



PLATYPUS PRESS

- Moving ahead

April 2018



FITNESS, FRIENDSHIP AND FUN

Welcome to 2018

Serious action this year already.

Fast and furious racing at our Summer Championships, a very fast swim across the Rottneest Channel by our own Jayde Richardson and of course, equally seriously, MST's AGM.

We should start with acknowledging the hard work undertaken by the Branch Committee in 2017. Our finances are sound, our events return a modest surplus and funds are available for a range of developmental activities.

2018 will be the first in a number of years where Don Reynolds is not a member of the management committee. We are all very appreciative of the work and effort that Don has put in over the years. One of Don's major achievements and something that he is very proud of, as we all are, is the way he managed and nurtured the Devonport Devils through

the difficult transition to their new swimming facility.

The Branch Committee members, elected or appointed for 2018 are:

- President – **Pauline Samson**
- Secretary – **Mendelt Tillema**
- Treasurer – **Maciej Slugocki**
- Recorder – **Pauline Samson**
- Coaching Officer – **John Pugh**
- Safety Officer - **Mendelt Tillema**
- Publicity and Promotions Officer (including Social Media) - **Maciej Slugocki**
- Public Officer and Registrar - **Ray Brien**
- Branch Delegate – **Maciej Slugocki**

Our stories in this edition include roundups of our summer championships, Jayde's crossing of the Rottneest Channel, a look at how the French conduct their nationals and many more.

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Summers 2018 roundup

Competitors from Victorian clubs Powerpoints, Glamourhead Sharks and Malvern Marlins joined competitors from all Tasmanian Masters clubs for MST's 34th Summer Long Course Championships.

MST acknowledges the assistance provided by officials from Swimming Tasmania – Susan Cure (Pictured starting MST events) and Glenise Gale.



Susan Cure from Swimming Tasmania

Personal bests were the highlights for many. Isn't that one of the things masters is about? That and the fun fitness and friendships that are part of the masters experience.

The personal bests were complemented by the breaking of 36 individual Tasmanian records, up from 33 last year, and 4 MST relay records. MST congratulates John Cocks from the Malvern Marlins for his National and Victorian 400 IM records.

On an age group basis, there were a total of 226 events contested. Of these, 69 were won by members of the Hobart Aquatic Centre team, 39 by Launceston and 32 by the Hobart Dolphins.

Club	Points
Hobart Aquatic	1171
Center Masters	
Launceston	897
Lemmings	
Hobart Dolphins	811
Devonport Devils	544
Tomatoes Swim	346
Huon Valley Masters	213
Talays Masters	211

The champion club, for a 3rd year in a row, was Hobart Aquatic. This was their 8th win. Launceston has previously won the trophy 11 times.

What a great meet it was for the growing powerhouse of masters swimming – the Devonport Devils who had the highest average FINA points per swim followed by, Hobart Aquatic Centre and Launceston.

Club	Average of FINA Points		
	F	M	Comb.
TDP	384	430	393
TAC	379	383	381
TLC	386	348	372
TTS	226	373	349
THV	233	308	269
TTL	250	278	261
THB	278	205	256
Overall	342	342	342

The New Norfolk trophy was won for the first time by our newest club Huon Valley Masters.



A few of the members of the Devonport Devils at Summers 2018

Hobart Aquatic Masters once again topped the medals table.

Medalists by Club

Club	Gold	Silver	Bronze
TAC	8	6	4
TLL	5	4	2
TTS	5	1	
TDP	4		1
TTL	3	2	
THA	2	7	2
THV	1		2
Total	28	20	11

Swimmers of the meet were Megan Wells (for the 1st time) from the Devonport Devils and Maciej Slugocki (7th time) from Hobart Aquatic.



Meegan Wells and Maciej Slugocki with their Swimmer of the Meet trophies

(Continued on page 3)

Summers 2018 roundup

(Continued from page 2)

The top record breaking club was once again **Hobart Aquatic** with 14 of the individual records plus three relay records. Members of Launceston broke 9 individual records and 1 relay while members of the Devonport Devils broke 6 individual records.

