



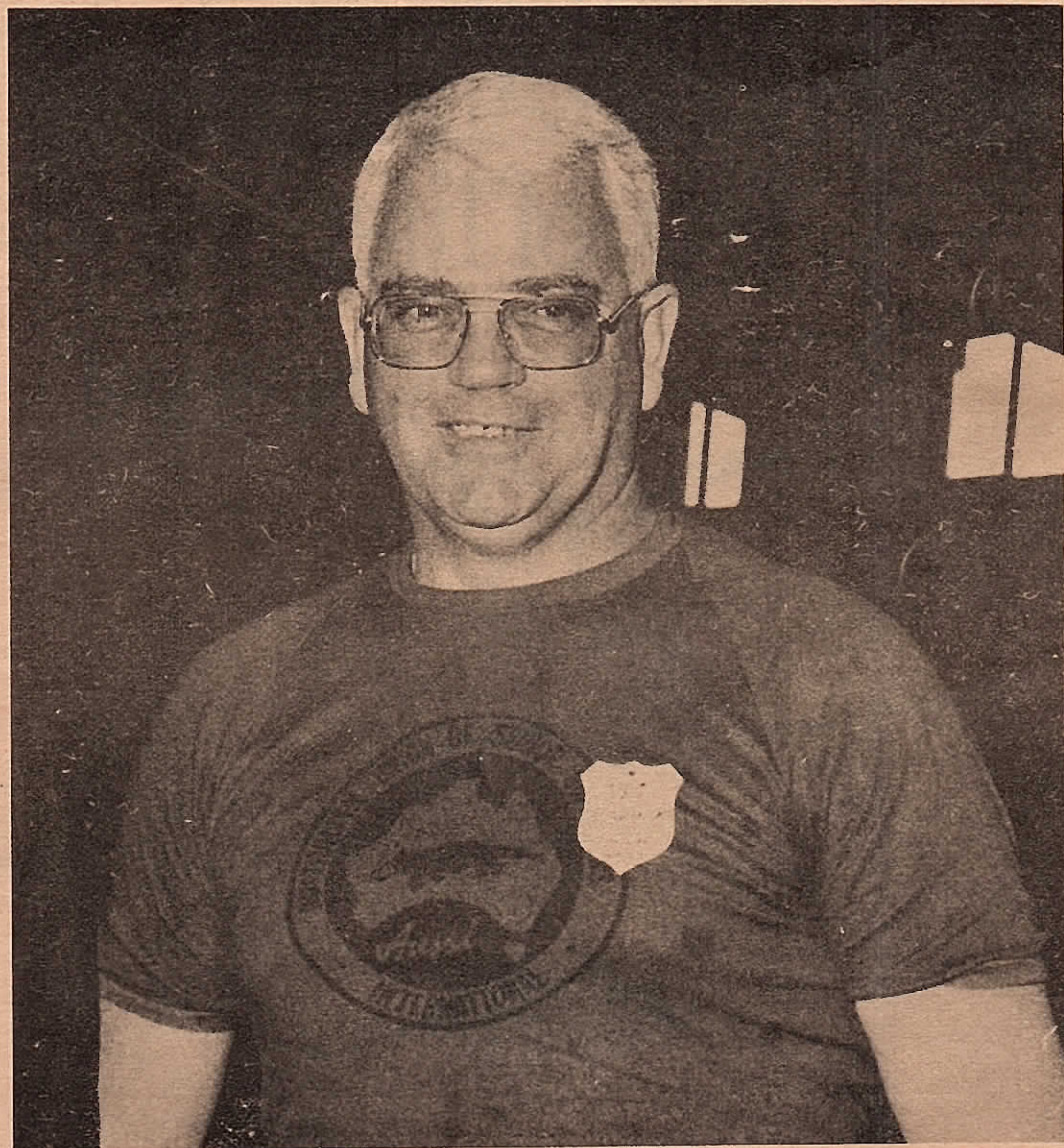
AUSSI Adult Swimming

OFFICIAL JOURNAL OF
THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL
1 Sixth Avenue, Jannali, 2226 PHONE (02) 528 9509

NO. 1

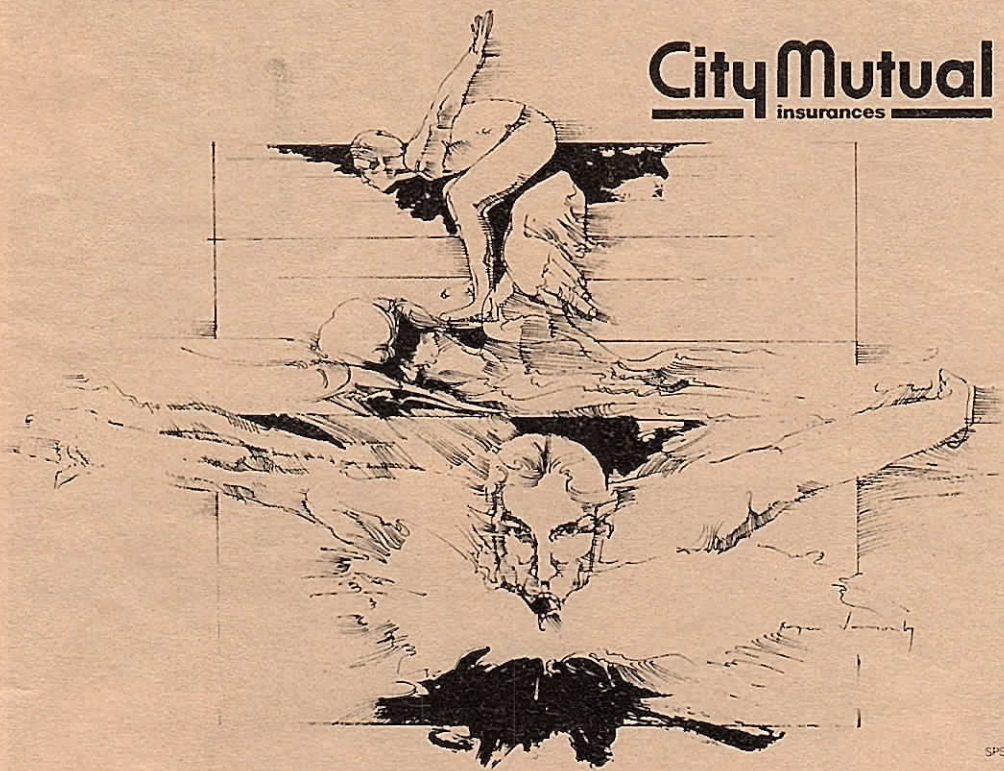
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COVER PICTURE

Des McCORMICK, of The Hills Club N.S.W., is a swimming coach, a member of A.U.S.S.I.'s Education and Coaching Committee and of the National Committee, the newly elected Secretary of the A.U.S.S.I. - N.S.W. Branch and also AWARDS SECRETARY of A.U.S.S.I. It is in this last role that he has written the feature article "AUSSI AWARDS".

A.U.S.S.I. ADULT SWIMMING



All correspondence to :-
EDITOR: CAROL DAVIS
1 Sixth Avenue, Jannali 2226
'Phone: (02) 528 9509



CAROL'S COMMENTS

Welcome to the first edition of AUSSI ADULT SWIMMING.

In a bold step to combat the lack of communication that exists, the National Committee decided to produce this magazine four times a year.

Unlike the Yearbook it will not contain vast reports of what has happened in the past, but rather what is happening and what is planned for the future.

