



## INVERCLYDE MASTERS SWIMMING CLUB NEWSLETTER Jul-Dec '06/issue N.6

Hello Swimmers,

While we are getting ready for the 12<sup>th</sup> Inverclyde Open short course swim meet a little rehearsal of IM rules.

This year our gala will host swimmers from several European countries and New Zealand. Everything is ready for one of the most well-attended and exciting swim meet of the Masters circuit. Make sure you do not miss the presentation dinner either!!

A few hints on leg-cramps and 'slow-aging' and a picture from the **XI FINA WORLD MASTERS CHAMPIONSHIPS...** showing what Masters swimming is all about.

The XI FINA World Masters Championships, held at Stanford University in San Francisco, CA, are now history. The stats were mind boggling: 5,491 swimmers representing 1161 teams from 75 different countries. The printed heat sheets for the 7 days of swimming competition were as thick as the San Francisco phone book, and projected something like 35,000 individual swims, representing millions and maybe BILLIONS of laps done in training and preparation.

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Enjoy!

By Simona Ielo

**1-SWIMMING: CALENDAR AND COMPETITION INFO**

What's coming up the Scottish Championship Agenda?

**8-9<sup>th</sup> Sept. 2006**

Inverdyde Masters International Open Short Course Swim Meet, Waterfront, Greenock.

**10-11<sup>th</sup> Nov. 2006**

Glasgow International Swimming Masters Meet, Tollcross, Glasgow.

**18th Nov. 2006**

Scottish National Short Course 1500m Masters Championship, Tollcross, Glasgow.

For more information on events above and entry forms please visit:

<http://www.scottishswimming.com/sports/masters/>

**OPEN WATER EVENTS**

Ever fancied cold water?

**20 August 2006**

Clyde Charity Swim, 2 miles Tidal

**2-IM RULES**

from 'BY A FRACTION OF A SECOND' by L.R. Melina, p.15

In the IM the rules for each stroke govern how each leg of the IM is swum. A swimmer must follow each stroke's rules for turning while turning during that stroke leg in the IM [...]. However, when making a transition from one stroke to the next the swimmer is considered to be finishing the stroke and the rules for the finish of the stroke rather than the turn are applied. For example, when turning in a backstroke event, a swimmer is permitted to roll onto the stomach just before the wall and do a flip turn, but the swimmer must finish the race by touching the wall while still on the back. Therefore, at the end of the backstroke position of the IM the swimmer must touch the wall while still on the back before turning to swim the breaststroke.

### 3- I HAVE LEG CRAMPS: WHY AN WHY CAN I DO?

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Leg cramps, predominately in the calves, is a well known "disorder" among swimmers. The reason for leg cramps may be as follows:

- Exhaustion (workout, competition)
- Cold water
- Loss of magnesium via perspiration
- Dehydration via perspiration: **Replenish fluid loss** but wisely

If you experience leg cramps during swimming you should stop and try to control the cramps with stretching. If you are tired or if the water is cold it most probably means that the workout or competition is finished. Magnesium is an important element in the control of proper muscle contraction.

If you experience cramps quite often during workouts or while asleep (nocturnal leg cramps), it most probably signifies magnesium deficiency. Perspiration due to exercise means that you loose minerals in substantial quantities which may lead to cramps. Loss of water itself may lead to cramps: **How to replenish fluid loss**

Try to replenish magnesium with an appropriate formulation (salts or tablets) you can get at health or drug stores. Some sports drinks also contain this electrolyte in substantial amounts. Daily recommendations are 100-125 milligrams. Keep in mind that only 30-40% of the total amount is resorbed by the gut - the rest is going down the toilet.

Best products contain magnesium in form of aspartate, citrate or orotate. Magnesium carbonate and -oxide are cheap formulations but resorption is five to ten times lower. Do not supplement magnesium for more than 6 to 8 weeks (with a break of 1-2 months in between).

### 4- SWIMMING: FOUNTAIN OF YOUTH

© Felix Gmünder, **Schwimmverein Limmat Zürich**

THE fabled Fountain of Youth may be found in a pool near you, according to research by Indiana University's Dr. Joel Stager an exercise physiologist, who has found that regular and fairly intensive swimming can substantially delay the decline of such age markers as blood pressure, muscle mass, blood chemistry and pulmonary function.

