



Otter Aquatics

# Otter Aquatics Newsletter

## No 47. May 2019

Dear swimmers and others

Welcome to the May 2019 edition of the Otter Aquatics newsletter, your monthly digest of all things to do with swimming: training tips, history, holidays, events here and overseas – and lots of other stuff. Look inside to find:

-  Winter venue for our Adults Learn-to-Swim, Stroke Correction and Swimfit training
-  The Cliff-to-Club swim on Saturday 6<sup>th</sup> April
-  A possible future Sydney swimtour
-  A new series on health and fitness: in this issue, three yoga poses just for swimmers
-  Quiz of the month
-  Quote of the month
-  Ditty of the month
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Otter Aquatics

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- Learn-to-swim instruction, stroke correction and swimfit coaching – all levels
- Open water swimming instruction and training
- Swimming as therapy
- Swimming-based tourism – domestic and international

## Winter venue for our Sunday Adult Learn-to-Swim, Stroke Correction and Swimfit

Our summer-time venue for our Sunday adult learn-to-swim, stroke correction and swimfit programs, Murrumba Downs Aquatic Centre, closes for the season at the end of April; and our last Sunday session was Sunday 28<sup>th</sup> April. From Sunday 5<sup>th</sup> May we will be reverting to our normal winter venue, Redcliffe Aquatic Centre. The pool is at the corner of Oxley Avenue and Sydney Street, Redcliffe. It is an eight lane 50 metre indoor heated pool. It is a well maintained public pool with high standards of water quality, good changing rooms and hot showers. There is parking to the side of the pool with access from Sydney Street or Oxley Avenue.

Arrangements will be much the same as at Murrumba Downs with the possible exception of an earlier starting time of 8am if you wish. Click [here](#) for more information.

The pool is under new management and there are lots of changes afoot including better and more frequent cleaning of the pool deck, grandstand and change rooms and some cosmetic changes such as painting and placement of pot plants. There are new programs planned for the near future as well such as extended aquarobics sessions and 'yoga on the lawn' classes.

In addition, the new management may offer the Otter Aquatics group discounted entry prices for mid week swimming. There may be mid week adult learn-to-swim, stroke correction and swimfit sessions as well. I will keep everyone informed of developments.

## The Cliff to Club Swim

On Saturday 6<sup>th</sup> April, two of our swimmers, Therese Puffett and Diane Wells, took part in the inaugural 2.5k Cliff to Club swim from Scott's Point Beach north along the southern Redcliffe beaches to the Redcliffe Surf Lifesaving Club at Suttons Beach.

Therese and Diane completed the swim in the same very companionable manner as they started it - coming in together in a time of 1 hour and 28 seconds.

Well done Therese and Diane!

**Therese and Diane standing out from the crowd and clearly excited at the prospects of swimming 2.5k**



## A possible future Sydney swimtour

From 3<sup>rd</sup> to 6<sup>th</sup> April, three of our OWSers travelled to Sydney (well, one of them lives there) to, among other things, conduct a recce of possible places to visit on a future Sydney swimming trip. Possible inclusions are the Andrew 'Boy' Charlton pool at Woolloomooloo (on this trip, one of the three swimmers completed 50 laps of the 50 metre pool), Manly's Bold and Beautiful (a 1.5k swim from South Steyne Beach to Shelly Beach and return – which we have done before), a walk/swim from Manly Cove to the Spit Bridge and another walk/swim taking in Balmoral and Middle Head. Another special place could be Parsley Bay in the very uppity suburb of Vaucluse. Check out these pics of Parsley Bay ...



## Health and fitness especially for swimmers

Over the next few issues, we will feature a number of articles on health and fitness for swimmers. In this issue we show three yoga poses; in the June issue, there will be some Pilates exercises as well as the first in a series of articles on stretching.

- a. **The plank.** Builds core strength. Hold for five breaths and repeat three times. Try working one leg a bit off the ground and alternate legs if you need more of a challenge.

