

THE DEVELOPMENT OF THE SWIMMING PERFORMANCE AT ADULT AGE THROUGH MASTERS COMPETITIONS

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Key words: adult age, masters swimming, performance.

Abstract: Through consistent training, swimmers at adult age can obtain outstanding results in masters swimming movement, results that can be comparable to the activity of high performance swimmers. With a good effort dosing and an efficient programming of their effort, their competition results are improving constantly, and competitors can obtain medals in continental and world competitions. In addition to these results, one can speak of a movement that promotes health at any age, because of the benefits of swimming on human body.

Introduction: Masters swimming movement appeared in Romania in 2007, when the first Romanian masters club set up in Timișoara. In november that year, the constituent meeting of Reșița07 masters club has held, and in 2008 set up the ORCA masters club Cluj. At first the masters movement had certain aims: to bring together former swimmers to practice the favourite sport, socialization, maintenance, therapeutic purposes. Recently, the masters movement took a large extent, taking into consideration that it was affiliated to FRNPM, through the most representative clubs, Reșița07 and Tribeach Brașov, that have the most legitimated swimmers.

Swimmers compete in age groups:

Individual events: 25-29 years, 30-34 years, 35-39 years, last category including anz older than 100 years.

Team (relay) events: 120-159 years, 160-199 years, 200-240 years as.

There are 4 swimming strokes: butterfly, backstroke, breaststroke, freestyle. The events are:

- Freestyle individual: 50 m, 100 m, 200 m, 400 m, 800 m, 1500 m.
- Freestyle relay: 4x50 m, 4x100 m, 4x200 m.
- Backstroke: 50 m, 100 m, 200 m.
- Breaststroke: 50 m, 100 m, 200 m.
- Medley individual: 100 m, 200 m, 400 m.

- Medley relay: 4x50 m, 4x100 m.

In masters swimming there are 2 spectacular relays, mixed freestyle and mixed medley, where the competitors are 2 males and 2 females.

In international contests, the competitors represent the club not the country whose citizens are.

Material and method:

The hypothesis from that can go in this study is as follows: the masters swimmers can use the same methods and means of training as the high performer swimmers, with the same beneficial results in terms of effectiveness swimming technique and performance improvement.

In their training period, the swimmers have used specific training methods, such as swimming with arms, legs, glide, full stroke. Another kind of training was the to alternate the relationship between strokes, according to the events prepared in such training and the distance swum in that stroke.

The classic stages of the training process is governed by the following scheme:

- The overall resistance – 30% of the training cycle;
- The specific resistance – 40% of the training cycle;
- The competition period – 20% of the training cycle;
- The narrowing – 10% of the training cycle.

Unlike the high performance swimmers, in masters swimming the training methods and the preparation of the macrocycles are specific to each swimmer as there are quite atypical, not according to FRNPM plans. This can be explained by the fact that when it comes to adults, they have no fixed schedule of training, they can't train like professional swimmers, because most of them have other sources of income than those coming from sport area, and swimming is a hobby for them.

However, the National, European and World results are remarkable at the specific age category.

Results and discussion:

In recent years, masters swimming organized in Romania several major competitions, such as National Masters Swimming

Championships, inaugural edition on July16th-17th 2011, held at National Complex “Lia Manoliu”, Ioan Schuster Memorial Cup on October 23th-24th 2011, held at Reșița, National Masters Swimming Championships, second edition, on April 28th-29th 2012, held in Reșița.

Externally, the World Masters Swimming Championships took place in 2010 in Göteborg, Sweden, and the European Masters Swimming Championships were held in Yalta, Ukraine.

