

# CHALLENGERS' CHATTER

JULY 2020

*Tackle the basics and then train to increase speed and strength and improve your technique*

Is improvement in performance and conditioning possible after you turn 60?

YES!

What are the keys to this seemingly daunting task? This answer is complex ...

## First, the Basics

The first stage of this quest has to do with maximising your health, regardless of your underlying medical conditions. The basics are simple to identify but can be difficult to execute.

## Nutrition

As basic as this sounds, few adults pull this off. Start with the healthy basics of fresh fruits and vegetables. Add to that fibre and healthy protein. Protein is not the core of a healthy diet. Protein can be plant based or animal based, but you'll want to be selective. Plant-based proteins carry triglycerides, and animal-based proteins carry cholesterol. So, understand the pros and cons of your protein choices!

Consider nutrition as fuel for your engine. Fuel when your engine is running hot and slow down your fuelling when you slow down. And your grandmother was right: Breakfast is the most important meal of the day. Weight control can be a problem if the bulk of your calories are at the end of your day. Spread out your fuelling. Remember that nutrition includes before, during (if longer than 30 minutes), and after your training.

## Hydration

This is easy and hard at the same time. Consider yourself hydrated if your urine is clear by mid-day. Yellow means you're dehydrated, unless something is imparting colour to your urine. There are vitamins and other supplements that can cause urine to be dark, so consider taking your supplements later in the day so you can see if your hydration is adequate.

## Sleep

Restorative sleep is critical to repair and rejuvenation. Although different people require different amounts of sleep depending upon the efficiency of their sleep cycles, no one pulls this off in five hours per night. Optimal is seven to eight hours, and this is NOT with your electronic devices pinging and ringing at your bedside.

Underlying medical conditions and medications may affect how you approach these three cornerstones of nutrition, hydration, and sleep, but usually not by much. If in doubt, consult your medical practitioner and make a plan. Chances are you'll need less medication the healthier you become.



## Next, the Training

Now, how to enhance your training, get faster, and enjoy your training. Remember that none of this works unless the above rules of the game are followed.

## Train Speed

In order to swim fast you have to train fast.

Your engine has several types of muscles: slow twitch (type I muscle fibres; mostly aerobic; used predominantly by distance swimmers), fast twitch (type II muscle fibres; mostly anaerobic; used predominantly by sprinters), and fibres that are more flexible and can function as either, depending upon how you train them. Regardless of your age, you can stimulate fast twitch fibres to develop. True, this transition is much faster at age 20 than at 60-plus, but it isn't impossible. You have to plan to recruit fast-twitch fibres.

If you, like many Masters athletes, are swimming the same aerobic set with short rest, then you're training slow aerobic muscles to swim slowly. Yes, maybe you have an open water event or a triathlon that requires you to swim a long distance. But do you want to do it slowly? And how do you cope with the sprint at the start, around a buoy, in a cross-current, in a crowd, or at the finish? Easy answer: You can't if you haven't trained correctly.

The message here is train all muscle types, which requires planning. You need a plan not just for some practices, but all practices.

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## Train Strength

In addition to swim training, strength training is critical for the 60-plus athlete. So which muscles should you train? Answer: the swimming ones and the muscles that support the swimming muscles. The swimming muscles are the ones that surround the rotator cuff, scapula, and core. This [FINA video](#) outlines the process.

## Train Technique

So, you're a 60-plus athlete and you're training the right way and supporting that swim training with strength training. What's next? Technique.

Swimming is an incredibly technical sport, and you're training horizontally in a denser medium than air. This means that it can be difficult to know where your hands, arms, legs, head, core, etc., are while you're swimming.

The key here is find a coached workout. Without a coach guiding you, your technique and your stroke efficiency slowly deteriorate. This can lead to injuries, doctor bills, time out of training, and surgery. A coach is your best investment.

Enjoy, swim fast, get healthier, and have fun. The more candles on your cake, the longer this takes to accomplish, but, with patience and planning, you can do it.

by Jim Miller, MD 7 July 2020

# Carnival Corner July 2020 : Upcoming Meets

... from Lois Hill

## STILL Celebrating back to squads !!

Well, since the last newsletter, all QLD 2020 events, Both Pool and Open Water, and the September National Championships in Sydney have been cancelled!

