



AUSSI Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS INTERNATIONAL

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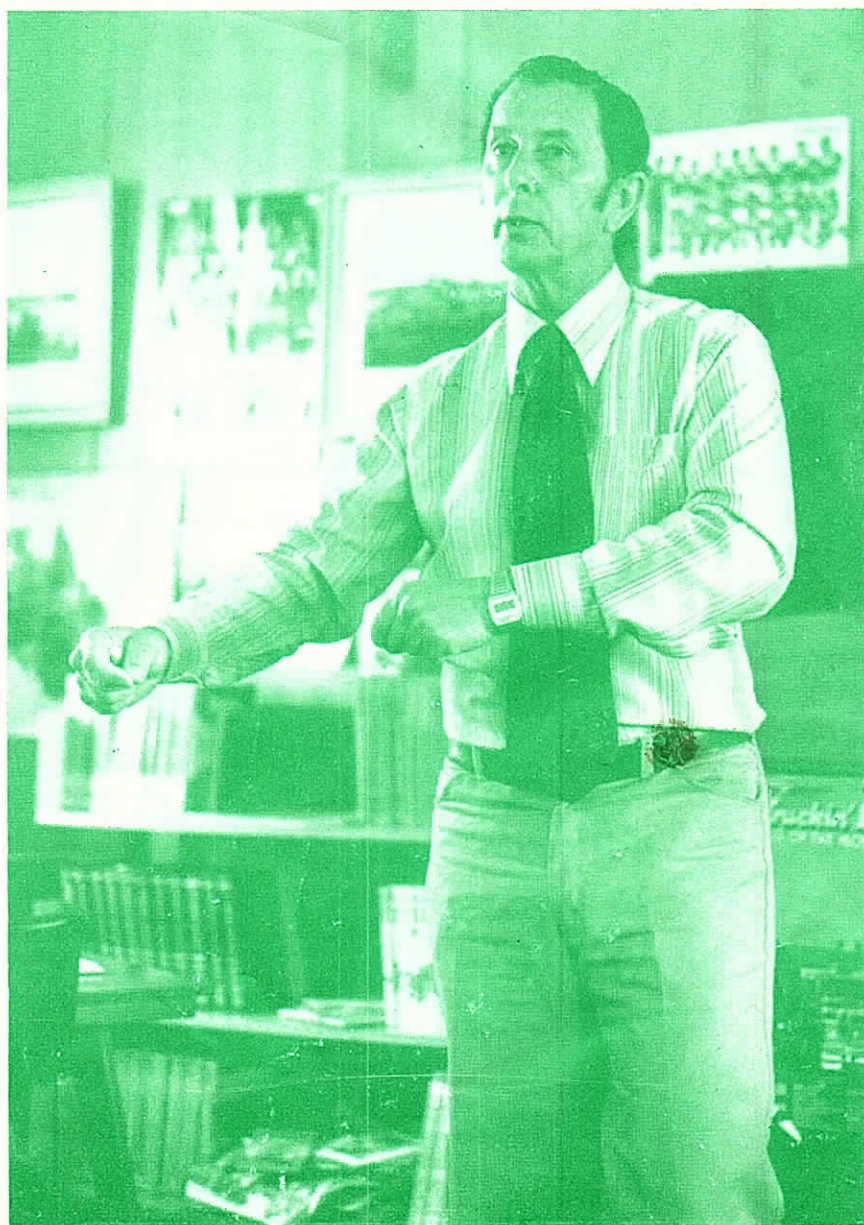
NO. 5

DECEMBER 1980

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



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*Wishing all Members a Very Successful National Swim and
Australian Club Championships in 1981*

EVANS AVENUE, NORTH MANLY

Carol's

Comments

It's 'HAPPY BIRTHDAY' to us, as AAS is one year old with this edition. I must confess that during the early stages I had doubts about our survival. Going commercial was a necessity and the National Conferences' decision that all members of AUSSI should receive AAS as from January, 1981 was a great boost. Looking at 'Swimmers' Viewpoint' it's great to see the number of letters coming in. It justifies the National Conferences' decision that you, our members, should be kept informed and that you should also have a forum where your views and ideas could be expressed.

The big event on our calendar since last issue was the Conference/Seminar Weekend. I, like most, was stimulated by the interchange of ideas with the interstate delegates, and then by the new lines of thought gathered at the Seminar. My enthusiasm was renewed and I can see AUSSI growing in stature every year. For a full report, photographs and a diversity of views, turn to our feature article.

This issue is full of information. Excitement is beginning to build towards our National Swim in Perth. WA has promised us a Nationals we shan't forget. Knowing their energy and drive, I believe them. All details concerning the National Swim appear in this issue, as does the up to date RULES OF AUSSI. Also, you will find the second instalment of Frank Griffith's article — the 10th fastest time received to the end of October by the National Recorders Margaret Wilson and Steve Byles, plus all the chit-chat

NATIONAL SWIM

MARCH
13th, 14th, 15th
1981



of "Changeroom Chatter". The States are keeping us informed of developments in their areas.

As you know I like to use as many photographs as possible, so I do appreciate those snaps you folk have sent me. However, it would be remiss of me not to especially thank Pieter Stroethoff who takes a great number of my photographs and turns your colour negatives into black & white shots, all for gratis — thanks Pieter!

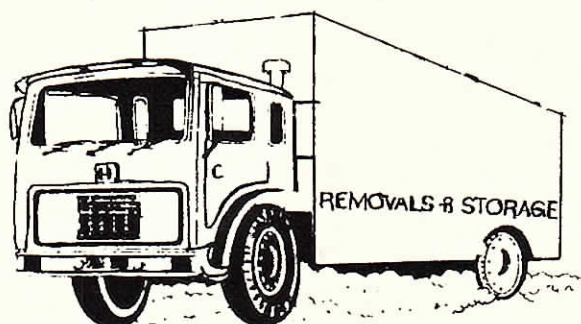
Next edition? Well AUSSI went into the movie making business, P.J. (Peter Jackson) was naturally our star, but what about the other talent we discovered? Watch out for a special feature all about this venture. I'm also hoping to organise an exchange of articles with our American counterpart "Swim-Swim". However, still the most important items are your contributions, please keep them coming.

I wish you and your families a Joyful Christmas, and hope 1981 goes 'swimmingly' for you. On top of my list to Santa? The trip to Perth!

Carol

P.S. All contributions must be received by February 1st, 1981 for inclusion in March AAS.

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Swimmers' Viewpoint

The Editor, AAS

I am getting a strong feeling that the people at the top of the AUSSI tree are losing sight of the fact that people who turn up regularly at swim meets at a local level are somehow interested in their own fitness. If they were not, we would simply not see them come back every week. The vast majority of us adult people have our family life as well as our working life to contend with and swimming, regardless of how seriously we may take it, is only a very small part of this. Burden it with bureaucracy and you will begin to lose people. By putting the emphasis on fitness you kill the fun — fun implies a happy atmosphere, and frankly I cannot see the threat of suspension doing much for this. Apart from which, of course, you do not seem to appreciate the sheer impossibility to police this new regimen, the consequences of which would be that clubs ultimately could be penalised for having an unfit member in their midst.

One big question remains! Why do you want to change AUSSI? All our members seem to think that things are going fine and everybody agrees that the ideals of AUSSI as we know it are ideally suited to our needs.

I would be very much obliged if this letter could be published.

Kindest regards,

Pieter Stroethoff
Secretary, Manly Club

Answer —

Dear Pieter,

Your letter raises several points, the most obvious one being your reference to the proposed "penalty clause" for not implementing a fitness programme.

This was indeed an over-reaction on my part to a technicality concerning the Rules of AUSSI and reference to Rule 5 of the Rules of AUSSI in this edition of "AAS" will assure you that you need have no further fears regarding this matter.

You state that regular attendance at swim meets is evidence of an interest in fitness; but I cannot agree. All people come because they enjoy swimming,

- some come to escape their families even for an hour
- some come to relax after a day's work
- some come to meet and chat with others who enjoy swimming
- some come because they have a genuine desire to get fit and realise they need the support and help of others.

As you say all these things are AUSSI and this is good.

What concerns us is that some people are putting their all into racing without doing the necessary preparation or training — that is getting fit. Whilst they are not likely to kill themselves they can harm their muscles and we feel very strongly that all levels of AUSSI — not just the "top of the tree" but especially the trunk, our clubs, should be educating our members that if they are going to race they should get fit first.

Gary Stutzel
National Secretary

Dear Carol,

Would like to thank Elaine Collier (our State Secretary) and Desley Williams (our State Recorder) through your magazine.

Our Club had every "teething trouble" a club could have — and we are extremely grateful to Elaine and Desley for their help. They rate in our "Top Ten" for being super people as well as super sports.

Jill Pringle
"Suncoast Polar Bears"

P.S. Any AUSSI members holidaying on the Sunshine Coast are very welcome to our Club. We meet every Wednesday night at the Caloundra pool, 7.00 p.m., phone Jill 421500.

Answer —

How nice of you to take the time to write, so many people take for granted the time and efforts of their State Executive, so on behalf of Elaine and Desley, thank you.

Carol

Dear Carol,

Firstly I would like to take this opportunity to thank all the members that attended the Conference/Seminar weekend and for making Gloria and myself most welcome. It is indicative of the type of people involved with AUSSI and was most enjoyable and enlightening.

D. Smith
North Lodge, Victoria

Answer —

Thanks for those kind words Danny, I believe the Conference/Seminar weekend was a great success, and it was people like Gloria and yourself which made it so. For further information and comment about the weekend see our feature.

Carol

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Narooma AUSSI
Olympic Pool
Narooma. 2546
20th October, 1980

Dear Editor,

The above Club would like to suggest that AUSSI subscription for "Family groups" should be reduced and only one copy of the official magazine per family forwarded.

The breakdown of fees indicate \$5.00 per year for magazine, and as in our family, three members could use just one magazine.

Trusting the Committee will act upon this suggestion.

For and on behalf of the above members,

Yours in swimming.

B. Grace

Answer —

Dear Beryl,

You seem to have misunderstood what the \$5 fee is for. This part of your fee (the \$5) is paid by your State Branch to the National Body. The \$5 per person will be apportioned as follows:—

Postage/Printing/Telephone/Stationery.....	\$.75
Office wages (50% of total — NSW pays 50%)	1.50

AAS magazine preparation of material and distribution of copies	1.00
Education and Coaching25
Promotion25
Airfares and accommodation of 2 delegates from each State to twice yearly Conferences	1.25
Total	<u>\$5.00</u>

(see also letter from Gaynor Stark and Gary's Gazings).

Whilst the magazine subscription charge was \$5 per year in 1980 we are now having it printed for us at no cost to AUSSI. It was decided that in the interests of keeping you (the members) informed as to what is happening in AUSSI EVERY member should receive a free copy.

If we made exceptions and sent just one copy where requested we would save on postage but this would defeat our main aim, that is to place every member in a situation where they have no excuse for not being aware of, and understanding what is going on in AUSSI.

