

# My Journey in Returning to Sport

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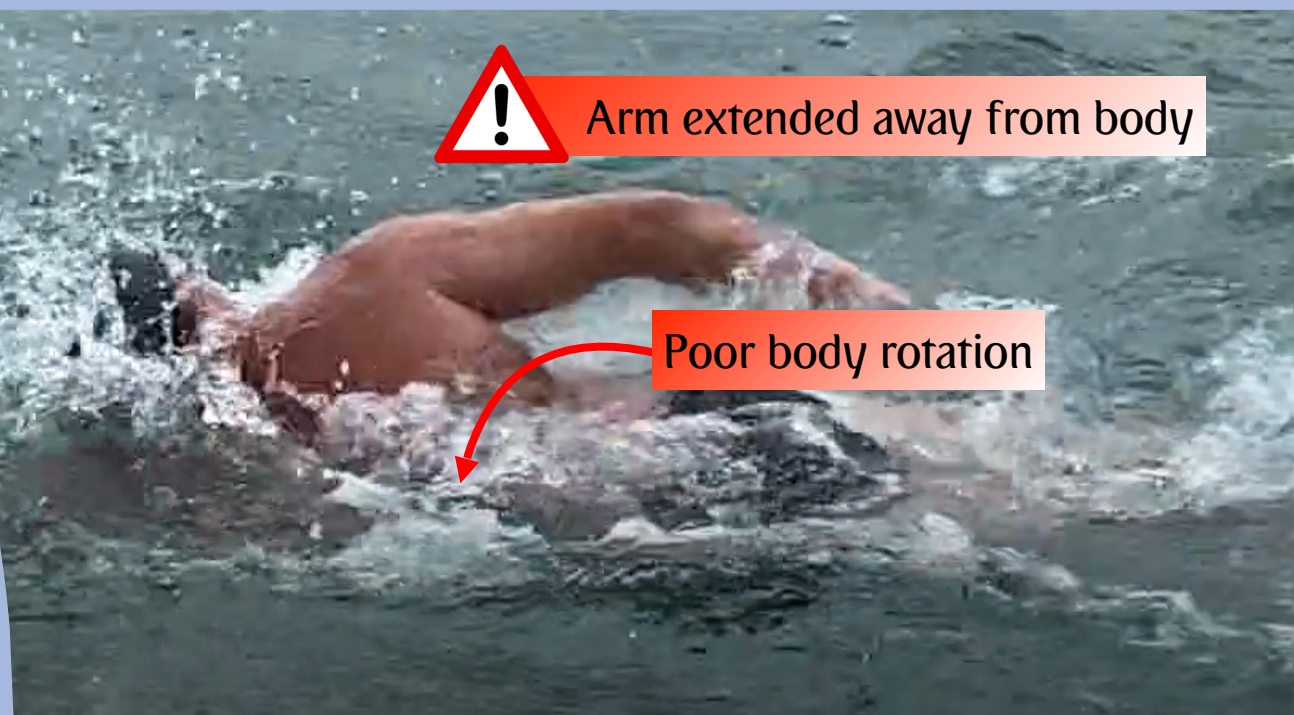
# South Curl Curl Surf Lifesaving





# Freestyle Swimming

- You need to coordinate the movement of your arms so that one arm begins the pull phase as the opposite finishes its pull.
- Likewise, you need to coordinate your leg movement so that as the left leg is at its highest point in the water, the right leg is at the lowest point.
- While moving your legs and arms in opposite directions, you need to time your breathing so that you are turning your head to the side while your arm is in the recovery phase.



