



Melville Marlins

Newsletter

October 2015

melvillemarlins.myclub.org.au



IMPORTANT DATES

October 1	Hearty Meal Night
October 17	'Big' Birthday Social
October 18	Maida Vale 400/800/1500 event @ Darling Range Sports College, Forrestfield – Sat 17th Oct from 1pm-5pm.
November 5	Hearty Meal Night
November 21	BBB River Swim

MARLIN OF THE MONTH - AUGUST

- 1st Laurie Hunt 13 points
- 2nd Martin Smith 11 points
- 3rd Andy Rigg & Alan Rickard 9 pts

Rhonda, a previous Marlin of the Month winner this year, has continued her rise in form with 16 points for this month!!!



MARLIN OF THE MONTH – SEPTEMBER

September was a quiet month with only 14 swimmers gaining points. There are 29 active swimmers on the annual points list – time to think 'summer' and get into the pool!

- 1st Alan Rickard 9 points
- 2nd Pam Walker 7 points
- 3rd Margia Munoz and Rebecca Yip 6 points



Congratulations to both Laurie and Alan.

ARE YOU READY TO MAKE A HEALTHY CHANGE?

A healthy tip from LiveLighter – watch your portion size. Start to LiveLighter today. Learn more at www.livelighter.com.au

VORGEE ENDURANCE 1000 by Pam Walker



6451 is the total point score to 27 September 2015. We would like to encourage new members to take part in endurance swims as a way of challenging themselves to swim the longer timed distances. Please ask any member about the Endurance program.

Endurance 1000 Sessions:

Sunday: Every Sunday at 8.30am

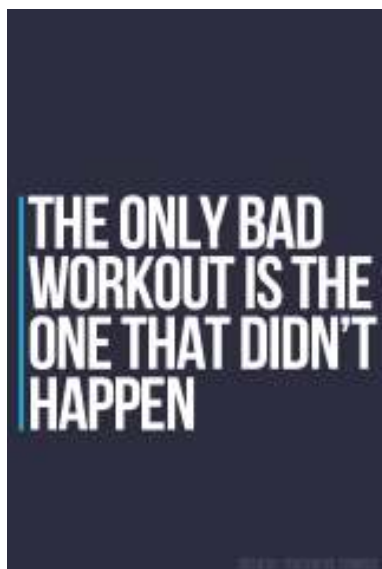
Thursday: Before the Marlin swim and the third Thursday of every month.

COACHING by Gail Bowden



At the end of the newsletter is a feature article by Elaine Tor, PhD candidate in Swimming Biomechanics at Victoria University

and, Australian Institute of Sport that was published in The Conversation. **Take your marks ... the science behind the perfect swimming dive** which again stresses the importance of being as streamlined as possible.



Coaching sessions at Melville LeisureFit

Tuesdays: 9-10 am
Wednesdays: 7-8.15 pm
Saturdays: 9-10 am

BUNBURY SKINS MEET 5 SEPTEMBER 2015

Pam Walker

This was a very different event to any others previously held by a Masters Swimming Club. Bunbury Masters was chosen to host this event and was run by Julie O'Connor (ex Melville member).

There were several events and the closest each swimmer got to their nominated time dictated the number of swims. As this was the first time a skins event had been held by a Masters Swimming Club, Julie put in a lot of planning but, unfortunately, on the day the results from the heats were not coming in to her quick enough and she had a hard job trying to work out the handicap times for the handicap event.

Events 1 -5 were 200m IM, 50m backstroke, 50m butterfly, 50m breaststroke and 50m freestyle. Swimmers could choose 3 of these events and the closest each swimmer got to their nominated time dictated their number of swims over the following events.

Event 6a Closest to Nominated Time SKINS form stroke

Event 6b Closest to Nominated Time SKINS Freestyle

Event 7 Handicap Multi Stroke SKINS.

Event 8 Splash for Cash Multi Stroke SKINS. To qualify for this event the swimmers must have competed in the 200m IM

Of our four Melville competitors only Sarah and Alan competed in the 200m IM while Aithne and I swam in three of the 50m events while Sarah and Alan added two of the 50m events.

After Events 1-5 were completed we waited in the stands and if our name was called out for the next events that were the swim offs, we swam. Finally we ran out of chances. In the handicap event we swam either freestyle or form stroke until told we were eliminated. The form stroke handicap races were exciting because swimmers could be swimming different strokes. For instance in the race I was eliminated, my handicap time was 27 seconds, and as I was doing backstroke against breaststrokers I couldn't see how I was going.

By the end of the meet Sarah had swum 5 times, I had swum 6 times, Aithne 7 times and Alan 9 times.

We had two winners:

Handicapped Multi Stroke SKINS - 2nd Under 45 was Aithne

Closest to Nominated Time in Events 1 – 5 - 1st Place Male was Alan whose time in his 50m butterfly was only off 0.06 from his nominated time.

