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FOREWORD

The formation of A.U.S.S.I., the organisation that eventually became Masters Swimming Australia, can be likened to the conception, then birth of an elephant or a whale. It was 18 months from when the seed was sown in March 1974 until the birth in September 1975.

The seed, of course, was the international meet at Heffron Park Sydney organised by Jack Brownjohn at the request of Dr Richard Rahe, USMS, and conducted with the help of Bill Lough and his AIF/Leagues Clubs competition team. The following 18 months saw exchanges of many ideas until on the 22nd September 1975, A.U.S.S.I., the Australian Union of Senior Swimmers International, was constituted at a meeting of eight men, adopting a constitution and structure drafted by Gary Stutsel.

It is important to recognise that A.U.S.S.I. was formed by competitive swimmers to provide fairer competition for themselves and others, especially for women and for those who wanted to compete over longer distances, in strokes other than freestyle, and against swimmers close to their own age. Over a short period of time the organisation expanded from just providing competition, to encompass fitness swimming with awards badges and aerobics programs (now Endurance 1000), club group training, then coaching, and always against a social background.

The rapid growth of A.U.S.S.I. provided the foundation for the establishment and early growth of international masters swimming, first through Masters Swimming International (MSI) in 1983-4 and then through FINA after 1986.

This publication will attempt to describe what existed before A.U.S.S.I., and then tell the story of the first ten years of rapid growth and expansion. The idea for the book was first mooted in late 2014 when it was realised that:

1. March 2015 was the 40th anniversary of the first Australian Masters National Swim held at Harbord in Sydney, NSW.
2. While 50 years might be a more appropriate time to celebrate this, only a handful of people remain who are still contactable and were there at the start.
3. There is no formal history of Masters Swimming in Australia and original documents were in danger of being lost or destroyed.

For access to the original Minutes Books I thank the MSA National Office. For original magazines and documents I had my own limited resources plus extra material from Carol Dawson, Brian Hird, Beryl Stenhouse, Lena Theuns, and above all Paul Wyatt. While Paul could be criticised for still having the first tram ticket he ever bought, I would not have been able to include pictures of T-shirts, tracksuits, and rare results and details from the 1974 and 1975 swim meets without his rare hoard of original materials. He is truly a priceless gem and I thank him sincerely.

As author, I have chosen to cover the first ten years from 1974 to 1984, because in 1983 I was elected President of Masters Swimming International and then concentrated my efforts on the international stage for the next 13 years before returning to roles at a national level in Australia. I leave the task of covering the later years to those who have followed and have a better knowledge of their time as leaders than I do.

Gary M Stutsel OAM ASM
Life member Masters Swimming Australia
Life member MSNSW
Honouree International Masters Swimming Hall of Fame

PROLOGUE

Adult Swimming in Australia was not born overnight. It evolved over a long period of time, sometimes in little steps, and rarely by taking actions that later proved to have been giant leaps.

While it could be said that the various state Amateur Swimming Associations did not stop adults from swimming with them, in almost every case young adults stopped competing before their twenties as there was little encouragement to continue. At the same time Surf Life Saving Australia was growing and offered opportunities for younger and older males who were motivated by competition. To be fair, the then Amateur Swimming Union of Australia was constrained by the rules (1) of the world governing body of aquatic sports, FINA. Amateurs were not allowed to swim with professionals and virtually everyone who made money from sport was classified as a professional. This included coaches, pool lifeguards, and those who competed in a lengthy list of other sports. At a local level there was:

- neither the money nor the people available within the ASU and its state Amateur Swimming Associations to administer and promote a Masters component;
- fear concerning competition for pool space, volunteers and sponsorship.

The first adult swimming body to be organised in Australia was the AIF Swimming Association (2). The AIF Swimming movement grew from the formation in 1926, of the Limbless Soldiers Swimming Club. Gradually other clubs were formed and swam against one another. Then the association was formed and an inter club carnival held on 12th December 1936 at the Coogee Aquarium. The association continued to grow after WW2 and by 1976 had 42 clubs; 21 in Sydney, 17 in NSW country towns, 2 in Victoria and 2 in Queensland. Ray Weekes of the Spit Club was elected President in 1958 and had held the position ever since (this was written in 1976).

Two other adult swimming organisations active before 1976 were the NSW later to become the Australian Winter Swimming Association and the Leagues Clubs of N.S.W. Swimming Association.

The Winter Swimming Association (3) had a restricted season from 1 May each year until the end of September, with many members active in Surf Life Saving Clubs through the summer. There are over twenty clubs with most of these based in Sydney ocean rock pools, a sprinkling north and south of Sydney and one, Cottesloe, in Perth, Western Australia. Almost all of their races were of 50m or less.

The Leagues Clubs Swimming Association (4) started in 1965 and the members were affiliated sub-clubs of Sydney based Rugby League licensed clubs. There was also a club at Wagga Wagga, in country NSW. As well as swimming 50m Freestyle in 10 years age groups they also swam the 50m events in other strokes, but only in one open age group. This association appears to be defunct in 2015.

Then the one thing other than swimming that each of these three associations had in common was that membership was open only to men, **no women allowed!**

The one exception at that time was the **Old Time Swimmers League of South Australia (5)** based in Adelaide SA. Organised with individuals as members of the association rather than clubs, and formed in the early 1970s, this group had over 100 members, many of whom were women. They conducted competitions on similar lines to the U.S. Masters and offered events in all strokes in 5year age groups up to 65 and over.

The Sydney based groups were all

- men only
- restricted to very limited age groups
- swam a very restricted range of mostly freestyle events

The time was ripe for a national organisation based on the ideals developed in the USA in the early 70s.

THE SOWING OF THE SEED (1974-75)

This culture of - men only
- restricted to very limited age groups
- offering a very restricted range of mostly freestyle events
was about to be turned upside down!

In July 1973 Sydney surf legend Brian Mortensen was contacted by Commander Dr Richard Rahe, of the US Navy. Richard was seeking to add Sydney to the tour by a team of US Masters swimmers who would be visiting New Zealand and thought they should also come to Australia and compete. Brian passed the letter on to Jack Brownjohn, of Sydney's St George Leagues Swimming Club (6). Jack contacted Richard and asked if he could help him organise a meet by sending information on U.S. Master (sic) Swimming. As Jack wrote (6) "I figured the flavour of an international meet would spur Australian swimmers on and I would be knocked down in the rush. This was not so. My first attempt to publicise the U.S. tour was at a dinner held by NSW's Union of Old Swimmers (a group of ex-competitors whose main aim was to raise money to assist Australian teams compete in Olympic and Commonwealth Games) at Leichhardt Rowing Club, Sydney. When I brought up the matter of the U.S. tour I felt like an alien just arrived from another planet. The reception to the tour was nil, with the exception of one guy, my old Bronte Surf Club team mate Warren (Wick) Riley who thought it was a great idea and said he wanted to help". Wick was a customs agent and his office was in Sydney city. This office became the centre of operations, so much so that Wick's partner complained that no work was being done as all Wick's staff were helping to organise the Masters meet. Owen Herbert, a member of St George Leagues Club Swimming Club, who worked for Consolidated Press, arranged all the printed material free of charge (6).

After several more letters and frenzied preparations, a team of 31 U.S. Masters swimmers and 14 supporters arrived in Sydney and on the night of 30th March 1974 competed in a meet with Australian swimmers. Jack was the brains behind the organisation (6) and promoted the meet to every swimmer he met. It was conducted by Bill Lough and David Mortimer both of Manly. Ray Weekes, then 75, looked after the finances, St George's Alf Sparkes was the referee and Alf organised assistance from the St George Amateur Swimming Association's officials, who worked with a small band of volunteers from the various men's swimming organisations. The Australian swimmers came from Sydney, country NSW, South Australia, Queensland and Victoria. One feature that made a lasting impression on most of us was the fact that all the Americans swam in the 400m Freestyle, regardless of their ability. This fact was to shape the path taken by A.U.S.S.I.. Interestingly, at all the early meets, times were recorded to one tenth of a second on sweep second hand watches, as digital watches were not then available.

The contestants almost read like a who's who of Australian pool and surf swimming. Prominent were Olympic multi-gold medallists Dawn Fraser and Jon Henricks, while Kevin Berry (Tokyo gold medal winner) took photographs for the media. English Channel hero Des Renford competed as did Jack Chalmers (then in his 80s) who was famous for his 1930's shark rescue at Coogee. Female pool champions included Bess Barrie, Erin Crumlin, L.Hayes, Robyn Sargent, Eleanor Stewart, E. Walker, Eve and Lynette Whillier and Barbara Wilson while the men included Jack Allen, George Ashley, Peter Brown, Jack Brownjohn, Cec Jardine, Keith Little, Fitz Lough, Vic Luckhurst, Mick Matchett, Rod Puskar, Gary Stutsel, Henry Vagner, Mick Withers and Paul Wyatt. Surf greats who swam were Bob Bouffler, John Crisp, John Kerry, Brian Mortensen, Max Riddington and Barry Rogers (7).

Four competitors in this meet who are still swimming with Masters Swimming Australia in 2015 are John Crisp [Miami Masters], Gary Stutsel [Tuggeranong Vikings], Barbara Wilson (Brooks) [North Lodge], and Paul Wyatt [Coogee-Randwick]. Amongst the Americans active in USMS affairs were June Krauser, Dale Petranek and Richard Rahe while, Margaret George (Samson), who although born in South Africa had migrated to the USA and become a citizen, and was to

become a co-founder of MSI. It was Margaret who in 1981 approached Gary Stutsel at the US Short Course Championships in Irvine, California with her idea of trying to form an international organisation for Masters Swimmers, with the name Masters Swimming International, but more of this later.

Gary Stutsel, then of Sylvania, swam in only two events, the 50m Freestyle and 50m Breaststroke. Gary was very impressed that all of the overseas visitors swam in the 400m Freestyle regardless of their speed. He was pleased to be able to swim in a 35-39 age group because, in his then participation with the NSW Leagues Clubs and the NSW Winter Swimming Association, competition was restricted to either open age or 30-39. He was so impressed that he made an immediate donation to the funds of the organising committee. Soon after he was asked to join the group of interested swimmers and swim competition organisers, who started meeting regularly to plan for the future.

On 16 August 1974 a mini meet was organised at the Maroubra Seals Club (6) in Sydney and although those present enjoyed themselves there were only 26 competitors. This meet was organised even though Jack Brownjohn was not in favour of such a meet (6).

Interest built up gradually until on 18th October, 1974 a meeting was held at the South Sydney Leagues Club (6). It was attended by Bill Lough and Ray Weekes of the A.I.F. Swimming Association, Ian Toll and Phil Coles of Surf Life Saving, Ray McDougall, Fred Ireland and Jack Brownjohn of the Leagues Clubs of NSW Swimming Association, Gordon Baxter of the Pool Superintendents' Association and Joe and Erin Crumlin. The group voted to form the **Australian Masters Swimming Association** and elected a steering committee of Bill Lough (President), Jack Brownjohn (Secretary), Ray Weekes (Treasurer), and Erin Crumlin (Assistant-Secretary) (6). The idea of this meeting was to try and impress the various other groups that the Masters would be a good outlet for their older competitors and give them something to train for. These various organisations could swim in the Masters and the Masters would not affect any group's autonomy. Jack said, "I wasn't firing too well that night and the meeting turned out to be a flop" (6).

"The next thing on my mind was to hold a Masters National Championship (6), a US Masters style swim meet that would be called the 1st Australian Masters Championships".

A circular was distributed (6) on and after 19th December 1974, then the meet was held at the Harbord Diggers Pool on the 8th March 1975 (8). It was a great success, with 112 swimmers (33 women and 79 men) from three states. They bettered the U.S. fastest time on 9 occasions, were 2nd on 9 occasions, 3rd on 10 occasions and would have finished in the USMS Top 10 23 times (6). They competed in 50m, 100m, and 400m Freestyle, 50m Backstroke, Breaststroke and Butterfly, and 4x50m Freestyle relays (14 teams). The men competed in 5year age groups from 25-29 to 80-84 and the women from 25-29 to 70-74. Of particular interest was the fact that 15 men contested the 25 to 29 50m Freestyle while at the last National Championships held in Sydney in 2013 this event attracted only 13 swimmers. The social after the swim meet was as successful as the swimming. Harbord Diggers swimming club did the catering for \$2.50 a head, the liquor was supplied free by the mother club (6). One thing that happened after the meet was that the Harbord Diggers Club rules were changed. All sporting facilities went from segregated to mixed (6). In later years the Sydney based men's swimming associations were to follow this lead and open their membership to women too.

Like the 1974 meet, there are four swimmers who competed in this meet who are still active in Masters Swimming in 2015 (8). They are Beryl Stenhouse (Cronulla-Sutherland, NSW), Chris Lock (Myall Masters, NSW), Gary Stutsel (Tuggeranong, NSW) and Paul Wyatt (Coogee-Randwick, NSW). Barbara Brooks (North Lodge, Vic.), who competed at Heffron Park in 1974 and has swum at every national swim since 1976, did not compete at this meet, the only one she has missed.

THE SECOND YEAR OF GESTATION

At the beginning of 1975 the fledgling group had no structure other than the steering committee, no constitution, no financial members, no formal membership, and only one objective. This was to conduct an annual competition open to all Australian adults 25 or over. On March 8, 1975 the first of these meets, the 1st National Masters Swim was held in the indoor 25m pool at Harbord Diggers, Sydney. There were swimmers from (8) Sydney, NSW country, Queensland, South Australia and Victoria.

The name, Australian Masters Swimming Association was taken directly from the USA's, United States Masters Swimming (USMS). The US group had adopted the name Masters because the name "Veterans", which had been adopted by the fledgling mature-age Athletics group, was largely associated in the USA with organisations for former armed services men.

It soon became obvious in Australia that the term "Masters" was identified with elite golf, tennis and lawn bowls competitions. At this time the only other masters group in Australia was the Veteran Athletics Association. Following some vigorous debate it was decided that the organisation adopt a new name to promote itself. The name originally decided on was the Australian Union of Seniors Swimming. On the spur of the moment Gary Stutsel suggested that International be added to this to give the name the Australian Union of Seniors Swimming International, forming the acronym AUSSI which all agreed was closely associated with all things Australian.



Early in 1975 George Moore (6) submitted several designs for a badge for the organisation. From these the one chosen was the Percy Platypus design. This featured a platypus swimming west on a map of Australia. This in turn was surrounded by the words "Australian Union of Seniors Swimming International". The stylised map of Australia was chosen as a background because it identified us as Australian, but the relatively unknown platypus was chosen instead of a the better known kangaroo or a sea creature because:

- a) he is uniquely Australian;
- b) he is a swimmer; and
- c) like most adult swimmers, he is a shy retiring creature who snatches his swims

after dark or in the early mornings.

Jack Brownjohn proposed that we publish a yearbook (6). Meantime Gary Stutsel had subscribed to Masters Swimmer, the U.S. Masters newsletter edited by June Krauser from Florida, who was a member of the 1974 touring party. One of the many ideas he was attracted to was the Top 10 Times and Gary proposed that an Australian Top 10 be included in the yearbook, starting with the results of the 1974 Heffron Park international meet. The steering committee immediately appointed Gary as National Recorder (6) and gave him the task of preparing the first Top 10. The Top 10 was seen as being particularly beneficial to swimmers who couldn't afford the time or money to travel.

Recognising that positive steps needed to be taken to ensure the development of the movement, Gary took it on himself to print and distribute (at his own expense) an invitation to attend a meeting that was to adopt a constitution and elect office bearers for 1975-76. He drafted both a National and a States' Constitution that between them allowed for a National Body, with a

Council of State Delegates, that would have overall control of policy, and State Branches, with direct membership, that would be responsible for development. Thanks to the help of Fred Ireland, this meeting was held at South Sydney Leagues Club on the 22nd September, 1975 (9). The meeting adopted the National constitution, that required the states to be the members of the National body and individual swimmers to become members of their state body. Each state would be represented on a National Council and there would be a management committee of eight.

From the actions that had been initiated to date, it can be stated that Jack Brownjohn was the father of A.U.S.S.I. as he sewed the seed that led to the birth of A.U.S.S.I. It was to become more and more obvious that Gary Stutsel was the mother, as he conceived the need for a structured organisation and steered it through its early years until 1981. Jack Brownjohn wrote (6), "Gary coming into the organisation in 1974 was the best thing that could have happened for Aussi. His own Pharmacy shop in Sydney became Aussi's office at no charge to Aussi. He took telephone calls at work or home, day or night. He is always pleasant. I can't remember him being angry. He always gives a lot of thought to any suggestion made to him by anyone. He started the first Aussi magazine off in 1976 on his own, and was editor and all the other things required to make a good magazine. He wrote questions and then answered questions. The 1976 magazine was a credit to him, and so are all the others he has produced since". *{Note: After a year as assistant-editor, Carol Davis(Dawson) took over sole responsibility for the magazine in 1979}.*

"Gary was the National Secretary from 1976 to 1981. He was the N.S.W. State Secretary from 1975-77 and 1979-81. In 1978 when Bill Lough and I dropped out, Gary took over the National Carnival Director's job, and organised the 1979 National Titles at North Sydney. In 1981 with a short period of notice, he organised the Pan Pacific International Swim Meet held at Warringah Aquatic Centre. Credit must go to Gary for the success of the Pan Pacific. It was his ability to get others to work under him that made the meet so successful."

"As far as I am concerned Gary Stutsel is Mr Aussi and his wife Audrey Mrs Aussi for backing Gary and putting up with the disruption it must have caused in his household."

THE BIRTH

The NSW Branch was constituted in November 1975

Precise of the Minutes of the meeting held 22/9/75 recorded by Frank Sykes (9)

Held at South Sydney Leagues Club 8pm 22nd September 1975

Present

Bill Lough, Ray Weekes, Gary Stutsel, John Wainwright, Alf Sparkes, Frank Sykes, John Kemp, Jack Brownjohn.

Apologies. David Mortimer, Bess Barrie.

The first order of business was to wind up the Australian Masters Swimming Association (AMSA).

Moved that the AMSA be wound up. Passed

It was then moved that a new organisation A.U.S.S.I. short for Australian Union of Senior Swimmers International be formed. And that, Funds of \$155.58 were transferred from AMSA to A.U.S.S.I..

It was recorded that the outstanding achievements of AMSA had been the Sydney leg of the USMS touring team in 1974 and a most successful 1st National Australian Masters meet held in March 1975.

At approx 9pm the election was held for officers of AUSSI.

President Bill Lough

Vice President Jack Brownjohn

Secretary Gary Stutsel

Assist secretary Frank Sykes

Treasurer Ray Weekes

Committee Alf Sparkes, David Mortimer, Jamie Jenkins (who later declined) with John Wainwright offering to assist.

John Kemp was appointed (Top 10) Recorder.

Moved Alf Sparkes, seconded Jack Brownjohn, that the draft constitution as amended at this meeting be adopted and a vote of thanks be recorded to Gary Stutsel for his work on same.

Moved Alf Sparkes, seconded Gary Stutsel, that national affiliations fees shall be \$10 per annum.

Moved Alf Sparkes, seconded Gary Stutsel, that national by-laws as amended at this meeting be adopted.

The proposed tour to the U.S. was discussed based on an outline provided by Gary Stutsel.

It was resolved that Top 10 times shall only be taken in bath type pools, not rivers or tidal pools.

1976 swim meet 6 March 1976

Moved unknown, seconded Frank Sykes, that the Secretary write to Harbord Diggers [Club] re suitable date for 1976 meet.

Moved Alf Sparkes seconded Jack Brownjohn that next meeting be held on Monday 17th November.

Moved Frank Sykes seconded Alf Sparkes that we form a state body NSW A.U.S.S.I. at that meeting.

Meeting closed at 10.30pm

A.U.S.S.I., later to become Masters Swimming Australia, was now born and ready to grow. This meeting of eight men, with no women present, had far reaching consequences.

- The foundations had been laid for an organisation that today has more female than male members.
- The organisation has become the benchmark for other adult sporting bodies and is much sought after by multi sports events such as the Australian Masters Games.
- In 1983, less than 8 years later, together with New Zealand Masters, A.U.S.S.I. launched Masters Swimming International (MSI) and this in turn led to World Masters Championships, World Records and World Top 10.



Of interest to present day swimmers from the Rules and Regulations (9) that were adopted are the following:

Age Groups and Events for Meets

- i) Ages and sexes may be mixed in events to ensure there are no vacant lanes,
- ii) All events are to be conducted on a time trial basis with no finals,
- iii) Each meet should include at least one (1) event from each of the following groups
 - a) Freestyle: 50m, 100m, 200m, 400m, 800m, 1500m.
 - b) Backstroke, Breaststroke and Butterfly 50m, 100m, 200m
 - c) Individual Medley
- iv) Relay events are to be

200m

4x50m Freestyle and Medley for Women and Men and 4x50m Freestyle for Mixed teams

Alterations to the Rules

May be made by a 60% majority vote of the Executive

The new committee adopted the **motto:**

AUSSI ADULT SWIMMING FOR FITNESS AND FUN

and the

Objectives

1. To encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health.
2. To co-ordinate the activities of individuals, clubs and organisations so that they meet together for competition and social interaction at local and international levels.
3. To publish the results of these meetings, so as to provide a stimulus to others to take part in A.U.S.S.I. Activities, or to measure their own performances against those which are published.
4. To provide assistance to research programmes, aimed at finding the effects of exercise, specifically swimming, on health and the ageing process. Thereafter to publish the results of said research.

Later the periods were dropped from A.U.S.S.I. and Adult Swimming was added to attract a broader base of swimmers. This gave us AUSSI Adult Swimming. Promotional stress was placed on the word "adult".

A YEAR OF NEW IDEAS 1976

Victoria and Queensland Branches were constituted in November 1976

1976 was the first full year of A.U.S.S.I. as a structured organisation. During 1976 the National Executive Committee met almost every month. The Committee was given the task of formulating uniform rules and policies that were to be implemented by the state member bodies. The states introduced regular swim meets for their members, but to explore this further you will need to refer to their individual histories / records.

In February the Committee approved (10) an order for 100 T-shirts at a cost of \$3.50 each to be sold at \$5 each. World Championships had been mooted and discussed but it was agreed that it was too early in our development for A.U.S.S.I. to be involved.

Nationally the year got underway with the 2nd National Swim Meet, 6th March, 1976 again directed by Bill Lough (11) with a few more helpers.

A total of 95 competed, with 70 men and 25 women swimming. As well as the Sydneysiders, there were swimmers from Darwin NT, Adelaide SA, Melbourne Vic, Southport Qld, and Wollongong, Newcastle, and Tamworth in NSW. Of the swims, 35 would have been amongst the U.S. Top 10's in 1975 and five were faster than any recorded in the USA. They were, Eve Whillier 55-59 50m freestyle, Bess Barrie 60-64 100m breaststroke and 50m butterfly, Geoff Ryan 70-74 50m freestyle and Owen Griffiths 70-74 400m freestyle (12). The venue, Harbord Diggers Club Pool, was ideal and the supper afterwards, which was prepared by the Diggers Swim Club, was a perfect finish to a perfect day. The meet was conducted at a loss of \$2.30.

Competitors in this meet who are still active in MSA today are Carol Dawson (then Davis) [Cronulla-Sutherland], Nancy Whiteley (then Johnson) [Port Macquarie], Beryl Stenhouse [Cronulla-Sutherland], Barbara Wilson (now Brooks) [North Lodge], John Crisp [Miami Masters], Bill Devenish [Blacktown], Gary Stutsel [Tuggeranong Vikings], and Paul Wyatt [Coogee-Randwick] (13).

Sporting World Publications were appointed to produce 1000 copies of the 1976 Year Book (14) for delivery in the first week in August at no cost to A.U.S.S.I.. St Leonards Travel was appointed as agents for the US tour after six quotes had been considered.

Jack Brownjohn was the National Publicity Officer (15) and Paul Wyatt the gear officer. Through Paul's efforts AUSSI branded tracksuits were being worn and most member's cars had stickers with the message **AUSSI ADULT SWIMMING FOR FITNESS AND FUN** (page 34). While working in Queanbeyan, Jack Brownjohn had received exposure for A.U.S.S.I. from both the Canberra Times newspaper and ABC TV. This helped greatly in the establishment of a local group, Canberra AUSSI, at the Deakin Health Spa (6). Meantime, the photocopying of internal circulars was greatly facilitated by John Stathers of the N.S.W. Department of Sport and Recreation.

Before leaving on the tour to the USA Mina Wylie, Joyce Jacobs, Doris Hyde and Bess Barrie appeared on the Mike Walsh Show on TV (6). Jack Brownjohn was interviewed by Rex Mossop on his Sunday Sports Show on 21 October 1976 (6). The word was starting to get out to the general public.

