



# AUSSI Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

Registered for posting as a publication (Category B)

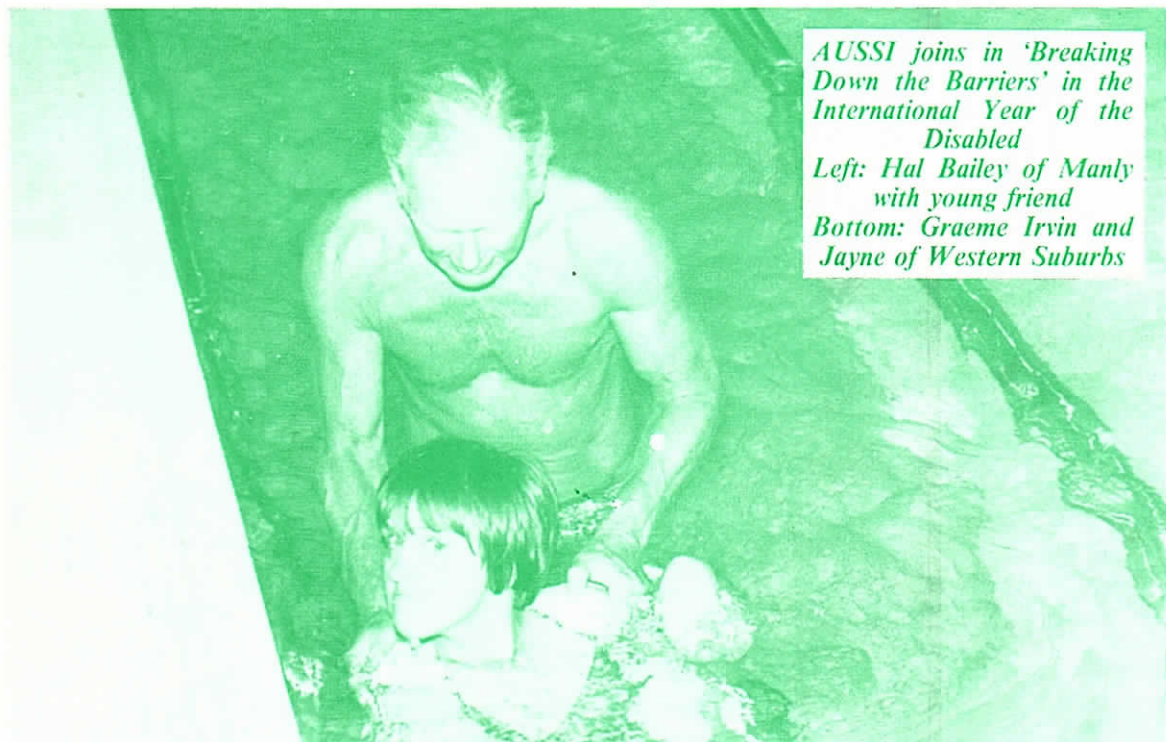
3 Sixth Avenue, Jannali

PHONE (02) 528-6766 (Home)

NO. 8

SEPTEMBER, 1981

\$1.50



*AUSSI joins in 'Breaking Down the Barriers' in the International Year of the Disabled*

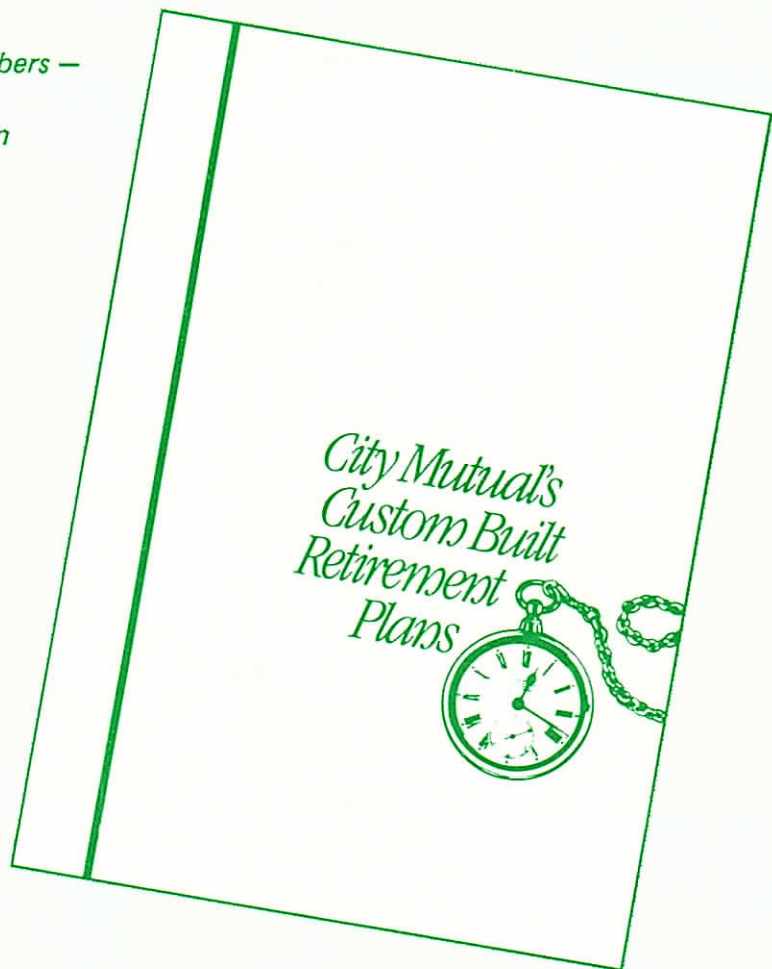
*Left: Hal Bailey of Manly with young friend*

*Bottom: Graeme Irvin and Jayne of Western Suburbs*





*From one to  
ten thousand members —  
City Mutual will  
custom build a plan  
to your  
superannuation  
requirements.*



*Let City Mutual  
plan your Superannuation*

# A.U.S.S.I. ADULT SWIMMING 1981

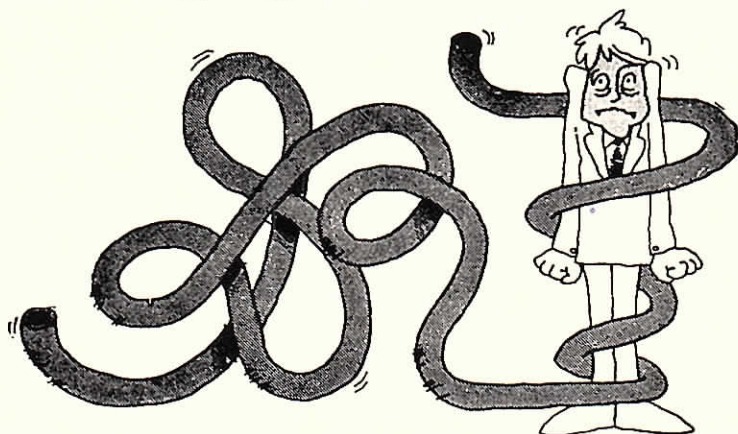


## CONTENTS

	Page
Carol's Comments .....	3
Swimmers' Viewpoint .....	5
Off the Blocks .....	11
Gary's Gazings .....	13
State News	
New South Wales .....	13
South Australia .....	15
Western Australia .....	17
Queensland .....	19
A.C.T. ....	19
Tasmania .....	19
Feature Articles	
Breaking Down the Barriers .....	21
Points to Ponder	
A Resume of the Workshop Weekend .....	27
AUSSI Awards .....	27
Massage "Treats" Athletes .....	29
Portraits	
Marathon .....	33
Constitution of AUSSI, Masters Swimming in Australia .....	35
Rules of AUSSI .....	41



**Don't get your cables in a knot**



*When you need help to solve a problem on cables,  
just pick up the phone and call a friend at CMA.*

*For every type of cable installation, CMA specialists  
are ready to advise and assist whenever you need them.*

*A phone call gets rapid action. Make the CMA connection . . .  
you won't do better*



**CMA**

**CABLE  
MAKERS  
AUSTRALIA  
PTY LTD**

1 Heathcote Road, LIVERPOOL. 2170

**SYDNEY 600-0777**

**Melbourne 419-6777, Brisbane 205-1311,  
Adelaide 45-8777, Perth 337-3111**

CMA6754



# Carol's Comments

Again, I have to apologise for the delay with AAS. In June, hospitalisation caused me to leave the entire distribution side of AAS to Vivienne, who, thanks to assistance from Beryl Stenhouse and Des McCormick, coped with the load. The problem of manpower has yet again caused delays with this edition. Those of us who work for AUSSI on a voluntary basis, only have so many hours to give, and with the increasing workload we could employ Vivienne on double the hours if finance would permit.

I have to confess to great disappointment in the Conference/Workshop weekend. All the ingredients for a profitable weekend were present, however, little eventuated. Never again must a Conference, where the direction AUSSI is heading, be hurried along to meet other deadlines. I also believe a Workshop or Seminar must offer more practical information and assistance to Club Fitness Directors, if they are to give up their time to attend, and for the clubs who paid for their expenses.

I was very happy with the vote of confidence AAS received at the Conference. I still have ideas, not financially viable at present, for a better presentation of AAS, however, these are for the future. The requests for more articles on health, diet and training approaches, more State, Club and individual news, I'll endeavour to meet. The comments, more humour, less humour and 'Changeroom Chatter' is only funny to those involved, I will have to give further consideration to. We all enjoyed the request from three States for a centrefold photograph, it became the subject of much ribald humour, but can you imagine AAS with a sealed section?

I have so much material on hand for this edition of the magazine, that I have had to decide what to include and what to leave out. Gary was most anxious for everyone to have their own copies of —

1. The Constitution of AUSSI
2. The Rules of AUSSI

So, here you have it — Constitution, Rules and if I ever hear any member again plead ignorance!!!

Do read and absorb our feature article, "Breaking Down the Barriers". This is the International Year of the Disabled, and as Hal Bailey wrote, it would be



wonderful if we who gain so much from swimming could give a little back. I'm sure you'll also enjoy 'Portraits' the story of Desley Williams' Marathon Swim.

