



# *AUSSI Adult Swimming*

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

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NO. 4

SEPTEMBER 1980

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Left to Right: Ross Tilley, Elaine Collier, Peter Dixon

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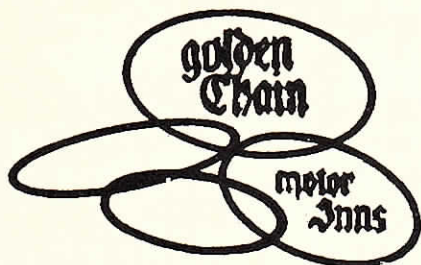
# A.U.S.S.I. ADULT SWIMMING 1980



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# Carol's Comments

Hi — silent majority. I assume that you're all happy with our 'new look' in fact with A.A.S. in general as I haven't heard to the contrary. I must remind you that as editor my job is to ascertain what you the readers want first, then to see that you get it. However, this isn't possible unless I have some kind of feedback, whether it be by personal contact or through your club or State secretary. Otherwise the magazine becomes a reflection of my style of thinking, and that hardly represents the majority. Surely you have views about AUSSI that can be expressed in "Swimmers' Viewpoint". After all that's the section of the magazine which is turned over to you, the readers.

Despite the above grouch, this issue contains some great reading. With publication of the top five, we find AUSSI swimmers doing very well indeed. Once again Des McCormick has come up with two informative articles, and our features are top class. "Queensland . . .

on the march", (sorry about that, my weird sense of humour) brings into focus the growth of AUSSI in the north east of our country, as Queensland has received very little publicity nationally. Also a continuation of our article, "Masters Swimming in the USA", this time by Prof. John Legler.

All contributions for our December issue must reach me by November 1st. Come on you lot, help me make this magazine the most informative on adult swimming in Australia.

**ADDRESSES:** To avoid confusion and delays please forward all mail for A.A.S. whether it is for me or



Gary or Education and Coaching to 299 Bexley Road, Bexley North, 2207, the AUSSI national office.

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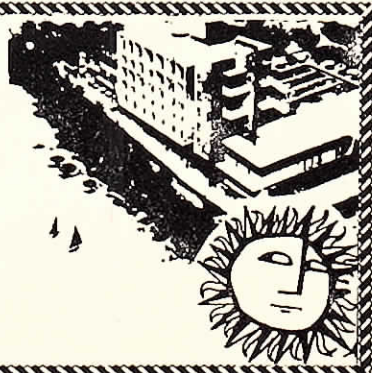
Carol

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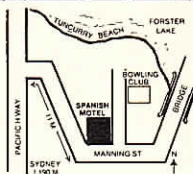
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# Swimmers' Viewpoint

Dear Carol,

We, as a very small club with only four active swimmers and access to one lane of a short course pool three nights a week, find it very difficult to have even competitive time trials. "Meets" are an impossibility! For these reasons we have welcomed the City Mutual Awards with great enthusiasm. They have provided, in face of quite a few odds, alternative motivation to keep going.

The ongoing goals of the cumulative awards are a great incentive to turn in a 1000 metre plus swim on every swimming night. We are also proud to say that three of us have our 3000m award and that our fourth and newest member is well on the way to her 800m award. Certainly we have set our long distance sights on the 5000m award.

Turning out for a swim on a frosty winter night after a hard day's work can be a chore. Even though we all feel the benefits of swimming in many different ways, e.g. we are stronger and fitter of course, and withstand the stresses of our working lives much better, sometimes we just feel we'd rather give ourselves to our fires and our television sets. However, the ac-

quisition of those beautifully made little patches, which we can proudly sport on our tracksuits, really kicks us on. We think they're great.

*Alison Wegener  
Whyalla Duckbills  
South Australia*

Dear Alison,

It is a great pleasure to be able to share your letter with members of AUSSI and their friends all over Australia. Your letter has a message for all of us

- the need for incentives and goals to get in and swim.
- the benefits to be derived when we make the effort.
- and a well earned pat on the back for City Mutual and what they are doing for Australian swimming.

Keep up the good work and eventually the pool management should recognise your efforts with a better deal. This could lead to a great increase in numbers and an opportunity to attend "Meets".

*Gary Stutsel  
National Secretary*

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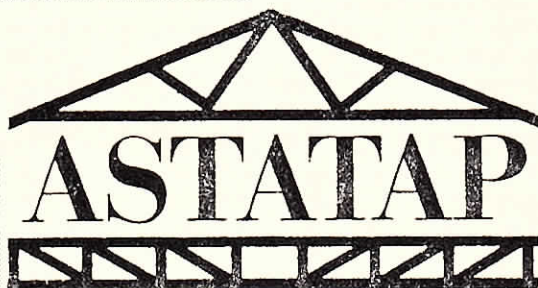
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## Gary's Gazings

Enquiries regarding forming new clubs are coming in to State secretaries every week. 1981 should see AUSSI with double the present number of 62.

This increase will create extra work and problems for State secretaries and the only way to help them is for each State branch to establish its own small office. Members and clubs can help by providing finance to establish and staff these offices. Your secretaries do so much for you and for AUSSI that most of you take for granted that the least you can do is to help make their job easier.

The new New South Wales Committee, the formed on the 21st September, is almost certain to be an extended one consisting of a president, a secretary, a treasurer and two delegates from each club.

A similar arrangement in Western Australia has been very successful. There is nothing like involving your clubs in decision making to encourage their interest and support.

When finance is available to cover air fares for delegates a similar scheme will be implemented at a national level. The addition of a second State conference this year is the first step in this direction.

Victorian State Secretary Barbara Wilson will miss the conference. She and WA swimmer Lyn McKenzie (nee McClements), the butterfly gold medallist in the Mexico City Olympics 1968, have been competing in the US Long Course National Swim in Santa Clara, California. Their results are not yet known but I am sure they will do well as they were both placed in the 1979 World Top 5.

With no word having been received from West Germany about the proposed 1981 World Swim it appears

that world politics have killed the suggestion. The next proposed World Swim will be in Florida in 1983 or if there is enough interest we could compete in the US Long Course Meet to be held on the east coast in August/September, 1981.

I have written to the coach of a very large master swimmers' group in Japan inviting them to swim in Perth so the international scene is not quite stagnant.

News from Perth indicates that you will be able to choose between a 3-night Perth package, a 7-night Perth package for \$39 more than the 3 nights, and a 15-day tour to Perth, Penang and Singapore for \$590 more than the 3 nights tour.

Brochure will be forwarded to clubs as soon as they are available.

I look forward to seeing a record attendance in Perth. The packages which are being prepared there will use top accommodation BUT be the best possible value. If in doubt compare the prices and then join the strength.

If you haven't started yet clubs should get working on team finances to ensure they have teams in all relays.

RULES OF AUSSI are currently under review so an updated copy valid for 1981 year will appear in the December edition.

TOP 10 guide was to appear in this edition, but you are all hanging on to your times for some unknown reasons. Please send cards for all eligible times that are faster than the 10th time to appear in the 1979 Top 10 which was published in the March edition.

SEND NOW to Peg Wilson, 52 Upper Street, Tamworth, 2340. If you do better later then send an extra card, but help us NOW.

Gary Stutsel

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# State News

## REPORT ON VICTORIA STATE TITLES

It was 12 noon on Saturday 12th April, 1980 and the water at Melbourne Olympic Pool was awash with swimmers warming up for what was to be the last major event held at this magnificent complex before its closing to be converted to an indoor entertainment centre.

The competition and good-natured rivalry was becoming evident between the two major clubs, Northlodge and Powerpoints, with each club taking up positions on opposite sides of the pool.

Melbourne's weather was kind, with the temperature in the mid 20s and the sun shining magnificently through the northern end windows, giving a pleasant temperature inside the pool and allowing everyone to disregard warm clothing.

Finally at approximately 12.30 p.m., the whistle was blown and swimmers were ordered from the pool; timekeepers were seconded from willing volunteers and all was set for what was to turn out to be an excellent day.

Frantic efforts to organise old heads (very difficult) were made by the check starter, re-organisation of the 400 metre events because of late scratchings and away we went.

It soon became evident that good conditions and excellent facilities were going to make vast differences to people's best times.

The first few events went slowly and the officials began to tear at their hair, but with the completion of the 400 metre events, things began to move along much quicker.

Children of the swimmers were willing volunteers as runners between the timekeepers' and the recorders' disk. The paper really started to fly as we got into the 50 metre backstroke event and Derrick Wilson (Barb's husband) was noted with his head down and bum up; don't think he saw one event all day.

Timekeepers changed over as they left to compete and the children got a little out of hand in the diving pool.

The "Melbourne Age" newspaper photographer arrived and took some photos. One of which depict Northlodge veteran Henri Steinkamp giving a 2-year-old Ballarat visitor a joyful swim in the diving pool, was located on Monday 14th April's front page, our first major newspaper breakthrough.

The afternoon had now settled into a highly organised carnival with events flowing very smoothly and much good-natured banter across the pool, great enthusiasm being shown by Powerpoints with each swimmer being cheered to the finish line.

Records started to fall and as they were announced there was a resounding cheer from those present. All helped to make the pain and effort worthwhile.

