

PLATYPUS PRESS

Edition 28

September 1996

AUSSI Masters Swimming in Tasmania

AUSSI Is it for EVERYONE or is it for the ELITE?

Ten years ago, when I began swimming with Hobart AUSSI, I went to Launceston, and was encouraged to compete in a relay. Not being a wonderful swimmer, it took quite a bit of encouragement. But, that swim remains as one of the highlights of my swimming career.

Over the years since that swim, there have been a number of changes which have slowly but surely moved the focus of our Championship swims away from our wide ranging club membership and towards the elite swimmer.

Yes, things change; our membership has trebled since then, and the cost of hiring pools has increased too.

But our championship events are becoming more and more events for the elite swimmer.

For instance, why swim a six event program of sprints? By the time you swim your four relays, that makes ten sprints within less than twentyfour hours. Not even our young kids would contemplate a swim meet like that!

Why even *consider* having qualifying times for AUSSI events? It would certainly cut back on those longer events, like the 1500m freestyle, but what about our older members, or our more average swimmers.

And why cut out having A, B and C teams in the relays at the end of the carnival? Now, only the elite swimmers get considered for most relays.

Why must it be so that swimmers have to do a form stroke (or two) if they want to be considered for the age group champion? It's not a case of "getting away with it" when you swim four freestyle events, it's a case of doing your best at what you do best!

Nobody feels that we ought not have special trophies for our "Swimmer of the Meet", or certificates of recognition for those wonderful swimmers like Ketrina Clarke, who broke two National Records at the Winter Championships.

But at least keep the championship events so that we can ALL participate without feeling inadequate.

Ron Bloomfield

The Winter Championships

Five clubs competed in the 1996 Winter Short Course Championships held at the Mowbray pool in Launceston.

Congratulations once again to Launceston Lemmings for the wonderful job they did in organizing and running the carnival.

The WINNING CLUB

Final club scores for the carnival were as follows:

2331	38.1%	TLC	Launceston
1853	30.3%	THB	Hobart
1301	21.2%	TTL	Talays
425	6.9%	TDP	Devonport
213	3.5%	TSB	Sandy Bay

Launceston Lemmings retain the Winter Championship flag for yet another year.

SWIMMERS of the MEET

Male Swimmer of the Meet

John Pemberton (THB)

broke 6 Branch records

Female Swimmer of the Meet

Ketrina Clarke (TLC)

broke 4 Branch records
and 2 National records

Congratulations to these two fine swimmers.

AGE GROUP CHAMPIONS

Women 20-24

Gold Nadine Brereton (TTL)
Silver Annaliese Cousins (THB)
Bronze Rachael Foulkes (THB)

Women 25-29

Gold Janet Pugh (TLC)
Silver Carolyn Robinson (TLC)
Bronze Anna Mackay-Smith (TDP)

Women 30-34

Gold Sarah Pearson (THB)

Women 35-39

Gold Ketrina Clarke (TLC)
Silver Lyn Roach (TDP)
Bronze Alison McGregor (TTL)

Women 40-44

Gold Julia Allston (THB)
Silver Pam Gray (TLC)
Bronze Diana McHenry (TLC)

Women 45-49

Gold Ros Dillon (TTL)
Silver Mary Cousins (THB)
Silver Pauline Samson (TTL)

Women 50-54

Gold Janet French (TTL)
Silver Ruth Langman (TTL)
Silver Margaret Wilson (TTL)

Women 55-59

Gold Barbara Ross (THB)
Silver Jan Chew (THB)
Bronze Peggy Ryan (TLC)

Women 60-64

Gold Ann Speed (THB)
 Silver Mavis Fisher (THB)
 Bronze Rosemary Kinstler (THB)

Women 65-69

Gold Helen Hughes (THB)
 Silver Margaret Clougher (THB)
 Bronze Margaret Dixon (TTL)

Women 70-74

Gold Justine Bamford (THB)
 Silver Joy Bradley (TTL)

Men 20-24

Gold Shane Deutzman (TLC)
 Silver Jonathan Pugh (TLC)
 Bronze Bradley Smith (TLC)