Gary Stutsel
National Secretary

Dear Editor,

The Australia Day Committee for the Penrith District will be holding a bridge-to-bridge marathon swim on Sunday, 25th January, 1981.

The course is approximately 3000 metres long and runs from the new Expressway bridge across the Nepean River to the old historic Queen Victoria bridge down towards the weir.

The river in this section is almost dead straight and is approximately 200 metres wide uniformly along the whole course. It is 15 feet deep, the whole length of the course and remarkably free from snags and logs and such things, particularly in the middle of the course. At the finish of the course, namely, the northern end or Queen Victoria Bridge end there is quite a large picturesque park on the western bank, which would be very suitable for any competitors to have barbeques or family days following their swim.

We hope to have one of the local service clubs providing hot dogs, etc. on the day.

One of our main concerns, of course, will be security and to this end we hope to have all competitors numbered and perhaps with a numbered hat. There will be Civil Defence or Army personnel stationed along the banks at reasonable intervals with binoculars and two-way radios. We hope also to have a power boat on the river also equipped with a two-way radio and the Canoe Club will probably provide a number of canoeists to supervise swimmers. It has also been suggested that we may be able to print a souvenir program on which all the competitors' names will appear. Last year we were also able to provide a medal for each competitor swimming.

The program as outlined above is tentative at the moment and will of course be subject to confirmation by both the Australian Day Committee and the Penrith Amateur Swimming Club, which will basically be responsible for organising the event. I would be grateful for any information that you could pass on to AUSSI members through the AUSSI Adult Swimming Journal concerning the event, as I think it is an excellent goal for swimmers interested in fitness to aim for and also of course the more competitors we have the more successful our day is.

For all enquiries . . . Michael Christie, Blacktown Beavers, phone (047) 210741.

Michael Christie

Answer —

AAS is delighted to pass on any information on distance or open water swims.

In NSW there is the Narrabeen Great Lakes Swim usually held November or early December — unfortunately I did not receive any details of this swim until the event was due. The Canberra Lake Burleigh Griffin Swim is also on January 26th.

Victoria's Eldin Weir Swim is in February and SA's Swim through Adelaide follows in March.

Carol

Dear Carol,

Re: Circular sent to all Clubs in August from Canberra Aussis

As mentioned in the circular, we have collated the results received and a summary appears below.

1. Replies were received from all States except Victoria and Tasmania.

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2. Most thought representatives from each State were a must on a National Committee, though they varied in their understanding of the present situation. The confusion arose due to delegates from each State being sent to a National Conference which is held twice per year, and the actual members of the National Committee which still all come from New South Wales.
3. Another suggestion was that the National Committee should have delegates from each State on a pro-rata basis according to the number of registered members, with a minimum of one representative per State.
4. Points against representation from each State were distances to be travelled and costs involved, as some States still do not have a sufficiently great membership.

We feel that with gradually increasing membership in all States in the future, Aussi will gain the necessary financial backing to be governed by a truly representative National Committee.

Yours sincerely,

Gaynor Stark
Secretary, Canberra Adult Swimming Club

Answer —

Dear Gaynor,

As you say there is a great deal of confusion regarding the administration of AUSSI. Unfortunately there is an even greater indifference. I hope that your letter will result in a better understanding.

Policy, that is the overall direction to be taken by AUSSI, is drafted by the National Conference of States Delegates which consists of 2 delegates from each State plus at present a Committee of 8 who presently all reside in Sydney.

1980 is the first year that the delegates have been able to meet other than at the National Swim because this is the first year that money has been available (from the National Fund) to pay the airfares of one delegate to the Conference. The second delegate was sponsored by State funds. Most delegates were billeted by Executive members of the National Committee. Money has not been and is not now available to pay for fares of National Committee members, hence the Conference was held in Sydney and likewise all the members of National Committee live in Sydney.

With many AUSSI members resenting having to pay increasing registration fees, there is no chance that this situation will alter.

The administration of AUSSI Policy falls largely on the Honorary Secretary and the Honorary Treasurer, plus the National Director of Education and Coaching and the Editor of "AUSSI Adult Swimming Magazine". They are guided and assisted by the National President, a Vice-President, a Minutes Secretary and three Committee persons.

To bring a more business-like administration to AUSSI it has been proposed that at the next Con-

ference (March, 1981) the National Constitution should be altered to abolish the offices of Vice-President, Minutes Secretary and Committee Persons.

Such a move has been made in NSW and is working well, but again the people involved live in the one city, Sydney.

Policy will continue to come from you the members through your clubs to your State Branch and then to the National Conference.

Ideas adopted by Conference will be implemented by the new National Executive, who are responsible to Conference. Eventually this Executive, like those of all major sporting bodies, will consist of full-time paid officers, but that day is thousand of dollars away from the present.

Your point (3) regarding pro-rata delegate representation could lead to an unworkably large Conference (and also one which would be impossible to finance particularly as some States would have ten or more delegates). However I have proposed that the States consider pro-rata voting on all matters with the added proviso that Constitutional alterations would also require a "yes vote" by a majority of State Branches as well as a pro-rata majority vote (similar to referenda in this country).

Gary Stutsel
National Secretary

Dear Carol,

We are eventually getting somewhere finally so all the plugging and talking about AUSSI is sowing seeds. We now have a more permanent home with the pool manager also being elected as President.

We held our first meeting with 11 people in attendance who are now members, we had our election of officers and sorted out a constitution for the Club.

Elected were: President — Fred Prout, 649-9125; Secretary — Ann Still, 604-6902; Treasurer — Bill Clarke. Name — Western Suburbs AUSSI, Club Colours — Black/Red, rec cap, Club Nights — Tuesdays at 7pm, Auburn Swim Centre Olympic Drive Lidcombe.

We will be involved a fair bit with the Learn to Swim of adults as well as having a fitness programme and competing. I'm really pleased that it is getting off the ground. Last week we had 21 people at our Club night and had a really good response, which is encouraging.

Yours in swimming,

Ann Still
Secretary

Answer —

I'm delighted to receive your letter Ann, I know how long and how hard you've worked to get a club established in your area. From all of us best wishes for success at Western Suburbs AUSSI.

Carol.

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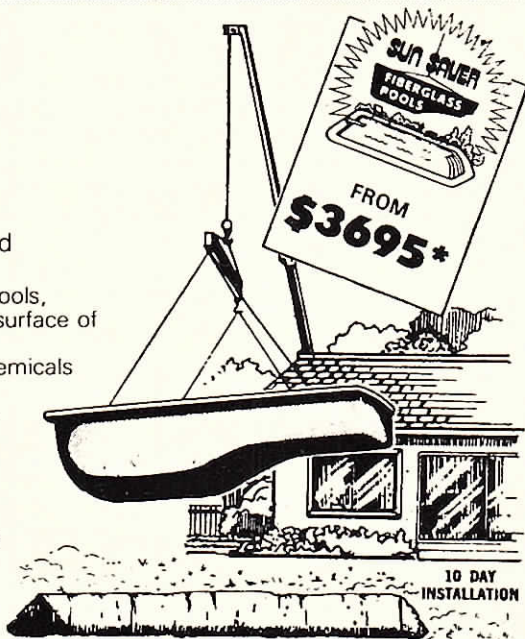
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Gary's Gazings



STRESS.— We have now been lectured on it at the National Seminars for two years in a row.

I am becoming an expert on the subject, but not from what I have heard, rather from my own experience.

Due to a rather unusual set of circumstances I am now Secretary of NSW Branch of AUSSI as well as the National Body and would have collapsed in a nervous heap by now, excepting that NSW Branch has had the foresight and for lack of a nicer word "guts" to employ a part-time Secretarial Assistant, Vivienne Watson, at a cost of \$5500 per year. Part of Vivienne's time is spent on National work although she is employed by AUSSI — NSW.

Since starting work Vivienne has been flat out 25 hours each week. These are 25 hours which were previously given freely by your unpaid officials.

Some members who are not aware of the work involved — 'running' AUSSI — have queried the big fee increases this year (1981).

What is happening is that the costs of running AUSSI; that is the airfares of your State's delegates to National Conferences and the costs of administration and printing etc. are being taken off the shoulders of the small group who have carried AUSSI for years and are now being spread evenly amongst all members.

Isn't it better that everyone who benefits by being a member of AUSSI pays \$10 a head rather than \$10,000, \$20,000, or more in time or lost wages or income having to be carried by your officials?

The position in NSW was clearly one of everyone paying a fair share of the costs or do without a Secretary.

You should all take a similar attitude towards your clubs and State Branches. Don't sit back and leave all

the work to the "clique" — hop in and help. Every hour you give saves an hour for someone else. You know! "Many hands make light work".

On a lighter note the National Swim draws ever closer and entries close on 13th February which by coincidence is my birthday.

Even closer is the deadline for final payment to Motive Travel for your Perth or Perth-Singapore packages — 15th January, 1981.

It is disappointing to find clubs and State Branches not supporting this venture as our strength is in numbers and fragmentation only weakens us.

Although discussion is needed on the topic of travel, it would appear that interstate travel is best left to individual State Branches with overseas travel being a National matter (not as some think a club matter).

In spite of rumours to the contrary there has been no notification of a World Swim. Barbara Wilson brought news of a swim in Cologne, Germany on 13th, 14th, 15th March, 1981 (in a 25m heated pool) which was being attended by some US swimmers but this is **NOT A WORLD SWIM**. It should also be noted that times swum in a 25m pool are **NOT RECOGNISED** for world TOP 5).

However, word from Japan has it that some of their swimmers, although unlikely to get to Perth, would like to meet us in Singapore on the 24th March, 1981.

This could be the start of something big with the likelihood of a Pacific Nations Contest in the late 1981.

If you are unhappy with anything that is happening in AUSSI please:—

- discuss it at club level,
- pass it on to State Branch, and if they wish
- pass it on to National Body.

If you are obstructed unfairly at any of these levels then write to the Editor AAS. Carol will print your letter even if it upsets someone else's feelings provided it is not libellous and that you have signed it.

Regards,

Gary

AUSSI BADGE/EMBLEM

Apparently some confusion exists regarding the use of the AUSSI emblem (see metal badges, tracksuit badge etc.).

This is the property of the parent body (Australian Union of Senior Swimmers — International) and it cannot be used for any purpose without the approval of the National Body.

It has come to our attention that certain groups have used it on T-Shirts, drinking glasses, swim caps etc. without permission.

Whilst we welcome opportunities to publicise AUSSI please "do the right thing" and write to the National Secretary for approval first.

