



Otter Aquatics Newsletter

No 40. September 2018

Dear swimmers

Welcome to the September 2018 edition of the Otter Aquatics newsletter. A short one this month as your editor has been somewhat distracted by a house move.

Look inside to find:

-  New pool swimming arrangements
-  Stroke trip of the month –how and why to avoid the ‘cross over’
-  And our quiz, quote and pic of the month



Mark Otter
 227 Duffield Road
 Clontarf QLD 4019
 0438 652 696
mark@otteraquatics.com.au
www.otteraquatics.com.au

-  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

New pool swimming arrangements

From **Sunday 2nd September**, our Sunday adult learn-to-swim, stroke correction and swimfit sessions will be returning to our summer venue of **Murrumba Downs Aquatic Centre**. The pool is at the corner of Dohles Rock Road and Ogg Road, Murrumba Downs. We will have three of the pool's nine lanes reserved for us. Murrumba Downs is a 25 metre nine lane outdoor heated pool set in very attractive grounds. It is a modern, clean, well-maintained public pool with changing rooms, toilets and hot showers. The water temperature is set to 26^o-27^o – perfect for our activities. There is ample car parking with access off Ogg Road.

Murrumba Downs is an outdoor pool and, while there is shade cloth over about half of the pool, we still need to be sun aware, so apply sunscreen at least 20 minutes before entering the water, wear a rashie if you wish and wear a swimming cap if you wish (especially for those of us who are getting a little thin on top).

Our usual sessions will operate in one hourly timeslots at 9am, 10am and 11am. Bookings are essential.

We will be back at our winter venue, Redcliffe Aquatic Centre, from May to August 2019.

Also, there will be no swimming on **Sunday 23rd September**. I have a family commitment on that day.

As for our mid week sessions, we will remain at the Emily Seebohm Aquatic Centre in Fitzgibbon for another month or so as it is heated and our usual summer mid week venue of Deception Bay is not.

If anyone would like an additional mid week session, we have an agreement with Redcliffe Aquatic Centre for Thursday evenings. Please let me know if you would like this.

Stroke trip of the month –how and why to avoid the 'cross over'

One of the most common faults in freestyle is the 'cross over' which occurs when the hand entry reaches beyond the body's centre line to the other side of the body.

Why is it so bad? There are two main reasons: the first is that a cross-over hand entry will produce an undercut pull/push where your arm and hand pull underneath your body instead of down the side of your body. This is likely to cause a rotator cuff injury to your shoulder. The second is that the cross-over and undercut will not contribute to a clean pull and push aligned with the direction of your body, reducing the efficiency and smoothness of your stroke.

How do I know if I am doing it? You probably don't know unless your coach or someone else who knows what to look for tells you. Even then, many swimmers don't want to admit that they are doing it (one of our swimmers even had the temerity to suggest that I sometimes do it – he was immediately sacked of course). A video stroke analysis is probably the only way that will convince the doubters. Ask me to video your stroke if you would like to see how you swim – for any aspect of your stroke. I would ideally do it with your own phone so you can take it home