It was a fun event, even though it was hectic not knowing when your next swim was happening. I really enjoyed being in the stand with my fellow Melville competitors and Rowena, another ex member. When she was not swimming Sarah spent her time marking Year 11 Biology papers and Aithne was marking Year 2 Religion. Alan didn't spend much time with us, as every time we looked up he was swimming although he did find time to eat a bread roll and my mini pumpkin quiche for lunch.

I think I would swim in this Carnival again next year and hope more Melville members enter.

'BIG' BIRTHDAY SOCIAL

A few of our Marlins celebrated birthday milestones this year and so we are having a social to toast the occasion!

"For those of you who enjoy a party, you are invited to celebrate four milestone birthdays with some of your swimming mates, namely Noela Medcalf, Murray Edwards, Jan Howie and John Musty.

Noela celebrated her 80th birthday in February, both Murray and John celebrated their 70th's in July and Jan celebrated her 60th in July too.

Jan has kindly offered her home for this party, details are as follows:

- Address: 206 Burke Dr, Attadale (cnr Burke & Stoneham Rd). Parking is available on the grass verge on Burke Dr.

- Date: Saturday 17th October 2015.

- Time: 7.00pm.

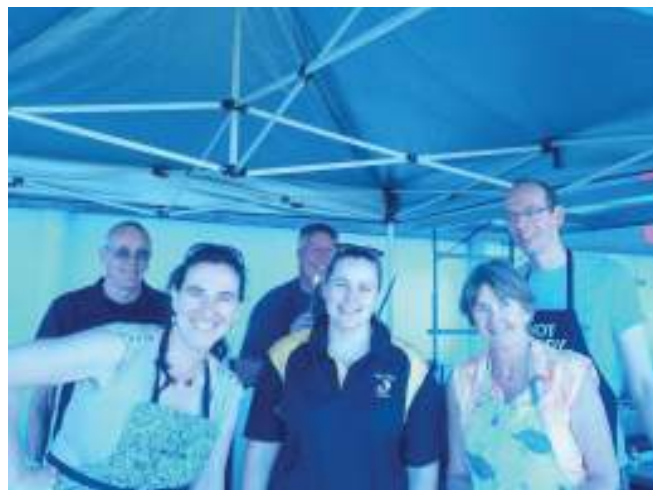
- What to bring:

. Meat for a bbq and either a salad or dessert to share. (I know that some of you are vegetarians so please bring your own dish).

. Your own chair, plate, eating utensils and glass - you bring, you wash and you take home.

- RSVP: Cheryl McGay cherylmac48@gmail.com

BUNNINGS SAUSAGE SIZZLE



Many thanks to Cheryl and the volunteers for a great effort on the 28th September. Funds raised help fund lane hire at training sessions.

HUMOUR

Grumpy?



Well I didn't know that!!!

Here are some facts about the 1500s: Most people got married in June, because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odour. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

Bread was divided according to status. Workers got the burnt bottom of the loaf, the family got the middle, and guests got the top, or "The Upper Crust".

SUPPER ROSTER



If you are unable to assist on the allocated date please organise a swap with another person and inform Pam McHugh.

SHOPPING LIST

Cheese: 1 kg cut ready for serving

Biscuits: 3 packets

Milk: 1 x 600ml low fat

Please check supplies of Milo, Tea, Coffee, Sugar, Serviettes, and Detergent etc. and re-stock if necessary.

Please take tea towels home for washing.

Keep all sales dockets for refund from Treasurer

HEARTY MEAL NIGHT (HMN) no cheese and biscuits

Duties

Set up tables and chairs. Fetch Cutlery, tea/coffee, kettle and wash basin from storeroom and set up on table. Fill kettle with water and have a spare jug of water on hand.

Marlins: Please wash and dry your own cup and place

in drawer.

Pam M and Eddy	24 th Sept and 1 st (HMN) Oct
Pam M and Doug M	8 th Oct, 15 th Oct
Cheryl M and Jaki Smith	22 nd Oct, 29 th Oct
Charles R and Sean O'S	5 th Nov (HMN), 12 th Nov
Haydn M, Murry E	19 th Nov, 26 th Nov
Peter C, and Rebecca Y	3 rd Dec (HMN), 10 th Dec
Lynne A and Cheryl M	24 th Dec, 31 st Dec

NEWSLETTER CONTRIBUTIONS



Even though it's not a manmade pool, the Devil's Pool still qualifies as a pool. If you're ever in Zimbabwe, don't miss the chance to take a swim in The

Devil's Pool, a small lagoon that's enclosed by rocks on the edge of one of the biggest, most beautiful waterfalls in the world, Victoria Falls.

Thanks for all the newsy articles, jokes, training hints etc that have been forwarded to me over the past few months.