Arm extended away from body

Poor body rotation

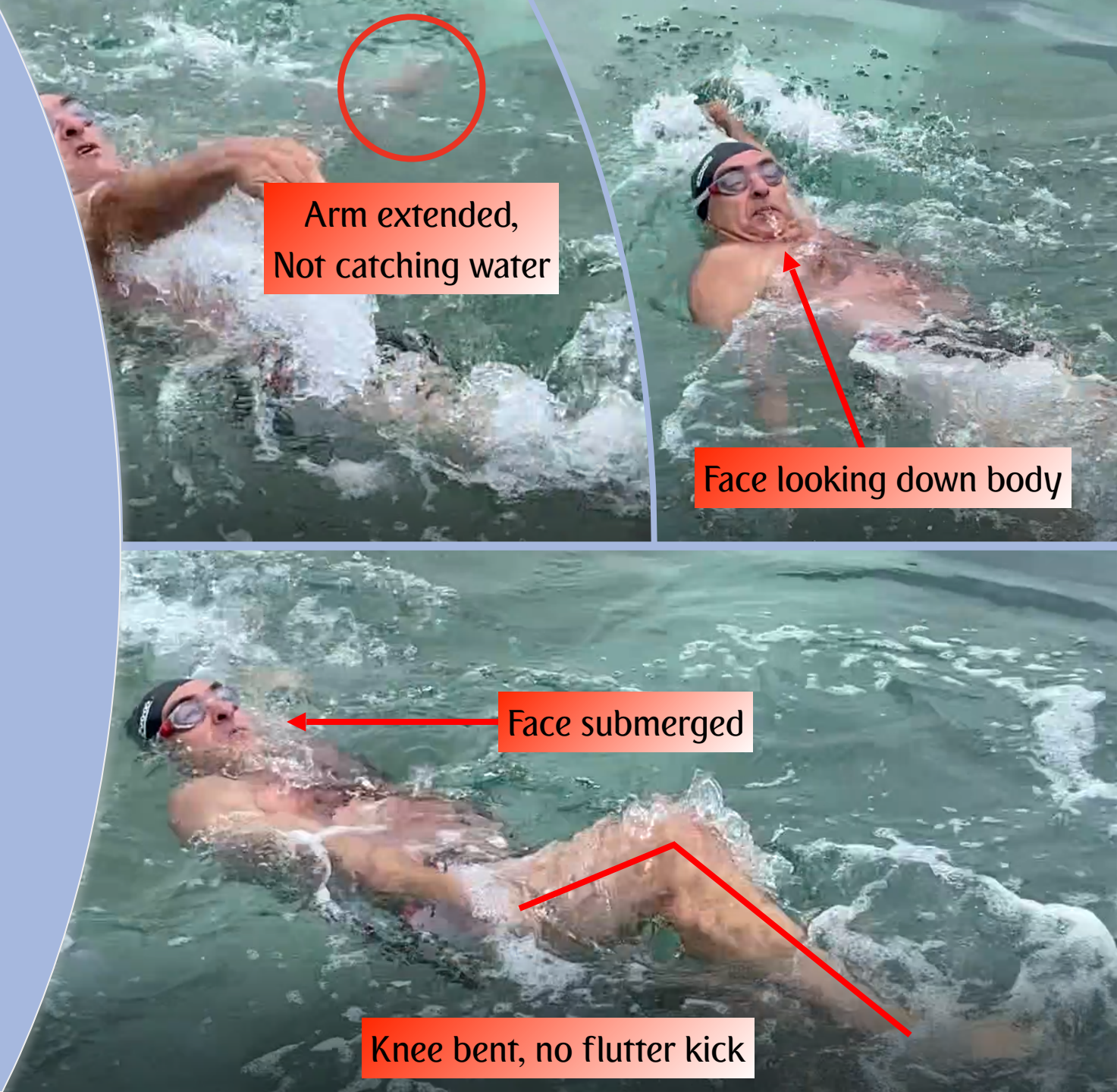


Legs dragging behind me

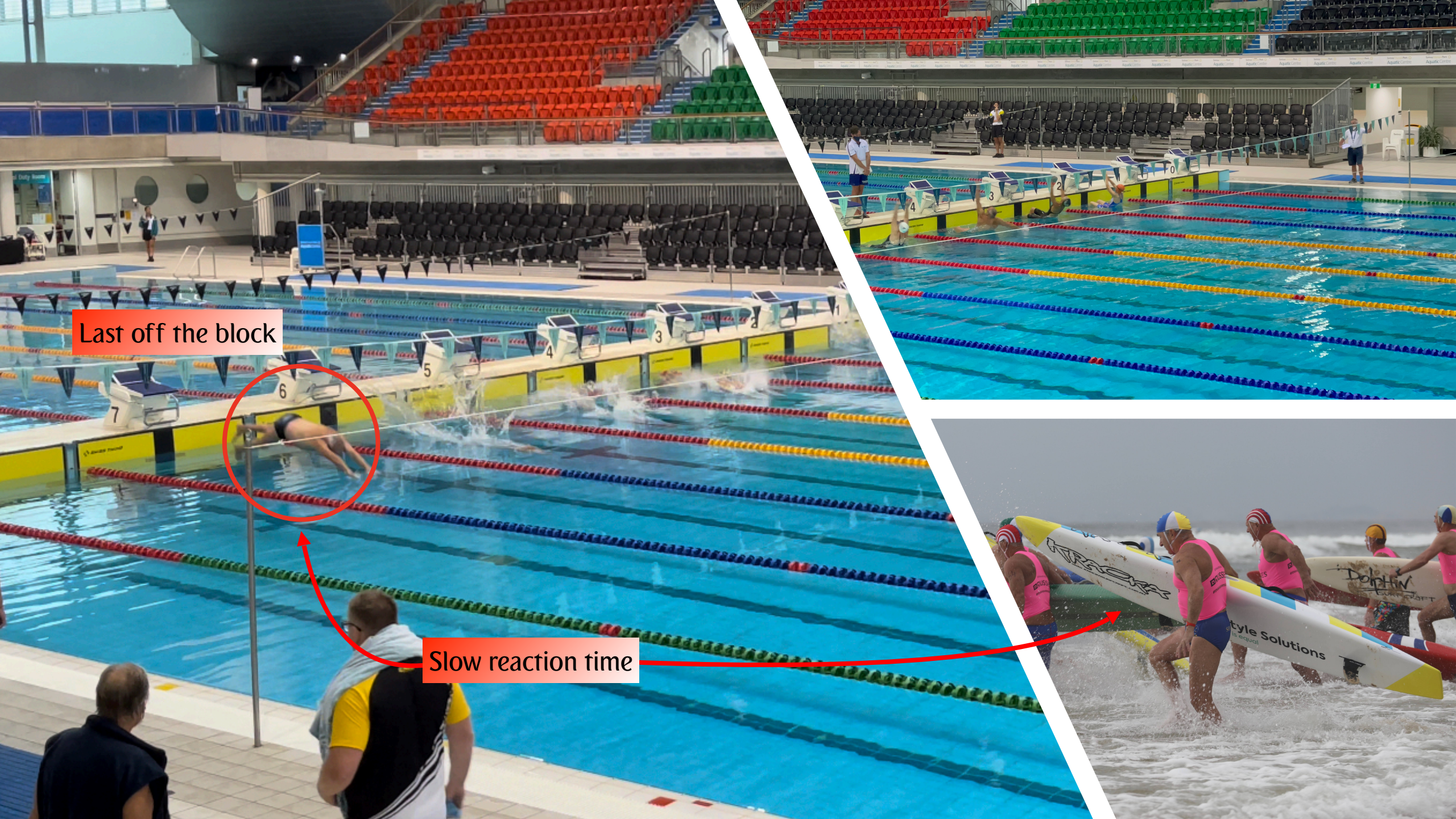


# Backstroke Swimming

- While floating on your back, use alternate arms to propel yourself backwards
- While underwater, your arms catch and push the water away from you
- Legs should be close together and use the motion from your hips to perform a synchronised flutter kick
- Your face should be above the water, looking upwards and match your breathe with your stroke movements