From reading the AUSSI Adult Swimming Fitness and Fun 1977 magazine it would appear that as much was being done to promote our organisation in 1976 as is now 39 years later. There may be a lesson here for the National Board and the branches to reassess their efforts.

Of particular interest to observers of social change over the past 40 years are the opening words of

the article "Women's Swimming" (16) "probably because of the demands and restrictions of motherhood, there has been very little organised swimming for women". It then goes on to name a dozen prominent women swimmers who had competed in these first National Swims and notes that "women are swimming at South Sydney Junior Leagues Club, Maroubra Seals, Killarney Heights, Pymble, and Como". It further notes that Como Ladies had been competing against South Sydney Juniors' ladies and having supper after the swimming for some time.

Later in the year A.U.S.S.I. undertook its first overseas venture with the trip to the USA (17). A team of 5 female and 16 male swimmers left Sydney on 22nd August 1976. They were led by then President Bill Lough and accompanied by 14 supporters. Their prime objective was the A.A.U. (see end of this chapter) Masters Long Course National Championship Meet at St Louis, Missouri on 26-29 August. They also competed against local Masters groups in Hawaii, Los Angeles and San Francisco, with individuals going on to swim in other cities from Boston to Las Vegas. The team all wore Australian costumes that had been designed and provided by Speedo. In St Louis the members of the team won 4 gold, 6 silver, 8 bronze and many minor medals for placing in the first eight in their event (18). All of the Championship events were heat seeded by age group and sex.



All team members paid their own way with the exception of Geoff Ryan, who was the lucky winner of the free trip competition organised by St Leonards Travel. The travel arrangements were made by Margaret Warner, of St Leonards Travel, and the competition details were looked after by the A.U.S.S.I. National Secretary, Gary Stutsel. Presentations were made by Tour Leader Bill Lough to meet officials in the USA and later New Zealand of stuffed Percy Platypuses in plastic display cases (19) designed and made by Frank Sykes.

At about this time FINA (see end of this chapter) took its first steps towards recognising the Masters swimming movement when at its meeting in Montreal, it was resolved that recognition and accreditation be extended by National Amateur Swimming Associations to Masters Swimming programs, subject to conditions to be determined (20). Since then there has been varied progress from country to country and in Australia from branch to branch. The only real exception has been at the international level where FINA asserted sole hegemony over World Masters Championships and records in 1992. In the eyes of many this has been a backwards step as FINA has done little for Masters Swimming other than organise World Championships, World Top 10 and award World Record Certificates. In 2015 the FINA World Championships, the World Junior

Championships, and the 16th FINA Masters World Championships are to be held back to back for the first time, in Kazan, Russia.

FINA has done little for Masters Swimming other than organise World Championships, World Top 10 and award World Record Certificates. In 2015 the FINA World Championships and the 16th FINA Masters World Championships are to be held back to back for the first time, in Kazan, Russia.

As well as returning with medals, the visitors to the USA also returned with new ideas. Throughout the year much thought had gone into ways to promote swimming for fitness as opposed to the almost completely social bias of the adult swimming organisations that existed before A.U.S.S.I.. On their return from the USA trip, Mary Connolly and Frank Sykes, who had both swum in a 1500m event for the first time ever while in the USA, convinced the National Committee that a scheme involving swimming 1500m should be introduced (21). This was conceived using a formula that was as fair as possible to all swimmers, regardless of their speed, while needing regular swim training to be able to achieve it. In practice it proved to be more difficult for sprinters to achieve than it was for distance and average lap swimmers. Written into the Rules issued on 18 May 1977 as Rule 11 (22) it said “Any registered member of A.U.S.S.I. who swims 1500m (60x25m laps, 30x50m laps, or 30x55yd laps) in 50 times or less than their best 50m time for the same season, shall be eligible to receive the National 1500m Award. Cloth badges were designed and produced (see page 14) for those who succeeded, with prominent lawyer and later academic, Warren Pengilley, then of Canberra the first swimmer to qualify (21).

Towards the end of the year a Committee Meeting (23) was held at the beginning of November in rooms provided by the NSW Department of Sport and Recreation. South Australia had reported falling participation in meets due to accusations of professionalism being levelled at swimmers (by amateur officials). The meeting focussed on promotion and resolved that:

- Publicity should be at a local level as National efforts seemed to be wasted;
- A promotional film be made;
- The National Swim be held in Sydney every two years.

They also elected office bearers for 1976-77.

The AAU (American Athletic Union) [courtesy of Wikipedia]

Founded in 1888, the Amateur Athletics Union represented the USA in the international sports federations and regulated amateur sports generally.

This changed in 1978 with the passing by Congress of the Amateur Sports Act of 1978 which cleared the way for the establishment of separate organisations for each sport, such as US Aquatic Sports formed in 1980 with which US Masters Swimming is now affiliated.

FINA (Federation Internationale de Natation) [from FINA website]

FINA is, in 2015, the governing body of Swimming, Diving, Water Polo, Synchronised Swimming, and High Diving and also controls international competition by Masters in these disciplines. It is recognised as such by the International Olympics Committee (IOC).

FINA was founded on July 19 1908 in the Manchester Hotel in London, UK, at the end of the 1908 Summer Olympics by the Belgian, British, Danish, Finnish, French, German, Hungarian and Swedish Swimming Federations. That is it had eight founding members.

Membership increased to 38 by 1928, 75 in 1958 and 208 members in 2015.



1976 and 1977 YEARBOOKS
edited by Gary Stutsel

COMING OF THE CLUBS - 1977

At the beginning of 1977 individuals seeking membership of A.U.S.S.I. joined their state branch, which in turn was a member of the national organisation. As such there was a strong link between individuals and the National body as the state branches were not yet firmly established. Hence there was a demand for National clothing, especially T shirts. In January 1977 samples and costs for track-suits were received from both Speedo and Larco. (24). At the same time the Committee:

- Formalised the Founders Trophy (donated by Frank Sykes) and the St Leonards Travel Trophy;
- Introduced certificates for individual swims at National Swims;
- Voted to allow the 1500m Award to be swum in 25m pools as well as 50m;
- Set the season at 1 May to 30 April.

Mary Connolly (as NSW Treasurer) and Gary Stutsel (as NSW Secretary) had complained to the NSW Committee about the tediousness and time spent sitting in Gary's Sylvania backyard folding hundreds of newsletters, putting them in envelopes and addressing them by hand. Frank Sykes had suggested we needed to form more clubs as we already have a few clubs like South Sydney Juniors, Como Ladies and Tamworth. Why not change our structure so that individuals have to join together in clubs and then the clubs become the contact point for the state bodies rather than the individual swimmer. This should greatly reduce the workload.

Always one to recognise a good idea Gary grabbed on to this concept and took it to the National Body where he was National Secretary. When new rules were issued on 18th May 1977 (25) **Rule 2, Registration** stated "Swimmers must become members of a club which is affiliated with a state branch of A.U.S.S.I.. The club will then register the swimmer and pay necessary fees, to the state branch."

Rule 3. Affiliation & Fees said

- a) Clubs must affiliate with their state branch of A.U.S.S.I.
- b) State branches must affiliate with A.U.S.S.I.
- e) State branch fee to affiliate with A.U.S.S.I. shall be \$10 per year.
- f) Recommended affiliation fee for clubs is \$5, and registration fee for members is \$2.

This is still the system that operates today except that the word state has been replaced by branch, as both the territories, Northern Territory (currently an independent branch) and the Australian Capital Territory (currently part of the NSW Branch but formerly independent) are entitled to branch membership of the national body, Masters Swimming Australia.

The objectives stated for requiring a club membership structure were (26).

1. To share the workload amongst as many people as possible.
2. To establish permanent referral points to which intending members can be directed.
3. To have carnivals (meets) conducted by the clubs, thus spreading the workload involved.
4. To stimulate the competitive spirit (since the introduction of clubs many members are contesting events they have never swum in before, so they can gain points for their clubs).

Towards the end of 1976 A.U.S.S.I. had almost no funds. This situation was rectified by the very successful 3rd National Swim (27) held at Harbord Diggers pool on 26th March that, together with the 1500m Award, was becoming an attractive incentive to members. This was largely due to the introduction of the two point score trophies (28) that were instigated for the Swims and which had the effect of attracting teams of swimmers to compete. They were the "Founders Trophy" for the top scoring team, won by the Manly Zone in 1977 and the "St Leonards Travel Trophy" for the top scoring visiting team, won by Tamworth Club in 1977. Teams competing for the two trophies in order of placing at the National Swim were: [Founders Trophy in Arabic numerals e.g. 1, 2 and Visitors Trophy in roman numerals e.g. I, II, were: Manly Zone [1], St George Zone [2], Tamworth Club [3, I], Eastern Suburbs Zone[4], Hunter Zone [5,II], Hills Zone [6], Victoria Branch [7,III], Queensland Branch [8,IV], South Australia Branch [9, V], Wollongong Club [10,

VI], ACT Zone [11, VII], Narooma Club [12, VIII], Santa Clara Club (USA) [13, IX], Hay Club [14, X].



Although state (non-NSW) and zone (NSW) teams competed in 1977, these trophies were open only to club teams from 1978 on.

Numbers competing in 1977 jumped to 146 up from 90 in 1976 (27). Competitors in the 400m more than doubled from 30 to 62 from 1976 to 1977. The meet was not without drama as the Harbord Diggers Club had an unfortunate fire before the date and there was some fear it would not proceed. But the Diggers Club staff came through magnificently and we were able to carry on as though nothing had happened. The more than adequate supper was organised by David Mortimer's wife, Shirley.

For movie, sport and history buffs, of note was that John du Pont (then 38) from the Santa Clara club in California USA attended and swam in four events (28). John has recently been in the news (2015) as the principal character portrayed in the movie "Foxcatcher" (see the page following Appendix 3).

The 1977 Annual General Meeting of the state branches was held in conjunction with the Annual Swim (29). Delegates from New South Wales, Queensland, South Australia, Victoria and Western Australia, the only branches affiliated then, elected Bill Lough (President), Jack Brownjohn (Vice President), Gary Stutsel (Honorary Secretary), Frank Sykes (Assistant Secretary), Mary Connolly (Treasurer) replacing Ray Weekes who retired, and David Mortimer, Alf Sparkes and Peter Jackson (Committeemen). Carol Davis became the new Publicity Officer in July. Paul Wyatt replaced John Kemp, who had been promoted to a new position in his work, as the Top 10 Recorder. The meeting also adopted the rules that came into effect on 18 May 1977.

With the formation of teams and clubs, women began to play much more prominent roles in the management of A.U.S.S.I. (30). Until mid 1976 Mary Connolly had been one of the few women in administration, but following the return of the US Touring team others such as Joy Jacobs and Robyn Jones [Hills], Shirley Lindsell [Como Ladies], Lorna Dickinson [Hurstville], Roma Hines and Raylee Bordiss [Nelson Bay], Fay Brown [Hunter], Helen Rees, Judy Ford, and Helen Brett [Canberra], Carol Davis, now Dawson [Cronulla Sutherland] and last but not least Barbara Wilson, now Brooks [North Lodge and Victoria] took up prominent roles in the zones, clubs and branches.

On the 15th April 1977 a team of 44 Australians met up in Auckland, New Zealand (31) for a tour of both main islands that had been arranged by St Leonards Travel. They had travelled in two separate groups, 14 from Sydney and 30 from Melbourne. The next day they moved on to New Plymouth to fulfil their prime objective of competing in the New Zealand Masters Swim on Sunday 17th April.

Arriving in New Plymouth on a wet, miserable Saturday, they learnt that the swim was to coincide with the Annual Conference of the New Zealand Swim Coaches Association and that Olympian Mike Wenden was a guest speaker at the conference. Bill Lough, the tour leader pounced on Wenden straight away and invited him to swim with the A.U.S.S.I.'s team. The Sunday arrived and the swim was held in a heated outdoor pool. Fortunately the weather had improved and everyone enjoyed themselves, the swim being followed by a dinner. As Bill wrote, "the New Zealanders, who, like us, had become interested in Masters following the US Masters team visit in 1974, had not progressed to the extent we had and did not have a National Council or organisation such as A.U.S.S.I."

"At an impromptu meeting after the events had concluded, I was fortunate to be asked to address the meeting, pointing out the progress we had made and then distributing our Year Books and Information sheets to many interested parties. Before concluding the meeting, they appointed Miss Audrey Haines of Auckland as their National Secretary, and I assured them that we would give them the fullest possible co-operation so that they may become an integral part of World Adult Swimming. It was also pointed out that there was a great possibility of an American Meet being held in Honolulu, Hawaii in May 1979 which we would attend."

Bill also wrote, "I feel we should encourage them as much as possible in their efforts, and have asked that they be added to our mailing list, as any information we have must be beneficial to them." (31) It should be noted here that not only did we continue to foster their efforts, but that having established the New Zealand Masters Swimming Association, they in turn supported both the 1981 and 1983 Pan Pacific Meets in Sydney and with A.U.S.S.I. sponsored the formation of Masters Swimming International (MSI) in Sydney in 1983. The following year with the help of New Zealand Amateur Swimming they held the Arena 1st International Masters Swimming Championships in Christchurch.



A.U.S.S.I. was starting to place a growing emphasis on fitness as a necessary part of competing following the US tour in 1976 and the introduction of the 1500m Award. The organisation began to place more and more emphasis on the "fitness benefits that can be gained from regular swimming" (32) holding that the activities of longer established organisations in Australia had "stopped swimming from gaining the image it enjoys overseas of being a health promoting exercise equal in benefit to running and cycling" (32). The National

Secretary, Gary Stutsel, went on to write "The (A.U.S.S.I.) program is not an end in itself, rather it is the incentive that is needed to motivate swimmers to be active all year round, swimming at least three times a week to condition themselves. But it is not all exercise, as the monthly interclub swim meets include novelty events and are often followed by a social gathering where the members mix and exchange tips and experiences" (32).

The 1977 Year Book included the articles "The Why and How of Exercise" (33) which was adopted from the National Heart News, February 1977 by Gary Stutsel and "Advanced Training for the Adult Swimmer" (34) by Gary Stutsel. The former article stated, "Research in many

countries has shown that compared to active people, those who are physically inactive run up to two and a half times the risk of coronary heart disease. There is further evidence that the active person who suffers a heart attack has a better chance of survival than the unfit person.” The article then went on to extol the virtues of regular aerobic exercise while cautioning on the need for those who were just embarking on an exercise program to start at a low level and build up. It included a suggested program, developed by US Masters Swimming for the unfit who had been doing no exercise. The program started with swimming 100 metres a session in four 25m swims for the first two weeks and then built up to swimming either 800 metres each day or tailoring a program to suit available time and needs after 32 weeks of build up. The latter article, “Advanced Training for the Adult Swimmer”, gave advice based on Gary Stutsel’s experience as a national level breaststroke swimmer who had been coached by five Olympic coaches over a period of ten years of elite level swimming. Most of the advice given is just as pertinent today as it was then. For example

1. Never train alone as it is too monotonous
2. Try to train with others who are achieving slightly better results than you are.
3. Join a club whose members display a competitive spirit that will stimulate your interest and involvement.
4. Obtain the services of a coach to supervise you, either individually or as a club. The coach can also teach new techniques and broaden your stroke involvement, however most coaches will have had experience only with youngsters who generally speaking are able to take much more work than adults, so if you notice signs of fatigue at training or at work TELL THE COACH.
5. Mix your strokes in training as this will add interest.
6. If you are 35 or over have your blood pressure checked TWICE A YEAR.

The magazine went on to talk about an article by Dr Paul Huttinger, of Western Illinois University in the USA, that stressed quality of work done, rather than the total distance swum, and drew on Paul’s experience of swimming only a total of 1500m per session and yet winning USMS championships.

With the introduction of longer events, compiling the Top 10 (37) became a bigger and more tedious job. Starting with recorders at Zone and Branch level, times were collected from around Australia by the National Recorder, Paul Wyatt. Paul in turn would have been lost without the capable assistance of Lorna Dickinson. It must be remembered that there were no personal computers in those days and everything was recorded manually from events to the final Top 10. The National Top 10 for 1976-77 included 1213 times, 408 by women, 777 by men and 28 relay teams. The decision was also taken that in 1977 we would not record times for 25m events in 1977-78 as these events were not recognised overseas. The events recorded in 1976-77 were:
Freestyle 50m, 100m, 200m, 400m, 1500m
Backstroke, Breaststroke and Butterfly 25m, 50m, 100m, 200m
Individual Medley 100m and 200m.

At a Special Council Meeting held on the 10th November (36) the Constitution was changed to allow each state to have two delegates attend Council Meetings and to give the Chair a casting vote, when needed. The financial year was changed from 1 July one year - 30 June the next to match the calendar year, 1 January to 31 December. The Executive Committee then decided to explore the possibility of a swim meet in Singapore) in September 1978, following the Winter Swimming Association Championships in Perth WA (Darwin swimmers do it now but Singapore wasn’t organised then. It was announced that TAA had donated two air tickets for a raffle to help raise funds for A.U.S.S.I..



After Carol Davis replaced Jack Brownjohn as Publicity Officer it was decided that the yearbooks would be distributed free of charge (35), and that A.U.S.S.I. would not affiliate with the ASU of A. At the same meeting Paul Wyatt offered to underwrite the cost of tracksuits.

1978 - SHIFTING THE BALANCE OF POWER

The SA Branch was constituted in March 1978 and the WA Branch in June

1978 both started and finished with major changes to A.U.S.S.I.'s management. Bill Lough, the foundation President had been sick before the 1977 Nationals and was sick again during the 1978 Nationals. As he was absent from the AGM (38), a new committee was elected. It was, President Peter Jackson 39, of Manly, NSW, Vice-President Bob Barrett 44, of North Lodge, Vic., Secretary Gary Stutsel 39, of Cronulla-Sutherland, NSW, Treasurer Mary Connolly 43, of South Sydney Juniors, NSW, Minutes Secretary Alf Sparkes 57, of St George, NSW and Committee members Carol Davis 34 of Cronulla Sutherland, Frank Sykes 59, of St. George and Paul Wyatt 30, of South Sydney Juniors, all of NSW. With an average age of 43 this was probably the youngest committee we have ever had. Note that at this time each of the members of the National Committee had a vote at National Council Meetings and all but one of them lived in Sydney. This was both a strength in terms of the ease of making changes and a weakness in that there was a certain insularity of experiences and ideas. This was to be changed dramatically in December 1978 resulting in the Committee having only one collective vote. The balance of power in Council meetings then passed to the State Branches. Meantime there had been requests for more car stickers and 50 T-shirts had been ordered (39).



Another major change was that the 1978 National Swim was the first not to be held in Sydney, instead moving to Melbourne and the Footscray Municipal Pool (40). Held on Saturday 8th April and conducted as a joint effort by the infant North Lodge Club, a handful of Victorian Amateur Swimming officials and the National Committee it attracted 153 swimmers. At the Council Meeting that night it was resolved to bring the Swim Year into line with the Financial Year, that is 1 January to 31 December (38).

Amongst the competitors was a team of 14 New Zealand Masters swimmers led by their Secretary, Audrey Haines. Due to baggage delays they had to borrow costumes and towels to compete. 18 Australian clubs (13 NSW, 1 Queensland, 1 South Australia, 2 Victoria and 1 Western Australia) contested the two points score trophies and the winners were North Lodge, Victoria (Founders Trophy) and Adelaide (St Leonard's Travel Trophy).

Events contested were 50m, 100m and 400m Freestyle, 50m and 100m Backstroke and Breaststroke, and 25m and 50m Butterfly, in age groups from 25-29 to 70 and over for women and 80 and over for men. The outstanding performer of the day (41) was Fitz Lough 80, of Manly, NSW, who recorded times in five events that were faster than the U.S. Records for his age group. Five other swimmers recorded faster times than any American. Four competitors at the meet are still active in Masters Swimming in the year 2015, they are Carol Davis (now Dawson), Barbara Wilson (now Brooks), Gary Stutsel and Paul Wyatt.

After competing in the National Swim the New Zealand Masters swimmers enjoyed a swim and barbecue at Nunawading on the Monday night (42). They then visited Canberra where they enjoyed the city but received a disappointing reception, with only one local swimmer turning up to the Deakin Health Spa to meet them. The rest of the Canberra Club had gone straight to the dinner venue. The New Zealanders then moved on to Sydney where they were welcomed by Des and Mary Connolly. Here they had a happy day at Coogee Ladies Club, enjoying water ballet and dancing.

At the beginning of 1978 A.U.S.S.I. had been experiencing a tight financial situation, which saw planned expenditure delayed or diminished up till April. This situation was overcome by the tremendous response to the 1978 National Swim Meet held in Melbourne (43). A.U.S.S.I.'s National bank balance at the 30th June 1977 had been \$437.28 (44), which equates to \$2623 in 2015 dollars. This rose to \$1604.48 at the 30th June 1978 (\$9660 in 2015 dollars). Note that at that time the National fees component for individual members was \$1 (\$6 in 2015 dollars). Meantime we had offers of assistance with our printing. This had been the major expense at that time.

These offers led to a greater availability of "Swim into Fitness and Fun" brochures and it was hoped that every member would use these in an endeavour to publicise AUSSI, especially after the prolonged efforts taken by Carol Davis and Gary Stutsel in compiling them.

A nationwide raffle had been conducted in an attempt to overcome the financial worries but only half of the tickets were sold (44).

On the other hand publicity was looking up. Local newspapers were interested in local persons and events. Big city dailies were impregnable and magazines were difficult with one exception, "New Idea", which gave Australia-wide publicity during the year (45). On the other hand the Speedo publication, "The International Swimmer" edited by Neil Ryan published a monthly article "AUSSI News" written by Publicity Officer Carol Davis. One of these monthly articles was reproduced in the U.S. Swimmaster, the U.S. Masters monthly newsletter. A.U.S.S.I.'s promotional thrust was aided by T-shirts, car stickers, (2000 were purchased in July (46)), the brochures, and the Year Book. Year Book Editor, Gary Stutsel wrote "For the first time I have an Assistant-Editor, Carol Davis, our National Publicity Officer who, by establishing close rapport with many members at clubs and through the mail, has been able to bring a more personal dimension to the (1978) Year Book". The ultimate promotional vehicle for A.U.S.S.I. was the activities of each of the individual clubs.

At club swims 58 swimmers from 4 states qualified for the 1500m patch during the 1977-78 financial Year (47). However it became obvious that the gap between 400m and 1500m was too great, so an 800m swim and award patch were introduced at the suggestion of Tenno Koolberg of the Hills Club. Tenno had been the first AUSSI member to win a place medal in the U.S. Masters One Hour Postal Swim. Tenno swam 3610 yards and was one of 11 swimmers from the Hills (NSW) Club to contest the event. Surprisingly I spoke to Tenno at the recent 50th year reunion of Western Suburbs Water Polo Club (Sydney). Tenno is now (in 2015) a spritely 92 years of age.

The article on Page 36 of the 1978 Year Book gave guidance on what was needed to form a club. Remember at this time there was still a distinction between "amateurs" and "professionals", that meant the one club concept we know today was not an option, nor had the idea of a branch-wide virtual club such as NSW's "Bushrangers" or Victoria's "Victoria Club" been thought of.

Most of the advice given applies just as much today as it did then, for example, ideally the club would:

- have access to a heated indoor pool for year round activity.
- have a committee and a constitution to ensure the longevity of the club regardless of the coming and going of individuals.
- have a regular weekly format
- promote itself by word of mouth, through the local media

There were guidelines for a suggested format:

1. Establish a set time and venue (if only a few people you may manage with two lanes)
2. Notifying your State Secretary of these details
3. Affiliate your club with the State Branch of A.U.S.S.I. to receive notice of all coming events
4. Start all swim activities with a warm up either in or out of the water

5. Check progress of members with aerobic fitness cards and when needed do timed swims to determine whether your members are ready to advance to a higher level.
6. Help other members to improve their techniques of stroking and turning and where needed, of doing racing starts (this was before we started the A.U.S.S.I. Coaching program).
7. Time trials and handicaps should be held as they add interest and help to measure progress
10. Education: Clubs should organise demonstrations of life saving techniques and any other activities which it is felt members should be aware of.

Groups wishing to form clubs were urged to write to the National Secretary, Gary Stutsel, 299 Bexley Road, Bexley North NSW, 2207 for a copy of the CLUB INFORMATION BOOKLET which contains:

1. A model constitution;
2. The Rules of A.U.S.S.I.; and
3. The aerobic fitness program for clubs.

In August 1978, a Canadian group conducted a meet they called the First International Aquatics Competition (48). Only one member of A.U.S.S.I., Josie Sansom of Adelaide Masters attended this meet. Josie performed very well bringing home three gold and two silver medals. Over 100 West Germans competed in the meet where it was proposed that the next such meet be held in Germany in 1981, but this never eventuated. Meantime the USA published a World Top 5 Times List for times recorded in 50m pools only. Due to this restriction only 19 A.U.S.S.I. times qualified but this was to change. It was advised that the list would be extended to a Top 10 in 1979 and more notice was given.