The swimmers legitimated at Reșița07 Masters Club had the following results:

National Masters Swimming Championships, inaugural edition on July16th-17th 2011, held at National Complex “Lia Manoliu”

50 m butterfly

Nr.crt.	Nume și prenume	Cat.	Timp	Loc
1.	Luca Ricardo	I	30.55	VII
2.	Colța Andrei	III	28.21	I
3.	Ignat Tudor	II	26.64	I
4.	Țurcan Ion	V	37.34	III
5.	Buzatu Valeriu	VI	31.00	I
6.	Gherban Alexandru	VII	50.60	I
7.	Burac Daniela	IV	39.88	I
8.	Iana Dorina	VII	54.87	I

50 m breaststroke

Nr.crt.	Nume și prenume	Cat.	Timp	Loc
1.	Luca Ricardo	I	36.53	III
2.	Ignat Tudor	II	30.55	I
3.	Ciodaru Mircea	V	41.07	II
4.	Țurcan Ion	V	46.39	IV
5.	Miulescu Sorin	VI	49.06	I
6.	Nițoiu Mircea	VII	49.52	I
7.	Bogdan Traian	VIII	58.36	I
8.	Laszlo Roxana	II	40.17	I
9.	Codreșin Ionela	III	49.77	IX
10.	Burac Daniela	IV	48.13	II
11.	Demenyi Yvonne	IV	53.08	III
12.	Pau Iudita	V	48.31	I
13.	Georgevici Carmen	V	49.55	II
14.	Iana Dorina	VII	57.69	I

50 m freestyle

Nr.crt.	Nume și prenume	Cat.	Timp	Loc
1.	Luca Ricardo	I	27.27	V
2.	Tobă Alexandru	III	28.17	IV
3.	Ciodaru Mircea	V	33.47	V
4.	Țepeneu Mircea	VI	31.99	II
5.	Nițoiu Mircea	VI	35.97	II
6.	Bogdan Traian	VIII	47.15	III
7.	Laszlo Roxana	II	32.19	I
8.	Codreșin Ionela	III	41.96	VII
7.	Burac Daniela	IV	33.39	I
8.	Iana Dorina	VII	54.87	I

National Masters Swimming Championships, second edition, on April 28th-29th 2012, held in Reșița

50 m butterfly

Nr.crt.	Nume și prenume	Cat.	Timp	Loc
1.	Luca Ricardo	I	28.68	I
2.	Culea Andrei	I	29.17	II
3.	Colța Andrei	III	28.39	II
4.	Ignat Tudor	III	27.29	I
5.	Țurcan Ion	V	39.43	IV
6.	Buzatu Valeriu	VI	31.20	I
7.	Gherban Alexandru	VII	1.04.69	I
8.	Costaș Roxana	I	57.25	V
9.	Szekely Zsuzsana	II	41.83	I
10.	Codreșin Ionela	III	49.00	I
11.	Burac Daniela	IV	37.38	I
12.	Horvat Monica	VIII	55.45	I

50 m breaststroke

Nr.crt.	Nume și prenume	Cat.	Timp	Loc
1.	Luca Ricardo	I	36.29	III
2.	Dobre Mircea	II	42.52	II
2.	Ignat Tudor	III	31.10	I
3.	Czacenco Gabriel	III	37.40	II
4.	Enache Eugen	IV	37.37	I
5.	Ion Nicolae	IV	37.66	II
6.	Ciodaru Mircea	V	42.55	IV
7.	Țurcan Ion	V	48.35	V
8.	Nițoiu Mircea	VII	50.44	II
9.	Vegheriuc Ilie	VII	1.05.50	III
10.	Bogdan Traian	VIII	57.10	III
11.	Costaș Roxana	I	52.84	V
11.	Laszlo Roxana	II	39.49	I
12.	Szekely Zsuzsana	II	46.48	II
9.	Codreșin Ionela	III	50.71	II
10.	Burac Daniela	IV	47.19	II
11.	Demenyi Yvonne	V	54.40	II
12.	Meresz Carmen	V	55.00	III
12.	Georgevici Carmen	VI	51.20	I
13.	Angheluș Elena	VI	54.57	I
14.	Iana Dorina	VII	59.51	I