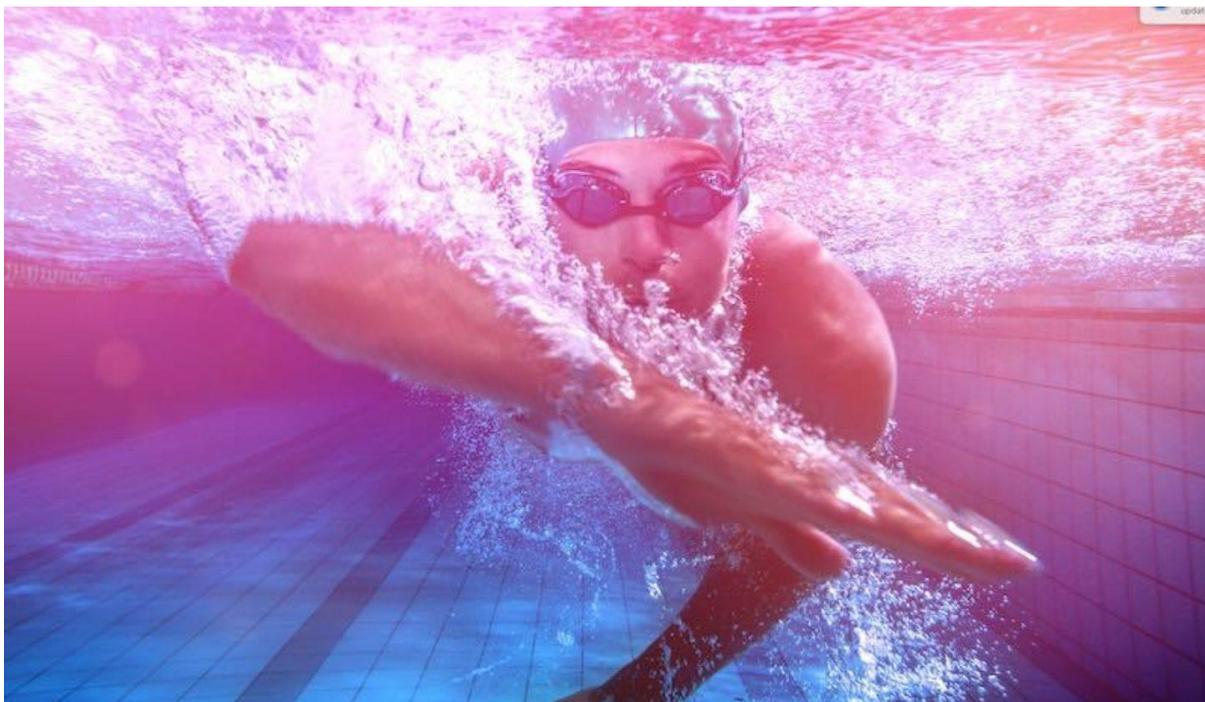
immediately. Otherwise, I can video you on my camera, you give me a USB stick and I will download it and return it the following week.

How to avoid it? There are a number of techniques to avoid the cross over. Here are some of them:

- 👤 Always keep your fingers pointed to the bottom of the pool, in both the recovery and the pull/push parts of the freestyle stroke. In an undercut pull/push, the fingers are pointed to the side of the pool which is one way for you to be aware of whether you are doing it
- 👤 The recovery hand position is important here – if you have a high elbow recovery with the fingers pointed down, you are much more likely to reach directly ahead of your shoulder and give effect to a better catch and a fingers-down pull/push. It may be helpful if you imagine that, in the recovery part of your stroke, your fingers 'paint' an imaginary line in the water alongside your body – then, for the pull and push part of the stroke, your hand follows this line down beside the body all the way until the outstretched thumb touches your thigh
- 👤 If you have a good body roll, you are much more likely to have a good high elbow recovery action and therefore a good entry, a good catch and a good pull/push as your body rolls to the other side
- 👤 If you have been told that you cross over, you will need to concentrate on moving your hand entry wider until it becomes automatic (which may take some weeks to achieve). Exaggerating a stroke correction technique often works. In this case, imagine that you are paddling a surfboard, so you have to enter the water much wider apart than the centreline and even wider apart than directly in front of the shoulder
- 👤 In our stroke improvement sessions, we sometimes use a piece of dowling with coloured tape on the ends to encourage swimmers to have a wider reach and entry. You can also do this with a kickboard.



This is the same pic as last month's but, in addition to demonstrating good body roll and hip thrust, it shows equally well how to reach ahead of your shoulders in order to avoid the cross over. It also shows that all swimmers have good six-packs, but that is another story



A very obvious 'cross over' which, in turn, causes a pull/push stroke underneath the body (with fingers pointed to the side of the pool) instead of beside it – and which may eventually cause a rotator cuff injury. And why is he/she looking ahead instead of down?

Quiz of the month

This month's quiz question is 'What is the name of the iconic 1.5k open water swim which operates every day of the year starting from Manly Lifesaving Club at South Steyne Beach in Sydney to Shelly Beach and return?' We do this swim on our 'Iconic and Historic Swimming Places of Sydney' swimtour.