The day grew longer and the time came for the final individual event: the 50 metre freestyle. Seventeen heats and 136 swimmers later, the individual events were over with the only tragedy for the day — Margaret Pybus starting in the water in her heat didn't hear the starter's false start gun and swam half the pool before being stopped. Then came the true test of Club and team spirit as flagging arms, legs and shoulders were called upon to give their all in the relays.

Again much confusion as frantic efforts were made at varying points around the pool to co-ordinate teams in the light of last minute scratchings, again Powerpoints at one end of the pool and Northlodge at the other with Geelong and Ballarat calmly organised because of their smaller number. Northlodge's President, John Robertson, who hadn't been swimming all day because of back problems couldn't resist the temptation caused by the competitive atmosphere any longer and stripped to be part of his Club's teams. Excellent organisation by Powerpoints' David Gordon saw his team push the strong Northlodge teams all the way. Eight (8) heats later and the day was over. Derrick Wilson was still there, as the sun sank in the west, collating the age group individual points scores and the overall team scores.

So five hours and thirteen (13) Australian records later, the swimming was all done. Records were set by:—

Leane Keen — 400 & 100 metre Freestyle — Ladies' 25-29 years.

Gloria Robinson — 100 & 50 metre Breast stroke — Ladies' 40-44 years.

P. Gilmour — 200 & 100 metre Butterfly — Men's — 35-39 years.

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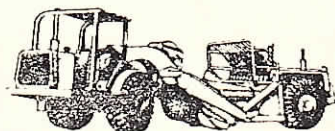
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J. Gibson — 50 metres Backstroke — Men's 45-49 years.

Jack Campbell — 50 metres Back & 50 metres Freestyle — Men's 50-54 years.

M. Maloney — 100 metres Breast stroke — Men's 40-44 years.

Girls 45 plus — 4 x 5 metres Freestyle relay. Northlodge: Barbara Wilson, Shirley Howard, Heather Robertson, Pam Bierenbroodspot.

Boys 25 plus — 4 x 50 metres Freestyle relay. Northlodge: Bob Patterson, Tim Hughes, Ken Wallis, Carlo Vaccari.

Boys 35 plus — 4 x 50 metres Freestyle relay. Powerpoints: Richard Campion, Ken Woods, Greg Milner, Richard Pelling.

The comment was heard from a new member . . .

"I've never been to such a happy swim meet where no one seemed to care if they won or not and kept smiling and swimming."

All adjourned to the Olympic Room at the nearby Olympic Park dog track and the food and refreshments flowed. Much intermingling and good-natured ribbing took place and the day was drawing to a close. Danny Smith then called all to order and he and Barb Wilson presented the medals to the individual recipients and the relay winners.

Powerpoints President, David Gordon, thanked Barb Wilson for a job well done and these sentiments can only be endorsed by the writer. Barb, with little (and I mean little) help, put together a carnival that truly would have done justice to a large band of organisers. Barb responded in true fashion by thanking the V.A.S.A. officials for the proficient manner in which they conducted the carnival.

The day's formal functions were at last over and the Powerpoints people adjourned to the Confucious Court restaurant and left a group of Northlodge people, along with Jack Campbell and Jan McLeod from NSW Club, Coogee, dancing to the music provided by Barb Wilson's brother, Frank.

The pangs of hunger also clutched at the stomachs of the Northlodge people and they adjourned to the

Yum Cha Restaurant in South Melbourne where there was more dancing, eating and refreshments.

Sunday saw Melbourne again provide magnificent weather and John Wilson threw his home open to all for a barbie, in honour of our interstate visitors; again a very pleasant day was had by all who attended.

Ray Wain from Swan Hill arrived at the Olympic Pool to compete in the day's events only to find he was a day late. Better luck next time Ray.

And so, AUSSI Victoria completed its second State swim meet; we all learnt a lot and some of us will stay longer for the after-carnival activities in future.

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# SOUTH AUSTRALIAN WINTER SWIM MEET

First Winter Championship Meet  
Norwood Pool, 2nd August, 1980

## RESULTS

Programme — 50m, F/S, Back, BR/S, Fly  
100 metre choice of above stroke or I/Medley

4x50m Freestyle Relay Men

4x50m Freestyle Relay Women

4x50m Freestyle Relay Mixed

132 swimmers from 5 clubs competed and 27 State records were broken.

80 swims qualified for National Top 10.

Commonwealth Bank Cup for Top Club was won by Adelaide Masters 433 points followed by Atlantis 250, Central District Seals 144, Marion 93 and Tea Tree Gully 82.

High pointscoring individuals were:

age	Female	Male
25 +	Kathy Heenan, Adel.	Greg Bush, Atlantis
30 +	Jean Gillett, T.T.G.	Peter Green, T.T.G.
35 +	Wendy Potter, Marion	Hugh Hamilton, Adel.
40 +	Diane Ross, Marion	Ivan Wingate, Atlantis
45 +	Diana Simons, Adel.	Rod Ross, Adel.
50 +	Josie Sansom, Adel.	Gerry Schueler, Adel.
55 +	—	Stan Walker, C.D.S.
60 +	Carrie Hatswell, Adel.	—
65 +	—	Jack Edwards, Atlantis
		and
		Harold Cilento, Adel.

PATTI MORRIS  
State Secretary

## Queensland . . . 'On the March'

AUSSI began its Queensland activities in October 1976 when 14 people met at the University of Queensland under the direction of National Fitness Council officer, Paul Lacey.

Within a matter of weeks of that first night the Club almost foundered. But it was revived by a small group of dedicated AUSSIs — Brian and Merle Duffy, Chris Shapland and Clive Staines — who moved the activities to John Rigby's indoor pool at Everton Park. A club was formed with Clive as president, Chris as executive officer and Peter Dixon as treasurer, a position he has retained ever since.

With a lot of heart and few funds, AUSSI in Queensland set about growing up and took its first major step when the first State Titles were held in April 1977. The program described the rules of the carnival as "Rafferty's", and so they were, but everyone enjoyed themselves and came back for more. Most of the participants in that first carnival are still enthusiastic members of AUSSI.

The following season, the snowball effect began. Coral and Russell Bond formed a club at Hibiscus Gardens to cater for the south-siders who didn't wish to trek across the city to Everton Park. This Club subsequently moved to Tri-Sports complex which allowed it to function on a year-round basis but another club has since been formed at Hibiscus Gardens. The first country club was also formed about

that time by David Haynes at Oakey — our first one man club.

1978 saw further steady growth and in particular the formation of a sizeable club at Bundaberg. The Club was able to send a worthwhile contingent to the next State Titles and for the first time provided the metropolitan swimmers with out-of-town competition.

1979 was particularly eventful when nine swimmers braved the rigours of interstate travel to attend the AUSSI Nationals in Sydney. They came back fired with enthusiasm, which was just as well, for about this time the State Committee almost ceased to exist when several members resigned simultaneously due to transfers and employment situations. Elaine Collier became State secretary/registrars and Peter Dixon added acting State president of his list of AUSSI roles. The new and inexperienced Committee faced the daunting task of consolidating the foundations set by the original Committee.

The greatest problem the State Committee has had to face is spreading the word to country areas. Because of the distances involved, it is difficult to organise clubs throughout the State and when new clubs are formed the cost and time involved in travelling prevents the new members from attending inter-club meets and the State Committee from assisting the new club to function along the lines devised by the National Body.





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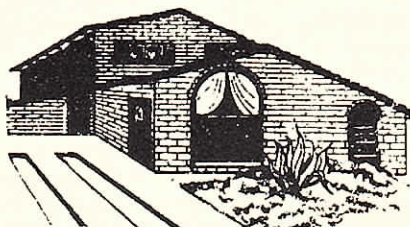
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Ross Tilley (left) is presented with the trophy for the Top Point Scoring Club (1980 winners Tri-Sports) by Ron Kayroos of City Mutual.





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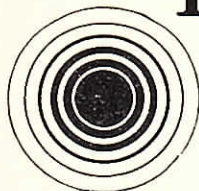
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Strangely enough, the Queensland climate poses another problem for the formation of clubs in country centres. There are very few heated pools in the State, particularly in the North, but there are still a few months in the year when swimming in unheated water is decidedly uncomfortable. Accordingly, clubs have to recess for a period and it is often difficult to regenerate interest when the weather warms up.

At the meeting held in mid-November 1979 the State Committee turned its attention to organising the 1980 State Titles. It was generally felt that the Titles could become a show-piece for AUSSI in Queensland and for this reason the centrally located Valley Pool was chosen as the venue. Present at this meeting was Gary Bailiff from the Aitkenvale Masters Club, Townsville. It was Gary's suggestion that the Titles be held simultaneously in Brisbane and Townsville. This was to enable greater participation by the North Queensland members who were naturally disadvantaged by the distance between the two cities — about 1570 km.

Sponsorship from City Mutual representative, Mr Ron Kayroos, resulted in a trophy for the top point scoring club ultimately won by Tri-Sports and presented to very proud president, Ross Tilley. Q.A.S.A. officials ensured that the events were well conducted and this included the use of the electronic timing.