Gary

DASH 'N' SPLASH



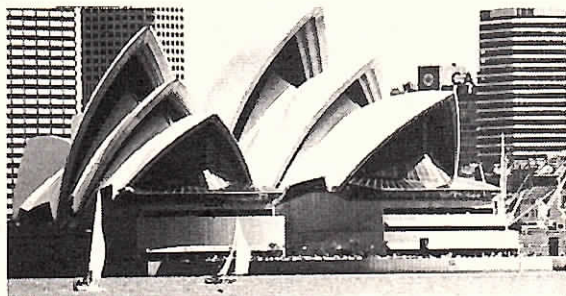
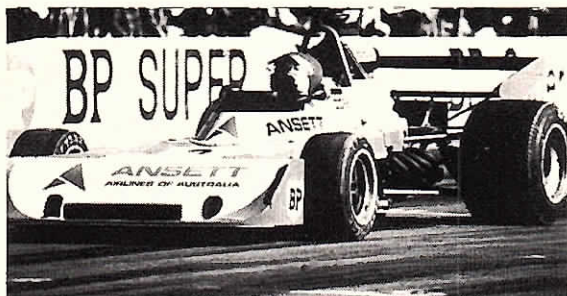
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Australian Union of Senior Swimmers-International

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NATIONAL SWIM 1981

ENTRIES

Restricted to registered members of A.U.S.S.I. or overseas Masters Swimming groups who are 25 or over on 13th March, 1981.

ENTRIES CLOSE 13TH FEBRUARY, 1981

Entries must be submitted by Club Secretaries on approved cards and summary sheets with correct fees to

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NATIONAL SWIM 1981
PROGRAM OF EVENTS

FRIDAY, 13th MARCH — REPORT 6.30 p.m.
6.45 p.m. START:

1. 400m Freestyle

* * * * *

SATURDAY, 14th MARCH — REPORT 8 a.m.
8.15 a.m. START

2. 100m Backstroke
3. 50m Breaststroke
4. 100m Butterfly
5. 200m Medley Relay Women
6. 200m Medley Relay Men

* * * * *

7. 100m Freestyle
8. 50m Backstroke
9. 100m Breaststroke
10. 50m Butterfly
11. 200m Freestyle Relay Women
12. 200m Freestyle Relay Men

* * * * *

SUNDAY, 15th MARCH — REPORT 8 a.m.
8.15 a.m. START

13. 50m Freestyle
14. 200m Individual Medley
15. 200m Mixed Freestyle Relay (2 women plus 2 men x 50m each)

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State News

NEW SOUTH WALES

NSW is still adjusting to a series of major changes.

Firstly we have adopted a new Constitution which replaces our former Committee of 8 persons with a forum (Conference) of two delegates from each club.

Delegates travelling and accommodation expenses are paid by their clubs. Investigation of specific matters is being done by sub-committees.

Administration of the Branch is conducted by a non-voting Executive of President Peter Jackson, Secretary Gary Stutsel and Treasurer Frank Sykes. Frank was also elected the Conference Chairman.

The Branch has established an office at 299 Bexley Road, Bexley North and this has been staffed by Vivienne Watson since October.

The Conference, at its first meeting on the 25th October, completely overhauled the format of the State's major competition, the State Cup, and we are confident that it will be far more attractive to both clubs and members.

We have been extremely busy preparing and conducting the first sessions of the "AUSSI — LIFE. Be in It" programme since early October (see article this edition) and we look forward to this having an impact on every member of AUSSI.

Merry Christmas and a Happy and Healthy 1981 to you all —

Gary Stutsel for AUSSI NSW

VICTORIA

AUSSI swimming in Melbourne for some years consisted solely of North Lodge Club. This Club is located in the outer eastern suburb of Dandenong, but drew

members from throughout the metropolitan areas, except the western suburbs which were not represented at all. The Club rose to national prominence on sheer weight of members, and is the only club to win the Nationals out of its own State. A second club, Power Points started in winter 1979, less than a year later the Club was strong enough to place 4th at the Nationals in Adelaide, March 1980. Power Points is now looming as a competitive threat to North Lodge. North Lodge is only hanging on courtesy of its little old ladies. Winter 1980 has seen a blossoming forth of tendrils from North Lodge with new clubs at Mordialloc (southern beach suburb), Syndal (eastern suburb) and Diamond Valley (outer northern suburb). Fawcner is establishing itself independently in an outer western suburb.

Country Victoria has grown from Geelong and Ballarat to include new clubs at Bendigo and Portland. Obvious places for clubs to start would be Morwell, (two swimmers have been driving down to Dandenong and will probably start their own club). Shepparton has possibilities, so do Horsham, Sale and Mildura if only someone will take the trouble to start things going.

There is still plenty of scope in Melbourne's suburbs with early murmurings at Ringwood (outer eastern) (State President Danny Smith is pool Manager) and Prahran (inner south eastern, the council has been approached for permission). Somebody should start one at Frankston, and there's still lots of scope in the northern and western suburbs.

This proliferation of clubs will draw in lots of new members without significant loss to North Lodge and is an extremely encouraging development.

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WESTERN AUSTRALIA

On 30th July, 1980, the Osborne Park Club (WA) conducted an inter-club carnival for WA AUSSI clubs. The carnival consisted of four events, 50m Backstroke, 50m Breaststroke, 25m Butterfly and 100m Freestyle plus a novelty relay event. Seven metropolitan clubs competed, including the newly formed Whitford Club which fielded 10 swimmers.

The meet was held at Osborne Park's regular venue, Lyn McClements Swim Academy, which has a 25m heated indoor pool, ideal for a cold wet July evening. At the completion of the swimming a chicken supper and liquid refreshments were available. Most swimmers stayed on after the last event to enjoy the "fun" part of the programme.

The evening provided some exciting races with an exceptionally high standard being set. Ten State and two National records were broken during the evening, all by men. Either the women weren't in very good form, or their records are of such a high standard they are hard to improve on!

Host club Osborne Park continued its dominance of inter-club carnivals, going to an early lead and never being headed all night. The final results were: Osborne Park 199, Maida Vale 163, Melville 135, Carine 127, Inglewood 74, Claremont 62, Whitford 30.

National records were set in the 70-74 years age group where Ernie Williams of the Claremont Club set a time of 53.84 sec for 50m Breaststroke and 1-17.06 for 100m Freestyle.

In the 50m Breaststroke Bob Colquhoun (Inglewood) also bettered the previous National time when he finished in 54.46 sec.

Ernie Williams, who is a relative newcomer to the

AUSSI movement, also set a new State record in the 50m Backstroke with his time of 47.67 sec.

The following swimmers also broke State records: R. Andrew (Melville) — Men's 50m Back/s, 40-44 yrs, 34.40 sec and 100m F/s, 1-07.75. T. Lamers (Melville) — Men's 50m Back/s, 60-64 yrs, 50.47 sec. P. Norton (Maida Vale) — Men's 50m Back/s, 35-39 yrs, 36.15 sec. A. Charleston (Claremont) — Men's 50m Br/s 45-49 yrs, 40.45 sec. I. Barkla (Osborne Park) — Men's 100m F/s 35-39 yrs, 1-05.87. L. Watkins (Maida Vale) — Men's 100m F/s, 45-50 yrs, 1-10.90.

The next major inter-club carnival is to be hosted by the Maida Vale Club on 22nd September, 1980. In view of their strong performance at this carnival they will be all out to stop Osborne Park's winning run and a good competitive and fun-filled carnival should result.

SOUTH AUSTRALIA

Marion AUSSI, one of the smallest and most recent clubs to affiliate with SA hosted most successful interclubs Meet on Sunday, 26th October, at Openshaws Swim Centre (Marion's winter venue!). They are to be congratulated on the efficiency with which it was run, which must be extended to the Marion ASC too, who provided timekeepers and other officials, and cooked the barbecue which followed.

The programme consisted of 4 events (which included alternatives in strokes) — and relays. The requirements for one relay were not disclosed until swimmers were on the blocks which meant teams were not "loaded" in the usual way!

A number of State records were broken, and to the best of our knowledge, a National Breaststroke record too. A great start to the 1980-81 season!

SOUTH AUSTRALIA STATE RECORDS

WOMEN

25-29 years

50m BRST	— Elizabeth Bellchambers	(A.M.)	40.40 s/c	NAT. REC.
100m BRST	— Elizabeth Bellchambers	(A.M.)	1.31.00 s/c	

30-34 years

50m B.K.	— Sue Needham	(A.M.)	40.80 s/c	
100m BK.	— Sue Needham	(A.M.)	1.28.20 s/c	

40-44 years

100m F/S	— Pauline Wingate	(Atlantis)	1.31.00 s/c	
100m BK.	— Diane Ross	(A.M.)	1.46.00 s/c	
100m MED	— Diane Ross	(A.M.)	1.51.48 s/c	

60-64 years

50m F/S	— Carrie Hatswell	(A.M.)	56.29 s/c	
100m F/S	— Norma Fowler	(A.M.)	2.10.00 s/c	
50m BRST	— Carrie Hatswell	(A.M.)	1.07.20 s/c	
100m Brst	— Carrie Hatswell	(A.M.)	2.28.41 s/c	

MEN

30-34 years

100m MED	— David Morris	(A.M.)	1.35.00 s/c	
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40-44 years

50m BRST	— Ivan Wingate	(Atlantis)	41.80 s/c	
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65-69 years

50m BK	— Harold Haigh	(C.D.S.)	1.18.60 s/c	
100m F/S	— Harold Cilento	(A.M.)	1.51.20 s/c	

Patti Morris for AUSSI SA

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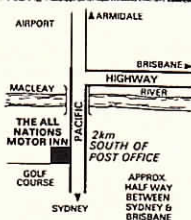
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Seminar 1980



Des McCormick demonstrates stroke correction during afternoon practical session.

FULL REPORT FROM BERYL STENHOUSE (Cronulla-Sutherland N.S.W.)

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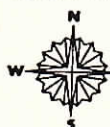
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AUSSI NATIONAL SEMINAR REPORT

by Beryl Stenhouse



The second annual AUSSI National Coaching Seminar was held at Peakhurst West Primary School on Saturday, 13th September, 1980.

Attending were the interstate delegates to the National Conference as well as a few members from NSW Clubs — Blacktown, Coogee, Cronulla, Manly, Narooma, St. George, Tamworth and Western Suburbs.

Des McCormick, the Chairman of the National Education and Coaching Committee, had organised a very full programme for the day, with sessions starting at 9 am and finishing at 5.30 pm.

The first speaker was Harold Davis from Cumberland College of Advanced Education. He is an Exercise Physiologist who is involved in Stress Testing of people wishing to embark on an exercise programme and also in research on the anaerobic threshold.

In a very interesting talk which could have lasted much longer, he explained how they test a person who is unfit. If over 35, a medical examination is a must, and it is also important to find out the person's past medical history and any current medication. Then the person exercises, using a treadmill or stationary cycle *see end of article*, and their E.C.G. is monitored. The person's physical work capacity is worked out and a cycling exercise programme prescribed. This is followed for 6 weeks with supervision before the person starts on any different exercise such as swimming.