Individual Records by Club

Club	Records
TAC	14
TLC	9
TDP	6
THB	5
TTS	1
TTL	1
Total	36

The long-term trend of the majority of records being broken by female swimmers resumed this year with 22 female records broken compared to 14 by the males.

Club Relay Records

Club	Records
TAC	3
THB	2
TLC	1

Individual records by Club and Gender

Club	Female	Male	Total
TAC	7	7	14
TLC	7	2	9
TDP	2	4	6
THB	5		5
TTS		1	1
TTL	1		1
Total	22	14	36

By the end of 2017, 5,428 Tasmanian records had been broken.

To that total we now need to add the 36 records broken by seventeen competitors at the Summers (compared to fifteen last year).

The top record breaker at these championships was **Christine Brown**, who broke six of the individual records while 3 of her fellow competitors broke 4 each.

By the end of Summers 2018 our total of records broken now stands at 5,464.

Individual Record Breakers

Name	Records
Christine Brown	6
Sue Mayne	4
Ricky Homan	4
Tony Forman	4
Diane Perndt	3
Wilma Attrill	2
John Pugh	2
Megan Stronach	2
Kathryn Osborn	1
Johnathon Robertson	1
Anne Horner	1
Megan Wells	1
Terry Smithurst	1
Philip Tyrell	1
Marcia Watkinson	1
Phillip Wells	1
Annie Latchford	1
Total	36

Well done to everyone that participated in the 34th MST Summer Long Course Championships.



Our picture gallery and the end of this edition features a selection of photos from our presentations.



The French Short Course National Championships Experience

It is a cold 7:00 am on a Thursday morning in Anger, France – outside temperature is 1 deg C – brass monkeys come to mind. A great beanie, gloves and coat compensate well and truly – The downside is the bulk.

Angers* is in Britany, so it is surprising how little English is spoken but perhaps not - this IS France.

times and can make sure they meet the event qualifying times.

Over the years since Maciej first attended FINA world championships in Perth some ten years ago he has “accumulate” international friends, so attending these championships presented an opportunity to catch up.

The pool was well seved with public

pool and ran smoothly with every one turning upon time.

As is standard practice, competitors were processed to the starting area just before the commencement of the previous heat.

Refereeing was interesting. There was a judge of turn at each lane and aftger a



Angers

The baguettes are fantastic, as is the style, panache and sense of fashion out on the street. No flannelette pants or chequered shirts here.

Entering the French Championships is in adventure and an experience on its own.

Entries opened 7 days before the start of the meet and closed three days later - Imagine that in Tasmania – we’d probably get 5 entries during those three days, if that many.

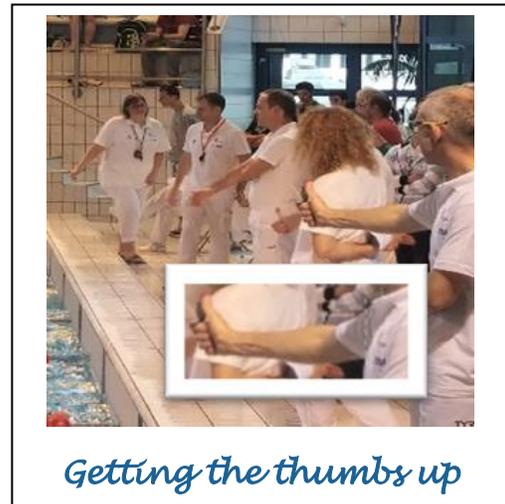
Instead the French managed to receive entries from 1,552 swimmers with 5,673 individual starts. Their trick is that all entries must come via clubs and that way they have control over the entry

transport and, for a facility with far less seating than the Hobart Aquatic Centre, coped exceptionally well. While racing was short course, there was a 50m pool to warm up in. n area screened off



The pool

Marshalling was not on the main pool deck but in an area next to the warm-up



Getting the thumbs up

turn woild signify to the refer whether the turn had been completed correctly.

Presentations are a big thing. Very rarely does a podium finisher not turn up for their presentation.

(Continued page 5)



Podium presentations

The French Nationals Experience

(Continued from previous page)

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Every French National Champion, in addition to their gold medal, also receives a certificate commemorating their victory.

When an international competitor wins they get their gold medal but not the certificate.