The Aitkenvale Masters Club held their "Titles" early in the morning to avoid the heat of the day in a corresponding 50m pool with members of the A.S.C. officiating. Their times were then 'phoned through' to State recorder, Desley Williams, and entered on the result sheets as each event was swum during the afternoon. At the completion of the Titles, nine very anxious Townsville swimmers were contacted and given the final results. Being optimistic, they had already begun celebrating and with good reason as their swimmers fared very well.

With the State Titles over, the attention of four Queensland swimmers turned to the National Swim in Adelaide. Two members of the Aitkenvale Masters Club, Chris Bell and Marcus Ringuet, made the long trip to South Australia and their efforts were rewarded with a silver and gold medal in their respective age groups. Also representing Queensland were William McNeill from Mackay and Thor Eriksen of Tri-Sports.

Since then a large number of Queensland swimmers have made the effort to travel to different venues for swim meets. David Haynes visited Victoria this year for their State Swim and 18 Queenslanders braved the cold and trekked to Tamworth in June. Included in this number was Gary Marker from Townsville. Probably the most travelled swimmer this year has been Wayne Thrupp from the one man Club at Jandowae — Jandowae being 290km N.W. of Brisbane. Wayne, always accompanied by wife



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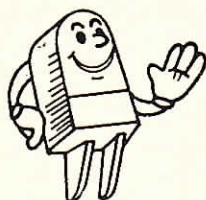
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Leanne and small daughter Renee, has attended every AUSSI meet held in Queensland this year and also made the long trip to Tamworth in June.

At this stage of the development of AUSSI in Queensland, publicity is essential for attracting new members, but we face the problem familiar to all committees that attracting the interest of the media in our objectives can be difficult. However two of the State's most enthusiastic members, Brian Duffy and Desley Williams, managed to interest the producers of Today Tonight, a Brisbane current affair program, in the results of our participation in this year's One Hour Swim. On Anzac Day, a camera team arrived at the Valley Pool to film and interview members at training. The result was particularly pleasing as the program played down the competitive aspects of AUSSI and concentrated on the therapeutic and fitness aspects of swimming. Many new members have joined as a direct result of this segment plus a follow up article in the Telegraph, also arranged by Brian and Desley.

As can be seen from the brief history of AUSSI in Queensland our progress has not been without some difficulties. The biggest problems present here in Queensland continue to be the vast distances between major urban centres and another problem which we suspect is peculiar to Queensland; that is the majority of AUSSI members in Queensland are concentrated in 25 to 40 years age groups. People in this age group invariably have young families and are concerned with

establishing homes and careers leaving little time to take on executive positions in club and State committees. Many hours of thought have gone into ways of encouraging the older age groups but so far there has not been a noticeable change in this trend. We do, of course, have some wonderful swimmers in the senior age groups and the State Committee considers it most important that we obtain more senior members to give AUSSI a mature and balanced outlook.

Looking to the future we see the prospects of considerable growth in the next 5 years. At present our efforts are being directed to three main areas:

The promotion of the State Titles as the highlight of the swimming year.

The growth and consolidation of clubs within close proximity to Brisbane and so creating more "out of town" swimming meets and generating more interest at club level.

Most important of all is the development of North Queensland clubs. The problem of distance will always be with us and it may well be that, in the not too distant future, some sort of decentralisation may result with a North Queensland Branch of AUSSI being established possibly in Townsville.

All in all AUSSI in Queensland is confident of its future and we are hopeful that it will not be long before Queensland is the host State for the Nationals.



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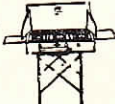
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Queensland State Titles — Valley Pool.



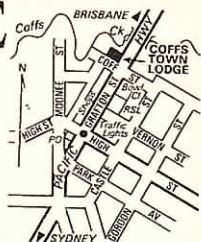
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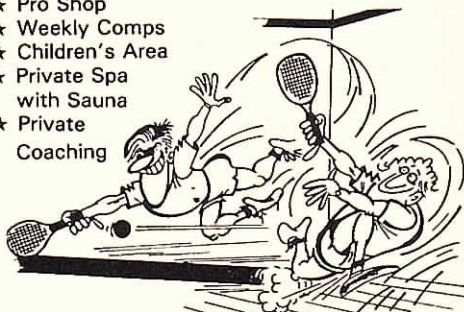
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# Masters Swimming in the U.S.A.

By John M. Legler

Carol Davis asked me to write an article about masters swimming in the USA. This piece is based only upon my own club (Intermountain Masters Swimming Association — IMSA) in Salt Lake City, Utah. There is a lot of variation in the way different groups operate.

There are 15-20 short-course (25 yard) pools in the Salt Lake area; all are indoors and heated. Swimming in outdoor pools is uncommon and extremely seasonal at our latitude and altitude.

Most of our meets are held in Salt Lake City and most of our swimmers come from a 50-100 mile radius. Each year a few swimmers participate in one or both of the national meets — short course (25 yard pool) and long course (50 metres).

At each local meet there is a fee of \$1 plus 25¢ per event (4 event limit) with registration at the meet. We have 30-50 participants per meet, about half of whom are "regulars". It is common to have one-time participants — usually travellers who see our notices. Participants range from 20-70 years old at present, with best representation in the younger groups. We recently sanctioned a 20-24 age group.

At each meet we schedule events in various distances for all strokes. A typical schedule of events is: 200 IM; 100 FS, 50 BACK, 100 BR, 50 FLY, 50 FS, 100 IM, 50 Br, 100 BACK, 1650 FS. The first event in each meet is a "special" open competition — no age groups for which trophies are awarded. Ribbons are awarded for the first 3 places in all other events. Nearly everyone wins a ribbon.

Although awards are made by age groups, events are time-seeded (without regard to sex). This makes for more fun and a faster more efficient meet. It is the only way we can find time for regular distance events (e.g. 500 + 1650 FS). A typical meet lasts 2 hours.

At two of our regular meet pools there are video facilities permitting filming and instant replay of each event. If we have enough tape cassettes they are available to individual swimmers for a week or so after the meet for stroke analysis.

Most US masters swimmers attempt to train with swimmers of similar ability on an average of 4-6 times per week. At U.U. a small group meets each weekday

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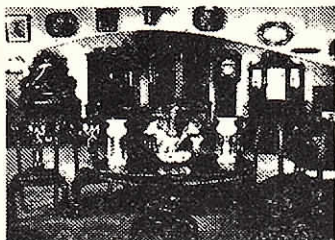
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intervals. A typical workout for our group is: 400 warmup; 400 on 8 min.; 2 x 200 on 4 min.; 4 x 100 on 2 min.; 8 x 50 on 1 min.; 200 warmdown = 2,200. Another good workout is 4 or 5 x 500 on 9 or 10 min. We average about 2,000-2,400 yards per workout and increase the distance when training for a special meet. Before a meet we "taper" (ie decrease distance and increase speed) for about a week, not swimming at all on the day or two before a meet. Training with kickboards and pulling paddles varies from swimmer to swimmer.

Various groups hold regional meets. These, the local meets, and the national meets are all listed (schedule and results) in "Swim Swim and Swim Master" magazines. Swimmers Magazine has an occasional article on MS but is slanted chiefly to the younger swimmers.

The structure of the American youth swimming programme (AAU age group, high school, university) is such that many senior age swimmers have a background of intense competitive training. Some were world-class swimmers and still are. Others (and this is COMMON) were mediocre swimmers in their youth and are now swimming faster and better in their 40s, 50s and 60s. Some are swimmers who started from scratch as seniors.

Our club is substantially less structured than any other I have seen. Membership is more nearly a state of mind — being at meets and on the mailing list. A

volunteer chairman (JML) does the work of planning, scheduling, and mailing with whatever help is available. Suggestions and input are informal — usually by telephone or at training sessions. There are no dues, no committees and no meetings other than 5 or 6 scheduled meets per year. These meets are carefully planned to avoid holiday seasons, conflicting athletic events, etc. Participants are expected to join the Amateur Athletic Union but we don't make a fuss about it.

Since we usually swim together (and this is often quite competitive) and nearly always watch a pool side clock, we rarely have "time trials" except at meets.

That should give you a fair picture of how ONE U.S. club operates. By comparison with the AUSSI clubs I know, there are few major differences, we all love swimming and regard competition as a natural outgrowth of a pleasant conditioning programme. We have a less formal organisational structure in the US and probably place a great emphasis on distance events in regular competition.

I have been warmly welcomed by AUSSI and would like to reciprocate when members visit the U.S. They may wish to associate with a masters swimming group or just find a place to train during travel. I can be contacted at: Department of Biology, University of Utah, Salt Lake City, Utah, 84112, U.S.A. Telephone 801-581-6609. Alternatively, Swim Swim publishes a world wide list of training facilities of MS.

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# Where to Swim with AUSSI

Members of AUSSI and other swimmers are welcome to swim with any AUSSI club in Australia, particularly when they are on holidays or visiting another city.

Clubs listed have supplied details of where and when they swim and who to contact for more details. Members swim at other pools as well but you can contact them through these club swims.

Clubs which have not supplied details and would like them included at a later date should WRITE to "A.A.S." 299 Bexley Road, Bexley North, 2207.