Then Mr Davis spoke about what we hope to achieve by training:—

- (a) Cardio-vascular fitness.
- (b) Flexibility.
- (c) Abdominal strength — prevents too much stress on back.

He said that for better health, surprisingly little exercise is needed — 10 minutes, 3 times a week at reasonable exertion can give a 20%-50% increase in the cardio-vascular efficiency of an unfit person.

The factors involved in a training programme are,

- (a) Intensity — how much effort.
- (b) Duration — for how long.
- (c) Frequency — how many times a week.
- (d) Type of exercise done.

Mr Davis also explained the role of lactic acid production by muscles in causing tiredness, and its relationship to training, racing and warming up.

A short question time left all of us wishing there was more time to pursue this interesting topic.

**A cycle is used to determine a person's fitness because there is very little difference between the efficiency of different people at pedalling.

A swim of a certain time duration would be a far less accurate indication because of the great variation in stroking efficiency from person to person. There are also great difficulties in monitoring the heartbeat rate during a swim.

After a brief break for morning tea, Des McCormick spoke on the topic "Do We Require an AUSSI Coaching Scheme?". We must examine our personal motives for swimming as well as our club aims — do we want to help others, and do we want swimmers better than ourselves in the club? Do we have a good programme at our club, and what is a good programme anyway? Is there someone in the club who is willing to become club coach and give up his/her club right to teach others? Are we all such good swimmers we have nothing to learn?

We pondered these questions while Des told us about the "Basics for a Coaching Programme before Teaching Starts":—

- (1) **Awareness** of what we can and can't do, and of our obligations to each other.
- (2) **Motivation** — the coach motivates the members to learn and improve.
- (3) **Communication** by coach to members, and by members to coach on their opinions of the training programme and new ideas.

An hour's break for lunch gave us an opportunity to discuss the morning sessions and meet some of the interstate AUSSI members. Then we went to the pool for the afternoon session.

For the first practical session, several of Des's students, trainee P.E. teachers, were the "guinea pigs" for him to demonstrate stroking faults and how to correct them. He also gave valuable pointers in teaching backstroke turns and teaching butterfly to beginners (i.e. older people who are reluctant to try the stroke).

For the second practical session, AUSSI members volunteered. Des looked at our stroking in freestyle,



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breaststroke and backstroke and gave us helpful hints for improving. Then he gave us a lesson in butterfly — perhaps he'll be watching for us in carnivals to see if we're still trying to do this tiring stroke.

Following afternoon tea, we returned to the school library where Des spoke about "What Makes a Good Coach" — he said that a genuine desire to help all members irrespective of their ability is very important, as is a good personality, an understanding of how people react, knowledge and a willingness to learn.

He outlined AUSSI's aims to set up a coaches accreditation scheme, with the possibility of a 3-hour written theory paper and a half hour practical exam.



SEMINAR QUOTES

In my opinion items that could be considered for inclusion for future seminars:

1. Specialised lectures to handle —
 - (a) The handicapped member i.e. blind, amputee.
 - (b) Remedial i.e. those sent by a doctor etc.
 - (c) The very novice and non-swimmer.
2. Resuscitation lecture. This should have a very important place in our activities.

The swimming demonstrations were perhaps a little too long and repetitious. It may be a good idea to have a few coaches on the pool side to give various ideas and answer questions.

The lectures were very informative and were of a high standard. It is with this calibre of instruction that we, as a group, can look forward to a very bright future and will be able to meet the demands placed upon us in years to come.

*Danny Smith
North Lodge, Victoria*

Many thanks to all who worked so hard to make the AUSSI Coaching Seminar such a success. I attended in the hope of learning correct stroking and was not disappointed. This I am still learning with the aid of the Coaching Manual we were given compiled by Des McCormick and which I am sharing with members of my club.

*Claire Finlay
St. George*

Discussion followed on whether this was the best balance between theory and practical, although everyone agreed that we must all avail ourselves of every opportunity to learn.

Glenys McDonald from Western Australia then told us about their State's aerobic swimming programme involving monthly 12-minute swims, a twelve-week programme to build up aerobic fitness, and a trophy for the club achieving the greatest number of distance awards (800, 1500, etc).

Peter Jackson, the National President, concluded the day by thanking Des McCormick for all his work, and everyone, especially the interstate and country visitors, for attending.

I found the seminar very enlightening and informative especially the coaching and stroke techniques as I myself am interested in teaching the adults to swim, it gave me a new understanding.

*Ann Still
Western Suburbs AUSSI*

Des McCormick proved to us all that he has the true concern of each individual member of AUSSI at heart with points he conveyed to all present at this lecture. However, I do not agree that we must have a professional coaching certificate to be able to teach our fellow AUSSI members. Surely we are steering away from the main theme of FUN and FITNESS, and pushing people into something that many do not want. Many members now helping without the aid of a certificate would simply fall by the wayside as they feel no need to sit for an exam. Don't let us fool ourselves by thinking we are dealing with children, we are NOT!

I'm sure that the Coaching Manual distributed by the National Body will be of great benefit to many clubs. Congratulations to Mr McCormick on his time and efforts involved in the compiling of the manual.

*Robyn Cobbe
Margate, Queensland*

The first lecture by Mr Harold Davis, I found most absorbing. This was the type of lecture all, from the top competitors to the beginners would find interesting. His explanation of muscle fibres, lactic acid build up and comments on 'warm ups' must have got all in attendance thinking.

Des McCormick's lecture on Coaching schemes and Coaches was provocative, gave us food for thought, and I think forced us to do a bit of self analysis. A very stimulating talk.

Glenys McDonald with an 'off the cuff' report on the West AUSSI Aerobic programme was tremen-

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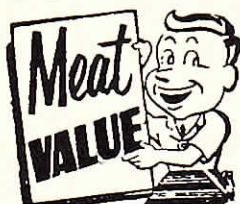
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dous. After hearing of the benefits of this type of activity our club has appointed a Fitness Director, Bruce Grace, and will endeavour to have all members take part in such a programme.

Allan Duffy, Narooma



I found the chance to gather ideas from interstate great, would like to have had more time for informal discussion. The WA Aerobics Award I am looking for possible use in NSW or Nationally.

The social side was great, please note my new title "Chop Stick Champ!" after much advice and encouragement from all sides.

Congrats to Des on the coaching forum, perhaps a theme each time, e.g. Sport & Recs "Drink & Drown".

Margaret Wilson, NSW

Not having attended a seminar organised by AUSSI before, I had expected all the speakers on the agenda to be different persons; I was therefore a little surprised to find that they all turned out to be Des McCormick, with of course the welcome exception of the speaker from Cumberland College, Mr Davis.

I can only say that because of this the whole show was far too one-sided and we did not really hear anything we had not already heard (many times) from Des himself, again with the exception of the things said by Mr Davis, although he was somewhat super-technical at times and therefore, given the short period one had to digest it all, difficult to understand.

If AUSSI is to widen its horizons, we will have to get independent speakers with something new to say at functions like these; if we fail to do so, we will find ourselves running around the same old circle. The seminar in question, in my humble opinion, was not a complete waste of time (I picked up a few useful hints on butterfly), but it could have been a thundering success if a variety of people had been engaged.

Pieter Stroethoff, Manly

It's my opinion that the seminar was a success. The fact that people learn from such meetings is proof of that. But I wonder how many people take that knowledge back and implement it at club level. I think

some of what was said may have gone over the heads of a few people.

Perhaps instead of having young people as examples we could have a training class of AUSSI members, ranging in speed and style, followed by a correction class of AUSSI members whose styles include both minor and major variations. If we could combine this with a speaker on SWIMMING fitness/physiology then I think more people would benefit as the topics covered would be more easily understood (by virtue of personal experience) and therefore more readily conveyed to others.

*Sue Johnstone
Cronulla-Sutherland*



Well, they say first impressions stick so here goes.

(1) "P.J." red cowboy shirt, tanned, big smile (etc) epitome of fitness and fun — greeting us amidst dreary peak hour congestion at Mascot.

- (2) Gary, serious, straight faced standing behind dispensary counter typing — (AUSSI material?) — with five or six other delegates cramming the small "dispensary" waiting for closing time.
- (3) Mary, on the floor — in "FRONT" of counter sorting papers — AUSSI probably! No wonder Gary can't find his customers.
- (4) The Conference and Seminar would take several pages of words and I'm beyond Carol's limit now — so, I just add, that my attitude towards AUSSI and all that it stands for has been re-charged by this weekend, more than I could ever have anticipated. This I will pass on in every way possible to AUSSI SA.

*Patti Morris
Adelaide Masters*



The Conference/Seminar confirmed for me, the fact that each State is striving for the aims of AUSSI, and we suffer from similar problems — distance, lack of communication, the need for more workers, etc.

Continued on page 35

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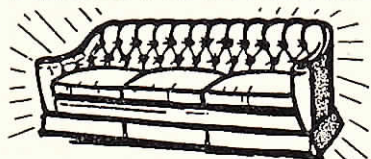
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At both the conference and seminar, very real steps were taken to overcome these problems. Subsequent meetings should see a further improvement.

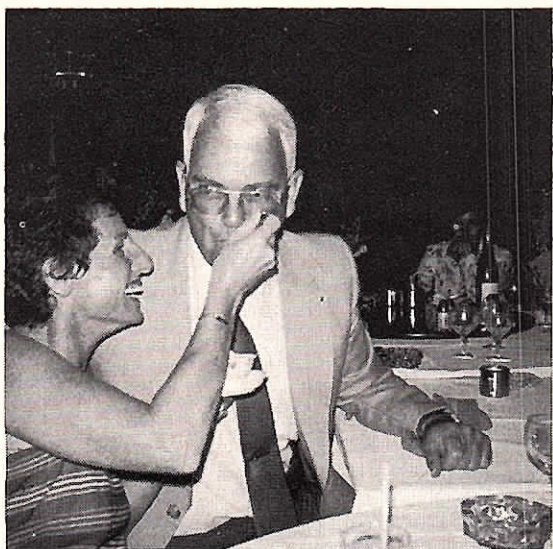
The seminar, I felt, renewed enthusiasm, taught, and stimulated discussion.

It could be expanded to cover a whole weekend and

include speakers on sports, medicine, stress, diet, etc. The coaching manual is excellent and goes a long way in covering the problems of distance and communication.

*Glenys McDonald
Carine, WA*

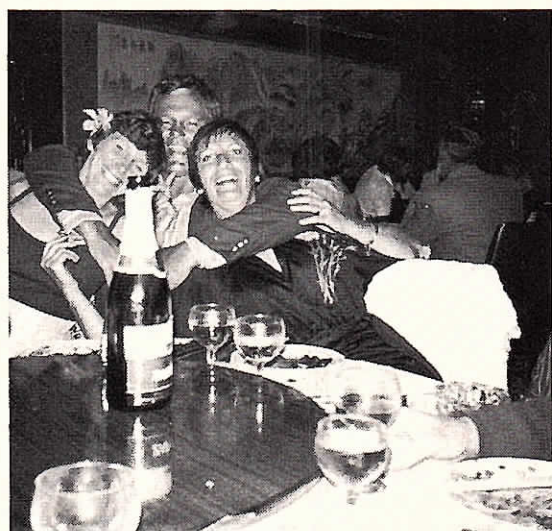
YES! — THEY HAD FUN ALSO —



National Education & Coaching Director, Des McCormick, was rewarded for his efforts by the undivided attention of (left) National Treasurer, Mary Connolly and (right) NSW Publicity Officer, Fay Brown.



