

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – JULY 2018

FROM THE CHAIR.....

I have a confession and I am sure everybody was too busy to notice. I took a leap month from creating a newsletter..... I could use the excuse that I was too busy, but honest fact: I was just too relaxed. I am sure I have a lot of stalwarts who felt the same after the SA Champs climax.

But: we are back and the rush is in gear. For those who took a break from training: Now is a good time to get on the sports gear and hit the gym, track and field. For those of you who were thinking to quite: put that thought aside. J.F Kennedy once said: It is not what you country can do for you, but what you can do for your Country. So: it is not what Masters Athletics can do for you, but what you can do for Masters Athletics. We need "more of you"..... like the Every Brothers song.

This next season we need you to unleash the 18 year old living in your body. Get to that optimal achievement on the track and field. Every attempt to keep training is a step in the right direction.

We all suffer from injuries from time to time, whether old or young, but don't let the injuries hamper your spirit. Success is measured by the number of times you got up to start afresh.

Good luck to all the athletes who will be participating in the World Masters Athletes Championship..... Bring home those medals! See the list of athletes on the SAMA website: www.mastersthletics.org.za

*Zelda Claassen
Chairperson*

DATES TO REMEMBER:

- 4 August 2018: Throws and Jumps Competition
Pellies Park, Bloemfontein
Entries close on 29th July 2018
Entry forms are available on Website
- October 2018: Rassies Meeting (no specific date yet)
Bronkhorstspuit
- 27 October 2018: SWD Champs
Oudtshoorn
- 10 November 2018: Free State Champs
Bloemfontein
- December 2018: Africa Champs
Tunisia
- 4 – 16 September 2018: WMA Champs
Malaga, Spain
- 24 – 30 March 2019: WMA indoor
Torun, Poland
- 3 – 14 July 2019: 30th Summer Universiade
Naples, Italy
- 20 Jul – 01 Aug 2020: WMA Champs
Toronto, Canada

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SUCCESS DOES NOT COME OVERNIGHT:

Congratulations Kristiaan Bekker with your National Colours you received this year for hammer and weight throw!

Kristiaan started to do hammer-throw in 1997 at the age of 16 years. We all had that one teacher that made a huge positive contribution to our lives. This was no different in Kristiaan's case. Mr. Johan du Toit, a teacher at the secondary school that Kristiaan attended suggested that Kristiaan should try to do hammer-throw as he had the right build for this type of sport. He said that he tried hammer-throw for 2 weeks and then decided that this is not for him. However, this was not the end, as he found himself going back to do hammer-throw shortly after he decided to quit.

In primary school, Kristiaan started athletics like most of us, competing in sprints. He then gradually moved over to compete in shotput and discus where he also did very well and received the Victor Ludorum award for the best field athlete of the school. He received his trophy from none other than Marius Corbett. He had year on year records in the shot put and discus events.

In 1997, he came first in the hammer-throw event with a distance of just over 30 meters.

He broke his first hammer-throw record with just two turns with a distance of over 50 meters..... Wow! This was in Secunda in 1998.

Kristiaan has two sisters; Rian and Bianca and unlike him, they are not athletes, but speaking to Kristiaan, you can sense the strong bond in the family.

So where did this love of sport come from Kristiaan? He told me that his uncles on his mother's side were very good in sport and this must have impressed him to excel with his sporting career.

I had this interview with Kristiaan at the UJ throwing field and watched him do training for a while. Whenever any car approached the grounds, Kristiaan would wait for the car to be quite a distance away before resuming his training.

My thoughts were: Ok, this must be because he throws such huge distances. His fiancée Estelle Kruger informed me that Kristiaan once did hit a car with his hammer-throw during a training session and since then he is very cautious when doing his training. Estelle and Kristiaan got engaged in 2013..... maybe it is time to pop the big question now Kristiaan?

Another hammer-thrower Tone van Rensburg introduced Kristiaan to Masters Athletics and Kristiaan joined in 2014. Since then he has excelled in the events he participates in.

Kristiaan's weight throw career started more or less around 2014 after Tone van Rensburg introduced him to Masters Athletics. Although: he did do a bit of weight throw to enhance his hammer-throw technique.

I asked him what his pet hate is. It comes as no surprise that his answer was: political interference in sport. This seems to be the general conception of all athletes I have spoken to.