During the year National Recorder, Paul Wyatt, was joined by Margaret (Peg) Wilson of Tamworth who was helped with typing by Irene Wyatt. Peg and Irene tabulated all the women's Top 10 Times for the period 1 May 1977 to 30 April 1978 (49). Times were still being recorded with sweep second hand watches in tenths of a second, so there were a number of dead-heats. Short course and long course times were combined which obviously put some swimmers at an advantage / disadvantage compared to their peers. The events recorded were:



Freestyle: 50m, 100m, 200 m, 400 m, 800 m, 1500m
 Breaststroke and Backstroke: 50m, 100m, 200m
 Butterfly: 25m, 50m, 100m
 Medley: 100m, 200m
 in 5 year age groups from 25-29 to 70-74 for women and to 80 and over for men.

Note the 800m Freestyle was a new event and the 25m Butterfly had survived the earlier decision to eliminate 25m events. While most of the shorter events had a full complement of 10 times the longer events had plenty of empty slots so that even the slowest of swimmers could qualify.

Introduction of the 800m award was announced and also that there would be a limit of five individual swims per member at Nationals (50). Then on 2nd November the Committee decided to add the 200m Butterfly and the 400 Medley to the list of Top 10 individual events and to introduce a 4x100 Freestyle relay for men and women and a 4x200m Freestyle relay for men. The decision was taken to confirm North Sydney as the venue for the National Swim.

The year finished with more major changes. At a Special Council Meeting on 15th December (51) a new constitution (drafted by Jack Brownjohn, Frank Sykes, and Gary Stutsel) was adopted with just one change. It allowed for persons to be nominated for National Committee at the Annual

Council Meeting if a position had not already been nominated for as required. This new constitution shifted the balance of power to alter the constitution and to make new policies from the eight member National Committee (then with 8 votes) to the collective branches and forced the National Committee to concentrate on implementing policies and managing the day to day affairs of A.U.S.S.I. at the National level.

A.U.S.S.I. Structure and Administration (52)

NATIONAL COUNCIL

Consists of two delegates from each state responsible for:

- constitution and amendments
- policy review
- electing National Committee to administer AUSSI
- electing an Auditor to review books of accounts

Only states were to have a vote when electing Committee members.

NATIONAL COMMITTEE

Consists of eight persons elected annually

President, Vice President, Secretary, Treasurer, Minute Secretary, & 3 Ordinary Committee Members. The Committee:

- may appoint a Publicity Officer, Legal Officer, National Recorder as required
- is responsible for international and nationwide affairs (eg National Swim Meet, Aerobics program), however they may advise at a club or state level if they feel activities contrary to stated policy are being undertaken.

Note that the National Committee now had only one collective vote on National Council issues where previously they had eight individual votes.

STATE BRANCHES

Elected by a council of member clubs

Responsible for fostering A.U.S.S.I. within their state boundaries and for promoting inter-club activities such as carnivals and seminars

(contact details for the State Branch Secretaries were listed on page 10 of the magazine)

CLUBS

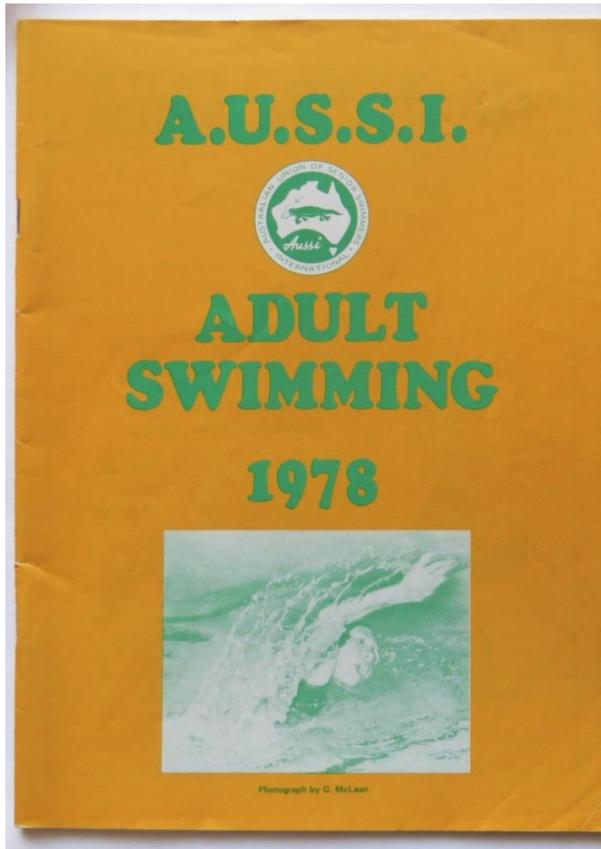
Identify with their local area

Responsible for promotion of A.U.S.S.I. within their local area

Publicise their activities through the local media

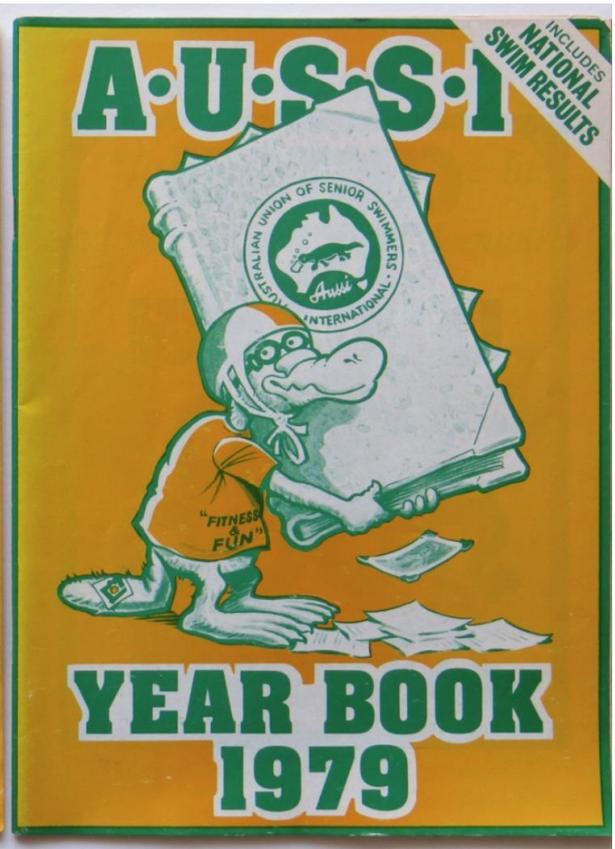
Their activities are centred round a fitness program that will include races and time-trials to maintain interest.

10,000 "Swim into Fitness" brochures were paid for and medals for 1st, 2nd, and 3rd in each age group point score were endorsed (53).



A.U.S.S.I. YEARBOOK 1978

Edited by Gary Stutsel and Carol Davis



A.U.S.S.I. YEARBOOK 1979

Edited by Carol Davis

1979 - THE YEAR THE SUN SHONE ON THE NATIONAL SWIM

Tasmania became a member

At its first meeting of the year (54), the National Committee added the 85+ age group, and debated, but rejected, the 20 to 24 age group.

For some time it had been intended to hold the 1979 National Swim at the Narrabeen Sport and Recreation Centre, Sydney over three sessions Saturday 7th April morning and afternoon and Sunday 8th morning (55) and in a 25m pool. However, for reasons now unknown, this did not eventuate and the meet was held in the 50m North Sydney Olympic Pool over three sessions on April 21st and 22nd (56). This iconic pool was opened in April 1936 and hosted the 1938 Empire Games swimming and diving events. In Australia's golden age of swimming from 1956 to 1976 there were 86 world records broken in this pool. It was also well known to many of our NSW members as the venue for many school and NSWASA swim meets. The only risk with the pool was that it is outdoors, however the Sun shone on the meet and all who were there.



This 5th National Swim (57) saw 301 swimmers complete 1766 swims. It brought together a third of A.U.S.S.I.'s total membership (58), and they could swim up to seven of the nine individual events (Freestyle 50m, 100m, 400m; Backstroke and Breaststroke 50m and 100m; Butterfly 50m; and Medley 200m). Although records did not differentiate between short course and long course times, and all previous Nationals had been in 25m pools, 65 records were set (27 female and 39 male). 54 times qualified for the World Top 5 (25 female, 29 male). Swimmers were awarded points; four for first, three for

second, two for third and one for all others who finished without disqualification, while relay teams earned double points. Individuals could gain a maximum of 28 points from their seven events, a target that only four swimmers were able to achieve. They were Josie Sansom (Adelaide City), Gaynor Stark (Canberra), Barbara Wilson (North Lodge) and Foster Wilson (Ettalong).

24 clubs competed (NSW 13, New Zealand 1, Queensland 3, South Australia 2, Tasmania 1, Victoria 4, and Western Australia 2). The only relay event contested was the Mixed Freestyle (4x50m) in four age groups (25 plus, 35 plus, 45plus and 55plus with the age group decided by the age of the youngest team member). The Trophy winners are listed at Appendix 2. Medals were awarded to all those individuals who scored either the first, second or third highest number of points in their age group. Worthy of note was the attendance of Dr David Gerrard (59) (then aged 34) swimming for the Launceston Club where he was working. This proved to be the most successful swim meet to date, thanks in no small part to donations of \$250 from NSW Sport and Recreation and \$100 from the Hanimex Corporation. City Mutual Insurances and the NSW Amateur Swimming Association, who supplied the officials, also supported the meet. The Meet Director was Gary Stutsel, who was ably assisted by Peter Jackson.

The AGM and Council Meeting was held on 21st April (60) with National Committee members Mary Connolly, Carol Davis, Peter Jackson, Helen Rees, Gary Stutsel, Frank Sykes and Paul Wyatt in attendance. The states were represented by NSW: Keith Walsham, Qld: Chris Shapland, SA: Josie Sansom and P. Williams, Tas: Dr David Gerrard, and WA: Rod Miller. Several decisions were taken regarding future National Swims:

- The 1980 Swim would be on 8-9 March with the 400m Freestyle on the Friday;
- Swimmers were to be allowed to contest 10 events;
- The 50m Freestyle would be swum in sex and age seeded heats as a trial, as a move to

separate all events into this format had been lost;

- The last heat in each event was to have a full complement of swimmers; and it was agreed that A.U.S.S.I. would take a census of pools suitable for use year round. It was also agreed that there would be a seminar on 9th September 1980 and the Committee advised that after talks between Carol Davis and Bob Quimby, Executive Director of the ASU, A.U.S.S.I. had entered into a rebate on fares agreement with TAA. This proved to yield disappointing returns as there was only a low volume of fares booked to this account.

1979 saw a higher level of involvement with U.S. Masters Swimming. Between the 4th and 7th of May a team of 28 swimmers attended the U.S. Short Course Championships (61) in Mission Viejo, California (62). Between them they collected 19 first, second, and third place medals as follows; Mamie Bishop (2), Jack Campbell (2), Betty Callaghan (2), Frank Griffiths (3), Lyn McClements (3), Ethel Sargent (3), Teresa Smith (1), Barbara Wilson (3), and a further 27 fourth to eighth place medals (six by the above swimmers and seven by others including National Treasurer, Mary Connolly).

Our other direct involvement with USMS was in the USMS One Hour Swim (Postal) Championships. Held in January when Americans were mostly swimming in 25yard pools, the results were decided by the number of yards swum in one hour. Eleven Australians had participated in the 1978 competition at short notice, but this year more advanced notice was received and a total of 96 A.U.S.S.I. swimmers (38 female, 58 male) entered. There were two categories of competition; one for individual swimmers in 5 year age groups and the other for club teams of three in 10 year age groups. Major participating clubs were Everton Park and Hibiscus Gardens (Queensland), North Lodge (Victoria), Canberra, Ettalong, Hills, Hunter, Manly, Nelson Bay and Tamworth (NSW) with a sprinkling of other entries (63). 20 medals were won by A.U.S.S.I. swimmers (63), with the best results being Allan Gregson (Hills) second, and Dulcie Nicol (Manly), Kevin Vickery (Ettalong) and the North Lodge Women's 35+ team (Alwyn Barrett, Shirley Howard, and Barbara Wilson) third. Barbara Wilson, Bill McClintock, Rod Ross, Foster Wilson, Bob Lawson, Tenno Koolberg, Chris Shapland, Debbi Cruickshank, Terry Smith, Jim Williams, Barbara Newby, Robert Harris, John Koorey and Alwyn Barrett all won fourth to eighth place medals. USMS suggested that we organise earlier in 1980 and the aim was for clubs to do their swims between October and December.



A further development on the fitness side was introduced in October 1979 with the launch of the City Mutual Insurances/Australian Swimming Union (ASU) Award Scheme (64) which was

designed to provide incentives and recognition to all levels of swimmer. The starting level of the swims awards aimed to encourage repeated over a period of four weeks then stepped up to recognition of 10 years of continuous swimming. Cloth patches had now been introduced and were usually sewn onto tracksuits. They started at one for swimming 800m under 29 minutes five times during different months of the season, and included others for single swims of 1500m, 3000m, 5000m, plus participation in the USMS One Hour Swim. The wearing by the members of their tracksuits at pools and other competitions no doubt increased the number of enquiries about A.U.S.S.I. that were received by State Branch Secretaries and the National Secretary. Likewise members were making good use of the A.U.S.S.I. car stickers (see page 33) and the green on gold promotional brochures. At the same time, articles were appearing regularly in the state amateur swimming association newsletters (65) as well as Speedo's "International Swimmer". Good coverage was also received from Sydney radio stations for the 1979 National Swim while President, Peter Jackson and our oldest swimmer, Vera Fernance, 81, of Blacktown, were interviewed on TV (66). Meantime Vice President Frank Sykes, National Committee member Des McCormick, and Publicity Office Carol Davis were receiving a good response from addressing community organisations.

Carol Davis had taken over as sole Editor of the Year Book and she wrote (67) "I believe the progress of AUSSI can be measured by this our 4th year book. The level of material submitted from members in every state points to the increased activity and participation of everyone. A far cry from those early editions when the Yearbook was a mammoth one man orchestration written, directed and produced by our National Secretary, Gary Stutsel".

This edition also differs because for the first time, the Top Ten does not appear. After careful consideration the National Committee felt that prospective members, on viewing the Top Ten, were more often lost than gained. Sadly the reaction often was not "What a great effort by a person of that age", but instead "Oh, I could never do that, this is not for me". The Top 10 was printed as a stand-alone document. There were other changes for the Top 10 too, with Steve Byles of Tamworth NSW taking over the Men's Top 10 from Paul Wyatt, while Peg Wilson continued to compile the Women's. No doubt both Peg and Steve supported one another through their mammoth tasks.

On the administrative side things were happening too. As revealed by the Audit for the 18 month year 1/7/1977 to 31/12/1978, we had finished that 18 month year with cash at bank of \$340.55 (68). The Honorary Auditor, Tenno Koolberg wrote in his report "I have examined the records of AUSSI and the Statement of Income and Expenditure. In my opinion the records have been kept diligently and accurately and are a correct summary of the cash transactions of AUSSI. No treasurer without accounting qualifications could be expected to do any more than Mary Connolly has done with the financial records and accounts". Under Mary's careful husbanding of our funds cash at bank rose to \$1488.97 at 31/12/1979 (69). Note that at this time the assets consisted of a typewriter (\$99), a filing cabinet (\$58.50) and a notice board (\$20.74). Soon after (70) the Committee formed the following sub-committees:

- Finance – Mary Connolly and Gary Stutsel;
- Promotion and Publicity – Carol Davis and Frank Sykes;
- Education and Coaching – Helen Rees and Des McCormick;

each with Peter Jackson as chair. The sub-committees were to draw up a 3 to 5 year plan. At this same meeting a decision was taken to use the name "A.U.S.S.I. Masters Swimming" when corresponding with other swimming bodies, especially overseas, and the alternate name "AUSSI Adult Swimming" in dealings with the general public. A price was also set for 800m award badges being \$1 each including postage.

The Rules were revised and reprinted on 17 June (71). Of particular note were:

- ACT clubs were to affiliate with NSW and Northern Territory clubs with South Australia.
- Clubs were directed to appoint a Fitness Director (these days called the Club Coach).
- Swimmers could only compete for one A.U.S.S.I. club, but could transfer from one club

to another during the year with the approval of their first club or, in the case of dispute, following arbitration by their State Branch Committee. There were no restrictions on changing clubs at the end of the season.

- The season was the calendar year, that is 1st January to 31st December.
- Age groups went from 25-29 to 85 and over for individuals and the relay ages were 25 and over, 35 and over, 45 and over, 55 and over and 65 and over, with the teams age being determined by the age of its youngest swimmer.
- Age was calculated at the first day of a swim meet so it was possible for a swimmer to have results in two age groups, e.g. a 29 year old turning 30 in July could appear in the results of both the 25-29 and 30-34 age groups.
- For the Top 10, the relay events now included men's and women's 4x50m Freestyle and 4x50m Medley, plus the mixed (two men + two women) 4x50m Freestyle.
- Points for places were four for first, three for second, two for third and one for all others who finished their event without disqualification. Relay places earned double points.

At later meetings of the Committee it was advised that 800m award badges had been purchased and that a cheque for \$500 from City Mutual had been received that day (72). At the same meeting it was decided that Dr David Gerrard would be assisted to attend and speak at the seminar, and that we had been offered posters incorporating the “Life be in it” theme by NSW Sport and Recreation. Further the Secretary was directed to write to the ASU regarding the participation of 21 to 24 year olds. The National Coaching Accreditation Scheme was tabled but it was agreed that any decisions would be deferred until after the seminar. At the next meeting Frank Sykes raised the possibility of establishing a National headquarters (73). Frank was asked to bring back more details to a later meeting.

To cap off the year the first of a proposed annual series of National seminars was held in October in Sydney at the Narrabeen Sport and Recreation Centre, which had onsite accommodation and catering. The seminar was organised by Helen Rees (74), a member of the National Committee and coach of the Canberra Club. An objective of the seminar was to involve as many people as possible as contributors to the proposed Coaching Manual. The Manual was intended to deal with the guidance of adult swimmers in the use of swimming as a means of achieving fitness, training methods, stroke correction, and conditioning. Although there have been many publications for the advanced swimmer, very little has been written for the adult. It was hoped this manual would help fill that gap. Due to unforeseen delays the Manual was not produced until 1980.

Then at its last meeting of the year (75) Gary Stutsel advised he had approached the federal government seeking financial assistance and had been advised that any approach must be made through the ASU of A. At this meeting Gary was asked to draft a new “Life be in it” poster. This was a federal government health initiative that had separate funding to the sports monies and was able to subsidise any promotional work we tied in with it.

1980 - CLUB COACHING MANUAL IS LAUNCHED

At the January meeting of the National Committee in 1980 (76) it was advised that Josie Sansom of South Australia had donated a trophy, to be called the South Australian Trophy, for the winner of a yet to be decided relay age group at the National Swims. Carol Davis suggested that states other than WA (origin of the Melville Trophy for 55+ group) be asked to donate a trophy in their name as well. The WA Education and Coaching Seminar was discussed and the Treasurer, Mary Connolly, declared that the funds balance at 31/12/1979 was \$1250-79. A second seminar was proposed for September 1980 at Narrabeen Sport and Recreation Centre, Sydney. Other decisions announced were that 150 T-shirts had been purchased and that NSW had given control of the 3000m, 5000m and 1hour awards to the National body. Discussion regarding the office was deferred.

By the February meeting (77) NSW and Victoria had agreed to donate trophies for relay age groups. It was recommended that the A.U.S.S.I. bank accounts be transferred to the Bank of New South Wales (now Westpac) to save on fees and charges. It was suggested that clubs seek to have their members do ASA timekeeping courses and SA advised that the National Swim would be covered by newspapers and radio and that the Opening Ceremony and the last heat of the 100m Freestyle would be shown on TV.

The AGM and Council Meeting (78) were held on Friday 7th March in Adelaide with Committee members Mary Connolly, Carol Davis, Peter Jackson, Des McCormick, Helen Rees, Gary Stutsel and Frank Sykes in attendance. The states were represented by NSW: Jim Williams and Peg Wilson, Qld: Chris Bell, SA: David Morris and Josie Sansom, Vic: Danny Smith and Barbara Wilson and WA: Glenys McDonald and Frank Mongan.

As said earlier, the National Council decided that our quarterly magazine A.A.S. was to become an organ of communication between the National Body and State Branches, and the members by voting to include an automatic subscription to AAS. as part of every members registration for 1981 (79). This was after the National Committee had convinced the Council that the club system had resulted in many members being unaware of what is happening in AUSSI at State and National levels. The swimmer registration fee was to be set at \$5 each.

The stated aims of the magazine were:

- To inform members of all activities
- To publish items on exercise training programmes, techniques and diet
- To act as a forum for the exchange of opinions and ideas

Other important decisions of the National Council meeting were:

1. Rule changes are not to be made without first consulting all State Branches
2. A National Office is to be established to handle
 - i) enquiries for information,
 - ii) preparation and distribution of AAS
 - iii) preparation and distribution of circulars, awards, etc., and that the states will pay a \$1 per member fee towards the office costs which would raise \$1228 based on the 7/3/1980 membership numbers.
3. All AUSSI awards are now to be controlled by the National Body
4. Date and venue of the National Swim is to be decided two years in advance to enable members to plan holidays and finances accordingly
5. Beatty Park, Perth, WA was endorsed as the venue for the 1981 National Swim
6. Sydney, NSW was chosen as the venue for 1982.

Queensland foreshadowed bidding for 1983.

It was also decided that all states would hold State Seminars in 1980 to discuss the use of the Club Guide and Coaching Manual that was soon to be published.

Finally, that a National Coaching Accreditation Scheme would be introduced in 1981. The purpose of the scheme was to set a standard for club coaches that would be recognised Australia wide (80).

It was noted that the SA and WA encouraged the attendance of club delegates at their monthly committee meetings and that NSW and Victoria were possibly growing slower because they did not have this frequent interaction between clubs and their Branch Committee.

The following day the National Committee discussed a suggestion that the Coaching Manual and Club Handbook be split into two separate booklets as they addressed different audiences. At the same meeting (81) Frank Sykes suggested that we needed to compile a complete history of A.U.S.S.I. something that hasn't been attempted until now, and this is in fact only the first of several records as it covers only the first ten years. In 2015 there are thirty more years to cover and as well the branches each have their own stories to record.

The 1980 National Swim was held at the Adelaide Aquatic Centre on the 7th, 8th, and 9th March, with officials by courtesy of the South Australian Amateur Swimming Association (82). The meet had several innovations that proved to be precedent setting. First, the 400m Freestyle was held on Friday evening the 7th allowing more time for other events on the next two days. Secondly, this was the first National Swim to use electronic timing. Thirdly, swimmers were allowed to contest six of the 10 events as the meet was now spread over three days, and lastly, Men's and Women's freestyle and medley relays were included in the program. Individual events were the same as in 1979 with a 200m individual medley as the pool was 50m long.

Partly because of the interest generated by the new relay events, 310 swimmers competed (137 women and 173 men). 101 relay teams competed in the five teams events as follows, 4 x50m Mixed Freestyle (28 teams), 4x50m Women's Freestyle and 4x50m Medley (20 each), Men's 4x50m Freestyle (21 teams) and Men's 4x50m Medley (20 teams). For the first time there were trophies for the top scoring club in each relay age group and the winners were 25+ North Lodge, 35+ Adelaide, 45+ North Lodge, 55+ North Lodge, 65+ Manly NSW. The total number of individual swims was 1402 (average of 4½ per swimmer). The youngest were of course 25, while the oldest female, Vera Fernance, 82 Blacktown NSW, was also the oldest competitor while the oldest male was Foster Wilson, 76 Ettalong NSW.

The outstanding swimmers of the meet were K. Heenan (Adelaide, SA) 5 national records, Barbara Wilson (North Lodge, Vic) 4, Laurie Potter (Adelaide, SA) 3, G. Bush (Atlantis, SA) 3 and B. Harris (Ettalong, NSW) 3. In all 47 National records were set (women 28, men 19). Points were allocated as previously, 4,3,2,1 and double for relays. 31 clubs from ACT, NSW, NZ, Queensland, South Australia, Victoria and Western Australia contested the meet and the trophy winners can be seen at Appendix 2.