East meets West —
National President Peter Jackson and W.A. State Secretary
Glenys McDonald. Words fail me.



Oh those Bananalanders: — The quietest person present: Queensland's Gary Neal, who has a strangle hold on fellow delegate Robyn Cobbe (left) and A.A.S. editor Carol Davis (right). Does the camera ever lie?

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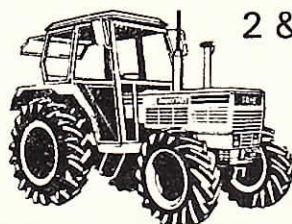
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Swim on AUSSI Swim on! Swim on!

At the 1979 AUSSI seminar, the NSW "Life. Be in It." Co-ordinator, Andrew Whittaker, suggested that we should introduce AUSSI to the public by way of a demonstration and participation day.

Then we had neither the organisation or the money to take action.

Some months ago we were approached to organise a programme for this summer, 1980-81.

Peter Jackson and Frank Sykes had preliminary talks with Andrew and Recreation Officers from each of the 5 Sydney Offices of NSW Department of Sport and Recreation.

A programme was drafted and with advice from Andrew's assistant, Daune Coogan, this was fine tuned through several practice sessions into the format you will soon see

"Life. Be In It."

By Gary Stutsel

Yes See.

The programme is a joint venture involving NSW's Department of Sport and Recreation, AUSSI-NSW and AUSSI's National Body.

Realising the potential of the Programme and the fact that it is suitable for use anywhere in Australia the National Publicity Officer, Carol Davis, urged us to video tape the Programme and prepare a demonstration movie which your club can use as a guide to conduct a similar demonstration for your own club or for potential clubs.

To see the message and then demonstrate it will have a far greater impact than all the newspaper, magazine and television interviews we can get, which usually emphasise our oldest members and ignore the rest of you.

The Programme will not only attract new members but will also help you to gain a better idea of all the activities AUSSI offers you.

What is the Programme?

I would love to tell you, but I know it will have far more impact if you view it.

East State Branch will receive a demonstration film and a separate 10-minute publicity film to show to clubs and others.

Extra copies of these films can be mailed to you for \$30 a copy. They can be ordered for viewing in each of the three different formats used on video players.

"Swim on AUSSI. Swim on! Swim on!"

"Off the Blocks"

RESULTS FROM SUPER SWIM

In March, 1980 14 members of the Hills Club competed in the American Swim Magazine Super Swim. The Super Swim was a 3000 metres or one hour swim which ever eventuated first. Entries were received from all over the world. Three standards of fitness were set for each age group and sex and different coloured T-shirts awarded for each standard achieved. Blue for first level, red for second level, yellow for third level and white for all others who completed the swim. Allan Gregson swam the fastest 3000 metres for his age group. The following members were awarded T-shirts:

		Time	Age
Blue	Allan Gregson	41 mins 39 sec	43
Red	Don Spender	45 mins 27 sec	31
Yellow	Keith Watts	51 mins 27 sec	40
White	Graham Taylor	52 mins 07 sec	32
	Keith Walsham	59 mins 56 sec	39
	Bob Napier	60 mins plus	39
	Eunice Walsham	2862 metres	40
	Bruce Spender	2813 metres	36
	Lena Theuns	2531 metres	32
	June Forbes	2355 metres	46
	Col Ferguson	2350 metres	44
	Hazel Tutty	2284 metres	39
	Pat Adams	2250 metres	53
	Stephen Gregson	1500 metres	17

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NATIONAL TOP 10

The AUSSI NATIONAL TOP 10 will be printed in the March, 1981 edition of "AUSSI Adult Swimming".

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 January to 31st December, 1980. It is intended to be a standard by which you can measure your own performances compared to others in your age group.

Whilst 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.

The LIST OF TIMES which follows shows the 10th TIME RECEIVED TO DATE by the National Records, 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 cer-

tain your club forwards a record card to AUSSI, 299 Bexley Road, Bexley North, 2207.

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

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CARDS MUST BE — PINK for WOMEN - BLUE for MEN
YELLOW for ALL TEAMS

A.U.S.S.I. ADULT SWIMMING			DATE OF MEET		
EVENT NO.	AGE	NOMINATED TIME			
	35				
DISTANCE	STROKE				
50 M	FREE				
CHRISTIAN NAME	SURNAME				
BILL	JONES				
CLUB	DATE OF BIRTH				
COMO	1.1.44				
OFFICIAL USE ONLY					
HEAT NO.		LANE NO.			
TIMES		OFFICIAL TIME			
m	s	t	m	s	t
			30	01	
INITIALS		POOL LENGTH			

A.U.S.S.I. ADULT SWIMMING			DATE OF MEET		
EVENT NO.	AGE	NOMINATED TIME			
	35+				
DISTANCE	STROKE				
200 m	FREE / MEN				
TEAM NAME					
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m	s	t	m	s	t
			2	01	42
INITIALS		POOL LENGTH			

10th "TOP TEN" TIME TO DATE

Women

AGE	50m F/S	100m F/S	200m F/S	400m F/S	50m Back	100m Back	50m Brst	100m Brst	50m Fly	100 Medley	200 Medley
25-29	35.55	1.23.99	3.20.35	7.19.38	42.76	1.38.49	48.63	1.52.19	38.16	2.02.95	3.16.04
30-34	37.12	1.29.35	3.21.38	7.06.78	46.61	—	51.53	2.11.31	45.85	—	3.55.75
35-37	37.36	1.36.81	3.44.50	7.37.52	45.98	—	49.28	2.13.95	48.33	1.58.71	4.34.50
40-44	42.50	1.40.60	4.15.80	8.24.35	52.87	—	52.33	1.57.20	55.79	2.10.55	—
45-49	42.59	1.47.66	7.36.50	—	53.12	—	56.45	2.14.20	—	—	—
50-54	53.29	—	—	—	—	—	1.21.80	2.30.10	—	—	—
55-59	52.34	—	—	—	1.24.01	—	1.25.77	3.22.02	—	—	—
60-64	1.20.27	—	—	—	1.46.48	—	—	—	—	—	—

Men

AGE	50m F/S	100m F/S	200m F/S	400m F/S	50m Back	100m Back	50m Brst	100m Brst	50m Fly	100 Medley	200 Medley
25-29	28.30	1.07.96	2.37.28	6.41.45	36.09	1.36.01	41.06	1.40.09	31.56	1.36.60	2.53.57
30-34	28.48	1.06.25	2.41.55	5.42.92	35.95	1.31.26	39.35	1.36.27	31.25	1.42.49	2.56.39
35-39	29.44	1.11.45	2.40.01	5.45.85	37.39	1.41.22	42.69	1.33.96	33.04	1.59.07	3.04.08
40-44	28.93	1.08.43	2.42.50	6.54.00	39.14	1.35.72	40.79	1.43.12	36.22	1.36.25	3.06.97
45-49	31.76	1.15.31	2.54.81	8.06.73	44.47	1.56.11	44.32	1.45.38	41.52	2.33.72	3.53.80
50-54	32.69	1.25.15	3.10.23	7.44.95	41.95	1.55.06	45.25	1.54.50	47.89	2.00.92	3.52.08
55-59	35.95	1.39.66	4.32.59	8.10.94	51.38	—	52.50	2.18.52	55.65	—	—
60-64	38.89	—	4.07.89	—	1.05.55	—	1.11.71	—	—	—	—
65-69	47.58	—	—	—	—	—	—	—	—	—	—

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Points to Ponder

NATIONAL COACH'S REPORT

From Des McCormick

It is with relief that I report that the National Seminar is over for another year. I would like to thank all the people who made the Seminar a success. Their help and encouragement was very much appreciated. This year the main theme or aim was one of clearing up all the loose ends and of presenting the Manual to the clubs. It was in fact our last Learn to Swim programme. We have progressed to the point where in my opinion the beginner has had a good share of our attention. At the start the emphasis was on the education of the members from the aspect of what can occur when a member begins to train and compete at carnivals. The standard of swimming has risen over the past few years thanks to the club coaches and it is now time that we started to cater for the more advanced swimmers in our organisation.

The Coaching and Education Committee can now formulate a programme for the next stage. This stage will involve the advanced study on the training and conditioning aspects of swimming and the setting up of a coaching structure throughout Australia. At this point I would imagine that the best way that this can be done is by the publication of articles in the magazine and at the same time passing on to the State Directors of Coaching all information relating to this subject. They will in turn pass the information to their Fitness Directors.

The structure of the Coaching and Education Committee would be in this form:—

National Director of Coaching.
State Directors of Coaching.
Club Fitness Directors.

The working of this structure is dependent on each State performing the duties required. To begin at the bottom of the ladder we have the Club Fitness Director. The duties of the F.D. are to prepare a programme of work for the members of the club concerned and to teach and coach the members of that club. The next step on the ladder is that of the State Director of Coaching. The State Director of Coaching is responsible for the coaching and teaching programmes that are run in that State. By this it is meant that the S.D. supply to the clubs all the information required for such a programme and at the same time help and advise clubs when required. The State Directors will at times throughout the year run Coaching Seminars within their own State. The National Director of Coaching will become the link between the different State Coaching bodies and will become a clearing

house for information to all States. The N.D. will also run a National Seminar each year. He will also arrange for meetings between all coaching personnel at least once a year. The question of qualifications was raised and it is my hope that within the year we should be able to conduct our own examination for a qualification which will be accepted. I see the examination as being in two parts — theory and practical. As is usual when a theory examination is suggested, some people begin to doubt the use of theory. From an educational point of view may I say that any person who wishes to teach or coach should have the knowledge to do that and the only way in which an organisation can discover the amount of knowledge a candidate possesses is to test that person. After gauging the knowledge of the person a test must be made to see if the candidate can pass the knowledge on to his pupils. Both these parts, theory and practical, go together and can't be separated. It is well documented that there are many people who because of nerves do very badly in written examinations, I am quite confident that this will be taken into consideration. It is also important that all candidates have confidence in the examiner and the controlling body and feel confident that the written papers are treated in strictest confidence.

To be of any use this examination must be such that no organisation or government body can raise any doubts about its standard. The executive of AUSSI must then make it worthwhile for members to sit for the examination and become qualified. Qualified coaches and teachers could be given some form of financial help at the Nationals and State Meets so that they can attend and have meetings.