## So we now look forward to NEXT Year 2021

### 2021 MSA National Championships : April 30 - May 4

These will be held in Darwin 30 April – 4 May 2021 at the Parap Pool, & Open Water swim at the SAFE Waterfront Lagoon.

Quest Apartments is really close by (walking distance to the pool) is recommended & some members have booked already .Web site is <https://www.questapartments.com.au/properties/nt/parap/quest-parap/hotel-rooms>

| Room Type         | per night/6 nights | per night>=7 days | days | Total 7day stay |                             |
|-------------------|--------------------|-------------------|------|-----------------|-----------------------------|
| Studio            | \$125              | \$115             | 7    | \$805           | KS/2Singles:no balcony      |
| 1BR               | \$175              | \$165             | 7    | \$1,155         | KS/2Singles:balcony         |
| 2Br               | \$225              | \$215             | 7    | \$1,505         | 1 bathrm:balcony            |
| 2BrExec (2Bathrs) | \$225              | \$215             | 7    | \$1,505         | studio+1Br=2 bathrm:balcony |
| 3Br (2 Bathrm)    | \$305              | \$295             | 7    | \$2,065         | studio+2Br:balcony          |

### Special Noosa Rates

(A small assortment has already been booked for Noosa, with dates 28 April check-in and out May 5<sup>th</sup>. These may be of use to members who wish to share. Contact captains for details)

Otherwise book your own-

\* email [questparap@questapartments.com.au](mailto:questparap@questapartments.com.au), mentioning you are booking as a Noosa Masters swimmer to get the special rates. (You will need to supply a credit card to make the booking, but there is no deposit and free cancellation up to 48 hours prior to your booked arrival).

Flight costs as at 29 June for 28 April 2021: Qantas QF824 (\$230 RedEDeal) & Virgin VA449 (\$299-Elevate), both direct flights fly early in the day. We have members who have booked on one or other of these flights.

Please email your EOIs to captains - [captain.NoosaQNA@gmail.com](mailto:captain.NoosaQNA@gmail.com)

### 2021 Great Barrier Reef Masters Games in Cairns 20-22 May

Who's interested in going? We already have a few starters! If you have any thoughts of possibly going, please email captains - [captain.NoosaQNA@gmail.com](mailto:captain.NoosaQNA@gmail.com)

**Note:** Alliance Airlines flies MCY to/from Cairns on Sunday, Monday & Fridays (MCY 2:05pm Cairns 11:30am).

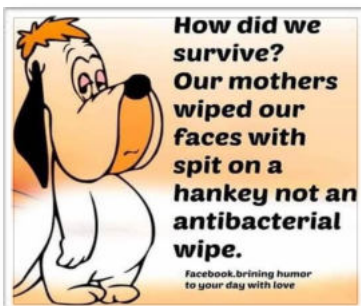
### 2021 Australian Masters Games Perth 9-16 October

Long way ahead, and we will hopefully have local comps next year.

We are still awaiting details of QLD State Champs for next year.

Enjoy your swimming!

Email ANY queries to Captains, Rob & Lois on [captain.NoosaQNA@gmail.com](mailto:captain.NoosaQNA@gmail.com)



# The Health Report #7

Information brought to you by Jane Powell



## Inflammation

Inflammation is a topical subject just now, as we become familiar with symptoms produced by the virus Covid 19.

Ordinarily, inflammation is an acute immune response to injury or infection. Perhaps you get a splinter, or hit your thumb with a hammer. Proteins called Cytokines from the affected site signal the need for the body to respond and repair itself.

Pain, swelling, heat and redness ensue, blood cells clot or fight infection. Very soon we are healing and all is well.

But what happens if the body's immune response doesn't work the way it is supposed to? What if our immune response does not result in healing and resolution of the original problem? What if our immune response becomes chronic, unable to turn off?

This is when inflammation becomes the problem and no longer the cure.

Many common diseases have chronic inflammation as their root cause, when the body's immune response turns on its own tissues and organs. Inflammation therefore, can underscore painful and debilitating disease, and can be fatal.

Ref: UQ IMB 'Edge' Magazine 12/19

## COACH'S TIPS



### A few tips on Warm Down

Don't neglect your warm down.

