

CENTRAL GAUTENG



MASTERS ATHLETICS

NEWSLETTER – MAY 2018

FROM THE CHAIR.....

The world we live in today has a lot more challenges compared to the era we as masters experienced many moons ago. Life is far more mentally and physically challenging nowadays. In our younger years we worked to live.....now we live to work. It is for this reason that we must embrace quality time with friends and family.

Gone are the days where just hanging out with our family and friends were a natural privilege: where children must only be seen and not heard. Remember the days where you could fill your days with lazing around, climbing trees, play with pets and toys.

Children nowadays are born clever. They are far more susceptible to influences and reactions from the world surrounding their space. Of all their basic needs, the biggest need is affirmation from their support groups: Parents and Grandparents. This support structure can be the fine line between positive and negative behavior in their lives. Remember the child of today is the Master in a few years. If they don't adopt positivity and mindfulness now, they might not be able to carry this behavior forward.

Now what does this all have to do with Masters Athletics? Simply put: Master Athletes are more energetic than passive people. By 'Masters Athletes' I refer to all sport disciplines. They learn from you that it is ok not to always win. They learn from you that you continuously must strive to improve your best. You cannot force a child to participate in sport, but you can be the example to introduce athletics/physical activity to your offspring as fun.

How do you get your child who does not like physical activity to want to do sport? Simple: Small steps at a time.... In a fun way. Focus on time and distances linked to rewards.

So: While we wait for the children and grandchildren to catch up with the masters..... Keep training!

Zelda Claassen
Chairperson – CGMA

For those who are not following any winter program, resting is over..... get out the training gear: It's time!

WHAT CAN WE LOOK FORWARD TO?

We might be in the middle of the year, but we at the beginning of the new athletics season. Time is flying by and before you can blink your eyes, the next SA Champs will be around the corner. For those who have not achieved their personal best results, this is the season to get just that.

Dates to diarise:

1. Free State: Throws Pentathlon: 4 August 2018 (Pellies Park)
 2. Mpumalanga Champs: ? August 2018
 3. WMA Champs: 4 – 16 September 2018
 4. Rassies – Bronkhorstspruit: October 2018
 5. SWD Champs: 27 October 2018
 6. Free State Champs: 10 November 2018
 7. Africa Champs: Tunisia
- 2019: Dates to be announced**
8. KZN Champs ? March 2019
 9. WMA Indoor Champs: March 2019
 10. WP Champs ? March 2019
 11. GNMA Champs ? March/April 2019
 12. CGMA Champs ? March/April 2019
 13. SA Champs – April 2019

The forms for entries to events will be posted on the websites. Please check the websites for entry forms:

www.mastersathletics.org.za

www.centralgautengmastersathletics.co.za

NATIONAL COLOURS FOR BANDON!

Congratulations Brandon! Commitment paid off!

Brandon Vermeulen joined Central Gauteng Masters Athletics in April 2011 and has ever since participated in as much provincial championships as possible. Brandon's commitment has delivered the results that every athlete dreams of: National Colours for High Jump.

Brandon Participated in athletics in Primary and High School, but the school he attended did not provide for field events, resulting in him concentrating more on sprint events.

The highlight of his athletic career since winning the Victor Ludorum trophy in primary school was obtaining his personal best in high jump in 2017. At the time this newsletter's was published, Brandon could not be reached, but it the PB appears to be 1.85 meters!

His best achievement was receiving his National Colours this year at the Annual SAMA awards ceremony.

His love for sport shows: When asking him what his pet hate is, he said it is people who are wasting their ability to achieve their optimum results in the athletic field.

Brandon also sometimes participates in long jump and triple jump. He regularly trains with the sprint athletes at the UJ track and I think with a bit of pressure from the sprinters (hint hint), we might see him on the track in the near future.

I asked him what advice he can give to people who are not participating in sport at present. He said sport is a must for every single person regardless of skill or physical ability. It is not all about keeping physically fit - it is essential for the mind too as it is the best stress reliever. It also allows for a great opportunity to meet new people.

Brandon is married for 15 years and has two children: Jesse and Lyla.