National record breakers also receive their National Record Certificate at the time of their podium presentation.



A French National Record Certificate

* Angers is the capital of the province of Anjou and the cradle of the Plantagenet Dynasty. If you old enough and remember from your school days (pun intended) held the English throne 1154, with the accession of Henry II, until 1485, when Richard III died.

Our picture gallery at the end of this edition features a selection of photos from Angers.

Masters Swimming Tasmania Short Course Long Distance Championships Launceston, Saturday 2 June

The 23rd Tasmanian Short Course Long Distance Championships are once again being conducted in Launceston.

The program we will have the usual 400, 800 and 1500 events and competitors will be able to enter two of them.

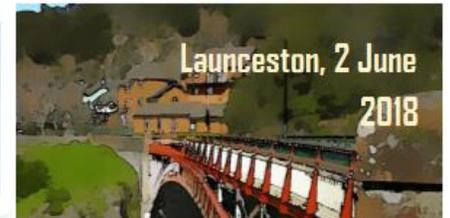
Last year's championship attracted 31 competitors. MST encourages everyone to come and compete in this event.

Racing usually starts at 2.00 pm and, even with a significantly greater number of competitors would finished by 6:00 pm.

Cubs can encourage a higher level of participation by planning ahead and organizing some ride sharing to keep the cost down for their members.

Entry fees to the meet remain unchanged from last year with a \$5 registration fee and \$10 per event.

23rd short course
long distance
championships
T A S M A N I A



Nationals 2018 - MST entrants

A total of 17 MST members have entered the 2018 National Championships.

Our representatives by club are from:
Launceston – Ashley Brook, Michelle Brook, Christine Brown, Sarah Lyons, Diana McHenry, John Pugh and John Towers.

Hobart Aquatic – Tony Forman,

Maciej Slugocki, Anne Steele and Philip Tyrell.

Devonport – Greg Hales and Marcia Wilkinson

Dolphins – Katherine Daft and Diane Gregor Gregory and from

Talays – Ros Dillon.

Full details of the Championships are at the [N18 site](#).

MST Presentations – Autumn 2018 Honorees

Attendees at the presentations following the 2018 Summer Championships would have noted the expanded range of members that were honored.

As a small branch, with widely dispersed clubs, there is no timely occasion or geographically appropriate location for the organisation of an annual awards night or dinner.

Instead, MST took the opportunity to make a series of presentation to achievers in various facets of our aquatic pursuits. This was done immediately prior to the announcements of the results of the 2018 Summer Championships. (See the earlier story on the championships starting on page 2.)



The Branch intends this to be a tradition and will continue with an expanded range of presentations at our Branch Summer and Winter Championships.

Presentations were made in the following categories:

2017 Master Swim Series, Top Ten Placings

- Hobart Dolphins
 - Katherine Daft
 - Jan Chew
- Hobart Aquatic Centre Masters Swimming Club
 - Philip Tyrell
 - Maciej Slugocki

Vorgee Million Meter Club Awards

- Hobart Dolphins
Two Million **Lesley Gould**
- Hobart Dolphins
Five Million **Steve Richards**
- Launceston Lemmings
Five Million **Steve Muir**

National Record breakers

- **Terry Smithurst**
1500m Breaststroke, MST Long Course Long Distance Champs. Clarence Aquatic Centre, 11 November 2017
- **Maciej Slugocki**
1500m Freestyle – NSW Short Course Long Distance Champs. Knox Grammar, Sydney 5 November 2017

2016 FINA 2016 world top ten places

- **Sue Mayne** (80-84) – Talays Masters Swimming Club
 - 3rd – 50m Breaststroke – Short Course – 54.96
 - 4th – 100m Breaststroke – Short Course – 2:04.13
 - 3rd – 200m Breaststroke – Short Course – 4:17.11
 - 5th – 50m Butterfly – Short Course – 59.67
 - 3rd – 100m Individual Medley – Short Course – 1:59.58
 - 2nd – 200m Individual Medley – Short Course – 4:11.26
 - 5th – 50m Breaststroke – Long Course – 53.69
 - 5th – 100m Breaststroke – Long Course – 2:09.32
 - 2nd – 200m Breaststroke – Long Course – 4:31.56
 - 2nd – 50m Butterfly – Long Course – 59.56
 - 3rd – 200m Individual medley – Long Course – 4:20.08
- **Kay Neil** (70-74) - Hobart Aquatic Centre Masters Swimming Club
 - 7th – 1500m Freestyle – Short Course – 8:22.61
- **Anne Steele** - Hobart Aquatic Centre Masters Swimming Club
 - 9th – 200m Butterfly – Short Course – 2:47.17