It's usually the last thing we feel like doing when we have finished our main set. Sometimes we are shattered and just want to get out of there .

Doing some light warm down helps flush metabolic waste and gets blood flow to affected areas including joints, ligaments and muscles.

Warming down also helps nervous system to recover.

Happy swimming - Cheers, Jan

# Happy Birthday

Don't just count your years, make your years count.

George Meredith

## July

|                 |     |              |      |
|-----------------|-----|--------------|------|
| Kerry Blackwell | 2/8 | Mark Besford | 11/8 |
| Mick Jones      | 4/8 | Adele Smout  | 18/8 |
| Jo Matthews     | 7/8 | Dyanna Benny | 23/8 |
| Brian Hoepfer   | 8/8 | Rob Lucas    | 29/8 |

Age may wrinkle the face,  
But lack of enthusiasm wrinkles the soul !  
...Danish proverb





## MASK MAKING PROJECT ...

Given that masks have become one of the tools in strategies to curb the spread of corona virus in certain situations, some of the club members have taken to making reusable masks from their very extensive “stash”.

Adele, Chris, Robyn, Dee and several others are embarking on a mask making project (details to be formalised) in the not too distant future .

If you, family or friends would like some reusable masks please send text or email

Adele Tucker 0417069229 tuckeria@optusnet.com.au  
Chris Cooper 0400741009  
christine.cooper7@bigpond.com

This will help us get an idea of what people are personally wanting.

After meeting club members’ needs, excess masks will be distributed to local organisations.

Here’s an informative link to the benefits of masks from the Qld Gov Health ...

[https://www.health.gov.au/sites/default/files/documents/2020/07/coronavirus-covid-19-are-cloth-face-masks-likely-to-provide-protection-against-covid-19\\_0.pdf](https://www.health.gov.au/sites/default/files/documents/2020/07/coronavirus-covid-19-are-cloth-face-masks-likely-to-provide-protection-against-covid-19_0.pdf)

Hopefully we will not get to the stage of mandatory mask wearing in Queensland, but it’s probably good to be prepared, cautious and courteous.

... Christine Cooper

## OUR FIRST POST-LOCKDOWN GET TOGETHER !!



Who can remember???? .... way back in Feb we had our last social get-together at the new bright and shiny Sunshine Beach Surf Club ... certainly a night to remember ...

Then Covid appeared on our shores ... no pool, no post squad coffee, no competition, no hugs, no handshakes, no cryptic crossword challenge - and since then, small fleeting exchanges mostly outdoor or perhaps a zoom meetup or hangout. We all retreated to the shells of our safe spaces. Some of us have found it a challenge and some of us have embraced the solitude ... we are all different ... and for some it’s been an incredibly difficult time.

**So, we are proposing a long awaited opportunity to get together, reconnect, share experiences and celebrate that fun and friendship as well as fitness is an important part of Noosa Masters Swimming Club ...**

### **What :**

A BYO “paper bag event” in the Park .

Rather than a shared table event just bring your own **fare and chair**

### **When :**

2.30 pm Sunday, August 23rd

### **Where :**

Chaplain Park. On the river over the footbridge past the Yacht club , where the Outriggers keep their boats. There’s some parking on the slipway road. I’m hoping it won’t be too busy there and we can spread out. There’s a few tables as well.

### **Entertainment:**

We can’t afford to pay anyone so bring your own.

### **Covid Safe Guidelines**

Keep your 1.5 distance

Use sanitiser

Register your attendance

Any queries to your 2020 free form Social Committee

...

Chris, Mick, Robyn, (and anyone who wants to join in)!

# 'GO NORTH', THEY SAID

... by Wendy Ivanusec

So we did, by train, Pensioner's rates, no sleeper ... 22 hours - Dep Cooroy 6.45pm, Arrive Cairns 4.30pm next day. Taxi to pick up rental car, then onto our 2 bedroom, 2 bathroom s/c unit accommodation at Image Drift in Palm Cove - a 35min drive to the North, half way between Cairns and Port Douglas. We were last in - security only on duty. A surprise awaited ... our friends had booked what they thought was an apartment with ocean view, instead it was 'the black hole of Calcutta', buried in the centre of the complex and never saw a scrap of sunlight (our wash took days to dry as not everything can be flung into a dryer, the lighting was minimal with no light over the dining table (reading done on balcony), a couple of small cockroaches scurried away from the bin under the sink and to top it off, the second bedroom contained only a bed with a foot of space either side and two feet for passage at the bottom - astonishing !! There was a cupboard with shelves outside the second bathroom/laundry, but absolutely no hanging space for BR2 - bizarre! We drowned our disappointment immediately with a few good reds before hitting the sack.