Growing up, sport was very much part of his family. His father has always played some form of sport over the years although he is still trying to get him down to the track to join them. His mother, brother and sister have always been very active people as well, from gym to road running. His brother, Clinton, was in fact the person who got him to join Masters Athletics.

Brandon comes over as a very humble and reserved person. On asking him how much training he does, his answered:

"Like most masters athletes I train far less than I would like to. In a good year though I ramp up the training a couple of months before the championships and try to get to the track twice a week, once for jump training and once for sprint training. I then fill up to two other days with gym training, including some plyometric which I find crucial for the jump events."

For those of you who are not familiar with the 'plyometric' term (I also did not), I googled the explanation:

Plyometrics, also known as "jump training" or "plyos", are exercises in which muscles exert maximum force in short intervals of time, with the goal of increasing power (speed-strength).

In the simplest of terms, plyometrics are exercises that involve a **jumping** movement. For example, skipping, bounding, **jumping** rope, hopping, lunges, jump **squats**, and clap push-ups are all examples of plyometric exercises.



INJURY OF THE UPPER ARM

BICEP RUPTURE:

The humerus articulates with the scapula at its upper end with the radius and the ulna at its lower end. The biceps muscle which flexes the elbow joint and rotates it outwards, lies in front of the humerus while the triceps, which extends the elbow joint, lies behind. Ruptures of the long tendon of the biceps muscle are seen in throwing athletes. The long head of biceps tendon runs over the head of the humerus inside the shoulder joint and is inserted immediately above the articular cavity of the scapula. It is susceptible to degenerative changes and ruptures occur most often in athletes over the age of 50 years.

SYMPTOMS AND DIAGNOSIS:

Moderate pain over the front aspect of the shoulder joint.

Swelling (secondary to bleeding) over the front area of the upper arm.

Inability to contract the muscle against resistance (not always) some decreased strength when the elbow joint is flexed and the forearm is rotated outwards.

If surgery is carried out, immobilization is maintained for 4-6 weeks after which mobility exercises and conditioning can be started with physiotherapy. Strength training only starts weeks later depending on the athletes progress.

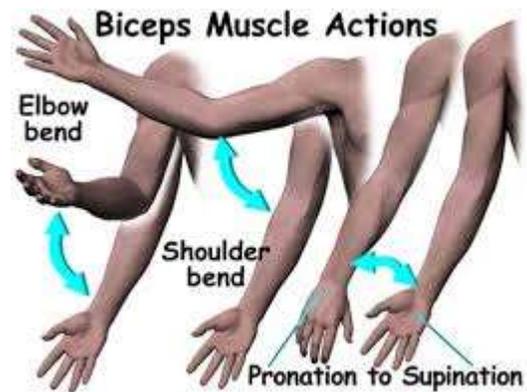
THE HEALING PROCESS:

For a complete tear in which surgery is needed, return to full sports participation may take 4-6 months. Supervised physical therapy is typically advised. Partial tears usually heal within 3-6 weeks. Resume regular training only when you have normal shoulder and upper arm strength, full range of motion, and no pain.



Picture of bruised arm with a biceps muscle tear

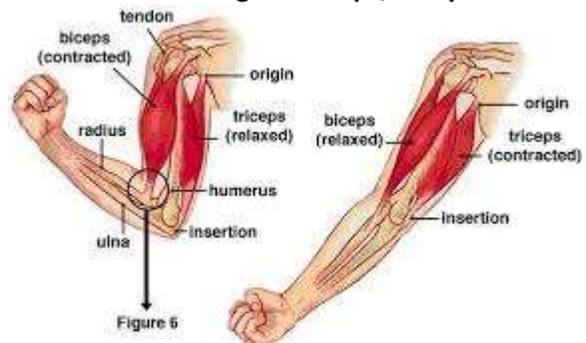
Picture illustrating the actions of biceps muscle



With a total rupture the arm will have to be immobilized for a period of 4 to 6 months



Picture illustrating the biceps/triceps muscle



For advice on injuries, you can contact Ian Hacker at the Wanderers Wellness Center:

e-mail: hacks@tiscali.co.za

tel: 011 447 8670