Please email newsletter articles to Lynne.alguire@gmail.com

ARE YOU READING ME?

A newsletter is only one way to communicate news about the club. Your views are important. If you have any feedback about the newsletter e.g. format, frequency, length, articles, etc please email lynne.alguire@gmail.com

Take your marks ... the science behind the perfect swimming dive

July 24, 2014 6.18am AEST

Elaine Tor

PhD candidate in Swimming Biomechanics at Victoria University and, Australian Institute of Sport



Australia's Cate Campbell transitioning from the on-block phase to the flight phase of a swimming start. EPA/Juanjo Martin

The swimming events of the Glasgow Commonwealth Games are among the first on the schedule. Australia and the UK tend to do quite well in the swimming events – as does Canada – so it's an excellent opportunity to learn a little about the all-important swimming dive start while watching our swimmers compete.

The swimming dive start is highly linked to overall performance during competition. In fact, the start can contribute anywhere between 0.8-26.1% of total race time, depending on race distance.

Obviously, it's important that elite swimmers get their dive down pat.

The swimming dive start is defined as the time from the starting signal (the gun or beep) to when the centre of the swimmer's head reaches 15m down the pool. Elite swimmers can typically perform a start between 5.5 and 8s.

The swimming start is broken into three phases:

on-block flight underwater.

The average percentage contribution for each phase of the start for elite swimmers is 11% (0.74s) spent in the on-block phase, 5% (0.30s) in the flight phase, 56% (3.69s) in the underwater phase and 28% (1.81s) free swimming.

On-block phase: The time from the start signal to when the swimmer's toe leaves



the block.

Jessica Schipper and Stephanie Rice in the on-block phase. EPA/Kim Ludbrook

Flight phase: The time from when the swimmer's toe leaves the block to when the swimmer enters the water.



Eamon Sullivan in a flight phase. AAP/Tertius Pickard

Underwater phase: The time from when the swimmer enters the water to when the swimmer's head breaks the surface of the water.



James Magnussen in an underwater phase. EPA/Patrick B Kraemer

The underwater phase is the longest of a swimming start – it can account for 95% of variance in start time – and is the most decisive in determining efficient overall start performance, because it is when the swimmer is travelling at their fastest through the water.

So what makes the perfect dive?

It is important to remember the fastest starter is not always the one that enters the water first. The fastest starts are the ones that can maintain the highest velocity for the longest *after* they enter the water.

Prior to hitting the water, a swimmer must learn to maximise their take-off horizontal velocity while also reducing their reaction time, but if a swimmer does not optimise the underwater phase, increasing their take-off horizontal velocity won't be advantageous to start performance.

There are a number of factors that affect the swimmer after they enter the water which determine how much velocity is maintained during the underwater phase and, in turn, the overall outcome of the start. These include:

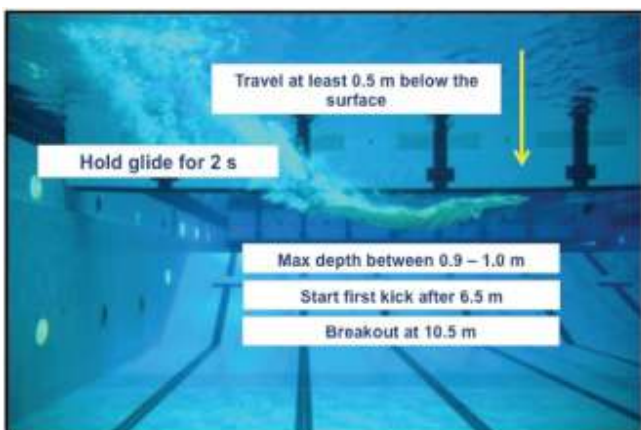
being as streamlined as possible starting underwater undulatory swimming (dolphin kick) after about 6m generating propulsive kick using only the feet and legs during the underwater water kick phase.

The swimmer can also vary the depth at which they swim, although this will affect the amount of drag acting on the swimmer and can affect the trajectory of the underwater phase. Specifically, the timing of a swimmer's first kick, their maximum depth and the underwater trajectory used will have the greatest influence on overall start performance.

If a swimmer's maximum depth is too deep they will spend longer travelling up toward the surface, and if the swimmer's maximum depth is too shallow they will experience higher drag forces acting on them.

Similarly, beginning the first kick too early will increase the amount of drag acting on the swimmer.

The ideal underwater trajectory



Elaine Tor

Through a number of research studies a number of theoretical guidelines for the ideal underwater trajectory have been detailed in the figure above, but the optimal underwater trajectory will also depend on each individual swimmers' anthropometric characteristics and underwater kicking ability.

By using these recommendations swimmers are able to adopt the ideal underwater trajectory that will reduce the amount of resistance acting in the opposite direction to slow the swimmer down.

As a result they will be able to maintain a higher velocity for longer and set themselves up for better start performances.