I trust that all readers will make full use of "SWIMMERS VIEWPOINT" as we want you to become part of the magazine. If you have a question or something to say, write NOW. If you hate the magazine, write and say so. Let us know what you want.

YOU MUST CONTRIBUTE MATERIAL and SUBSCRIBE if the magazine is to survive.

We need more advertisers, but most important we need your support for our initial advertisers. Without their backing we could not have started.

Equally important has been the help and advice of the N.S.W.A.S.A. who have enabled us to do this at a price we can afford.

Our next editions Feature Article will be the NATIONAL TOP 10 plus regular features also "BARB'S BARBS" by roving correspondent Barbara Newby of Tamworth.

Good reading to you,

SWIMMERS VIEWPOINT

Dear Editor,

I have received several circulars lately which referred to the "National Body". Is this "body" male, female, or all purpose? P. Tonkin, Launceston.

ANSWER: It depends on who is asking and why ♂ + ♀

Dear Editor,

Does my club have to prepare its own Top 10 on the 1978 sheets for this year, and do I have to include visiting swimmers? Kay Cox, Carine.

ANSWER: No to the first part and yes to the second. You will be sent a list of the 10th time recorded in each event and will be asked to forward on approved NATIONAL SWIM ENTRY CARDS the times recorded at your club which are faster than those on the list, including the times of all registered AUSSI swimmers who have visited your club during the year. Peg Wilson, National Recorder.

Dear Editor,

I was disqualified in the 50m Breaststroke in the Sydney National Swim because my kick was uneven. Should I enter the Breaststroke? Kay Steward, Cronulla.

ANSWER: Yes enter the Breaststroke. To see what you can and must do read my article on page 20 Des McCormick.

Dear Editor,

I am 23 years of age and have joined an AUSSI Club to lose a little weight and get fit. When I was at school I swam in a club, but never in carnivals and now I would like to try competition and have been told that I can't. Why is that?

Jennifer Stevens, Carss Park.

ANSWER: AUSSI is part of the world wide Masters Swimming movement. As such its rules are to a great extent determined by F.I.N.A. the International Governing Body for swimming. F.I.N.A. has stipulated that no one can compete in Masters competitions until they have turned 25. However, there is no reason why you cannot swim in social races at club level. Naturally you would not be able to swim in your State Cup or the National Swim until you turn 25. Gary Stutsel, National Secretary.

Dear Editor,

A keen long time swimmer, I have recently become an arthritis sufferer. I should hate to give up swimming, but after a long work out in cold water I have aches and pains all over. My doctor says the arthritis is due to age (mine being 58) but I should continue to exercise. However, likewise a long workout in hot water is very exhausting, what advice can you offer. Emily Watson, Cronulla.

SWIMMERS VIEWPOINT (continued)

ANSWER: I think the last thing you should do is give up swimming. There are various forms of arthritis and as your doctor has explained to you, yours is a consequence of normal aging processes. We all wear out - some sooner than others. This degenerative arthritis due to normal wear and tear is known as osteoarthritis and hits everybody to some degree, most commonly in the major weight bearing parts of the body namely, the lower back, hips and knees. The common symptoms are joint pain, stiffness and associated muscle aches.

People with osteoarthritis are encouraged to exercise - thereby maintaining muscle strength which in turn helps splint and protect inflamed joints. The big advantage of swimming is that you can exercise in a non weight bearing medium and thus minimise the direct stress on worn joints. Obviously exercise activities such as jogging or skipping are contraindicated for obvious reasons.

Secondly, it is found that heat is far more relieving to osteoarthrotic joints than cold - hence the recognised use of physiotherapy heat treatment.

So my advice is - persevere with your swimming, remembering that pain is our body's way of indicating its displeasure. Be governed by the amount of pain that you feel - encourage slow rhythmical movement of all joints before and after your workout. And above all, keep to warmer water and maintain regular close liaison with your family doctor.

Good luck, Yours in fitness - David Gerrard.

NATIONAL SWIM 1980

7th - 8th - 9th March

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"A.U.S.S.I. Adult Swimming", 299 Bexley Road, Bexley North 2207, Australia

March Edition of "A.U.S.S.I. Adult Swimming"

will contain

- * NATIONAL TOP 10**
- * A CONDITIONING PROGRAM FOR CLUBS**
- * MASTERS SWIMMING IN THE U.S.A. PART I**

later editions will feature

- * ADULT COACHING HINTS including "Harness training in small pools"**
- * More overseas MASTERS SWIMMING reports**
- * Contributions from YOU**

YES! Contributions are very welcome. If you are not certain whether an item is suitable - send it and let us decide.

**CLOSING DATE FOR MATERIAL FOR MARCH EDITION will be -
7th FEBRUARY, 1980**

**All contributions and letters to the
EDITOR, Carol Davis, 1 Sixth Avenue, Jannali 2226 Australia**



DR. TIN MAUNG, MEDICAL OFFICER,
BURMA SWIM FEDERATION AT THE
A.U.S.S.i NATIONAL SWIM,
NORTH SYDNEY OLYMPIC POOL.

FROM THE SECRETARY'S DESK (or "Gary's Gazings")

Welcome to the first edition of "ADULT SWIMMER".



My task in this column is to keep you advised of current and future events, but to do this successfully I will need lots of help from you the organisers. PLEASE let me know well in advance of your plans for carnivals, seminars, etc..

The gentleman pictured is Dr. Tin Maung, the Medical Officer of the Burma Swimming Association. The doctor was one of AUSSI's guests at the 1979 National Swim.

He heard of us whilst visiting his daughter in South Hedland, Western Australia, the home of the "Pilbara Platypi" our most remote club.

Dr. Maung writes that he intends to establish Masters Swimming in Burma as he is 1) very aware of the benefits of regular swimming, and 2) is well equipped with AUSSI guides and literature.

The 1980 NATIONAL SWIM will be in Adelaide on the 7th, 8th and 9th of March (see p. 13) and travel and accommodation packages have been arranged. Consult your State Secretary immediately.

As a result of these arrangements each State Branch will be receiving a SPONSORSHIP directly related to its support of the arrangements.

Sponsorship monies are to be used for EDUCATION and COACHING schemes which are currently being planned by States and the National Body. The first of these will be a SEMINAR in each participating State in 1980.

Following this a CLUB-COACH TRAINING SCHEME will be introduced with the aim of each club having a minimum of four qualified coaches in 1981.

FITNESS and YOUR HEART an excellent guide to aerobics for clubs and beginners will no longer be printed, however, you can obtain a copy if you send a stamped (35 cent stamp) self-addressed envelope to (15cm by 22cm) to Elaine Collier, 8 Stellmach Street, Everton Park 4053.

Elaine reports that Queensland is producing a State Top 10. If your State is doing this make sure you send times to your State Recorder as well as the NATIONAL RECORDERS - PEG WILSON and STEVE BYLES.

NATIONAL TOP 10. Your club secretary has been sent a list of the 10th time for each event received to date. If you have or can beat this be sure your Secretary sends your recorded times on event cards by Christmas.

WORLD TOP TEN - of times recorded in 50m POOLS is to be published in early Spring. During February you will receive a list of the 10th time recorded in the USA in 1979, you will then be asked to send ME any times you have recorded in a 50m POOL, which are faster.

1980 REGISTRATIONS. With entries for Adelaide closing on the 11th February you are advised to organise your registrations and entries BEFORE CHRISTMAS, as it will be very difficult to do them during the holiday period.