Last off the block



Slow reaction time





# Neuro-Cognitive Training Program



Support and Advocacy, of, by and for people with dementia



# 2022 Australian Swimming Championships





| Competition                             | Times                     |                           |         |
|---|---------------------------|---------------------------|---------|
| Pretraining                             | 1.08.11                   | 1.05.43                   | 1.02.89 |
| NSW State Titles<br>11/04/2021          | 59.28<br><b>PB 2.61</b>   |                           |         |
| 2021 COVID lockdown<br>26 June – 11 Oct | No training               |                           |         |
| Pretraining                             | 1.07.44                   | 1.06.54                   | 1.05.17 |
| Local Competitions<br>5/11 & 12/11/2021 | 1.03.64<br><b>PB 1.53</b> | 1.01.83<br><b>PB 3.34</b> |         |
| Australian Masters<br>24/04/2022        | 55.43<br><b>PB 9.74</b>   |                           |         |

50m Backstroke – Long course



# 25m events (Short course)

|  | Freestyle      | Butterfly      | Backstroke     |
|--|----------------|----------------|----------------|
| Pretraining  | 19.16          | 25.89          | 26.89          |
|  | 18.89          | 25.42          | 26.23          |
| Trials for Australian<br>4/2/2022                    | 18.22          | 24.81          | 25.27          |
|  | <b>PB 0.67</b> | <b>PB 0.61</b> | <b>PB 0.96</b> |
| Australian swimming<br>championships *<br>23/04/2022 | 18.17          | 22.97          | 24.07          |
|  | <b>PB 0.72</b> | <b>PB 1.45</b> | <b>PB 1.80</b> |
| Post training<br>21/05/2022                          |                | 22.69          |                |



# 50m (Short course)

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|  | Freestyle               | Butterfly               | Backstroke              |
|--|-------------------------|-------------------------|-------------------------|
| Pretraining                                | 43.67, 42.71,<br>41.89  | N/A                     | 1.05.44,<br>1.01.26     |
| Local comp<br>20/6/2021                    | 40.75<br><b>PB 1.14</b> | N/A                     | 57.85<br><b>PB 4.49</b> |
| 2021 COVID<br>lockdown<br>26 June – 11 Oct | N/A                     | N/A                     | N/A                     |
| Pretraining                                | 43.01, 42.69,<br>40.66  | 1.01.98                 | 1.02.77,<br>59.41       |
| Australian<br>Nationals*<br>23/4/2022      | N/A                     | 58.67<br><b>PB 3.31</b> | 56.71<br><b>PB 2.7</b>  |
| Local competition<br>31/5/2022             |                         |                         |                         |