## NEW SOUTH WALES — SYDNEY Area code STD phone calls (02)

### Blacktown Beavers

Venue: Blacktown City Pool, Boyd St., Blacktown

Time: Tuesdays 6 pm to 7.30 pm

Contact: Val Dorrington, 75 Eggleton St., Blacktown, 2148

### Coogee-Randwick

Venue: R.S.L. Pool, cnr. Carr and Byron Sts., Coogee

Time: Tuesdays from 6 pm

Contact: Rona Thonrley, 8/10 Alexander St., Coogee, 2034. Phone (02) 233-0233 (work)

### Cronulla-Sutherland

Venue: Aquadot Pool, Gray St., Sutherland

Time: Thursday from 7.30 pm

Contact: Marion Baker, 13 Veronia St., Loftus, 2232. Phone 521-6515 (home)

### Hills

Venue: Galston Pool, Galston Rd., Galston near oval

Time: Tuesdays from 7.30 pm

Cap Colour: Yellow

Contact: Hazel Tutty, 13 Coronet Court, North Rocks, 2151. Phone 872-3146 (home)

### Lane Cove

Venue: Lane Cove Olympic Pool, Little St., Lane Cove

Time: Mondays from 7 pm

Contact: Harry Turner, 50 Tambourine Bay Rd., Lane Cove, 2066. Phone 427-0818 (home)

### Manly

Venue: Manly Swim Centre, Graham Reserve, Balgowlah Rd., Manly

Time: Mondays from 7 pm

Contact: Pieter Stroethoff, 18 Wabash St., Cromer, 2099. Phone 98-8171 (home & bus)

### St. George

Venue: West Peakhurst Primary School, Ogilvy Street

Time: Every Monday from 7 pm

Contact: Frank Sykes, 230 West St., Blakehurst, 2221. Phone 546-6601 (home & work)

### Western Suburbs

Venue: Granville Olympic Pool, Enid Ave., Granville

Time: Wednesdays from 7.30 pm

Contact: Ann Still, 4 Moonshine Ave., Cabramatta, 2166. Phone 604-6902 (home) 217-7620 or 217-7200 (work)

## NEW SOUTH WALES — COUNTRY

### Canberra, A.C.T.

Venue: Deakin Health Spa, MacGregor St., Deakin

Time: Fridays 7-8 pm. Sundays 5.30-7 pm

Contact: Helen Rees, 25 Barnett Close, Swinger Hill, 2606. Phone (062) 864-217 (home) or (062) 815-233 (work)

### Ettalong

Venue: Swim Centre, Blackwall Rd., Woy Woy

Time: Tuesdays from 8 pm

Contact: Kevin Vickery c/- pool. Phone (043) 414-150

### Nelson Bay

Venue: Council Pool, opposite main road

Time: Wednesdays from 5 pm. Sundays from 10.30 am

Contact: Gwen Dunn. Phone (049) 812-085

### Newcastle (Hunter Club)

Venue: Junction Pool, 3 Jenner St., The Junction

Time: Mondays and Wednesdays from 7.30 pm

Contact: Fay Brown, 44 Westwood Ave., Adamstown, 2289. Phone (049) 521-489.

### Tamworth

Venue: Workmen's Club Pool, West Tamworth

Time: Wednesdays from 7.30 pm

Contact: Jim Williams, 6 Varley Ave, Tamworth, 2340. Phone (067) 663-336 (home)

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## VICTORIA — MELBOURNE

Area code STD (03) for phone

### North Lodge

Venue: North Lodge Swim Academy  
Times: Monday evenings 8.30 pm-9.30 pm  
Contact: Barbara Wilson, 5 Bennett Ave., Mt Waverley, 3149. Phone 233-4847 (home)

### Powerpoints

Venue: Dendy Pool, 26 Church St., Middle Brighton  
Time: Alternate Sundays from Sept. 7 11 am-1 pm  
Contact: David Gordon, 23 Elizabeth St., Malvern, 3144. Phone 209-7238 (home) 24-3376 (bus.)

## VICTORIA — COUNTRY

### Ballarat

Venue: YMCA Pool, Ballarat  
Time: Tuesdays 6-7 pm  
Contact: Marianne Farrar, 12 Hamlet St., Wendouree, 3355

## QUEENSLAND — BRISBANE

Area code STD phone calls (07)

### Brisbane City

Venue: Ithaca Pool, Caxton St., Paddington  
Time: Mondays 5.30-7 pm. Summer only  
Contact: Gillian Knott, 3 Naalong Cresc., Ferny Hills, 4055. Phone 351-3143 (home)

### Everton Park

Venue: John Rigby's Indoor Pool, South Pine Rd., Everton Hills  
Time: Tuesdays 7.30-9.30 pm  
Contact: Elaine Collier, 8 Stellmach St., Everton Park, 4053. Phone 355-3042 (home)

### Hibiscus Gardens

Venue: Hibiscus Gardens Pool, 98 Klumpp Rd., Upper Mt. Gravatt  
Contact: Peter Rigby, c/- pool. Phone 349-8836.

### Sandgate

Venue: Olympic Pool, Flinders Parade, Sandgate  
Time: Saturdays and Sundays 6-7 am. Summer only  
Contact: Brian Duffy. Phone 269-4536 (home)

### Tri-Sports

Venue: Tri-Sports Centre, cnr. Pine and Creek Rds., Mt Gravatt  
Time: Summer Tuesdays 6.30-8.30 pm. Winter Sundays 10.30-noon  
Contact: Ross Tilley, 38 Wylma St., Holland Park, 4121. Phone 397-1244 (home and work).

## QUEENSLAND — COUNTRY

### Caloundra (Sun Coast Polar Bears)

Venue: Central Park Swimming Pool, Arthur St., Caloundra, 4551  
Time: Wednesday nights 7 pm  
Contact: Write pool or phone Stephen Hadland (071) 913-333 (work)

### Jandowae

Venue: Squash and Swim Centre, High St., Jandowae, 4410  
Contact: Wayne Thrupp at centre

### Moranbah

Venue: Olympic Pool  
Contact: Noel Craig, 8 Sinnott Court, Moranbah, 4744. Phone (079) 507-341.

### Oakey

Venue: Olympic Pool, Oakey, 4401  
Time: Thursday nights 7-9 pm. Sundays from 10 am — Oct.-Mar. incl.  
Contact: David Haynes, c/- pool. Phone (076) 911-038 (pool & home).

### Townsville — Aitkenvale Masters

Venue: Ken Wood Swim Centre, Madden St., Aitkenvale  
Time: Sundays 9.45 am-noon  
Contact: Fay Stanbrook, 6 Clayton St., Hermit Park, 4812. Phone (077) 792-684 (home)

and

Venue: Kokoda Adult Swimming Club  
Time: Fridays from 7 pm September to April  
Contact: Anne Dalling, 4 Dahl Cresc., Wulguru, 4810. Phone (077) 722-533 or (077) 783-130

## SOUTH AUSTRALIA — ADELAIDE

Area code STD phone calls (08)

### Adelaide Masters

Venue: Parade Pool, The Parade, Norwood  
Time: Wednesdays 6-7 pm. Saturdays noon-1 pm  
Contact: Maryanne Llewellyn, 97 Watson Ave., Toorak Gardens. Phone 312-351 (home) or Brenda Bochmann 261-3364

### Atlantis

Venue: 586 Marion Rd., Plympton Park  
Time: Mondays and Thursdays 7.30-8.30 pm. Saturdays noon-1 pm  
Contact: June Waite, 56 Penang Rd., Daw Park, 5041. Phone 276-9777

### Central District Seals

Venue: Salisbury Pool, Salisbury  
Time: Summer only Saturday 9-10.30 am. Wednesday 7.30-8.15 pm beginners 8.15 on advanced

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Harmer 255-1151

**Tea Tree Gully Aussi**

Venue: Strathmont Centre Pool, Grand Junction  
Rd., Gilles Plains

Time: Monday night 7.30-8.30 pm

Contact: Rose Hillier, 6 La Perouse Cresc., Fair-  
view Park, 251-2109.

**SOUTH AUSTRALIA — COUNTRY**

**Bordertown — Dolphin Masters**

Venue: Indoor Heated Pool, Bordertown, 5268

Contact: Gerhard Krueger, c/- pool

**Whyalla — Duckbills**

Venue: Whyalla Recreation Centre Pool,  
Nicolson St., Whyalla Norrie

Time: Mondays, Wednesdays, Fridays 6-7 pm

Contact: Alison Wegener, 27 Scoble St., Whyalla  
Norrie, 5608.

