



'BLUES NEWS'

(or Blooz Noooz...)



Summer 2015 Newsletter



Dear Members. Here is your latest issue of Blues News where you can find out what's been going on this last few months and what is planned going forwards. There's lots coming up in the next couple months on both the swimming side and social scene, so check the dates for the diary at the end ☺. It is your newsletter so please feel free to let me know what you think, suggest future content or forward articles.

Mads





The President's Report

It's been a busy few months since the last Blooz Nooz was issued with the Scottish Championships, 30th Anniversary Dinner and British Championships all coming thick and fast.

We had an amazing weekend in Glasgow which saw some brilliant performances from SCB. I really enjoyed the great atmosphere of support for one another which we had on poolside, this helped to create a great team spirit and long may that continue. The club came away with the City of Glasgow Club Championship Trophy, a Sweep of the decathlon prizes and 3 age adjusted trophies, which have certainly kept the engraver busy. As well as many records and achievements in the pool there was great fun to be had at the ceilidh where the "Screenwash" and Selfie Stick were both doing the rounds. The trophy itself has seen better days, funded by SASA the trophy has now be restored to its former glory.

Next came the clubs 30th Birthday Party which was a huge hit. It was brilliant to see members old and new together to celebrate being part of this amazing club. It is always good to have a great get together out of the pool and this one was no exception. A huge thank you and well done goes out to Kim Chang, Andy Wheeler, Keith Dunnett, Farquhar MacRae, Brian Bain and Catherine Murray for

putting together a great day of events and also many thanks to Eddie Riach for speaking at the event and to our host the Deputy Lord Provost John Reynolds.

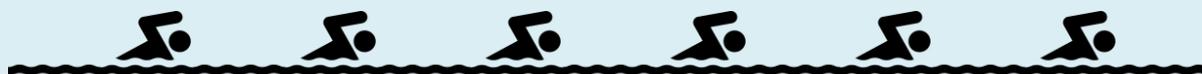
Swimmers also enjoyed a great few days in Manchester, where records tumbled and medals were won with some fantastic swimming across the board. These are exciting times with the British Championships coming to Aberdeen next time around it was great to get some more Long Course racing in the tank.

Looking forward we have the return of club BBQ, Inverclyde and Montrose meets in the short term and further down the line we have the British Masters in March 2016 at ASV and the European Masters Championships at the London Aquatics Centre in May. I would love to see more and more swimmers coming along to these events. These weekends away are always about much more than the racing with the team always ensuring plenty laughs are had along the way.

Recently, I became the North District Masters Convener which gives the club a voice in the running of Scottish Masters Swimming. Currently the North District are looking into the prospect of holding an ND Masters Meet in 2016, there are no guarantees on this but I will keep everyone in the loop.

Lastly, I'd like to thank all of the coaches and members of their clubs for their contributions towards the club this year. There is a fantastic atmosphere in the club right now and long may it continue.

Scott



The Silver City Blues 30th Birthday Party

As this year is the 30th - definitely not the 29th or 31st - anniversary of SCB, it was celebrated on the 16th May. The day was kicked off with a fun gala at Hazlehead. Thanks to Brian Bain for organising the event, which included a mix of interesting relay

events, including a fly relay, an underwater relay and an egg & spoon race baton relay. In a closely fought contest, Boyner's team were triumphant over the other two teams.



The evening celebrations were held at the Star Ballroom at the Beach Ballroom. Starting with a Civic Reception, hosted by the Deputy Lord Provost, John Reynolds, who later gave a speech on behalf of the council. Other speeches were delivered by Eddie Riach, Chair of the Scottish Swimming Masters Committee, Boyner, who provided some history on the club, including a story about Hodgie missing a train, even when it was a special service for him. Last, but not least, President Scott spoke of the current view from the Committee.



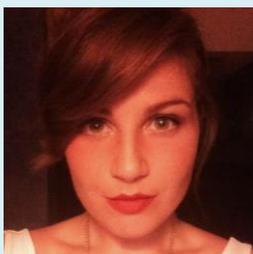
A big thank you to Susie McKay for providing a great selection of photos from club events over the years, which were displayed during the evening to show the club following the Masters motto of Fun, Fitness and Friendship. This was an opportunity for old and ex-members to reminisce and for new members to be educated (and shocked) about things that went on in the past.

