



HCM NEWS

Winter 2010

Swimming for fitness, fun, and friendship

In this Newsletter:

Barry's Bit, AGM, Levin Swim Meet, Tony's Technical Tips, Ocean Swim Series, Mid Winter Swim, Club Clothing

Upcoming Events 2010

XII FINA World Masters Championships
27 July – 7 August
Goteborg and Boras, Sweden

Manukau Masters
31 July
Just Skins
Appns close 24 July
See: [Manukau Masters - Just Skins](#)

NZMS Postal Meet
August
See: [NZMS 800 /1500 Postal Meet](#)

NZMS Oceania 1hr Postal Meet
September
See: [NZMS Oceania 1 Hour Swim Postal meet](#)

Huia Chocolate Fish Meet
4 September
See: [Huia Chocolate Fish meet](#)
HCM Contact: Barry

Barry's Bit

Hi everyone

Hard to believe we are halfway through the year, and that the shortest day has been and gone, but it's true. Despite the bad weather, we have still had good attendances at the pool and lots of new people joining our ranks, which is really heartening to see.

Many thanks to those who have contributed articles for this newsletter. We welcome any contribution to the newsletter so if you have something of interest you wish to share with other members of the club, come and see me. I am at the pool most Wednesday and Saturdays. Don't forget Wednesday nights after our swim we adjourn to the Brentwood for a drink and catch-up and Saturday mornings to the Pool Café for brekky and another catch-up. Always nice to have relaxing time out of the pool, as that's what Masters stands for – fun, fitness and friendship

Our AGM was held on 24 March and due to some technical difficulties with MYOB we were unable to present the Financial Report. It was agreed at the meeting to defer this item until the accounts were fully audited and ratify them at a Special General Meeting to be held prior to Oct 10. I am pleased to say that we now have an audited set of accounts and these have been lodged with the Charities Commission as we are required to do annually. Please watch your emails for notice of the Special General Meeting at which time the Financial Report will be presented and the main topic for discussion will be Annual Subscriptions for 2011. The minutes of the AGM are now on the web site for you to review.

Barry

AGM – March

For those of you that missed the AGM in March, your elected representatives are:

President: Barry Lake **Treasurer:** Simon Henderson
Secretary: Vanessa Young
Social committee: Peter Shanahan, Alison Rowe, and Suzi Archer

Levin Swim Meet

Every year HCM supports the Levin Masters Club by gathering the troops and heading to Levin's swim meet in May. The meet epitomises the motto of masters: fitness, fun and friendship. It's an event that spectators enjoy as much as the swimmers.



Tony, Joe and Barry on the benches

Also, congratulations to Hamish who was HCM's sole representative for the longer distance races on the Friday night.

HCM had some fantastic results. Particular congratulations to Tony, Margie and Joe. In addition to personal results, HCM had successes in the relays the skins events too.

Most stayed overnight and a few hardy souls braved the weather the next day to venture out on to the Otaki golf course, after a hearty brunch.

This was one of the best run and well attended fun meets of the year, and even though the spot prizes ran out and the RSA had difficulty coping with extra numbers, the food was fabulous

This year, a number of HCM members tested the waters of Masters Swim Meets for the first time at Levin – if you are one of them, well done!



Margie and Martin with the club banner

and it did not put a damper on the whole event.

The following account of one member's success in Levin has been provided by UK Mel and NZ Mel:

Griffin does well

Months of hard training and abstinence from alcohol clearly paid off for Andrew and he had a remarkable event.

For those who do not know Andrew (Mr Long-shower) had set himself the challenge of complete the 100m freestyle in less than a minute. For weeks before the event he had been sneaking in extra training sessions - no one is quite sure how many kilometres he racked up over this time.

The heat saw him seeded in fifth place and he gave the illusion of being calm and collected before the race. He then started well, beating the other competitors off the block and continued to maintain a lead over the other swimmers in the race. HCM supporters were torn about who to support as Joe Kelly started to break down Andrew's lead on the third length – but Andrew's determination won on the day and he finished first.

"And the time?" Whilst gasping for breath he asked his supporter and closed his eyes - 58.51s – what a result!

Andrew also won \$20 for just beating UK Mel in the 50 fly and pulled in a win in the skins event, beating out Martin (who swam fly...) and Joe.



Roger after a race



Andrew after his race

Tony's Technical Tips

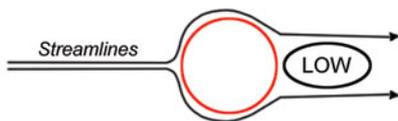
Many an HCM club member has benefited from Tony Hickmore's advice in the pool. He's now spreading that further by becoming a columnist in the HCM newsletter.

During the course of the next few newsletters he will be providing some technical tips based on the information found in the book 'Swimming Fastest' by Ernest W. Maglischo.

In an effort to swim fast some swimmers use a number of incorrect stroking movements that cause the body to swing from side to side. In freestyle this can disrupt lateral alignment by swinging the hands across the midline of the body.

The effect of this is that the swimmer then tends to swim through a larger space of water causing more drag and therefore slowing the swimmer down. The shape a swimmer presents in the water has a profound effect on the 'form drag' they produce. Tapered objects encounter less resistance than objects with square corners and convoluted shapes.

