



Armadale Masters Swimming Club

NEWSLETTER

February
2018

CLUB CONTACTS

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- Head Coach: Jeffrey Sanders 0411750767 AMSC.CoachJeff@gmail.com
- Secretary: Vanessa Toop 0435 060 905 AMSC.Secretary@hotmail.com
- Club Captain: Colin Gibson 0447143881 AMSC.Captain@gmail.com

This is a double - length newsletter and full of
IMPORTANT INFORMATION ! It deserves your full
ATTENTION! Please read right to the end, for
people have spent their valuable time writing in
their reports and providing information.

On **Saturday, 10 March** the Club will be holding its **Annual General Meeting**. The meeting will occur after the usual Saturday morning training session that finishes at 10 am. If you are not attending the training session that day, you are still welcome to join us for our AGM. If we allow time for people to change after training, the meeting should start at around 10:30am near the Cafe at Cannington Leisureplex.

This meeting is a wonderful opportunity for you to contribute ideas and suggestions for improving our Armadale Masters Swimming

Club. It is also the important time when we **nominate the new Committee for 2018.**

Committee positions are open to all members; new and returning. The Committee is what makes the Club run smoothly and it also adds the 'Fun Factor' for all members, so please consider contributing in any way you can. Should you wish to know more about the committee positions please feel free to email Vanessa AMSC.Secretary@hotmail.com or talk to your friendly Captain Colin, President Ross or other Committee members.

All the Committee positions become vacant at the AGM and nominations are required for all 10 positions.

President

Vice President

Secretary

Treasurer

Captain

Vice Captain

Registrar

Coaching Coordinator

Plus 2 Committee

Gillian and Greg are swimming a duo in the Port to Pub swim. They are swimming to raise funds for Sebastian's school. The school kitchen requires renovating. Sebastian is Gillian's autistic son.

A fund me page has been set up. Should club members wish to donate, the link is:

[Gofundme.com/port-to-pub-for-kenwick-school](https://www.gofundme.com/port-to-pub-for-kenwick-school)

Both Gillian and Greg have been training very hard for this event. They are doing it for the benefit of others less fortunate.

Captain's Report

Please read on for further important dates:

Beatty Park Masters Swimming Club invites your
members to a
2018 LiveLighter Club Challenge Series Event

Friday 9th March

To be held at Beatty Park Pool, 220 Vincent Street, North Perth

Warm up 6.15pm for a 7.00pm start, last heat 9.00pm

Venue is an outdoor 50m Long Course pool (warm up indoor 25m pool)

EVENTS

1. 50m Backstroke
2. 50m Breaststroke
3. 50m Butterfly
4. 50m Freestyle
5. 4x50m Mixed Freestyle Relay

This event is OPEN to all Masters Swimmers. However due to the limited time available, only the **first 180** competitors will be accepted into the program.

- Masters Swimming Australia swim rules apply to this event.
- Swimmers may participate in 3 individual events and the relay.
- All participating Clubs are to provide timekeepers and watches.
- Cost of event entry is \$20 per swimmer and \$10 per non swimmer (to cover lane hire fees and supper). Payable by bank transfer prior to the event – Beatty Park Masters bank details to be issued with TM files. Note that cost of pool entry is included in the \$20/\$10 entry fee on the day at the front desk.
- Pizza, dessert and soft drinks will be provided afterwards.

Please process entries via Team Manager and email to beattyparkmasters@gmail.com and ensure that all participants are financial members of your Club prior to accepting their entry. If any problems or queries, please contact the Event Coordinator *Liz Grant* on 0401 189 786 or *Rachel Trenaman* on 0414 187 249.

Mandurah Masters Swimming Club invites your members to
2018 LiveLighter Club Challenge Series Event
Sunday, 25 March 2018

Venue: Mandurah Aquatic & Recreation Centre - SC Outdoor
Address: Pinjarra Rd, Mandurah WA 6210
Warm up: 8.15 to 8.45am Meet start time: 9.00am

EVENTS

- | | |
|----------------------|----------------------------------|
| 1. 100m Butterfly | 9. 25m Butterfly |
| 2. 100m Backstroke | 10. 25m Backstroke |
| 3. 100m Breaststroke | 11. 25m Breaststroke |
| 4. 100m Freestyle | 12. 25m Freestyle |
| 5. 50m Butterfly | 13. 100m Individual Medley |
| 6. 50m Backstroke | 14. 4 x50m Mixed Freestyle Relay |
| 7. 50m Breaststroke | 15. 4 x50m Mixed Medley Relay |
| 8. 50m Freestyle | |