In the December issue we will include 'WHERE TO SWIM WITH AUSSI' and Changeroom Chatter. Thanks to those folk who have sent me items, they are appreciated and will be printed. December will also see the first of what I hope will be many articles by Eric Rosario on Weight Training, and naturally a full report on the Pan Pacific Swim, last and certainly not least, details of the 1982 Nationals.

Cheerio for now,

*Carol*

**PLEASE NOTE:** AUSSI's new address and phone no.  
Post Office Box 456,  
SUTHERLAND. 2232. Phone:  
521-8636 between 9.30 and 2.30

## **PLEASE NOTE:**

### **DO YOU RECEIVE 2 COPIES OF AAS!!**

Several people have written regarding the fact that they receive two copies of AUSSI Adult Swimming in their household (where husband and wife are both members).

They have expressed concern at the cost (in fact approximately 80 cents per year).

We suggest you pass those extra copies on to your club publicity officer so they can be given to new or possible members.

Surely you know someone who would be interested in reading them.



## How to prevent any sudden uplift in the price of a new house while you build up your deposit

There's one way in which you can purchase a brand new Project Home (i.e. House and Land package) at the best possible price.

The term for it is called OFF-THE-PLAN™. This means we show you elevations and floor plans of the style and type of home in which you're interested. After seeing and selecting exactly which design suits you best you need only place a 10% downpayment (sometimes less) with your order, after which you needn't

pay another cent until your new house is ready for occupation. And that can be as much as 6 months later, depending on the stage of construction at the time of purchase.

So while you're building up your funds towards a more substantial deposit, we will be building your house for the same price as at the time of the downpayment. It's like buying a tailor-made 'Contract' house at the lowest possible Project Home price.

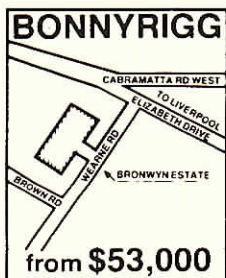
The way costs are rising now that's a very handsome saving and a strong motivation to bridge that deposit gap.

Stocks & Holdings help you flex your financial muscle and give you time for your deposit to gain a real lift.



6 months later!

## SOME OTHER REASONS WHY STOCKS & HOLDINGS GIVE YOU SO MUCH MORE HOME AND SO LITTLE WORRY



All Stocks & Holdings houses are architect-designed and master built.

Because we produce our homes under close supervision combined with over 20 years of experience, a quality product is guaranteed.

The selection incorporates a new series of completely modern designs and materials are carefully chosen for minimum maintenance. This also ensures a high re-sale value.

These superb home and land packages include connections to water, sewer and underground electricity services, turfed front gardens, side and rear fences — in other words: when completed, what you buy is ready to occupy!

We urge you to make an inspection this weekend of the latest house designs for Bonnyrigg.



**Stocks  
& Holdings  
Projects**

McFarland St., entrance to Merrylands Mall. Tel. 682 1600.  
Mid-week inspections are welcome by arrangement.  
A.H. 604 7801. 669 6453. (047) 31 3653.



# Swimmers' Viewpoint

18 June, 1981

Secretary AUSSI  
Magazine Distribution

I am shocked at the apparent waste in sending two copies of the magazine to this house. I assume it happens everywhere there is more than one member in the household. I begin to see why some people give it away because of the apparently wasted fees.

Yours sincerely,

*K.L. Padman  
5 Kent Gardens,  
Soldiers Point*

## ANSWER —

Dear K.L.

Thank you for your letter dated 18th June.

Your point re "apparently wasted fees" is taken.

Whilst distribution cost of magazine is approximately \$1 per year (25c per issue) we have felt this was justified to ensure that no one could say they did not receive a copy.

We should take a leaf out of the NRMA's book and invite households which want only one copy to advise us of the registration number of persons not requiring the (household's) second copy.

Thank you for your interest.

Your faithfully,

*Gary Stutsel*



Dear Carol,

This letter typed with left hand and one finger (apologies to Ron Saw and his paperback).

I would like to send a thank you through the magazine to all the AUSSI members and Clubs who have sent me get well cards. The cards have inspired me to carry out the AUSSI Slogan "Fitness and Fun". FITNESS — I had been fit when I entered the Woy Woy Rehab Centre, and with the care, attention and hard work that the staff have given me, I have retained that fitness. FUN — I know it is hard to retain a sense of humour when you are ill, however, I feel that I did achieve some success with the other patients, also gained some new members for AUSSI.

The stroke is on the right side, paralyzing the right arm and leg. With this type of stroke, you generally lose your speech. Unfortunately for 'Preso' Peter Jackson, I only developed a slur, and increased my word power (look out at the next State and National presentations).

Sorry that I will not be competing at the Pan Pacific, if they had a race where you stroke with one

arm doing a dog paddle, like a dog with a broken leg, the other arm a breaststroke, one leg doing a flutter, the other like a frog with a very bad hernia I would be a 'cert'.

Regards to all and see you at the 1982 State and Nationals.

*Foster Wilson,  
Ettalong Club*

Dear Foster,

It's a pleasure to print your cheerful letter, as we have been most concerned about you. We are all delighted that you are recovering so very well — although being fit does not always prevent one falling victim to illness — it sure gives you a head start on recovery.

Keep your chin up and love and best wishes from all of us.

*Carol*



Dear Carol,

On receiving the June magazine we wish to take this opportunity to say we enjoyed the autobiography of our national executives. Because of remote area we do not get an opportunity to meet these people in person except in National swims. Now all our members feel as though they know these people quite well. Hoping that one day some of these people may pay us a visit as our own executives do at our once a year carnival in October. As we consider ourselves to have the best pool in any country area, and we know we have the brightest sunshine in Australia, so come North you AUSSI swimmers — all welcome.

Yours sincerely,

*Lois Hammond  
Pilbara Platypii*



Dear Carol,

As a voluntary worker who has been working on the entry cards for the Pan Pacific Championships I am amazed at how little notice some of the swimmers have taken of the instructions on the entry forms. Instead of times a signature was written, entries filled in on the wrong side of the forms, people not knowing which was first and last name, but most common of all errors was times listed for 50 metre events. Seconds written as minutes when time was less than 1 minute for the swim. Even I as one of AUSSI's slowest swimmers can do better than 38 or 40 minutes for 50 metre freestyle.

If a little more attention was paid to "doing the right



# Clyde locomotives . . . Australia's prime mover.

Jobs depend on the transportation of goods and equipment.

Ore must be carried to smelters, livestock to abattoirs, and cargo to the wharves.

The list is almost endless, but in every instance there are thousands of jobs dependent upon the rapid and efficient movement of goods over the vast reaches of our country.

For over 70 years, the Clyde Engineering Co. Pty Limited, manufacturer of the Clyde-GM locomotive, has been the major supplier of locomotives for Australia's vital rail links — a transportation network which is the lifeline of our economy. Our products deliver the job.



The Clyde Engineering Co. Pty  
Limited,  
Factory Street,  
Granville, NSW 2142.  
A member of the Clyde Industries  
Group of Companies.

thing" it would make the work of the organisers a whole lot easier.

*Kay Steward  
Cronulla/Sutherland*

Dear Kay,

How right you are, just a little time and attention to detail would save a great deal of time and work.

*Carol*



To President AUSSI  
Through President AUSSI (SA)  
Dear Sir,

My committee recently discussed the problem area of methods adopted at the Perth National Meeting of recording times swum by competitors. Several of our swimmers had times accredited to them that they knew were wrong. There is no doubting that other swimmers could have been similarly affected. In one case, the alleged wrongly recorded time could have cost that swimmer a medal. That even is well in the past and we don't wish to labour the point further. However, we feel strongly that in future meetings at national level, strict observance of AUSSI standards of time-keeping should be observed. We wish to press the case for using two manually operated watches for each lane as well as any computerised timing system that may be employed. We hope that this area has already been discussed at national committee level and the policy formulated along the line discussed above. If it has not already been dealt with, we urge that it be considered as a matter of some urgency.

Yours faithfully,

*K.K. Simons  
President Adelaide Masters Swim Club*

Dear K.K.

You, like many others, are confused about what happened in Perth.

The problem was not to do with timing.

It was with the swimmers who failed to obey instructions.

Club officials must stress to swimmers that if they are seeded into a head and lane they MUST swim in that heat and lane.

The electronic systems presently available do not allow for Tom Jones swimming in Tommy Jones' lane and unless swimmers understand this and co-operate we will continue to have problems.

Steps have been taken to try to overcome this by the swimmer handing his/her card to the timekeeper who will check lane/heat numbers. (See Pan Pacific programme).

*Gary Stutsel*



Dear Carol,

Does AUSSI still want ordinary swimmers? Two recent incidents have given me the impression that only champions are welcomed, and the rest of us don't really matter any more.

In a local paper, the headline "Swimmers Seek Entrants" headed an item aimed at interesting former champions in competing in the Pan Pacific Masters. Does AUSSI really want only these people, who, from past experience, swim in championships but never turn up on regular club nights or help in any administrative capacity? Such an article would convince ordinary swimmers that AUSSI has nothing to offer them, and would be very unlikely to lead to new members joining a club.

A recent circular suggested increasing the charge for each race at the next nationals. Only those people who feel they have a chance of winning a medal will compete in all events. Others will restrict their swims according to what they want to pay, as I have in the Pan Pacific, and many will decide not to compete at all. Although this will reduce the number of competitors to a more manageable number, I don't think it will have the desired effect of improving AUSSI's finances. It will also reduce these carnivals to meetings of champions, further alienating the ordinary swimmers to whom AUSSI used to offer so much.

Yours sincerely,

*Beryl Stenhouse  
Cronulla/Sutherland*

Dear Beryl,

I assume you mean the swimmer who has no interest in competition other than swimming for his or her club.

The Pan Pacific is an elitist swim meet, conducted under USA and International rules/concepts. I would hope that this system is never adopted for AUSSI swims as it is contrary to what I think are the principles of AUSSI — namely, encouraging and rewarding all-round swimming ability not specialisation.

