

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – JULY 2019

FROM THE CHAIR.....

As you go through life, you learn, change, touch lives, search for your purpose and as time goes by you realize that every person crossing your path IS your purpose. If you were to be the only person on this earth, living would have no purpose, but it is the interaction with other humans that makes life bliss. Championships are like having time out from the normal worries in life: almost a certain date with relaxation and good company.

Masters Athletics is a purpose in life. Although you also experience a lot of ups and downs, the reward is worth all the efforts. Sometimes you forget that you only have to compete against yourself and you will find yourself disappointed when you do not achieve a medal position at the competitions. It is during these times that you must remind yourself that Masters Athletics is not about conquering records, but setting your own standards at your own pace..... and to be realistic about it.

At the very first provincial championship I competed in, the announcer congratulated the athletes who did well as a result of regular training. He said that the athletes who train regularly and do well did better than those who do not train and do well due to their natural talent. I agree with him..... And at some stage, training will supersede talent.

As promised in my previous newsletter: Please read the article written by Jean-Michel de Senneville in this newsletter. It is one of the best descriptions of what athletes are all about..... never thought of athletics as an art, but this is surely the best explanation of what the sport entails!

Thank you to every athlete who is committed to Masters Athletics. You guys all rock. No athletes, no masters athletics. I realize it is not always easy to remain positive and committed, but in the end you can count your blessings, as every day that you stay mobile, is a reward from being active.

Zelda Claassen – Chairperson

What you can look forward to in the rest of 2019:

- 3 August 2019: Throws and jumps at Pellies Park in Bloemfontein
- 10 & 11 August 2019: Mercantile Athletics Meeting (Info on the SAMA website: www.mastersathletics.org.za)
- 26 October 2019: South Western District Provincial Masters Athletics Champs at De Jager Stadium, Oudtshoorn
- 8 & 9 November 2019: Free State Masters Athletics Champs at the Free State Athletics Stadium, Bloemfontein.

Both Pilditch in Pretoria and the Germiston Stadiums are under renovation. Although this is fantastic news, it also brings along uncertainty about when they will be done with the renovations and if it will be encroaching into the athletics season, as besides masters athletics there are numerous other athletics events from school, seniors and youth club competitions.

However it may be – we will be keeping you updated.

Who was the fastest athlete ever?

Adam.....

He was first in the human race!

THANK YOU TO THE SAMA PRESIDENT: ANSIE HENNOP

Ansie has been elected as the SAMA President in 2014, but her passion for athletics has started many moons back when she started athletics in school with events in shot put and sprints. Her election as President of SAMA was preceded with her election as Vice President in 2010.

Both Ansie's parents were active athletes and they excelled in hockey and rugby after school. Her grandfather though obtained a gold medal in the para-world championships for javelin.

Ansie is currently a Brigadier General in the South African Defense Force in the Logistics Department and I am sure this is the reason for her precise execution of her duties as SAMA President. It takes a strong personality and assertiveness to be able to perform such an enormous task being in charge and promoting Masters Athletics..... May she live forever, as this is not a task any sane person would voluntarily opt for!

Ansie is currently participating in the same events and age category as me and her love and sportsmanship is hugely appreciated. She was the person who taught me from my start as hammer throw athlete how to turn to avoid the cage nets! A lot of athletes do the sport in a laze-is-fair fashion, but not Ansie; for her this is serious business and I comment her for this.

She has the expertise and determination to be reckoned as the force of note behind the scenes. A lot of times she will miss her own events in a mission to try and sort out problems that occur on any event day. That is what I call true sportsmanship: giving up your own goals in the pursuit to help others.

Ansie's affection for the sport started in 1989 when her personal trainer, Abraham Coetzee entered her for the Northern Transvaal Veteran Championship. Up until 2003 she was just an athlete where after she was part of the Gauteng North Masters Athletic committee. In 2006 she was elected as chairperson for the Gauteng North Masters Athletic committee, which automatically made her to serve on the SAMA Exco Committee.

In 2008 Ansie took over the reigns as Secretary for SAMA and in 2010 she took on the position as Vice President of SAMA (as I mentioned before) where after she became the SAMA President in 2014. (I am glad I will not be the one to follow in her shoes, as it would be big shoes to fit in!)

As far as her own training is concerned Ansie says she is fortunate if she gets to the training circles twice a week at this stage due to work commitments. The natural talent shows, as she is still a force to be reckoned with during competitions and she keeps the spirit alive in our group of athletes!