Men 25-29

Gold Paul Green (TTL)

Men 30-34

Gold John McLelland (THB)
 Silver Simon Olden (TLC)
 Bronze Peter Robinson (TLC)

Men 35-39

Gold Peter Walker (TTL)
 Silver Rodney Bird (TLC)
 Bronze David O'Neile (TLC)

Men 40-44

Gold Allan Nichols (TSB)
 Silver Neil Hunter (THB)
 Silver Robert Woodworth (TLC)

Men 45-49

Gold John Pemberton (THB)
 Silver Neil Hickey (THB)
 Bronze Peter McKenzie (TLC)

Men 50-54

Gold Hector Beveridge (TLC)
 Silver Rodney Archer (TSB)
 Bronze Ron Bloomfield (THB)

Men 55-59

Gold John Pugh (TLC)
 Silver Mal Innes (TTL)
 Bronze Peter Storey (THB)

Men 65-69

Gold John Isles (THB)
 Silver Clyde Denton (TTL)
 Bronze Peter Bourjau (THB)

Men 70-74

Gold Les Young (THB)
 Gold Athol Eiszele (THB)

Men 75-79

Gold Doug Job (THB)

**NEW & BROKEN
 RECORDS**

The following swims are recorded because they either broke an existing record, or set a new record. Just to have your name here is a great achievement.

Nadine Brereton (TTL) 20-24
 50m Backstroke 37.81

Annaliese Cousins (THB) 20-24
 50m Backstroke 37.84

Carolyn Robinson (TLC) 25-29
 200m butterfly 3:14.17

Sarah Pearson (THB) 30-34
100m Backstroke 1:23.12

Ketrina Clarke (TLC) 35-39
200m Butterfly 2:39.66*
50m Butterfly 33.00
200m Freestyle 2:24.36
100m Butterfly 1:12.21*

* National Records

Julia Allston (THB) 40-44
50m Freestyle 31.51
50m Butterfly 35.61
200m Freestyle 2:33.13
400m Freestyle 5:17.63
100m Butterfly 1:21.40
100m Freestyle 1:09.84

Diana McHenry (TLC) 40-44
100m Breaststroke 1:40.60

Pam Gray (TLC) 40-44
200m Backstroke 3:06.66
50m Butterfly 39.32
400m Freestyle 5:51.20
100m Backstroke 1:26:32
50m Backstroke 37.65

Ros Dillon (TLTL) 45-49
50m Breaststroke 43.54
50m Backstroke 41.11

Janet French (TTL) 50-54
200m Butterfly 4:26.50
400m Ind Medley 8:36.23

Peggy Ryan (TLC) 55-59
200m Breaststroke 5:22.83

Jan Chew (THB) 55-59
200m Freestyle 3:45.15
200m Breaststroke 4:52.56

Barbara Ross (THB) 55-59
100m Ind Medley 1:59.79
400m Freestyle 8:01.41

Janice Archer (TSB) 55-59
200m Backstroke 4:47.09
100m Butterfly 2:31.27
200m Butterfly 5:31.78
50m Butterfly 1:05.97
400m Ind Medley 10:18.24

Justine Bamford (THB) 70-74
50m Breaststroke 54.92*
100m Ind Medley 2:10.75
200m Breaststroke 4:38.30
*National Record

Shane Deutzman (TLC) 20-24
50m Butterfly 31.63
100m Butterfly 1:13.64

Peter Robinson (TLC) 30-34
200m Breaststroke 3:09.15

John McLelland (THB) 30-34
50m Freestyle 27.45
400m Freestyle 4:58.98
50m Butterfly 31.19
200m Freestyle 2:14.54
100m Freestyle 1:00.13

Peter Walker (TTL) 35-39
50m Freestyle 27.72
100m Freestyle 1:01.30

Neil Hickey (THB) 45-49
200m Freestyle 2:14.61

John Pemberton (THB) 45-49	
200m Butterfly	2:54.26
200m Backstroke	2:47.80
100m Ind Medley	1:17.26
100m Backstroke	1:15.82
50m Backstroke	34.32
400m Ind Medley	5:53.02