As to increases in entry fees for 1982 National Swim (individual entry has been increased to \$3 per event) that is a different matter.

Members want

Top 10

AAS Magazine

National Records

Information regarding local and overseas events

An indoor heated 50 metre pool

And other items too numerous to list.

This costs money. Other than going back to a once a year event in a free 25 metre pool (if they still exist) there is only one way to get the money needed, that is from the members.

There will always be someone who can't afford to pay the price, like the lady who couldn't afford the free admission to her council swimming pool.



# IT COSTS NO MORE TO HAVE THOMAS COOK BEHIND YOU.

- Cruising • Air Travel • Group Departures*
- Personalised Travel Plans • Packaged Holidays*
- Accommodation • Hire Car — Rail — Coach*
- Passports & Visas • Travellers Cheques &  
Foreign Currency • Travel Insurance*
- Over 1,000 offices throughout the world.*

*Come in for friendly advice.*

THE COMPLETE  
TRAVEL AGENCY.

**Thomas  
Cook  
Travel**



It is better that the competitors who are taking part in the swim pay rather than increasing the membership fees and further discouraging "ordinary swimmers".

Gary



Dear Editor,

It would appear that at present a great deal of effort is being expended by our National Executive and Council in reacting to situations that arise. This of course is the usual route taken by most fledgling organisations and it should be understood that this proposal must not be viewed as any criticism of any people.

Rather than have so much reaction to situations, we think that there is a real need for the formation of a committee whose function will be to identify the long term needs of the organisation and thence to plan the complete implementation of those.

We would envisage that the identification of long term needs should include the following:

1. Membership expansion
2. Financial growth, considering that sources of income should include those raised from within the organisation, those from the previous (corporate) sector as well as those from the public sector.
3. The establishment and funding of a full-time professional Secretariat.
4. Special projects, such as major meets like the upcoming Pan Pacific Swim, as well as overseas tours by members of our own organisation.
5. Planning and co-ordination of swim meet programs.

We would be pleased if you would bring this matter to the attention of the National Council Meeting to be held in Canberra on Saturday, 1st August, 1981.

Yours faithfully,

*Coogee Randwick RSL AUSSI Club  
per Tony Fraser*

Dear Tony,

Rather than discussing the matters you refer to, the Canberra Meeting, in true government style moved that an independent (of the National Executive) committee be set up to examine them. I anxiously await the results of this inquiry but would recommend that — NO NEW IDEAS BE ADOPTED (E.G. AEROBICS TROPHY) before the committee presents a report on its investigations.

Gary Stutsel



Dear Carol,

There has long been argument over balancing the emphasis in AUSSI between —  
competition and involvement

As I have said before I believe that AUSSI has been

doing a much better job with this than the US Masters, as we had 'Top 10', and National/State Swims for competitors —

and our awards system for fitness/recreational swimmers.

In a confused and disorganised weekend in Canberra (1st-2nd August — it could have been the cold weather) this delicate balance was completely tilted towards the competitor.

I speak of the **Aerobics Trophy**.

This trophy brings pressure on ME to swim the 3000 metres and 5000 metres; events I have always been personally opposed to, so that I will gain points for my club.

As if this isn't bad enough, the proposed graduated — point score will place even more pressure on me and many other swimmers.

If immediate action is not taken to correct this situation I am afraid that the many warnings discouraging "ordinary swimmers" will become FACT.

*Gary Stutsel  
Cronulla/Sutherland*

Dear Gary,

I, like you, was personally disappointed with the Canberra decision, especially when in discussion afterwards I became aware that a number of delegates were not clear on what they were actually voting for. Apart from the competitive angle, apparently only the Queensland delegates took into consideration the added burden on certain courses of action, however, I find again and again I have to ask "WHO IS GOING TO DO THE WORK?".

Carol



Dear Carol,

One could easily be forgiven for thinking the AUSSI National Committee have based their slogan on the well worn cliché 'TWO STEPS FORWARD, THREE STEPS BACK'. By this I refer to the financial offer they made to clubs in the Sydney Metropolitan area to assist in the running of the Pan Pacific Masters to be held in Sydney in September this year.

At this stage in the career of AUSSI I would like to believe we are going ahead and could easily find enough AUSSI devotees to spare some time on the carnival days to assist with the running of the carnival.

I am well aware that this is not the first instance of this happening, not in NSW but in another State. Admittedly in the case in question it wasn't paid to AUSSI clubs but paid to the home States ASA. Not being fully conversant with that State's financial situation or its policy on such matters, I don't believe it should have set a precedent to be followed by our National body.

Surely our controlling body could spend this money, which I believe to be well into the four figure bracket, on promoting AUSSI rather than bribing or rather of-

# LANGCO INDUSTRIES

140 LAMBTON ROAD, BROADMEADOW

THE WATER HEATING SPECIALISTS FOR 50 YEARS

Storage Models (Roof and Mains Pressure)  
Instantaneous Bath Shower Units. Langco Auto Kettle  
Hot Water Units

*NSW agent for ASEA Dishwashers*



Stainless Steel  
Sinks & Tubs

Agent for  
**sinks & tubs**



Range Hoods



FOR PROMPT SERVICE PHONE

**52 3377**

*Available through East Maitland Plumbing Supplies*



fering financial incentive to gain assistance from the members of our so called strong AUSSI following.

If they do not believe it could be better spent on promotional activities and their bank balance is such that they feel it should be reduced, why not reduce the cost of the entry fees for the carnival or reduce the membership fees of AUSSI. At least by doing this all members would benefit rather than only those who are members of clubs in the Sydney Metropolitan area.

*Larry Westwood  
Cronulla/Sutherland*

Dear Larry,

The Pan Pacific Masters is itself a promotion and like all promotions should be conducted as well as we possibly can.

This means ensuring officials are available — not like as has happened so many times before even at the 1981 US Short Course Swim where volunteers were called from the audience — but by prearranging officials.

It was obvious to me that these people were easier to find in Sydney, rather than asking NSW country or interstate members to help.

I had to be certain that people would be there and as

the clubs are the only part of the AUSSI structure in weekly contracts with the members it was the clubs that I approached.

The offer made was \$100 per club (total cost approx. \$1200) for 4 persons for 4 full days which worked out at \$6.25 per day per person.

This is hardly an inducement or a bribe, but rather an acknowledgement that these people are putting themselves out of time and pocket to assist those who are interested only in their swimming.

As for lowering fees such a move would only place AUSSI in a precarious situation. It seems to me that the matters of TIME and MONEY need thorough examination so that every member understands the problems and the subject does not need to be glossed over in every issue of ASA.

Finally, whilst I agree with you in principle and would like to see people coming forward to help, I have learnt from 6 years experience that this is not going to happen overnight.

It is going to take a lot of leeters, a lot of discussion and a lot of understanding of the problems involved before we reach the utopian situation that you write of.

*Gary Stutzel*

## *“Off the Blocks”*

### **1981 TOP 10**

SEND ONLY CARDS WHICH WOULD HAVE QUALIFIED FOR 1980 TOP 10. (SEE A.A.A. MARCH, 1981 EDITION).

Cards for:-

Times faster than 10th shown or for all times where there were less than 10 times for 1980. Must be forwarded to your State Recorder or AUSSI, Post Office Box 456, SUTHERLAND, 2232 on the 30th November.

ANY TIMES RECORDED DURING DECEMBER, 1981 WILL BE ELIGIBLE FOR THE 1982 TOP 10.



*Kindly Sponsored by —*

# **GOWANLOCH**



**SPECIALISTS IN MOTORCYCLE  
ENGINEERING**



**Phone: 649 1632**

# Gary's Gazings



I have resigned from the office of National Secretary a second time.

No, I'm not a second Nelly Melba — this time my resignation will not be reversed.

You will no doubt hear several versions as to why I have resigned but the simple truth is —

I no longer have the time I feel is needed to do justice to the job. My letter of resignation is printed below.

15 Merino Place,  
Sylvania, 2224

Monday, 10th August, 1981

The President,  
AUSSI, Masters Swimming in Australia,  
Mr Peter Jackson,  
2011 Pittwater Road,  
Bayview, NSW.

Dear Peter,

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

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

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

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

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

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

Yours faithfully,

Gary Stutsel

## State News

### NEW SOUTH WALES

Greetings one and all, first off let me introduce myself, my name is Brian Hird, I am the newly elected State Secretary.

Although only 12 months association with AUSSI (one of the foundation members of Western Suburbs) I have been involved with Amateur Swimming for some ten years, as Treasurer of the Auburn Amateur Swimming Club, and general organiser of their Saturday morning races.

I realise I have a hard act to follow replacing Gary Stutsel whom I had the pleasure of meeting for the first time at the National Titles in Perth.

One of the most pressing jobs to be done is to compile a Yearly Calendar. This can only be done by co-operation from all clubs intending to hold a carnival between 1st August, 1981 to 31st July, 1982. Dates that have already been taken are listed below —

August 1st \* Ettalong — Swim

August 1st	* Ettalong — Swim
September 3-6th	Pan Pacific Masters — Warringah Aquatic Centre
September 19th	AGM — Sports House — Sydney
October 3rd	* Hunter — New England Swim — Newcastle
November 7th	* Hills — Swim — Dural
November 14th	Campbelltown — Swim
November 28th	Cronulla/Sutherland — Swim
December 5th	* Western Suburbs — Swim — Lidcombe
February 13th	St George — Swim — Peakhurst Pool
February 20th	Coogee/Randwick — Swim
April 2-4th	National Swim — Warringah Aquatic Centre
May 1st	Blacktown — Carnival

\* NOTE: Ettalong, Hunters Hill and Western Suburbs have booked their dates permanently.

# LAKE NURSING HOME PTY. LTD.



27 LAKE CRESCENT, TERALBA 2580

Phone (049) 58-2048

*Sponsored by . . .*

## AUSTRAL BOWLING CLUB



TOP ENTERTAINMENT AND ARTISTS EVERY SUNDAY NIGHT



EDMUNDSON AVENUE, AUSTRAL

**Phone: 606-0412**





Brian Hird

Ettalong Club has donated a beautiful perpetual trophy for a season point score competition. This idea has been well received by other clubs and members of AUSSI and has been called "The Pelican Trophy".