The answers to last month's quiz are (you will have to retrieve the questions from last month's newsletter which you would no doubt have put in your bin as soon as you got it):

Swimmers No 11, No 12 & No 13. Emiliano Giovannoni, Phoebe Bowler and Clayton

Swimmer No 14. Michael Carmody

Swimmer No 15. Heather Nieuwenhuizen

Swimmers Nos 15 & 16. Ann and Neil Graham

Swimmers Nos 17 & 18. Karen and Bob Benton

Swimmer No 19. Tara Satyavrata

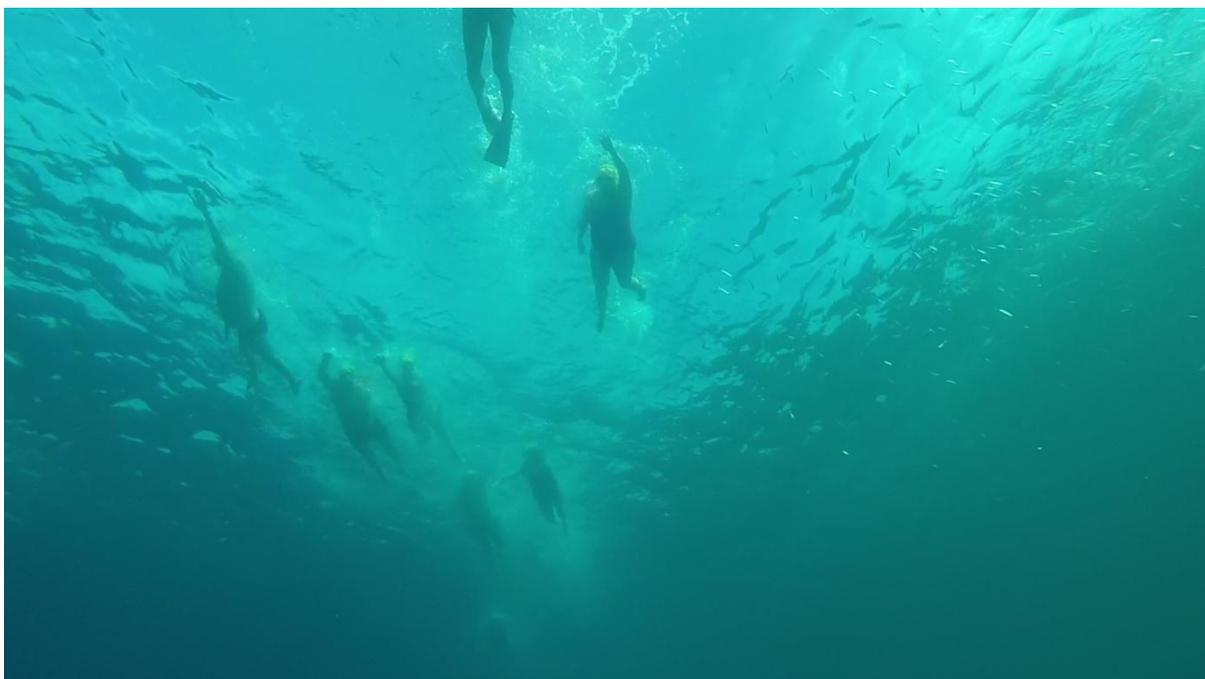
Swimmer No 20. Janet Winton

And the butterflyer is Karen Carsburg and her 'piece of flotsam' is Vonnie Cavell.

Quote of the month

'When you are in the sea, you become part of its life; you sink into its rhythm'
(paraphrased from Scott Bevan, Harbour)

Pic of the month



Mass swim on our Croatian swimming tour. Recognise anyone you know? Very few of these swimmers have a particularly good stroke, so you certainly don't have to be a champion swimmer to take part in these swimming trips

Unsubscribe

As scintillating as this newsletter no doubt is to everyone, I have no wish to clog up people's inboxes if they have lost interest. If this is the case, please reply to this email with the word UNSUBSCRIBE in the subject line or body and I will unsubscribe you.

