

FITNESS.



Summer Championships Club Champions – Hobart Aquatic Masters



The year ahead

Masters Swimming Tasmania is facing some interesting days ahead. Our swimmers were very lucky to be able to compete in the 36th LC Summer Championships before pools have been closed and competitions have been suspended.

As you know, the National Championships planned for Sydney in April have been postponed until September, and there is no certainty that they will go ahead then.

Our other meets, the SCLD and the Winter Championships are on hold for the time being; however we will let you know as soon as possible when these events will go ahead.

The National Board of Management has already flagged discussions about how we can modify the National Swim Series and the e1000 program so that these can be a meaningful part of our program.

In this issue:

- 2020 Summer Championships – results/highlights
- AGM elections and appointments
- World Top 10 rankings
- Records so far in 2020
- How to keep fit (and in touch) out of the pool

36th Summer Long Course Championships

This event was held at the Doone Kennedy Hobart AC on Saturday 14th and Sunday 15th March. About a week before the closing date, we had about 20 entries; however by 11.30pm on Friday 6th, 104 swimmers had entered a total of 479 individual events. Clubs entered a total of 62 relay teams. A big thank you to everyone who competed and our hard-working group of volunteers, including our officials led by Ray Brien and our great friends from Swimming Tasmania, Susan Cure and Glenise Gale who looked after the electronic timing system.

Hobart Aquatic Masters (pictured above) won the Champion Club Trophy for the 5th year running and Tomatoes won the New Norfolk Trophy.

Swimmers of the meet were Christine Brown TBU (2997 FINA pts) and Brent Walker TAC (3212 FINA pts)



More photos are on the MST Facebook page.

Many thanks to Robyn Doyle for many of the photos.

The AGM was held prior to the Summer Championships and the Branch would welcome new and returning members to the committee.

President: Bill Woodworth, Secretary: Tony Forman, Treasurer & Technical: Ray Brien, Recorder: Pauline Samson, Coaching & Education: Phil Tyrell.

Other officers appointed: Registrar: Diane Gregory, National Board Delegate: Bill Woodworth, Public Officer: Ray Brien, Publicity & Publications: Mendelt Tillema.

Safety & Health Coordinator: vacant (volunteers welcome!)

Records at the 2020 Summer LC Championships

Gabrielle Osborne 50 Br, Diane Perndt 50 Fr & 200m Fly, Christine Brown 50 Fr, 100 Ba, 200 Ba, Megan Stronach 100 Ba, Alwynne McMahon 100 Fly, 400 IM, Wendy Winzenberg 50 Fr, 400 Fr, 50 Fly, Anne Speed 100 Ba, 200 Ba, Brent Walker 100 Fr, 50 Ba, 50 Fly, John Clark 50 Fr, Allan Nicholls 50 Br, 100 Br, 200 Br, W 240-279 THB: 4x50 Fr & Med; Mixed 160-199 TAC: 4x100 Fr, Mixed 200-239 TAC: 4x100 Med, Mixed 240-279 TAC: 4x100 Med.

World Top 10 Rankings 2019

Long Course

Margaret Clougher 50 Fr (6th), 100 Fr (5th), Tony Forman 800 Fr (9th)

320-359 THB 4x50 Womens Fr & 4x50 Womens Med
280-319 TAC 4x100 Mixed Fr

Short Course

Megan Wells 1500 Fr (4), Margaret Clougher 100 Fr (7), Tony Forman 800 & 1500 Fr (5)

Training away from a pool

Adversity always presents opportunities. For swimmers, this year is an opportunity to reach into our reserves of self-motivation and stay active. There are many alternative training activities we can take on to maintain our aerobic fitness and improve our strength and flexibility, and any number of online suggestions for training sessions.

Without access to a pool to train, swimmers can take the opportunity to do some different things. Firstly, try to keep your training routine in terms of your usual training times during the week if you can. Being habitual will help you stay active.

Secondly, make sure you include plenty of aerobic exercise to replace your pool sessions. Some obvious options include open water swimming, jogging, cycling, power walking and circuit training. Whatever you choose, make sure you elevate your heart rate and keep it elevated for about 30-45 minutes to get the aerobic effect. Thirdly, work on your shoulder strength with light weights or TheraBands. There are plenty of suggestions on the internet for shoulder strength exercises for swimmers. Finally, work on your flexibility. Try yoga or Pilates. Once again, search the internet for routines that suit you.

Keep checking the MSTas website Resources page for dry training suggestions, and talk to your coach for individual guidance.

Summer Championships highlight

The biggest moment of the meet? Amongst many highlights perhaps the biggest moment was when Anne Speed received her 85-89 age group gold medal and took the opportunity to encourage everyone to 'keep swimming'. Well said Anne!

Branch Short Course Record – Maciej Slugocki broke the 50 Ba at the national championships, France in February.

4 x 100 relays

This was the second year we have included 4 x 100 relays in a championship meet. The future inclusion of 4 x 100 relays is under review by the Branch committee, and feedback from clubs is most welcome.

2020 Editions of Platypus Press

PP will be published four times a year, after each Branch swim meet. Clubs will take turns producing an edition of about two pages. This first edition for 2020 has been produced by Hobart Aquatic Masters.

Photos

Any photos taken at Masters swimming meets or other Masters gatherings would be most welcome and can be shared on the MST Facebook page. You could send the photos to admin@mastersswimmingtasmania.com.au and these could be posted on your behalf.