



# Otter Aquatics Newsletter

## No 35. April 2018

Dear swimmers and those who would like to be swimmers

Welcome to the April 2018 edition of the Otter Aquatics newsletter. Look inside to find:

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- 🦫 And our quiz, quote and pic of the month

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## New venue for winter for our Sunday swimmers

Murrumba Downs Aquatic Centre will close for the winter with our last Sunday there being 29 April. From the following Sunday, 6 May, we will return to our winter venue of Redcliffe Aquatic Centre, which is on the corner of Oxley Avenue and Sydney Street. It is a 50 metre indoor heated pool. We have two lanes reserved for us which we may divide into four 25m lanes from time -to-time. There is ample parking on site. The same entry procedure as at present will apply: just tick your name off on the list kept at reception as you enter and place your fees into the box on the pool deck.

Alternative sites I investigated include North Lakes and Lawnton but neither of their managers wants us. Seems to me that there is a crisis in Australian capitalism when a business does not want money!

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## Our regular open water swims

Come and join our regular band of open water swimmers at the following venues and times:

 Saturdays at Queens Beach North, Scarborough at 8am

 Tuesdays and Thursdays at Margate South Beach at 8am

If you haven't done OWS before, it might be best to book in for a lesson first. Contact me for details. Apart from the lessons, our swims are very informal and free but we do have a few safety rules which I will tell you when or before you come. Sometimes we do swims in out of the ordinary places, such as Mooloolaba, Bribie Island or other places. When the water temperature falls significantly (whatever that means) below 20°C, we may don wetsuits. After all, we are sooky Queenslanders! But we do swim throughout the winter!

While this is our regular schedule, there may be times where no one turns up. To save you a trip, it may be best to check with me before you leave home. We do swim in all weather and all sea conditions, however. While some might call us sadists, we believe that we cannot fully appreciate the beauty of a calm, warm day with sparkingly clear water unless we have something to compare it with. In any case, the rough stuff is a lot of fun (so says my dominatrix)!

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## Wednesday morning pool training sessions

Want some mid-week pool swimming training? You might like to come along to our Wednesday morning pool training sessions where we rehearse the drills and 'torture' routines planned for the following Sunday. Until the end of April, we swim in the pristine water at Deception Bay pool at 8am every Wednesday where we are usually the only patrons, but we will need a new venue for the winter when D-Bay closes down (watch this space).

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## Trial dog off-leash area at Queens Beach North

Moreton Bay Regional Council has implemented a dog off-leash trial at our regular open water swimming spot, Queens Beach North at Scarborough. After our OWS last Saturday, we decided that we do not want this to continue for the reasons stated below and I have now written to the council.

We have swum at Queens Beach North every week now for about six years and we have done so without incident and in full cooperation with other users of the beach and adjacent waters, headlands and parkland including other exercise groups, fishers, kayak and paddleboard users, as well as other swimmers and family groups. We are a very responsible group and take our own safety and that of others very seriously and in a well informed way.

We consider that dogs off-leash at Queens Beach North pose the following problems:

-  We have observed dogs harassing our swimmers attempting to enter and exit the water
-  We have also observed dogs interfering with swimmers' belongings on the beach
-  Some dogs swim in the water with some of them at considerable distance from the shore. Swimming dogs are known shark attractants given their rapid movements in the water and their smell, and naturally we are very keen to avoid sharks
-  Dogs interfere with other creatures on or near the beach including birds, turtles and crabs
-  Queens Beach North does not have perimeter fencing which park-based dog off-leash areas have. Therefore, the owners of dogs off-leash are not easily able to confine them to the beach area leaving them to interfere with cyclists, runners and walkers on the footpath, many of them in family groups with small children
-  Owners are also unable to prevent their dogs going on the road on Flinders Parade and becoming a traffic hazard
-  Queens Beach North is some 700 metres long and the more energetic or poorly trained dogs quickly become separated from their owners who are often unaware of their dog's actions, including harassing other beach goers and defecating, and so are unaware of the need to pick up their dog's waste on the beach.

If you feel the same, please send your own message to the council. The more submissions they get, the better the chances we have of getting this trial overturned. Here's how:

-  Write a letter to the council at PO Box 159, Caboolture QLD 4510

- 👤 Post a comment on the council's website:  
<https://eservices.moretonbay.qld.gov.au/ePathway/Production/Web/CustomerService/DynamicPages.aspx?CustomerServiceId=436543&PageIndex=0&js=518863004>
- 👤 Or add your name to our on-line petition at <https://www.change.org/p/moreton-bay-regional-council-keep-our-beaches-dog-free>.

Please lend your support – every contribution counts.