NATIONAL SWIM

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"DON'T DO AS I DO — DO AS I SAY"

By Carol Davis

Last May after club night time trials where I'd swum a 200-metre/100-metre and a 50-metre backstroke in quick succession and in very cold water, I noticed a pulling in my left arm. As a well informed devotee of fitness and looking after one's physical well being, I moaned like hell and ignored the discomfort. I continued to swim, raced at the June meet at Tamworth, played competition netball and social tennis, moaned, suffered and still ignored the warning signs.

Driving home one July afternoon a sudden numbing pain went down my arm, THAT was just holding the steering wheel, changing gears was almost impossible. My first thought was, "Dear God! I'm too young and fit to have a heart attack!" Reassured that it wasn't a heart attack, just the troublesome shoulder acting up, I began to 'nurse' it.

About this time Bron came down with a virus, taking her straight to our family doctor. I mentioned, just in passing, that I'd had a bit of muscle soreness, and could I have a Brufen script. I got my script along with a caution, to rest the injury, and come back if there was no improvement. Well the rest and Brufen helped, so did being right handed, the pain was reduced to a twinge.

You know the old story, it's almost better so . . . besides my netball team needed me. I remember the day I went back to the pool after my break. Now remember, I told myself, you're starting back after a break, do 200 metres free, a little back and breaststroke then quit. At 200 metres, it felt good, arm was fine, it's lovely to stretch out, nothing like swimming to get the knots out. 400 metres, cleared the mind, meditation and exercise who needs yoga? Gosh 600 metres, Oh well, only 200 more and that's the ¼ mile. Just to round off, 100 of back and a 100 of breast, gosh it really feels beaut. It felt great all day, but come the night, could I sleep, did it ache. Like the idiot I am, I put with it for a few days until a certain vigorous netball game. Vigorous being a nice adjective for a game where you end up with a black eye. That night was real fun, couldn't lie on my left side "shoulder and arm", couldn't lie on my right side, "black eye and swollen cheek". Next morning, doctors surgery! One cortisone injection and **no sporting activity**.

You'd think this tale of misery would be at an end, but no, some of us have to really suffer. Next day I felt like I'd been run over by a bus, couldn't move my arm. Made a frantic phone call to 299 Bexley Road to say, "Can't come up, can't even drive, and I'm sure I'm dying, so you'll find all the AAS material in the bottom drawer."

"Idiot!" said my friendly chemist in his best bedside



manner — "That's a reaction to your cortisone injection."

Ever heard about the cure being worse than the complaint? Believe it. So it's rather ironic that in my files I found an article I'd put away to print in AAS. SO READ on folks, and learn from yours truly's experience and don't do as I did . . .

FOUR WAYS TO AVOID INJURY

Such injuries as "tennis elbow", "runner's knee", and "swimmer's shoulder" can be depressing. They're called wear-and-tear injuries, and they're depressing because in every case, the first step in treatment is to stop whatever is causing the problem, and many of you will become depressed when you can't exercise. In most cases you will be on the sidelines for a few weeks — longer if your doctor's instructions are not followed.

Such injuries have not been done to you, you have done them to yourself. You may have overtrained and failed to stop when you felt a warning pain. You may have a physical abnormality and persisted in your sport in spite of warning pains. You may have neglected to prepare the involved muscles for the sport you want to pursue.

The injury can be cured with specific exercises, which will also prevent the problem from recurring — but only if the exercise regimen is followed religiously. Even if the rehabilitation period seems drawn out, it is necessary, and it does not preclude your maintaining your physical condition and returning to your sport.

Here are a few simple suggestions to help you accomplish your double goal: rehabilitation of your injured muscle, ligament, or joint; and prevention of a second injury.

1. Don't overtrain

Don't perform the same heavy workout every day. This approach doesn't improve conditioning; it promotes injury.

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Instead, follow the professional athlete's practice: Follow a hard workout day with an easy one. A hard workout causes some minor damage to the muscles, which takes about 48 hours to heal. You may feel good at the end of a session, but wake up sore the next morning. Wear-and-tear injury results when you attempt another hard workout while the muscles are still sore. Give them a chance to heal while you do something less demanding.

Mark Cameron, America's top weight-lifter, plays Ping-Pong on his easy days.

2. Heed warning signs

1. A one-spot pain — in your elbow, calf, wrist, shoulder, wherever — is nature's way of telling you to stop the workout immediately. Damage is almost inevitable if you ignore the warning.
2. If your muscles feel heavy and tired at the start of a workout, don't follow through as scheduled. Substitute an easier workout, and return to the heavy one the following day.
3. Prepare carefully for a change in your routine. Increase muscle-strengthening and tendon-lengthening exercises before adding mileage to your run, for example. Or before moving on to heavier weights. This rule applies to all sports.

3. Loosen inflexible muscles

Vigorous exercise causes slight muscle injury, as noted. As the muscles heal, they shorten, leaving them more susceptible to wear-and-tear injury. The muscles must be stretched between workouts, using exercises directed to the muscles affected.

1. For example, if you are a bicyclist, your quadriceps (muscles above the knee) and calf muscles must be stretched.
2. If your sport requires running, you need to stretch your calf, hamstring (back to the upper leg), and inner thigh muscles, and lower back.
3. Swimmers must stretch the biceps, triceps and supraspinatus muscles (upper arm and shoulder).
4. And weight-lifters must condition all muscle groups, especially the biceps and triceps.

4. Adapt to structural abnormalities

Structural abnormalities are problems such as flat feet or floating kneecap, which can be corrected either with devices or with specific exercises. If you have such problems, it's advisable to correct them before starting a physical conditioning program. Otherwise, you run an increased risk of injury.

If you have flat feet, you may risk developing runner's knee unless you wear arch supports or have special inserts made for your shoes. If you have a pronounced curve in your lower back, you are more likely to develop low back pain. Unequal leg lengths, if not recognised and compensated for, can cause hip pain on the side of the longer leg.

Your physician can recognise these and other problems, and help you devise ways to correct them — which is why a physical examination is so important before you start a training program.

A Modern Medicine "patient aid" — tear out and photocopy from Swim Master, April 30-May 15, 1980, Modern Medicine

Portraits

CONDITIONING AND TRAINING "A Personal Point of View"

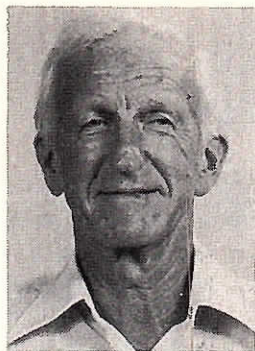
By Frank Griffiths

PART 2: TRAINING

The athlete who is not trained for swimming may have followed all the rules of diet, rest and exercise and give evidence of being in top physical condition by being able to play a full game of football without undue fatigue, yet when he attempts to swim any distance he may tire quickly. The reason for this lies not in the factor of condition, but rather in that of training. The muscles of the footballer and those of a swimmer may be equally strong, and their blood equal-

ly capable of carrying away wastes and supplying oxygen. Still athletes in such nearly identical states of physical condition will experience an earlier onset of fatigue in sports in which they are untrained and a delayed onset of fatigue in sports in which they are trained.

The onset of fatigue during exercise depends on the rate and intensity of the work and the frequency and duration of the rest periods during the work. The



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athlete trained for a certain sport prolongs the onset of fatigue by maintaining a certain degree of relaxation during participation. However, when he performs in another sport for which he has not trained, he endeavours to compensate for his lack of skill by tightening up in an endeavour to play harder. He thus reduces the rest periods to such an extent that fatigue toxins accumulate faster than they can be removed and local fuel supplies are exhausted.

A common characteristic among champions is the extraordinary amount of relaxation which they maintain even under stress of competition. The "natural" or "all-around" athlete possesses the same quality. He is able through a proper balance of relaxation during work to establish a steady state of activity in which the recovery mechanisms are able to maintain a muscular environment which is relatively free from toxins and is rich in food.

The athlete trained for swimming executes his movements in a most economical manner. He has attained a high degree of neuromuscular coordination. His working muscles can contract powerfully while the muscles which oppose them are nearly completely relaxed. During swimming the movements are so executed that the muscles work alternatively. The muscles which contract during flexion become antagonistic muscles during extension. Likewise, the extensors are the working muscles during extension and become antagonistic muscles during flexion.

If the swimmer is tense during performance and does not allow his antagonistic muscles to relax while his working muscles are contracting, he deprives his muscles of the rest periods they need for recovery and thus hastens the onset of fatigue. In addition tense antagonistic muscles act as brakes, adding to the load of the working muscles. Training furnishes two refinements to performance. First, the movements become so timed that rest periods are allowed, and second, antagonistic brakes are released. As a matter of fact, the training procedures for the teacher and pupil in the various levels of swimming and the training pro-

cedures for the coach and the competitor are in all respects similar. Only the intensity of the training and the objectives differ. The ultimate objective is utilitarian. That is, to be able to swim a long distance comfortably for pleasure and safety. The competitor's objective is to be able to swim as fast as is humanly possible, to win races.

INTERVAL AND REPETITION/TRAINING

This type of training as applied to swimming is an outgrowth of methods used by track coaches and runners. It reached its peak of recognition with lowering of the mile record below 4 mins. Runners using the **interval method** would alternate a fast run with a slow run over a set distance with each run timed. Every effort was made to do the fast runs in a predetermined time. The slow run, or interval, was timed to allow for sufficient recovery between fast runs. As the athlete's stamina and condition increase, the interval of rest is gradually decreased and the speed of the fast runs is increased. **Repetition** running consists in repeating a series of fast runs, say a group of 400 metres runs, at a pace slower than an all-out effort with adequate rest for recovery between runs. This method is designed to increase the appreciation of pace over a set distance and to develop stamina and endurance. In swimming this method of training can apply to all strokes for any given distance. The arms and legs may be trained independently and together as a whole stroke.

The technique involved is based on the overload principle to develop speed and cardiorespiratory endurance. The overload principle, stated simply, means that cardiorespiratory endurance develops according to the demands placed on the lungs and circulatory system; to improve endurance increased demands must be systematically made on muscles, lungs and the circulatory system.

In planning the workout program the coach must give careful consideration to the individual swimmer, his present physical condition, his capacity for work and the time available to perform it in.

Changeroom Chatter

Whose face was RED??

A certain interstate delegate had a most embarrassing moment at Cronulla Leagues. It seems that the waiters at the 'King-Wan' had given him some china spoons as a keepsake, he placed them in his breastpocket and forgot them — that is, till he bent over to pick up some change and . . . yes smashed all over the floor, explanations, such disbelieving looks.

Well no matter what anyone says, have you ever known Gary Neal to lie?

You had to admire the three ladies cutting up the large yummy cakes at the Seminar lunch break. All

stuck to their diets, not one had a plate of cake. You could really feel the sacrifice they made as they licked the mess from their fingers saying "Oh dear, 'this chocolate and cream and strawberries does tend to get all over you doesn't it?"