After the Sunday session finished, competitors and officials adjourned to the nearby Estonian Club to celebrate. Host was Hugh Hamilton of Adelaide Masters, and after everyone had wined and dined, Hugh introduced Tom Harriman, Secretary of the South Australian ASA, who presented the trophies to the top scoring clubs. The medals, that were for the top three place getters in each age group, were presented by President, Peter Jackson.

On 27th March (83) a decision was taken to rent the upstairs front room at 299 Bexley Road, Bexley North. The National office was established in this room above Stutsel's Pharmacy and had its own phone connection. Luckily, the building was now owned by Audrey Stutsel, so a lease was arranged for rent of \$10 a week. All calls to Gary Stutsel, the National Secretary, were to be made to his home at night as they had previously been tying up the pharmacy phone line. The office was shared with AUSSI-NSW and initially manned by volunteers thus obviating the need for the National levy of \$1 per member. By the end of the year a part time assistant, Vivienne Watson,



A.U.S.S.I.'s first official office

four times a year, was now registered for posting as a category B publication with a nominal price of \$1.50 per issue (84). Members were urged to subscribe and receive their copy. Free copies were used for promotional purposes.



had been employed.

The Committee also agreed that A.U.S.S.I. should move to establish a Board of Directors; that the National Council Meetings should be increased to two each year, one at the National Swim city and the other in September along with the National Seminar. States would be given fifty days in which to respond to these suggestions. 1980 saw the launch of a new format for AUSSI Adult Swimming (A.A.S.) magazine, the official journal of the Australian Union of Senior Swimmers International. From a once a year publication it was now to be issued

The Editor Carol Davis wrote in the June #3 issue of A.A.S. (85) "As you know originally we intended A.A.S. to be a small journal of communication, supported by a minimum number of advertisers plus subscribers, and it was to have one year (1980) to become self supporting or it was to be dropped. However, two things have happened to change this point of view. One was, you the majority of our members said you wanted and needed this journal and secondly, the National Council when meeting in Adelaide passed a motion which said that all members in 1981 were to receive A.A.S. as part of their membership subscription. At the same time the Management and Finance Subcommittee advised me that our costs for producing the magazine far exceeded the monies coming in. This was partly my fault, as I felt the standard and quality of the magazine could not be compromised in any way.

Therefore the decision was made to go commercial. What this means is that the magazine's pages of content will be matched by advertising pages. The advertisements will be solicited professionally by our new publishers Eros Publications, with whom we hope to have a long and happy association. However, this does not mean a lessening of personal contact between members

and the magazine. I will still be responsible for all content and design."

Carol then went on to say "Again our sincere thanks to Nancy Dixon and all those others at the New South Wales Amateur Swimming Association whose assistance was invaluable in getting editions one and two of A.A.S. to print". It seems we were much closer to NSWASA in these early years, first through Executive Director Nancy Dixon, then through her successor Joe Seddon, than we are today. The relationship changed about the time Colin Barnes became Executive Director of the ASU and, at least in NSW, it has never been restored to the former close alliance that existed in the early days.

By the first of May 1980 membership had grown to 1414 (86) with fastest growth coming from Western Australia and South Australia. No doubt, South Australian growth was helped by their role as the hosts of the 6th National Swim (87).

President, Peter Jackson floated the idea of a yearly National Seminar of two delegates from each state (88) to exchange ideas and hopefully prevent duplication of learning and repetition of mistakes. Seemingly this idea was not introduced until the 21st Century with the introduction of the Branch Administrators and Secretaries forums.

Peter further noted (88) that while the 1979 National Seminar supported the motives of the national "Life Be In It" campaign, the participants at the seminar stated emphatically that there needed to be tangible goals and incentives for individuals to set and pursue. It had been agreed that the City Mutual/ASU Awards badge system, the Top 10, and our competitions, all provided positive goals in the promotion of better health through fitness and fun. Fortunately the City Mutual/ASU awards have been supported again this year.

Peter announced that the aims of AUSSI in 1980-1981 would be expanded (88). He said, we feel the need to extend the aims of the clubs beyond swimming for exercise and competition to encompass learn to swim, coaching and teaching of the disabled, education in coaching and training and improvement in standards of officials. While it can be demonstrated by the many events that we have conducted, that we as an organisation and many of our clubs have greatly improved the training and expertise of technical officials, there are still many clubs who feel they can compete without contributing in this area. I am unable to grasp who the fairy godmother is who will officiate at meets if we do not do it ourselves. Similarly most clubs now have coaches who are either 100% volunteers or are partly compensated for giving up their time to help others. However how many can be said to have completely adopted Peter's vision of

"learn to swim",

"coaching including stroke correction as opposed to supervised workouts", and

"teaching of the disabled".

Following the suggestion that A.A.S. magazine could be used as a forum for new ideas, Robin Sweeney, then of Canberra and later Queensland, wrote to the June edition (89), "I would like to see the age for AUSSI eligibility dropped to 20 years, rather than the present 25 years minimum. I think that at 20, swimmers have finished their true competitive swimming but have no group to swim with. Once they leave their amateur clubs, they either give up swimming for another sport or wait until they turn 25 before they can participate in a club atmosphere and at carnivals, run by AUSSI."

Editor Carol, replied "we, AUSSI, did not set the age for eligibility to compete in Masters competitions, FINA did, and as we recognise FINA as the governing body for world wide swimming, we abide by their directives". Regardless of what was then the official position, Robin's suggestion obviously took roots as the 20-24 age group was included in the 1984 National Swim in Melbourne.

The newly elected committee (see Appendix 1) announced the following appointments after its

first meeting. Publicity and Promotions Chair, Carol Davis; Education and Coaching Chair, Des McCormick; Editor, AUSSI Adult Swimming magazine, Carol Davis; Awards Secretary, Des McCormick (90).

A further demonstration of the interaction that could develop between members and the State and National bodies through A.A.S. magazine was when Fred Johnson of Melville Club WA wrote (91) "At age 56 with a sedentary occupation and many social commitments it is difficult to undertake a proper preparation for award swimming or racing. After each race I am usually completely "pooped" despite the fact that I swim up to 5000 metres each week." What could Fred do?

Carol referred Fred to the article, "What is proper preparation" on page 59 (92) written by Des McCormick, the National Education and Coaching Chair. Des says in part: "In our case if we are fit we can compete in certain races without feeling unduly exhausted. The preparation that we do will determine how far we race and also at what speed. The fact that you can swim 5000 metres each week does not mean that you are fit. The manner in which the swimming is done is most important as is also how the distance is broken up and what strokes are used".

"Our different body systems will only get stronger if we place a controlled type strain on them. Races should be used as a gauge to determine if we are getting fitter or not. The race is a personal affair between the swimmer and his training programme. Non-timed swims will not test a swimmer's ability and his fitness may even get lower".

"Regarding training and as you say it is difficult to undertake a proper preparation. May I point out to you that if you can afford the time to swim 5000 metres per week then you are devoting enough time to be able to prepare yourself for anything".

"To try to set up a training schedule for you would be pointless without more information. This would include; number of days spent training, length of time for each session, total distance per session, stroke in order of preference, your times for 200m freestyle, breaststroke, backstroke, any other exercise you do such as gym, jogging, cycling."

This exchange demonstrates the potential of sharing. The exchange was not merely a question from Fred and an answer from Des but it challenged swimmers and coaches across Australia and also overseas who read A.A.S. magazine to think about the quality of the work they were doing as opposed to the quantity.

Bob Quimby, Executive Director of the ASU, had advised Gary Stutsel, the National Secretary, that before A.U.S.S.I. could affiliate with the ASU, each state must affiliate with its ASA (93). He suggested that National affiliation could be along the lines of Australian Diving or the Coaches Association, that is a single organisation fee without a per head charge. Meantime NSW had been asked to contribute to the costs of the National office as so many of the calls were state business and NSW would be eligible to seek a grant from the NSW Department of Sport and Recreation.

At the following Committee meeting (94) a suggestion was made that the coming seminar be videotaped. The topics that had been advised for the seminar were:

Opening/Accreditation Scheme,

Why?/questions

Stress for the Adult/questions

Morning tea

Do we require an AUSSI Coaching Scheme

Lunch

Practical session-Teaching Techniques

Practical session-Coaching Techniques/Personal Coaching/Club Coaching

Afternoon tea

What Makes a Good Coach?

General Discussion/Closing Remarks.

The meeting then proposed that we have printed 200 Guides to Coaching and 100 Club Guides. Finally it was suggested that A.U.S.S.I. introduce an Australian version of the USMS One Hour Swim.

The mid year Council Meeting was held at the Bexley North office and attended by Committee members Mary Connolly, Carol Davis, Peter Jackson, Des McCormick, Gary Stutsel, and newcomer, Larry Westwood of Cronulla-Sutherland. (95). Larry had been elected by postal ballot to fill the vacant position of third Committee person. The main order of business was to consider steps to take since the advice from NSW that, following its change in leadership, NSW were able to advise the National body, that the new “new NSW Executive, Peter Jackson, Gary Stutsel and Frank Sykes, had empowered the NSW Branch Secretary to come to an agreement with the National Body regarding financing the office, and including the power to employ an Executive Assistant for the NSW Branch”. This was a dramatic turn around from the previous position of NSW that had not been interested in participating in an office. It was decided that the promotional emphasis should continue to be on fitness programs and that as we could not provide a uniform approach to Learn to Swim that this be left to individual clubs. Gary Stutsel advised the National Committee that Bob Quimby, Executive Director of the ASU, had suggested that A.U.S.S.I. host a Pacific nations swim early in 1981.

The next month it was announced that a club had been formed in Darwin (96). The Secretary advised there was a big demand for car stickers (perhaps from those who wanted to drive to the



NT, but then there were no “grey nomads” in those days). At this same meeting it was moved that a film be made of the “Life be in it” programme for instructional purposes and that a promotional film featuring an AUSSI club’s typical swim night activities also be made.

A.U.S.S.I. car stickers, or bumper stickers as they were sometimes called, were produced many times during this

A.U.S.S.I. car stickers

first 10 years and no doubt played a role in attracting members and raising awareness of the organisation. This is illustrated by a comment made in a WA Branch Report published in the September 1981 issue of AAS. It said: “We seem to get a lot of enquiries through people seeing all the AUSSI car stickers around, so we are having 2000 of our own printed.”

The Club Guide and Coaching Manual finally saw light of day late in 1980, not as a single publication but rather as two booklets. This made sense for two reasons, one, it kept the sizes more manageable and two, it was really aimed at two subsets of our activities, where even though there were a number of members who filled multiple roles, more often the person who needed one booklet did not need access to the other. The “Club Guide” (I have not been able to locate a copy) was intended to help in the formation and promotion of new clubs particularly in country areas not readily accessible to visits from Branch and existing clubs’ officials. It was intended to include (98) formation of clubs, committees, and procedures for administration and management.

The "AUSSI Coaching Manual Sept 1980" included the following contents (99).
Foreword: The Need for Regular Exercise (this was written by Dr David Gerrard, see page 22)
Introduction (by Des McCormick, National Director of Education and Coaching)
Types of Adults you will have to deal with (former competitors, those who swam at school, newcomers to swimming)
The Teacher (requirements and responsibilities of a coach)
Principles of Teaching (motivation and skills)
Physiological Aspects for the Older Swimmer (awareness of bodily changes from ageing)
Training Programme
A Suggested Schedule of Work to cover one year of training
Practical Work
Teaching the basic positions
Description of strokes (body position, arm and leg movement, breathing)
Freestyle (Front Crawl body position, arm action, leg action, breathing, timing)
A Freestyle tumble turn (illustrated)
Description of Backstroke (sub sections as freestyle, the start)
Breaststroke (sub sections as freestyle, the turn)
Butterfly (sub sections as freestyle, illustrations)
Club Section (club organisation and obligations)
Club Night

The Manual concluded with a page titled "Acknowledgements", written by Gary Stutsel, that explained that the Manual which had been proposed 18 months earlier by Des McCormick and Helen Rees, but was 12 months late in production due to the very limited resources of A.U.S.S.I.. Soon after the 1979 National Seminar, Helen took up a full time position in Canberra, leaving Des to complete the text by himself. Des managed to do this almost single-handed although at the same time he was AUSSI-NSW State Secretary and had to work to support his young family.

The text was edited and typed read for printing, by Gwen Dunn of Blakehurst. The printing was arranged by Brian Russell of Cronulla-Sutherland and the collation and binding done by members of that club. The costs were covered by the \$500 grant from City Mutual Insurances that had been provided in 1979 (74).

1981 – BRANCHES REPLACE STATES

The Tasmanian Branch was constituted in January 1981 and the ACT became independent from NSW in August. ACT rejoined the NSW Branch in 2007.

The Committee had met at Bexley North on 28th January but there were no major decisions recorded. However it was noted that the excess of Income over Expenditure for the 12 months ended 31st December was \$2378-58 (this equates to \$9575 in 2014 dollars).

The 1981 Annual General Meeting was held on 13th March at Beatty Park, Perth, WA (100). In attendance were Committee members Mary Connolly, Carol Davis, Peter Jackson, The states were represented by NSW: Kevin Vickery, Qld: Barry Anstey and M. Cullen, SA: Peter Gillett and Patti Morris; Vic: Danny Smith and Barbara Wilson, and WA: Glenys McDonald.

Nominations had been received for office bearers and committee members and Gary Stutsel had advised that he would not be standing for re-election as Secretary due to work and study commitments. Carol Davis nominated for the position of Secretary and all other nominations were as Appendix 1. 1981. Gary then said that his work position had changed and that he was available to continue as Secretary if wanted. Carol Davis said she would stand aside and would be happy to continue as Publicity Officer. SA suggested that 1981 needed to be a year of consolidation and the Committee supported this because of the many new steps that had been taken in 1980.

The name of the organisation was changed to “A.U.S.S.I. Masters Swimming in Australia” and in the constitution the ACT and the NT were given Branch status but an application for North Queensland was rejected. A new executive structure of five that replaced the original one of seven to eight was passed and the executive was to have one collective vote at Council meetings. To help attendance at Council meetings a motion was passed the “if funds were available the National body would pay for the travel and accommodation of one delegate from each Branch to attend Council meetings (this was changed to “most economical travel” in 1982). Further, that where a branch has 400 registered members, payment would be made for the second delegate with a proportional payment made for smaller branches. Each Branch was to have one vote. The Winter Council Meeting was to be held in Canberra on 1st and 2nd of August, 1981.

Peter Gillett, Helen Rees and Kay Cox recommended that a Fitness and Coaching Seminar be held in Canberra on 2nd August 1981 with emphasis on Club Directors of Education and Coaching (now referred to as Club Coaches). This was to be open to all members. After a vote it was decided that “Education and Coaching” was changed to “Fitness and Coaching” wherever it appears. Des McCormick advised that swimmers having once earned an award patch were by and large not repeating the swim, thus defeating its purpose, which is to get them swimming longer distances.

Carol Davis advised that the video film had been well received and suggested a pilot study of playing it in shopping centres.

The National Swim was to be over two and a half full days in 1982 and the 1983 Swim was awarded to Brisbane. Peter Jackson said that the 1st Pan Pacific Masters had been set for the 3rd to 6th September 1981 at Warringah Pool in Sydney. The meeting endorsed the appointment of Gary Stutsel as the Director to organise the meet. Gary said that he would have one day a week free to concentrate on organising the Pan Pacific. Gary advised that sponsorship of \$7000 would be needed to cover pool hire, advertising, medals, printing and postage and other expenses. Mary Connolly said that the current bank balance was \$2610.05.

At the Committee meeting on 1st April (101) the following decisions were made. Overseas swimmers must be resident for 3 months before they can swim for an AUSSI club at the National Swim; and that an Aerobics Trophy will be purchased for presentation at the National Swim to the

club scoring the most points in the previous year's Aerobic Pointscore. The time for scoring points will be limited to the period from 1st Oct to 31st March, so as not to disadvantage clubs that do not have winter pool access; this would have to be endorsed by the branches.

The 7th National Swim moved west to Perth for the first time. It was held in the outdoor 50m pool at the Beatty Park Aquatic Centre in North Perth from 13th to 15th March 1981 (102). Some of the visitors from the eastern states were delighted and surprised to be met at the airport late at night and driven to their hotels by the hospitable Wossies. Proceedings started on the Thursday 12th with a welcome barbecue at the Cottesloe Surf Life Saving Club. The swimming got under way on the Friday night with the 400m Freestyle. The rest of the events were swum on the Saturday and Sunday, being 50m and 100m in each of the four strokes plus 200m medley and the men's, women's and mixed 200m Freestyle relays and the 200m mixed Medley relay (102).



466 competitors swam in these events; 216 women and 250 men, ranging in age from 25 to 84. Forty clubs were represented at the carnival; 1 from the ACT, NSW 13, Qld 4, SA 6, Victoria 6 and the host state WA 10. There were also 14 swimmers from New Zealand Masters. On the Saturday morning the WA Premier, Sir Charles Court, officially opened the meet and then had morning tea with Lady Court and the National and WA executive committees. The carnival was superbly organised by AUSSI-WA under co-ordinator Kay Cox and Glenys McDonald. Officials from the WAASA were very welcome poolside throughout the competition. The Presentation Dinner

organised by Trevor Beal was held on the Sunday afternoon, and the presentations followed. WA President Frank Mongan mc'd the presentations with Osborne Park WA winning the Founders Trophy and Adelaide Masters the Visitors Trophy. The Relay Age Groups were won by 25+ Osborne Park WA, 35+ Melville WA, 45+ Osborne Park, 55+ Melville WA and the 65+ Melville WA. Female Swimmer of the Meet was Helen Rees of Canberra ACT, with 5 National records, while the Male honours were shared by Bob McCabe of North Lodge Victoria, and Ernie Williams of Claremont WA, both with 3 National records. After a wonderful and best-attended meet yet, those on the red eye midnight flight back to Sydney were again surprised and delighted to be driven back to the airport (102).

At the next Committee meeting on 7th May (103) Victoria's Win Bierenbroodspot's "Report re Computerising of Registrations" was discussed but decisions were deferred until the USMS system had been examined. WA had advised that the Melville Trophy, (55+ relay pointscore), had been replaced by a new WA Trophy and as Melville had won the trophy at the National Swim it had been given to Melville to keep.

It was decided that the seminar to be held in Canberra be renamed as a "Workshop". An announcement for the State and Club Fitness Directors' Workshop to be held on 2 August 1981 at Woden, ACT gave the following information (104). The Workshop was being convened and mc'd by Des McCormick and enquiries should be directed to Helen Rees who was employed at the Fitness Centre where the Workshop was being held. The advertised programme was:

Introduction and Welcome

Section I - Fitness Testing - Practical Demonstration

Section II- Group Discussion- Implementing Aims and Objectives of AUSSI at Club Level

Section III - Problem Identification and Solving Workshop

Section IV - Need for AUSSI Fitness Director Certification

Section V - Questions

Meantime AUSSI Adult Swimming magazine was being published and distributed four times a

year. In the June edition (105) several letters to the editor expressed a preference for "certificates of performance" over medals at swim meets. One comment was "not only does it (a certificate) have your times recorded on it, but it is also a memento of the carnival as it has the club name and motif on it". Another opinion was they (certificates) "give encouragement to the slower swimmers and the new members of AUSSI clubs".

For some years, following the A.U.S.S.I. trip to the U.S. in 1976, proposals had been floated for an international meet in Hawaii. This had been discussed with NZ Masters Swimming in 1977. In 1980, Gary Stutsel discussed the proposal to hold a Pacific nations swim meet in Hawaii with Bob Quimby, the then Executive Director of the Australian Swimming Union. Next Gary, as National Secretary, wrote to US Masters Swimming (USMS) proposing they organise a Pacific regional meet in Hawaii. No response was received to this suggestion. Bob then suggested to Gary that A.U.S.S.I. take the initiative and hold a swim in Sydney in 1981 (106).

At the Executive meeting on the 7th May, Gary Stutsel advised he was leaving for the US on the 19th May as Bob Quimby (ASU) had arranged free travel and accommodation for him to attend the USMS Short Course Championships to promote the Pan Pacific Championships and to observe how the USMS meet was conducted.

Gary came up with the name Pan Pacific (Masters Swimming Championships) after the name long used by the Boys Scouts organisation for their jamboree. The A.U.S.S.I. Committee had decided to run with this idea and Gary, who had sold his pharmacy business in March 1981, was appointed as organiser. Gary ordered his affairs so that he did not work on Fridays, leaving him one day a week to work full time on the meet in an honorary capacity. It was decided that the meet should be run in a similar format to the USMS Championships, that is by age group, and women in separate heats to men. As we had no experience in organising a meet on the lines of the USMS Championships, it was decided that the meet should be delayed until September and Gary should attend the USMS Short Course Championships in Irvine, California in May. Here he met Margaret George (later Samson) born in South Africa, but by then a U.S. citizen living in Pasadena, California. They discussed Margaret's ideas regarding organising an International Meeting (107) to discuss international competitions.

On his return to Australia Gary proceed to attend to every aspect of the organisation of the swim meet from the program, to the venue, to selecting the medal design (see next page), organising the officials and volunteers, promotion through Margaret George's contacts both in North America and Europe and at the same time, a committee was formed to actually run the meet.

At the June Executive Committee meeting (108) the following arrangements were agreed for the Pan Pacific Swim. Bob Ford of Newcastle was to supply souvenir wine glasses and Cronulla Sutherland Club would run the souvenir stall. The medal design was agreed on and Mary Connolly was delegated to organise an official patch. It was also agreed that the officials would wear white and that an official photographer would be organised. The AUSSI June magazine carried three pages of "Instructions for entrants in the Pan Pacific International Masters Championships".

A Rehearsal Swim for the Pan Pacific Meet was advertised to be held on July 11 or 18 at the Warringah Aquatic Centre (109). The competition was to include all relays and 50m events and was intended to familiarise the Pan Pacific Organising Team with the facilities and indicated that entry fees were \$10 registration plus \$3 per event for individual swims and \$8 each per relay team.

The mid year National Council Meeting was held in Canberra on 1st and 2nd August (110) with the following people attending, Committee Mary Connolly, Carol Davis, Peter Jackson, Des McCormick, and Gary Stutsel. The states were represented by NSW; Sue Johnstone and Jim Williams, Qld; Elaine Collier and Ray Rose, SA; Peter Gillett and Kathy Heenan, Tas; Peter Goss and Tina McKenzie, Vic; Win Bierenbroodspot and Barbara Wilson, and WA; Glenys McDonald and Frank Mongan.

The Council resolved that Western Australia would form a committee to review the direction that A.U.S.S.I. was taking and report to the April 1982 Council Meeting. This committee was to look at ideals, aims, long term problems of A.U.S.S.I. as had been raised by member Tony Fraser of NSW. W.A. later circulated a questionnaire to all states and clubs but received only a very disappointing 13 responses including four from WA clubs. Other key decisions were:

Aerobics: 400m awards be introduced;

An Aerobics Trophy be introduced for 1982;

The current WA format for recording points be trialled for 1982.

National Swim: The winner of the Founders Trophy was to be given a commemorative plaque;

Swimmers could compete in one freestyle and one medley relay team only;

All four swimmers in a winning relay team would receive a medal;

1982 National Swim was to be at Warringah, NSW in April;

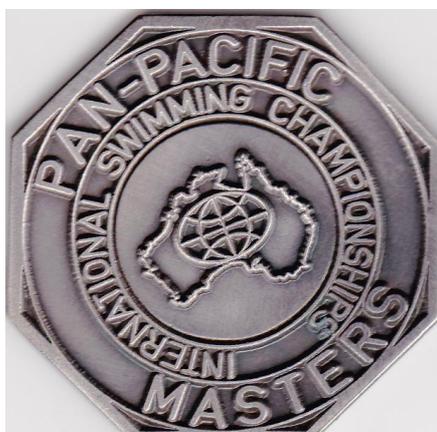
1983 Swim: Victoria indicated that they were interested.

National Records: Were to be split and recorded as Short Course and Long Course.

Top 10: The 4x50m Mixed Medley Relay was added to the list of events;

The 3000m and 5000m events were rejected as National Record events after an evenly split vote.

The 1st Pan Pacific Masters Championships were held from 3rd to 6th September 1981 in the 50m Warringah Aquatic Centre (111) and attracted 350 competitors. 51 clubs from six countries, namely Canada (2), New Zealand (2), United Kingdom (2), USA (5), West Germany (1), the five mainland states of Australia and the ACT competed. The program, which spread over four days included 50m, 100m, 200m, and 400m Freestyle, 50m, 100m, and 200m Backstroke, Breaststroke and Butterfly and a 200m medley, for individuals in age groups from 25-29 to 80-84 and relays over 200m freestyle and 200m Medley for women, men and mixed. These were swim in five 10year groups from 25+ to 65+.