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## Swimming as Therapy

Otter Aquatics offers specialised swimming programs for men and women as part of a holistic therapy plan in the treatment of a variety of health and medical conditions including Depression, PTSD, Type 2 Diabetes and Cardiac Conditions.



There is considerable evidence to show that swimming can be particularly beneficial for sufferers of these conditions often in conjunction with professional medical, nutrition and exercise physiology interventions.

Swimming is the perfect exercise for a whole-of-body workout. It gets the heart and lungs working without the wear and tear of land or gym-based exercise and it contributes to flexibility and strength. The deep nature of swimming breathing improves lung capacity, oxygen uptake and CO<sub>2</sub> expulsion and is great exercise for asthmatics. Swimming works your core, glutes, hamstrings, quads and shoulders – in fact, every major muscle group – while working only against the resistance of the water.

Swimming has positive effects on mental health – the rhythmic nature of sub-maximal repetitive swimming strokes and deep breathing encourages relaxation. Swimmers have a saying: ‘you let all of your worries out with your exhaled breath and leave them behind in the water’. Water has great healing properties. Just being around water inspires a sense of calm and tranquility. Being immersed in water with it embracing and supporting your body leaves you feeling on top of the world. Some have described it as ‘wet yoga’.

All fitness levels and all swimming abilities are catered for, from those completely unfit and unable to swim to those who can swim at least 25 metres. Instruction and coaching will be tailored for each participant’s existing condition, physical fitness and swimming ability with charted progression aimed at improving fitness and health measures over time.

Our clients may be serving or former members of the Defence Force, other emergency services – or anyone else.

Sessions can take place in a pool or the open water depending on the capabilities and wishes of clients. The location can be in any of a number of locations in Brisbane, especially on the north side.

Participants may progress to join in Otter Aquatics’ existing sessions if their wishes, abilities and health indicators are suitable.

Participants should ideally first consult their GP for an overall health assessment and advice on whether a program of swimming exercise is advisable. GPs may refer them to medical specialists, exercise physiologists or nutrition professionals but none of these is necessary to join our program. Financial support may be appropriate in some circumstances; ask your GP.

If you think that you, any of your friends or family members would benefit from this program, please phone me on 0438 652 696 or email me at [mark@otteraquatics.com.au](mailto:mark@otteraquatics.com.au) for more details

#### *Testimonials on Swimming as Therapy:*

‘For me, it is enough to know that I always leave the water feeling happy.’

‘I came to Mark three years ago very unfit, overweight and unable to swim. And I had a host of cardiac and other medical conditions. While I will never break any records, I can now swim but, most of all, I am still alive which I suspect I may not be otherwise. I never miss a weekly session.’



## Dutch woman undertakes annual marathon swim in north Bali to protect the environment

Anneke Govers likes to swim. So much so, in fact, that she recently jumped into the sea in north Bali near Lovina and swam 3.6 kilometres along the beach in a time of 1 hour 27 minutes before walking back along the shore.

So what you might say. A swim of this length and in that time is not that much out of the ordinary. Moreover, Anneke Govers has visited Bali each year over the past four years and done the same swim, usually joined by a group like the 15 fellow-swimmers who joined her on her swim on Monday 12 March 2018. Among the 15 fellow swimmers on this year's swim were tourists visiting Bali's, local policemen, environmental activists, and members of the Indonesian army and navy.

But perhaps what makes the swim of Anneke Govers noteworthy is that she is 80 years old and shows no sign of calling a halt to her annual swim anytime soon.

The swim also allows Anneke a chance to do a yearly audit to ensure that the sea near Lovina remains clean and pristine. She said her swims are a personal campaign for keeping the environment clean. She ensures that the coral formations at Lovina remain beautiful, but they need vigilant protection from pollution and rubbish, adding 'I admit that Lovina and its oceans remain beautiful. I have no desire to swim in a dirty ocean and hopefully the people who live in Lovina will protect and keep their environment free of trash'.

Many thanks to Peter Munro for alerting us to this article.

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## Australian and European swimming holidays

Don't forget to let me know if you are interested in any of the 2019 swimming-based holidays. Some people have expressed interest already. Check out <http://www.otteraquatics.com.au/swim-tours.html> for details.

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## Swimmer of the month: a new series

I plan to feature one of our swimmers each month in this newsletter. The idea is to include a photo plus a brief story written by the swimmer her/himself to include such things as when and why you started swimming, what you like most about it, your best swim and anything else you want to include. You can send in your photo yourself or wait for me to take your photo - which might not be as glamorous. Any of our swimmers are eligible: pool swimmers, open-water swimmers, swimming holiday participants, etc.

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## Stroke tips of the month

Actually there are many stroke tips here. Many of you would have seen some of these before but it's high time I repeated them. I have also added a new one on 'the catch'. They are all pretty good but some are not perfect and I have provided some comments.

