



## MASTERS NEWS – SUMMER 2013

*The Masters section at BPSC supports swimmers who vary greatly in both age and ability. Ages range from late teens to sixty plus. We have members who swim for fitness only. We also have Tri-athletes, open water swimmers, Ironman competitors as well as club swimmers who may still compete at county, regional and national level. But above all we have swimmers who just enjoy our sessions.*

*If you are interested and want more information please contact Susan Humphries our Masters Coach ([masters@phoenixbasildonsc.org](mailto:masters@phoenixbasildonsc.org)).*

Welcome to our summer term.

We have the ASA East Region Open Water Event on 14.07.14 at Whitlingham Great Broad, Norwich. Details on Website (note: wet suits are not allowed in this event). In preparation we will be doing a few open water preparation swims. This will also be of benefit to any triathletes amongst us.

Some of you may never have ventured out of the pool. There may be no wall to touch but there's no wall hemming you in either. Risks are manageable, remember, before pools this is how we swam!

You can adapt to open water conditions if you sharpen your skills in the pool first. We will be practicing bi-lateral breathing. You will need to be able to roll your head either way to look for landmarks, or because of the wind or waves which may be against your preferred side.

Looking up and forward without upsetting rhythm and balance, we will be learning new drills to cope with this. Swimming blind and learning how to cope with no lane guides on the pool bottom, murky water and stroke counting.

I will, for those of you who are interested, be issuing further guidelines and tactics for your open water swims. Please let me know if you require a copy.

We will be having occasional wet-suit nights. We have been given permission by the pool BSV. Remember if wetsuits are allowed in a race then wear one. You will swim about 5 % faster without having to work harder for it.

Results from Essex Counties follow. Congratulations to all those who took part. I hope to see you all at the Regionals in Newmarket, Suffolk at the end of October.

For those of you who wish to know what else we have planned:- We will be doing another T20 or T30 timed swim. This will tie in nicely with open-water preparation.

We will also have our wet T Shirt night again ! A useful fun way to increase stamina. Shorts are optional.

If you have a particular event you are gearing up for, let me know.

We will of course be continuing to gear our training towards the masters events; Nationals at Ponds Forge 25.10.13 and Senior Regionals in Newmarket in October. The British Gas Masters and Senior Age Groups on 14 June. If you do well or achieve a PB at an event, let me know. There is always space in our Newsletter.

Congratulations to John Kirby on his selection to the Police GB Team and good luck John in the Ukraine. Good luck also to John in the Senior Masters National event in Plymouth. Well done also to Ben Preston, Barry and Sharmaine Owen at the National Police Gala. Our best wishes to Simon, Nielan, Callie, Brendon, Christine, Dave and James in their open water and triathlons this season. Please keep us advised of your progress.

Some of you will have noticed the increase in our numbers. We have of course welcomed all newcomers. However I will be monitoring the situation as I now feel that Mon and Tues sessions are fairly full now.

Best Regards

Sue Humphries

Masters Coach