Pan Pacific silver medal (note the unique octagonal shape)

The events were marshalled using heat and lane cards and swum from youngest to oldest in age groups, with slowest to fastest within age groups. FINA Rules of Swimming were used which at that time allowed two false starts before disqualification for the 3rd break in a heat. Times were recorded by an Omega touch pad system and recorded in hundredths of a second. Medals were awarded for 1st, 2nd, and 3rd places and ribbons for 4th to 8th in all events. Trophies were awarded to the outstanding female and male of the meet, all breakers of world records, and to the clubs scoring 1st, 2nd, and 3rd places in the Speedo sponsored Relay Competition.

Female swimmer of the meet was Vivienne Cherriman of the UK who broke 6 world records. Other women to break world records were Bess Barrie (3), Elizabeth Bishop (1), Judith Drake-Brockman (2), Marion Dutton (1), Pam Hutchings (1), Josie Sansom (1) and Rae Wilshire(1) all of Australia.

Male swimmer of the meet was Fitz Lough (2 World records) with the only other male world record breaker, Jack Brownjohn (1), both from Sydney. As well there were 143 new Australian records set, 74 by men, 62 by women and 7 in relays.

The Carnival Committee was Gary Stutsel Carnival Director, program and pool facilities; Peter Jackson guest hospitality and A.U.S.S.I. Information; Des McCormick officials and technical swimming enquiries; Mary Connolly overseas hospitality souvenirs, medallions and finance; Carol Davis overseas hospitality, announcer, and publicity; and Vivienne Watson (the National/NSW officer administrator) registration table and banquet tickets. Others holding key positions during the meet were Audrey Stutsel, Director Results; Alf Sparkes, Referee; and Sydney A.U.S.S.I. Clubs and NSWASA friends were the officials.

The presentation banquet was held at the North Sydney Anzac Memorial Club, Cammeray, with drinks from 7pm and dinner at 8pm. During the four days discussions had been held regarding the formation of an international body but nothing formal had been decided. During the meet, two International Meetings were convened and chaired by Gary Stutsel, resolutions being made at the second meeting. However once again, the delegates attending did not have the authority of their National bodies. The resolutions were, that:

1. New Zealand would organise the First World Championships in Christchurch in 1984.
2. Margaret George would contact interested parties and to start the international publication, Masters Swimming-International **(112)**.

The October Executive meeting **(113)** decided that Michael Hunt (Victoria) was to be invited to a Workshop at A.U.S.S.I.'s expense. There was also a proposal that formal training be introduced for Starters and Timekeepers. At the following meeting in November **(114)** there was discussion led by Carol Davis, regarding obtaining sponsorship from City Mutual for AUSSI award badges and an update of the promotional film. This continued in greater detail at the December meeting of the Executive **(115)** This meeting was also advised that Vivienne Watson had resigned as the Office Administrator.

Following advice that he was starting a new job, Gary Stutsel resigned as National Secretary in September and was replaced by Ann Still (NSW).

Gary Stutsel wrote in his letter of resignation to President Peter Jackson on 10th August, 1981 **(116)**:

Dear Peter,

It is with regret that I wish to advise you of my decision to resign from the office of National Secretary of AUSSI, effective Monday 7th September, 1981.

I have taken this action because I am no longer able to devote the 15 to 20 hours each week that is needed to do the job effectively. This time in addition to the help provided to me by Vivienne Watson (12 to 13 hours) and volunteer workers for major tasks such as Top 10.

During the six years since I took office as the first National Secretary of AUSSI I was able to subsidise the time required at the expense of my own business, but now I find the only time available to me is time I was previously spending with my young family.

Furthermore due to the heavy commitments of National Secretary, I have not been able to swim regularly since closing my pharmacy in May, and, AUSSI is a swimming organisation even, I hope, for me.

I trust that the Committee of Enquiry into the "Organisation and Funding of AUSSI" will come up with some positive answers so that no one else is forced into making the sacrifices I have.

I will certainly offer whatever advice and information I can to assist in these matters.

Yours faithfully,
Gary Stutsel.

1982 – WA AEROBICS GOES NATIONAL

The joint National/NSW Office moved to the City Mutual Building in Sutherland, Sydney in 1982 and was staffed by Carol Davis and Evelyn Street (117). It was reported (118) that clubs were experiencing some confusion between the Aerobics Trophy and the older Awards Swims. This was eventually corrected some considerable time later when the awards patches were discontinued and the swims were rolled into the Aerobics Trophy.

The National Council Meeting was held at Warringah Pool in Sydney (119) on 15th April, 1982. The Executive members present were Mary Connolly, Carol Davis, Peter Jackson, Des McCormick and the new Secretary Ann Still. Branch representatives attending the meeting were ACT: Judy Ford and Bill Parker, NSW: Bob Dorrington and Brian Hird, Qld: Robyn Cobbe, SA: Peter Gillett and June Waite, Tas: Trish Beveridge, Vic: Danny Smith and Barbara Wilson, and



WA: Glenys McDonald and Toni Morris. The major item of business was the presentation of the WA review titled "AUSSI Where are we heading", by Glenys McDonald and Toni Morris. This report was a comprehensive 85 page review of the current position of AUSSI and identifying areas that need attention together with recommendations.

It was resolved that all states were to study the review and respond to the National Secretary by June 11th and the responses were to be collated and circulated to the State Secretaries by 25th June. This was to be the major agenda item for the mid-year Council Meeting to be held in Adelaide over one and a half days on 24-25 July 1982.

The April Council meeting further resolved that:

- The positions of National Fitness and Coaching Director and Editor of AAS would, from 1983, be elected by Council instead of appointed by the National Committee. Candidates will need to be nominated;
- Victoria is to host the 1984 National Swim. The proposed dates of 6-8 April were changed to 13-15 April due to other pool bookings;
- The new programme of events tabled by Victoria be adopted for the 1983 and 1984 Swims;
- There will be an extra day added and swimmers may contest seven individual events;
- 1983 National Swim to be in Queensland;
- Mid Year Council Meeting will be held in Adelaide on 24-25 July;
- States to distribute awards badges instead of the National Office;
- The 2nd Pan Pacific Championships to be held in Sydney in 1983 and be organised by the National Executive with the assistance of NSW clubs;
- Each state is to appoint a recorder or sub-committee to collate their state Top10 cards.
- SA Branch was to be responsible for the 1983 Top 10.
- Peter Gillett, the SA President, offered to prepare the 1982 Top 10 and be the National Recorded. Peter's offers were gratefully accepted.

The 8th National Swim was organised by a committee of Peter Jackson, Brian Hird, Des McCormick, Mary Connolly, Bob Dorrington, Carol Davis and Ann Still. It was held at the Warringah Aquatic Centre, Sydney on the 16th, 17th, and 18th April. This was the first time the meet had been held in an indoor 50m pool (120). The NSW State Cup was held concurrently and scored separately, doubling the task of the manual recorders who had to produce two sets of results. There was a welcome barbecue by courtesy of the Coogee-Randwick Club on the Thursday night outside the pool, and then a Coaching Meeting was held on the Friday night. Tea and biscuits were available throughout the meet courtesy of the Western Suburbs Club. 50 clubs from all states and territories except the Northern Territory participated. 557 contestants finished

2285 swims in 16 events, those events being 50m, 100m, and 400m Freestyle, 50m and 100m in Backstroke, Breaststroke and Butterfly and a 200m Medley. These races were swum slowest to fastest in mixed sex heats, with all events heat seeded. The relay events were both a 200m Freestyle and a 200m Medley for women, men and mixed teams. The days started with an 8am warm-up then the first race at 8.30 am. There was a half hour lunch break. Alf Sparkes was the Referee and Jack Macklin the Starter, and, note that at this time, swimmers still stepped up on to the back of their blocks on the Referee's whistle signal, not as now, straight to the front of the block. The times were taken using AOE with three manual timekeepers as back-up, and eight Sydney clubs were each allocated a lane for timekeeping duties. The times were then sent to the recorders, Audrey Stutsel and Jean Williams ably assisted by members of the Cronulla-Sutherland club. There was an official opening on Saturday with NSW Sports Minister and former Australian athletics representative Mike Cleary, representatives of sponsors City Mutual Insurances, Speedo and Gestetnar and of the NSWASA and Warringah Shire Council in attendance, all of whom then adjourned for a most enjoyable lunch.

After the end of the meet at midday Sunday many proceeded to the Manly Vale Hotel for a 1.30pm smorgasbord luncheon with the National Swim presentations at 3.30pm and the NSW State Cup presentations at 6pm. The first, second and third highest point scorers in each age group were awarded medals with the age groups starting at 25-29 and going to 75-79 for women and 80-84 for men. The top scoring clubs in each age group's combined relays were awarded a trophy. 77 new A.U.S.S.I. records were set, 43 by men and 34 by women. The swimmers of the meet were Alva Wyatt of Baddaginnie with four national records and both Richard Champion of Power Points and Jim Williams of Tamworth jointly, each with five national records.

As a matter of interest for current swimmers, I have compared the 400m freestyle records from 1982 to the 2015 records. The comparisons are women 25-29, 1982 record 5:15.40, 2015 record 4:30.54 men 25-29, 1982 record 4:33.84, 2015 record 4:19.04. The comparison for the oldest age groups are women's 70-74 1982 record 7:54.99, 2015 record 5:59.00 and men's 80-84 1982 record 7:34.12, 2015 record 6:33.71.

The Mid-Year Conference in Adelaide was held at the end of July. In attendance were the Executive members, Mary Connolly, Carol Davis, the new Secretary Brian Hird, Peter Jackson, and Des McCormick, and the legal representative Rod Clark. Branch representatives attending were ACT: Judy Ford and Bill Parker, NSW: Bob Dorrington and Jim Williams, Qld: Robyn Cobbe and Elaine Collier, SA: Peter Gillett and Florence Walker, Tas: Trish Beveridge, Vic: Greg Caughey and Bruce Rowe, and WA: Glenys McDonald and Toni Morris (121). The president reported that there were complaints regarding the actions of the publishers when soliciting advertisers for the magazine. A new patch design for awards was tabled that incorporated the event on the map of Australia. This entailed five different patches for both of the 400m and 800m plus one for each stroke for the longer events (no medleys).

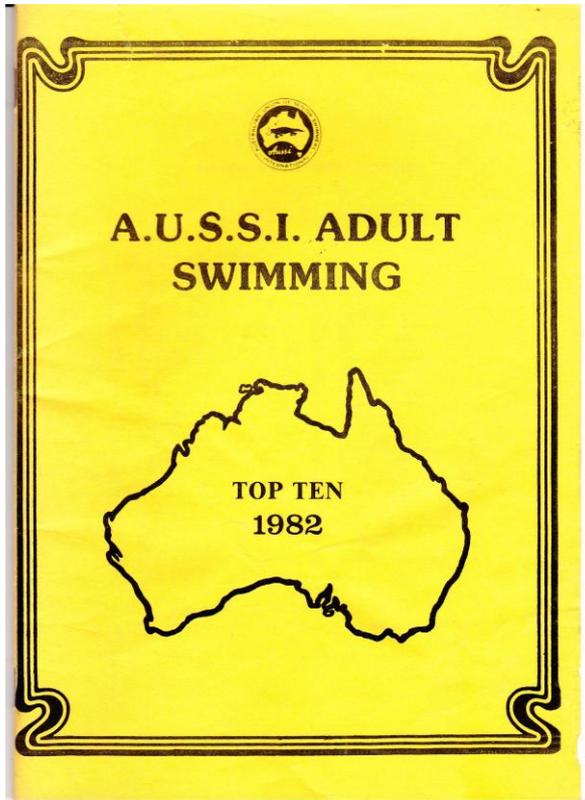
It was resolved that:

- Member registration for 1983 be increased to \$7.50;
- Branch replace State as the ACT had now been admitted as a member;
- Branch affiliation fee to be \$100;
- National Swim entry fees be \$3 per individual event and \$5 per relay team;
- An honorarium of \$1000 be paid to the National Secretary retrospective from 1981;
- The 400m form strokes be added to the Top 10;
- Gear and souvenirs be ordered through and kept at the National Office;
- A promotional film "Fitness and Fun" had been made and a VHS copy sent to each branch. A super 8 version was to be available for loan to clubs;
- A plan for a Coaching Accreditation Course be submitted to the 1983 AGM;
- A committee be formed to look at incorporation and report their findings. The committee to be Peter Jackson (chair), Rod Clark (legal advisor), and one person per branch as follows Bill Parker (ACT), Des McCormick (NSW), Peter Gillett (SA), Trish Beveridge

(Tas), and Glenys McDonald (WA).

The 1982 Top 10 times were printed in a separate booklet titled "A.U.S.S.I. Adult Swimming Top 10 1982". Times were received for swimmers from 54 clubs and all states and territories except

the Northern Territory. They were recorded for 50m, 100m, 200m, 400m, 800m and 1500m Freestyle, 50m, 100m, 200m, 400m for Backstroke, Breaststroke and Butterfly and 100m, 200m, and 400m. Medley. The times were from 25-29 up to and including 75-79 age groups for women and 25-29 up to and including 80-84 for men. Relay times were recorded for the 25+, 35+, 45+, 55+ age groups for women and each of these plus 65+ for mixed and men's teams.



THE NATIONAL AEROBICS TROPHY (132)

Adopted nationally in 1983 this was the forerunner of the somewhat simplified and computerised Vorgee Endurance 1000 Program. In an article in AUSSI Magazine, January 1984, the National Aerobics Recorder, Glenys McDonald, wrote:

The National Aerobic Trophy began as an idea from the Carine AUSSI club of Western Australia. Jan vanden Driessen, himself a club coach, wanted an alternative to competition to encourage all swimmers to improve their fitness. Jan's idea was taken up by the WA Branch, and a committee was formed to look into ways this could be achieved. This committee was lucky to have as its chairperson, Kay Cox, who has a Masters degree in Physical Education, and a lifetime interest in swimming. The AUSSI National Awards were used as a basis for this trophy. The rules were adapted slightly to provide for maximum aerobic improvement. Times and point-scores were developed to provide incentives. These scores were based on Coopers (1977) Aerobics system where he gives one point for every 7ml of oxygen consumed per kg of bodyweight per minute. The times were based on available Masters Swimming and AUSSI times for different distances and strokes.

The point system allocated points for swims based on the time taken to cover the distance. As the person's level of fitness improves, then his/her time for the distance should decrease and earn more points. As fitness increases, the person is able to put in more effort to achieve these faster times. Points, therefore, are allocated on the amount of effort expended to swim these times.

The point scoring system does assume a swimmer has an average level of swimming efficiency and technique. Allowances in the tables were made for the decrease of aerobic fitness which occurs with age, and the fact that women have a lower aerobic power than men.

Rules, point-scores and tables were printed and the Western Australian Branch launched this idea on its own clubs (in 1981). The reaction was swift and encouraging. Swimmers who had previously plodded up and down the pool doing slow laps in between competitions, were now tackling these swims and comparing their efforts for point allocation: Swimmers who lacked the confidence to swim at interclub, State or National swims were happy enough to tackle a 400m award at club level being timed by their friends: Country clubs who could not fully participate in competition in WA (some country clubs being more than 2000km from Perth) could now participate fully in the Aerobic Trophy.

So an idea had been conceived and put into action. Its aim was not to detract from our competition swims, but to widen our promotion of fitness by providing incentives for longer distance swims. It worked well for the Western Australian Branch for three years, with minor problems being ironed out during that period.

But good news gets around, and a concept for a national Aerobic Trophy was placed on the agenda at the August 1981 National Council Meeting. Like all things in life, everyone had an opinion. The WA Branch, naturally, did not want their "baby" altered in any way. Being a midwife, perhaps it was appropriate that it became my job to deliver "our baby" to the other Branches. The labour was long and difficult, but well worth the effort.

Unfortunately, passing the word to over 2,000 swimmers and club officials takes time. However, now in its second year at a National level, an understanding is developing. Swimmers can see there is a place for incentives for longer distance swims. Where once only the newer swimmers tackled the AUSSI awards and then once only, now all, including the faster swimmers, are trying them again and again to see how they measure up.

Club spirit is high as the points mount up and encouragement is given for all efforts. A person who may only ever gain one point per event at swim meets, can accumulate many more points for

the National Trophy for his/her club, and thereby an increased sense of achievement and involvement. The winner of the National Aerobic Trophy is the club in Australia scoring the highest number of points, gained by its members once all rules are complied with.

Each year, by the 30th November, the club submissions on the correct forms are sent to the Branch recorder. By 31st January these are forwarded to me as National Recorder. The winning club is announced at the National Presentation Dinner each year, at the same time as the prestigious Founders Trophy for the top competitive club of the National Swim.

It seems we have the best of both worlds, and I think this is why Masters Swimming is the success it is in Australia and why we are growing so fast. We cater to the needs of everyone who wants to swim.

1983 - THE SECOND PAN PACIFIC – SYDNEY

At the end of 1982, Evelyn Street resigned her position at the joint National/NSW office (122). Her replacement was Maureen Rose, while Carol Davis continued in her previous role as Office Administrator. The National Committee was now meeting once a month (122) and the minutes were circulated to all state secretaries. In early January while he was in Brisbane Brian Hird, the National Secretary, attended a Queensland state executive meeting regarding the organising of the Nationals Swim. After 3 hours of discussion Brian left confident that Queensland would host a great swim meet (122).

The National records had now been split from being a combined short and long course list and compiled as separate Long and Short Course lists by Peter Gillett and his helpers. To fill in the blanks in each list they used the results of past meets and were particularly helped by Paul Wyatt's treasure trove of results (122).

The March issue of AAS featured a seven page article by Kay Cox of Western Australia, titled "Training the Why and How, Part 1" (123). The article included sections headed What is training, The body's adaptation to training, The adaptation to stress theory, Alarm reaction, Resistance-completed adaptation, Exhaustion, The change in training methods, Basic principles of training, overload principle, progression, intensity, frequency, duration, specificity, fun and fitness, Methods of training, over distance training, ways of swimming over distance, the benefits of over distance training and sections included illustrated diagrams for clarity.

The March issue also included a thank you to A.U.S.S.I.'s national sponsors, City Mutual Insurances, Gestetner, Speedo, and the NSW Government Tourist Bureau who provided travel pamphlets for visiting overseas swimmers (124).

The 2nd Pan Pacific Masters Championships was held in Sydney at the Warringah Aquatic Centre from 9th -12th April (124). 500 Swimmers from England, New Zealand, USA and West Germany joined with A.U.S.S.I. members to set some sizzling times in the pool. There were a total of 245 new records set, 18 World, 153 Pan Pacific and 74 A.U.S.S.I. (124). There was a civic reception at Dee Why given by the Warringah Shire President Paul Couvret, for overseas visitors.

The Championships were officially opened by Michael Curley, NSW Manager of City Mutual Insurances, the major sponsor. Other guests represented Speedo, Gestetner, the NSWASA and Warringah Shire Council. Mr Wataru Okada, Chair of the Masters Committee of the Japan Swim Club Association, was also invited as he was in Sydney to attend the proposed MSI meeting and to observe the Pan Pacific Championships, due to Japan's interest in conducting an international meet.

At the Presentation Dinner overseas guests were entertained by an authentic Australian bush band. Swimmers had a great time doing old fashioned square dance numbers like "Strip the Willow" which really sorted out who was fit and who wasn't (124). The New Zealand contingent gave everyone a preview of what to expect in 1984 at the World Championships when they put on an exhibition of Maori culture. Fortunately speeches and presentations were kept short and fun and enjoyment were the order of the proceedings. Female Swimmer of the Meet was Eva Rauner of West Germany who set two outstanding world records and Male Swimmer of the Meet was Al Kallunki of the USA, also in the 75-79 age group, who set three world records. However, in review, the outstanding competitor was Vivienne Cherriman of England, who, in a new age group 75-79, rewrote the world record book by setting six new records, one in every event she swam. She was possibly overlooked deliberately as she was Swimmer of the Meet at the 1st Pan Pacific and cover girl for the program of the 2nd Pan Pacific.

On the 11th April representatives from participating countries met to form an International organisation (125). This meeting was chaired by Gary Stutsel, and Margaret George presented a

set of rules for Masters Swimming drafted by Tina Martin (USMS Rules Chair). The meeting resolved to form an international organisation and adopted the name Masters Swimming-International (MSI). They also adopted a Constitution (125) and the rules tabled by Margaret George (as amended) and the badge, formally establishing MSI. Vice Presidents were elected as follows, Asia, Wataru Okada; North America, Margaret George; and Oceania, Gary Stutsel. Gary Stutsel was then elected President and the following prominent A.U.S.S.I. members were appointed to MSI offices, Carol Davis as Secretary-Treasurer and Peter Gillett as the World Records Recorder. Peter's first task was to compile the World records as at December 1983 for both Men and Women for age groups from 25-29 to 90 and over and for 50m, 100m and 200m in all strokes, plus 400m, 800m, and 1500m in Freestyle and 200m and 400m Medleys. When the list was completed, 27 A.U.S.S.I. members held records.



MSI patch

The meeting resolved (125) to:

- continue preparations for the 1984 Christchurch Meet,
- conduct M.S.I. Championships in Tokyo, Japan from 12th to 16th July 1986 and in Sydney, Australia in 1988, the bicentenary of British settlement in Australia. This venue later changed to Brisbane when construction of the Sydney 2000 Olympic Pool was delayed.
- discontinue Pan Pacific meets
- adopt the Japanese relay age groups based on the total age of the team's members.

MSI was launched with funds of AUD 300.

Three days after the Pan Pacific Championships in Sydney the action moved to Brisbane, where the 9th National Swim was held from 15th-17th April (126). This timing proved to be a most successful decision as swimmers from 12 overseas clubs contested the Nationals (probably a record for a National Swim that still stands). The meet was held at the magnificent Chandler Pool, that had been built for the 1982 Commonwealth Games and perhaps this wielded a magic spell because a record 52 AUSSI clubs participated.

The National Swim presentation dinner was held at Brisbane's Crest Hotel and got off to a spectacular start with a display of rapid fire colour slides (no digital cameras then) projected on to two large screens accompanied by background music. Dining, wining, music and dancing followed. In the words of its President Barry Anstey, the Top Club, Gold Coast won by sheer weight of numbers, using 55 swimmers throughout the meet. Trophies were presented to clubs as per Appendix 2 and the Aerobics Trophy for 1982 swims was presented to Claremont Club from WA. The Swimmers of the Meet were Liz Wallis, 55, of Manly NSW with maximum points, one World record and 4 National records and Frank Griffiths, 75, of Ettalong NSW again with maximum points, one World and four National records. In all four World and 44 new National records were set (126).

The 1983 AGM was held on Thursday 14th April (127). The Branches were represented by ACT: Judy Ford and Bill Parker, NSW: Bob Dorrington and June Kuhn, Qld: Fred Knunson and Ray Rose, SA: Peter Gillett and Florence Walker, Tas: Trish Beveridge, Vic: Danny Smith and Barbara Wilson, and WA: Glenys McDonald and Toni Morris.

Ian Butterworth of NZ Masters and chair of the organising committee for the 1984 World Championships in Christchurch attended the meeting by invitation. Ian advised that he had

attended the proposed international meeting in Portland, Oregon, USA but it was very informal, poorly attended and passed no resolutions. The meeting was advised that the A.U.S.S.I. office was now in the City Mutual Offices at Sutherland and reception services were being provided by A.U.S.S.I. in lieu of rent. A paid typist was attending three days a week. Victoria and Queensland reported that they had had complaints about the new National registration fee of \$7.50 per member. Victoria and South Australia commented on a lack of pools and Medical Disability (MD) was first discussed. Business completed at the meeting that started at 9.45am and finished at 7.45pm included:

- Office bearers remained as for 1982 (see Appendix 1) with Kay Cox (WA) in the Fitness and Coaching Director position
- A video promotion film was available for clubs to use,
- 1000 promotional posters produced by Don Williams (WA) at a cost of \$1.10 each were now available through state secretaries (**see front cover**),
- The National Swim is to be conducted on a rotational basis with right of refusal,
- 20-24 age group was approved (after 18-24 was rejected),
- ACT was approved as the venue for 1985 National Swim (13-16 March),
- Entries for the National Swim were to be computerised,
- A.U.S.S.I. subscription to the Confederation of Australian Sport was to be paid,
- A.U.S.S.I. was to host the 1988 World Championships.