The point score system is basically a points against system, and points will be allotted on the day, e.g., winner 0 points, second 1 point, third 2 points, etc. Clubs not represented on the day will receive maximum number of points plus one.

The Pelican Trophy will be run on the basis of one carnival per club per year plus the State Cup and the trophy will be presented at the AGM September, 1982.

Point score after Ettalong Swim is as follows:-

Coogee/Randwick	0	Western Suburbs	7
Ettalong	1	Blacktown	8
North Sydney	2	Campbelltown	9
Hills	3	Woollahra	10
Hunter	4	Manly	11
St George	5	Muswellbrook	12
Tamworth	6	Maitland	13

All other clubs 14 points

A Carnival of Special Note is:-

### FESTIVAL OF FISHERS GHOST INAUGURAL CARNIVAL

Saturday, 14th November,

Bradbury Pool, Campbelltown 10am — 5pm

The City of Campbelltown has requested Campbelltown AUSSI to participate in their FISHERS GHOST FESTIVAL and Trophies have been donated by council. Come along and join in the fun. Catered hot dinner to follow the swim.

Events:-

1. 100m Freestyle Championships — Men and Women
2. 50m Butterfly H/Cap
3. 50m Backstroke H/Cap
4. 25m Invitation Swim

5. 4x50 Medley Relay — Men and Women
6. 50m Freestyle H/Cap
7. 50m Breaststroke H/Cap
8. 10x50 Freestyle Relay — open — mixed
9. 10x50 Freestyle Relay — H/Cap

#### Rules

Event 1, 100m Freestyle Championships. Gun start. Each club to nominate fastest swimmer in age group for that event.

Event 5, Medley Relay — Men and Women — age 25-29, 40 plus, limit of two teams.

Event 8, 10x50 Relay — min. of 3 of one sex.

#### Point Score

1st 5 points	Medley relay
2nd 4 points	Place points plus 4
3rd 3 points	
4th 2 points	10x50 mixed Freestyle relay
5th 1 point	Place points plus 10

I can be contacted most days during working hours on 827-3388.

Brian

## SOUTH AUSTRALIA

At the recent AGM of the SA Branch of AUSSI, the following people were elected to the State Executive.

President — Peter Gillett

Vice-President — Ivan Wingate

Secretary — Kathy Heenan

There has been a recent spurge of publicity opportunities and the SA Branch of AUSSI has found a need for a person to co-ordinate this publicity. Brenda Bochmann, from the Adelaide Masters Swim Club, has offered to undertake this vital task.

The second interclub meeting for the year was held at the Norwood indoor pool on June 20 hosted by the Adelaide Masters Club.

The host club are to be congratulated on the organisation of the meet, which ran as smoothly as any yet held in SA, also the time and effort by their members in arranging the magnificent spread of soups and hot dishes for the get together after the swimming.

The top club at the end of the day was Adelaide Masters with 293 points. Followed by Atlantis 116 points, Marion 89 points, Tea Tree Gully 62 points and Central District Seals 45 points.

After two interclub meetings the progressive points show that Adelaide Masters is in top position with 578 points followed by Atlantis 271 points, Marion 209 points, Tea Tree Gully 158 points and Central District Seals 134 points.

### THE BORDERTOWN CONNECTION

*Presented (uncut) by Joanne Baker*

We five gallant sole survivors of the "save Adelaide Masters from Humiliation Campaign" set off one Saturday afternoon to represent our club at a carnival in Bordertown. Morale was high, despite the three hour trek through uncharted terrain. We survived

# Dick & Don's Discounts



WATER BED  
(30 days free trial)  
INNER SPRINGS

RUBBER and FOAM  
MATTRESSES

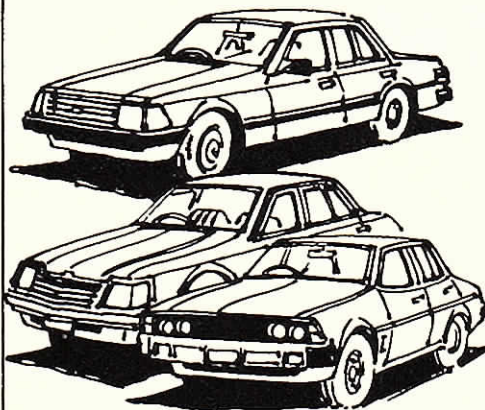


620 Hunter Street  
NEWCASTLE  
(049) 2 1812



340 Mann Street  
GOSFORD  
(043) 24 5716

## *Autofrost by* **KIRBY** CAR AIR CONDITIONING



### for the **BIG THREE**

Kirby Manufacturing offer a wide range of custom built integrated **AUTOFROST** Air Conditioners designed and manufactured in Australia to suit most popular model vehicles including the **BIG THREE** plus Mazda, Peugeot, Volvo and Ford F100.

For further details  
contact

**KIRBY**  
**MANUFACTURING**  
A DIVISION OF JAMES N. KIRBY PTY. LIMITED

284-310 Horsley Road, Milperra  
Phone 77-0155



on apples and more apples and "have another apple, they're lovely." We arrived at approximately 6 p.m. in the outskirts of the town and discovered to our dismay that the place was a little larger than expected and the meeting place "the Hall" was going to be a bit more difficult to find than anticipated. Having been described as "handy" to the caravan park, we made a direct line for said place but no hall manifested itself. Using all reserves of intelligence (supplies were low) a slow sortie past the local drinking houses, scrutinising the occupants for familiar faces proved interesting, if useless. So scouts were sent out and help was recruited in the form of two local lads complete with beaten up stock car in tow. "Follow us", they said bravely, and a tour of every hall of all sizes and descriptions ensued. Finally the chivalrous lads gave up with one final effort and left us with directions to the Band Hall. Ureka, a waiting committee of one other Adelaide Masters member (Suzette) pacing anxiously outside the hall anticipating the arrival of the 'cavalry' (cavalry n. colloq. rescuers as sent out to save John Wayne from the Indians).

The hall floor looked firm but not uncomfortable, especially with airbeds for support. The welcoming rations of coffee and biscuits had already been scoffed but our heroes still had ½ tonne of apples left. Camp was set up and the site investigated, latrine facilities seemed adequate. Supplies were checked — toaster, um, tea, coffee, vegemite — all present and correct. Oh yes and apples. By this time Dave Morris had arrived — the final member of our squad, but we were surrounded by the enemy on all sides. Rather than go down fighting, we decided to infiltrate their ranks and join them at the local pub for a beer and a counter tea. It seemed the only option open to us. We were soon joined by the host for the weekend, Tom Kruger and his wife Margaret, and it was not long before we realised that the natives were friendly.

After our feast Tom invited everyone back to his place to view the battleground for the next day, 6km out of town in an old converted shearing shed seemed an unlikely place to find a heated 17½ metre pool you might say, but there it was complete with lane ropes, black lines on the bottom and bore water (large pigs in those parts). Exercise for the next day then got underway and jaws were flexed continuously for hours and arms were raised and lowered energetically. Gradually the ranks dispersed and it was back to the hall for a long and peaceful night's sleep. Little did we know what foul sabotage had been planned, and what a devilish vile plot was about to unfold. Not ten minutes after everyone had slipped into oblivion it happened. With no prior warning machine gun and cannon fire rang out everywhere. We ducked for cover under the sheets but the noise was resounding all around us, it was too much. Jim Waite was firing his nose at us with full and dreadful force. What could we do under such unfair circumstances? Peter Gillett made one or two

attempts to fire back but they were only token gestures and proved useless. We stayed under cover all night with swimmers stuffed in ears but arose the next morning human wrecks. Spys reported Jim as having said that he didn't get a wink of sleep all night. No, obviously not, he was too busy snoring.

Tom arrived at 10 a.m. "to the Pool" he ordered "Let battle commence". More foul play was afoot, and a long session of troop training was arranged for us to sap our strength and stamina. Also it didn't take our fast mathematical brains long to work out that three lengths of the pool was actually 52.5 metres. This wasn't going to daunt us though, so, to finish us off for sure a most splendid BBQ was arranged and wine and beer followed faster than we were going to swim after all that lot. An hour later, the first of us dived into the water — only to sink straight to the bottom. As I swam I wished someone would really shoot me and put me out of my misery. After our first encounter, however, it was second winds all around and we went on from strength to strength. Dolphin Masters (the host club) had some young blood though and some of the little 2ft wonders flew through the water like jet propelled dolphins. To finish the day off Peter Gillett presented Tom and Margaret with AUSSI badges and said they would be welcome at our pools anytime.

We packed up our goggles and swimmers and departed for Adelaide feeling it was another victory for human endurance and dedication.

*Peter Gillett*

## **WESTERN AUSTRALIA**

Despite our coldest and wettest winter for many years we are still going, and growing strong in WA. Our membership almost to the 700 mark. We seem to get a lot of enquiries through people seeing all the AUSSI car stickers around, so we are having 2,000 of our own printed. We hope they are as eye catching as they promise to be.

Our tri-ad form of carnivals, where only three clubs meet at one time, have been underway all this year with mixed success. Some members feel the smaller numbers aid informality and enjoyment, others find the usual big carnival atmosphere is lacking. Those who moaned about all the work and organisation before, are now moaning about the decision to drop point scoring from all but the State swim. It's hard to win, but we'll keep trying.

Our biggest disappointment of the season was the failure to repeat last year's wonderful trip to our Pilbara Platypii Club in South Hedland. But finding sixty swimmers to fill the plane proved impossible. However 6-8 members will travel the 1,800 km trip by bus, to the wonderful hospitality Hedland showed us last year, perhaps the others needed more than a year to recover from sleeping in the school gym?