For your diaries - 2018 MST Championship events

2018 Masters Swimming Tasmania Championship Events

Summer Championships
Hobart

17 & 18 March

Short Course Long Distance
Championships
Launceston

2 June

Winter Championships
Launceston

18 & 19 August

Long Course Long Distance
Championships
Clarence

24 November

The most up-to-date
details are available on
the MST events page.



Jayde Richardson Rottnest Channel swim

Challenging even at best of time.

So, it was that Jayde Richardson, a masters swimming Tasmania club member, set herself a challenge to race across the Rottnest Channel.

The reporter for this story is another conqueror of the Channel, Ian Johnston and, in his words, here is the story.

Strong easterlies gusting up to 30 knots were the feature of most of the swim (thanks goodness it wasn't a headwind!). The stronger gusts caused havoc for the support craft and I think it was probably getting marginal before the organisers would have had to think about cancelling the event.

Some people were paddling surf skis and other tippy and unstable craft, totally unsuited to the paddlers having to brace them in a near stationary position for 5-7 hours as the wind drift on the craft was almost faster than the swimmers.

Jayde qualified for the Champions of the Channel and finished 35 out of 120 solo women in 5hr and 41mins which is pretty damn good and a rate of 17min/km. For the full results you can check [here](#).

Our great friend from Bicheno, Andy Hamilton didn't have the same luck sadly getting Hypothermia and withdrawing at about halfway – a real shame for him and his family as he had trained really hard and was very capable of making the distance if not for temperature issues – last year's

swim was much warmer, and he might have been OK then, but not this year.

It's a shame they don't have a separate category for people who physically can't swim that long in the water without a wetsuit but at this stage the swim is its becoming more and more popular (376 solo entries and 296 finished and a number were forcibly retired due to shark scare) maybe they probably don't think they need to add a wetsuit category.

The strong tail wind meant lots of records were broken including male solo in 3hrs and 59min (swimming a remarkable 12min/kms). Amazing time and obviously helped by the tailwind

The women's duo was amazingly won by two petite 15-year-old girls who looked like they were barely out of primary school – obviously fit and fast and with endless energy. They said they expected to swim around 6hrs but did it in 4hrs 30min or 13min/km! I suspect they will have hero status in their swim club for years to come.

Well done Jade on a great swim and we think it's a highly recommended event for swimmers to aspire towards doing one day.

Ian Johnston

The following photos were provided by Ian. As they say, pictures paint a much fuller story so here they are.



The destination is somewhere out there



The team at the briefing at Cottesloe Beach SLSC day before the race - the good-looking guy on the left is Pete Flynn the skipper



At 5.30 am with 16 minutes before the start



At the start which is petty chaotic - luckily Jayde was in the first wave of starters so we just had to get through all the other kayaks etc in her way. For the subsequent waves of swimmers would have been bedlam



Passing the tall ship at the 1500m mark



Some nasty gusts of up to 30 knots came throughout the morning - soon after this shot was taken the alternative paddler Ryan capsized and it took 5-10 minutes to rescue the drifting kayak and collect him and then catch up with Jayde. It was so lumpy I got seasick sitting in the boat so glad to get back on the kayak



Swimming with a smile on her face at 19km



Proud as punch at the finish



18th FINA MASTERS WORLD CHAMPIONSHIPS Gwangju, South Korea 5-18 August 2019

Have you ever been to Korea? If your answer is no, or even if it is yes, here is your opportunity.

Why not plan on visiting this incredible, intriguing country designing a visit around the 19th Fina World Masters Swimming Championships.

In Tasmania we are restricted by lack of numbers and opportunity to Masters pool-based competitions.

But masters aquatic competition is also about open water racing, water polo, diving – both pool and high diving, and artistic swimming (which used to be called Synchronized Swimming).