Don Marsh (TTL) 45-49	
400m Ind Medley	6:11.40

Harald Gatenby (THB) 45-49	
200m Butterfly	3:28.63
400m Ind Medley	6:42.39

Peter McKenzie (TLC) 45-49	
50m Breaststroke	38.26
100m Breaststroke	1:22.43
200m Breaststroke	2:57.37

Peter Storey (THB) 55-59	
100m Breaststroke	1:41.85

John Pugh (TLC) 55-59	
50m Breaststroke	41.08
400m Freestyle	5:28.46

John Isles (THB) 65-69	
100m Breaststroke	1:52.46
200m Breaststroke	4:07.02

Athol Eiszele (THB) 70-74	
100m Backstroke	2:31.52
200m Breaststroke	4:50.88
400m Ind Medley	11:52.12

Les Young (THB) 70-74	
50m Freestyle	49.29
100m Ind Medley	2:20.43
400m Freestyle	9:28.83
200m Freestyle	4:17.16

Doug Job (THB) 75-79	
50m Freestyle	1:01.46
100m Breaststroke	2:52.48
200m Freestyle	5:40.27
200m Breaststroke	6:33.38
100m Freestyle	2:21.54

AUSSI AND AUSTSWIM

AUSSI swimmers in Tasmania may not be aware, but AUSSI Masters has been represented on the Tasmanian State Council of AUSTSWIM for a number of years.

Your representative, Ron Bloomfield, of Hobart AUSSI Masters, has offered the views of AUSSI, and has assisted in the management of AUSTSWIM. He is now Vice Chairman of AUSTSWIM Tasmania (Sorry, that should be Vice *Chairperson!*)

AUSTSWIM is a non-profit organization charged with the responsibility of ensuring the quality of Learn-to-Swim programs throughout Australia. It does this by providing its own world recognized courses for teachers of Learn-to-Swim using a network of AUSTSWIM lecturers, teacher-assessors, and teacher-examiners which has been built up over the fifteen years or so of its existence.

Anyone who learns to swim with an AUSTSWIM accredited teacher can be assured of the highest possible standards of safety and care and that sound educational principles are used

to correctly teach the strokes of swimming.

In addition, AUSTSWIM Tasmania is involved in the management of the TASWIM Summer Vacation Learn-to-Swim program - a program established to ensure that every child in Tasmania has the opportunity to learn to swim.

AUSTSWIM is currently calling for expressions of interest from AUSTSWIM teachers who may be interested in working in this very successful and popular program in the coming summer season.

In addition to the AUSTSWIM Teacher of Swimming and Water Safety Certificate, the following add-on modules have been designed for specialist teachers:

Strokes
Infants
Disability
Adults
Surf

So far, the Infants module and the Disability module have already been offered in Tasmania. The Adults module will be offered mid-1997. The ADULT MODULE will be of special interest to AUSSI swimmers who are AUSTSWIM teachers, and who would like to teach adults as part of their business, or as part of their AUSSI club involvement.

Inquiries can be directed to Donna Baron, development officer, AUSTSWIM Tasmania.

Phone 03 6231 4396

NATIONAL SWIM NEWS

The 1997 AUSSI National Swim is under way. It is being held at HOMEBUSH, Sydney, using the Olympic venue at the International Aquatic Centre.

Homebush is a big bright airy complex, and according to the organizers the water is slippery enough to provide some quite exciting swims. There is also a great atmosphere, as the NSW AUSSI have found when running their State Championships.

Organizers are telling us that accommodation will be in short supply, and if you want good digs, then you should book now! The organizers have circulated a comprehensive accommodation guide which includes prices, phone numbers and a map showing how far it is to the pool.

And there are tours, souvenirs, and special gear organized for participating swimmers! An "Après Swim Club" is being organized for swimmers to enjoy drinks and nibbles, a cup of tea, or a complete meal at from 5:00 to 5:30 each day.