Thanks to everyone who attended and made it a great night. The ceilidh band were very complementary of our efforts on the dance floor. And thank you for your generous donations to the raffle, which raised £300 for the Nepal Earthquake appeal.



Thanks also go to the rest of the organising committee, Brian Bain, Kim Chang, Catherine Murray, Keith Dunnett and Farquhar MacRae. A special thank you also goes to Brian for also organising the anniversary quiz, which was relevant for all members, old and new and swimmers and non-swimmers alike. And well done to my team who got all the answers correct!

Andy



Coaches' Corner - *Active recovery - why the coaches tell you to do it!*

Performance during repetitive sprints in one training session is typically expected to decrease, which can be attributed to fuel availability as well as fatigue of the nervous and muscular systems. However, various methods can be used to fend off fatigue for as long as possible. The key is to allow for recovery, either between training days or between repetitions.

Following exercise there are two types of recovery: passive and active. Passive recovery is sedentary rest, with little or no movement, whereas active recovery involves the continuation of exercise, at a much lower intensity.

Active recovery is generally considered more beneficial than passive recovery during sets. Numerous studies involving swimmers have shown that blood lactate levels are significantly lower following a period of active recovery as opposed to passive recovery, suggesting that there is a greater movement of lactate out of the muscles into the circulatory system for oxidation by the liver. A lower lactate concentration is beneficial, as it will help restore muscle pH and increase the time to fatigue.

An additional benefit of active recovery is reducing strain that is placed on the heart. During exercise different pump mechanisms aid the movement of blood around the body. Firstly, the heart is the predominant muscle ejecting blood into the circulatory system, putting enough force behind it to transport oxygen and nutrients to all of the demanding muscles. Secondly, the respiratory pump aids the heart through the expansion and reduction of the volume within the chest cavity, which changes

the pressure surrounding the heart. When expanding the ribcage this helps the chambers to fill with blood and when contracting, aids in the expulsion of blood.

FACT BOX (for the nerds! ☺)

During intense exercise, there is great requirement for immediate energy. The energy currency within the body is adenosine triphosphate (ATP), used for every active process including muscle contraction. For fast ATP generation, initially there is a system in place called the phosphocreatine shuttle. This system is limited by the amount of creatine available to act as a shuttle, which is unable to match energy supply to demand. Therefore other methods of energy creation need to be recruited, namely aerobic and anaerobic metabolism.

Aerobic metabolism is the more favourable method, creating a net of 36 ATP from one glucose molecule whereas anaerobic metabolism has a net of only 2 ATP. However, aerobic metabolism is a slow process, because it involves more biochemical reactions than anaerobic metabolism. At high intensity exercise anaerobic metabolism is therefore used due to faster turnover of ATP, but this comes at the expense of lactic acid production. Lactic acid is not a primary cause of fatigue (influenced by energy availability, metabolite accumulation etc.). However, the associated pH changes due to increased lactic acid affect potassium (K⁺) handling, changing the muscular membrane function, affecting sodium (Na⁺) flux and inhibiting the action potentials required for the release of calcium (Ca⁺). Ca⁺ is required for muscle contraction, allowing binding of the contractile proteins. Decreasing Ca⁺ availability causes weaker or non-existent binding, leading to a lower muscle contraction power output. Hydrogen is also produced during lactic production, used instead of oxygen as an electron acceptor to generate ATP. H⁺ and Ca⁺ compete for binding sites on the micro muscle structure, H⁺ inhibiting contractile binding leading to a lower power output. Due to an increase in demand for energy and the small ATP generation capacity of anaerobic respiration, there is an exponential increase of lactic acid and therefore hydrogen ions.