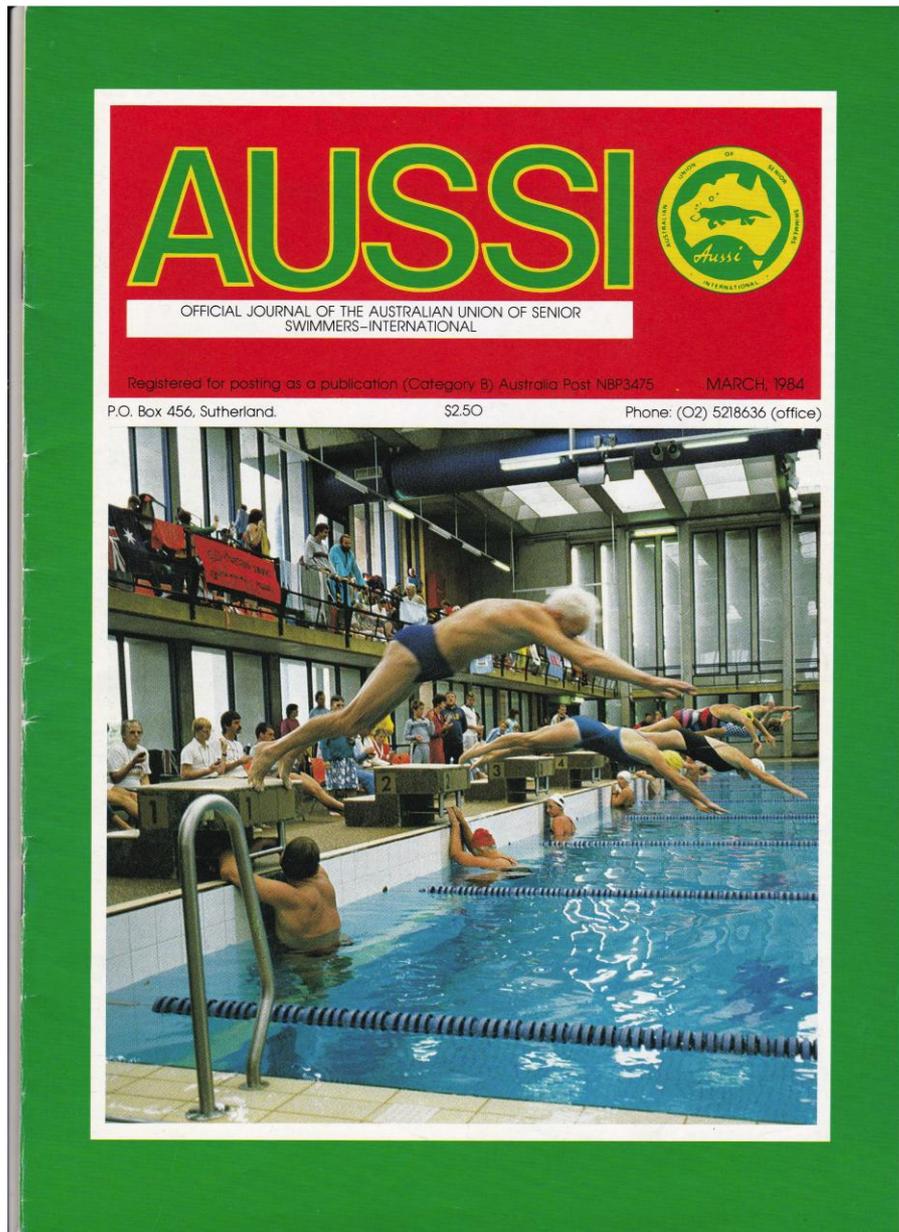
Pages 43 to 49 of AAS June 1983 listed detailed itineraries and costs for two tours designed to start with attendance at the Christchurch World Swim in 1984.

On the fitness and training front, Part 2 of Kay Cox's article "Training-the How and Why" appeared (I don't know if there was a reason for the subtle change of title from Part 1) (**128**). The article covered Interval Training, Repetition Training, Sprint Training, The Rest Interval, Integrating Your Training, and Hypoxic Training, outlining the benefits and cautions to adopt with each, and then finished with a Summary. On pages 49-51 Dick Campion, Powerpoints, Victoria wrote in his column "Lane 4" about the psychological aspects of competitive swimming and the need for a cyclical approach to your annual training schedule.

The mid year Conference (**129**) was attended by delegates from the Branches as follows, ACT: Judy Ford and Robin Sweeney, NSW: Bob Dorrington and June Kuhn, Qld: Chris Bell and Ray Rose, SA: Peter Gillett and Ivan Wingate, Vic: Greg Caughey and Geoff James, WA: Glenys McDonald and Toni Morris. The Council members voted to

- Establish a Finance sub-committee to examine:
 - future financial reporting and formatting;
 - the internal book-keeping system; and
 - to propose future financial planning of the association,
- Form a Technical Committee,
- Formulate guidelines for Medical Disability (MD),
- Adopt the Aerobics Trophy for 1984 and 85 with an ongoing review to culminate in a report to the 1986 AGM,
- Not seek or receive tobacco company sponsorship
- Change the relay age group to the "Japanese" format of under 120, 120-159, 160-159 then in 40 year increments to 320 and over. Each teams age being determined by the total age of its members in whole years at the date of the swim,
- Issue certificates for National Records,
- Issue certificates for 1st, 2nd, 3rd in age group by stroke for National Swim as many swimmers were unable to be competitive in all strokes,
- Instruct swimmers competing in international events that they could only represent their club not Australia,
- Approve the approach to the proposed new publishers, The Ink Connection,
- Seek incorporation for the National body and they discussed the need for a new

constitution in order to do this. The discussion of this item took over 2 hours. The Aerobics Trophy (now Endurance 1000) had been formalised based on the WA model conceived by Jan van den Driesson, then coach of Carine Club and developed by a WA committee chaired by Kay Cox (130). This included a points-table for swims based on the time taken to swim them and adjusted to allow for slowing with age. The events were those for which there were National Awards. Because the swims could be done at club level and did not need to be officiated, participation spread quickly, especially to remote clubs that found it difficult to get to competitions. A trophy was awarded to the club that scored the most points each year, and, in later years, the program expanded to award individuals and smaller clubs based on their participation and achievements. The scheme had been trialled in WA in 1980 and was first mooted to go national in 1981.



A.U.S.S.I. had problems with its magazine publishers in the second half of 1983 (131). There were many complaints from advertisers that Eros Productions and Publications had sold them space under dubious circumstances. As a consequence of this, after a lot of ground work by Carol Davis, Peter Jackson and Brian Hird and discussion at the mid year conference the National Executive decided to switch publication of the then "AUSSI Adult Swimming" to The Ink Connection Pty Ltd. The 1984 magazines moved from A5 to A4 format, the title changed to "AUSSI" and four colour covers were introduced instead

of A.A.S.'s green and white. Note that the contents of both versions were printed black on white.

1984 - THE YEAR OF CONSOLIDATION

The 1984 AGM was held in Melbourne in early April (133). In attendance were Executive members Mary Connolly, Carol Davis, Brian Hird, Peter Jackson, and Des McCormick. The Branches were represented by, ACT: Judy Ford and Robin Sweeney, NSW: Val Dorrington and Ken Ford, Qld: Ed Milligan and Ray Rose, SA: Peter Gillett and Ivan Wingate, Vic: Bruce Rowe and Danny Smith, WA: Glenys McDonald and Toni Morris.

Mary Connolly announced she would not be standing for the Committee after having been Treasurer for seven years. Mary was presented with a silver tray in recognition of her seven years of dedicated service to A.U.S.S.I.. The new Treasurer elected was Beryl Stenhouse from the Cronulla-Sutherland Club NSW. Business items covered at the Meeting included:

Administration:

The new constitution was adopted and was to come into effect on 1 May 1984.

- There was to be a 5 year review of each of the following areas, Administration, Awards, Competition, Distance problems (i.e. Remote clubs) Early Development, Finance, Fitness, and Social and the branches were to select the areas they would prefer to review and advise the National Secretary.
- Elders IXL Travel was appointed as the official travel agents.
- Judy Ford, ACT, was appointed to represent AU.S.S.I. In Christchurch, NZ with Barbara Wilson, Victoria as her back-up.

Coaching:

- The Coaching Accreditation Scheme was to be trialled in NSW and WA and then fully implemented.

Competition:

- The meeting appointed the first Technical Committee of Peter Jackson, Brian Hird and Des McCormick.
- The 800, 1500, 3000, 5000, and one hour swim, in all strokes plus the 800 Individual Medley were to be added to the Top 10.
- Des McCormick mooted an alternative event to Butterfly for the older age groups.
- The 1985 National Swim was awarded to the ACT, to be held at the AIS pool, Canberra from 13-16 March, and
- The 1986 National Swim was awarded to SA to be held in Adelaide from 16-19 April, 1986.

This meeting was followed by the 10th National Swim, which was held on 13-15 April at the Melbourne Swim State Swim Centre (134). The welcoming barbecue function was held on Thursday 12th and amongst the many interstate attendees were one Swiss lady, two Canadians, and several Americans. After each day's swimming a Happy Hour was held at the pool.

On Friday the first nine heats of the 400m Freestyle were swum two swimmers to a lane, needing 32 timekeepers. This move cut 1 hour 20 minutes off the running time of the programme.

Swimmers of the Meet were Myrtle Wright Osborne Park WA who swam world's best times for 75-79 in 50, 100 Freestyle, 50, 100, 200 Back and 50 and 100 Breaststroke. The Male Swimmer of the Meet was shared by Frank Griffiths, 76 and Kevin Vickery 60 who both swam record-breaking times and won 7 of their 7 events for a maximum of 28 points.

Presentations were made at the Powerhouse on Albert Park Lake. The Founders Trophy was won by North Lodge Victoria and the St Leonard's Trophy went to Ettalong, NSW.

Major Meet sponsors were City Mutual and Speedo and the VASA officials played a prominent role in the conduct of the meet.

Nine days later the Arena International Masters Swimming Championships (135), was held from

24-28 April 1984 in the Queen Elizabeth II Pool, Christchurch, which had been built for the Commonwealth Games, 1974. The organising committee and NZ Masters Swimming had been forced to change the name from "World Championships" when asked to do so by FINA, or risk losing Arena sponsorship.

The Meet Director was Ian Butterworth, of Christchurch, who had attended AUSSI Council Meetings. There were 1108 competitors representing 214 clubs from 15 countries as follows, USA (62), New Zealand (45), Australia (43), Japan (28), West Germany (14), Canada (12), England (3), plus Brazil, Chinese-Taipei, Czechoslovakia, Finland, Italy, PNG, Switzerland and unattached (136).

The 16 events for women and for men numbered 1 to 32, included men's and women's and mixed Freestyle and Medley relays with 450 teams competing in the relays. There was a 1500m Freestyle and this attracted 329 swimmers, swimming two to a lane in 21 heats.

Australian swimmers were offered a newly designed Speedo green and gold costume, a special swim bag, and a t-shirt. The first day went from 8.30 am till after midnight, but there is no record of the length of the others. AUSSIs won over 40 gold medals and numerous other placings down to 8th but the highlight for AUSSI members was Cronulla Sutherland's Men's 160+ relay team which narrowly defeated the powerful USMS's Olympic Club. At the end of the meet a grand banquet and dancing were staged at the City Hall. Highlight of the night was the Japanese presentation to promote the 1986 MSI World Championships in Tokyo.

MSI held a general meeting attended by Australia, Canada, Chinese-Taipei, Italy, Japan, New Zealand, Switzerland and the USA, with apologies from Czechoslovakia (all now members of MSI). Elections were held and Gary Stutsel was re-elected as President and re-appointed Carol Davis as Secretary (Steve Gosse Canada took over as Treasurer), and Peter Gillett as Long Course Recorder. He then appointed Judy Ford as Short Course Recorder. Sydney was confirmed as the venue for the 1988 World Championships and the 280+ age group was added to the relays.

On the home front an interesting ad appeared in the June magazine for the Goggl'Cap (135), an ad that will bring back memories for some of us. Advertised as "no worries about goggles falling off at starts" and in eight colours at \$15 each, they combined a cap and goggle with clear, blue, or smoked lenses.

Carol Davis reported to the Executive that the National Office suffered from a lack of space as there is a need to keep a great deal of stock on hand, forms, books, etc plus the AUSSI gear. This was at a time when no one had computers and everything was done on typewriters (remember those) so there were no templates to start new documents and no spell checks to help. Everything had to be done from start each time.

Projects carried out successfully in the office during the year included

- The update of the National Constitution
- The first National Swim Guide
- The updated version of the Club Guide
- The completion of the AUSSI Rules.

The Mid Year Conference was held in Sydney in mid September (137). The Executive members in attendance were Carol Davis, Brian Hird, Peter Jackson, Des McCormick and Beryl Stenhouse. Branch delegates were ACT: Judy Ford and Robin Sweeney, NSW: Ken Ford and Sue Johnstone, Qld: Hank Markus and Ed Milligan, SA: Peter Gillett and Ivan Wingate, Tas: Trish Beveridge and Jenny Page, Vic: Mike Myslinski and Hans Wehrens, and WA: Glenys McDonald and Toni Morris. Maureen Rose attended as Minutes Secretary, allowing all participants to be more attentive to the proceedings. Advice supplied and decisions taken at the meet were:

Administration:

- There was discussion around striking an enamel medal to mark the 10 years anniversary of AUSSI but this was not formalised.
- Warren Rose, husband of Maureen, addressed the meeting re computerising of membership records.
- AAS would be available only on subscription from 1985.
- Committee proposed that the National fee be increased to \$9 per swimmer but this was rejected because with AAS on subscription funds would be freed up to meet other expenses.
- The Branches spoke on their Review areas, namely SA-Competition, WA-Problems of Distance for Remote Clubs, Tas-Early Development of AUSSI, NSW-Awards. Note that Victoria was to review Social and Queensland was allocated Fitness and Administration. The ACT declined to accept any project due to the work involved in preparing for the 1985 National Swim. WA had originally chosen Computerisation but changed when the National Executive produced a proposal for computerisation in May 1984. The meeting decided that WA should proceed with Computerisation. The National Executive undertook to examine Finance.

National Swim:

- The trophy rules were changed so the same club could win both the Visitors Trophy and the Founders Trophy.
- ACT was given an advance of \$1500 to organise the 1985 National Swim.
- SA was given an advance of \$1500 for the 1986 National Swim.
- Relay age groups were confirmed as Japanese groups.
- New point score for individuals 10,9,8,7,6, etc with double points for relays was proposed but lost.
- A rule was passed limiting competition events to one swimmer per lane.
- There was considerable discussion regarding Registration format for the National Swim.
- There was very acrimonious discussion of the wording on the Founders Trophy. Because Peter Jackson was deemed to be an "interested party" he stepped down from the Chair and Ivan Wingate SA took over the meeting. Very unwillingly Carol Davis and Peter Jackson left the meeting room after motions and counter motions as to whether they stay or leave. Jack Brownjohn and Gary Stutsel had applied to address the meeting but both requests had been rejected. After some time one of the delegates left the meeting asking that it be recorded that he was disgusted at the waste of time involved. There was a great deal of debate as to whether the apostrophe should be placed before (denoting singular) or after (plural) the "s". A motion was carried with NSW abstaining and Carol Davis when informed tabled her written resignation with explanation. This was accepted.

The next day, after reports of telephone conversations with Carol Davis and Gary Stutsel overnight, Brian Hird suggested the wording that was published in the AUSSI magazine 1977 be adopted. That is " The Founders Trophy for the Top Scoring Team to recognise the efforts of Jack Brownjohn to establish Masters Swimming in Australia". There was further discussion as to whether it should read Masters Swimming in Australia or AUSSI and whether dates should be added. The final resolution was "Masters Swimming in Australia" with no dates. A vote was then passed stating that if Carol withdrew her resignation she could return to her former position.

Aerobics Trophy:

- Ceiling times for 400m and 800m swims were removed, only had to finish distance.
- Aerobics points (times to be swum) were deemed to disadvantage slow swimmers. Issue referred to the review due in 1986.

Coaching:

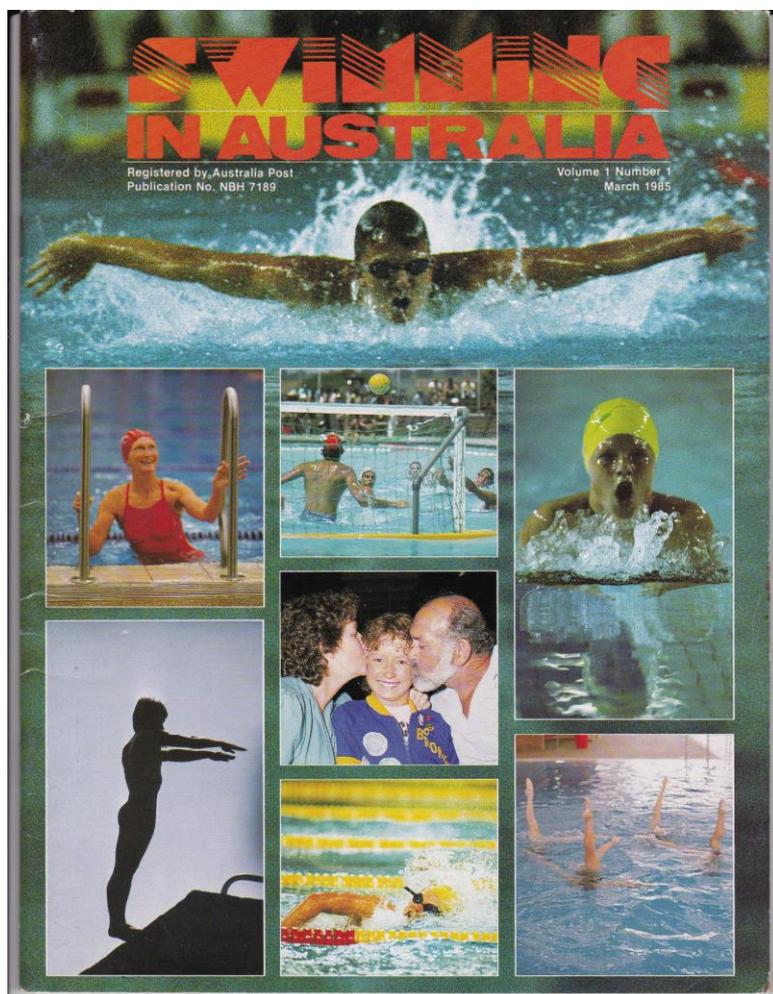
- WA is using the Coaching Manual as the base text for the trial Coaching Accreditation Course. The Course was also to be trialled in NSW and when the two pilot schemes have been finalised the courses are to be looked at and a final draft for a Level 1 Coaching Accreditation will be formulated.

General:

- WA floated the idea of Life Membership for Gary Stutsel and asked for an indication of support. The ACT, SA, Qld, and NSW offered their support. It was recommended that this be taken to the 1985 AGM.

The Administration Report completed at the end of the year (138) indicated that the joint National/NSW office was now situated in the City Mutual Offices at Sutherland, NSW and was rent-free. Carol Davis was the Office Administrator and Maureen Rose her assistant. Carol reported they need job descriptions for the staff.

- WA said they were struggling to get volunteers especially since opening their Branch Office.
- The new design triangular shaped badge was available.
- A computerised uniform registration system was proposed for all branches.
- WA became the first branch to reach 1000 members in a year, with 1023 in 1984 out of an Australia wide total of 3579, what an effort! This is almost 29% of the total membership in this one state that had only 10% of the country's population.



The Coaching Report dwelled on the high percentage of short-term members and possible reasons for this one being the emphasis by some clubs on competition even at club nights. (Note that repeated reviews have shown that 20-25% of members do not renew each year, with most of these being those who have come for a short time then disappeared. This is an ongoing challenge for club management).

The Publicity Report indicated that there had been successful promotional activities in ACT, NSW, Qld, SA, and WA during the past 12 months but due to Carol Davis' office commitments in 1984, she was not able to achieve much on the National promotional front, as she did not have the flexibility to get out and meet potential sponsors.

In her National Aerobics Report, Glenys McDonald wrote, "Swimmers seemed as interested in overall best performances of individuals as well as their club's final tally. Perhaps a certificate could be implemented for the top individual point scorers?" Award patches were devised to encourage newer members to swim a little further and a little faster. It was another target they could swim for.

It was also reported that the Third City Mutual City of Sydney Relay Championships on 20th October, 1984 raised \$1320 for the Asthma Foundation giving a total of \$2910 over the three

years.

NEW SOUTH WALES



CORPORATE AFFAIRS COMMISSION
BUSINESS NAMES ACT, 1962

Section 7 (4)

Certificate of Registration of Business Name

THIS IS TO CERTIFY that the undermentioned business name is registered under the Business Names Act, 1962

Unless previously cancelled, registration will remain in force until the date shown hereon.

Given under the seal of the CORPORATE AFFAIRS COMMISSION at Sydney
this THIRD day of DECEMBER 19 84

  Commissioner

Business name and address of place or principal place of business:

AUSSI SWIMMING
15 MERINO PLACE
SYLVANIA 2224

Date of expiry of registration. 02/12/87

Business Name No. J18253-15

During November (139), the A.A.S. sub-committee began negotiating with Colourscene re the production of 1985 A.A.S.. After many discussions, Colourscene were appointed as publishers for 1985. This would be a journal covering all aspects of swimming and water involvement.

Carol Davis resigned at the end of 1984 to take up a new position. Carol had worked tirelessly for Nearly eight years as Publicity Officer, and for the last three years also in the role of administrator in the office.

At the very end of the year, perhaps showing some prescience of what was about to happen in 1985, and definitely fearing that some outside body was planning to usurp the "AUSSI" name, Gary Stutsel registered the name with the NSW Corporate Affairs Commission under the Business Names Act. He has kept this secretly filed away until this history was being compiled.

DISPLAY OF BUSINESS NAME

The certificates issued upon registration of, or renewal of the registration of the business name must be exhibited in a conspicuous position at the principal or only place of business. The business name must also be displayed in a conspicuous position on the outside of every place of business and must appear on every business letter, invoice, receipt, etc., issued in connection with the business.

REFLECTIONS OF THE FIRST TEN YEARS

To paraphrase Winston Churchill's* famous words:

It is amazing that so much was achieved by so few with so little money. Dedication and devotion to the tasks at hand were what did the job.

In 10 years A.U.S.S.I. had come from being a fledgling organisation focussed on broadening opportunities for competition and very Sydney centric, to being a well structured truly National Body with its emphasis on Fitness and Fun and swimming for its health benefits.

A reflection of this change is that in the first two years the key players were either established swimmers or experienced meet organisers. With the establishment of clubs many of the new contributors were either first time competitors or had learnt to swim in very recent years. Many of these new contributors were women when in the first years their numbers were very limited.

Participation by women had changed from its initial 29% to almost 50%, due in no small part to those giant achievers like Mary Connolly and Carol Davis who stood on the shoulders of so many supporters to develop A.U.S.S.I. and their own branch, A.U.S.S.I. NSW, and their sisters who led the way in their own branches, Barbara Wilson in Victoria, Patti Morris in South Australia and Toni Morris and Glenys McDonald in Western Australia, not to forget our fitness specialists Kay Cox and Helen Rees.

At the end of the decade there were established programs such as the Aerobics and the Coaching Seminars that are still running today, albeit in modified forms. Since those days the only major innovation has been the formation of the branch wide virtual clubs such as the NSW Bushrangers and Victoria's Victorian Masters.

The Northern Territory became the last Branch to constitute in April 1988 although clubs had been operating in Casuarina and Katherine since 1986.

* Winston Churchill (1874-1965) was a towering figure in 20th Century history. He was the Prime Minister of the United Kingdom during World War 2 from 1940-45 and then again after the War from 1951-55. A man of many talents and achievements, he served in parliament for 50 years with a very short break for military service. Well known for his oratory one of his most famous speeches made in reference to the fighter pilots of the Royal Air Force in the Battle of Britain (the air war to save Britain from Nazi invasion) included the words "Never in the field of human conflict was so much owed by so many to so few".