Our latest news of Kay Cox in Kununurra is that



# **SEBU PIPE & CONSTRUCTION SERVICE**

- ★ PRESSURE WELDING
- ★ PIPE FABRICATION AND INSTALLATION
- ★ STEEL & ALLOY PIPE SPECIALIST
- ★ EQUIPMENT AND LABOUR HIRE

**LOT 240 PENDLEBURY ROAD, CARDIFF**



**PHONE: (049) 54-6022 — AH: (049) 54-8272**

*Sponsored by ...*

## **EMPIRE HOTEL**



**MAIN STREET, YOUNG**

**Phone (063) 821665**

she is swimming every lunchtime while husband Wally sits on the bank, minds the kids and watches for crocodiles. That's AUSSI dedication for you.

*Glenys McDonald*

## QUEENSLAND

Only a few activities to be reported from the Sunshine State for this issue due to some Clubs being in recess. Lack of winter facilities in most cases is the cause of this. FRENCHVILLE AUSSI Club, however, has overcome their difficulties by promoting a jogging or walking fitness programme. They are also looking forward to a 35 km bike marathon at the end of August which will finish up at a BBQ on one of their member's properties.

GOLD COAST AUSSI Club hosted an excellent meet at the end of April. Competitors from TRISPORTS, EVERTON PARK, TWIN TOWNS and VALLEY took part with GOLD COAST taking out the points honours, beating VALLEY narrowly by 3 points.

Also continuing their FITNESS and FUN activities over the winter are the AITKENVALE AUSSIs who meet every Sunday morning at the Willow's Complex, with a social function of some description on the last Sunday of each month. They're also getting together at the local Firemen's Cabaret early in August which should be fun.

VALLEY's organised a 3000m and 5000m swim at Chandler, the Commonwealth Games swimming venue, recently with Mark Dixon swimming particularly well. Barry Guthrie (TRISPORTS), John Palmer (EVERTON PARK) and Victor Morgan (GOLD COAST) also took part.

Ron Drake and Bill McGrath, both VALLEY members, battled it out in the pool for an hour recently, completing 2800m with Bill ahead by a nose on the 57th length at "Times Up". Great swimming both of you!

The PAN PACIFIC meet has of course stirred up much interest and enthusiasm and, as I am sure all will agree, should prove to be an exciting and certainly "FUN" occasion. Our best wishes go not only to Queensland competitors but to all Australian AUSSI members taking part. Hopefully the week will provide a "Grand Opening" to the 1981/82 AUSSI swimming season.

*Bev Tynan*

## A.C.T.

The Canberra Adult Swimming Club had much pleasure in hosting the Council Meeting and Coaching and Fitness Workshop over the weekend of 1st-2nd August. We hope all our interstate visitors shared our enjoyment of the weekend.

A new club has now been formed in the ACT. It is the Burley Griffin Masters Swimming Club and is

based at the Deakin Health Spa. The club reports good attendances at its sessions and we hope this is a forerunner to other new clubs forming here.

In early July a promotion for AUSSI was held in Cooleman Court, a large shopping centre in Canberra. A good deal of interest was shown in the display, particularly the AUSSI promotion films. Lots of willing club members turned out to man the display.

A team of swimmers travelled to Tamworth for that club's carnival over the long weekend in June. A thoroughly good time was had by all. We would like to congratulate the Tamworth club on a well organised and enjoyable weekend. Joan Arthur and Gaynor Stark topped the point score in their respective age groups. A large contingent from the ACT will be competing the Pan Pacific in September. We are all looking forward to our first international meet.

Don't forget the ACT Carnival over the Australia Day long weekend in January, 1982.

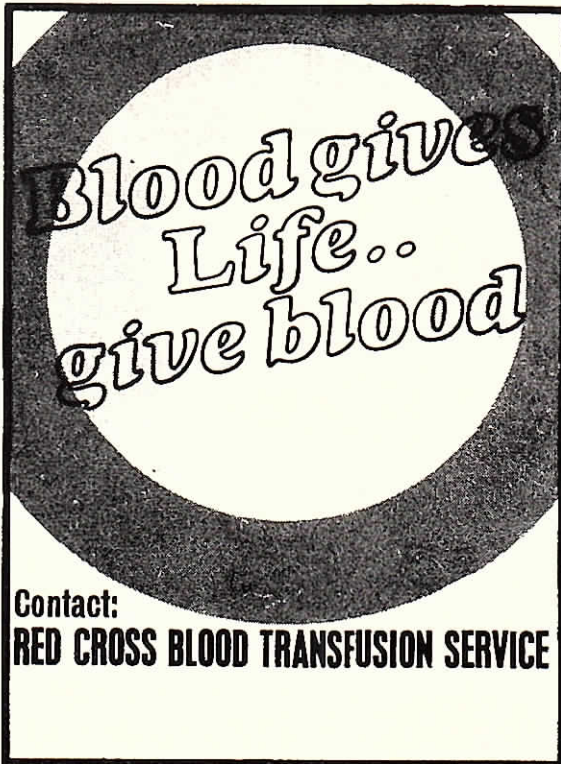
*Peg Townley*

## TASMANIA

New indoor facilities are ready so we are back in the water after a three month break.

Peter Goss and Tina Mackenzie attended the National Council Meeting in Canberra and have returned to Tasmania with a lot of fresh ideas as to how to promote AUSSI better in the 'Apple Isle'.

*Tina Mackenzie*



**Blood gives  
Life..  
give blood**

**Contact:  
RED CROSS BLOOD TRANSFUSION SERVICE**





# CAVALIER ENGINE RECONDITIONING SPECIALISTS

☆ *REFACING* ☆ *GRINDING* ☆ *SEATING* ☆ *BORING*

ALL MOTOR ENGINE REPAIRS

**LOT 42, BOOMERANG ROAD, BONNYRIGG**

**TELEPHONE: 604-2851**



## **KAREELA GOLF & SOCIAL CLUB**

MEMBERSHIP NOW OPEN

★ Ordinary Golfing \$115 ★ Associate \$85 ★ Social \$15  
★ Joining Fee \$20

**BATES DRIVE, KAREELA**  
**521-5555**

*For information of members and guests only*

# Feature Articles

## BREAKING DOWN THE BARRIERS

by Carol

This year, 1981 is the International Year of the Disabled. So what does that mean. Lots of fund raising, buying extra buttons from the sellers in the streets? Well the 'Organisation for the Disabled' will always need money, specialised care and equipment is expensive. However, something money can't buy is understanding and acceptance, what this special year calls for, is for you and I to give the disabled a chance, a chance to regain dignity, a sense of purpose, and a place in the community.

A doorway to these requirements can be through hydrotherapy and recreational swimming. AUSSI is a recreational swimming organisation concerned with promoting good health, physically and emotionally through swimming. Do we have anything to offer? Only you can judge that, however, here are the results of my research.

Until recently, hydrotherapy was only conducted in hospitals and was used almost exclusively in the terms of the physical benefits it offered.

In regard to the social needs of handicapped persons, hydrotherapy and recreational swimming provides the opportunity to meet other people while engaging in purposeful and enjoyable activity. Disabled people, as members of a swimming club, participate in group activities, learn to swim and acquire water safety skills, they may also attend social activities outside the club meetings. So the benefits may be physical, psychological and social, I quote one disabled swimmer *"I like new challenges and goals to work for."* In the water a person must learn to cope with potential danger, make decisions and face risks, this is challenging. A person must set a challenge within their capabilities and by accomplishing it, they have succeeded. There is a continued sense of achievement as new goals are set and accomplished. Naturally, there are those who are disappointed with their performances, or feel there has been no visible progress. This often results from unrealistic goal-setting and a lack of awareness of the extent of their disability.

Again I quote, *"The first thing that hit me after the first few sessions was that I had a body again, I could actually feel that I was a person and had a body."*

This statement appears to reflect a definite change perceived in body image. A realisation that the person is actually a feeling and functioning human being. So, perhaps more than any other therapeutic medium, hydrotherapy and recreational swimming may facilitate the return of a more normal body image.

My friend Gerry says, *"It's an incredible feeling of feeling alive, of release, I enjoy swimming, the feeling of being alone and sort of safe."*

In a group situation, Gerry is able to enjoy the water for the opportunity it gives him to be alone, independent and safe.

I was very moved when a lady who is severely disabled told me, *"Since I've been coming to this group I feel I'm not alone in my fight against the rest of the world, and against the great mountain of problems."*

The therapist explained to me that this statement expresses the enormous number of problems and needs of the disabled. In an examination of the expressions used e.g. "fight" and "mountain". One can perceive a sense of an almost overwhelming struggle for survival. "The rest of the world" seems to indicate the lack of understanding shown by non-disabled persons. However, look at "you are not alone" and it suggests that the group offers support, that problems can be shared.

A disabled swimmer, now swimming with an AUSSI club told me that when they get out of the water they are able to walk a lot better, talk easier, and generally do a lot of things better. Des McCormick, AUSSI's National Coaching and Fitness Director, has often said, "A correctly planned session should produce a noticeable physical, and just as important, functional improvement."

The same person said, *"I take a lot away from the club"*. This indicates recognition by this person of the benefits they derive from involvement in a recreational swimming club, and the ways in which these carry over into other aspects of everyday life. This is an important consideration in the leisure interests of the disabled person.

In AUSSI there are a number of disabled people swimming with us, and most of us feel a sense of pride in their achievement. However, mostly they just want to be accepted as another club member, which is why I find it so frustrating when seeking publicity to be asked by the press and TV if we have "members who are different". To quote, "Say, you have a member who can't even walk, but can swim?" The attitude conveyed by this statement is indicative of the attitudes expressed by many others. Furthermore, it suggests that too often, community expectations tend to underestimate the ability of the disabled person. At the same time we have those who rush to assist a person on crutches with leg in plaster because they can



# **Ross Mangan Motors**

**Phone: 648-5605**

**SMASH REPAIR SPECIALISTS**

Fleet & Insurance Work a Specialty  
**CAR REPAIRERS**

**24-HOUR TOWING — PHONE: 648-5742**

*Insurance Repairers for G.I.O., N. & G., Waltons and All Leading Companies*

**Cnr. HOLKER STREET & SILVERWATER ROAD, LIDCOMBE  
N.S.W. 2141**

Also at

**ROSS MANGAN MOTORS  
823 PRINCES HIGHWAY, TEMPE  
Phone: 55-1436**

## **ROBERT BURRIDGE PTY LTD**



**ALL PHASES OF ENGINEERING — TURNING, MILLING,  
GRINDING, WELDING & FABRICATION**



**34 COOMBES DRIVE, PENRITH  
31 3734**



'SEE' assistance is needed, but in the case of the mentally handicapped, shy away because they don't understand. That is why understanding, acceptance and tolerance are the things the International Year of the Disabled is looking for.