The event is OPEN to all Masters Swimmers. *This event will be limited to the first 180 swimmers who nominate.*

- Masters Swimming Australia swim rules apply to this event.
- Swimmers may participate in 3 events and in an appropriate Relay(s).
- All participating Clubs are to provide timekeepers. We will be utilising the Dolphin Timing System for this meet.
- Cost of event entry is \$10 per swimmer and entry to the pool is payable on the day. Clubs please forward team payments by 20 March 2018 to:
Mandurah Masters BSB 633 000, A/c 155870694 use club name as reference.
- Refreshments will be provided afterwards in our club rooms.

Please process entries via Team Manager and email to Sue Johnston (Club Recorder) at sejohnston61@gmail.com and ensure that all participants are financial members of your Club prior to accepting their entry. Entries close Friday, 16 March 2018.
If any problems or queries, please contact the Event Coordinator Jennifer Rollin-Busby at Mandurah Masters via email at mandurahmannas@gmail.com or 0452 204 087.

At least 5 Armadale Masters Swimmers have entered the 2018

Masters Nationals to be held here in Perth. We need more!



Find us on Facebook! <https://www.facebook.com/MSANationals2018/>

Photography by Travis Hayto

18 – 21 April 2018 | HBF STADIUM

WED 18th
400 Free
50 Back
200 Fly
100 Free
4x50 Men's &
Women's Medley
Relays

THURS 19th
400 IM
50 Fly
100 Brst
200 Free
4x50 Mixed
Medley Relays

FRI 20th
800 Free
50 Brst
100 Fly
200 Back
4x50 Mixed Free
Relays

SAT 21st
200 IM
50 Free
100 Back
200 Brst
4x50 Men's &
Women's Free
Relays

On the 9th January Tim and Jenny each, in their respective age groups, set a club record in the 1500m freestyle.

Well done to both.

See what training and determination can do!



R. A. M. O. S. ?
REGULAR ARMADALE MASTERS OCEAN SWIMMERS.
AUSTRALIA DAY JANUARY 26: MANDURAH OCEAN SWIM 2018

Australia Day;

A swim in a clean, free and safe ocean, great company, all skin colours and religions under the sun, most opinions welcome and happiness in attendance.

Proudly and loudly we sang our national anthem under clear blue skies.

What better way to celebrate Australia day? How lucky are we!

THE TEAM FROM ARMADALE MASTERS

There was movement at the pool side, for the word had passed around

That the swim at Doddi's beach was on again.

All the flyers had been printed, it was worth to be around,

So all the members had gathered to the fray. (Uttered by Mr Frey)

All the tried and noted swimmers from the clubs near and far,

mustered at the yacht club at first light.

For the swimmers love the ocean where the wild sea creatures are, and
they long to greet the water with delight.

There was Jeffery, did the 2k so the brekky was not lost,

And Hans with shining hair that brushed and flowed.

But few could swim with Gilly when her blood was fairly up,

She would go wherever swimmer and cap could go.

And Charles of the Champion came down to dip his toe,

No better swimmer ever wore a suit,

For never a swimmer could throw him while he had them in his sights,

He learnt to swim while young and really cute.

And then the rest of Armadale; a team without defeat,

All took their place with bathers aptly neatly sized.

With a mix of southern suburbs, 3 parts Armadalians at least

And such as are by other clubs are prized.

We are hard and tough and wiry, just the sort that won't say die.

There was courage in all our quick impatient legs.

And we wore the swim caps proudly,

goggles bound tight across our eyes,

With the proud and lofty carriage of our heads.

APOLOGIES TO MR PATERSON

Another great turn out for the RAMOS group with 11 swimmers taking part, all completing the 2 km course, 2 laps of a rectangle.

Perfect surface conditions, albeit a little murky below so visibility under the water was not so good.

Question:

What is the probability of two swimmers, that start roughly at the same time and position in the water, at least a few seconds apart, travel 2km in the open ocean, with the confusion and disruption of several hundred other swimmers around them; each stopping at random times, to either dryretch or adjust goggles on multiple occasions, never seeing each other until the last turning buoy only 100 m from the finish line; a sprint then, of course, to the line, (Not competitive at all !); and then crossing the line at the exact same time 36 min 10 sec. ?