**WESTERN AUSTRALIA — PERTH**

**Carine**

Venue: Carine Glades Pool (Rick Turner), 473  
Beach Rd., Carine

Time: Wednesday night 8 pm

Contact: Max Wannell, 89 Dutton Cres.,  
Hamersley. Phone 448-1626 (home)  
322-0331 (work)

**Melville**

Venue: Summer — Booragoon Aquatic Centre,  
Marmion St., Booragoon  
Winter — Kevin Duff's Pool, 160 Can-  
ning Hwy., Fremantle

Time: Thursday night 7 pm

Contact: Ossie Yeomans, 2 Pembroke St., Bicton.  
Phone 339-2358 (home)

**Osborne Park**

Venue: Lyn McClements Swim Academy, 419  
Scarboro Beach Rd., Osborne Park

Time: Wednesday night 7.15 pm

Contact: Beth Berry, 268 Hector St., Tuart Hill.  
Phone 444-4884 (home)

**Inglewood**

Venue: Inglewood Aquatic Centre, Alexander  
Drive and Wordworth Ave., Inglewood

Time: Tuesday night 6-8 pm. Friday 12  
midday-1 pm. Sunday morning 8.30-10  
am

Contact: N. James, 78 Ashington St., Dianella.  
Phone 276-1776 (home)

**Somerset**

Venue: Perth City Council Pool, Somerset St.,  
Victoria Park

Time: Tuesday night 7.30 pm

Contact: Bill Brown, 15 Raleigh St., Carlisle

**Maida Vale**

Venue: Lester Watkins Swim Centre, 221  
Gooseberry Hill Rd., Maida Vale, 6057

Time: Monday night 7.30 pm

Contact: Sandra Duckett, c/- Pool. Phone  
454-5587 (home)

**Claremont**

Venue: Summer — Claremont Pool, Davies Rd.,  
Claremont

Winter — Beatty Park Aquatic Centre,  
Vincent St., Nth Perth

Time: Monday night 6.30 pm

Contact: Jan Skeet, 131 Curtin Ave., Cottesloe.  
Phone 383-5436 (home) 335-5011 (work)

**WESTERN AUSTRALIA — COUNTRY**

**Pilbara**

Venue: Sth. Hedland Aquatic Centre, Sth.  
Hedland

Time: Monday night 7 pm

Contact: Lyn Hooper, 31 Pedlat St., Sth Hedland

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# Off the Blocks

## 1979 TOP 5 WORLD RATED TIMES

By Gary Stutsel

The recently published list of the Top 5 times recorded in 50 metre pools showed that AUSSI women are performing better than AUSSI men.

Twice as well in fact. 40 of the women's times were listed as against 19 of the men's. Unfortunately many

more fine swims were not eligible for listing as most of AUSSI's swim meets are held in indoor 25m pools.

Top rated woman was Gaynor Stark of Canberra Club with first places in the 30 to 34 years 50 metre and 100 metre backstroke events. Gaynor's 100 metres was  $3\frac{1}{2}$  seconds faster than the second time in the event.

Also  $3\frac{1}{2}$  seconds faster than his closest rival was Tony Strahan of Geelong in the 35-39 400 metre freestyle. Tony ranked second in the 100 freestyle and would have been first in the 200 freestyle but his time was not submitted.

Bess Barrie of Woollahra was the only other swimmer to achieve a number 1. Bess made her mark in the 60 to 64 years 50 metre butterfly.

The best all round performer was Josie Sansom of Adelaide Masters who achieved ratings in 13 of the 16 events in the 50 to 54 years group. Josie's only weak points were the three backstroke events, so with more attention in these she could well achieve ranking in every event!

Barbara Wilson of North Lodge Club was next best in the all rounder stakes with 6 mentions.

The ratings were dominated by U.S. swimmers except in the breaststroke events which were almost monopolised by the Germans. As I stated previously many fine Australian swims were not eligible for listing because they were recorded in 25 metre pools. It is hoped that carnival organisers in this country will endeavour to use the longer pools where they are available.

Copies of the complete World Top 5 can be obtained by sending your name and address and a cheque for \$1 to cover photocopying and postage to AUSSI, 299 Bexley Road, Bexley North, 2207.

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### Women's swims to rank in World Top 5 1979

25 to 29 years	Betty Anderson	50m	back	2nd	36.00
	Betty Anderson	100m	back	3rd	1.16.80
	Lyn McKenzie	50m	fly	2nd	31.93
30 to 34 years	Gaynor Stark	50m	free	4th	30.74
	Gaynor Stark	50m	back	1st	36.01
	Gaynor Stark	100m	back	1st	1.18.74
	Laurie Potter	400m	free	3rd	5.27.00
	Alwyn Barrett	100m	breast	5th	1.32.41
35 to 39 years	Barbara Wilson	100m	free	5th	1.20.13
45 to 49 years	Barbara Wilson	200m	free	3rd	2.56.31
	Barbara Wilson	400m	free	3rd	6.08.70
	Barbara Wilson	1500m	free	2nd	24.33.34
	Barbara Wilson	400m	I/Med	3rd	7.35.30
50 to 54 years	Josie Sansom	50m	free	3rd	36.50
	Josie Sansom	100m	free	2nd	1.24.40
	Josie Sansom	200m	free	2nd	3.09.40
	Josie Sansom	400m	free	3rd	6.40.90
	Josie Sansom	1500m	free	2nd	26.04.70
	Josie Sansom	50m	breast	2nd	44.70
	Josie Sansom	100m	breast	2nd	1.40.64
	Josie Sansom	200m	breast	3rd	3.44.20
	Josie Sansom	50m	fly	2nd	41.76
	Josie Sansom	100m	fly	3rd	1.44.62
	Josie Sansom	200m	fly	3rd	3.52.20
	Josie Sansom	200m	I/Med	4th	3.40.70
	Josie Sansom	400m	I/Med	5th	7.49.30
55 to 59 years	Betty Callaghan	50m	breast	2nd	47.60
60 to 64 years	Sheila Moiler	400m	free	4th	8.00.76
	Anita Eifler	100m	breast	3rd	1.59.27
	Bess Barrie	100m	breast	3rd	1.59.27
	Bess Barrie	50m	fly	1st	52.32
	Bess Barrie	200m	I/Med	5th	4.25.53
	Mamie Bishop	50m	free	2nd	48.23
70 to 74 years	Mamie Bishop	100m	free	3rd	2.02.00
	Mamie Bishop	50m	breast	2nd	1.22.46
	Ethel Sergeant	50m	free	3rd	50.49
	Ethel Sergeant	50m	back	3rd	1.01.20
	Vera Fernance	50m	free	3rd	1.32.75
80 plus years	Vera Fernance	50m	back	2nd	1.57.73

### Men's swims to rank in World Top 5 1979

25 to 29 years	Gary Steed	400m	free	5th	4.41.48
35 to 39 years	Tony Strahan	100m	free	2nd	59.22
	Tony Strahan	400m	free	1st	4.42.97
	John Koorey	400m	free	3rd	4.51.94
40 to 44 years	Gary Stutsel	50m	breast	4th	35.52
45 to 49 years	Jim Williams	100m	free	2nd	1.03.77
	Jim Williams	200m	I/Med	3rd	2.50.05
	Rod Ross	400m	free	3rd	5.16.67
	Rod Ross	1500m	free	3rd	21.50.00
	Jack Campbell	50m	back	4th	36.56
55 to 59 years	Bob McCabe	50m	breast	4th	40.52
60 to 64 years	Hal Bailey	100m	free	3rd	1.13.14
	Hal Bailey	400m	free	4th	6.11.12

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## CITY MUTUAL-ASU DISTANCE AWARDS

### Swum as a SINGLE SWIM

In the December 1979 issue Des McCormick outlined the City Mutual-ASU awards for accumulative distance swimming.

There is another two sets of awards for single swims. The first is the Platypus Awards for beginners covering distances of 25 metres, 50 metres, 100 metres and 150 metres.



The second is the Fish Motif Badges covering 200 metres, 300 metres, 400 metres, 800 metres, 1000 metres, 1500 metres, and 3000 metres.

To qualify for these awards you must swim the nominated distance (no time limit applies) with an

examiner present. The examiner may be an official or officer of an affiliated club, a school teacher, a teacher of swimming, or a national accredited swimming coach.

It is suggested that clubs could decide to award a selection of these badges to members who qualify, say the 25 metres and 100 metres for beginners, and others as they improve.



Badges, which are exquisitely embroidered, are \$1 each and badges and brochures can be obtained by writing to: Secretary, City Mutual Awards, Amateur Swimming Union of Australia, P.O. Box 133, Chatswood, NSW, 2067.

## *Points to Ponder*

### CONDITIONING FOR DISTANCE SWIMMING

*By Des McCormick, Chairman — National Education & Coaching Committee*

This article deals with the conditioning required for long distance swimming. It is written with the inexperienced swimmer in mind. The more advanced swimmer will find little trouble in swimming for one hour or longer. This type of swimmer should only require about three weeks preparation for a swim of this type. The group that the article is written for is that which may only swim a quarter and a half during training.

Thanks to the National Committee we have, in my

opinion, a new and exciting award — the 800. This type of award is a wonderful stepping stone to the 1500 and one hour swims. This award is just what was required to encourage the not so strong swimmer to try harder. Every member should be trying for the 800, it is possible for everyone. The time has been set at a level at which, with a bit of care, the weaker swimmers can achieve the award and so progress to higher levels.

I would like to present this article to you and hope

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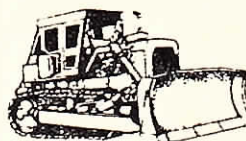
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that it will help in some way. If you disagree with what I have written that is very good, it proves that it has made you think about your problem.