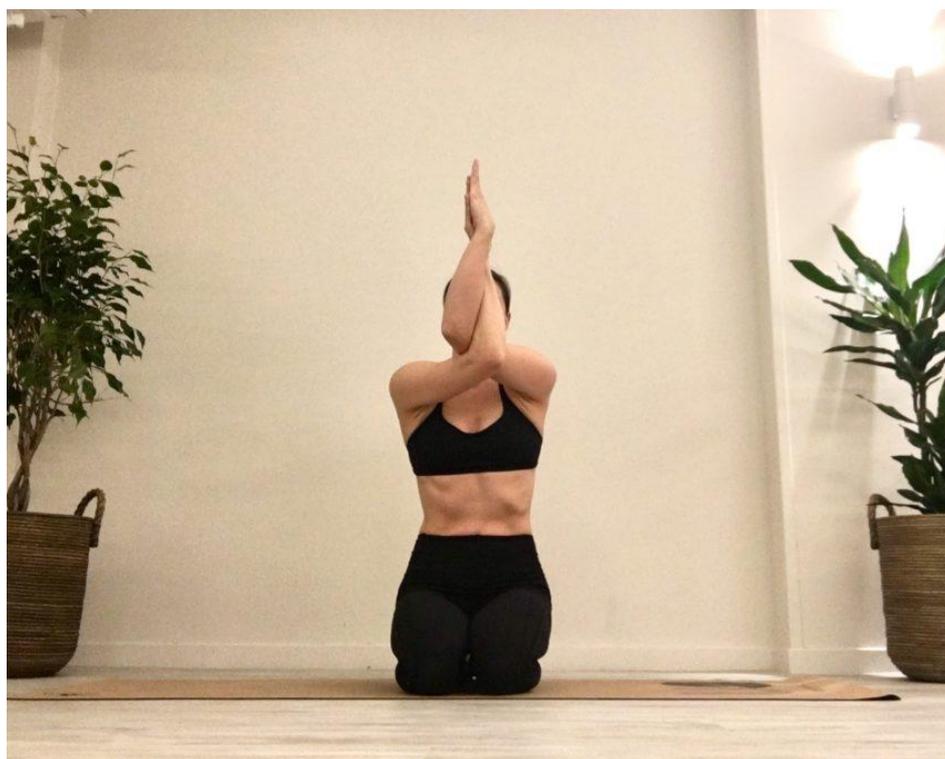


**b. Extended side angle pose.** Stretches the lat muscles (the ones most used by swimmers) and helps find a good reach and extension for an effective catch and pull in the water. Engage core and let your waist fold into the supporting arm. Five breaths each side.



**c. Eagle pose.** A stretch for upper and lower body and a great shoulder and upper back stretch. It might be a bit difficult but it's certainly worth a try, even if you can't get the full stretch. From standing, stretch your arms out forward, palms facing together, cross your right arm over your left at the elbow joint. Bend your elbows, and bring your forearms up vertically, wrapping the forearms round each other until your palms touch. You want no gaps between

your arms. Then raise your crossed arms up so your elbows are in line with your eyes. Hold for five breaths, then unravel and repeat on the other side.



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### Stroke tip of the month: thinking about your stroke

Those of us new to swimming often ask 'when can I stop having to think about my stroke all the time?' The answer is 'well, never, really'. Before you get all twisted up on this response, consider that attention to the detail of stroking does not have to be strenuous or anxiety making; indeed, it is really just a part of the rhythm and relaxation of swimming. After a recent 2k swim at

Margate Beach, a group of us discussed the fact that we were constantly thinking of our stroke (checking on a good entry, reach, catch, pull, recovery, rotation, breathing and kick). We did it all the time and in a relaxing, rhythmic fashion.

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## Quiz of the month

Last month's quiz question was: how did Captain Webb (the first person to swim the English Channel) die? The answer is that he drowned in the Niagara River Whirlpool Rapids. And the winner is... I don't know because I have a new email system which seems to have lost a lot of my messages. If it is you, please let me know.

This month's quiz question is: how old was Tom Gregory when he swam the English Channel?

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## Quote of the month

*'Swimming in the sea is a diversion; an escape, from life'*

A well known (not) local wordsmith

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## Ditty of the month (seems appropriate in our current political circumstances)

*'My, you Australians do conduct your politics with a fine 18th century robustness.'*

Winston Churchill

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## Vale Ray Williamson

Swimming was more than just a form of exercise for Ray Williamson; it was his passion. He was one of our original bunch of long distance open water swimming buddies, going back six or seven years now, and he occasionally also swam in the pool – Sandgate and Emily Seebohm in particular.