MARCH is also the FESTIVAL of ADELAIDE a very difficult time to organise accommodation. We have reserved 265 beds so if you do not want to sleep in the park make sure you send a \$50 holding deposit to your State Secretary NOW.

ALMOST BREASTSTROKERS have been catered for this time with the changes to our rules to assist slightly handicapped swimmers. For a full explanation see the article on page 20.

CLUBS. The National Swim will be won by the club which scores the most relay placings as relays score DOUBLE POINTS. You members get together and make sure your club fields a team in each relay event and age group.

TAMWORTH CLUB (NSW) - is going to great lengths to strengthen their team. They have imported Professor John Legler from the University of Utah.

1977 National Swim competitor JOHN Du PONT made a lightening(ridge) visit to Australia in November. During his stay John was entertained by Des and Mary CONNOLLY.

GERMANY is still listed as the venue for the 1981 World Swim which is to be held in October. No other details at this stage.

ADULT SWIMMING is brought to you through the support of our advertisers and the sweat of a small band of dedicated members. YOU CAN DO YOUR

'From the Secretarys Desk' (continued).....

SHARE by subscribing, supporting the advertisers and sending our Editor lots of articles and news. OUR FUTURE RESTS WITH YOU.

PICK OF THE LETTERS - is from Robyn Sargent, formerly of the Puckapunyal Victoria one person club now in Perth -

Dear Gary,

Have been swimming with Melville AUSSI and their President convinced me to join their club.

According to regulations I needed a clearance from Puckapunyal S.S.C. and therefore on 30th October, 1979 an executive meeting was convened. It was a fairly heated meeting with comments being passed regarding club loyalties, State rights and various abilities, but the final decision reached on the basis of "if she doesn't want to stay we don't want her", was that a clearance be granted. Since this particular swimmer had played such a large part in the activities of the club it was felt that it would be difficult to carry on without her and so, after some discussion, the decision to disband the club was reluctantly reached. I therefore have the sad duty of advising you that Puckapunyal Club is now defunct.

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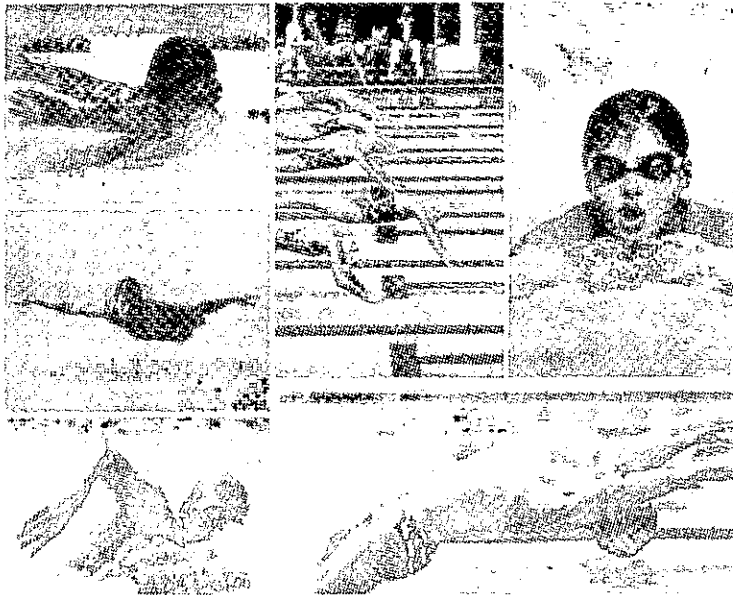
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A.U.S.S.I. NATIONAL SWIM and AUSTRALIAN CLUB CHAMPIONSHIPS

ADELAIDE SWIM CENTRE, PARKLANDS, PROSPECT

7th, 8th and 9th March, 1980

The 6th A.U.S.S.I. National Swim is fast approaching and if YOU haven't started planning for it yet YOU had better hurry - it may be too late!

The details from "ENTRIES" onwards have been sent to all club secretaries, but they are reprinted here for YOU.

There are several important points for you to note.

1) ACCOMMODATION : The Festival of Adelaide is on at the same time so motel and hotel rooms are very scarce. AUSSI has booked 260 beds and made an initial allocation of these to each State. To ensure that your bed doesn't get passed on to another club or another State CONTACT YOUR STATE SECRETARY AT ONCE and send a deposit of \$50 payable to "AUSSI". No bookings will be accepted after 31st January, 1980.

2) REGISTRATION : could present problems as ENTRIES CLOSE on 7th February, 1980. I would suggest that you register your 1980 membership before Christmas if possible as only registered members will be allowed to swim.

3) SEEDING OF EVENTS : With the exception of the 50m Freestyle all entrants for each event will be seeded from slowest to fastest regardless of sex or age. This method will result in each heat containing swimmers of similar ability and as shown in Sydney brings out the best times in everyone regardless of whether they are champions or beginners.

4) INDIVIDUAL MEDALS : The aim of AUSSI is to encourage all styles and to have each individual improve his/her fitness. For this reason medals are not awarded for individual events, but for those swimmers who score the most points over the maximum of 6 individual events that they can enter.

5) RELAYS : To give added emphasis to the CLUB CHAMPIONSHIP the number of relay events has been greatly expanded. Clubs score double points for competing in or placing in relays and as many clubs have difficulty in entering teams, those clubs which make the effort, regardless of the ability of the team members, are assured of picking up valuable points.

6) CAP COLOURS for CLUBS : All clubs have been asked to register colours for

their caps to be used (optional) as a means of identification of swimmers. The following colours have been registered and CANNOT be used by any other clubs unless used in a different combination to that used by the clubs listed below:-

New South Wales : Canberra (black); Cronulla (Blue); Ettalong (sky blue with black and white side stripes); Hills (yellow); Nelson Bay (blue with white stripes); Hunter (green); Koorringal, Wagga (blue letters on gold background); St. George (red).

South Australia : Adelaide Masters (white with blue print).

Western Australia : Carine (6 sections - 2 each of red, white, bottle green); Inglewood (red, white and maroon; Melville (aqua and gold); Osborne (royal blue and red); Somerset (red and black).

Other clubs have registered costume colours, but they are of little value once the swimmer is in the water.

It is hoped that clubs will wear caps as much as possible for spectator interest, especially in relay events.

Details of the Swim are as follows:-

ENTRIES : restricted to registered members of AUSSI, 25 or over on 7th March, 1980. Entries must be submitted by Club Secretaries on approved cards and summary sheets with correct fees to -

JOSIE SANSON, 4 SUNSET STRIP, ATHELSTONE, S.A. 5076
(suggest you use air-express if there is even a whisper of mail trouble.

ENTRIES CLOSE ON 11th FEBRUARY, 1980

FEES : Entry fee \$2 per individual event (limit of 6 events)

Relay Teams no fee

Cheques payable to "A.U.S.S.I."

Luncheon Sunday plus snack Saturday night (combined) \$12.

Cheques payable to "A.U.S.S.I. - South Australia"

TROPHIES :

Founders' Trophy - to Top Scoring Club

St. Leonards Travel Trophy - to Top Scoring Visiting Club (other than winner of Founders' Trophy and on this occasion non-Adelaide).

Age Group High Pointscorers - Individuals who score 1st, 2nd and 3rd highest points in a maximum of 6 individual events (combined total)

Relays - The Club scoring the highest points (combined) over the five relays in each age group wins trophy e.g. 55+ Melville Trophy.