Your club secretary should have a copy of the first newsletter from the SYDNEY National Swim.

The View from the Top

Ivan Wingate, National Executive Director of AUSSI wrote the guest editorial in THE JUNE ISSUE OF THE MASTERS ATHLETE and here are a few snippets from his article which you might find interesting:

"I believe that the major challenge to Masters Sports Administrators is to change the public perspective of 'I'm not good enough' and lift the profile of the importance to the community of having groups of adults training on a regular basis.

AUSSI people say: the most important activity is the regular training session. How many times have you heard it said - it is the journey towards the goal that brings enjoyment and produces the significant and lasting rewards.

Goals are important, as they help make your training effective. After all, what is the point of training, if you are not doing it for a reason?

Adults who swim regularly together for Fitness, Fun and Friendship (the AUSSI motto); soon want to look better in their stroking technique and become more efficient.

The race is important. It is a goal and a convenient measure for comparing fitness levels - everyone can strive to do a PB.

The joy of winning is a powerful motivator. Winning itself won't always do it, especially if the win is a sub-standard performance against mediocre competition. Conversely, finishing way behind superior opposition can bring an immense amount of joy - if you've done a PB.

This is why we say: MASTERS SWIMMING IS FOR EVERYONE.

To all the Grandmothers in AUSSI

Grandmothers are nice things
with soft silky hair
And when you spill the sugar bowl
they don't quite seem to care.

Grandmothers are funny things
of sags and bumps and dips
And all the fatty food they eat
finds a home upon their hips.

Grandmothers are kind things
with sweets and sticky kisses
And bits of chocolate and biscuits
(the things that one most
misses)

And quite frankly
GRANDMOTHERS ARE A
GOD SEND !!!!!

Josephine Winter,
June 1996
(Josephine is 10 yrs old and
granddaughter of
Til Van De Vusse of Talays AUSSI)

GDE FOR A MASTERS SWIMMER

I'd like to swim in the Olympics
And then work for CTV
And advertise for lots of dough
For things like Red Rose Tea

But I have this problem with my kick
And I've bugged up my back
And our coach makes us do the Fly
Which really makes me sick

So I'll just swim in Masters
For the Ebbtide swimming team
And stick to Freestyle, it's the milk
But Breaststroke is the cream

I love to swim the Breaststroke
I do it rather well
I'd practice it in bed at night
But my wife has said 'Like hell'!

So I have to go to Beban Park
And swim in chlorine soup
In a public pool with lots of hair
And bits of babies poop

I don't begrudge the monthly fee
For going in the pool
Because women all love Breaststroke
It's a paradise for me

And when I need a boost
For my flagging, aging corpus
And groan and moan, and pine and
whine
After swimming comme la porpoise

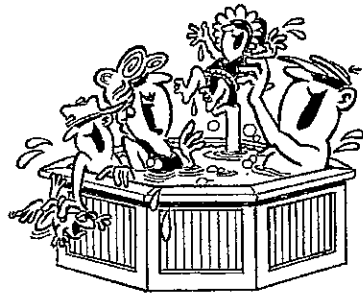
I only have to look around
And feast my watery eyes
On all the worn out bathing suits
And wildly thrashing thighs

For then I know why I still go
It's not the thought of winning
No, what I really go for
Is the social side of swimming

by Wayne Jones
Courtesy of Wave Lengths

THE WORLD SWIM

The latest rumour - on the 1998 Worlds in Casablanca. The host country has no Masters organization, committee (or swimmers?) so they are looking for another Masters organization to run the event and for other countries to send officials (at their own expense). Just another example of FINA's wisdom and why MSI fought to keep international control of Masters Swimming in the hands of Masters Swimmers. MSI lost, and so have we!!



FITNESS AND COACHING

Hello everyone and welcome to my first column on Fitness and Coaching.

My name is Pamela Gray and I'm from Launceston AUSSI. On the 25th August 1996 I was newly appointed to the daunting task of being your State Fitness and Coaching Director.