* * * * *

President Jack McMahon and Secretary Harry Turner wish to report that Lane Cove AUSSIs are back in force with their first meet of the season held on 13th October.

New plans are afoot in the Club to concentrate on

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distance events rather than sprints, and also to devote a set period of time to development of form strokes.

Who knows, it may not be long before we see a new breed of medley swimmers. With help from fellows like Secretary Harry Turner, we can only improve.

Here's to another successful season for all swimmers.

Norm Olds, Publicity Officer

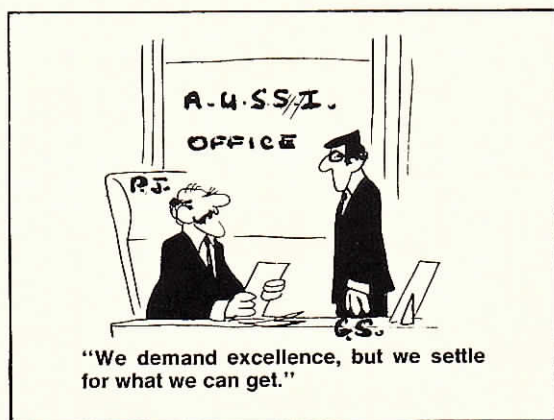
* * * * *

Last long weekend, October 11th, 12th and 13th, AUSSI WA chartered a plane for 60 people to compete in an inter-club carnival at South Hedland. Most clubs were represented and had "the best weekend of their lives". Hedland is 1,770 kl north of Perth. The temperature was around 36 degrees and the 15 Pilbara Platypii host members did a wonderful job. The 60 visitors slept in sleeping bags on the school gym floor. That could account for the fun part of the weekend. The fitness was achieved in training for and competing in the two-day carnival.

Such a good time was had, that one member requested the pilot to circle for an hour on the trip home, because no one wanted the weekend to end.

* * * * *

Carine Club was very happy at the safe return of one of their most popular members from war-torn Iraq. Brian Adcock arrived in Perth amidst the flashing of TV cameras and photographers, hobbling on a home-made walking stick with his broken leg in plaster. No, he wasn't injured in the bombing — he fell down a sewer while going to fly his kite. Brian's wife Gwen, and his two little girls were at the airport to meet him and two nights later he was at the poolside, stop watch in hand helping out at club night as usual.



The Annual "Swim Thru Adelaide"

Thirteen SA members of AUSSI took part — the remainder presumably still recovering from the National Meet (earlier same month).

Handicaps were strictly observed and non-registered

ASA swimmers started a short time after the main group of swimmers. This of course included our entrants.

It was some time before all competitors were in the water and I set off along the river bank with stopwatch, dog, friend and assortment of children — binoculars would have been a help!

I had to run almost — all AUSSI swimmers completed the 1700 metres in spite of the unfamiliar water conditions including paddle boats, "popeyes" and other distractions both on and under the surface. Jean Crowther of Atlantis was first in, and for her effort was presented with a trophy officially by the SAASA — a gesture which was unexpected and very much appreciated.

This season, AUSSI SA's inclusion in the SAASA Year Book with invitations to participate in "long swims" and club carnivals (separate event) is most encouraging.

Patti Morris

* * * * *

A Day at the Races for Hunter

The Hunter Club are still thinking up social events to keep their members happy and together.

They took the opportunity to attend a Newcastle race meeting. Jack Cavanagh (alias the Silver Fox) was the member and organiser who did a great job.

Most swimmers spent the afternoon running from the stand to the bar, to the TAB. No one came out much in front, but on the other hand, no one made any great losses either.

Everyone had a great day so Jack has arranged another on the 6th December. This time we'll take our eskies and a picnic lunch plus liquid refreshments. We are following the afternoon with a Chinese banquet.

Fay Brown, Hunter

* * * * *

Melville Club has sent out a newsy item about one of their members, Jenny Donnelly. Jenny rescued a 10-year old boy at Cottesloe alone and without equipment, thus making the first rescue by a female lifesaver since women were given equal status with the men in the Lifesaving Movement in WA.

I bet there's one 10-year old male who is glad of "equal rights".

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RULES OF AUSSI

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1. **THESE RULES** are binding on all State Branches and all clubs. They may be added to, but cannot be altered except by National Body.
2. **ELIGIBILITY.**
 - a) Membership of the Australian Union of Senior Swimmers-International (known as AUSSI) is gained by joining a club which is affiliated with a State Branch of AUSSI, and being registered with the State Branch by that club.
 - b) Membership is open to all persons 25 years or older.
 - c) Swimmers who are registered with AUSSI may participate in non-AUSSI competitions without endangering their AUSSI status.
 - d) Swimmers who are not registered with AUSSI or another country's Masters Swimming body may participate by invitation in AUSSI competitions, however their results will not be included in Top 10 Lists or pointscore competitions.
3. **REGISTRATION.**
 - a) It is the duty of affiliated clubs to submit member registrations to their State Branch when called for.
 - b) State Branches are required to forward copies of all registrations received, with stipulated fees, to National Secretary when called for.
4. **AFFILIATION & FEES.**
 - a) Clubs must affiliate with their State Branch of AUSSI.
 - b) State Branches must affiliate with AUSSI.
 - c) Fees as determined must be paid when requested.
 - d) Non-financial clubs and State Branches shall be suspended until fees as due are paid.
5. **CLUBS.**
 - a) Clubs should include in their constitution a clause which states, "The first objective of the club is to promote fitness by way of the AUSSI Fitness Program."
 - b) Clubs should appoint a Fitness Director/Coach who shall supervise the Fitness Programme.
 - c) Clubs may affiliate with associations other than AUSSI and may participate in non-AUSSI competitions.
 - d) Clubs may conduct whatever other activities they wish, but they should make the Fitness Program, their principal activity.
 - e) Whilst participating in AUSSI activities, clubs shall abide by these Rules of AUSSI.
 - f) Any club which swims a non-registered person to gain points for the club in an AUSSI inter-club pointscore competition, shall forfeit all points scored in that particular competition.
- d) Each year, clubs shall forward a concise report of the club's activities during the past twelve-month period, so that the report is received by the State Branch Secretary by the date stipulated.
6. **MEMBER TRANSFERS.**
 - a) Swimmers are free to transfer from one club to another at the end of the season (31st December).
 - b) Swimmers may transfer from one club to another during the season (see Rule 8) provided that they have the written approval of the club with which they were first registered for the season (see Clearance form at back of this journal) and that this approval is forwarded to the State Branch with an application for registration with the new club. (Note if a member of AUSSI transfers from one club to another in the same State no further registration fees is payable and he will retain the same registration number. Where he transfers to another State an extra State registration fee may be payable and a new number must be issued.)
 - c) In the event of disputes the AUSSI State Committee with which the clubs are affiliated shall arbitrate. No person who is a member of either of the clubs involved in the dispute shall arbitrate in the matter.
7. **AGE DETERMINATION and AGE GROUPS.** for recording and competition.
 - a) Swimmers' age groups shall be determined by their age on the first day of a swim meet. It is possible to a swimmer to be in two age groups during a season, in which event times recorded before the birthday shall appear in the younger age group, and times recorded after the birthday shall appear in the older age group.
 - b) Competition results for men and women are separated and then divided into age groups as follows:
 - i) for individuals;
25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, and 85 and over.
 - ii) for relay teams;
25 and over, 35 and over, 45 and over, 55 and over and 65 and over.

The age grouping of a relay team shall be determined by age of the youngest member of the team (note unlike individual age groups

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relay teams are not restricted to a maximum as well as minimum age so that a 25 and over team could consist of members aged 26, 36, 46, and 70.

8. THE SEASON.

The season for the recording of Member Registrations, Top 10 Times and AUSSI Awards shall be from the 1st January to the 31st December each calendar year.

9. MEET RULES.

swim carnivals are usually referred to as swim meets.

- a) For times recorded to be accepted for Top 10 recording, meets must be conducted in bath-type pools of 25 metres, 50 metres, or 55 yards length. Tidal pools are not acceptable.
- b) Wherever possible, swimmers shall be graded from slowest to fastest in each event, regardless of sex or age.
- c) All events to be recorded shall be conducted as scratch start events.
As times only are recorded, not placings, there shall be no judges, and no finals.
- d) Sealed handicap competitions may be conducted in conjunction with selected events. This means the event is scratch started and the swimmer who records the time closest to his nominated time shall win the handicap competition.
- e) Novelty events, see Rule 10d, may be included in meet programmes. Results of novelty events shall not be included in pointscore competitions.
- f) Except in backstroke events, swimmers may start from the starting blocks, the pool end, or push off from the pool end-wall, whilst in the water provided that one hand is on the pool end-wall. Backstroke swimmers must start in the water and push off backwards from the pool end-wall.
- g) Amateur Swimming Association (FINA) Rules shall apply regarding turns and stroking except that in Breaststroke swimming the following shall apply.
 - i) 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 after the turn.
 - ii) All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.
 - iii) Hands shall be pushed forward together from the breast, and shall be brought back on or under the surface of the water.
 - iv) Simultaneous up and down movements of the legs and feet in the vertical plane are not permitted.

- v) At the turns, and upon finishing the event, the touch shall be made with both hands simultaneously at the same level, either at, above or below the water level.

- vi) A part of the head shall always be above the general water level, except that at the start and at each turn, the swimmer may take one arm stroke and one leg kick whilst wholly submerged.

Note: The "somersault" or "tumble" turn is permitted in breaststroke swimming.

Clarification: A swimmer may take one stroke to assist him in returning promptly to the surface. Either the complete or incomplete movement of the arms and legs shall be considered as one stroke or kick. From the moment when a swimmer, after the start or turn begins the second stroke, one part of the head shall always break the surface of the water.

A breaststroke swimmer shall not be disqualified if he submerges below the surface for not more than one stroke for the purpose of returning to his proper lane.

It is permissible for the heels of the feet to break the normal surface of the water, providing that the provisions of Rule 9 g) are observed.

- vii) If a competitor at the turn or finish when lunging for the end-wall submerges his head below the normal water level before making contact with the end of the pool, he shall be disqualified.

NOTE:

Rule 9 g) is an AUSSI rule only and does not apply in Amateur or International Masters competitions.

International competitors in breaststroke should read the FINA Rule carefully.

- h) Entry fees for swim meets and suppers must be notified when the swim meet is advertised.
 - i) It is the obligation of the body conducting a meet to notify all clubs of the meet details.
 - j) Swimmers may swim in only one freestyle relay team, one medley relay team and one mixed relay team at a meet.
 - k) Clubs may enter as many teams in a relay event as the Meet Director allows.
 - l) Clubs shall appoint a Recorder who shall maintain a register of all times recorded in time-trials and carnivals conducted by the club, including those recorded by visitors from other clubs. Recorded swims must be swum in accordance with Rule 9, parts a), c), f) and g).
- #### 10. EVENTS.
- a) AUSSI times are recorded for each of the following events

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Breaststroke: 50m, 100m, and 200m.