Ann Still from the Western Suburbs writes of Graeme Irvin and his dog Jayne, she said Graeme joined their club in November, 1980. He now swims 12 laps without stopping and will have a go at anything. The Western Suburbs' members encourage Graeme in whatever he attempts and take turns in looking out for him at carnivals where he enjoys competing. Jayne patiently sits by, indifferent to the smell of chlorine, but enjoying the pats we all bestow on her.

Graeme talks about himself:-

*"I wasn't born blind. It wasn't until my early teens that I began to lose my sight, but by the age of 14 I was totally blind. I don't think that this makes me any different from other blind people; in fact, most blind people are born sighted."*

*After leaving school with my School Certificate at 17, I became an apprentice pastrycook at the Menzies Hotel, but after a while I got the feeling I wouldn't be a complete success there. After a period of unemployment I was retrained for office work at NADOW, the National Association for Training the Disabled in Office Work in North Sydney.*

*Then I came to the Associations, where I have been working for the past seven and half years.*

*I've met many and varied people in my work; and every call is something different. New members of staff and visitors to the offices all have different initial reactions when they find out I'm blind. But after a while they get used to me and treat as a normal member of staff.*

*I feel a sense of personal achievement through my work; and I feel that I am doing my own bit of community service by assisting people on the phone. We don't need sight to talk to one another on the phone.*

*And working at the Associations has also given me independence from charitable organisations and my family. These people, though, have helped me with my work and given me support. My parents I must thank for their continuing encouragement and support even while having to accept that I want to lead my own life.*

*There is one person in this office who isn't over-worked. Mind you, she doesn't get paid either. That's Jayne, my guide dog, who loves it here because she gets a lot of friendly attention. She's invaluable in getting me to and from work and showing me the way — at times I think she must have ESP.*

*I would like to say that, even though we may have the same handicap, all disabled people are individuals and we have our own individual way of coming to terms with handicap. We are part of society, and members of the human race.*

*But I'm not at all unusual in having made the transition into the workforce. In fact, one bloke I went to*

*school with has gone into business for himself, running a commercial radio monitoring service.*

*No, I don't mind people asking me about my blindness — what better starting point is there to finding out how I live and who I am."*

Hal Bailey from Manly Club is already involved, Hal writes:-

### WHAT IS A HYDRONAUT???

Three members of Manly AUSSI Club have found a rewarding and fascinating interest which compliments their enjoyment of AUSSI activities.

Betty and I and Betty O'Connor joined the "Hydronauts" and attend weekly at Warringah Swim Centre at 6 p.m. to supervise swimming for disabled people.

Hydronauts are people like yourselves who have gained pleasure from swimming and wish to help others do so too. They take a brief layman's course in recreational swimming for the disabled.

The disabled folk who attend our swim sessions range from infants to the elderly and include disabilities such as:- Amputees, Multiple Sclerosis, Arthritis, Polio, Spastics, Muscular Dystrophy, Asthmatics, Stroke, Paraplegia and Quadriplegia, etc.

For some, swimming is a social event and a pleasant variation in their restricted life-style, but others learn flotation and swimming to a survival standard, while



Graeme and Jayne, poolside



# Fannys Tabern



**Cnr. Wharf Road &  
Argyle Street  
NEWCASTLE**

Featuring superb a la carte  
dining in Old English Tavern  
style. Fanny's famous  
Banquet Hall -  
Intimate cocktail bars - Ideal for  
Party Bookings

**PH 26-2455**

TRADITIONAL  
ENGLISH

## Radio Rentals- the colour TV rental for you.

*Our exclusive Flexi-plan  
offer:-*

- ★ All screen sizes, including projection TV.
- ★ Push-button and remote-control sets.
- ★ Short or long term rental periods.
- ★ Rent with option to buy later.
- ★ Always the opportunity to update your set.
- ★ Reducing rentals after initial period.
- ★ Home video recorders for rent.
- ★ Video Library.
- ★ A branch near you for prompt service.
- ★ World-wide, 7,000,000 viewers.

**RADIO  
RENTALS  
COLOUR TV**

**Call us and join our happy  
TV family**

Call **439 4477**

**Cnr. Mitchell & Chandos Streets  
ST. LEONARDS**

And 12 city and suburban branches

many acquire skills that gain them confidence in their new experience of a gravity-free medium.

One of our quadriplegics now swims 800 metres non-stop and may later try out in the disabled olympics!

The Hydronauts began four years ago and now have branches manned by trained volunteers who bring "Fitness & Fun" to disabled swimmers at Broderick Crippled Childrens' Pool, Lidcombe, R.N. Shore Hospital Pool and the Warringah Aquatic Centre, Forest Lodge.

Since this is the International Year of Disabled Persons and as "Fitness & Fun" is a bonus most AUSSI's enjoy, we couldn't help wondering if the great depth of enthusiasm and talent among our AUSSI-wide membership may be channelled into adopting the Hydronaut system, as a constructive extension of AUSSI activities at club level, at your local public pool.

The Hydronaut system operates in small autonomous groups without need of cumbersome

State and National organisations, but retains communication with the parent branch at Royal North Shore Hospital for training and medical advice. There are no fees and no charge for services. Service Clubs such as Apex, Lions, Rotary, Quota and Zonta give financial support.

To adopt this idea as an ongoing project to celebrate this year of Disabled Persons, AUSSI members would be making a magnificent gesture, creating a nationwide community service, helping our disabled sisters and brothers enjoy a swim once per week at least.

The success of disabled swimming in public pools is doing wonders in breaking down public apathy and reserve. Conversely it enhances the physical and social contacts so cherished by those less fortunate than ourselves. So fellow AUSSI members, we hope these few words will help you initiate an AUSSI-wide facility for Fitness & Fun for disabled swimmers at every pool where an AUSSI club swims.

If your interest is stirred and you think AUSSI has more to offer in it's future than it does now, (and that

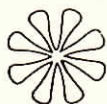


The Hydronauts in action



## **Barford Printing & Publishing**

\* General Publishers \* Quality Offset &  
Letterpress Printing \* Computer Typesetting  
\* IBM Typesetting \* Complete Art Assembly



**203 Homer Street  
EARLWOOD, N.S.W. 2206**

**Telephone: 55-1201**

*Kindly sponsored by . . .*



## **SURF SKIS AUSTRALIA**

★ DARK SURF SKIS ★ LARGE RANGE, ALL COLOURS &  
SIZES ★ PADDLES & ACCESSORIES

**P.O. Box 735, Newcastle**

**SHOP VILLAGE SPORTS  
507 HUNTER STREET, NEWCASTLE**

**Phone: 21337 or 262331**

is plenty!) please make your wishes known through your club and your journal.

Betty and I are the Liaison Officers for the Hydronauts and would be pleased to discuss your queries.

Phone 919-5369 or write to:-  
146 Whale Beach Road,  
WHALE BEACH. N.S.W. 2107.

*Hal Bailey*

I would like to thank Wendy Smith (physiotherapist) from the Sutherland Community Rehab. Team for her assistance and for providing me with the research material from Occupational Therapy Cumberland College of Health Sciences.

*Carol*

---

## *Points to Ponder*

### **'A RESUME OF THE WORKSHOP WEEKEND'**

*by Peg Townley and Robin Sweeney*

#### **Friday, 31st August**

Interstate visitors began arriving in Canberra on Friday and attended the Canberra Club's swim that evening, followed by our regular outing to a local tavern for dinner.

On Saturday morning a series of discussions about problems faced by AUSSI at the State level was conducted by Mike Hunt, an ex-World Champion breast stroker, who has been involved in health and fitness work for 20 years. Mr Hunt is a consultant in this field, dealing every day with problem identification. Twenty-two (22) members from all States attended. Each State was asked to define the problems they faced in administering AUSSI at State level and present these to the gathering. Solving these problems was not discussed, but to be able to clearly define them was the objective. Each State implemented an Action Plan, whereby the problems raised from the discussions were to be resolved, by a certain deadline. The deadline was given to Gary in his capacity as National Secretary, and each State will now report to him by that date, on whether their Action Plan has been completed, or if not, on what progress has been made. The discussion group continued on into the afternoon.

The National Council meeting commenced at 4.00 p.m. and continued on till 7.00 p.m., when it was adjourned to 8.00 a.m. Sunday.

We all then enjoyed a night out at a nearby restaurant, but the visitors to Canberra were not impressed with having to scrape the ice off the cars to go home at midnight.

We all (well — most) turned up bright and early at the Lifestyle Health and Fitness Club next morning. After a brisk 5 minutes in the gym to warm up, the Council meeting continued till mid-morning.

The Coaching and Fitness Workshop, with 38 attending, then commenced with Neil Gray, Lifestyle Proprietor, demonstrating cardio vascular tests. Jim Williams of Tamworth was the subject. These tests

determine fitness levels and show up the areas for improvement in the body composition, so as to increase to a desired level (pre-determined norm) of fitness based on the person's age, sex and weight.

Des McCormick, National Coaching Director, then spoke on Club Coaching and the special needs of coaching adults. Des emphasised that the needs of both the competitive and recreational swimmer must be considered by the coach and to be catered for. There was discussion by each club represented on what benefits their members were receiving and what activities were carried out. Des received suggestions from each club on what they would like to see clubs offering members — conditioning, improving skills, competitions and social contact.