The venues will be top class, especially now as the masters competition follows on in the same venues as for the elites.

Venue standards have significantly improved since the alignment of the masters championships with those of the elites. Certainly, there is a marked contrast between the facilities in Gothenburg, Sweden and Montreal, Canada and those experienced at the last two championships in Kazan, Russia and Budapest, Hungary.

Now is your chance and no jet lag.

[Latest details](#)



FINA WORLD CHAMPIONSHIPS



**Back issues of
Platypus Press and
MSA E-News**

If this is your first time reading Platypus press, you can see our [back issues](#) on the MST web site.

Back editions [MSA E-news](#) are also available

Competition Venues

1. NAMBU UNIVERSITY INTERNATIONAL AQUATICS CENTER(Swimming-Diving)
2. YEOMJU GYMNASIUM (Temporary Pool) (Artistic Swimming)
3. NAMBU UNIVERSITY FOOTBALL FIELD(Temporary Pool) (Water Polo)
4. CHOSUN UNIVERSITY FOOTBALL FIELD(Temporary Pool)(High Diving)
5. YEOSU EXPO OCEAN PARK(TBD)(Open Water Swimming)

1. NAMBU UNIVERSITY INTERNATIONAL AQUATICS CENTER

Swimming, Diving

3. NAMBU UNIVERSITY FOOTBALL FIELD (Temporary Pool)

Water Polo

2. YEOMJU GYMNASIUM (Temporary Pool)

Artistic Swimming

4. CHOSUN UNIVERSITY FOOTBALL FIELD (Temporary Pool)

High Diving

5. YEOSU EXPO OCEAN PARK(TBD)

Open Water Swimming



THE ENGLISH CHANNEL SWIM DONE AND DUSTED

PETER TUCKER'S STORY

(in Peter's own words)

As you may know, I recently participated in a four-person relay crossing of the English Channel.

The rules state each swimmer swims for exactly an hour in strict order. I swam four times and was lucky enough to be the swimmer on rotation when it came time to land in France.

What happens is that the tide and currents largely determine where you land. The skill of the boat skipper (pilot) is to make best use of those factors. Garry on *Pathfinder* did a great job to get us where he did, which was the sea wall on the village of Wissant. When I landed it was pitch black. Our escort boat can't get closer than 200 metres or so from the shore. So I was escorted in to all but the last 20 metres by Gary in the dingy with a bloody big torch.

Remember, it's night out there. I get to the sea wall and there's no beach - high tide and the waves are hitting the wall about one metre up. The rules say the swimmer must clear the water completely.

To the cheering of local promenading Fenchies, who were watching the spectacle from up on the street, I clamoured up the rocks.

A few enthusiastic locals scurried down the wall to give me a hand, but I had to offer a polite "non". Remember, for a Channel swim to qualify, a swimmer cannot touch another person, or the boat, or anything in the water. So, I climbed up high enough to get my feet



The track of the English Chanel Swim

clear of the water, which ended the swim officially.

I then jumped back in to more cheering - from my cobbers on the boat and new amis on the shore - and swam the 20 metres back to the dingy, back to the boat, then two hours motoring home to Dover.

So, there you are. How to swim the English Channel.

Kerry was a great support and help to me, and I know I put her through a lot of worry. Thanks darling!

I want to acknowledge all my Dolphin friends for your support.

Many of you followed my team's progress on the on-line GPS tracker, and I received dozens of messages of encouragement and congratulations. It

meant a lot to me have the home team cheering!

However, allow me to single out Stephen, Pia and Michelle for being my very special training buddies. Thanks, guys, for pushing me through those hard 6am sets at the Clarence pool, and for those chilly early morning Bellerive Beach swims. It really did make a difference and I am forever grateful.

See you pool-side

Pete the Saturday Coach

MSA Swim Training Camp Thanyapura, Phuket 10-17 June 2018

As the brochure says:

Swim Training in Paradise

As winter settles in Australia in 2018, join MSA's swim training camp in tropical Phuket. Award winning coach Alan Godfrey will assist you to attain your swimming goals. Whether you want to improve your stroke and swimming efficiency or have a goal to swim the English Channel this camp is for you.