I would like to begin by thanking Megan Stronach for all her hard work and endurance in this position. She represented the Coaches of AUSSI in this state in a very professional, efficient and responsible way. We will definitely miss her. Good luck with your new business Megan, and thank you for all you have done to make my incoming appointment more streamlined.

The recent Winter Championships saw some wonderful swimming from our members. There were so many records broken, and numerous personal best times recorded. The number of disqualifications was minimal. Well done everyone!

Evidently the coaches within our ranks are surpassing themselves. It was really great to see everyone have a good time, and the standard of swimming was wonderful.

Please remember to approach your coach if you have any queries regarding your swimming. Their expertise is something they have been trained to share with you.

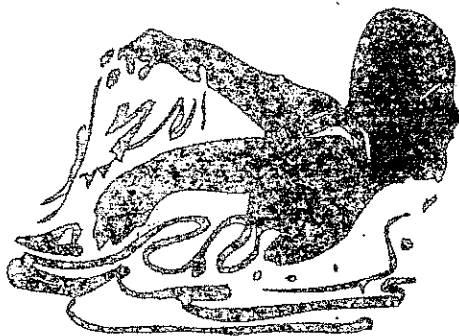
As your new Fitness and Coaching Director, I am hoping to be in frequent contact with club coaches, sharing with them the latest information regarding swimming training. I am also hoping to organize some specialised training courses throughout the State. These courses will be for the benefit of swimmers and coaches alike.

Please feel free to contact me direct if you have any queries or if there is any information that you feel I should know about. Your input is always of value within our coaching circle. My home phone number is 03 6326 6395 or email

- Pamela.Gray@educ.utas.edu.au
and I will be happy speak with you.

Good luck and good swimming.

Pamela Gray



GOSSIP from the WINTERS

- Would you believe a swimmer at the recent Short Course Championships volunteered for disqualification in the 50m Breaststroke ? (he thought the Referee had seen his freestyle start) Many people including his wife thought he had had a 'funny turn' - when she found out that he was alright, she was heard to mutter that she'd kill him if he did that again!!
- Some people were going so fast that they did extra laps in some events.... or were the timekeepers just too busy chatting to notice ? Better to do a couple of extra rather than be 2 laps short.
- Did you see the return of the Recorder to competition ? But how many of you saw the black/purple middle toe after the 400m Freestyle ? No, she didn't kick any of the officials either, just came to grief on a slippery ladder.
- Some exciting races at the Winter Swim, there was Mal and John going stroke for stroke in the 400 Free and Margaret (alias Dawn) and Ruth in the 200m Breaststroke.
- Who was that person trying to keep up with Ketrina in the 200

Fly only to suffer with a dose of lactic acid in the last lap ?

- Brigitte with an injured wing watching from a Timekeepers chair.
- Jonathon and Janet trying to outdo each other in the Backstroke, only to find that Daddy had a better time in another heat.
- How does Joy always manage to have smile on her face at the end of each race? Is she actually having fun, grimacing with pain or glad it's all over.
- Several swimmers (Harald , Pam, Don, and Annaliese) were unlucky enough to break the state record in their event, only to have somebody take the record away from them in the next heat!

"People can be divided into three groups: those who make things happen, those who watch things happen, and those who wonder what happened."

John Newbern

Only a fool tests the depth of the water with both feet.

From the Technical side:

Just a couple of points to keep in mind -

- At swim meets, you cannot ask to have your heat or lane changed; you must swim according to the allocation in the program. Pick your events carefully and try to space your races.
- If you miss your race, you don't get a second chance. So don't wander off after Marshalling; being in the toilet and just not hearing your race called won't attract any sympathy.
- If you miss the start of a race and the other swimmers have already left the blocks, you will be disqualified if you jump in and start after everybody else.
- If you are disqualified then accept it graciously. Officials find it offensive if they are confronted and yelled out and blamed for a swimmer being disqualified. The swimmer disqualifies him/herself. Using the 'I didn't know' excuse won't get you very far either. So trying to intimidate the Officials won't help your case, it will only make it worse.
- And if you are disqualified, don't rely on the Grandstand for help -

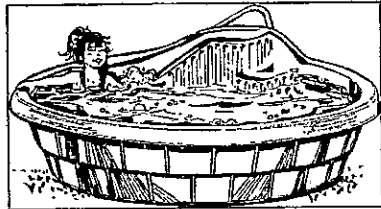
they have probably never seen the rule book or stood on the pool deck either.