The final pump is the musculoskeletal pump. In arteries, there is a high pressure from the heart ejection and the artery walls have muscle contained within them to prevent rupture, also aiding in blood

propulsion. Veins, however, have a much lower blood pressure and because of this do not have as much muscle within their walls to contract. During exercise, major muscle groups contract around blood vessels, forcing blood flow. The contraction of muscles around vessels such as veins therefore enhances the blood flow return to the heart. This leads to greater refill of the heart chambers and a higher stroke volume (volume of blood ejected per contraction) meaning that more oxygenated blood can reach the exercising tissue, leading to a quicker recovery. It also means that the heart has to beat less frequently to meet muscle demand, putting less strain on the heart.



During passive recovery there is little or no contribution from the musculoskeletal pump, and hence there is a decrease in the blood flow back to the heart. This causes an increase in heart rate due to a decrease in stroke volume, increasing cardiac strain. During sets, active recovery is therefore more beneficial than passive recovery, as it aids in quicker lactate clearance and reduces the strain placed on the heart through assisted blood flow. What this will do is increase the power output during sprint sets at an anaerobic level and help to increase the time to fatigue, meaning that you can train for longer and more effectively under anaerobic conditions.

Please note that this is only a brief overview of the complex metabolic interactions during anaerobic respiration and that there are many contributing factors to fatigue. What we want to try to do is combat the factors causing fatigue and this is one method in which to do so.

Morag



Social Scene

Since the last Blues new we spiced things up with a Curry night. A night filled with great food and fantastic company set us up well for a really successful Scottish.

On the 4th of July we had a fun night down at the beach with a variety of activities. We started of the night with some dodgems. Not a lot of dodging actually went on as we all found crashing in to each other was much more fun. Then it up stairs for some food and drink to get us fuelled for the main event.



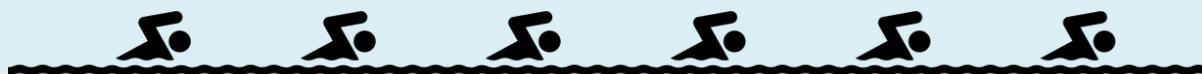
This was SCB's chance to show their talents on a different kind of lane. With David Smith coming out on top with a brilliant total score of 256 closely follow by Mark Thomson on 247 in 3rd was Andy Wheeler with a respectable score of 228. The night was such a success we will be planning another night in the near future.



The next event will be the annual summer BBQ to be held on the 8th August. This will be a great chance for us all to have a well-deserved catch up with some great food and games before the new session kicks of.

See "Dates for your diary" section for dates of some other socials coming up

David



Competition round up

At the **Scottish Masters Short Course Championship** in Glasgow in April, **Silver City Blues became the National Masters Champions 2015!** A fantastic result! Many congratulations to all of the swimmers who took part, their club mates who couldn't make it but who have supported them in training and a big thank you to the coaching team on poolside for their dedication to help us achieve

success. There was a great atmosphere on poolside at Tollcross.

Many members of the team deserve a special mention, especially Andy Wheeler who flew in from Canada to compete in sessions 2 and 3 before having to drive to Inverness, Keith Dunnett who took on a gruelling schedule before competing in both the Balmoral 5k and 10k on Saturday, Rachael who broke the 400m Freestyle Scottish record, which had stood since 1997 and the 100m Butterfly Scottish Record which had stood since 1986, Martyn Lawrence who had several superb performances but especially his 200m Breaststroke breaking the club record set in 2001, Audrey Cooper who improved her **European Record** in the 400IM by a further 2 sec

and all of the new faces to the club who contributed to a great team spirit across the weekend.

Besides winning the City of Glasgow Club Championship Trophy, SCB took home four Age Group Trophies (Rachael Keir, June Falconer, Audrey Cooper and Kevin Reynard), two 50m Sprint Trophies (Rachael Keir and Kevin Reynard) and the 1500m Trophy (June Falconer). Finally, many congratulations to Keith Dunnet (2nd), Andy Wheeler (3rd), Rachael Keir (2nd) and Audrey Cooper (3rd) for finishing top 3 in 2014 Decathlon.



In June, a team of 10 SCB Swimmers headed to Manchester to take part in the **2015 GB Masters Championships**. The meet was very successful for the club with great results across the board and a total of 20 Medals won. The Standout performers with Golds in all 4 of their events were Audrey Cooper and June Falconer. Audrey claimed the British Records in both 400IM and 200IM in the 60-64 Age Group and June claimed the 800 Freestyle Record in the 50-54 Age Group.