Super fish Gillian and fat boy Greg did!

At least there will be no arguments as too who swam the most on their upcoming duo swim to Rotto!!

I should add that champion Charles was only 7 seconds behind them at 36 min 17 sec. Congrats to Gillian, Charles and Greg, all who finished first in their respective age groups.

Heather Croft and Fettes placed second out of their age groups, another fantastic effort for the Armadale club.

Other swimmers including Hicksey, Capt Col, Jacqui, Liz& Ross as well as all those mentioned above thoroughly enjoyed the swim.

Thanks for those supporters and cheer squad, Judy, Anne, Kay and Jacqui's mum and sister.

Special thanks to our very own event official Rowie who did a sensational job as usual.

“ I'd like to be seen as an average Australian person. I can't think of a nobler description of anybody than to be called an average Australian person.” John Howard.

RAMOS REPORT

SWANNY CLASSIC 3 FEB 2018

GILLIAN, GREG, CHARLES, HEATHER, COLIN & ROSS REPRESENTED ARMADALE FOR THIS ICONIC SWIM.

The Swanny classic is a little different to the normal ocean swims, it combines 4 race events with a Paddle board, Stand up Paddle, Run and, of course, the swim.

All events were 2 km in length and all a straight line course.

The start line is in front of the Cottesloe surf club rooms, just near the well-known concrete pylon. The paddle, SUP and run all proceed the swim which had approx. 25 participants in each event.

Early morning exercises were led by an entertaining group of young men who did a light-hearted exercise routine to get everyone warmed up. That combined with some great music prior to the start, had most swimmers bopping in the sand before entering the water.

The swim was very well supported with 981 swimmers partaking, split into 2 waves for the start. You can imagine that the starts can get a little busy, before the field sorts out and you find your own bit of blue

The swim start is a deep water floating start, just like we practice with coach Col and Jeff. It is then a very straight forward course, you just follow the shore line until you see the large red Buoy. A right-hand turn and into the beach in front of the Swanbourne surf club.

Boy what a day!! Just about perfect, sunny but not too hot, clear skies, no wind and with great water clarity which enabled crystal clear underwater visibility. A gentle swell and wash was just enough movement in the water to remind you, your swimming in the ocean.

Lots of fish and sea creatures were spotted along the swim, with large schools of Herring, a great distraction letting your mind wander and achieve total relaxation, while trying to breathe and not drown.

Great news everyone survived and enjoyed the swim. No seasickness from Gillian or Heather, even without the Quells.

Swanbourne surf club is always a welcome site, you find your bags on the lawn, which have been transported for you from Cottesloe, while listening to a very talented guitar player with a great voice, the atmosphere is always buzzing as Adrenalin mixes with the onset of exhaustion.

A quick shower and into the restaurant for a well-earned brekky to relive the swim.

Gilly, the super fish, was the best on the day, closely followed by Greg, Charles, Heather, Colin and Rossco.

See you at the next swim.

Good luck to all who are testing their skills at the Busselton jetty swim next weekend.

RAMOS REPORT ROUND 8 WA SWIMMING SUNDAY 4TH FEB ROCKINGHAM

“And then there was two”

Yep just Greg and Fettes turned up to back to back swim at Rockingham for a 2.5 km swim.

Rockingham is always a calm protected swim, and although expected, no stingers. YIPPEE!

Lots of walking before the swimming as it is a deep water start and a long walk out before it gets deep enough to float.

A 1.25 km rectangle course with 2 laps for the 2.5km for us, although still had a 5km option for the really keen with 4 laps.

The wind was blowing towards the North West so the upward leg heading North was a bit easier going. However, returning on the Southern leg did get a bit bumpy especially for the second lap.

Nice touch to see the Premier on the beach, and a 5 sec tv grab on the news.

Fettes did the right thing: not feeling well he withdrew at the first turning buoy.

RAMOS DOING WELL

MSWA has produced the latest interim points up to and including the recent Shorehaven swim. Go to our website [Latest News Page](#) to view and see how RAMOS are doing.

We came third!

Swan Hills Masters Swimming Club

2018 Eastern Hills Club Challenge

Short Course

9th February, 2018

Place	Team		Points
1	Maida Vale Masters	WMV	138
2	Swan Hills Masters	WSH	121
3	Armadale Masters	WAM	87



Well done to the small team who represented our club on the Friday evening before the Busselton weekend. The other 2 clubs each had twice as many swimmers as us. With this ratio we would have cleaned up had we had double our swimmers

RAMOS Report – Swimming WA Round 9 – Shorehaven (MSWA OWS Bonus Round) 11 February 2018.