Non-Streamline Shape



Streamline Shape



Swimmers need to try and present themselves in the water in a bullet type shape and to do this you should

attempt to slide your entire body forward through the holes you open when the arms enter and slide forward through the water.

Rolling the body from side to side assists in presenting the least amount

of drag and providing the lateral alignment to stay straight ahead. Swimmers should allow the body to follow the lead of the arms during the various stages of each stroke cycle.



Understanding some of the reasons behind getting through the water more efficiently will help as we develop drills and training tips to assist in improving your stroke.

Enjoy

Ocean Swim Series 2009/10

Summer is over but many have fond memories of ocean swims and sunshine. Tim has provided the following:

Remember November 2009, a call to action (again) for another summer series of Sovereign Series Swim Races from around New Zealand. It was time to ramp up the training, pull out the wetsuit, and dust off the air points (if you had any) for another attack at a great series of races around New Zealand.

The 2009/10 season included six races including the iconic Auckland Harbour Crossing, the new Bay of Islands dash, the hotly contested local 'Capital Classic' derby in Wellington followed by the journey down south to Christchurch. Then it was off to Tauranga and finally the King of the Bays in Auckland. Each race was 2.8km (if you held the right line) with the exception of the Bay of Islands race which was 3.3 km. A person's best three races put them in their overall series age group points.

Not even a winter of training in Thorndon pool or a mid winter splash prepares a person for hitting Oriental Parade in October in preparation for fast approaching series. However, a curious few HCM members steeled themselves for the racing ahead. These included Margie McKee, Vanessa Young and Tim Shaw setting up to have a go at the series with Hayden Wilton in tow for some of if not all of the races. Others including Joseph Kelly, Phil King and Tony Hickmore committed, in some cases late in the piece, to the Wellington race - easily the best race on the circuit.

Overall Margie had a great year easily winning her age group in all but one of the races and taking the gold medal overall. Vanessa was easily in the top five of her very competitive age group and also bravely won the non-wetsuit division in a few races. Tim finished

second overall in another very competitive age group, aided by the first two being excluded as they were in the top ten overall!

It is important not to overlook our local race (the Capital Classic) with many HCM members having a go and many more watching on - something that was greatly appreciated as support and a recognisable face or voice always helps a person over the line. Tim, Joe and Phil had great races - all easily going under 40 minutes and only around 55 seconds between them - all being quicker than Danyon Loader it must be noted. Tony came in at 46.28 minutes remembering the challenging year he had and Haydn was in there as well. Margie was 15th overall in the women's race and Vanessa was not far behind. Even Andrew Griffin got in and had a go at the 750 metre race

There were other races to note like the 3.3km straight line (almost) Bay of Islands race, the remarkably warm Corsair Classic in Christchurch where some fantastic times were registered - the HCM members were all peaking well towards the end of the season and the King of the Bays' good conditions meant good times. It seems most of the HCM members are getting faster as they get older!

The next season is not far away, something for you to aim for. There is nothing better than being out training in that harbour, soaking up the views and the 'fresh' water. There are also the local races such as Splash and Dash and others - so get in there and have a go. The next Ocean Swim races begins in November with a new sponsor - State Insurance - so look out for it.

Further information is available at: www.nzoceanswim.co.nz

From summer in the ocean to the mid winter swim

It is only the hardest who brave the harbour in winter – this year, 14 brave souls took up the challenge of the HCM mid winter swim.

They arrived at Freyberg beach on a windy Wellington June morning, rugged up and warm. Jonathan had the mulled wine warming and Peter had the Rum at the ready. Whilst people were shivering awaiting 11am, President Barry whipped off his clothes to reveal his HCM speedos and set the standard for the members, who reluctantly removed their scarves and jackets in preparation for the plunge.

Impressively, most not only made it into the choppy harbour but also got their heads under the water – and managed to get out of the water within 12 seconds!

When they made it out of the water, the brave boys and girls were greeted by spectators baring cups of mulled wine. As their body temperatures had dropped they happily stood around in their togs a little longer before dashing to Freyberg pool to soak in the spa.

Half an hour later, the happy and relaxed crew ambled their way along Oriental Parade to Beach Babylon where the fireplace warmed everyone to the point of contentment and filled everyone to the point of stupor. I doubt anyone moved very fast that afternoon – probably preferring to welcome winter and curl up with a good book.

Congratulations everyone!



The hardest of HCM

Club Clothing

Togs

We have men's and women's club togs for sale. They are Speedo Endurance, Black with our gold logo on them. Women's sell for \$65 and \$45 for men's. These are a very good price for togs and wear well.

Swim Caps

We have good stocks of silicone swim caps (black caps with gold writing on them). The caps sell for \$10 each.

Club Shirts

Shirts sell for \$40 each. We only have a limited stock so will take orders if we don't have your size. See below for sizes and picture.

Men's	S	M	L	XL	2XL	3XL	5XL
Half Chest (CM)	52	55	58	62	65	71	79
Kids	4	6	8	10	12	14	16
Half Chest (CM)	36	38	40	42	44	46	49
Women's Equivalent	-	-	-	-	8	10	12



If you would like to purchase any of these items please see Barry.