Rachael Keir won 2 Golds in the 50 Backstroke and 400m Freestyle along with 4 Silvers and a Bronze. Rachael picked up Scottish Records for the 50m Butterfly, 200m Freestyle and 400m Freestyle in the 25-29 Years Age Group. Also in the 25-29 Age Group Laura Robertson picked up to Bronze medals in the 400m IM and 200m Breaststroke. Chris J Ferguson broke his own Scottish Record in the 50m Breaststroke in the 30-35 Years Age Group.

SCB bagged 2 Silvers and a Bronze in the relays just missing out on a third Silver in the 4x100m Freestyle relay where they were pipped into bronze by 0.01s.



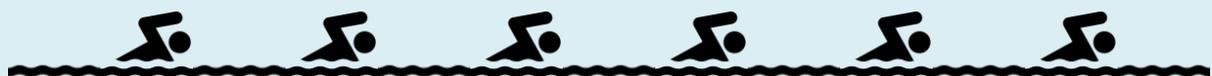
In July, a keen bunch of swimmers went to the **North West Masters Swim meet in Blackpool**. It's now established as a regular event on the SCB calendar. We all met up the night before for some serious Italian carb loading and of course some of us couldn't resist The Pleasure Beach.

It's a friendly meet with some fast competition. David Smith, who had a knee operation booked for 3 days later, was kept busy during the meet with all his events. His highlights were 50 and 100 fly and 50 back. Here is hoping he is recovering well from the operation. Adam's family and friends cheered us on and meet records were broken. Poolside banter and team spirit made for a brilliant weekend.

British championships coming up!

From 23rd - 25th October the **ASA National Masters and Senior Age Group Championships** is on in Sheffield as usual. This is a fantastic event and it would be great to see a big SCB team going this year. See more [here](#).

Mads, Dianne & Scott



Members Awards

Please remember the Members' Award is open to any member of Silver City Blues, with the winner being awarded the Richard Jones Trophy. The winner will be announced at the Christmas Party. If you would like to nominate somebody from the club

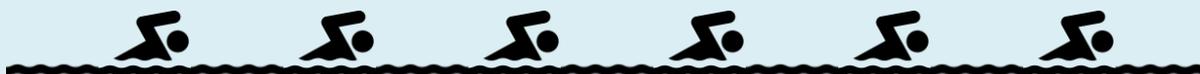
for the award then please email Scott at president@silverycityblues.org.uk.



Audrey wins Aberdeen Sports Council Sports Personality of the Year Awards!

On Friday June 26th the Aberdeen Sports Council Sports Personality of the Year Awards took place. Chris J Ferguson (Senior Male Award) and Audrey Cooper (Veteran Award) were both nominated in recognition of their efforts and achievements in 2014. Chris unfortunately missed out on winning the Male Senior award, but Audrey Cooper deservedly took home the 2014 Veteran award – an award she has already won once before (to her own surprise!).

All in all it was a great night for SCB with Brian Bain winning the Sports Quiz and Mads Trolborg winning the Irish bingo.



Dates for Your Diary!

- 8th August – the annual BBQ
- 10th/16th August – FINA Masters World Championships, Kazan, Russia.
- 30th August – Doon the Deen
- 11th September - Inverclyde Masters
- 3rd October – Midlands Masters Pentathlon, Montrose.
- 23rd/25th October - ASA National Masters and Senior Age Group Championships, Sheffield.
- 7th November - Scottish Gas National Short Course 1500m Championships (TBC), Tollcross
- 21st November - 7th East District Masters, Prestonpans, Edinburgh (TBC)
- 5th December - 2015 Christmas Party and Awards

For more information about the different events, please check our [calendar](#) on the web page.



Don't forget; you can follow Silver City Blues on Facebook, Twitter ([@SCBaderdeen](#)) and via our website www.silvercityblues.org.uk (or even by coming training!). As always thanks very much to all contributors, Mads