Whilst everyone else was looking the other way (at a really long jetty, apparently) I thought I (Rowie) would sneak in an open water swim in the role of swimmer, not official.

Feeling proud of my sneakiness, I drove north to the end of the freeway – and then kept driving for a little bit longer to Shorehaven, a new coastal subdivision. However, my attempt at a secret swim was thwarted by the appearance of Graham Hicks, fresh from a training swim with dolphins the previous day.

Given that this swim is on the same day as Busselton Jetty Swim, and is a substantial drive from Perth, it only attracts a fairly small crowd of 250 swimmers. This sets the scene for a rather pleasant swim without too much contact with other swimmers. Although protected by reef, the course still offered some challenges - a shore break, sea weed and a face-smacking swell to name a few.

Both Graham and I entered the one lap, 1.25km version of the event. Graham chose his distance based on strategy (potentially placing higher in his age group than the 2.5km event), whilst I opted for the short version to see how things went after a difficult year of training (or lack thereof).

We both selected our event wisely – I picked up the bronze medal in my age group (Open 18 – 34 years) in a time of 22:50, whilst Graham bought home silver in his “Super Legends” age group (50+) in a time of 23:13. Well worth the drive!



Rowena Burch ► Armadale Masters Swimming Club
11 February at 09:32 · 🌐

Bringing home some Shorehaven bling for team RAMOS. Bronze for Miss Burch in Open Female 1.25km, and silver for Mr Hicks in the Super Legends Male 1.25km. Better way to spend a Sunday then swimming around a jetty! 🤪



RAMOS REPORT BUSSELTON JETTY 2018

HOOROOUUUUOOO!

No, not a Japanese greeting, but the hollowing, haunting, whistling sound of a monstrous cone shell being trumpeted by Poseidon the Greek God of all oceans, OR if you journey across the Adriatic Sea to our Roman friends you might say it was Neptune sounding the call.

Whichever ocean god it may have been, the sound was clearly heard by many, some 2500 in fact! It calls to those of the salt water persuasion: to come forth, be registered, be transferred, be throned in an assortment of coloured caps, be willing, able and determined.

Go plunge one and all, into the waters of Geographe bay and be protected by me.

Well, if you are a Neptune believer, maybe not so protected , as he was known to be “one of a violent temper and lustful nature” describes most of the Ramos mob, however I digress.



Missing: Jackie.



Here she is.

Alas, “hark the herald angels sing”, (I must stop reading Dan Brown books) and so it was, calm seas, clear water, gentle breeze and no stingers.

In fact, the stories told by all in the know, this year’s swim was the second-best conditions in the 27 yr history of the race. A welcome change to last year’s swim which gained the hardest swim in the races history title.



Greg Frey shared The Margaret River Region's post

7 hrs · 21

...

Amazing photos of a perfect swim , can you see me I am the 324th from the left, just next to another swimmer!!!!



The Busselton Jetty swim is certainly a challenge. For most swimmers it is by far the longest ocean swim they will undertake during the season. Of course, there are those die hards who will do a 5 km swim(Jeff /Charles) every now and then or those who do the Rotto crossing, but generally this is the big one.

And let us not understate the degree of training and commitment required to be able to complete the swim. Not only just finishing but being satisfied and pleased with your performance, and hopefully not looking for an ambulance.

I am pleased to report that all the Ramos crew performed fantastically with some exceptional results.

First across the line was super fish Gillian followed closely by 2 seconds to Greg and then a few more to Charles, at about the 1 hour 4 min mark, best times for all of them. Amazing that these three are swimming so close in times.

The rest of the team, Jeff, Colin, Heather, Liz, Ross, Jacqui, Graham & Lynda, Hans, Fettes, Amanda and Rose, all came in with great times.

So how do you knock 27 minutes off last years swim?? Well ask superman Hans. What a sensational effort, it just shows what extra training at Coogee can achieve, and I guess that big underwater cattle prod Liz swims with.

Swimming is a very individual sport. We all battle with our own demons during any long swim, whether it is the constant collisions and interactions with other swimmers upsetting our rhythm, rough seas, unnerving thoughts of ocean creatures, fogged goggles, salt and sunscreen in our eyes “did I turn off the stove before I left? “ AAAAAAHHHHH!