POINTSCORE :

Fastest time in age group 4 points, 2nd 3, 3rd 2 and all others to finish without disqualification 1.

Relays score double the above points, i.e. 8, 6, 4, 2.

PROGRAM :

Friday 7th March - Report at 6.00 p.m.

EVENT No.

× 1. 400m. Freestyle

Saturday 8th March - Report at 8.00 a.m.

× 2. 100m. Backstroke

7. 50m. Butterfly

× 3. 50m. Breaststroke

8. 100m. Breaststroke

4. 100m. Butterfly

× 9. 50m. Backstroke

× 5. 200m. Medley Relay Women

× 10. 100m. Freestyle

6. 200m. Medley Relay Men

× 11. 200m. Freestyle Relay Women

12. 200m. Freestyle Relay Men.

Sunday 9th March - report at 8.00 a.m.

× 13. 50m. Freestyle *** this event only fastest 8 from each sex and age group seeded into one heat

14. 200m. Individual Medley

15. 200m. Mixed Freestyle Relay (2 women + 2 men)

Warm-up pool available all day.

Limit of 6 of the above 10, individual events may be entered.

Clubs limited to one relay team per age group in each of relay events.

RULES : AUSSI Rules in 1979 yearbook apply.

CONDUCT OF EVENTS : With the exception of the 50m. freestyle all competitors will be seeded from slowest to fastest and swum in that order regardless of sex or age. No finals. Heat times will decide points.

PRESENTATION LUNCHEON ; After last Event Sunday. Non swimmers very welcome.

ELIZABETH CARNIVAL : All visitors are invited to swim in a special carnival at nearby Elizabeth on Sunday night 9th . Details available from -
Patti Morris, 13 Tamar Crescent, Banksia Park 5091.

TRAVEL & ACCOMMODATION : Book your travel and accommodation through your State Secretary and ensure that your Branch receives its maximum possible Education and Coaching subsidy. This will save you money later.

DEPOSIT : \$50 to be paid to Branch Secretary by 1st December to guarantee hotel bed.

QUESTIONS ; To your State Secretary or Gary Stutsel - 299 Bexley Road, Bexley North 2207 - 'Phone : 02 522 6450 after 7.00 p.m.

If you want details of your nearest A.U.S.S.I. Adult Swimming Club or further information on the National Swim, contact your State Branch Secretary as listed below.

New South Wales

Des McCormick, 8 Ann Street, Blacktown 2148 - 'Phone: (02)621 2882

Victoria

Barbara Wilson, 5 Bennett Avenue, Mt. Waverley 3149 - 'Phone:(03)233 4847

Queensland

Elaine Collier, 8 Stellmach Street, Everton Park 4053 - 'Phone: (07)355 3042

South Australia

Patti Morris, 13 Tamar Crescent, Banksia Park 5091 - 'Phone (08)264 8798

Western Australia

Glenys McDonald, 5 Fortis Place, Carine 6020 - 'Phone: (09)447 3578

Tasmania

Peter Tonkin, 109 New World Avenue, Travallyn 7250 - 'Phone: (003)311 052

A.U.S.S.I. AWARDS

by - DES McCORMICK

In A.U.S.S.I. we have now reached a position where we can offer our members incentives in the form of swimming awards for all classes of ability. In point of fact the structure of these awards are such that a full year's conditioning can be planned around the awards. This is in the true meaning of A.U.S.S.I.

Members may not wish to compete at our carnivals - but that does not stop them from joining in our other activities. A member who endeavours to gain as many awards as possible each year will keep themselves very fit.

We have access to two types of awards. The City Mutual and our own State and National awards. The City Mutual awards are structured in such a way that the average member who trains only twice per week will be able to plan their training over a number of years. As well as the list of awards, a simple type of approach to gaining the awards, showing how and when to attempt them is included in this article. It is important for everyone to fully realise that these awards are not just a one swim. The awards are designed for their progressive nature, a member should be training up to the award.

National Awards:

800 Metre: This is an excellent starting award. Once per month for five months the swimmer is to swim an 800m non stop with a maximum time of 29 minutes being allowed. This award is a stepping stone to the 1500m award.

1500 Metre: This award everyone tries very hard to gain. The swimmer is expected to cover the 1500m in a time that is worked out as 50 times your best 50 metre time for the particular stroke you wish to swim. Because of the time factor this award does take a good deal of training.

New South Wales Awards:

3000 and 5000 Metres:

These are the long distance awards. They are awarded for continuous swimming over the distance. There are no time limits so a swimmer can plan their training to make sure they can cover the distances. Once more this is an award that is a stepping stone to the new one hour swim.

One Hour Swim: This award is held in conjunction with the U.S. Masters One Hour Swim. Everyone who does the U.S. swim receives a N.S.W. one hour patch. This is again a swim that has no time limit from a speed point of view. The swimmer just gets in the water and swims for a period of one hour. The swimmer is allowed to stop for a rest if they so desire. To many members the thought of swimming for one hour is enough to put them off. I suggest to these members to check their 1500m time and they may find that it will only require a short period extra to cover the one hour.

City Mutual Awards:

These awards range from 200m. per week for four weeks to the grand award of 1,000,000m. in ten years. These awards are excellent because they make the swimmer swim regularly. Once more time is not important, the important thing is to plan your training in a regular way.

Bronze 5,000m.: 200 metres per week for 25 weeks.

Silver 25,000m.: 1,000 metres per week for 25 weeks.

Gold 50,000m.: Achieve 50,000m. in 12 months.

Platinum 100,000m: Achieve 100,000 metres in 2 years.

Diamond 500,000m: Achieve 500,000 metres in 5 years.

Supreme 1,000,000m: Achieve 1,000,000 metres in ten years.

As stated before these awards will give each member a goal to train for and will take in a number of years. A good training programme will result in most of these awards being achieved.

Record cards and full conditions for these swims are available from:

The Secretary,
City Mutual Awards,
Amateur Swimming Union of Australia,
P.O. Box 133,
CHATSWOOD, N.S.W. 2067

Training for awards:

There are special times of the year that are more acceptable when it comes to trying for an award. The longer swims could be fitted into the time of the year that includes the One Hour Swim. A swimmer who is training with the One Hour Swim in mind will find that his training will be longer swimming so the 3,000 and 5,000 metres are able to be done at this time. All this work is done from October until the end of December. This type of work at this time of our year will be very good preparation for the Nationals. After December the swimmer will have achieved good stamina and stroking technique. At this stage the speed work required for the faster and shorter swims can be undertaken. If the preliminary work has been done as suggested then there should be very little chance of the swimmer doing himself any harm. In the past some members have tried to train for the Nationals without a basis for sound training and have caused themselves a great deal of worry. It can't be stressed strongly enough that proper preparation is most important. Speed work puts a strain on the body systems, it is supposed to, so the body systems must be fit enough to take this extra strain. If anyone is finding difficulty in finding a training programme to suit their own problems I would be only too pleased to offer any advice I can to them.

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GARY STUTSEL
299 Bexley Road, Bexley North 2207

OFF THE BLOCKS

MEET RULES INTERPRETATION

By: Des McCORMICK

According to our rules the A.S.A.(F.I.N.A) Rules shall apply regarding starts and turns and stroking. The only exception is in Breaststroke swimming. As a senior group we have many members who, because of illness, find it impossible to conform to the A.S.A.(F.I.N.A.) Rules. Because we are more fitness orientated and realise the importance of all round muscular development, it is felt that everyone should be encouraged to swim breaststroke. As the manner of gauging improvement is to swim over a distance and be timed it is also felt that these people should not be discriminated against. For this reason the rules relating to leg action have been changed. It cannot be stressed too strongly at this point that clubs and coaches must not use this as an excuse for not teaching correct leg action to those capable of doing it. The rule emphasises that all other parts of the stroke must be done according to the rules.