Kristiaan's personal best in hammer-throw is over 70 meters and in weight throw well over 17 meter in competitions.

We wish you many more years on the field and a lot more PB's and achievements!

Kristiaan could unfortunately not attend the SAMA awards function, but I had the honour to hand over his blazer and certificate at his workplace a week later.



A photo of Kristiaan at the SAMA Champs in Cape Town in 2017.



Groin injuries and how you can prevent them.

A groin injury, especially one attained during the season, can be severely debilitating for an athlete and, if not treated and rehabilitated effectively, can become chronic and career threatening. The adductors, besides providing a movement function, are responsible for the stability of the pelvis during running, kicking and pivoting and are almost always activated during these activities. While the primary action of the adductors is the closing of the legs, it also plays an important role in the stabilization of the pelvis and lower limbs during movement in standing.

Groin injuries can present in different ways, from the most common being groin inflammation to the dreaded muscle rupture or tear. Inflammation of the groin can be identified with pain located in the origin of the muscle that subsides with exercise but returns at a higher intensity after exercise. Tenderness can be felt at a particular point on the pubic bone over the origin of the muscle with intensity increasing when closing the legs against resistance. A rupture or tear will result in a sudden momentary stabbing pain in the groin region that returns when trying to continue the activity. There is often localised bleeding causing swelling and bruising but may only show a few days after the initial injury. There is also difficulty in contracting the muscle that may cause a loss of function such as difficulty walking and running. If an injury is suspected it is best to ice the area and seek the help of your physio as a groin injury that is left can become chronic and cause other issues.

Research has shown that athletes with a previous groin injury are 2.4 times more likely to get another injury than those without a history of groin injury. This risk increases to three times more likely at a higher playing level and in fact also places the athlete at risk of other lower limb muscular injuries to. These stats all increase as an athlete gets older and their strength decreases. Prevention is thus better than cure, and therefore, below is a basic program to assist in maintaining a healthy adductor muscle group. A warm up is done prior to exercise. This consists of static cycling for 10-15 minutes, sumo squats, side lunges and kneeling pelvic tilts, all consisting of 5 sets of 10 repetitions with a 15 second recovery period between sets. Passive adductor stretching between 15-45 seconds helps increase abduction range of movement.

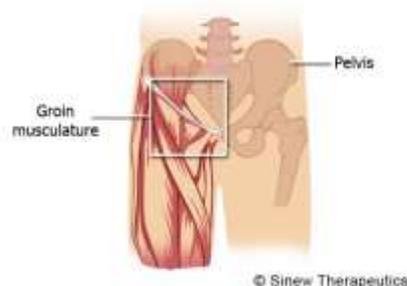
The first two exercises are done lying on your back, with five sets of a ten second hold. The first is completed with both legs flat on the ground and a soccer ball/ adduction ring placed between the feet, the player then exerts a maximal adduction force against the ball for the allotted ten seconds and then releases.

The second exercise follows the same procedure, except now the athlete's hips and knees are flexed, their feet flat on the ground and the ball is placed between the knees. These combined exercises work on strengthening the adductors as well as working on the pelvic and core stability.

The next two exercises also work on core strengthening and pelvic stability. The first exercises are an abdominal sit up; completed in both the straightforward, up to the knees and down direction, and the oblique sit up, with the opposite elbow moving towards the opposite knee. The next sit up variation is a combined sit up with hip flexion. Starting on your back with a ball between the knees, a sit up is done with bilateral hip flexion at the same time, thus simulating a folding knife movement. Each of these exercises is done as five sets of ten repetitions.

The final two exercises are sliding exercises using a sliding board or standing on a smooth surface with a non-friction sock on the one leg. The athlete must stand with both feet parallel, the foot on the board then slides out laterally, always pressing on the surface, and then slid back to starting position. The same process is followed for the forward slide, however now the foot slides forward, while at a 90-degree angle to the standing foot, and then slid back to starting position. Each exercise is completed continuously for one minute, on each foot.

While addressing these risk factors and strengthening the lower limbs and core may not completely rule out the occurrence of a groin injury, it goes a long way towards preventing the chances of one occurring.



FOR MORE INFORMATION ON SPORT INJURIES,
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