In our own different ways we settle ourselves, deep breath, relax and find a way to get to the finish line. We are an amazing group, and should all be very proud of our individual achievement.

From one salt water nut to all the others I dips me lid.

As has become the custom and tradition, we all met at the Goose restaurant for a well earned brekky. You can only imagine the stories!!!!

Till next year, with hopefully more Armadaliens swimming.



Busselton Jetty Swim 2018 Results

Name	Time	Category	Cat Pos	Gender	Gen Pos	Pace
Gillian CARUSO	01:03:52.46	50-54	9	Female	193	17:44 min/km
Charles CROFT	01:04:08.53	65-69	8	Male	311	17:49 min/km
Greg FREY	01:04:19.57	55-59	33	Male	320	17:52 min/km
Jeff SANDERS	01:11:02.35	60-64	29	Male	532	19:43 min/km
Graham CRAGG	01:12:05.15	60-64	33	Male	554	20:01 min/km
Linda CRAGG	01:12:06.14	60-64	14	Female	419	20:01 min/km
Colin GIBSON	01:14:12.03	50-54	81	Male	607	20:36 min/km
Ross DOHERTY	01:15:06.36	60-64	37	Male	621	20:51 min/km
Fettes FALCONER	01:16:06.47	70-74	6	Male	643	21:08 min/km
Heather CROFT	01:17:55.30	65-69	10	Female	578	21:38 min/km
Jacqueline BRIGGS	01:19:13.87	25-29	53	Female	608	22:00 min/km
Liz DUNN	01:24:14.26	65-69	12	Female	681	23:23 min/km
Hans VOSBERGEN	01:37:35.44	70-74	19	Male	836	27:06 min/km
ROSE & AMANDA	01:55:16.39	2 Person Relay	125	Mixed	193	32:01 min/km

A notification from the Editor: Greg was actually first over the finish line just before Gillian and Charles. It appears his time must have come from the second record station which is a backup. Greg's timing device probably did not record over the finish line but did record over the backup line which is a good 15m walk from the finish line. Gillian and Charles must have overtaken on the sand! And what about this magnificent photo taken by our Linda? It should be entered in a competition.



Linda Herbert

5 hrs · 🌐

...

A picturesque morning in Busselton 😊



RAMOS REPORT FREMANTLE OCEAN CLASSIC LEIGHTON BEACH 17 FEB 2018

At least one swim during the summer series presents some challenges, and true to form, the Leighton Beach swim is normally the one.

This swim, although certainly not as bad as last year's washing machine, presented a few difficulties to those of us who are right handed single stroke breathers.

The swell was rolling, consistently, towards the shore and with a Southern 800 metre leg for the start of the 1.6 km rectangular course, one had to be careful when opening one's mouth to breath. Certainly, there is an advantage if you can master both side breathing, at will, with ease, or at least bilateral breathing. At best, that way you only got a mouthful of salt water every three strokes.

The event organisers are always trying new ways to encourage participants. This event had a paddle board event, short 400 m intro-swim and the standard 1.6 and 3.2 km distances. Overall, a small event with only some 300 swimmers.

RAMOS numbers were down a bit with only the stalwarts attending.

Ross & Greg battled the 3.2 km still feeling invincible after Busso. Super Fish Gilly was going to do that, as well. However, due to a bad case of the flu had to step down to the 1.6km. Capt Col, Champion Charles and Heroic Heather all joined Gill for the 1.6 km event.

It was a good indication of the challenging conditions, that when the times were calculated, we had all swam much slower than our Busselton times. But, in true Armadale style, all completed the swim with class, distinction and, oh yes, modesty.

It has been a busy ocean calendar of late, which still continues for a few weeks to come.

The new 3km channel swim, round the Leeuwin from Cottesloe, is on next Sat 24th. That is a new idea that allows swimmers to do the course off the beach and swim around the Leeuwin sailing ship, which is moored 1.5 km offshore. The Leeuwin is used as a check point for the Rottnest swimmers. They cannot pass that line unless they have found their support paddlers. The 3 km swim

will follow after all the swimmers departing for the Rottne Channel swim; solos, duos and quads.

Swimming, or not, it is a great spectacle to watch. Solos hit the water at 5.45.

Sunday the 4th is Rockingham 1.6km event, followed by Sunday 11th the famous jetty to Jetty at Coogee; a club favourite. This has a really nice 750m event, always flat and shallow; a great intro into ocean swimming.