The term "distance swimming" does require to be defined. It will mean different distances to swimmers of varying ability. A swimmer whose longest distance swum in training is a quarter of a mile is quite in order to think of a half mile as long distance. In a similar way a person who regularly swims an eight hundred, a one to two mile swim might mean to him long distance. We now realise that the words "long distance" mean nothing unless qualified by stating the ability of the swimmer concerned. No one should be ridiculed because a quarter mile is a long distance for them. Having established this point, let us now look at some other aspects that come into consideration.

The first question to be asked is, "Why can't I swim further?" Two points come to mind immediately: 1) Your stroking ability. 2) Your physical condition. It must be repeated again that if your stroking ability (stroke technique) is not efficient, then advancement will be slow. Every swimmer must be able to perform the strokes correctly to fit into his build pattern. Physical condition — in this case water condition — can't really be attained without good stroking ability. Conditioning must be a slow process. It is a case of repeating a set of exercises or activities until the different body systems grow stronger.

During this build up, pain and discomfort will be encountered. As I have stated before, each of us must learn the message of pain. It is very beneficial to experience some levels of pain although some higher levels must be avoided. There are people who have a low pain threshold and with practise this can improve. The feelings that are associated with muscular pain — breathing stress and that of the heart beating harder or faster — must not make us afraid to continue. If these pains are controlled by you for your ability stage, no harm will ensue. Remember, all of this is very personal. It's all about you and your body, not the person in the next lane who seems so much better. We must endure controlled pain so that our bodies may grow stronger.

I have dealt slightly with the physical side of things but now wish to comment on the other aspect that controls distance work — the mental side.

The prospect of swimming for an hour and not going anywhere makes outsiders wonder if we are quite sane. To swim for an hour and see nothing but the bottom of a pool makes me wonder if we are sane. Nevertheless we do this and survive. The monotony of this type of work can very quickly lead to boredom and this in turn will cause every little discomfort to become enlarged out of all proportion. It is therefore important that we condition our minds for this task. As we swim we must keep our thoughts on positive things — how many metres or lengths have I swam or

have to swim? How is the stroke? Pulling and breathing correct? We must relax mentally and free our minds from the discomfort we feel. When counting laps or metres, try to think in the largest numbers you can. For example, I find in my case that the thought of only two two hundreds to swim is much easier to contemplate than another sixteen laps. Think large and distance passes quickly. Remember self-discipline is most important. Again that word "self"; you are not trying to compete with or as someone else.

Equipment is important; it might appear obvious but even the costume to be worn must be comfortable. Ladies remember you could be lifting your arms out of the water 1800 times, a poor fitting strap could make this agony or worse still, impossible. Unfortunately with the varying standards of water we are forced to swim in, it's now the norm to wear goggles. From observations I find that even these vary from face to face and even from day to day. Water that is caught inside the eye piece can be very troublesome so ensure that your goggles fit snugly and are not so tight that they cut into your eyes.

Next comes the question of training and conditioning. As stated earlier your strokes must be good, a smooth stroke will make your task so much easier. Conditioning, this aspect of your programme is the most difficult to write about. As I keep stating "swimming is self". It is really impossible to set out a conditioning programme for a wide range of ability groups. To do this a person must know the swimmers and observe their ability. What I intend to do is to set down a very basic idea or programme on how to approach the problem of being able to swim further. From these ideas you can then build your programme. If you have any difficulties in either doing this or understanding the ideas set out, then contact me and I am sure things can be sorted out.

There are two ways to approach your distance swimming. One method is by using time instead of distance. The amount of time to use is, of course, personal, but I think every swimmer should be capable of a 15 minute swim. We take this period of 15 minutes and use it as our basic factor to build on. The conditioning table might look something like this:

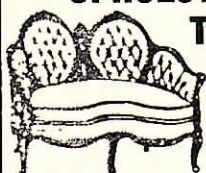
Weeks	1	2	3	4	5
swim 15 min.	15 min.	30 min.	30 min.	45 min.	
rest	rest	rest	rest	rest	
swim 15 min.	15 min.	10 min.	15 min.	15 min.	
rest	rest	rest	rest	rest	
swim 5 min.	10 min.	5 min.	10 min.	10 min.	
rest	rest	rest	rest	rest	
swim 5 min.	5 min.	5 min.	5 min.	5 min.	

### Strokes

It is important that all strokes should be used if it is possible. This will make sure that the skeletal muscles are all used. It also means that if you become tired you can carry on on a different stroke.



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## Rest Periods

The rest periods I have included because they are very important. Not only do they give you a rest but they are also used as a gauge to your physical fitness. How long a rest do you take? This you will find out yourself. Again there are two factors to help you decide. The first one is the state of your skeletal muscles, do they hurt, are they capable of more work. I imagine that we are all aware of this state. The second factor is the state of your heart. When I use this phrase, the state of your heart, this is what I mean. I am not thinking of you being out of breath or having sore muscles. The best method for testing your level of tiredness is to take a pulse count. The method used by most people is to take your heart rate for 15 seconds, multiply by 4 and you have your rate. This check is made when you stop and is checked again every 30 seconds. It will be found that the rate will level out after a period of minutes thus allowing you to continue with your swim. This is where the controlled pain comes into being. You will be tired, sore, etc. but you can go on because you are controlling the discomfort. One rather interesting thing you might find at the start of your conditioning programme. It is not im-

possible to find that the heart rate indicates that you are able to restart your swimming where in fact the skeletal muscles will say no. The mind, of course, is in control and hopes to stop you from continuing the hard work.

## General Tiredness

A point that is sometimes overlooked is general tiredness. As an adult you are in fair condition for the general work you do each day. What must be remembered is that when you start a conditioning programme of any kind, you place an extra energy drain on your body. Because of this you become tired and you also find you want to eat more than normal. To take the first point — extra tiredness. This is normal, but it does mean that you will have to organise your day in such a way that you can have an extra rest period. The second point concerning food. Extra workouts burn up energy. If you are overweight, then don't go mad and start eating EXTRA after a work out. This will help you to control your weight problem. It must be pointed out that as you are starting a programme of physical effort you will require food and in correct quantities to replace that which you burn up.

---

# A SUGGESTED SCHEDULE OF WORK TO COVER ONE YEAR OF TRAINING

*By Des McCormick, Chairman — National Education & Coaching Committee*

Any programme of work must have an aim and must include certain work. The method used is personal because of the time factor. The programme must include activities that will build up all aspects of swimming.

1. Stroke technique.
2. Skeletal muscle strengthening.
3. Cardiovascular build up.
4. Race preparation.

## Stroke Technique

This type of work will consist of two distinct forms of swimming. The first one is where the swimmer is swimming to instruction. The coach is teaching or correcting the swimmer all the time. The second one is where the swimmer is allowed to go and practice what he has been taught. This type of swimming will require slow swimming and frequent stops. It does nothing to help the stamina build up. Most of this work will be done during the lay-off period. At this time the swimmer corrects faults and learns new strokes and turns.

## Skeletal Muscle Strength

Muscular strength is very important to swimmers. The swimmer will find that he may require to do land work as well as water work to improve his strength. The type of work to be done to improve strength is the longer swims with or without resistance. To ensure that the swimmer does not loaf during these swims it is important that some form of check is kept on his speed. When people talk about watches there is an immediate reaction that the swims are to flat out, trying to beat the best time recorded for the distance. This is not so, the watch must be used as a speedometer. It tells the swimmer if he has been going too slow. Using the watch in this way the swimmer will also learn pace. This work is once more done during the winter months.

## Cardiovascular Build Up

The main concern that we should have is, are we in fact exercising our Cardio Respiratory System. At first this may seem a very silly thing to say, but let every



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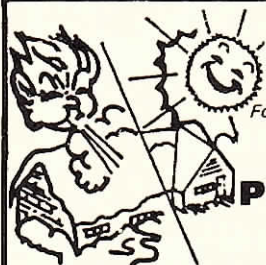
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swimmer think about it. To exercise our C.R.S. we must work hard enough so as to cause us to breathe deeply for a long period of time. Those of us who are able to swim a fair distance must look at how we do cover the distance. Being accomplished swimmers means that we can cover long distances without any strain. In other words we are clever enough not to get out of breath. To swim long distance we will do it comfortably. The distance will be the governing factor, not the manner in which it is done. In my opinion it is much better to swim two four hundreds with a short rest between them than to swim one eight hundred. The four hundreds can be swum at a faster rate and should put more stress on the system. It is important to subject the body systems to stress during training. It's a little late to do it during a race. The conditioning period is a period where we can stop if we desire, during a race, pride will make us do things that can harm our bodies.

This type of work is done all the year but does become more frequent as the race season comes closer.

### Race Preparation

The swimmer must decide the events he thinks he has a chance of doing well in. This will be governed by his preparation. Race preparation starts at the beginning of the training year. All work during the year must be tied in with the races that are going to be swum at carnivals. From December onwards the actual race distance and strokes should be practiced more often. Club nights will allow for this. Top ten trials are an opportunity to test out the training and to check up on turns. As the season comes closer to race day then faster workouts must be done. The swims become shorter and the speed faster. Rest periods between swims will be shortened. It is important to bear in mind that as the body is being asked to take more strain, it will require more rest.