Ansie competes in Javelin, Discus, Hammer Throw, Shot put, Weight throw, Throws Pentathlon and at the Provincial Champs in Greek Discus too. I love watching those smooth turns in the circle..... maybe one day I can equal her effort!

On asking her what her goals are: "I would love to be able to obtain a podium position at the World Masters Athletic Championship, but will be able to work harder after I have retired from my normal day job."

Her advices to fellow athletes is to remember that Masters Athletics is all about bettering your own achievements and to a lesser extend beating other athletes on the track, field or road.

One of Ansie's low moments in athletics is when she was in top form and that year the World Masters Athletics was hosted in South Africa: She could not compete as she was still under 35 years of age.

On questioning her: Why Masters Athletics, the answer was obvious: "It keeps me young at heart and for the good friendships you acquire along the way." #Athleticsforlife.

Thank you Ansie Hennop..... you are the true star behind every successful athlete.....without a SAMA President – no Masters Athletics.

They say that pet lovers take after their pets at some time?



THE ART OF ATHLETICS

Like artists, athletes “**create**”. With their body and their performance. It usually emanates from a deep **desire** which comes from a need, a lack of something and from the desire, sprouts the **idea**.

Ideas do not come on their own. Then athletes, just like artists, work on their ideas to shape their desires. What they usually want is to tell a story. First and foremost, to re-live an **emotion**. Perhaps related to an **early influence**, exposure or hero. Or perhaps related to some available equipment - a guitar, a paintbrush or a pole. Which in the latter's case is working wonders for the young Pole Vaulter, Mondo du Plantis who is seriously on his way to breaking the World record. One may also have emotions created by a fertile imagination. Irrespective of its source, these emotions lead us to dig and dig deeper and deeper, in search of the **truth**. Because, what we see around us is just reality, not the truth. Reality is only the engine of things. Just like words. Saying “I love you” can mean all sorts of things, depending on the circumstances, the characters involved and the environment. **Language** alone is not sufficient. However, as we progress in our thoughts, we usually reach a point where we move from a position of contemplation to one of **action**. From analysing to creating.

Continuous analysis feeds creativity. Through their daily training and craft, their ceaseless envy to better themselves, to progress and to produce something that is closer to their goals, artists and athletes are in fact trying to make sense of things. Athletes are realistic about what they do and what they can achieve. And, in being realistic, they sustain the emotion. The alternative would be to live in fantasy. Athletes do not. As this would cause them to lose interest in their endeavours. That is why they can live with themselves and accept themselves as they are: With their talents and short-comings, strengths and weaknesses, success and failures. They fall, recover and continue. In a loop. When athletes are at work, they are really digging and searching for something that is very personal. Hence, athletes are often loners. Just like artists. Because one needs solitude to create. In their bubble, when they are training, performing, loosing, winning, recovering or just healing – searching for that need to harness the necessary courage and strength to continue and progress towards their targets. Athletes like artists have good ideas and do set clear objectives.

But no sooner they start to work and train, they often get disappointed and deceived. Hence the need for them to fight continuously against the degradation of their original idea. . This is where **vision**, **hard work**, **perseverance** and **determination** invite themselves in. A good reason why, in spite of all the technology, **machines** will never be able to be great athletes.

Because: machines do not need or miss anything as compared to us. We are constantly searching for who we are. And what is life all about.

Yet, athletes are **rarely discouraged** or disturbed by this permanent uncertainty and by their frequent failures which become routine. It is because athletes are fully involved and absorbed in the action of continuously pushing their limits. Just like poets writing poetry to unlock the truth. As truth is hidden, while reality is in-front of us. Athletes, like artists, **work** very hard to find the truth. Through their work and performance, they strive to express something which is very personal, deeper and **beyond** their achievements.

No sooner, they reach their target, their PB or break a record that they almost immediately renew their desire, their interest and their need for that something which is still missing! Yet, at the end, they do the same thing. Again! Because their work is never complete.

We all turn around and around, dig and dig and perhaps discover at the end of it all, a little bit more of the truth on ourselves and on things.

The same with Western movies which do not only speak of cowboys and Indians. But, of many other things such as treachery, infidelity, courage, quest, resolve, generosity and dignity – a certain truth which comes through only at the end.