*Your training paradise
Day and Night*



Your home for the week will be the world class Thanyapura sports complex in Phuket. Alan will coach 2 training sessions daily in the state of the art 50m pool. During the day, you will have time to explore the area, sit by the pool or head to the beach with Alan for Open Water skills and training. Or you might want to sign up for one of the cooking courses on offer.

To secure your place on this trip complete the online booking form – you will then be sent an invoice for a \$500 deposit with the balance due shortly. Cousins Tours & Travel are a fully licensed travel agency and can assist with your airfares, travel insurance and any pre or post travel arrangements.

Full details on the [MSA](#) and the [Cousins Tours](#) web pages.

Devonport Devils Newsbreak

The inaugural Devil's swim on New Year's Day was a huge success, when gauged by the large number of participants; in no particular order Megan, Heather, Marcie, David, Rick, Maz, Roo, Carmen, Michael, Greg, Penny and Wilma all threw themselves into the water, while Di did some technical (timekeeping) training from the sidelines.

There was no set program and whilst one member achieved only 50% of the New Year's goal she had set herself (too much imbibing the night before or forgetting the drag effect of a rash vest?) many swimmers started the year on a high note.

One day into their New Year resolutions (or SMART goals) and all going well. The afternoon tea was a great social event, where a large amount of food was consumed, and a great deal of important conversation shared.

The tradition has been established; hence forward New Year's Day will mark the start of the Devils' pursuit of their hopes for the New Year.



Talays honors Perry Brereton with Club Life membership

At the Talays AGM in December 2017, Perri Brereton was awarded Life Membership of the Talays Masters Swimming Club.

In October of that year, Nan, Perri and Marion competed in Brisbane at the World Swimming Championships.

Over the years, Perri has been involved in various aspects of the club, including being a keen competitor (introducing me to aerobic swimming), member of the committee on and off since the club was formed, President, V President, club captain, club coach and as delegate to the Branch. Perri has also held positions at branch, including publications (producing PP) and 2 years as registrar.

Perri has been 'hanging around' for all these years, continuing to swim, officiating on the pool deck, doing stroke correction and as willing timekeeper for aerobic and e1000 swims.

To have a founding member as an active member is quite a rare and remarkable achievement.

Congratulations Perri.

Pauline Samson
Talays

Editor's Note

Along the way Perry managed to break a total of 15 Branch records in freestyle, backstroke, breaststroke and individual medley.



*Perri Brereton (center)
with fellow Talays Club Life
Members
Pauline Samson (left) and
Judy Hyndes (right)*

Perri had been a member of Hobart Masters and in 1988 with Marion Skarratt, Nan Lewis, Maureen Pepper a new club, Talays was constituted. Other other early members included Margaret Cooper and Paul Johannesen.

Club



Pages

[Devonport Devils](#)



[Hobart Aquatic Centre](#)



[Hobart Dolphins](#)



[Launceston Lemmings](#)



[Tomatoes Swim](#)



*From the Devonport Devils Christmas party
(photos too good not to publish)*



The Underwater Dolphin Kick

by Mark Morgan

Mark is a former Australian and Commonwealth champion, World Masters champion and Masters world record holder. He is a former Australian and NSW coach and a former Carlisle Club head coach.

Currently Mark is the Masters/Adults coach at Knox Grammar School.

Nearly 30 years ago in 1988, American backstroker David Berkoff revolutionised swimming by doing underwater butterfly kick on his back (for 30-35 metres off the start, and 15-20 metres off the turn) to break the world 100 metre backstroke record three times.

David broke the record in the heats and finals at the US Olympic Trials and then again in the heats at the Olympic Games before being beaten in the final by another exponent of the underwater kick, Japanese swimmer Daichi Suzuki.

FINA, citing safety reasons, quickly limited the underwater distance to 10m and then extended it to 15m in 1991.

Butterfliers and freestylers soon began to take advantage of underwater kick, most notably Russian 100 butterfly world record holder and 1996 Olympic champion Denis Pankratov, before FINA similarly limited the underwater distance in these strokes to 15 metres.

Why do swimmers use underwater butterfly kick in these three strokes?

