

# THE EVOLUTION OF THE SPECIFIC ROMANIAN CLUBS AT THE WORLD MASTERS SWIMMING CHAMPIONSHIP *RICCIONE 2012*

D.G. BURAC<sup>1</sup>

T. IGNAT<sup>1</sup>

**Abstract:** *In the recent years, Masters swimming movement gained momentum in Romania, as a necessity of health maintaining at adult age by practicing swimming, on the one hand, and as a continuation or a repetition of the competition activity of our country's former high-level swimmers. Grouped in clubs affiliated at the Romanian Swimming and Modern Pentathlon Federation, with its own competition schedule, athletes involved in this movement are doing their best in order to train very seriously. In this paper we will study the effort's dosage and the efficient programming of their activity, the training contain specific means and methods and the cutting edge specific aids, and all together increase efficiency and improves swimming performance. As an evidence are the results obtained by the swimmers from the two big Masters clubs from Romania (Reşiţa 07 and Tribeach Braşov), that include great names of the Romanian swimming: Carmen Bunaciu, Anca Pătrăşcoiu, Ştefan Gherghel, Răzvan Florea, Tudor Ignat, that competed at the World Masters Swimming Championships, which took place in Riccione, between 10-17.06.2012. The titles of world champions and vice champions, along with the top emeritus rankings, prove that this sport can be practiced until old ages, and can bring satisfaction through the results obtained in national and international competitions.*

**Key words:** *Masters swimming, efficiency swimming performance.*

## 1. Introduction

Masters swimming movement appeared in Romania in 2007, when the first Romanian masters club set up in Timişoara. In november that year, the constituent meeting of Reşiţa07 masters club has held, and in 2008 set up the ORCA Masters Club Cluj.

Regarding the Masters Club Tribeach Braşov, it represents the taking over and

adapting of an initiative and accomplishment overseas. Greenwich Tribeach Club exists and is active in competitions in the United States since 2005, and present members of Tribeach Braşov Club were enrolled in this club in order to participate in various competitions [3].

The Masters Club Tribeach Braşov was officially established in 2010. At first the masters movement had certain aims: to

---

<sup>1</sup> "Stefan cel Mare" University of Suceava.

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, Reşiţa07 and Tribeach Braşov, 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 any older than 100 years.
- Team (relay) events: 120-159 years, 160-199 years, 200-240 years aso.
- 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 [2].

## 2. Purpose

The purpose of this study is to emphasize that results can be obtained in masters swimming activity and can be as valuable as those of high – performers athletes. This movement is becoming increasingly visible in our country, earning more and more followers.

## 3. Hypothesis

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.

## 4. Research methods

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 at there are quite atypical, not accorded to FRNPM plans.

## 5. Content of the experiment

The teams that were presented at the World Masters Swimming Championship that took place in Riccione have trained differently. The team Tribeach Braşov managed to organize training sessions held regularly where club swimmers have

trained under the same conditions and about the same distance swum during training sessions.

„The intensity of the exercises varied depending on the event the swimmer had to prepare. The cycle training before these championships took place as it follows: minimum 7 trainings were made in a month with all the team, training sessions and verification competitions” [1].

That activity culminated with the taking part at the National Masters Swimming Championships between 28-29 of April 2012, as a final assessment before the World Championships.

Each contestant verified his qualifying times for this competition, the failure in this case having as a result the athlete's missing on the final lists. Regarding Reșița 07 team, being more dispersed (members have their residence in different palces: București, Suceava, Constanța, Timișoara, Cluj – Napoca) each team member trained individually [4].

To illustrate, we analyzed the training of a breaststroke swimmer, who performed 10 trainings weekly, 6 training in the morning and 4 in the afternoon, totaling between 25-40 km swum/week.

A training example is:

- 600(medley +freestyle);
- 3x100 F 1'20”;
- 4x50 Butterfly 50”
- 400 (25 feet +25 palm +25 S +25R);
- 200 feet B;
- 8x50 feet B 200 arms C;
- 8x100 arms;
- (75F+ 25 B 1'30” - 1'09”);
- Total: 4300 m.

These daily workouts, grouped in weekly plans, individualized microcycles and macrocycles responsibly conducted led to outstanding results in competition.

## 6. Results

The 14 th edition of the World Masters

Swimming Championships took place from 10 to 17 of June in Riccione, an Italian resort located on the Adriatic Sea shore.

This competition was attended by almost 10000 participants from all around the world, approximately 28000 starts were given and 1600 relays competed. Although sometimes the competition began at 7.30 am and ended after midnight the next day the athletes started to fight with themselves and with the timers.

The events were held against time and there were two, three or even four events a day for one competitor.

There were two Olympic size swimming pools, one indoor and the other one outdoor, where women and men swam apart and also 2 half - Olympic size pools were swimmers trained themselves for the events. Besides swimming, other branches were represented: synchronised swimming, diving, polo (where the representatives of the Romanian clubs were ranked on the 4th place), swimming in open water.

Medals were awarded to the first 10 competitors at each event as it follows: the first place – gold medal, the second place – silver medal, the third place and all the competitors until the 10th place – bronze medal.

The Romanian athletes' results were praiseworthy, regardless of the club they competed for. So, many Romanian former glories of swimming continued their successful competitive careers, achieving outstanding results at this competition.