After all, athletes like artists, can only be totally sincere in what they do. And to do it to the best of their capabilities. So, to ask an athlete or an artist “What do you really want”, “What are you really trying to achieve”, “Why do you train and work so hard” or “What do you really do what you do” (which I unfortunately did in my last write-up. Sorry about that!), is the worse question to ask them. Because in the end, all that athletes, like all of us, are searching for, is to be appreciated and loved! Athletes, most certainly deserve it. Because World records never cease to improve and athletes need to train more and more.

To be an elite athlete nowadays requires a massive amount of **effort**. Any Pole Vaulter, for example, who is jumping over 6m, is undoubtedly an athlete in perfect harmony with his art and a professional at heart. There are no miracle recipes. And through these uplifting and inspiring achievements, athletes as well as the ones around them do receive something which allow them to feel and discover some truths about themselves.

May it always be happy and self-fulfilling discoveries!

JEAN-MICHEL de SENNEVILLE
M70 World Masters Pole Vault Champion

Rotator Cuff Pathology

The rotator cuff muscles are the dynamic stabilisers of the Glenohumeral joint (shoulder). This includes the Supraspinatus, Infraspinatus, Subscapularis and Teres minor muscles.

These muscles ensure that the ball of the upper arm bone stays in your shoulder socket (Glenohumeral joint).

The rotator cuff muscles need to co-contract to allow for the correct pattern of movement.

An incorrect / abnormal pattern of movement is a risk factor for shoulder injuries and pain. This may be due to muscle shortening, weakness and / or poor motor control.

Rotator cuff pathology is a common cause of shoulder pain / injuries which includes inflammation of the tendon (tendinopathy) or muscle tears.

The typical symptoms of a tendinopathy of the rotator cuff includes painful overhead activities, pain-free movement of up to 90°. Shoulder abduction (lifting arm to side), with possible pain from 70° till 120°. Palpation of where the tendon inserts into the bone may also be tender.

or partial tears of the rotator cuff muscles and tendons often result in inability to sleep on the affected side.

Overhead Activities

Overhead activities generally require more internal rotation (arm turned towards body) than external rotation (away from body), which subsequently leads to an increased risk of chronic shoulder pain, due to a muscle strength imbalance.

Overhead Sports

Some sports have an increased risk for shoulder injuries (specifically rotator cuff pathology), these include sports that require overhead motions. The demand in the overhead position is most common in throwers especially Javelin, followed by hammer and weight throws.

Risk Factors

Some people are more at risk for developing rotator cuff pathology. Examples of risk factors that increase the likelihood are

1. age (more common when older)
2. abrupt increase in training volume /intensity
3. overloading the muscles tendons by then causing muscle fatigue due to the weakness
4. incorrect technique
5. history of shoulder injuries

Treatment

Treatment of rotator cuff pathologies may be conservative or surgical depending on the severity. A complete, thickness tendon tear requires surgical intervention.

Conservative rehabilitation will start with avoiding aggravating activities and applying ice to help treat the symptoms.

The aim of rehabilitation is to restore function by optimising soft tissue flexibility as well as strengthening the rotator cuff muscles in all movements by use of exercises.

This means stretching and strengthening the affected muscles to avoid injuring them and a proper warm up before throwing.

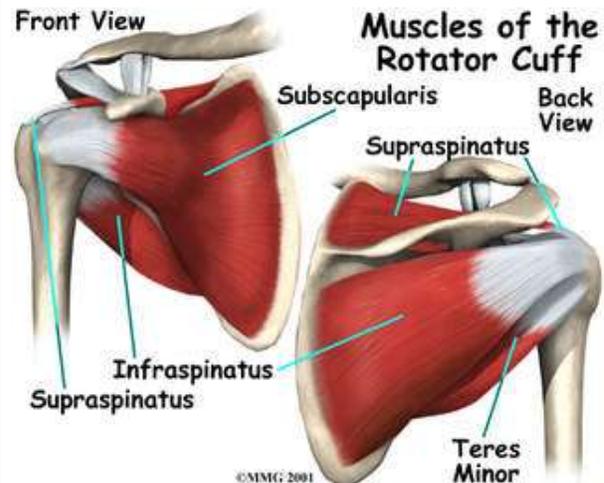
Return to Play

An in depth rehabilitation program will be set up for rotator cuff pathology, but before you can return to sports there are certain criteria that needs to be met.

Your Physiotherapist or Doctor will decide what criteria would be most important. A general guideline includes

- Little to no pain
- Full range of motion of shoulder
- Normal strength and functional ability
- Normal scapular (shoulder blade) function
- Normal sport-specific skills.

IMAGE OF ROTATOR CUFF ANATOMY



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