50 m freestyle

Nr.crt.	Nume și prenume	Cat.	Timp	Loc
1.	Luca Ricardo	I	26.24	II
2.	Culea Andrei	I	26.25	II
3.	Tobă Alexandru	III	27.83	I
4.	Czacenco Gabriel	III	28.74	IV
5.	Colțescu Cătălin	III	40.38	VII
6.	Enache Eugen	IV	29.79	II
7.	Ciodaru Mircea	V	33.39	VI
8.	Țurcan Ion	V	34.65	VII
9.	Buzatu Valeriu	VI	29.82	I
10	Țepeneu Mircea	VI	32.09	III
11.	Nitoiu Mircea	VI	37.20	II
12.	Bogdan Traian	VIII	48.39	IV
13.	Laslo Mihaela	I	37.20	III
14.	Costaș Roxana	I	41.98	V
15.	Gherban Sinziana	II	34.57	I

16.	Szekely Zsuzsana	II	35.75	II
17.	Codreşin Ionela	III	40.14	IV
18.	Burac Daniela	IV	33.59	I
19.	Medrea Ligia	IV	33.89	II
20.	Demenyi Yvonne	V	47.97	I
21.	Meresz Carmen	V	49.32	II
22.	Georgevici Carmen	VI	48.70	II
23.	Horvat Monica	VIII	46.78	I

The international contests where members of the club participated were the World Masters Swimming Championships took place in 2010 in Göteborg, Sweden, and the European Masters Swimming Championships were held in Yalta, Ukraine, with the following results:

Göteborg

50 m butterfly

Nr.crt.	Nume şi prenume	Cat.	Timp	Loc
1.	Gherghel Ioan Stefan	II	25.11	I
2.	Ignat Tudor	II	25.47	III
3.	Buzatu Valeriu	VI	31.11	XLI

50 m breaststroke

Nr.crt.	Nume şi prenume	Cat.	Timp	Loc
1.	Ignat Tudor	II	29.92	II
2.	Retezan Remus	II	35.37	LX

50 m freestyle

Nr.crt.	Nume şi prenume	Cat.	Timp	Loc
1.	Gherghel Ioan Stefan	II	24.31	III
2.	Retezan Remus	II	27.67	LXVIII

Yalta

50 m butterfly

Nr.crt.	Nume şi prenume	Cat.	Timp	Loc
1.	Colţa Andrei	III	28.13	XIII
2.	Ignat Tudor	II	26.12	II
3.	Buzatu Valeriu	VI	31.98	XVII
4.	Burac Daniela	IV	40.11	XV
5.	Horvat Monica	VIII	53.33	X

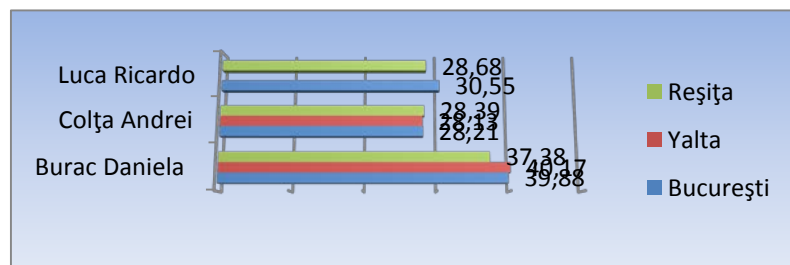
50 m breaststroke

Nr.crt.	Nume şi prenume	Cat.	Timp	Loc
1.	Ignat Tudor	II	29.99	I
2.	Pau Iudita	VI	41.12	XI

50 m freestyle

Nr.crt.	Nume şi prenume	Cat.	Timp	Loc
1.	Burac Daniela	IV	33.67	XII

The graphic expresses the results of some swimmers at 50 m butterfly and the improvement of their times:



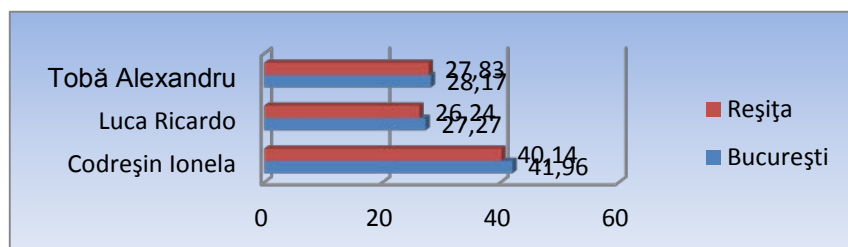
Graphic No. 1 The evolution of the results in 50 m butterfly event

In what concerns the 50 m breaststroke event, one can see the improvement of the results of the following swimmers:



Graphic No.2 The evolution of the results in 50 m breaststroke event

In the 50 m freestyle, with the largest participation, there are the following results:



Graphic no.3 The evolution of the results in 50 m freestyle event

Conclusions:

- The first conclusion, and one of the most important, is the fact that swimming can be practiced also at the adult age, one can continue the swimming career and even start it now;
- Masters swimming movement, which is well known and developed in Europe for 20-30 years, starts to be known also in

our country, being affiliated to the Romanian Swimming Federation;

- Another purpose that masters swimming movement promotes is swimming at any adult age, being extraordinary salutary for the health and muscle tone maintain.
- Socialization is a very important reason for many former swimmers, and not only, to participate at such contests;
- There is a fact that the number of the participants substantially increased from the very first contest;
- The outstanding international results obtained by the members of Reșița07 Masters Club (world champions: Răzvan Florea, Ștefan Gherghel, world vice-champions: Tudor Ignat, Ștefan Gherghel; european champion: Tudor Ignat, vice-champion: Tudor Ignat) make this club one of the elite masters swimming, Leading abroad the determination and the commitment of the Romanian swimming.
- Although only two clubs are affiliated at FRNPM, there are other masters swimming clubs in Romania: Luna Brașov, ORCA Cluj, Aqua Masters Timișoara, Tomas Ploiești as.
- An extraordinary promotion of these competitions is made by the great Romanian former champions, who got medals at the Olympic Games, World Championships, European Championships, such as Carmen Bunaciu, Anca Pătrășcoiu, Răzvan Florea, Ștefan Gherghel, Tudor Ignat as.

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Titlu: Creșterea performanțelor sportive în înot la vârstă adultă prin participarea la competițiile de înot masters.

Cuvinte cheie: înot masters, performanță, vârstă adultă.

Rezumat: Prin antrenare consecventă, înotătorii la vârsta adultă pot obține performanțe remarcabile în mișcarea de înot masters, comparabile cu cele ale înotătorilor din activitatea de înaltă performanță. Printr-o bună

dozare a efortului și o programare eficientă a pregătirii acestora, rezultatele lor competiționale se îmbunătățesc permanent, putând duce la clasări pe podium în competițiile continentale sau mondiale de profil. Pe lângă aceste rezultate, putem vorbi de o mișcare de promovare a stării de sănătate la orice vârstă, prin evidențierea beneficiilor înotului asupra organismului.

Titre: L'augmentation de la performance dans la natation à l'âge adulte par la participation dans les compétitions de natation masters.

Mots-clés: natation masters, performance, l'âge adulte

Résumé: Grâce à une formation cohérente, les nageurs adultes peuvent obtenir des performances exceptionnelles dans le mouvement de natation masters, comparables aux nageurs de l'activité de haute performance. Par le dosage approprié de leur effort et une programmation efficace de leur préparation, leurs résultats du concours sont en constante amélioration et ils peuvent conduire aux classements à podium dans les compétitions continentales ou mondiales. En plus de ces résultats, on peut parler d'un mouvement visant à promouvoir la santé à tout âge, en mettant en évidence les bienfaits de la natation sur le corps.