- Be warned, a person can be removed from the pool for unsportsmanlike behaviour.
- Cheating: If the members of a club cheat to gain an advantage (say by swimming the same person twice in a relay, or by swimming the wrong people in a relay!!) then the CLUB involved might lose all Championship points.

Anti-economic rationalism

There is nothing to be gained by going to bed early to save money on candles...when the result is *twins*.

So how do you become a Masters swimmer? Well, AGE does count but it may also have something to do with knowing who and where FINA are so you know the direction in which you should bow before you start your workouts.



LONG DISTANCE SWIMS

Saturday 28th September
1:30 to 6:30 pm
Mowbray Pool (Launceston AUSSI)

Inaugural Short Course Long Distance Championships 1996

800m and 1500m freestyle
Entry fee \$10
Entries through club secretaries by
16th September

Competitors may swim in one or the other, but not in both swims. AND there are now no qualifying times for these races.

Entry forms available from club secretaries.

Saturday 2nd November
5:00 to 7:00 pm
Clarence Pool (Hobart AUSSI)

Inaugural Long Distance Long Course Inter Club Swim 1996

800m freestyle and 1500m Freestyle
Entry fee \$3 for 800m, \$5 for 1500m
Entries through club secretaries by
21st October

Entry forms available from Club Secretaries.

Cost difference is due mainly to the fact that Launceston is offering medals for place getters, and swimming one person per lane.

A WHALE OF A SWIM!

In aid of the
Corumbene Nursing Home,
New Norfolk.

Three teams of "elite" athletes will compete non-stop over a continuous 40 hours to raise funds for a new nursing home.

From 6:00 pm on Friday 25th October until 12 Noon on Sunday 27th October, at the Royal Derwent Swimming Pool.

Team 1 New Norfolk Whales

Team 2 Juniors (New Norfolk ASC)

Team 3 ALLSTARS including Perkins, Goodman, Carlton, local sporting and political identities, and AUSSI teams from Talays Hobart and other clubs.

Here is your chance to get some of those half hour, three quarter hour or one hour swims done, and serve a good cause at the same time! Contact your club secretary, or give Megan Stronach a ring on 03 6261 1181.

Swimmers need to be sponsored (so much for the hour, or so much per lap)

Note to Club Secretaries

There is a new club registration form. This form is used for re-registration as well as new member registration. Copies from Branch Secretary

FINA QUESTIONNAIRE

FINA are circulating a questionnaire at World Masters Swims to determine the future direction for these events.

The carnival at Sheffield was run from 8:00 am through to 6:00 pm over a period of seven days, to accommodate the large number of entries.

With future growth in Masters swimming, the carnivals will be even longer. FINA are therefore looking for ways to reduce the program.

The questions:

1. Should qualifying standards be set for ALL, SOME or NO events?

2. Which events could be cut from the program?

At present, there are 50, 100 and 200 of all strokes, plus 400, 800 and 1500 Freestyle, and 200 and 400 Individual Medley. And there are six relay events.

3. Should swimmers be limited to events per day?

All of these questions are directed at changing the nature of the World Masters Swim. Qualifying standards at swim carnivals are elitist, and against the general principles of AUSSI.

What do YOU think?

AUSSI TASMANIA

Branch Registrar Judy Hyndes, reports that as at the end of August, our Branch had a total of 341 members.

Talays	100 members
Hobart	75 members
Launceston	63 members
Devonport	48 members
New Norfolk	41 members
Sandy bay	14 members

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"The Masters Athlete prints articles directed at all sports disciplines, but there is always something of interest to the Masters Swimmer. Articles are technical, yet readable, and can be applied to your sport."