---

## Portraits

### THE SECOND HURDLE IN THE RACE FOR LIFE

By Brian Duffy

After recovering from a severe bout of bronchial asthma (at the age of 46), which hospitalised me for a period of six weeks, I was subject to periods of depression. My wife started me on a course of swimming and over the last 13 years I have progressed to the stage where I had a new lease of life.

On 22/1/80 my doctor informed me that I had diabetes and I would have to inject myself with insulin every day for the rest of my life.

Imagine the shock to suddenly realise that overnight I had joined the many unfortunate people who have this complaint. I thought "Why me?". I have never really abused my body and always followed a reasonably sensible attitude to the food that I consume. My first reaction was to think "Have I overdone it with all this exercise?". I asked my doctor and he assured me that this was not the cause and because I was in such good physical condition, I would recover all the quicker and be leading a normal life, providing I followed the guidelines laid down for diabetics. Part of this is exercise and my aim is to be the fittest diabetic around. (Diabetes is hereditary or viral)

After a week in hospital and a week at home to condition myself to my new routine, I was back at work.



I am writing this article not to impress anyone that I'm the greatest. The sole purpose in writing this is in the hope that someone may read it and recognise the following symptoms which I experienced — perpetual thirst, dryness in the mouth, loss of energy. I realise that I had these symptoms for some time and put it down to the heavy training schedule I was following.

I would advise anyone who thinks that they may be experiencing this symptoms to consult their doctor

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and ask for a diabetes test. It may be the difference between taking tablets or using a syringe to inject insulin every day for the rest of your life.

I accept this new hurdle in my life and I know there are far worse diseases that I could have contracted, and I am lucky to have contracted one that is controlled. As one reaches the sixties, one must expect to suffer from some complaint or another.

I am able to think in this philosophical approach to life because I am fit in my body, and if you have a fit body you will have a fit mind which allows you to think positively, and I will continue to swim for my life.

On discharge from hospital my doctor informed me I would meet up with a lot of fools who would only be

too willing to tell me of all the dreadful things that happened and could happen to me as a diabetic and I would meet a lot of sensible people who would say nothing: and I sure have met a lot of fools. For example: "My father eventually had to have pieces of his leg cut off from gangrene"; my father eventually went blind"; my mother finished up with a severe heart attack."

Thankfully, due to my physical and mental fitness, I am able to take all these quotations with a grain of salt.

But imagine the effect these quotations could have on a person that was not in a fit state of health. So please be sensible.

## CONDITIONING AND TRAINING "A Personal Point of View"

*By Frank Griffiths*

### PART I: CONDITIONING

Conditioning may be defined as preparing the body for activity. It includes the building of health, strength, endurance and speed. Training is defined as the process of adjustment to the competitive situation and improvement in the skill in which the athlete is to perform.

The words "conditioning" and "training" are often regarded as having the same meaning. They are usually regarded as being so closely allied in preparing the athlete for competition that no distinction is made between them. For example, as an athlete undergoes certain forms of physical movements in acquiring a skill he is also by this exercise improving the quality of his muscles. Thus, while he is training, he is improving his condition.

From a coach's point of view in considering the preparation of an athlete for competition the problems of conditioning and training present a logical sequence. The body as a machine must be strong and be able to overcome the stresses of fatigue to such an extent that the performance of the skill may not be hampered by the lack of these faculties.

Theoretically a man can be in excellent condition and still not be trained for a skill. Also, on the other hand, he may be well trained to perform a specific skill, but he may lack the physical capacity to complete the performance or continue the performance for any length of time.

Although the processes of conditioning and training are carried on at the same time during a season, still each of the procedures may be considered separately. Conditioning is related to measures, which will improve the athlete's physical condition. The emphasis is on strength, endurance and flexibility. Strength, endurance and flexibility can be improved by a carefully

regulated program of conditioning procedures. These procedures include diet control, frequent and graded exercises, adequate rest and observation of certain hygienic principles.

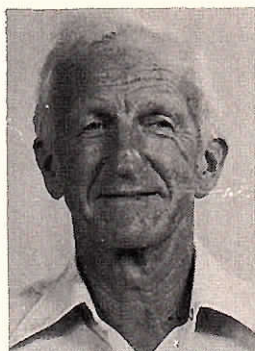
### SWIMMER'S DAILY SCHEDULE OF LIVING

The cardinal principle of conditioning one's self for strenuous activity is to have a regulated schedule for routine events. It is advisable that meals be eaten at regular hours every day, to set bedtime and rising hour at a regular time and to arrange the training period at a regular time every day of the week. Such a regular schedule will assist to keep the swimmer mentally and physically alert and healthy.

#### Regular Diet

Food, the right kind and enough of it, is a significant factor involved in acquiring strength, endurance and alertness. Food should be consumed slowly and thoroughly masticated and meals eaten in a quiet, pleasant and relaxed environment. There are six essentials of nutrition — proteins, carbohydrates, fats, vitamins, minerals and water.

During the swimming season the swimmer's daily energy consumption is increased over his everyday average. Large amounts of body heat are lost during submersion and exertion in the water, body substances are broken down faster and a strain is thrown on the body processes. The food substances taken into the body must be increased to supply the necessary





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elements for yielding energy for muscular work and heat, for building and restoring tissues, and regulating body processes.

### Rest

The amount of sleep required by an athlete depends entirely on the individual, the determining factors being his age, daily activity, physical and mental development and personal peculiarities. It is possible to have too much sleep. Temperance in sleeping is just as essential as temperance in eating and other habits of life. Eight hours of sound sleep is far more restful than a longer span of semiconsciousness and tossing in bed. People sleeping in amply ventilated rooms as a rule sleep deeply; hence, because of the quality, they require less sleep. Normal and refreshing sleep is favoured by moderate FATIGUE and reduction of sensory stimuli.

Swimmers should develop a healthy sleep habit founded on the following principles:

1. Arise at a regular hour regardless of early morning fatigue.
2. Determine the number of hours of sleep usually required to produce the feeling of absolute rest upon awakening. Calculate the hour of retirement accordingly. Establish the habit of retiring regularly at this hour.
3. As you undress for bed, shed your worries with your clothes. Go to bed to relax, rest and sleep.
4. Have the sleeping room dark, well ventilated and as quiet as possible. If you cannot escape noise, make your mind to become adjusted to it.
5. If nervous excitation is marked or physical fatigue unusual, take a hot bath before retiring.

### Exercise

Analyses of the factors which make for success in athletic performance show that strength is very important.

This is not surprising when the structure of the body is considered. The bones of the body are attached in such a way as to form levers which are moved by the muscles. The levers which are employed in sport, such as those of the arms and legs, are practically all of the type in which the muscle is attached quite near the end of the bone. The weight to be lifted is at the free end of the lever and far from the muscle which is to move the weight.

While this arrangement may be very convenient for movements of speed in which little resistance is encountered, it puts the muscle at a great disadvantage, where moving against resistance as in swimming, is concerned. To move against resistance, an extra-

ordinary large force is required in the form of muscular contraction.

For peak performance in swimming the muscles, which are the source of power, must be strong. As a rule the practice of sport itself is not sufficient to develop the muscles to their greatest strength. The addition of strength-building exercise can be used to supplement this muscular development.

In many instances swimmers reach a peak in their event that represents only the skill side of the activity. Further improvement is impeded by their limitations in strength. If they will increase their strength, they may extend their peaks considerably. The exercises used for conditioning and warm-up will vary with each individual. The conditioning exercises should be easy to perform, should require no special apparatus, and utilise the large muscles since it is through the activity of these muscles that general physical condition is most improved. A program of this type increases:-

1. The size of the general musculature,
2. Strength,
3. Endurance, and
4. Efficiency of performance.

Warm-up exercises before practice and actual competition have these immediate effects:

1. Increase body temperature to that most favourable for muscular activity;
2. Improve muscle tonus;
3. Shorten the length of the relaxation period;
4. Remove the effects of possible early contraction; and
5. Decrease the chances of injury.

Some swimmers have muscles that are overdeveloped and shortened, which require stretching to give them suppleness and amplitude of motion. A stretched muscle is more efficient and responsive than an unstretched muscle. That is the reason why one should warm up before taking part in violent exercise. Muscles shorten under constant use. If the crawler or flying breast stroker hopes to recover the arms above the water easily and not pull against tightly stretched muscles retarding these movements, he must give some attention to keeping the muscles stretched throughout the entire season. The hamstrings also shorten easily, hindering freedom of action of the legs. To have supple feet, muscles which control the ankles and those over the tarsal and metatarsal bones must be stretched regularly.

Breast stokers should stretch the crotch muscles so that there is no tension in the spread of the legs. Back stokers should develop an especially loose shoulder joint so that arms can press into the water easily on the entry phase of the stroke without a roll of the body to accommodate tight shoulder-arm muscles.

*(To be continued on next issue)*



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# Changeroom Chatter

## TO TAMWORTH "Trekking to Trepidation"

By Gwen Gorman

"You're coming," said Elaine, "and the only reason you'll be excused for not coming will be a broken leg."