Ray was charming and debonair. He had a superb command of the French accent gained from his many work and holiday stints in France. He was always well presented but with a twist of perhaps Gallic flamboyance, such as his habit of washing his long locks under the beach's open shower. He often stood out by eschewing a wetsuit even in the middle of winter ('we Kiwis are tough', he would say). Or perhaps it was just another example of his flamboyance,

Ray contracted melanoma a year or so ago and underwent radical treatment; but it was too late. Ray passed away on 25<sup>th</sup> April back in his home country of New Zealand with his partner Judy by his side.

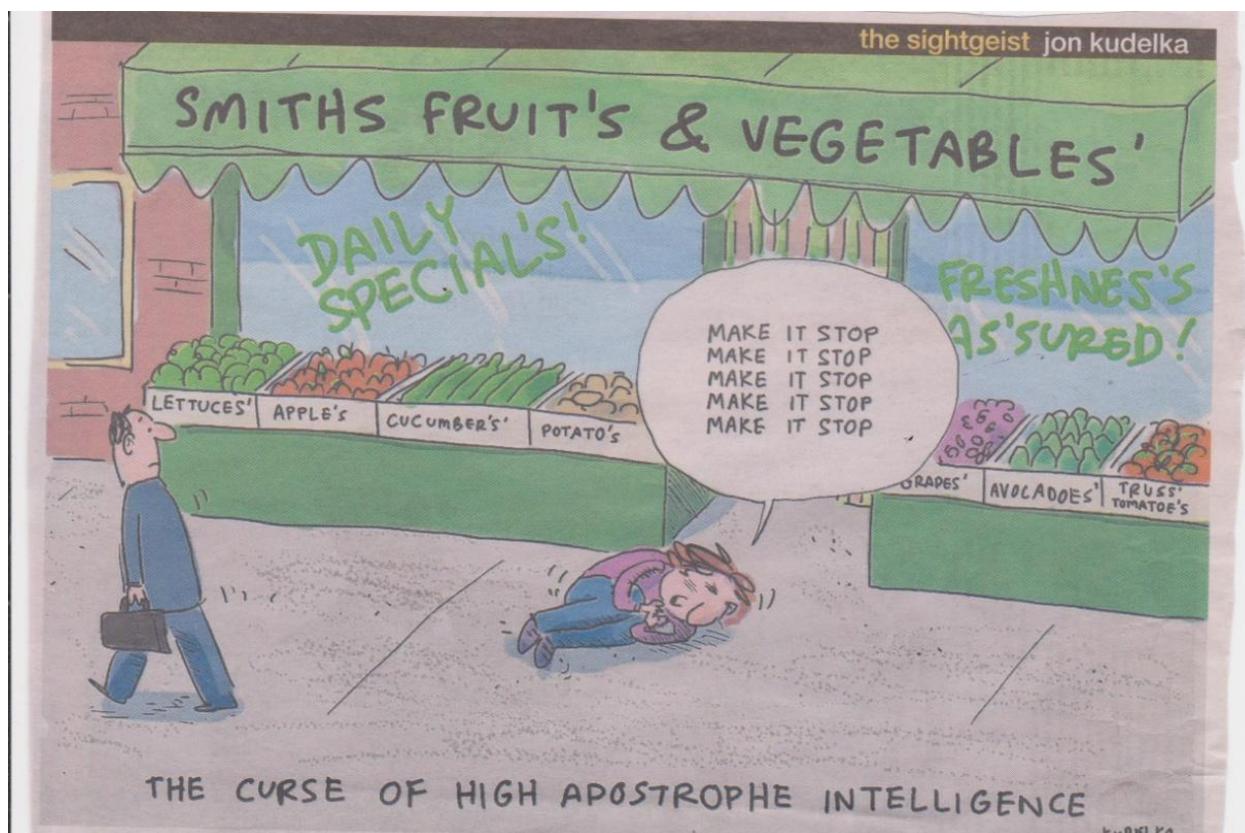
We will miss you, Ray.



**A rare shot of Ray in a wetsuit**

## Pic of the month

Instead of our grammar segment, this month we have something to interest apostrophe pedants (like Collette and me).



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