



## ARMADALE MASTERS SWIMMING CLUB

### NEWSLETTER

APRIL/MAY 2012

---

#### Club Contacts:

**President:** Fettes Falconer: 9 397 6439

[fettesf@westnet.com.au](mailto:fettesf@westnet.com.au)

**Secretary:** Heather Jeps: 9 390 5228

[jeather4@gmail.com](mailto:jeather4@gmail.com)

#### Coach Co-ordinator:

Heather Croft: 9 390 9177

[crofbrigh@aol.com](mailto:crofbrigh@aol.com)

**Club Captain:** Chris Millard: 9 397 6265

[chris.millard@iinet.net.au](mailto:chris.millard@iinet.net.au)

---

*A small newsletter this month BUT we do have some things of importance to pass on to members.*

---

#### A very interesting article from Jeff

#### **Do We Have to Train Hard?**

The answer is NO, but if you want to improve then read the paragraphs below. If you find training is too hard and you're not enjoying it, your body is in pain, you're feeling ill or think the hard work is not worth the results that come with it, then back off to a pace that suits you. Remember that we are here to enjoy our swimming, keep fit and enjoy each others company. So if I tell you to sprint flat out and you do not want to then just swim at a pace that suits you. Please do not think that I expect you to do everything that I say.

#### **Why Do We Have to Train Hard?**

Well, it's a simple as this, if we want to improve our 50m sprint freestyle, it won't happen doing easy 50m or 200m swim sets during training.

I believe that if we want to improve or even keep the pace that we have reached then we must train with intensity and overload our bodies and progressively increase that intensity over time.

When I talk about overloading the body, I'm talking about overloading everything including the cardiovascular system, muscles, tendons, bones etc.

## **What Must We be Aware of Training Hard?**

We must also be aware of over training. This is something that we as the swimmer must monitor and be responsible for. Unlikely at our level of training but it is possible to over train. The most common symptoms are fatigue and an increased sense of effort.

We also should train consistently. The longer we have been training consistently the quicker our body adapts and the quicker we recover. We should all train at least 3 times a week and no more than 6 days week, so with the club offering training 3 training sessions a week gives us all the perfect opportunity to fit into that 3 to 6 day a week training cycle.

There is some good news too. As we age it is believed we need to recover a lot more than younger growing athletes to adapt to the intense/harder training. You would have noticed over the past year that I always give you time to fully recover when doing harder sprint sets.

Recovery also continues when we get home after training. So good a hot shower, massage, a healthy meal and a good night's sleep will all help.

**Jeff**

---

**AND**

Report from our Captain Chris

17 Swimmers competed in Round 3 of the Club Championships swimming a 200m and 50 m choice.

While temperatures were a little low, the blue sky and minimal breeze made for a relaxing morning for those involved (Greg was there - Ross – where were you?), until organiser (Graham) and starter (Jeff) put the pressure on to keep the event moving. We were reminded we are supposed to be signed in, warmed up and first swimmers on the blocks by 9.00am.

The extra pressure must have got our hearts pumping because we had two new records set and ten PB's were swum

Lexie bettered the 200 Free record she set in March last year (also a PB) and Greg broke Chris' 50 Breast record (held for 14 days) in the 50 – 54 age group.

Other swims of note were Louw's 20s PB in the 200 Free, Jannette had PB's in the 50 and 200 Free, Graham had best swims in the 50 and 200 Breast, Yvonne Hunt and Heather swam their best ever in the 200 Free and Jeff set a new benchmark in the 50 Free and 200 Breast. Well done to all.

With 3 rounds now completed the points tally will be starting to show some trends so keep an eye out for the May calendar and make sure you are there to score points in Round 4.

**CC**

---

## **CONGRATULATIONS TO:**

Gillian, Charles and Ross who all won their age group in the MSWA 2011/2012 Open /Water Swim Series. Great job!

And

Heather Adams who swam as part of a duo in the Albany Harbour Swim over Easter. She and her partner were the first female duo team to cross the line and came 6<sup>th</sup> out of 16<sup>th</sup> overall in the duo teams. Well done!

---

## **EVENTS COMING UP**

Saturday 21 <sup>st</sup> April	-	Club Aerobic Swim
Sunday 29 April	-	Club Aerobic Swim
Saturday 12 <sup>th</sup> May	-	Round 4 Club Championships
Sunday 24 <sup>th</sup> June	-	Mandurah BACC

---

**WELCOME TO** Erin who is training with the nice people in Lane 8 at the moment and is doing pretty well. It's lovely to have some younger swimmers in the club.

---

**DON'T FORGET**- winter training starts at St Brigid's on 12 May – yippee!!

---

**And the LAST WORD** this month is for Jasmyn Hollamby who has this week endured an operation but the word is that she is well and the doctor has given her her 'stripes'. Well done to Jasmyn and we all hope that she recovers quickly and is up and about soon.

---

Hon. Ed.