"Good Lord!" I thought, "what am I letting myself in for?" So, with bathers, cap and ear plugs in hand and feeling very old I set forth to Tamworth (with trepidation leaving the security of home and family behind). On arrival I could virtually smell the chlorine and I opened the car door and my stomach which had been churning over, was now doing so in double time.

Wow, what a set up do the good people of Tamworth have — a magnificent venue for what was to become a great weekend.

Stripping of into my costume and ready for the first race — how I wish I had gone to the "loo" for the second or was it the third time? Too late — name called and off to the blocks I go. Please God let me turn correctly — guide me around — no double turns this time — Too late to chicken out now — up onto the block I stand — On your mark — BANG — and off I fly — breath in over my shoulder — out two — three — watch your timing — kick your feet, keep your rhythm, O.K. Alan — arms close to the body — How's that Robyn? — here I go — Not bad, I thought, as I "churned" towards the end — I made it, turned well and what's more I finished.

Time? Placing? Did I hear you ask? Is that important in AUSSI? I competed and I finished and to me that is winning.

On a serious note, the weekend was a great success, enjoyed I'm sure by all in attendance. On behalf of all who made the trip, my grateful thanks to the organisers at both ends and to the hospitality offered by the Tamworth people.

\* \* \* \* \*

Our club, Everton Park, was one of four AUSSI clubs throughout Australia which competed for the first time in the annual Hawaiian Postal Relay Meet along with thirteen U.S. Masters clubs. Considering we only entered five of the seventy possible events we did very well. Our teams were placed as follows:—

Men 25+ 200 Fly 11th; 400 I.M. 13th

Men 35+ 200 Back 5th; 800 Free 3rd; 500 Free 6th

Each swimmer received a certificate commemorating the event. Team members were Bert Collier, Denis Finselbach, Wayne Collie, Roland Bertomeau, John Palmer, Mark Saunders, Robyn Cobbe, Rick Thorn and Alan Sharpe. CONGRATULATIONS from Elaine Collier.

What our short-sighted chemist did when he didn't have his glasses on — one morning he put spirit ear drops in his sore eyes. Several nights later he squirted tinca solution into his stuffed nose — what will he do next?

or

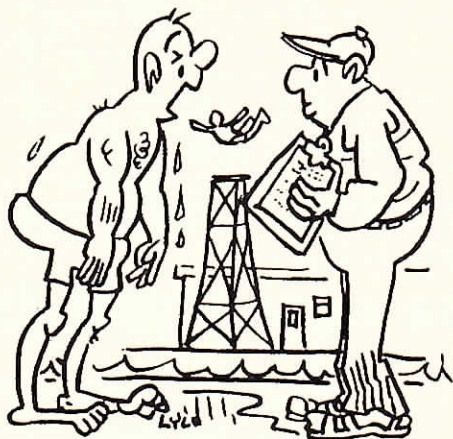
The absent-minded editor who was so engrossed in counting her strokes breathing in-out, one two three, that she managed to bang head on into the wall at the St. George meet at Peakhurst!!!

\* \* \* \* \*

Congratulations to Brenda Bockmann and husband Rick on the safe arrival of Peter Alexander. Brenda coordinated the publicity for the National Swim, another job well done.

\* \* \* \* \*

Thirty-two Brisbane AUSSI swimmers journeyed to Toowoomba to give former Queensland State President Chris Shapland and partner Clive Stain's new pool its baptism, hear it was quite a splash.



"I got in a little extra swimming practice last night 'couch . . . My water mattress broke!"

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# Calendar of Coming Events

## 1980

- September 12: National Conference of AUSSI State Branch Committees
- 13: AUSSI NATIONAL COACHING SEMINAR — All Welcome  
West Peakhurst Primary School, Sydney. All day, 9 am start. Fee including hot lunch/teas and biscuits — \$10.
- 20: Cronulla (NSW) Swim — Aquadot Pool, Sutherland  
Contact Marion Baker, 13 Veronica Street, Loftus, 2232
- 22: Maida Vale (WA) Swim — contact Sandra Duckett, 221 Goosberry Hill Road, Maida Vale, 6057
- October 11: Hunter (NSW) Swim — Newcastle. Contact Fay Brown, 44 Westwood Avenue, Adamstown, 2289. Phone (049) 521-489 (home)
- 12: South Hedland (WA) Swim — contact Lyn Hooper, 31 Pedlar Street, South Hedland, 6722
- November 1: Hills (NSW) Swim — 1 pm. Contact Hazel Tutty, 13 Coronet Court, North Rocks, 2151. Phone (02) 872-3146 (home)
- 16: Inglewood (WA) Swim — contact N. James, 78 Ashington Street, Dianella, 6062. Phone (09) 276-1766 (home)
- December : Lane Cove (NSW) Swim-long course — contact Harry Turner, 50 Tambourine Bay Road, Lane Cove, 2066. Phone (02) 427-0818 (home)

## 1981

- January 24: Canberra Swim-long course — contact Helen Rees, 25 Barnett Close, Swinger Hill, 2606
- February 14: WA STATE SWIM — contact Glenys McDonald, 5 Fortis Place, Carine, 6020. Phone (09) 447-3578 (home)
- March 13-15: AUSSI NATIONAL SWIM — Beatty Park Pool, Perth, W.A.  
Open to registered members of AUSSI and all overseas Masters bodies.  
Brochures to all clubs shortly. Three tours available, refer to Gary's Gazings this issue.

## 1982

- March : AUSSI NATIONAL SWIM — Sydney, NSW

### TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the December issue of AUSSI Adult Swimming must be received by the 25th October. Write to A.A.S., 299 Bexley Road, Bexley North. 2207.

See also "Places to Swim with AUSSI" this edition of A.A.S.

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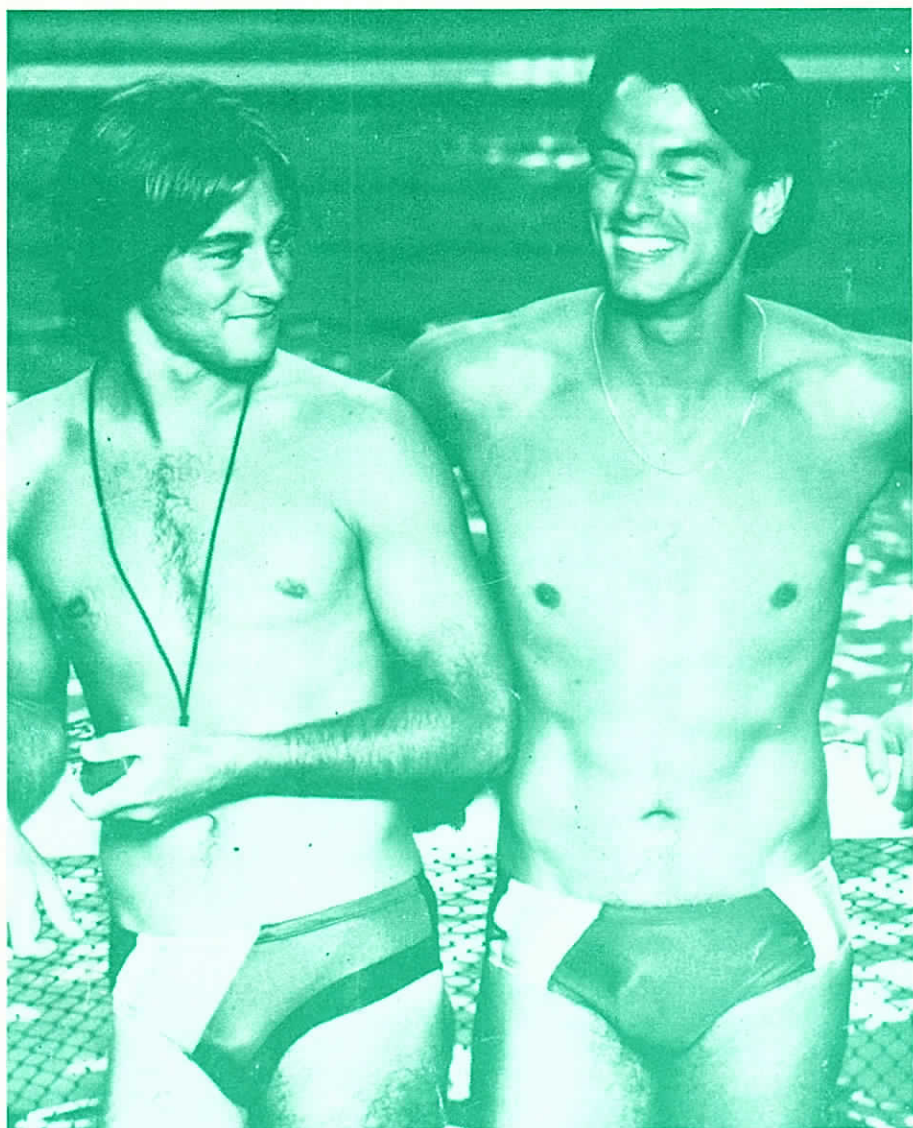


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