Mainly about freestyle stroking - <http://www.youtube.com/watch?v=OH9z7eTfEvo>. My comment: *always keep your fingers pointed to the bottom of the pool, not like the instructor in this video*

Mainly about freestyle breathing - [http://www.youtube.com/watch?v=pesi\\_zocmrM](http://www.youtube.com/watch?v=pesi_zocmrM). My comment: *the student breathes too late to effect a deep inhalation*

All about 'the catch'. [https://youtu.be/ZTQpF\\_mmg44](https://youtu.be/ZTQpF_mmg44). My comment: *good one*

Common freestyle problems - <http://www.youtube.com/watch?v=W5yvhDCBj7I>. My comment: *pretty good*

The Smoothest Swimming Stroke in the World - <https://youtu.be/s3HhNlysFDs>. My comment: *excellent - of course*

## Quiz of the month

The winner of last month's question, ('what are two potentially fatal diseases transmitted to humans by mosquitoes?') is Peter Munro. The question asked for only *two* potentially fatal diseases, so his is the closest correct answer with 'malaria and dengue fever'. However, special mention must be made to Heather Nieuwenhuizen and Marieta Hanaghan who added: 'West Nile virus, chikungunya, yellow fever, filariasis, tularemia, dirofilariasis, Japanese encephalitis, Saint Louis encephalitis, Western equine encephalitis, Eastern equine encephalitis, Venezuelan equine encephalitis, Ross River fever, Barmah Forest Fever' - but I suspect they were just showing off.

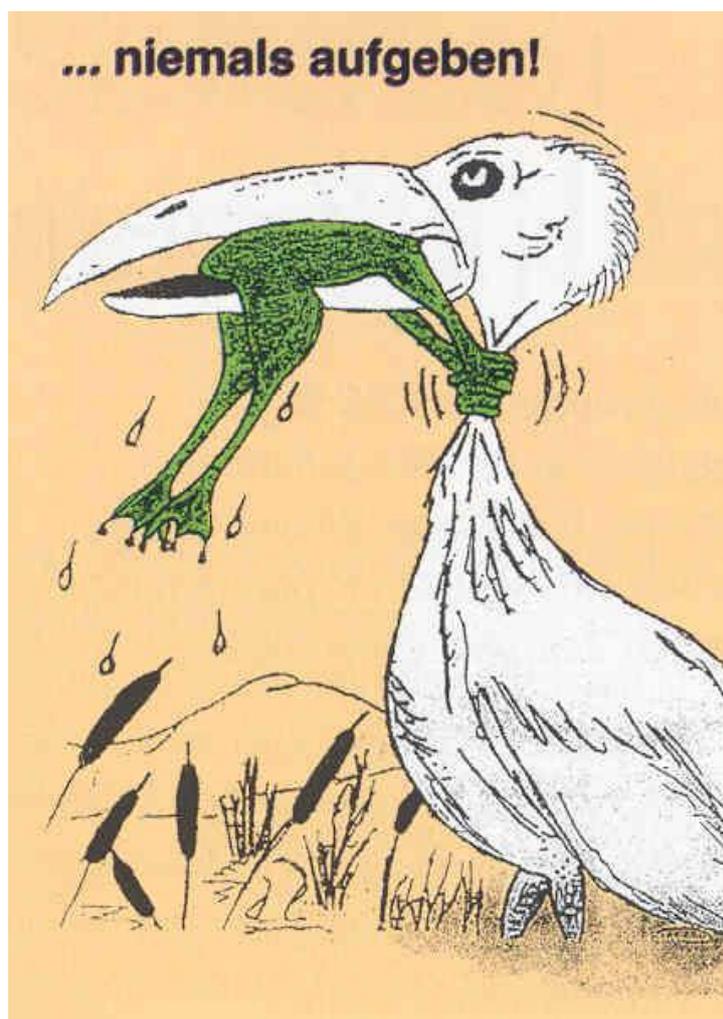
This month's quiz question is: *why do we concentrate on freestyle in swimfit training?*

## Quote of the month:

This month's quote is on the beauty of open water swimming and from someone whom you might not expect. Trevor Hendy is six-time Australian Ironman champion and four-time Ironman series winner, but his swimming philosophy is not just about winning.

*'...(t)here's so much more to ocean swimming than simply coming first. When you relax, flow and feel the water, it's an opportunity to connect with that deeper part of yourself that doesn't always get to shine through in the busy-ness of life. Don't just tick your swims off, immerse yourself fully.'*

## Pic of the month



Whether you are learning to swim, improving your stroke or embarking on a new swimming fitness program, remember **NEVER GIVE UP.**