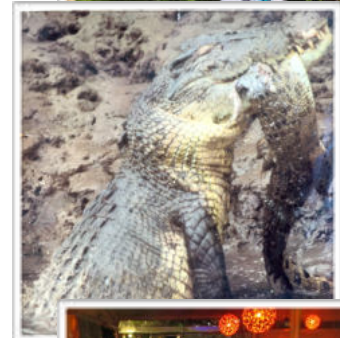
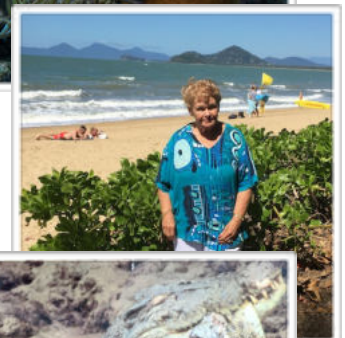
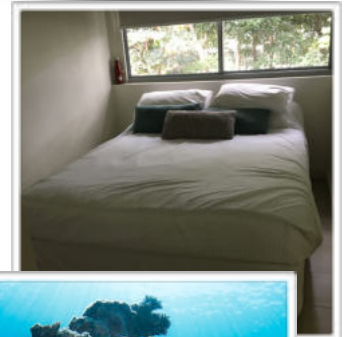
Lazy days followed with, among other things, excursions to Cairns Central, the Atherton Tableland, Port Douglas Sunday Markets, Yorky's Knob Yacht Club, a river cruise aboard Lady Douglas, languid strolls along the foreshore at Palm Cove for coffee, lunch or dinner - one of the best of which was enjoyed at a delightful Thai Restaurant. We were a little surprised to find a Surf Club at Palm Cove, so we lunched there once and Ivan praised his 'spag bol'.

The weather was not as warm as expected, often rather breezy - especially along the waterfront, plenty of whitecaps and small waves - so most days we wore our jackets. The Resort's massive pool in a rainforest setting had not been heated as yet and the spa was usually occupied by families, so our bathers stayed in the suitcase. Except for mine!!

The forecast for Monday 27/7 looked very promising, so I booked myself onto a day trip to the Great Barrier Reef aboard Passions of Paradise III - a family owned and operated concern with a strong connection to the protection and nurturing of the GBR. During the CoVID they've been able to continue their work of growing corals on underwater platforms (which I saw) and other research works. This was the highlight of MY holiday!

It was a really well organised day tour! I was definitely the oldest person aboard but I need not have worried as Passions offers a truly personal experience with focus on the small details. My immediate companions were a couple from Austria with a camper van who'd been here for 3 months but have applied to extend their Visa for another 3 months due to CoVID restrictions. They had their scuba books stamped by the divemaster. The other two were two Uni Students from Brisbane, girls, Asian. Christine comes from a musical family and plays guitar. Her parents run an Indonesian Restaurant on the Gold Coast. Particularly nice young girl. The big catamaran itself is great with easy stair access in and out of the water at the rear, even if it gets a bit rough (as it did)! Extra kudos that staff actually sit down with you to meticulously go through safety and your own health check safety list and do regular checks on numbers throughout the day. The staff kept contact with me all day, even helped me in and out of my wetsuit. My snorkelling buddy, Ada, made very sure I saw and enjoyed as much as possible in the time we had and always with a smile! They were delighted that our Club does an annual "Swim4theReef" to fundraise for EDO.

Food provided was generous, a welcoming plate of fruit for each table, hot/cold lunch, coffee/tea available going out and on return journey with biscuits, more fruit while the bar is very reasonably priced. Russell's marine biology presentation on the return trip was not only informative but entertaining and inclusive. Another nice touch as the staff lined up along the ramp to farewell each guest at journey's end back at the Marina. Do yourself a favour, join (aptly named ) Passions of Paradise to explore this amazing, magical other world. I hope you, too, will be transported to a place where time seems not to exist as you wonder at its abundance and beauty! Although left with an indelible memory of my GBR experience, I took advantage of the offer of an underwater photo of me snorkelling and when I returned home was surprised to find my 'stick' also contained a beautiful selection of underwater reef photos - how generous and kind!