Rule 9g.

1. The body shall be kept perfectly on the breast and both shoulders shall be in line with the water surface from the beginning of the first arm stroke after the start and on the turn;
2. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement;
3. Hands shall be pushed forward together from the breast, and shall be brought back on or under the surface of the water;
4. Simultaneous up and down movements of the legs and feet in the vertical plane are not permitted.

It will be noted that section 4 is the only rule that we enforce for the leg action. Our international class swimmers will remember that this rule only applies for domestic swims in Australia.

A final word is given to all "Swimming Pool Lawyers." Constructive criticism is always welcome. However, where were all the "Swimming Pool Lawyers" who find satisfaction in destructive criticism when these decisions were being made; when all the nominations were being called and all the work was being done.

NATIONAL TOP 10

The A.U.S.S.I. NATIONAL TOP 10 will be printed in the 2nd edition of "A.U.S.S.I. ADULT SWIMMING", which will be available late in February, 1980.

To ensure receipt of a copy (limited number due to budget) you are advised to subscribe now (see page 7).

The TOP 10 will be in two sections : 1) WOMEN 2) MEN

It is then sub-divided into 5 year age groups starting from 25-29 through 30-34, 35-39 and so on to 85 and over.

In each age group will be the 10 fastest times recorded in AUSSI during the period from 1st May, 1978 to 24th December, 1979.

It is intended to be a standard by which you can measure your own performances compared to others in your age group.

The times are not necessarily the best recorded in Australia, as there are many fine swimmers who have not yet joined AUSSI.

It is hoped that within a few years this position will be changed but there will always be variations in the standard of time-keeping, in pool conditions, and other factors which preclude us from claiming this to be a record of the best swims in Australia.

It should however stimulate many of you to attempt new events, especially if you see that in some events very few times have been recorded.

Whilst there are no special awards for being in TOP 10 it is satisfying to see your name in print particularly if you were not able to attend the NATIONAL SWIM.

The LIST OF TIMES which follows shows the 10th TIME RECEIVED TO DATE by the National Recorders, Peg Wilson (women) and Steve Byles (men).

You have from now to Christmas to record a faster time than those listed. If you are successful make certain your club forwards a record card to the National Recorders BEFORE THE 7th JANUARY, 1980 using the National Swim cards as illustrated here.

National Top 10 (continued).....

Where there is no time listed then less than 10 times have been received. In this instance ALL TIMES RECORDED should be forwarded.

Send cards to :- Peg Wilson, 52 Upper Street, Tamworth 2340.

Cards available from your State Secretary or —

Gary Stutsel, 299 Bexley Road, Bexley North 2207

CARDS MUST BE — PINK for WOMEN - BLUE for MEN

YELLOW for ALL TEAMS

A.U.S.S.I. ADULT SWIMMING			DATE OF MEET			A.U.S.S.I. ADULT SWIMMING			DATE OF MEET		
EVENT NO.		AGE 35	NOMINATED TIME			EVENT NO.		AGE 35+	NOMINATED TIME		
DISTANCE 50 M			STROKE FREE			DISTANCE 200 m			STROKE FREE / MEN		
CHRISTIAN NAME BILL			SURNAME JONES			TEAM NAME BLACKTOWN BEAVERS J. JONES, I. SMITH, P. GREEN C. JASTREMSKI					
CLUB CROWLEY COMO			DATE OF BIRTH 1.1.44								
OFFICIAL USE ONLY						OFFICIAL USE ONLY					
HEAT NO.			LANE NO.			HEAT NO.			LANE NO.		
TIMES			OFFICIAL TIME			TIMES			OFFICIAL TIME		
m	s	t	m	s	t	m	s	t	m	s	t
				30	01				2	01	42
			INITIALS		POOL LENGTH				INITIALS		POOL LENGTH

NATIONAL TOP TEN TIMES

WOMEN	50m. Free	100m. Free	200m. Free	400m. Free	800m. Free	1500m. Free	50m Back	100m. Back	200m. Back
25 - 29	35.80	1.31.90	—	—	—	—	48.20	1.53.94	—
30 - 34	36.42	1.27.44	3.50.71	7.26.39	—	—	46.32	1.45.03	—
35 - 39	37.78	1.31.42	3.51.55	8.00.60	—	—	46.45	1.52.82	—
40 - 44	43.87	1.47.30	—	—	—	—	53.58	—	—
45 - 49	1.00.28	—	—	—	—	—	1.14.20	—	—
50 - 54	57.94	—	—	—	—	—	1.36.83	—	—
55 - 59	—	—	—	—	—	—	—	—	—
60 - 60	—	—	—	—	—	—	—	—	—
65 - 69	—	—	—	—	—	—	—	—	—
70 - 74	—	—	—	—	—	—	—	—	—
75 - 79	—	—	—	—	—	—	—	—	—
80 - 84	—	—	—	—	—	—	—	—	—
85/over	—	—	—	—	—	—	—	—	—
MEN									
25 - 29	28.48	1.05.19	3.12.71	6.36.86	—	—	38.18	1.25.01	—
30 - 34	28.79	1.08.08	2.42.66	7.45.45	—	—	37.60	1.27.38	—
35 - 39	30.20	1.10.12	2.47.10	5.49.99	—	—	39.64	1.30.16	—
40 - 44	29.99	1.10.42	2.52.80	8.30.23	—	—	42.12	1.41.06	—
45 - 49	31.64	1.23.95	4.00.62	8.00.84	—	—	44.97	1.49.8	—
50 - 54	34.34	1.21.40	—	—	—	—	46.27	1.45.28	—
55 - 59	36.57	1.11.44	3.27.56	9.43.90	—	—	1.01.51	2.18.44	—
60 - 64	42.23	1.24.06	—	—	—	—	—	—	—
65 - 69	—	—	—	—	—	—	—	—	—
70 - 74	—	—	—	—	—	—	—	—	—
75 - 79	—	—	—	—	—	—	—	—	—
80 - 84	—	—	—	—	—	—	—	—	—
85/over	—	—	—	—	—	—	—	—	—

NATIONAL TOP TEN TIMES

WOMEN	50m. Brst.	100m. Brst.	200m. Brst.	50m. Fly	100m. Fly	200m. Fly	100m. I/M	200m. I/M	400m. I/M
25 - 29	50.73	2.01.87	—	—	—	—	—	—	—
30 - 34	51.56	1.59.33	—	51.51	—	—	—	—	—
35 - 39	54.78	2.15.62	—	1.02.83	—	—	2.02.50	—	—
40 - 44	53.89	2.46.85	—	—	—	—	—	—	—
45 - 49	1.50.60	—	—	—	—	—	—	—	—
50 - 54	—	—	—	—	—	—	—	—	—
55 - 59	—	—	—	—	—	—	—	—	—
60 - 60	—	—	—	—	—	—	—	—	—
65 - 69	—	—	—	—	—	—	—	—	—
70 - 74	—	—	—	—	—	—	—	—	—
75 - 79	—	—	—	—	—	—	—	—	—
80 - 84	—	—	—	—	—	—	—	—	—
85/over	—	—	—	—	—	—	—	—	—