Last April, Stager, a professor in the Department of Kinesiology, and his research team from the Human Performance Lab performed a battery of tests on 200 swimmers at the U.S. Masters Short Course Swimming Championships in Indianapolis. They measured age

markers, whose physiological functional capacity typically declines by about one percent per year beginning around the age of 25, and compared their findings with similar data collected on the general population.

**"We're starting to find out that a lot of the decline is probably related to a decline in activity rather than aging per se," Stager said. "The hypothesis is that activity preserves physiological function."**

The researchers found that by regularly swimming 3,500 to 5,000 yards (roughly 2 to 3 miles) three to five times a week, these USMS swimmers postponed the aging process, not only for years but for decades. They found that many of the swimmers delayed this natural decline until the age of 70.

Stager is the director of the Counsilman Center for the Science of Swimming, and is an avid swimmer himself, swimming roughly 3,000 yards five times a week. For recreational swimmers, any amount of swimming is beneficial, he said, particularly for the least active. A workout should depend on goals, such as preparing for competition, improving fitness or seeking health and well-being benefits.

"The health and well-being benefits start with a minimal amount of swimming," Stager said. "If you want the fitness effect, you'll need to look at getting your heart rate up and boosting the intensity."

Stager said most of the male and female swimmers examined in spring 2004 reported swimming 3,500-5,000 yards five days a week. He received a grant from USMS to get a better grasp of how much swimmers actually swim, using accelerometers to measure how often, how far and how intensely they swim. He received another USMS grant to focus his research on the relationship between swimming, aging and muscle mass and function. The loss of muscle mass is a big concern among the aging, he said, because of its effect on range of motion and quality of life.

Stager recently presented his findings to the World Sports Medicine Congress, and he will present abstracts of the research this summer at a conference of the American College of Sports Medicine

## 5-FROM THE XI FINA WORLD MASTERS CHAMPIONSHIPS...

(picture from Go Swim Update 25 Aug. 2006)



Audrey Etienne (age 90) 's world-record-setting stroke. Her 2:19.14 in the 100 free was good for another world record

## 6-GOSSIP OF THE MONTH

We will soon have a new club T-shirt.

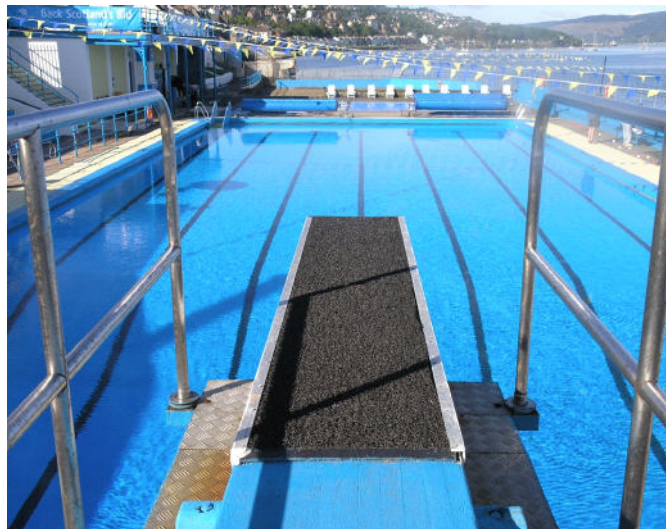
One swimmer decided to buy two: one for representing Inverdyde Masters at the incoming swim gala and the other one for the social night out. We will soon know who it is :O)

## 7-NOTICE BOARD

As anticipated Masters have now a new webaddress. For Scottish Masters Calendar of events and entry forms please visit <http://www.scottishswimming.com/sports/masters/>

## Inverclyde Masters' happy birthday to....

Bruce Cook, Frank Gallagher, Alexander Hunter, Duncan munro, David O'Brien, Joseph Phillips and myself.



Nice one, ain't it? There is our summer season swimming pool in Gourock. We will soon move back to indoor training and we will miss you so much!

(the picture was taken by our fellow swimmate Fred McLaughlin).

## 8- HAVE YOUR SAY....

**U-turn!**