In the afternoon Des introduced Mr Eric Rosario, Weight lifting Coach, who identified the benefits of weight training for various sports. He pointed out the various muscles which must be developed in accordance with the activity for which that muscle is to be used.

Helen Rees, Coaching Director for the ACT, then conducted a practical session with swimmers in the pool, recording pulse rates and graphing recovery rates over three 1 minute intervals, after various distances were swum.

The workshop closed at 3.30 p.m. and the interstate visitors were farewelled by Canberra members after a very fruitful and enjoyable weekend. We hope everyone took home some fresh ideas to put to AUSSI members at all levels from Club to National.

## **AUSSI AWARDS**

*by Des McCormick*  
*National Director of Fitness & Coaching*

It has been suggested that a new award be started. With this in mind I would like to put forward my op-



Sponsored by . . .

## Phoenix Dining Room

**STEWARTS & LLOYDS  
RECREATIONAL CLUB**



INDUSTRIAL DRIVE  
MAYFIELD



## WATERSKIING WITHOUT GOING BROKE.

The Sandgroper Water Ski Lodge, River Road, Wisemans Ferry,  
offers you these bonus discounts:  
Rooms (sleeps 4) \$12.00 per night.  
Lock-up garages \$5.00 per week.  
Ski lessons for beginners.  
Ski boat and all equipment hire.  
Meals or do-your-own barbecue available.  
Special rates for social clubs.

**FOR FULL DETAILS RING (045) 66 4228**

**SANDGROPER SKI LODGE  
RIVER ROAD, WISEMANS FERRY**

## FONG YUEN RESTAURANT

your host — Fred Fong **54 6595**



EXOTIC CHINESE CUISINE  
TAKE AWAY SERVICE  
CATER FOR ALL FUNCTIONS

61 WHARF STREET, FORSTER N.S.W.

Sponsored by . . .

## Cheong Kee Chinese Restaurant

FINE FOOD AT ALL TIMES

●  
**Telephone:  
602 6437**



inon for this award. As the aim of our awards has been for participation of all members and also the continuous nature of the awards I find that the 800m award is a good example of this. With that in mind all I have done is to copy this award, the award is to be over 400m and the time set to be 14 minutes.

#### 400m Award

Any registered member of AUSSI who, during one season records five times for a non-stop 400m swim, each swim to be recorded in a different month and each swim to be done in fourteen minutes or less will, on completion of the correct form and the payment of the correct fee become eligible for the award.

This award can't be swum in conjunction with any other award. This award may be done more than once in a season as long as a different stroke is used each time.

#### GENERAL CONDITIONS FOR ALL AWARDS

1. Any registered member of AUSSI may, on payment of the required fee and the completion of the prescribed swim, become eligible for any listed award of the organisation.
2. This rule No. 1 excludes all those club members who, because of their age, can't become registered members of AUSSI.
3. All forms must be filled in correctly. Any form without full details of the swimmer will be returned. It is most important that the registration number be included.
4. The 1500m award clearly states that the time of the 50m must be shown on the form. This time must be for the stroke being used.
5. The fees for all awards will be \$1.
6. The US One Hour Swim. It has been decided that AUSSI will have a National Listing for this award. The fee for this award is set by the US Masters so we can't fix a fee until we are advised by them each year.

#### NATIONAL CLUB AEROBIC TROPHY

A suggestion has been made that a club aerobic trophy competition be started on a National basis. The competition would use our present awards as the manner by which a club gains points. This should arouse interest in all club members because if the aerobic idea is carried out then all members will start even as there would be no handicap to the slower swimmers and no advantage to the faster swimmers.

Aerobic training has been defined by Dr Kenneth Cooper as follows:- 'Aerobics (literally, "with oxygen"). These exercises demand oxygen without producing an intolerable oxygen debt, so that they can be continued for long periods.' This of course is the basis for most of our awards.

The problems for consideration are the compiling of rules and their administration. The aim here is participation so any rules must be kept as simple as possible. Some ideas for your consideration are listed below:-

1. The number of points given for an award.
2. Should all awards carry equal points?
3. The number of times each award can be done in the one season. Example, the 800m award could be done four times on different strokes by a person fit enough.
4. The means by which a club with a large membership is handicapped. All clubs might like to start equal. A club of twelve members gaining all awards the maximum number of times does beat a larger club where only 50% of the members take part.
5. The rules regarding participation — no fee — no award. If the award is to be counted for the competition then it must be paid for.
6. All forms to be filled in correctly or else they don't count for points.
7. All forms to be returned by the 31st December of the competitive year.
8. All monies to be included with the forms.
9. Only registered members of AUSSI allowed to participate.

## MASSAGE "TREATS" ATHLETES

### BRIDGING THE GAP

by Jill Orendorff

(Reprinted from "CHAMPION", March, 1981 issue)

European coaches and athletes, and European society for that matter, have long appreciated the merits of massage and regularly incorporate the technique into training regimes.

In Canada, massage has been misrepresented and misunderstood. Now Canadian coaches and athletes are beginning to recognise that it is a critical element in preparing and training an athlete for competition and is an excellent psychological, conditioning and recovery tool.

"During the world championships," says world water ski champion Pat Messner, "I would not have done as well without the use of massage and mental relaxation."

"Massage relaxes my muscles, particularly after heavy training when I feel completely spent. It's the only way I can really relax."

Mechanically, massage increases venous and lymphatic flow, provides gentle to deep stretching of tissue, and helps break up subcutaneous scar tissue.



# **WILLIS BAKERY**

78 BATHURST STREET, CONDOBOLIN

★ BAKERS OF QUALITY BREAD ★

**Telephone: (068) 95 2344**

*Best wishes to the swimmers  
By courtesy of . . .*

## **Ken Willmot Removalist**

*"The Family Business that Cares"*

LOCAL and INTERSTATE  
SYDNEY RUNS WEEKLY



For Obligation Free Quotes Call

**Dubbo (068) 82-5124**

57 YOUNG STREET  
DUBBO, NSW

*Kindly sponsored by . . .*

## **A.C.L. BOOTS FUNERAL DIRECTORS**



78 PACIFIC HWY.  
RAYMOND TERRACE

**Phone: 87 2101**

FOR NEW TYRES, RETREADS, BATTERIES  
WHEEL ALIGNMENT BY APPOINTMENT

Special Discount to Members

## **CROWS NEST TYRES PTY LTD**

501-507-509 PACIFIC HIGHWAY, CROWS NEST 2065

**Phone: 43-4795, 43-4588**

After Hours: 419-4524



Physiologically, massage helps soft tissue tend towards normal metabolic balance by facilitating the supply of incoming nutrients and the exit of metabolic waste products.

A marathoner, Dave Dyer, prompted by an East European to incorporate massage into his training, reports: "I use it to bring me down, to relax my muscles, my legs. It relaxes my upper body the most. I use it as a psychological treat, as a reward."

He feels that massage helps him spend energy more specifically, thereby conserving energy. It also helps him deal with special problems such as calf tightness and heightening of his body awareness.

As a result, he is better able to relax the muscles non-specific to running and to achieve a feeling of overall relaxation while competing or training heavily.

Elmer Ukkola, a well-known masseur who works with Finnish national track athletes, says in *Track and Field News* that "massage is for anyone involved in systematic training."

He points out that regular massage ensures removal of stress symptoms in the muscles, making an uninterrupted programme of tough basic conditioning possible. Ukkola calls it "preventative treatment".

The Canadian alpine ski team employs a full-time masseur to assist its athletes in "body maintenance". Results have been very encouraging with athletes experiencing discernibly less injury and loss of practice time. The psychological benefits are also significant but difficult to quantify.

Given the fact that most sports have only limited access to physicians, physiotherapists and particularly masseurs with a background in sport, an important skill addition for a coach is a working knowledge of massage techniques. And the techniques of self-massage can be taught to and practiced by athletes themselves.

Before an event, athletes can be massaged for 30 minutes to loosen up muscles and provide a warm-up effect from the friction quality of massage. Pre-competition stretching then follows the massage.

The purpose of pre-conditioning is to ready the muscles for exertion. Follow the activity, massage carries away the waste products which have collected due to the exertion.

The tired muscle seeks rest and inactivity. If the muscle is intensely exhausted, it won't perform its normal activity of "milking" these by-products into the venous return.

The athlete who puts forth a supreme effort is physically tired and, at this stage, exercise cannot accomplish the desired exchange in metabolism because the muscles are too weary to profit from further exercise.

Gently kneading the muscle free of such by-products will allow it to take advantage of the fresh supply of blood and lymph which automatically follows the massage.

There is a growing awareness of the benefits of utilising the techniques of stress reduction, mental, rehearsal, progressive muscular relaxation, and efficient use of energy in general training as well as a recognition of the need to learn in a relaxed state as opposed to learning in a tense state.

Massages interacts with all these needs and can be a way to experience states of relaxation which most people are unable to achieve on their own.

After having experienced varying degrees of deeper relaxation through massage, individuals should become able to induce these states themselves and at will.

The benefits of massage include a decrease in injury due to enhanced concentration resulting from stress control; more efficient use of energy by removal of tenseness in musculature which is not directly involved with the task at hand; improved rate of psychological and physiological recovery; decreased overall stress levels; and decreased dependency on drugs (to induce pre-competitive sleep, for instance).

Only after experiencing massage given by a registered massage therapist can an individual appreciate the concept and visualise its application in a sport specific sense.

Contact an athletic therapist or sport injury physiotherapist since massage therapists often work in conjunction with these individuals.

And read *Healing Massage Techniques — A Study of Eastern and Western Methods*, by F.H. Tappan, Reston Publishing Company, Ltd., Reston, Virginia 1980.

The writer of this article, Jill Orendorff, is an Ottawa-based massage therapist.

\* \* \*

Marion AUSSI Club wrote to say they are encouraging their members with flexibility exercises. Also to introduce variety into training with the use of flippers and paddles. It would be great to see all clubs encouraging the use of flexibility exercises — however, a note of warning regarding paddles — caution when using, overuse can aggravate arm and shoulder injuries. Club coaches please note.