The most titled Romanian swimmer, Răzvan Ionuț Florea, bronze medallist at the Olympic Games in Athens, won two gold medals, a silver medal and a bronze medal. He participated at the 30-34 years age group as a member of The Swimming Masters Club Reșița07 and he obtained the following results:

- 200 m backstroke, 1st place, time obtained: 2.12.05;
- 100 m backstroke, 1st place, time obtained: 59.97;
- 50 m backstroke, 2nd place, time obtained 27.87;
- 400 m medley, 3rd place, time obtained 4.56.04.
- 100 m backstroke, 5th place, time obtained 1.24.18;
- 200 m backstroke, 7th place, time obtained 3.09.22;
- 50 butterfly, 11th place, time obtained 37.23;

Another swimmer with outstanding results is Tudor Ignat, also member of The Swimming Masters Club Reşiţa07, who obtained the following results at the 35-39 years age group:

- 100 m breaststroke, 1st place, time obtained: 1.07.89;
- 50 m butterfly, 3rd place, time obtained: 26.76;
- 50 m breaststroke, 4th place, time obtained: 30.88;

Two representatives of Romania became winners. One of them, Lavinia Albu, at the 55-59 years age group, is a member of The Swimming Masters Club Reşiţa07, and she obtained the following results:

- 50 m backstroke, 1st place, time obtained 38.97;

A remarkable behaviour had Katharina Flora, the eldest Romanian participant at these Championships, member of The Orca Swimming Club Cluj who at the 75-79 years age group became world champion at 50 m backstroke: 50 m backstroke, time obtained 46,26.

Carmen Bunaciu, a legend of the Romanian swimming, obtained the following results: 100 m backstroke, 12th place, time obtained 1.23.82; 50 backstroke, 16th place, time obtained 38.47; 200 m backstroke, 17th place, time obtained 3.02.43-.

Anca Pătrăşcoiu, another remarkable swimmer of our country, obtained the following results: backstroke, 12 th place, time obtained 35.75; 100 m backstroke, 18th place, time obtained 1.20.27;

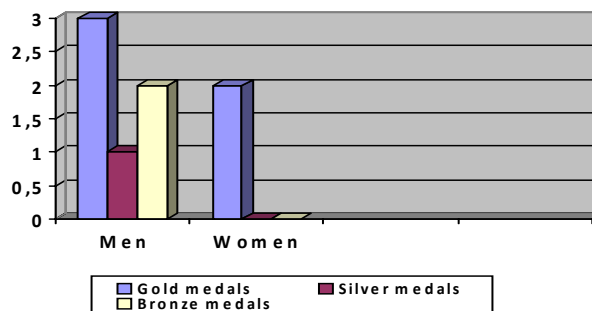


Chart no 1 *Number of medal won by the Romanian swimmers*

A special evolution had The Reşiţa07 Club's male relay, consisting of Răzvan Florea, Tudor Ignat, Andrei Colţa and Andrei Culea. The relay conquered the 5th place in the 4x50 m medley and the 12th place in 4x50 m freestyle.

All these results of our competitors whether they are from the same club or not, honour our country, the clubs they belong to and those who had gained them, standing treat to that beautiful sport.

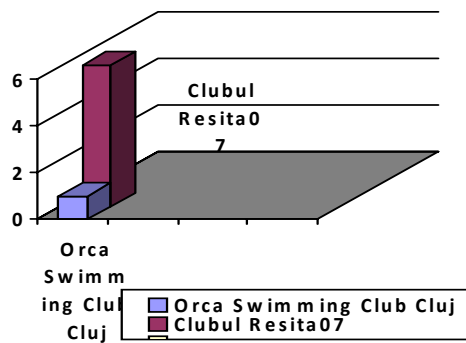


Chart 2. *The number of medals obtained of each Romanian Club*

## 7. Conclusions

Some conclusions can be reached: 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 and 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 and Tomas Ploiești.

## 8. Proposals

We must look ahead and see the beneficial aspect of this movement. The competitions bring together former exceptional Romanian swimmers, common people who practice this sport only for pleasure, a few times a week. All of them are winners, not only those who gained medals.

The main goal of the masters swimming practicing is to maintain health of the swimmers at an old age and the socialization of the participating groups.

Old friends see each other with pleasure, new acquaintances are made, beautiful friendship that last forever are made between competitors from all over Romania: Suceava, Constanța, Baia Mare, Galați, București, Brașov, Ploiești, Cluj – Napoca, Timișoara, Reșița.

The involvement of the authorities in the promotion and logistic support of these activities is welcome.

Moreover, in the Caraș – Severin county, Radio Reșița, where a strong supporter of

this activity and also a promoter is the beloved sports speaker Doru Dinu Glăvan, The City Hall of Reşiţa, and not least The County Department of Sport and Youth of Caraş – Severin, are loyal partners of such sports events that take place regularly.

One can mention that annually takes place The Memorial Competition “Ioan Schuster”, since unfortunately passed away a great swimming coach of Romania, mentor of many generations of trainers dedicated to this sport.

### References

1. Burac, D., G., Ignat, T.: *Creşterea performanţelor sportive în înot la vârstă adultă prin participarea la competiţiile de înot masters (The increase sports performance in swimming adulthood through participation in masters swimming competitions)*. In: Conferinţa Ştiinţifică Internaţională, Ed. a-IV-a, Tendinţe şi perspective în cultură fizică şi sport, Suceava 24-26 mai, 2012, p.18-22.
2. Liseţchi, M.: *Posibilităţi imediate de optimizare a performanţei unui club de înot masters în cadrul competiţiilor sportive de profil (Immediate possibilities of optimization of a masters swimming club during swimming competitions)*. In: Revista Ştiinţa Sportului Nr 5/66 2008, revista editată de Consiliul Ştiinţei Sportului din România, p.49-57, Bucureşti.
3. <http://club.tribeach.ro/> Accessed: 22.10.2012.
4. [www.inotmasters-resita07.ro](http://www.inotmasters-resita07.ro) Accessed: 17.11.2012
5. [www.swimming.ro](http://www.swimming.ro), Accessed: 13.01.2013
6. [www.swim.ro](http://www.swim.ro) Accessed: 17.02.2013