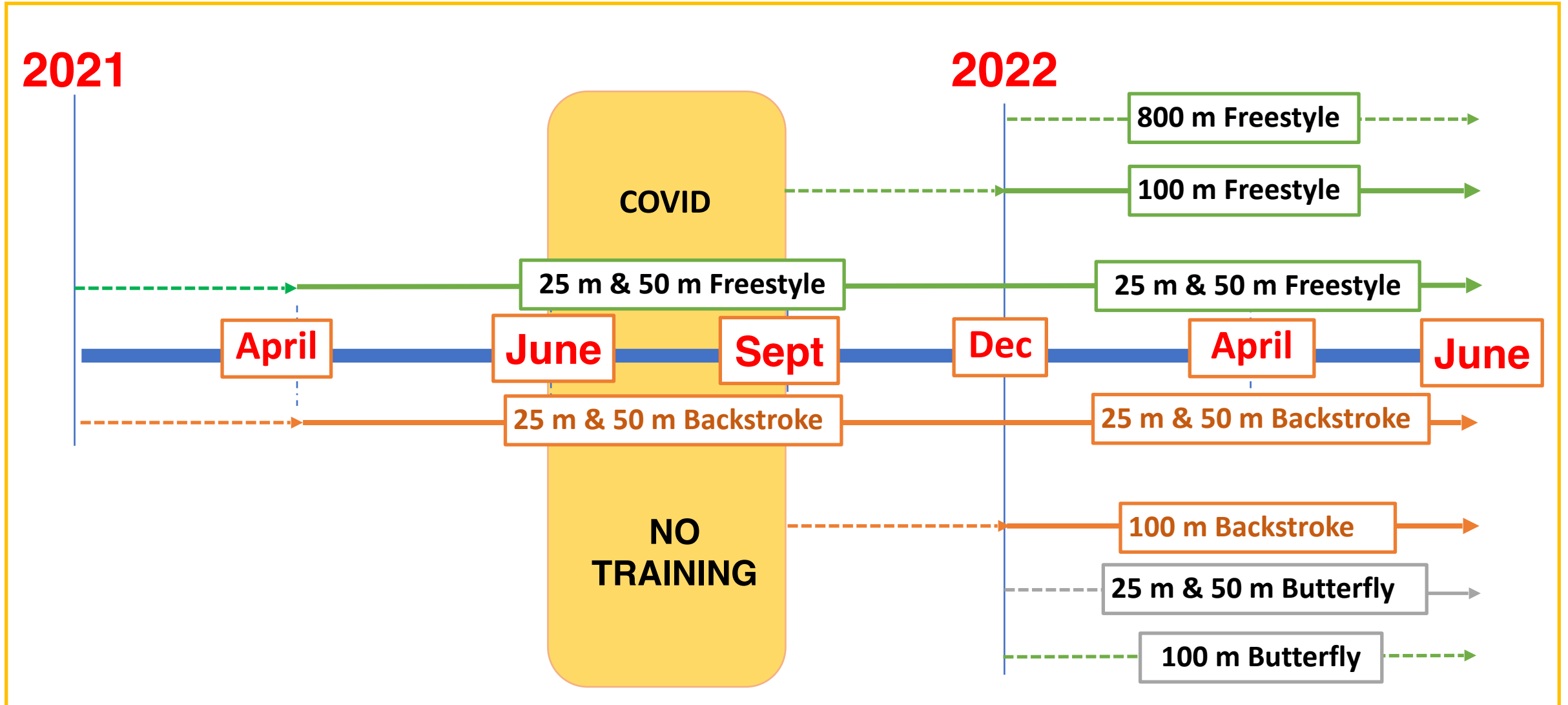
# 100m Freestyle (Long Course)

| Competition                               | Times   |                    |         |
|---|---------|--------------------|---------|
| Pre-training<br>Jan – Feb<br>2022         | 1.47.61 | 1.44.34            | 1.41.02 |
| Local Comp<br>19/03/2022                  | 1.39.11 | PB by 1.91 seconds |         |
| Australian<br>Masters Games<br>28/04/2022 | 1.34.85 | PB by 6.17 seconds |         |

Support and Advocacy, of, by and for people with dementia



# Range of Swimming Events





# 2022 Australian Surf Lifesaving Championships





**Master's Surf  
Lifesaving**

**2021**  
**Branch carnival**  
Last in heat  
**Australian  
Championships**  
2<sup>nd</sup> Last in heat



**2022**  
**NSW State titles**  
cancelled  
**Australian  
Championships**  
9<sup>th</sup> Semi Final  
17<sup>th</sup> in Australia





# What's next

## Neuro-cognitive training program

Part 1 - Balance, Co-ordination and Reflex Actions

Part 2 - Proprioception, Flexibility and Strength plus  
swimming turns and kneeling on a board

Part 3 - Technique

## International Competitions in 2022

- International Surf Lifesaving (ILS) in Italy (26 - 29 September)
- Pan Pacific Games on the Gold Coast (8 - 11 November)

Thank you



**SEE THE PERSON  
NOT THE DEMENTIA**

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