry show us how 'pasta supply' work in the pool.

By a fraction of a second.....

Confessions from Bobby Mitchell (Need a dive? I am your guide): 'the difference between winners and losers is a tenth of a second'

(see The Al-igator)

More from Masters swimming

Stewart and myself competed this year in Aberdeen at Silver City Blues Meet: the 25mt sprints were a success seeing myself and Stewart making it through the Women and Men's Quarter Finals. After a 13.0 time from a pushoff Stewart had to gather his pieces together along with his goggles that he threw at the judges as soon as he realized he did not make the final.

By the way, this is Michael Phelps's exclusive!

Inverclyde Happy Birthday of the Quarter to:

Joseph Phillips, Brian Boos, Gordon Younger, Alexander Hunter, myself Stewart Campbell and our coach Donald Muirhead.

8-NOTICE BOARD

As anticipated Masters have now a new webaddress. For Scottish Masters Calendar of events and entry forms please visit <http://www.scottishswimming.com/sports/masters/>

Congrats to Marion Gallon for the arrival of baby Ewan... We hope that it is not too long before she is back to her fitness routines!!!

9- HAVE YOUR SAY....

U-turn!

Stewart, Gordon and myself purchased the new British Masters' outfit. Is this a first step toward club identity?

I wanted to thank our President Alistair Black for letting me know I was not making the most of my turns! Thanks Alistair, that's the Team spirit!

Since the close of the Open Air Pool at Gourock and the return to the Waterfront Complex, Greenock. (Indoors) It is noticeable that a number of Members are slow in leaving the changing rooms.

We wonder why?

Maybe because the post sessions in the Spinnaker have come to an end. Or is it due to the change of the Beer?