MEN

25 - 29	43.01	1.48.16	—	32.57	—	—	1.47.53	—	—
30 - 34	46.07	1.41.17	—	34.19	—	—	1.36.64	3.45.94	—
35 - 39	44.92	1.47.05	—	37.09	—	—	1.36.92	—	—
40 - 44	41.81	1.39.52	3.51.8	41.43	—	—	1.41.56	4.05.92	—
45 - 49	44.84	1.49.35	—	41.90	—	—	—	—	—
50 - 54	48.22	2.14.06	—	1.02.48	—	—	—	—	—
55 - 59	57.00	2.15.74	—	56.35	—	—	—	—	—
60 - 64	—	—	—	—	—	—	—	—	—
65 - 69	—	—	—	—	—	—	—	—	—
70 - 74	—	—	—	—	—	—	—	—	—
75 - 79	—	—	—	—	—	—	—	—	—
80 - 84	—	—	—	—	—	—	—	—	—
85/over	—	—	—	—	—	—	—	—	—

LOW AND MODERATE INCOME FAMILIES CAN OWN THEIR OWN HOME

Co-operative Building Societies lend money to low and moderate income families to buy a home. The money is provided by Commonwealth and State Governments at low rates of interest.

ELIGIBILITY: You must fit into one of these following Groups :-

- (a) A couple with or without dependent children under 18.
- (b) Sole parent with, or Guardian of, at least one dependent child under 18.
- (c) An engaged couple whose marriage is imminent. Marriage to take place prior to purchase or on completion of construction in case of dwellings being built.

The income of the main breadwinner of your family, not necessarily the male in the case of couples, excluding overtime but including other regular income (shift allowances, bonuses, trade allowances etc.) must not exceed \$210 per week. This maximum limit is increased by \$5 for each dependent child under 18 years. For assessment purposes the average of your weekly earnings during the 6 months prior to your loan interview is taken.

TYPE OF HOUSE OR LAND: Detached, semi-detached and terraced house, home units, town houses and villas are all acceptable. You may purchase an existing home or have your own built. The value of improvements (i.e. excluding the land) must not exceed \$31,000.

WHAT TYPE OF LOAN WILL I BE OFFERED?: The maximum loan you can receive is \$25,000. You will not receive the maximum loan if you have considerable assets. The rate of interest you will be charged will be either 5¾% or 6¾% initially, depending on your family income. After the first year this rate will increase at ½% annually until it is 1% below the Long Term Bond Rate.

The repayments on a \$25,000 loan at 5¾% are \$147 per month.

The repayments on a \$25,000 loan at 6¾% are \$162 per month.

The duration of the loan is 31 years.

WHERE TO START?: Go to any Co-operative Building Society and see if you are eligible. Addresses of Co-operative Building Societies can be obtained by telephoning the Association of Co-operative Building Societies of New South Wales Limited, 104 Bathurst Street, Sydney on 61 6081. Many Sydney Societies are listed in the Yellow Pages under the heading 'Building Societies - Terminating', and most country towns have their own Society. There is sure to be one near you.

(All figures effective 1/11/79 but subject to change from time to time).

POINTS TO PONDER

COACHING THE COACHES

by Des McCORMICK
of The National Coaching & Education Committee

As we stress the point that we are an adult group who specialise in swimming we must therefore have a teaching/coaching programme to offer our members. Before this can be done each club must find someone who is willing to conduct these classes. The member who would like to do this may feel that they are not qualified to do this sort of work. This is where the coaching committee can help. We believe that it is our task to teach the coaches how to teach/coach within our environment. We do stress our environment because we are dealing with adults - not children - and because of this we have extra studies to undertake.

The conditioning and training of swimmers is a very complex problem. When we consider adults then the problems become even more acute. A person who desires to become a coach must realise that it does entail study - both practical and theoretical. The days of just copying someone else are long past. Today's coach must be well educated in his field and if possible in other relative fields.

There are many good swimmers and many good prospective swimmers who have been broken physically and mentally by people who tried to help. A.U.S.S.I. is setting up an education section which will we feel, help to raise the standard of coaching and teaching. We will be holding lectures and practical sessions for all those interested. The hope for the future is that each club will have at least one qualified coach. When we use the word 'qualified' we refer to A.U.S.S.I. qualified. This may seem a very presumptuous statement. It is not meant to be. Our world is adult - that in itself means a greater understanding of a different set of problems. The normal speed coach does not come into contact with the problems that we do; so our qualification will be of a more specialised nature.

It is in our opinion most important that members who feel they would like to become coaches as described above should join our classes and set up a coaching/teaching class in their own club.

SWIMMING FIT

HOW SHOULD WE JUDGE SUCCESS

by KAY COX - W.A. State Coach

We are all familiar with the AUSSI slogan "Fitness and Fun", but just how fit are we? Does the swimming we do really improve our fitness?

Firstly we need to explain the meaning of "Fitness" because to different people it has different meanings.

In a general way the term "Fitness" means the ability to continue to perform work without undue fatigue.

What do we mean by "Work"? "Work" might be your daily chores, your occupation your recreation such as swimming, running etc.. When referring to "Fitness" then the "Work" you do is a total of all your daily activities and perhaps the best measure of your fitness is how well you perform these without becoming so tired that you cannot enjoy them.

Thus when trying to determine if you are fit you must ask the question "Fit for what"?

For AUSSI swimmers being fit in a general sense probably means being able to carry out your everyday activities, both social and at work, plus being able to swim your selected program and enjoy it without being excessively tired.

Are we able to measure our fitness levels?

You are familiar with the various fitness tests that can be done, for example the "step test", work performance using the bicycle ergometer, the treadmill test, and Cooper's 12 or 15 minute run tests. Some of you may have even had your fitness estimated using one or more of these methods. If so, how happy were you with the results?

These tests do tend to have disadvantages and inconveniences, especially for adult swimmers, namely —

- 1) They require experienced people to carry out the test procedures.
- 2) Most require equipment which is beyond the budget of most AUSSI groups.
- 3) Time is required as these tests usually require individual attention.
- 4) The validity of these tests is questionable, particularly with adults of varying ages who are using swimming as their means of conditioning.

Some of my Western Australian colleagues will support me on this last point, as they were very disappointed after being tested on a bicycle ergometer, and then being told that their fitness levels rated average or below average, in spite of the fact that they were well into a programme of swimming training.

The reasons why these tests are not always the most accurate or appropriate measures of fitness for swimmers are probably —

1) Most of these tests rely heavily on the persons ability to perform work or exercise WITH THEIR LEGS. Although swimming involves all the major muscle groups of the body, most of the power is provided by the arms and the shoulders. For example, in the overarm crawl as much as 90% of the power may come from the arms.

2) There appears to be a tendency for adults to use their legs even less in swimming than younger people do.

Thus, for these reasons the FITNESS TEST proposed would seem to be the most convenient and appropriate for AUSSI ADULT SWIMMING.

At this point some of you may be wondering why you should bother to measure your fitness at all. There are many reasons besides just satisfying our egos. The three most important are —

1) Tests give an indication of your fitness level or work capacity, especially when you first join AUSSI or at the beginning of a swim season, and the results give the FITNESS DIRECTOR/COACH greater confidence when planning a training programme to suit YOU.

2) Tests provide a means of evaluating your training programme. That is a before and after test to see what improvement you have achieved.