Butterfly: 50m, 100m, and 200m.

Individual Medley: 100m (25m pools only), 200m, and 400m.

Relays: women's 4 x 50m freestyle, men's 4 x 50m freestyle, women's 4 x 50m medley, men's 4 x 50m medley, mixed 4 x 50m freestyle (2 men plus 2 women in any order).

- b) Swim meets shall cater for all styles and include at least one of the above relay events.
- c) Events may be conducted in which swimmers may nominate the style they intend to swim and wish to have recorded, e.g. a 200m could include freestyle, backstroke, breaststroke, butterfly and medley swimmers.
- d) Any event not listed in 10a) is to be classified as a novelty event. e.g. 25m butterfly, mixed medley relay.

11. NATIONAL SWIM MEET.

- a) A National Swim Meet shall be conducted each year during autumn. (Note: As far as possible and as far as these Rules of AUSSI permit the National Swim Meet will be conducted to International Standards as agreed to from time to time by the National Conference of AUSSI.)
- b) All clubs shall be notified of the date, venue, events, entry fees, and other details of the National Swim no later than the 1st October in the preceeding year.
- c) Clubs shall compete for perpetual trophies as follows:
 - i) **Founders' Trophy;** for Top scoring club
 - ii) **St Leonards' Travel Trophy;** for Top scoring visiting club, that is the club whose regular swim venue is more than 300km from the National Swim venue by the most direct road route. It cannot be won by the winner of the Founders' Trophy.
 - iii) **The 5 Age Group Relay Trophies;** for the Top scoring clubs over the five relays (combined points) in each age group — e.g. 55 and over Melville Trophy.
 - iv) Such other trophies as may be approved by the National Conference of AUSSI.
- d) The individuals scoring the three highest pointscore totals in each individual age group (see Rule 7 b), i) shall be awarded a National Swim medallion as follows; highest points — gold, 2nd highest — silver, third highest — bronze.
(Note: should two persons have equal highest points then 2 golds and a bronze shall be awarded; should there be a clear winner but

two persons dead-heat for second then a gold, 2 silvers and no bronze shall be awarded; should there be a clear winner and a clear second place but a dead-heat for third then a gold, a silver, and two bronze medals shall be awarded. This principle shall extend to multiple dead-heats so that silver and bronze medals shall not be awarded if three or more medals for higher placings have been awarded in an age group.).

- e) Points shall be allocated for the trophies as follows in each age group and for both sexes separately:
 - i) Individual events — fastest time 4 points, 2nd fastest 3 points, 3rd fastest 2 points, then one point to all who finish, excepting that swimmers who are disqualified score no points.
 - ii) Relay events — score double points, that is 1st — 8, 2nd — 6, 3rd — 4, all others not disqualified — 2.
 - iii) Where equal times are recorded the points for the placings involved are to be totalled and then divided evenly between the swimmers involved.
- f) A swimmer may compete only for his registered club at a National Swim or other meet, however where the Meet Director allows composite teams may swim in relay events. Such teams times shall not be recorded, nor shall they be awarded points.
- g) **National Swim Records** shall be kept of the fastest times recorded in each age group for each event on the programme.
These National Swim Records may be broken (or set) at State Swim Meets recorded by one of the following approved methods
 - i) electronic timing
 - ii) the recording of two manual times for the swimmer, in which event the slower time is recorded as the official time
 - iii) the recording of three manual times for the swimmer, in which event the middle time recorded becomes the official time.Separate application for recognition of records, signed by the State Secretary, must be forwarded to the National Secretary. **NOTE** All times submitted for National Swim Records must be swum in 50-metre or 55-yard pools.

12. TOP TEN TIMES LIST.

- Refer first to Rule 9. a), c), f), g) and l) and to Rule 10. a).
- a) Club recorders shall forward such information as requested to the National Recorders within fifteen (15) days of receipt of request.
 - b) Rule 2. d) must be observed, that is swimmers

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who are not registered members of AUSSI shall not be included in Top Ten Lists.

- c) Top Ten Times can only be recorded at AUSSI National, State and inter-club swim meets or during AUSSI Award swims or at AUSSI Club Top 10 Time Trials.

13. NATIONAL AWARDS.

Four awards have been adopted as stimuli to strive for greater fitness

- a) **1500m:** Any registered member of AUSSI who swims 1500m (as 60 x 25m, 30 x 50m, or 30 x 55yds) in 50 times or less than their best time for the whole of the season in the same stroke (as the 1500m has been swum, note if stroking is mixed in 1500m then it is classed as freestyle) shall be eligible to register for the 1500m award, provided that the correct form (sample enclosed) has been completed and the proscribed fee forwarded with the form to the Awards Secretary.

- b) **800m:** Any registered member of AUSSI who records a time for a non-stop 800m on five separate occasions, each time in a different month, and each time less than 29 minutes, shall be eligible to register for the 800m award (note odd distances such as 880 yards or 900 yards are acceptable for this award, e.g. it may

be swum in 20-yard pool). Applications must be on the correct form (sample enclosed) and be forwarded with the proscribed fee to the Awards Secretary.

- c) **3000m:** Any registered member of AUSSI who swims a measured distance of 3000m in an enclosed pool without stop is eligible to register for the 3000m award (note as a check for distance, lap times are asked for). There is no maximum time for this award. Applications must be on the correct form (sample enclosed) and be forwarded with the proscribed fee to the Awards Secretary.

- d) **5000m:** As for 3000m award only distance required is 5000m.

- e) Provided the time recorded is not submitted for National Top 10 claims for the 800m and 1500m awards may be swum in tidal pools.

14. ALTERATIONS.

These Rules may only be altered at a National Conference or by a postal ballot of National Conference delegates.

All clubs must be notified in print of any and all changes to these Rules.

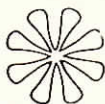
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Calendar of Coming Events

1981

- January ? : Sydney Swim — Contact AUSSI Office — 299 Bexley Road, Bexley North. 50 7737.
- 24: Canberra ACT Meet — Contact Gaynor Stark, 18 Balonne Street, Kaleen. 50m Pool Saturday, 6.30 pm — Family BBQ Sunday. Lake Swim 1500m Monday. 3.30 pm.
- February 14: WA STATE SWIM — Contact Glenys McDonald, 5 Fortis Place, Carine. Phone 447 3578.
- 21: VICTORIA STATE SWIM — Beaurepaire. Contact Barbara Wilson, 5 Bennett Avenue, Mt. Waverley, 3149. 50m heated pool, entries close 24th January, 1981.
- 22: 5-15 km Lake Eildon Swim — Power Points Club. David Gordon, 23 Elizabeth Street, Malvern. 3144.
- March 13-15: AUSSI NATIONAL SWIM — BEATTY PARK POOL, PERTH, WA. — Contact your Club Secretary now as entries close 13th February.
- April 4: NSW STATE CUP — NORTH SYDNEY POOL — Contat AUSSI, NSW — 299 Bexley Road, Bexley North, 2207. Phone 50-7737. Entries close 1st March.

1982

Sydney — National Swim.

Meets are held monthly in most states — Contact State Secretary.

Western Australia	—	Glenys McDonald	Perth	447-3578
South Australia	—	Patti Morris	Adelaide	264-8798
Victoria	—	Barbara Wilson	Melbourne	233-4847
Queensland	—	Elaine Collier	Brisbane	355-3042
New South Wales	—	Gary Stutsel	Sydney	50-7737

TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the March Edition of "AUSSI ADULT SWIMMING" must be received by 1st February. Write to The Secretary, AUSSI, 299 Bexley Road, Bexley North, 2207 Australia.

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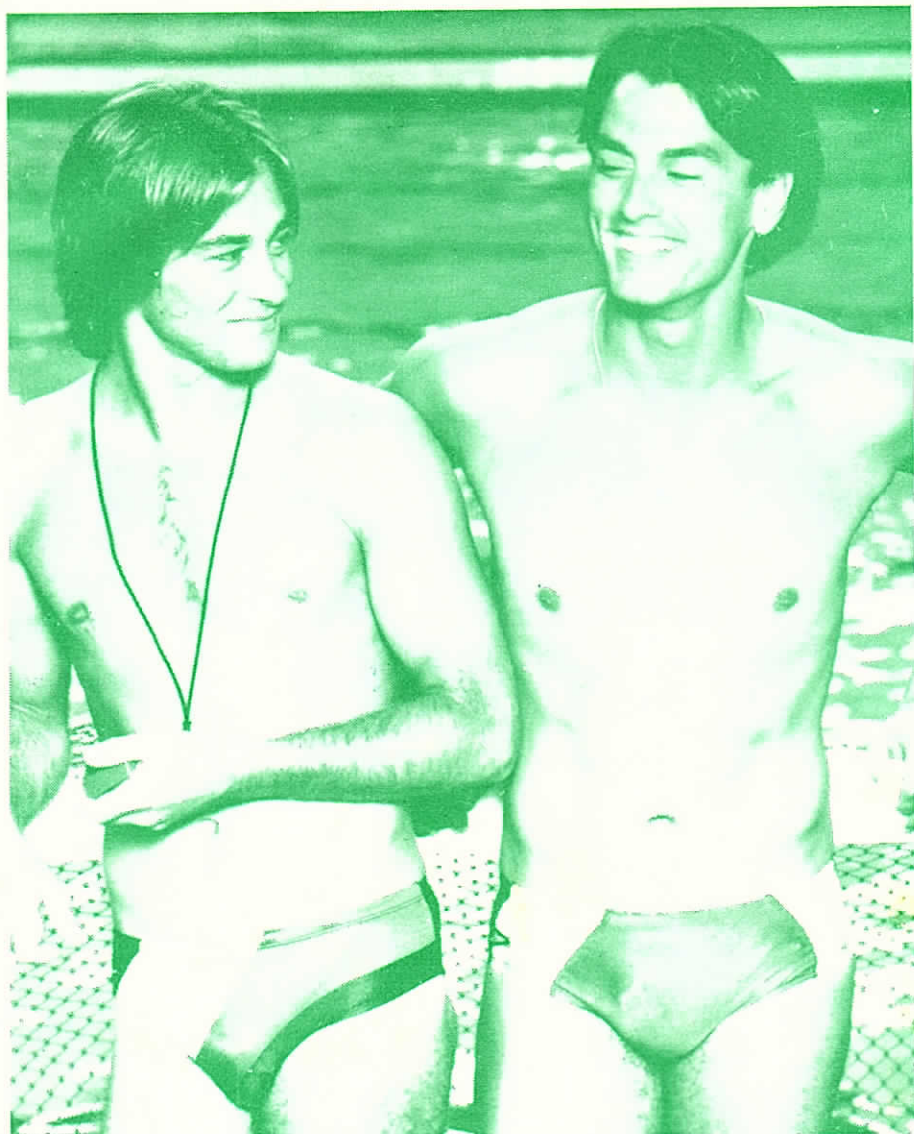
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