- Ron Bloomfield

for more details phone
Claire Reabum on 07 3378 1439

DATE LIST

1996

- Sep 28 **LD SC Swim,
(800m or 1500m)
Launceston**
- Sep 28-29 **Swiss Open Masters
LC Championships
Geneva**
- Oct 20-25 **Honda Masters Games
[Alice Springs]**
- Nov 2 **Hobart LC LD swim
(800m or 1500 m)**
- Oct 29-30 **ASA Masters LC
Championships Sheffield
UK**
- Nov 1-6 **Inaugural Malaysian
Masters Swimming
Festival Kuala Lumpur**
- Nov 16-17 **Finnish Masters Open LC
Championships Espoo**
- Nov 16-17 **Czech International
Masters LC Meet Ustnad
Leben**
- Nov 30 **Ukraine Open Winter
Masters SC Champ's Kiev**

1997

- 22-23 Feb **Summer Champs
Glenorchy (TSB)**
- 23-Mar **OWS, Kettering (TTL)**
- 27 Mar **AUSSI Nationals,
Homebush Sydney**
- 23-Jun **PanPacs, Hawaii**
- 24 Oct **Australian Masters
Games, AIS, Canberra**

1998

- 11-Apr **AUSSI Nationals
Tatts Aquatic Centre
HOBART**
- 9-22 Aug **World Masters Games,
OREGON, USA**

WELL?

When asked who you swim with, do you say AUSSI Masters? AUSSI Masters became official on 22nd September 1975 (That's right, folks, 21 years old this year!). Our motto is Friendship, Fitness and Fun.

The AUSSI Mission Statement is: To encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health.

Can you and the other members of your club nod in agreement with these statements?

There is a lot to be gained from belonging to a Masters Swimming Club. The swimming on club nights is only a small part. There are the aerobic trophy, two major competitions a year, interclubs, open water swims, social events, and plenty to do around the pool deck - you don't even have to get wet! (Well, not much!)

Masters offers stroke correction, coaching, fitness, long distance, competition, and social events. What are YOU getting?

Ask not what your club can do for you, ask what you can do for your club! (Was it JFK that said that?)

The difference between ordinary and extraordinary is that little EXTRA!

FREESTYLE BREATHING

Tips for Beginners, by David Tree
Australian Masters Swimming
Coaches Newsletter

- Never lift your head to take a breath
- Rotate your head to the side when taking a breath to keep the head aligned with the rest of the body.
- When your face rotates to the side, take a quick (but average volume) breath. This requires practice to coordinate the split second timing required.
- Start blowing air out into the water as soon as you have completed your inhalation. More time is spent exhaling than inhaling. (Beginners are usually hesitant to exhale underwater. Practice blowing air out with your face under water. If you don't exhale, taking in more air is very difficult!)

Neck to Knee Bathers?

Elite swimmers are now wearing neck to knee bathing suits! Yes, the ones that the Triathletes seem to like wearing!

The bathers only come down to the thighs and elbows, because if they are any longer they would hinder mobility.

The reason, according to some people is that they are supposed to keep your legs and arms warm!

However, I've read up on this, and the real reason is that they reduce drag.

I mean, that was why the mean machine shaved off their bodies, wasn't it? They didn't just shave off their heads, you know!

Laboratory tests have shown that these suits can reduce body drag by up to 8%.

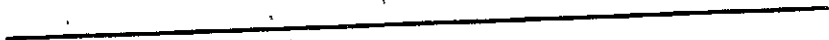
Less drag, and you slip through the water much more easily. But what about traction, you ask. (You do need to be able to grab the water, don't you?) Well, the pundits say, you only need traction on the front of the fore-arm, and our skin there is quite devoid of pilation! Not many swimmers have hairy hands, either!

So, rather than getting out the shaver, or getting your whole body waxed, the easy alternative is to wear these neck to knee bathing suits.

Also, you can have them designed so that they have drag in the places you want. Wide and thin strips of striated material are sewn into the suits so that flow is increased and decreased where needed.

The US Swim team wore them in Atlanta! How soon before they are available here?

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