3) We all like to achieve, and so tests of this nature (that is self regulated tests with very low failure rates) are self-motivating. That is they will encourage you to swim and to train.

THE FITNESS TEST:

The test is a 10 minute swim with the aim being to swim as far as possible in 10 minutes.

Rests are permitted but obviously they will result in less distance being swum.

Any stroke may be swum, but some strokes are more efficient or faster than others.

For the best results it is recommended that you swim continuously and use the over-arm stroke (or your best stroke).

Distance should be measured to the nearest 10 metres.

There are very valid reasons why 15 minute or 5 minute swims could be used but I have chosen 10 minutes for uniformity and to keep the time factor manageable.

Beginners should perhaps start with 5 minutes until they gain a little confidence.

This test has already been introduced into some Western Australian clubs and has produced encouraging results.

It has the added benefit of providing an interesting change from the usual swimming formats and has become a popular activity within its own right.

Many of our swimmers, who had to start at the 5 minute level, suddenly found they could swim further than 50 metres and have now gone on to achieve their 800 metre awards.

These swims also provide the opportunity for swimming longer distances than may have been swum otherwise.

THE CHALLENGE:

The aim of this article is to encourage as many clubs as possible to introduce the 10 minute swim into their activities.

Now the only measures available are the differences in distances swum by members within a club, or the difference between your before and after tests.

For the test to be meaningful we need to collect results from all clubs in Australia and to compile charts of averages for males and females of all age groups.

This would give us a set of standards (norms not "Norms") similar to Cooper's 12 minute run fitness test with one really significant difference IT WOULD BE APPLICABLE TO AUSTRALIAN ADULT SWIMMERS.

We would then have an appropriate guide to fitness levels for assessment, but more importantly a means of giving our training more positive direction and greater meaning.

CONTACT ME:

Any clubs wanting more information on how to conduct the test,

If you have suggestions to make, and

When you have results to supply,

Please forward them to me —

Kay Cox,
8 Syree Court,
Marmion, Western Australia 6020

STATE NEWS

QUEENSLAND:

Membership is growing steadily, particularly since the weather has started to warm up. A new club was formed at the Hibiscus Gardens complex, Mount Gravatt, Brisbane in October.

Other groups are getting together from Coolangatta to Cairns and Queensland could soon outstrip Western Australia and New South Wales in both numbers of clubs and total membership.

A swim meet was held on the 24th November at the Trisports Centre in Brisbane and Bundaberg, Everton Park, Hibiscus Gardens, Tamworth (NSW), Townsville and Trisports clubs all competed.

That night we adjourned to "Dirty Dicks" for dinner and "Fun".

The next day there were novelty events at Everton Park including volley ball and water-polo.

In the past few months our swimmers have been concentrating on their award swims, whilst making the occasions more light-hearted by holding novelty events involving families and then finishing off with a barbecue.

NEW SOUTH WALES:

November saw N.S.W. hold its A.G.M. The new Committee saw the return of some old faces and some new ones.

Re-elected President was Margaret Wilson of Tamworth, Vice President Jack Brownjohn, Cronulla Sutherland. Taking on the Secretary's mantle - Des McCormick, Hills club; Assistant Secretary - Eunice Walsham also Hills club; Treasurer - Robin Sweeney, Canberra; Committee - Dianne O'Hagan, St. George Jim Williams, Tamworth - Bruce Newling, Blacktown. The committee then appointed Fay Brown of Hunter as Publicity Officer.

Thanks were given to the retiring members - Mary Connolly, Keith Walsham, Syd Levett, Helen Rees and Carol Davis, while the new committee for '79 was wished good progress for the coming year.

WESTERN AUSTRALIA:

The Inglewood Swim held on Sunday morning the 11th November exceeded all previous records for attendance.

The six Perth clubs were represented, namely Carine, Inglewood, Maida Vale, Melville, Osborne and Somerset.

Superb organisation and complete co-operation helped us to get through the 6 events (including a 200m free-style) in 3 hours.

150 swimmers contested a total of 490 swims and set 7 new National Records.

Record breakers were Betty Anderson (3), Lyn McKenzie, Betty Jones, Sheila Moiler, Rod Baker and George Edwards.

After the swim 70 of the swimmers attended a very enjoyable barbecue which emphasised the "FUN" part of AUSSI's slogan "Fitness and Fun".

YOU AND THE MEDIA

from CAROL DAVIS

Despite frequent pleas for all clubs to appoint a publicity officer and approach their local press - this request falls on deaf ears. Its not difficult to talk with your local editor or shire reporter - they are always on the lookout for items of interest. Below reproduced in full, is an interview given by Helen Rees to Canberra Times Reporter, Frank Longhurst. Helen reports that no other publicity provoked the response that this interview did - perhaps other clubs could use it as a guide.

"If you are 25 or over, if you are physically fit - or would like to be - and if you enjoy group activities, you can join the Canberra Adult Swimming Club. And you don't even need to be able to swim: they'll teach you.

The club, a member of AUSSI, the Australian Union of Senior Swimmers International, advocates swimming for fitness and fun.

"It's a terrific way for adults to keep fit," said Mrs. Helen Rees, the club's secretary and coach. 'Being a non-gravity sport there is little likelihood of injury.'"

The members of the club enjoy year-round swimming and social activities. Regular sessions are held on Friday evenings from 7 p.m. to 8.30 p.m. and on Sundays from 6 to 7 p.m. at the indoor Deakin Health Spa, in Macgregor Street, Deakin.

The attitude at the club's swimming sessions is purely social, not competitive. There are no races between members, only between the individual member and the clock. The emphasis is on improving each member's performance.

Mrs. Rees, who is also the coaching secretary of the national committee of AUSSI said she liked to see unfit people join the club.

Mrs. Rees follows the Ken Cooper Aerobics Program, a systematic method of taking a totally unfit person through to good physical condition. The program is based on slow, rhythmic exercise for half-an-hour a day, three times a week, for three months. This promotes cardio-respiratory fitness, muscle tone and endurance, and a general feeling of well-being.

Members have a social evening on the first Friday of the month: and barbecues are held throughout the year.

The Canberra Adult Swimming Club is involved in monthly meetings with clubs in N.S.W. About 20 of its members plan to attend the annual meeting of AUSSI in Adelaide in March, 1980. Some members hope to attend an international meeting in Germany in 1981.

The international adult swimming community, known in other countries as Masters Swimmers, includes the United States, Japan, Germany, England and Canada. The United States branch conducts an annual event in which clubs throughout the world swim for an hour and the combined distances covered by each club are recorded and lodged with the organising club in the U.S. Last year the Canberra club scored impressively; the women's over-25 team came fourth in world competition. Two of the three members of the team were over 30.

The majority of the members of the Canberra Adult Swimming Club are in their 30s; one couple are in their 50s. Mrs. Rees welcomes new members, particularly older people."

CHANGEROOM CHATTER

FITNESS AND FUN??

Deciding that age is just a state of mind, Cronulla/Sutherland's Lyn Cooke and Carol Davis have returned to Netball Competition after a 20 year absence. Lyn's talents quickly earned her the Goal Shooter's bib, while Carol on the other hand was never sure what bib the coach would hand her from week to week. Both girls learned to ignore side-line heckling from husbands Dave and Ron although Lyn prefers to forget Dave's "When your hot your hot, but when your cold - Gawd!" While Carol is not likely to forgive Ron's "Trouble is, the minds reverted back 20 years, it says go but the legs scream 'wait for me'!"