APPENDIX 1

NATIONAL MANAGEMENT COMMITTEES 1975-84

	President	Vice President	Secretary	Treasurer	National Publicity & Promotions	Other
1975	Bill Lough	Jack Brownjohn	Gary Stutsel	Ray Weekes	Jack Brownjohn	Asst Sec – Frank Sykes Committee – David Mortimer, Alf Sparkes, Jamie Jenkins (elected but subsequently resigned) National Recorder – John Kemp
1976	Bill Lough	Jack Brownjohn	Gary Stutsel (Editor)	Ray Weekes	Jack Brownjohn	Asst Sec – Frank Sykes Committee – Alf Sparkes, David Mortimer National Recorder – John Kemp
1977	Bill Lough	Jack Brownjohn (&Publicity)	Gary Stutsel (Editor)	Mary Connolly	Carol Davis (from July 1977)	Asst Sec – Frank Sykes Committee - Alf Sparkes, David Mortimer, Peter Jackson National Recorder – Paul Wyatt
1978	Peter Jackson	Bob Barrett	Gary Stutsel (Co-editor)	Mary Connolly	Carol Davis (Co-editor)	Minutes secretary – Alf Sparkes Committee – Carol Davis, Frank Sykes, National Recorder – Paul Wyatt
1979	Peter Jackson	Frank Sykes	Gary Stutsel	Mary Connolly	Carol Davis (Editor)	Minutes Secretary - Carol Davis Committee Helen Rees, Paul Wyatt, Des McCormick National Recorders - Paul Wyatt & Peg Wilson
1980	Peter Jackson	Frank Sykes	Gary Stutsel	Mary Connolly	Carol Davis (Minutes & Editor)	National Education & Coaching Director – Des McCormick Committee – Paul Wyatt, Helen Rees, Des McCormick National Recorders – Steven Byles & Peg Wilson
Committee replaced by Executive and Appointed Officers						
1981	Peter Jackson	Position discarded	Gary Stutsel (Resigned Sept) Ann Still (Sept onwards)	Mary Connolly	Carol Davis (Editor)	Coaching & Fitness Director – Des McCormick National Recorders - Steven Byles, Peg Wilson & Peter Gillett
1982	Peter Jackson		Anne Still (Resigned April) Brian Hird	Mary Connolly	Carol Davis (Editor)	Coaching & Fitness Director – Des McCormick National Recorder - Peter Gillett
1983	Peter Jackson		Brian Hird	Mary Connolly	Carol Davis (Editor)	National Recorder – Peter Gillett National Aerobic Director – Glenys McDonald
1984	Peter Jackson		Brian Hird	Beryl Stenhouse	Carol Davis (Editor)	Coach & Fitness Director – Des McCormick National Recorder – Peter Gillett National Aerobic Director – Glenys McDonald

APPENDIX 2

NATIONAL SWIM and TROPHIES WINNERS 1975-84

Founders Trophy

The Founders Cup is awarded to the club that scores the highest points at the National Championships. The original trophy was donated by Frank Sykes but when it was damaged it was replaced in 1982 by a cup donated by Mary Connolly (National Treasurer 1976-84) to commemorate Jack Brownjohn's contribution to establish Masters Swimming in Australia.

Year	Venue	Winning Club	Branch
1975	Harbord Diggers Pool, Sydney, NSW	No trophies awarded	
1976	Harbord Diggers Pool, Sydney, NSW	No trophies awarded	
1977	Harbord Diggers Pool, Sydney, NSW	Manly Zone	NSW
Club membership made compulsory			
1978	Footscray Municipal Pool, Melbourne, Victoria	North Lodge	Victoria
1979	North Sydney Olympic Pool, Sydney, NSW	North Lodge	Victoria
1980	Adelaide Swim Centre, Adelaide, South Australia	Adelaide Masters	SA
1981	Beatty Park Pool, Perth, Western Australia	Osborne Park	WA
1982	Warringah Aquatic Centre, Sydney, NSW	Ettalong	NSW
1983	Chandler Pool, Brisbane, Queensland	Gold Coast	Queensland
1984	State Swim Centre, Melbourne, Victoria	North Lodge	VIC

St Leonards Travel Visitors Trophy

The Visitors Trophy is awarded to the club highest point score at the conclusion of the National Championships that is a member of a Branch other than the Host Branch. Up to the 2005 National Swim, the award was given to the top scoring Club whose regular swim venue is more than 100km from the National Swim Venue by the most direct road route. From the 2006 National Swim Onwards the award has been given to the top scoring visitors club, i.e. the club that is a member of a Branch other than the Host Branch.

Year	Winning Club	Branch
1977	Tamworth and Districts Workmens'	NSW
1978	Adelaide	SA
1979	Ettalong	NSW
1980	North Lodge	VIC
1981	Adelaide Masters	SA
1982	Adelaide Masters	SA
1983	Ettalong	NSW
1984	Adelaide Masters	SA

Runners Up Trophy

The Runner Up Trophy is awarded to the club with the second highest point score at the conclusion of the National Championships. The original trophy was donated by A.C.T. A.U.S.S.I. and replaced in 2005.

Year	Winning Club	Branch
1982	Coogee	NSW
1983	Ettalong	NSW
1984	Adelaide Masters	SA

APPENDIX 2 part 2

Relay Age Group Trophies

Presented to the club that scores the most points in each of the relay age groups

YEAR	AGE GROUP and WINNING CLUB					
	25+	35+	45+	55+ Melville Trophy	65+	
1979	n/a	n/a	n/a	MANLY NSW	n/a	
1980	North Lodge Victoria	Adelaide SA	North Lodge Victoria	North Lodge Victoria	Manly NSW	
1981	Osborne Park WA	Melville WA	Osborne Park WA	Melville WA	Melville WA	
1982	North Sydney NSW	Cronulla- Sutherland NSW	North Lodge Victoria	Manly NSW	Ettalong NSW	
Age groups changed to "Japanese" age groups						
	Under 120 Tasmania Shield	120-159 SA Shield	160-199 Queensland Shield	200-239 Victoria Shield	240-279 WA Shield	280-319 NSW Shield
1983		Gold Coast Queensland			Ettalong NSW	Gold Coast Queensland
1984	Adelaide SA	Power Points Victoria	North Lodge Victoria	North Lodge Victoria	North Lodge Victoria	North Lodge Victoria

Abbreviations used in the tables above

n/a Not awarded
 NSW New South Wales
 SA South Australia
 WA Western Australia

The original age groups used from 1979 to 1982 were based on those then in use in United States Masters Swimming. The "Japanese" Age Groups were the international standard adopted in 1983.

APPENDIX 3

KEY CONTRIBUTORS to A.U.S.S.I. NATIONAL BODY - 1974-84

Barrett, Bob

Born in 1934, Bob was late to come to swimming as a sport, first competing in 1976. At that time he was a member of the Victorian ASA Management Committee, and also its Publicity Officer. After joining A.U.S.S.I. Bob soon became President of A.U.S.S.I. Victoria. He has the distinction of being the first non-Sydney resident to serve on the National Committee becoming Vice President in 1978 for one year. No doubt he was also very influential in gaining the offices of Victoria's ASA officials for the 1980 National Swim.

Brownjohn, Jack

Jack who was an officer in the NSW Fire Brigade was a genuine ideas man who was capable of persuading almost anyone into wanting to become involved as a competitor or worker in helping to achieve whatever his latest interest was. In the personal action field he was a great sprint swimmer holding titles and records in each of the swimming bodies he joined. These included the AIF Swimming Association, the NSW Leagues Clubs Swimming Association and the NSW (later Australian) Winter Swimming Association. He was at one time National and World record holder for 50m Freestyle in Masters and an asset to any relay team. He was also deeply involved in earlier years in Bronte SLSC then North Cronulla SLSC as well as helping found the Bronte and Gynea Water Polo Clubs. He also helped found the St George Leagues Club Swimming Club. As told in this history Jack was the organiser for the US team visit in 1974, the prime mover for the formation of the Australian Masters Swimming Association in the same year and the instigator of the 1975 AMSA Swimming Championships at Harbord. Jack's formal roles in A.U.S.S.I. were as Vice President and Publicity Officer until early 1978. During this time Jack had some success gaining TV interviews for himself and other members.

Byles, Steve

Steve, from the once very strong Tamworth Club, NSW, took over the position of National Male Top 10 Recorder in 1980 and continued into 1981, although the final compilation was done by Peter Gillett.

Campion, Richard ("Dick")

Honoree: International Marathon Swimming Hall of Fame

Born 11 March 1941, Dick represented Great Britain in the Olympics and European championships, and England in the Commonwealth Games, during the 1960s. He was very involved in and promoted open water swimming from 1967; moving to Australia about that time. He took part in several international competitions in 1975 and 1976 and won the 1976 Australian Open Water Swimming Championships. Between 1977 and 1979 he was the president of the Australian Marathon Swimming Federation, and a member of the Australian Open Water Swimming Committee from 1988 to 2001. Between 1989 and 1998 he was the National Open Water Swimming Coach. In 2010 he was inducted to the International Marathon Swimming Hall of Fame as a distinguished Australian swimming administrator. Today Dick is a formidable opponent in his age group in MSA. In the early 1980's Dick's contribution to A.U.S.S.I. at a National level was as writer of the column "Lane 4" in AAS magazine from June 1983. Dick's articles covered facets of and attitudes to competitive swimming.

Connolly, Mary

Mary was born in 1934. A basketball and hockey player in her earlier years Mary then became a keen barefoot skier. Following a serious illness in 1973 she was prescribed regular exercise to aid her recovery. She started swimming daily, joined South Sydney Juniors Leagues Club's Ladies Swimming Club and in May 1974 competed in her lifetime first swimming race. Mary travelled with the A.U.S.S.I. team to the USA in August 1976 and later Mary and husband Des were guests of John DuPont at his Pennsylvania home (see DuPont, John on page). Mary was elected Treasurer of the first A.U.S.S.I. NSW committee in 1975 and retained this position until the end of the 1978-79 financial year. Mary became National Treasurer in 1977 and was re-elected six times to serve the seven years from 1977-83. During this time she was praised by the auditor, Tenno Koolberg, for her management of the A.U.S.S.I. funds. As then Secretary I can attest to her frugality as it was always an effort to get her to approve any new expenditure. However she had a great warmth of heart and until 1979 travelled from Woollahra to Sylvania to help with mailings then in 1979-81 to Gary Stutsel's Bexley North Pharmacy to help take some of the phone load off Gary so he could concentrate more on his business.

Now in their 80s, Mary and husband Des retired to a canal side home on the Gold Coast where Mary swam regularly in the canal, that was until someone saw a bull shark. They now get their kicks from cruising the world.

Cox, Assoc. Professor Kay OAM Life Member MSA 1999 Life Member MSWA 1983

Kay gained a Masters in Physical Education and went on to do her PhD, and eventually was appointed to the position of University of Western Australia Associate Professor on the Research Staff (Medicine and Pharmacology Royal Perth Hospital Unit). Kay joined the Carine AUSSI Club in Perth, WA at its inception and became a member of the WA Executive Committee when it was formed in 1978. As WA Director of Fitness and Coaching Kay chaired the committee that developed the WA Aerobics Trophy (see page 47) in 1981. After a three year trial this went on to become the National Aerobics Trophy in 1984 and has now morphed into the Vorgee Endurance 1000 program. Kay was a delegate for WA to the 1980 National Council Meeting and WA Fitness and Coaching Director in 1980-81. When husband Wally was posted to Kununurra, in the Ord River region of WA near the NT border, by the WA Government Kay moved north with him. Here she continued swimming in Lake Argyle where her only companions were fresh water crocodiles. After returning to Perth Kay was a delegate for WA to National Meetings from 1985 to 2012. Kay was a prolific contributor of fitness articles to AAS magazine from 1982 and became National Director of Coaching from 1994 to 2004. Kay has been involved as the A.U.S.S.I. WA delegate to AUSTSWIM from very early days and was awarded its highest honour for her contribution. In her professional life Kay has been deeply involved in research writing many papers and has been more than willing to share her knowledge with the Masters movement.

Davis, Carol (now Dawson) Life Member Cronulla Sutherland AUSSI.

Carol had no swimming background at all. Her interests were musical theatre and a little social tennis. However, when Como Ladies Amateur Swimming Club offered free "Learn to Swim" lessons to local playgroups, Carol took her daughters along and joined their ranks. Once a year they swam with the Cronulla Ladies Club and here she met Beryl Stenhouse in the early 70's. The clubs attended a swim meet held at Cronulla North Surf Life Saving Club's Pool in 1976 that was run for an organisation called AUSSI. The night was lots of fun, so when it was suggested some of the ladies attend a National Swim at Harbord Diggers, Carol attended, swimming 25m and 50m. In 1977 she swam again but this time up to 400 metres. Carol was a founding member of Cronulla Sutherland AUSSI Club. When regular swimming dramatically improved her asthma, Carol contacted Gary Stutsel, telling him that everyone should know about the A.U.S.S.I. Programme and its health benefits. Carol often says that Gary mistook enthusiasm for talent when he invited her to attend a meeting from which she returned as Publicity Officer for NSW. The following year 1978 in Melbourne, Carol was elected to the National Executive as Publicity Officer. Having assisted Gary with the Yearbook in 1978, Carol took on the job by herself in 1979, believing fervently that the organisation needed its own journal. (Remember there was no such thing as Social Media and people did not have their own PCs and email accounts). There were many problems, especially regarding covering expenses; however A.A.S. became a journal published 4 times a year, continually improving its content and presentation. Carol edited A.A.S. magazine until her resignation in 1984 to take up full time employment. Much of the information for this history was extracted from those journals. Carol did much to gain sponsorship support for A.U.S.S.I.. It was due to her efforts that the long and loyal support of City Mutual Insurances came to A.U.S.S.I.. This enabled the conduct of the 1981 and 1983 Pan Pacific meets. Carol engineered the offer of space at City Mutual's Sutherland offices for a shared office between NSW and National. In 1983 Carol was elected Secretary/Treasurer of M.S.I. a position she held for a year. In 1987 Carol re-joined the National Executive, so in 1988 when Brisbane were hosting the 2nd World Masters Championships, Gary suggested Carol go to Brisbane to see if she could assist them with publicity. Given her connections with Wayne Smith of the Brisbane Courier Mail, great publicity was generated by organising a Business Houses' Relay between the Courier Mail, Brisbane City Council and a group of recently returned young Olympians to name a few. During the World Championships Carol handled media releases and assisted in producing the meet newsletter. In the late 90s/2000 Carol edited the MSNSW magazine Splash. Carol is an MSA accredited official and acts as a referee at many meets in NSW.

Dawson, Carol

See Davis, Carol

Dixon, Nancy Life Member NSWASA

Nancy was Honorary Secretary of the NSWASA from 1971-80 when her role was changed to Executive Director and she became a full time employee. Nancy served as Executive Director until 1984. She was of

great help to A.U.S.S.I. in the late 70s and early 80s providing both advice and when needed physical assistance.

George, Margaret USMS died 15/01/1999

Born in South Africa, Margaret moved to the USA and was living in Pasadena, California. Here she joined USMS in 1973, the very early days. A good all rounder Margaret scored first places in the USMS Top 10s in 1973, 77, 78, and 79 and many other lower places. It was Margaret who conceived the idea of an international masters organisation, and in talks with Gary Stutsel in May 1981 in Irvine California, they discussed the forming of a world body. Margaret attended both the 1981 and 1983 Pan Pacific Championships in Warrindah, NSW, and played a prominent role in each. In 1981 she undertook to produce and distribute a newsletter, Masters Swimming-International News. In 1983 she tabled a set of rules drafted by Tina Martin (USMS Rules Chair) and took on the role of Publicity Officer of MSI. Margaret was also responsible for arranging the accommodation and venue for the FINA Masters Commission meeting in the Athenaeum at Caltech University, Pasadena CA. This meeting between representatives of FINA and MSI that led to joint Masters World Championships in Tokyo, Brisbane and Rio de Janeiro and to FINA recognised World Masters Records. Her importance to A.U.S.S.I. was in planting the seed that led to the pre-eminent roles played by A.U.S.S.I. members on the world stage.

Gerrard, Dr David CNZM, OBE

Born 1 May 1945 in Auckland, David is a sports administrator and sports medicine specialist, and former Olympic Games swimming representative for New Zealand. As a competitive swimmer David was a specialist in the butterfly stroke winning the NZ National 110 yards title from 1962 to 1968 (excluding 1964) and the 220 yards title for ten consecutive years from 1960 to 1969. As a representative at the Olympic Games, He competed at the 1964 Summer Olympics. He also represented New Zealand twice at the British Empire and Commonwealth Games. At the 1962 Commonwealth Games in Perth, Australia he reached the finals in both the 110 yards and 220 yards butterfly. In 1966 Games in Kingston, Jamaica he won Gold in the 220 yards butterfly and Bronze as part of the New Zealand 4x110 yards medley relay team. He also reached the final of the 110 yards butterfly. After his retirement from competition, David gained a medical degree (MB ChB) at the University of Otago in 1977 and has specialised in the field of sports medicine, mainly based in Dunedin at the University of Otago. He has served as an official at the following Olympic and Commonwealth Games:

	1974 Commonwealth Games:	
Swimming Manager	1982 Commonwealth Games: Team Doctor	1984 Summer Olympics:
Team Doctor	1986 Commonwealth Games: Team Doctor	1988 Summer Olympics:
Health Team Leader	1994 Commonwealth Games: Chef de Mission	1996 Summer Olympics:
Chef de Mission		

He is currently Vice Chairman of FINA's Sports Medicine Committee. He was awarded the OBE in the 1995 New Year Honours, for services to sports medicine and sport. By 2007 David had become the Associate Dean of the School of Medicine and Associate Professor of Sports Medicine at the University of Otago Dunedin School of Medicine, and in that year's Queen's Birthday Honours was made a Companion of the New Zealand Order of Merit. In 2014 he was promoted to Professor at the University of Otago Dunedin School of Medicine. David is also the Vice Chairman of FINA's Sports Medicine Committee (60). When he was working as a doctor in Launceston he represented Tasmania as a delegate at the 1978 Council Meeting and was a keynote speaker at the October 1979 A.U.S.S.I. Coaching Seminar at the Narrabeen Sport and Recreation Centre.

Gillett, Peter MSA Life Member 1991 A.U.S.S.I.SA Life Member

Peter first became involved with Masters Swimming in 1979 and in 1980 became President of the Salisbury Seals (Central Districts) Club, SA. Peter was elected SA State President at the first AGM of AUSSI Masters Swimming in SA. and served from 1980-1984 and 1986 to 1990. In the two intervening years he was Branch Secretary. Peter was instrumental in many National initiatives during the early years. He was SA delegate at the inaugural "National Delegates" meeting held in Adelaide in 1980 in conjunction with the National Swim. He remained SA's Board member until 1991. In 1981, Peter compiled the National Top Ten. He continued in this role and split the A.U.S.S.I. records into separate Short Course and Long Course records, a feat only made possible by Paul Wyatt's extensive collection of meet results. In 1982 Peter was appointed National Recorder to be followed with a period as World Recorder - in which time he established the record application process. His early recording was done manually and Peter was well regarded for his meticulous recording and handwriting. Peter had a great interest in technology and was responsible for the first on-site computerised swim system which was used in 1982. All the while Peter continued his involvement with events in South Australia. He was the coordinator of the 1986 AUSSI Masters National Swim and coordinator of the 2nd Australian Masters Games, in Adelaide, SA, in 1986. Peter retired from

involvement in Masters swimming in 1994. In 1995 he was presented with the Award of Distinction by the Confederation of Sport in recognition of his long and valued service to Masters swimming. Peter Gillett died on November 11, 2007.

Herbert, Owen

Owen was captain of the Cronulla Polar Bears Winter Swimming Club and of St George Leagues Club Swimming Club. He worked for Consolidated Press as a compositor and through his work was a major contribution to Masters Swimming by printing the brochures for the 1974, 75 and subsequent National Swims.

Hird, Brian ASM

A.U.S.S.I. NSW Life Member

Swimming was part of Brian's life from early years, he was a member of Bondi SLSC and Bondi ASC. In 1970 Brian joined Auburn ASC with his children, and he ran their swim meets every Saturday morning. He was Auburn ASC Treasurer for over 10 years, his services to the club being rewarded with a Life Membership. While at Auburn Brian joined the Royal Life Saving Club and competed at their competitions, he was State Champion in the Veterans for several years. In October of 1980, Ann Still asked Brian to help establish an AUSSI Club at Auburn Pool. As Brian ran the adult group who raced after the young folk on Saturday morning there was a willing membership available. Thus Western Suburbs was born. Brian competed with Western Suburbs at interclub, state and national events. It didn't take long before Brian's knowledge, ability and work effort were recognised. In March 1981 in Perth, Gary Stutsel and Peter Jackson approached him with a request to take on the roles of State and National Secretary. After 12 months in the dual roles, the work load was so great that Peter and Gary advised Brian to concentrate on the role of National Secretary which he did for a number of years. Brian also filled the role of NSW State President between the years of 1987 to 1992. In 1984 Warwick Webster, the Swim Coach at Ashfield ASC, asked Brian to establish an AUSSI club at Ashfield. Brian competed for Ashfield at all levels of competition including the First World Masters Swimming Championships in Tokyo in 1986. Brian was a true all-rounder, he swam, he administered, but he may be best remembered for his role in officiating. As an ASA qualified official he was a Starter or Referee at many, many AUSSI Swim Meets. However, his ability as a Meet Director was second to none; he was the Meet Director for the 1983 Pan Pacific Swim Meet. For many years it became almost a given that Brian Hird would be the Meet Director for any major meet in NSW. In 2000 Brian was awarded the Australian Sports Medal in recognition of his services to swimming.

Ireland, Fred

Although not directly involved in AMSA, Fred made a contribution by arranging access to the Boardroom at South Sydney Leagues Club where many of the early meetings were held including the all important meeting that launched A.U.S.S.I..

Jackson, Peter ASM

Born 9 August 1938, Peter commenced his swimming career in 1954 and was trained at Cabarita Pool by Val Green (Val will be remembered by many as a long time member of Trinity AUSSI Club). In 1955 he joined the Forbes & Ursula Carlisle Team, training at Drummoyne Pool. In his youth Peter was a finalist in the NSWASA Championships in 100m Freestyle & Butterfly and was a member of several successful relay teams. Before coming to A.U.S.S.I. Peter was President of Avalon Bilgola ASC and a member of Harbord Diggers Swimming Club. Peter first swam in A.U.S.S.I. with Manly before he joining the A.U.S.S.I.-NSW Committee as Assistant Secretary in 1976-77. He then became a member of the A.U.S.S.I. National Committee in 1977. The following year he was elected President for the first of seven times. He was President from 1978 to and including 1984. He also swam with Coogee-Randwick and later Peter, John McDiarmid, Warren Riley and Lea Johnston went on to establish Warringah Masters, which continues to be a large and highly successful Club. From there Peter joined the team who formed another successful club, the Seaside Pirates where he enjoyed his competitive swimming. During those years, Peter consistently coached and assisted in the training of prospective coaches. He has been the recipient of both State and National 'Coach of the Year' awards and in 2000 was awarded an Australian Sports Medal for his contribution to Masters Swimming. World Title success was achieved in two World Masters Competitions coming away with Butterfly and Relay medals. Peter held a Masters Butterfly World Record for many years. In 2003 Peter sustained a broken neck in an accident at an exercise class! He miraculously walked out of hospital 5 days later following successful surgery. Following that 'event', he decided his competitive days were over but continues to enjoy his daily ocean swim at Terrigal Beach. He's still coaching adult squads part time at a local pool and in his 'retirement' travels to Sydney most days to help one of his sons in his business at Artarmon. Peter was a superb front man being able to speak off the cuff with almost no preparation. His manners, enthusiasm and appearance made him a superb ambassador and public relations

man for the organisation.

Kemp, John

Born in 1955, John was an Insurance Inspector working in North Sydney and living in Sutherland Shire. A schoolboy swimming champion John was also a member of the team that won the NSWASA 4x100 Freestyle relay in 1960-61. In the 70s he was an active member of Wanda Surf Club, Cronulla Polar Bears and Cronulla-Sutherland Leagues Swimming Club and became involved in A.U.S.S.I. at the very beginning attending the foundation meeting. At this meeting John was appointed National Recorder, then re-appointed in 1976. He relinquished the position in 1977 when he was moved to Wollongong for work.

Krauser, June USMS

At age 16, June won a US National championship in the 200yard breaststroke. She and her sister Joan, the famed Fogel sisters, won US National championships on the same day. In 1959, June was named delegate for the AAU Convention and has represented South Florida every year since in one of the AAU (see page 13), US Swimming or US Aquatic Sports. In 1964, June was named as a member of the U.S. Olympic Women's Swim Committee and in 1968 took on the unpopular but necessary role of re-organizing and enforcing the rulebook as the Swimming Rules Chairman. She also served as manager on six international AAU trips. Twenty-five years after her "retirement" from active senior competition, June got back into the pool as a Masters swimmer and has since won 65 short course and 71 long course championship titles. She has competed in four World Championships and touts 11 titles and five Masters world records. June helped to pioneer Masters Swimming with Ransom Arthur, the founder, in 1971. She was the first and only rules chairman for United States Masters Swimming, and the founder/editor of their first national newsletter, Swim Master, for its 20 years. For her untiring devotion to the sport, June was named the second recipient of the Capt. Ransom J. Arthur Award, and the first USMS rulebook was dedicated in her name. In addition, June served as president of AAU Masters, was five times national meet director and most recently was named to her second consecutive four year term on the FINA Masters Swimming Committee. It was in her role as Editor of Swim Master that June impacted the formation of A.U.S.S.I.. While serving as a committee member of the ill fated ASMA, Gary Stutsel subscribed to Swim Master and gleaned many of the ideas that went on to shape the early programs of A.U.S.S.I., such as Top 10, age groupings, event formats etc. While never directly involved there is no doubt June had a major impact on A.U.S.S.I.. June was affectionately known as the "Mother of (US) Masters Swimming". She died on the 2nd August, 2014.