Hope to see you all on the beach, in future

Greg

Swimming across Australia – or Rowie buys a car from inconvenient places...

It seemed like a good idea back in the depths of mid winter – buy a car from Brisbane, truck it to my parent's place in NSW, then drive it back in January to WA filled with the last of my childhood "stuff". Plans were made, sisters invited to share the trip, and Duchess Gracie, our new car, made her way south. Our route took us from Minnie Water to Fremantle, east coast to west coast, with plenty of opportunities for swimming. Our start point, Minnie Water, is a small coastal village east of Grafton.



I've been coming here since I was a baby and spent many days patrolling the beaches with the local surf club as a teenager. The best thing

about Minnie is miles of empty beaches although my swimming opportunities were curtailed by daily lightning storms and bluebottles. Fortunately, there are two pools in town and I squeezed in a dip at the 25m indoor in South Grafton.



We snuck in a day trip to Armidale via the World Heritage listed Gibraltar Range National Park to test

Gracie's long distance and mountain climbing abilities. Mulligan's Hut picnic area within the national park is one of my favourite places, and we were fortunate enough to have the crisp mountain waterhole all to ourselves (exhibit C). It was a good job we made the extra trip, as we got caught in a hailstorm on the range during the big trip west – not good weather for a swim!



Day one ended in Moree with a swim at the Artesian Baths. Apparently, the thing to do on hot days in Moree is to go to the pool and hang out in the rather hot baths, and ignore the refreshing 50m outdoor pool! At least I had it all to myself...



Sadly, there was to be no more opportunities to swim in NSW, with a swim meet closing the pool in Broken Hill. I did finally get to go to Rowena the town though – there isn't much to it apart from a fancy sign, post office, school and fire shed.



The South Australian leg saw us return to the coast. It was a balmy 46 degrees in Port

Augusta, and a swim in the Spencer Gulf was in order. It was a long walk over tidal mud to find water deep enough to swim. The water was so salty, I bobbed around on the surface like a little cork. Ceduna also provided opportunities to swim – it even has a jetty!



After Ceduna, we started across the Nullarbor. Whilst the highway initially follows the coast, the cliffs of the Great Australian Bight do not make for particularly accessible swimming spots. The view isn't too bad though!

Our last stop before Perth was Kalgoorlie where we substituted swimming for an opportunity to look at a really big hole in the ground. Thanks for the tip Greg! We completed the journey in Fremantle after some 4666 km and 9 days of driving. Duchess Gracie is now a registered West Aussie, and for a short while, we had the finest carport in Kelmscott with not one, but two Mazda 626 wagons (white one is already sold!) Yes, flying is easier, but I'd do the slow way all over again in a heartbeat!



From here on we will have a section called: Tim's Training Tips

Here is a taster from our Tim:

Shoulder-driven freestyle:

The recovering arm can serve as another coupling motion in freestyle, but only with shoulder-driven freestyle, not hip-driven.

The difference between hip-driven and shoulder-driven freestyle is largely determined by the stroke rate.

The slower rate of the hip-driven freestyler is due to the longer time with the hand held out front, before initiating the propulsive phase.

With **hip-driven freestyle technique**, the lead arm does not initiate the propulsive phase of the underwater pull until the trailing hand is already in the water.

With **shoulder-driven freestyle**, where the underwater pull is initiated much sooner, the propulsive phase of the pulling arm is occurring while the recovering arm is in full swing.

For this reason, it makes more sense for shoulder-driven freestylers, and particularly sprinters, to straighten the recovering arm more and increase the speed of arm rotation in order to increase the kinetic energy and the effect of the coupling motion.

For hip-driven freestylers, it makes sense to use as little energy as possible in the recovering arm. In other words, bend the elbow and keep the hand closer to the water during the recovery.

While virtually all sprinters are shoulder-driven freestylers, distance swimmers (triathletes) can be either. With hip-driven, shoulder-driven or hybrid freestyle, the faster the counter-rotation of the body during the propulsive phase of the pulling arm, the more coupling effect the motion will have and the more distance per stroke we can achieve.....

Also please find the link to a video on shoulder driven freestyle:

<https://www.youtube.com/watch?v=eSrqpTWMISw>

BIRTHDAY WISHES

Many happy returns to:

Liz Dunn

Yvonne Hunt