When you enter the water on a dive or on a backstroke start, you are moving at significantly faster than swimming speed. The same applies, to a lesser extent, when pushing off the wall in a turn. Doing underwater butterfly kick in a streamlined position is, depending on the individual, the fastest way to move in water, for a short distance at least (almost universally faster than freestyle or backstroke kick).

Doing underwater butterfly kick after starts and turns gives you the opportunity to maintain a speed faster than your swimming speed. How far you can go while moving faster than your swimming speed depends on a number of variables and I will return to this question shortly.

I do not intend here to go into great detail about the technical aspects of performing underwater butterfly kick, but suffice to say that in order to generate maximum speed, I believe it is helpful to see the kick as being a continuous undulating wave travelling from your chest down through your hips, knees and ankles, much like a wave along a 'flicked' rope.

As you move from entering the water on a start or pushing off the wall, to surfacing and swimming, it seems to be advantageous to progressively reduce the amplitude of this wave, or height/depth of the kick, and correspondingly increase the frequency of the kick.

I amuse myself by asking groups of young swimmers: "How far should you do underwater kick for?" I get various answers (including "Don't end a sentence with a preposition.") suggesting a certain number of kicks, or distances up to 15 metres, when of course the correct answer is: "For as long as you can stay above swimming speed, up to 15 metres."

Being good imitators, younger swimmers are inclined to want to emulate what elite swimmers do and hence stay down for a considerable distance, even though they are not travelling at faster than swimming speed for all of that distance. Perhaps some Masters swimmers are inclined to do the same. If you have dropped to swimming speed, then you should be on the surface and swimming!

How far you can stay above swimming speed obviously depends primarily on your underwater kicking ability. This depends on core, hip and leg strength; and flexibility/range of motion in lumbar spine, hips, knees and ankles.

The distance you can remain above swimming speed naturally also depends on how far above swimming speed you are before you commence your underwater kick, which is greater on diving into the water (and to a lesser extent) on a backstroke start than it is on a turn. It is also greater on, say, the only turn in a short course 50 freestyle than on the final turn of a 400 individual medley, and will also vary slightly depending your speed in each of the three relevant strokes.

(Continued Page 16)

*The Underwater Dolphin Kick
(Continued from page 15)*

Oxygen needs are also a factor in how far you can or should go underwater.

Like any skill, your underwater kick can be improved with practice.

It follows from what I have said above that as well as practicing the skill itself, it is of vital importance to get a feel for how long you can remain above swimming speed, being aware this may vary depending on the factors I have mentioned.

You may like to convert this to a certain number of kicks, or just try and develop the 'feel' for that point when you drop to swimming speed.

For many Masters swimmers the number of kicks you should do will be low (two to four?) depending on your age and all the other factors.

If it is a skill you use, then, as with all technical aspects, I encourage you to try and develop it, including judging how long you can stay above swimming speed, on EVERY start/push-off and turn you do, not only in sets intended specifically to assist with underwater kick.

Kick underwater and swim for (your) life!

Mark Morgan



Our National Safety Policies

Safety
Heat
Sun Smart
Risk Management



The deadline for contributions for the next edition of Platypus Press is 11 May, 2018.

Have you ever wondered why there is no news from your club in Platypus Press?

The explanation is quite simple – the only reporters for PP are club correspondents. The rest is put together by the PP editor who either writes the articles or spots something interesting (to the editor) that has been circulated to MST.

The Vorgee Million Metres Club

Vorgee Million Meter Club Presentations were made at our Summer Championships awards function.

The three recipients of the award were:

- Hobart Dolphins
Two Million **Lesley Gould**
- Hobart Dolphins
Five Million **Steve Richards**
- Launceston Lemmings
Five Million **Steve Muir**

The Vorgee Million Metre Awards acknowledge progress from the "learn to swim" beginner to the distance swimmer. These awards are intended to stimulate members to strive for greater fitness and are open to all registered members of Masters Swimming Australia.

Are you participating? It is quite easy. You just need to keep a log of the distances you swim at your training sessions.

All of the details are on the MAS web site.

[The Vorgee Million Metres program](#)



PHOTO GALLERY



34th summer long
course championships
T A S M A N I A





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