# ENDURANCE 1000 REPORT

## JUNE 2020



*Find out about the Million Metres Program*

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres>

*To download the Million-Metres-Record-Card-and-Application-Form*

<http://www.mastersswimming.org.au/Programs/Vorgee-Million-Metres/>

Hi Endurance members

The jury is still out on the future of the Endurance program for 2020. The recent events in Victoria and NSW in relation to COVID 19 will no doubt have an impact on the future of the program – Australia wide.

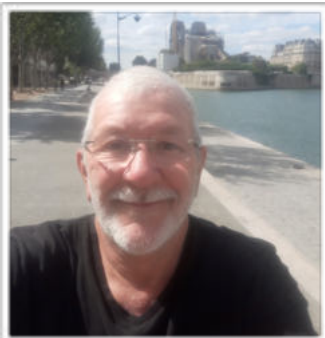
As it stands we are still awaiting formal advice from MSA on the program. In the interim, the Tuesday morning sessions (normally devoted to Endurance) are being well utilised as an extra training session for members. Stay safe, stay fit in these challenging times.

*Rod Alfredson  
Endurance Coordinator*

## GREETINGS FROM PARIS !!

Hi everyone, Gerard and I are both fine and I am trying hard to get home. I've had two flights cancelled already and expect the same to happen to the next on the 13<sup>th</sup> August. The Govt is only allowing airlines to carry 30 passengers per flight to Brisbane so some airlines are prioritising business class at double the normal prices and booting off economy passengers booked. In the coming week, Qatar Airlines are selling a one-way business class seat Paris to Brisbane for up to \$10,000! 🤯 I'm travelling with Singapore Airlines who are honouring the price I paid in May in economy and trying to get me home ASAP. Fingers crossed!

I have been swimming 5 times a week since my local pool opened in Paris and am mostly doing 1500m Free in under 30 minutes. I'm well pleased with that after 4 months out of the pool. Unfortunately, during the 14 days I will be in quarantine in Brisbane there will be no swimming as I will be confined to a room and not allowed out, 3 meals a day are left in a brown paper bag at the door 😞.

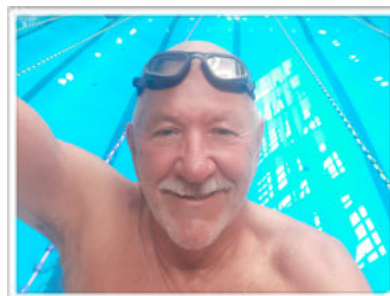


*Bike tour along the Seine*

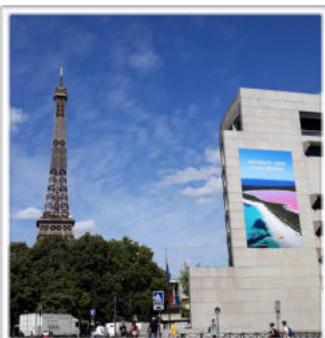
Now that Noosa Masters training squads are running again at NAC, I will be getting into that when I get back. I need Jan to push me ... no slacking Jolly!

Gerard will be unhappy to see me leave Paris, not only for the company, but he says he will have lost a nurse, cook and a cleaner 😞. His health has improved and he should be able manage by himself. Cheers and hopefully see you soon,

... Rob Jolly



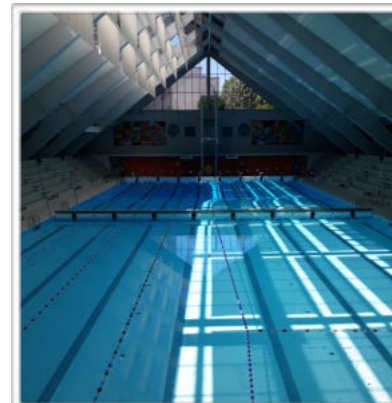
*Le Kremlin- Bicetre piscine*



*Australian Embassy + Eiffel Tower*



*Notre Dame*



*Rob's local Paris pool*



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