Lough, Bill Life Member AIF Swimming

Bill's paid employment was as a stock valuator, however on top of this he had a very active volunteer life as an administrator. He had an extensive career with AIF Swimming, being Carnival Director for from 1963-93, Secretary from 1970-90, and President 1991-92. He was made a Life Member of the AIF Association in 1968. Carnival Director for the Leagues Clubs Swimming Association for many years and a foundation member of Harbord Diggers Indoor Swimming Club. Bill was President of A.U.S.S.I. from 1975-78 and as Carnival Director supervised the conduct of the 1974 meet against a US Masters team and the first four National Swims in 1975, -76, -77, and -78. Following ill health Bill relinquished his role of President of A.U.S.S.I. in 1978.

Moore, George

A member of St George Leagues Club Swimming Club, George attended several meetings of AMSA. When the name A.U.S.S.I. was suggested he and presented a number of designs for an A.U.S.S.I emblem for consideration before the Foundation Meeting. The design chosen was the stylised map of Australia as background, as it identified us as Australian, but the relatively unknown platypus was chosen instead of a kangaroo or sea dweller because:

- a) it is uniquely Australian,
- b) it is a swimmer,
- c) like most adult swimmers, it is a shy retiring creature that snatches swims early morning or after dark.

Mortimer, David

Born in 1938, David was an accountant and public company director. An average swimmer his background in swimming was with Manly ASC, Manly SLSC, Manly Diggers, and the Harbord Frigid Frogs Winter Swimming Club where he was Secretary. He had worked closely with Bill Lough as race recorder for the NSW Leagues Clubs Swimming Association, the AIF Swimming Association and the 1974 and 1975 Masters competitions. David was a member of the 1975 A.U.S.S.I. National Committee and continued in this role in 1976 and 77. He ably assisted Bill Lough as Assistant Carnival Director at the 1976, 77, and 78 A.U.S.S.I. National Swims.

McCormick, Des (1930-88)

Des was born in Belfast, Northern Ireland, and quickly showed his prowess as a breaststroke swimmer. He was selected for the Irish Olympic Team for the 1948 London Olympics but the team withdrew due to politics. Des spent the next thirteen years coaching swimming, first in Jersey then in Southampton, England. Two years later, then married, he emigrated to Australia. Here he had coaching positions at Pymble, Blayney and Drummoyne all in NSW. Finally he moved to Blacktown. In the winters he taught Physical Education at the Holy Cross College. Des joined A.U.S.S.I. in October 1977 and in the next 11 years served in many, many positions. He was club President, NSW President, but was best known for roles as marshal for NSW swim meets, where his wry humour was either adored or hated, and his continued involvement in coaching and coaching administration. He travelled all over NSW and to Canberra to help clubs and individuals. After joining the A.U.S.S.I. National Committee in 1979 he was appointed National Education and Coaching Director in 1980 and continued in that role as National Coaching and Fitness Director from 1981 to 1984. Des launched the "AUSSI Coaching Manual Sept 1980" at the Fitness and Coaching Seminar in that year after spending 12 months single-handedly preparing it. Des contributed regular articles to AAS magazine until 1982. Des tragically died as the result of a road accident on 18th October 1988 exactly 11 years to the day since he joined A.U.S.S.I.. He was driving from the 2nd FINA/MSI World Masters Championships in Brisbane, Qld to participate in the Central Australian Masters Games in Alice Springs, NT.

McDonald, Glenys OAM Life Member MSA 1989 Life Member MSWA

Born in Victoria, Glenys pursued ballet seriously for 14 years even opening her own ballet school at age 18. She earned a scholarship to the prestigious Borovansky Ballet School in Melbourne. She trained in secretarial work, a skill that was to prove very useful later, but gave up this and ballet to pursue a career in nursing. In 1968 she married Vic and they moved to Perth, WA. Glenys came to swimming as an adult, when she joined the Carine A.U.S.S.I. Club in WA on its second day. She soon became Club Secretary and when the WA Branch was formed Glenys became its first Secretary, holding this position for seven years until 1984. Before becoming a delegate for WA to the A.U.S.S.I. Conferences (1980 on), Glenys held many other state positions (usually concurrently) including Recorder, Registrar, Publicity Officer and swim meet organiser. She was responsible for the successful 1981 National Swim at Beatty Park. Glenys' voice was frequently heard on the National stage and she was well known for her thick folder and detailed preparation. When the Aerobics Trophy was introduced in 1983, Glenys was the National Aerobic Director responsible for compiling the results. She chaired the sub-committee that was tasked with reviewing the administrative structure of AUSSI. As a follow on to this committee's recommendations, Glenys chaired a sub-committee investigating Insurance, Incorporation and a new Constitution. Glenys became National Secretary in 1985 and held that position until 1992 when she was then elected National President. Glenys was President from 1993 to 1998 giving her a total of 14 years in the key roles in AUSSI Masters Swimming in Australia. At an international level Glenys was Australia's nominee for the FINA Masters Committee (MSC) in 1989, after Gary Stutsel had refused to stand again as a matter of principle over the selection of Indianapolis instead of Montreal to host the 1992 World Championships. Her nomination, along with Japan's, was rejected even though Japan and Australia had both run very successful World Championships. This was probably payback for the support both these countries had given MSI. Glenys attended the FINA Masters Congress in Perth in 1991 as an MSI delegate with Steve Gosse and Gary Stutsel. All three were sat at the front table and not allowed to address the meeting. It was at this Congress that the "age at 31 December" rule was introduced internationally, by a margin of one vote, that of San Marino a sovereign state of 24 square miles and a population of around 30,000 that is surrounded by Italy. When Margaret Samson resigned as Editor of Masters Swimming International News, Glenys took over, revamped the format and produced 18 quarterly issues between January 1990 and March 1994. Later Glenys became an amateur historian and writer and was prominent from 1993 to 2005 in investigations seeking to find HMAS Sydney 2 which was sunk off the coast of WA by the German raider the Kormoran on 19 November 1941 with the loss of 645 lives. For this work she was awarded the OAM. Note that the Sydney was found in the area she suggested on 17th March 2008.

Quimby, Bob ASU

Bob was Executive Director of the ASU from when A.U.S.S.I. started until he left to take up a new position in May 1981 and Colin Barnes took over. Bob was of great assistance to A.U.S.S.I. firstly through Carol Davis in arranging a rebate system with TAA to help reduce the cost of interstate travel, and in giving advice regarding relationships with mainstream Swimming to Gary Stutsel. It was Bob who suggested to Gary that A.U.S.S.I. should run a Pan Pacific Championships in Australia when USMS ignored calls for a meet in Honolulu. Bob then arranged free flights and accommodation for Gary to attend the USMS Short

Course Championships in Irvine, California in May 1981 so he could both study both the conduct of that meet and promote the Pan Pacific Championships.

Rahe, Dr Richard USMS

Richard Rahe, a US Navy surgeon and direct associate of Ransom Arthur, the father of US Masters Swimming, was the leader of the USMS team that visited NZ and Sydney in 1974. This visit was the stimulus that led to the formation of first AMSA and then in turn A.U.S.S.I..

Rees, Helen

Born in 1946, Helen was raised in Tasmania where she became a Physical Education teacher. After moving to Canberra, Helen was working as a swimming instructor at the Deakin Health Spa (Deakin is the home of the Australian Mint). The pool there was the venue for the newly formed Canberra A.U.S.S.I. Club and Helen soon became involved in both coaching and swimming. She excelled at both, being nominated Female Swimmer of the Meet at the 1981 National Championships in Perth and in 1979 was elected to the National Committee, then re-elected in 1980. In 1981 the new constitution reduced the Committee to an Executive of five and Helen did not stand. She shared many coaching and educational tasks with Des McCormick. Helen organised the October 1979 Seminar at the Narrabeen Sport and Recreation Centre in NSW and arranged for the venue and facilities for the 1981 National Seminar, held in Canberra on the second of August, that was m.c.'d by Des McCormick.

Samson, Margaret USMS

See George, Margaret.

Seddon, Joe OAM (1946-2013) NSWASA

Joe's association with A.U.S.S.I. was through his role as Executive Director of the NSWASA where he continued to provide the advice and support that had previously been given by Nancy Dixon. However his true love was Surf Life Saving. Joe joined the Coogee SLSC in 1962, and he was awarded his Coogee Honour Blazer in 1968. He was made a Life Member in 1982. Joe was the first person to hold all four Club Executive positions - Club President (74/75, 77/78-81/82), Club Secretary (85/86, 91/92-94/95), Club Captain (68/69-70/71) and Club Treasurer (83/84-84/85, 89/90-90/91). He served on the Management Committee for more than 40 years. He is the only club member to have served on the National Executive of Surf Life Saving Australia. He was the Director of the Helicopter Rescue Service for 10 years. Joe was a co-Governor of the club, a position that he held with distinction since 2000. In 2008 he authored the history of the club, Coogee Surf Club - A century of vigilance & service. Joe died in November 2013.

Sparkes, Alf Life Member St George-Sutherland ASA

Alf was A.U.S.S.I.'s first referee. A sales manager by occupation, he was an NSWASA official for many, many years beginning in the late 50s. A former Vice President of the NSW Water Polo Association and its Country Secretary, Alf devoted a great deal of his time to swimming and water polo. Alf served A.U.S.S.I. as a National Committee Member in 1975,76, and 77 Alf was the referee for all the National and NSW swims from 1974 until 1979 and then again at the Nationals in 1982 and the Pan Pacific Meets in 1981 and 1983.

Stathers, John NSW Department of Sport and Recreation

John was a contemporary of Gary Stutsel at Canterbury Boys High School, Sydney where he was an outstanding rugby (union) player. He went on to play for St George Rugby League Club where he was a member of the team that won the premiership in the New South Wales Rugby League competition, playing centre alongside Reg Gasnier in the 1960 Grand Final. He suffered a career ending broken leg in 1963, and retired from football to pursue his career as a teacher. He was later promoted to acting Director of the New South Wales Department of Sport and Recreation. John was of great assistance to A.U.S.S.I. in its early years when he provided copying of regular circulars through the NSW Department of Sport and Recreation for distribution to members especially in the first three years.

Stenhouse, Beryl ASM Life member MSNSW Life Member Cronulla Sutherland

Beryl was born in 1939 and swam with some success at St George Girls High School. She also swam with Cronulla Ladies Amateur Swimming Club, first as a teenager then as an adult. Beryl competed in the 1975 and 1976 meets at Harbord Diggers, and continued to swim in the A.U.S.S.I. NSW monthly meets. She became a member of Cronulla Sutherland AUSSI Masters when it was formed in 1978 and has been a member ever since, still swimming regularly. Beryl was club secretary at Cronulla-Sutherland Club for much of this time. She was elected National Treasurer of AUSSI in 1984 when Mary Connolly retired and

continued in this role until 1986. Beryl went on to be A.U.S.S.I. NSW Administrator 1989 - 1998, and was NSW Secretary for most of this time. In 2000 Beryl was awarded the Australian Sports Medal (ASM).

Still, Ann

Ann who was a member of the Ashfield (later Western Suburbs) Club in NSW, stepped forward to fill the National Secretary position in September 1981. However she found the work too daunting and did not stand for re-election in the following April. Ann later moved to New Zealand to marry the coach driver she had met on a New Zealand tour.

Stutsel, Audrey

A Secondary School Science Teacher, Audrey married Gary in 1966, and it was Audrey whose continued support allowed his intense participation. It was her premises at Bexley North that housed the first A.U.S.S.I. office years after her kitchen table had been headquarters for several years. Audrey contributed directly to A.U.S.S.I. as Director of Results for the 1st Pan Pacific Meet in 1981 and Assistant Director of Results at the 2nd Pan Pacific Meet in 1983. Audrey continues to be involved as a Marshal at mini-meets in the ACT and some country NSW swim meets.

Stutsel, Gary OAM, ASM Life member MSA 1985, Life Member MSNSW, Honoree ISMHOF

Born in 1939, Gary, a pharmacist by training and later a pharmaceutical company manager, was, in the 1950s and early 60s, a National level swimmer, missing out on selection for the 1960 Olympics due to a serious accident in 1959. Gary competed successfully for Bankstown, Drummoyne, The Entrance and Enfield ASCs winning many state relay titles. He was also holder of Australian Universities and Sydney University breaststroke records for many years. He was a Royal Life Saving NSW Champion and both a player and secretary for University, Enfield and Western Suburbs W.P.Clubs. Gary has been active in Masters Swimming since its introduction to Australia in 1974. He claims to have belonged to more clubs than any other member, eight in all. They were Como Ladies, Cronulla-Sutherland, Parke Davis, Warringah, Trinity, Manly, and currently both Molonglo and Tuggeranong in Canberra his home since 2007. His involvement has included Development, Administration, Officiating, Event Management and Competition. His contribution has been recognised by the awarding of Life Membership of Masters Swimming Australia



in 1985, the Medal of the Order of Australia in 1987, the Australian Sports Medal in 2000, and he was the first Australian to be inducted into the IMSHOF in 2013. He was an Australian and NSW Champion/Record Holder 1974-96 and 1998-2015 and a World Masters Top 10 Breaststroke 1975-96. Following heart by-pass surgery in 1996, then abdominal surgery more recently, Gary has continued to be an active competitor, referee and administrator. In the NSW Branch he has held every position on the Committee over a period of 24 years and is currently the appointed Technical Director. He was also Chair of the NSW Sports Federation Masters Committee 2000-2004. Internationally he chaired the International Masters Swimming Forums in 1981 and 1983 and was a co-founder of MSI. He drafted constitutions for MSI in 1983, 86 and 1990, and was elected President of MSI, first in 1983 and then five more times, to achieve a total of 13 years in that office until 1995. In 1984 he produced

the MSI blue booklet containing the rules, constitution and general Masters information. This was widely distributed to FINA opinion leaders at the Los Angeles Olympics. In 1985 he was invited by FINA to be one of the six commissioners on FINA/MSI Masters Commission that met at Caltech University, CA to establish World Championships and World Records for Masters. He was appointed the 1st Chairman of the FINA Masters Committee 1986-88 and was approached by Artie Shaw, FINA Vice President to become the Oceania Vice President of FINA. Gary turned his back on FINA over a matter of principle and refused this offer, and would not stand again for the FINA Masters Committee. This committee had six members appointed by MSI (all Masters swimmers) and six appointed by FINA (only one of whom was a swimmer). Nationally he conceived the structure for formation of Masters Swimming in Australia in 1975 and drafted both the National and States' constitutions. He was National Secretary from 1975-81, Magazine Editor from 1976-78 and in more recent years has been Director of Membership Development 1996-2000, a consultant to the Department of Veterans Affairs/Australian Sports Commission "Never Too Late" in 1999 and first a member in 1997, then Chair, and currently Secretary, of the National Technical Committee, where his major

achievement was personally splitting the old Rules into the General Rules and the Swimming Rules that aligned with the FINA/SAL rules. His other major work was to continually refine the officials training regime and notes until they reached their current state. He is currently Treasurer of the ACT club Molonglo Water Dragons. His technical expertise is based on a long history of competitive swimming and working in key roles such as Recorder for the 2nd Pan Pacific Masters 1983, Chair of the Jury of Appeal for Pan Pacific Masters 1981, 1983, 1989 and the FINA/MSI World Championships 1986, 1988, 1990, Judge of Strokes at the Masters World Championships Indianapolis 1992, Referee World Gay Games Swimming Sydney 2002 and FINA World Masters Championships Perth, 2008. He was then Technical Director Swimming World Masters Games in Sydney in 2009. He has organised or consulted to swim meets since 1976 including the 1979 National Swim Meet, the Pan Pacific Masters Championships in 1981, 83, and 89, the FINA/MSI World Masters Swimming Championships 1986, 1988, 1990, NSW Masters Games 1998-2004, the World Gay Games, Sydney 2002 and the World Masters Games, Sydney 2009.

Sykes, Frank

Born in 1918, Frank was a schoolboy all rounder then a track cycle champion as a young man. A plastics design consultant specialising in décor fit-outs for clubs and restaurants, Frank designed and donated the original Founders Trophy and the carry-cases for Percy Platypus souvenirs. A founder of the Sylvania Youth Club, Frank swam regularly with the St George Leagues Club and the Cronulla Polar Bears Winter Swim Club. Frank attended the Foundation Meeting of A.U.S.S.I. in 1975 where he was appointed to Committee as Assistant-Secretary. He continued in this role in 1976 and 77 and in 1978 was a Committee member without portfolio. Frank was elected to the position of National Vice-President in 1979 and 1980 and then left office in 1981 following the restructuring of the former eight man committee to a five man executive. Frank also played a leading role in A.U.S.S.I.-NSW first as a committee member in 1975-76, then President in 1976-77 and Treasurer in 1980-81. Frank was a visionary and several of his suggestions were subsequently adopted to the benefit of all.

Weekes, Ray

Life Member AIF Swimming

Born in 1898, Ray was 77 when he took up office with A.U.S.S.I. as the first National Treasurer. He was connected actively with and as an administrator for surf life saving, baseball, boxing, bowling, cricket, golf, horse racing, Rugby Union, skiing, and tennis. He was founder, secretary, then President of Freshwater ASC, President of AIF Swimming from 1958-85 and had been the moneyman for the 1974 Heffron Park and the first National Swim Meet at Harbord in 1975. Although his time with Masters only lasted until early 1977 he filled a critical position in the very early years.

Wilson, Peg

Life Member of MSNSW

Peg, from the Tamworth Club in NSW was a co-founder of that club in 1975. Peg played a big role in the development of A.U.S.S.I.-NSW serving on the Committee as President in 1978-79 and 1979-80.. In 1976 she received an "Order of the Platypus" (Percy in a plastic case) for completing every swim in the then Top 10. Peg joined Paul Wyatt as National Top 10 Recorder in 1979 looking after the Women's results. She continued in this role for the next two years, although the final compilation for 1981 Top 10 was done by Peter Gillett. Peg later served as "AUSSI" historian.

Wyatt, Paul

Born in 1946, Paul has proved to be priceless to this history. He was almost the only person with the foresight to collect and hold on to programs, magazines, and paraphernalia, while the rest of us were distracted by other things. When he joined A.U.S.S.I. Paul was a science teacher at Randwick Boys High School and went on to become Head Science Master at the school. Paul's first success as a swimmer was at the advanced age of 25 winning the 100m Breaststroke at the NSW Winter Championships. Paul has since broken many records and won countless events at Masters events, probably more than any other member as he has had continuous membership since 1975. His outstanding achievements were a gold medal at the 2010 Stockholm, Sweden FINA World Masters Championships and an unequalled seven golds at the World Masters Games in Torino, Italy in 2013. Paul competed in the 1974 and 1975 swims and was one of the first to join A.U.S.S.I.. He is the first member to have competed in 10 consecutive age groups. Paul's initial contribution to the management side was in organising clothing and actually financing the purchase of tracksuits when association funds were unable to handle it. Paul took on the role of Top 10 Recorder in 1977 and 1978. In 1979 he looked after the Men's Top 10 while Peg Wilson did the Women's. Paul was elected to the National Committee in 1979 and 1980 but did not stand for the Executive in the reduced managing body after the constitutional reshuffle for the 1981 elections. Paul is still very active in the Coogee Randwick, NSW Club and regularly competes successfully at NSW and National Championships.

A MATTER of HISTORICAL INTEREST

Du Pont, John

Movie, sport and history buffs, may be surprised to learn that John du Pont (then 38) from the Santa Clara club in California, USA attended and swam in four events at the 1977 3rd A.U.S.S.I. National Swim at Harbord Diggers Club (28). John has recently been in the news (2015) as the principal character portrayed in the movie “Foxcatcher”, which was about his later period as a wrestling coach and his patronage of US Olympic Wrestling. The movie portrays him as a reclusive mad man but, as the extracts from the International Swimming Hall of Fame’s December 23 2014 online bulletin state, the movie only portrays the latter part of his life as a free man and overlooks the good he had done before.

Heir to the DuPont Chemical fortune, John Eleuthère du Pont was born into a family of almost unimaginable wealth. After his parents divorced when he was two, he grew up having few friends and devoted himself to fishing and collecting specimens of birds, seashells and stamps. He became an expert in all three fields under the tutelage of some of the world’s leading experts who were hired by his father. His early social interactions were primarily with his mother and the household servants. He swam for the University of Miami and had aspirations of making the 1964 Olympic swimming team. He bought an estate in Atherton, California, in 1963, so he could train under the world’s best swim coach, George Haines. When it became clear that John wasn’t going to make it as an Olympic swimmer, it was suggested that he pursue his Olympic dream in the sport of pentathlon. Du Pont seized upon the idea, and it became his obsession for the next five years. He dedicated himself to a strict regimen of running, swimming, riding and shooting and he hired one of the top fencing coaches in the country to teach him to fence. “John E. du Pont did so many good things for so many people and for swimming,” says Coach Richard Shoulberg. “I’m not going to forget, and I hope that no one forgets all the good things he did before he became a victim of untreated mental illness who for years was protected by a shield and curse of wealth.”

John visited Australia in 1977 to compete in the 3rd National Swim at Harbord Diggers. While here he was shown the sights and entertained by Des and Mary Connolly. Later he returned to compete in a Modern Pentathlon and again Mary helped by driving John to the disparate venues for his various events. When Mary and Des visited the USA in 1979 John invited them to stay at Foxcatcher Farm, the family home. While there John took them for a flight in his helicopter, which he flew himself.

APPENDIX 4

STILL MEMBERS 40 YEARS ON from 1975

Brooks (Wilson), Barbara	Vic	Stenhouse, Beryl	NSW
		Stutsel, Gary	NSW
Crisp, John	Qld		
		Wyatt, Paul	NSW
Lock, Chris	NSW		

STILL MEMBERS from the FIRST TEN YEARS

Note that some of the people below joined the organisation in 1976 or soon after, they are now fast approaching 40 years of membership.

Bell, Chris	Qld	Johnstone, Sue	NSW
Campion, Dick	Vic	Kirkbride, Robert	NSW
Coggins, Peter	NSW (orig ACT)		
Cox, Kay	WA	Lynch, Val	NSW
Cummins, David	WA		
		Maloney, Michael	Vic
Dawson (Davis), Carol	NSW		
Dorrington, Bob	NSW	McCafferty, Marlene	NSW
Dunn, Penney	NSW	McDonald, Glenys	WA
Earp, Marilyn	NSW	Sweeney, Robin	Qld (orig ACT)
Godfrey, Alan	Vic (orig NSW)	Theuns, Lena	NSW
Hahn, Chuck	NSW	Wallis, Liz	NSW
Harris, Bill	NSW	Williams, Aileen	NSW
Hutchings, Pam	NSW	Wingate, Ivan	WA (orig SA)
		Worthington, Les	NSW (orig ACT)

APPENDIX 5

ABBREVIATIONS USED IN THIS DOCUMENT

AAS	Aussi Adult Swimming
ACT	Australian Capital Territory
AMSA	Australian Masters Swimming Association (wound up in 1975)
ASA	Amateur Swimming Association (usually state based), now Swimming/State
ASC	Amateur Swimming Club
ASM	Australian Sports Medal
ASU (ASU of A)	Amateur Swimming Union (of Australia), now Swimming Australia, SAL
A.U.S.S.I. (AUSSI)	Australian Union of Senior Swimmers International, now MSA
AWPC	Amateur Water Polo Club
CA	California (state of USA)
FINA	Federation Internationale de Natation, the world body governing swimming, open water swimming and four other aquatic disciplines
Ibid	“in the same place” From the last named reference source
IMSHOF	International Masters Swimming Hall of Fame
MSA	Masters Swimming Australia
MSI	Masters Swimming International (wound up 1n 1995)
NSW	New South Wales (first and most populous of six states of Australia)
NSWASA	News South Wales Amateur Swimming Association
NT	Northern Territory (territory of Australia)
NZ	New Zealand
NZMS	New Zealand Masters Swimming
OAM	Medal of the Order of Australia
OR	Oregon (state of USA)
Qld	Queensland (state of Australia)
SA	South Australia (state of Australia)
TAA	Trans Australian Airlines now rebadged as Qantas Domestic
Tas.	Tasmania (state of Australia)
US (USA)	United States of America
USMS	United States Masters Swimming
Vic	Victoria (state of Australia)
VASA	Victorian Amateur Swimming Association
WA	Western Australia (state of Australia)
WPC	Water Polo Club

APPENDIX 6

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