The girls finished E Grade Minor Premiers, and have decided that "Touch Football" could be the next area to carry the "Fitness and Fun" banner into.

OLYMPIC HOPEFULS?? or MUM'S PRIDE and JOY

Eunice Walsham's (Hills Club) little Suzy turned in a great club swim and proud mum complimented her daughter with "Another swim like that Sue and you'll be off to the Olympics." It wasn't til some time later the tearful 5 year old confronted her mum with "Please mummy, I don't want to go on my own, I'm too little yet!"

While on the other side of the harbour Cronulla's Toni Hewett was carpeting one of her young charges, 6 year old Karen, daughter of fellow member Carol Davis - "Why were you pulled out of training?" asked mum - "Because I won't go slow and use my arms properly. I just don't know how she can expect me to win at the Olympics going slow," replied Miss Karen.

KAY DID IT! WHY NOT YOU?

Determined to earn an AUSSI patch but just a little too slow to qualify for the 800 metres, Kay Steward of Cronulla "stroked" on through 1500m in 71 minutes, a full 19 minutes under the time she needed to do to receive the 1500m Award.

'Changeroom Chatter' (continued)

THE GEEBUNG POLO CLUB?? WRONG! THE WORKIES WOMEN'S WATER POLO CLUB!

Yet another first to the Tamworth Workies - the ladies have formed a Water Polo Team and entered it in the local Women's Competition.

A bunch of geriatrics acting like Peter Pans you may well ask?

Although conceding 15 to 20 years to our opposition, we have won more than we've lost (translate that how you will). Of course we have a few swimmers under the 25 years bracket, but the golden oldies' do their share - including Marg Cooper, our star "stationary back". Jim Williams, our coach, calls it a "sitting back", but Marg has her own ideas.

Training is on Wednesday nights after club, and everyone is finding the new sport a great challenge fitness-wise, but a lot of fun, too.

OFF TO SUNNY Q.

As I write, a group of mighty Black and Golds are making ready for a trip northwards to Everton Park. The Banana Benders got the message last June Long Weekend (in Tamworth, naturally) that Swim Meets are a great pastime and well worth the effort of organising.

In spite of Transport and Accommodation Officer Chilton's fears that Joh will arrest the Tamworth Contingent as a Demonstration from the Scandalous South, hopefully nothing so drastic will occur and all those marvellous activities arranged by our Brisbane hosts will ensure a weekend to remember for all.

CALENDAR OF ADULT SWIMS

1979

December 7 1500m at Carss Park Heated 50 metre Pool - Sydney - AUSSI members only - contact Diann O'Hagan, 115 Donald Street, Hurstville 2220

1980

January 26 Australia Day Swim, Canberra - open to all adults - contact Helen Rees, 25 Barnett Close, Swinger Hill 2606

February 16 NSW AUSSI State Cup - Sydney - AUSSI members only contact Des McCormick, 8 Ann Street, Blacktown 2148

17 QUEENSLAND AUSSI State Meet, The Valley Pool, Brisbane - AUSSI members only contact Elaine Collier, 8 Stellmach Street, Everton Park 4053

March 7 - 8 - 9 AUSSI NATIONAL SWIM & AUSTRALIAN CLUB CHAMPIONSHIPS Adelaide Swim Centre, Parklands, Prospect - AUSSI members only contact State Secretary or Gary Stutsel, 299 Bexley Road, Bexley North 2207

15 Lake Burley Griffin Swim, 4 km, Canberra - open to all - contact Helen Rees, 25 Barnett Close, Swinger Hill 2606

April 12 VICTORIA AUSSI State Meet - 2 p.m. Olympic Stadium, Melbourne - AUSSI members only - contact Barbara Wilson, 5 Bennett Ave, Mt. Waverley 3149

Dear Secretary,

Details of your coming events (date, venue, contact) for inclusion in the March Edition of "A.U.S.S.I. ADULT SWIMMING" must be received by the 7th February 1980.

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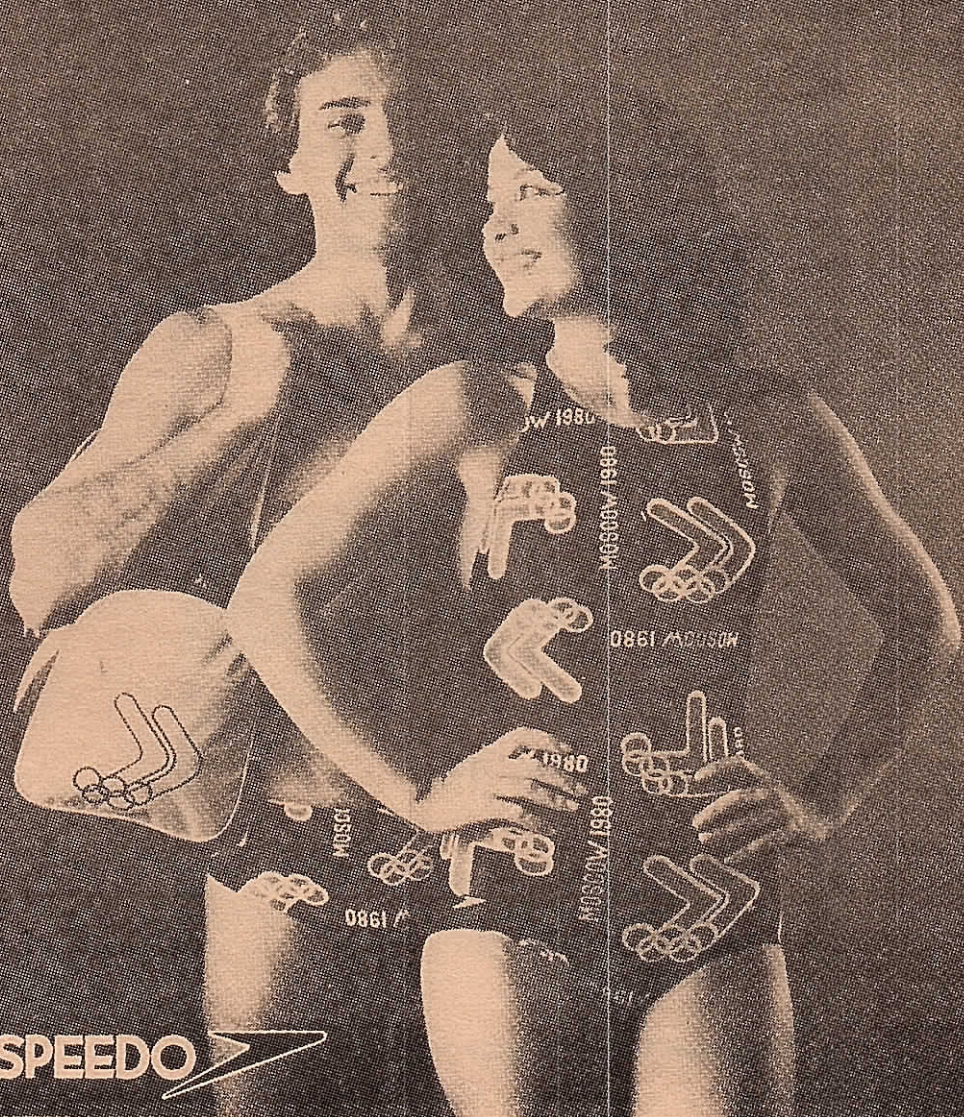
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