**PLEASE HAVE ALL  
CONTRIBUTIONS/STATE  
NEWS ETC TO A.A.A. BY  
NOVEMBER 1ST, 1981**



Kindly Sponsored by . . .

## **FORRESTERS HOTEL**

**Cnr. Riley & Foveaux Sts.  
SURRY HILLS**

VISIT OUR  
"SPORTSMEN'S BAR"

Open 10 till 11

Sunny B.B.Q. Courtyard  
at Reasonable Prices

Party Bookings also available

**Phone: 211-2095**

## **THE WINGHAM PHARMACY**

W.A. Woodgate, M.P.S., Ph.C.

For Fast, Efficient and Friendly  
Pharmaceutical Service Your

**Guild Family Care  
Chemist and  
NORPHARM  
PHARMACY**

**59 ISABELLA STREET  
Phone: 53-4509**

Sponsored by . . .

## **Supreme Ornamental Steel Pty. Limited**

- ★ Gates and Fences
- ★ Sydney Lace Reproductions
- ★ Measures and Quote
- ★ Service All Suburbs

**PHONE: 70-4925**

**77 Canterbury Road,  
BANKSTOWN, 2200**

*This is a Recommended  
Service*

## **La Romanina Restaurant**



- ★ Italian & Australian Meals
- ★ Pizza — Lasagna — Ravioli, Etc.
- ★ Casual Dress Welcome — B.Y.O.
- ★ Open 7 Days a Week
- ★ Take Away Service Available

*Save Waiting — Phone Ahead*

**96 4543  
245 MAIN ROAD, TOUKLEY**



# "Portraits"

## MARATHON

*Desley's Mountain, by Carol*

Desley Williams from the Valley AUSSI Club in Queensland, is not a very big lass, but she seems to enjoy setting big challenges for herself, example, her recent Southport to Tippers' Resort, South Stradbroke Island swim, the longest swim on the Gold Coast.

The marathon effort by Desley was a 'comeback' swim after a 10 years lapse. In 1968-69 Desley swam 9 km from Surfers Paradise to North Burleigh, then 11 km across the Whitsunday Passage followed by an 18 hour 48 km swim down the mighty Murray River. What next? The English Channel, the aim of all marathon swimmers. Sadly, this was one goal that Desley would never achieve, as she collapsed from hypothermia several times during these 'colder water swims'.

Desley's comeback swim was originally to be from Surfers Paradise to Tweed Heads, however, rough seas and weather conditions forced the organisers to postpone the swim three times. Desley was swimming in a specially designed 1½ tonne shark-proof cage, while protecting her from 'old jaws' himself, in rough conditions would probably do as much damage, however, along with the intense disappointment and letdown from the cancelled swims, there were only Desley's sponsors who had promised \$4,000 for the Southport Air/Sea Rescue, so hence the switch to Southport to Tippers.

*"The swim was a difficult one," said Desley, "the hardest of my three sea-swims. There was a 15-20 knot breeze and chop from spectator craft and I was bruised and cut as I was bashed about inside the cage. After 2½ hours I began to get cold when we struck a cool head current; I only had a small amount of grease (wool fat) on for protection against the cold. Later my back and shoulders and elbows began to ache, possibly due to cold, but each glucose drink gave me relief. The last half-hour was almost unbearable, but it was the encouragement of the boat crew and the increased frequency of drinks that got me to the finish at Tippers."*

The cage was towed by the trawler Shakrila, skippered by Neil Thompson, and Desley was closely observed by ASR members John Elkes and Peter Williams in an escort boat, she was fed halfhourly drinks of Lemon Barley, glucose and lemonade. Her swim of 13.6 miles in 4 hrs 38 mins was a record.

Naturally Desley didn't just come out of retirement to make this swim, she trained for two years, and sought the advice of Dr K. Hobbs of the Sports Medicine Federation. Included is a report by Mrs Noele Best who was the First Aid Officer and food handler —



'The drink prepared for Desley Williams' marathon swim on the Gold Coast on the 8th March, was a very sweet mixture of Lemon Barley powder mixed with a little water, plus a high concentrate of glucose and lemonade. It was mixed several days prior to being required, to ensure it was well dissolved, and the lemonade flat.

This liquid was kept at a refrigerated temperature and was given to her 5 ounces each time, at 30 minute intervals for the first 4 hours. Desley found that after that she needed the liquid at 10 minute periods, and it was only after the 4 hours that she asked especially for fluid to be given to her.

During the whole swim she paused no longer than 1 minute to take this nourishment and during that time conversed with John Elkes and Peter Williams who were riding alongside the cage she swam in.

It was my observation that Desley was not unduly distressed during the swim, other than the period when the water turned cold, and the last 30 minutes. She took an interest prior to this in the activity in the water, especially the sailing boats and the spectator craft who followed her progress with the swim.

Stomach cramps were not experienced at all during the swim — these had been troublesome in previous swims. Apart from some stiffness and slight sunburn, Desley had no ill-effects from this swim and returned to her job as a court reporting typist on Tuesday, after having a rest day Monday.

*Noela Best*



# **BARLOW'S DANCE ACADEMIES**

International Social Dancing  
Taught the World over

Class Tuition — Private Lessons  
Bridal Parties, etc.

Specialising in Modern Ballroom,  
Latin and American, Old Time

**BRIAN AND EVELYN BARLOW**

**Phone 622-3703**  
**13 HAWKINS STREET**  
**BLACKTOWN**

*Sponsored by . . .*

## ***Monarch Curtain Manufacturing Pty. Ltd.***

**62 WELLINGTON ROAD  
AUBURN**

***Phone: 646 1215***

also at

**WILTONA PLACE, GIRRAWEE**  
**Phone: 363 5101**

*Kindly sponsored by . . .*

## **MALESCO MANUFACTURING CO. PTY. LTD**



**YENNORA AVENUE  
YENNORA**



**TEL: 632 2444**

*Sponsored by . . .*

## **CYCLE SCENE**



**329-331 HIGH ST.  
MAITLAND**



**Phone:**  
**(049) 33 5523**

# CONSTITUTION OF AUSSI, MASTERS SWIMMING IN AUSTRALIA

*adopted 13th March, 1981*

## 1. NAME

The name of this organisation shall be AUSSI, Masters Swimming in Australia hereinafter referred to as AUSSI.

## 2. OBJECTIVES

The objectives of AUSSI are —

- a. To encourage adults, regardless of age or ability, to swim regularly, so as to promote fitness, and to improve their general health.
- b. To co-ordinate the activities of individuals through clubs and Branches, so that they may meet together for competition and social interaction at both local and international levels.
- c. To publish the results of these meetings, so as to provide stimulus to others to take part in AUSSI, activities and/or to measure their own performances against those of a similar age.
- d. To provide assistance to research programmes, which are aimed at finding the effects of regular exercise, specifically swimming, on health, and on the ageing process. Thereafter to publicise the results of said research.

## 3. BADGE

The badge of AUSSI shall feature in green and gold, a platypus swimming "west" on a stylised outline of Australia, with the word "Aussi" in the Great Australian Bight. This shall be encircled by the words "AUSTRALIAN UNION OF SENIOR SWIMMERS — INTERNATIONAL".

## 4. MEMBERSHIP

- a. Membership of AUSSI is gained by joining a club which is affiliated with a Branch of AUSSI, and being registered with the Branch by the club, and with AUSSI, by the Branch.
- b. Registration is restricted to persons twenty-five (25) years and older.

## 5. FEES

- a. Branch Affiliation Fees and member registration fees shall be reviewed each year by National Council.
- b. The financial year of AUSSI shall be from the 1st January to the 31st December each calendar year.
- c. Branches shall pay stipulated Branch Affiliation fee and Member registration fees to AUSSI, as soon after 1st January as requested.
- d. Non-financial Branches, and individual members shall be suspended until all fees due have been paid.

## 6. BRANCHES

Only the following eight (8) areas may affiliate as Branches of AUSSI —

- i) The State of Western Australia

- ii) The State of South Australia
- iii) The State of Victoria
- iv) The State of Tasmania
- v) The State of New South Wales
- vi) The Northern Territory
- vii) The Australian Capital Territory
- viii) The State of Queensland

## 7. ADMINISTRATION

- a. The affairs of AUSSI shall be administered by the National Council and the National Executive, subject to the provisions of this Constitution.
- b. i) The National Council, hereinafter referred to as Council, is entrusted with setting objectives for the coming year, for reviewing the past year, for setting fees for Branch Affiliation and member registration, for selecting the venue for the next but one National Swim and for formulating policy.
- b. ii) The Rules of AUSSI as attached to this Constitution may only be altered by a majority vote of Council.
- b. iii) Council shall consist of the Executive plus two delegates representing each affiliated Branch.
- b. iv) Delegates shall be appointed by Branches, but need not be members of the Branch. They shall produce written letters of authority signed by the Secretary of the Branch which they represent, to the Chairman of the Council.
- b. v) Council shall meet at least twice each year, one of which meetings shall be immediately prior to the National Swim.

## 8. DELEGATES TO COUNCIL

- a. Each Branch shall be entitled to send two delegates to National Council Meetings.
- b. There should be a meeting of Branch Directors of Fitness and Coaching prior to Council Meetings to discuss matters of interest.
- c. Provided funds are available, the approved travel and accommodation expenses of one delegate from each Branch to Council Meetings shall be paid from National funds. Full travel and accommodation expenses shall be paid for a second delegate when a Branch has 400 registered members. Smaller Branches shall be subsidised on a proportional basis.

## 9. NATIONAL EXECUTIVE

- a. National Executive, also referred to in this Constitution as the Executive, shall consist of five (5) or six (6) persons.
  - i) The National President.



# BROADWATER SMASH REPAIRS

**BEFORE**



• N.R.M.A. Towing  
AFTER HOURS: 41 9978

- Repairs to All Makes of Vehicles
- Panel Beating • Spray Painting
- Insurance & Private Work
- Windscreen Replacement

**41 0888**

ALLFIELD ROAD, WOY WOY

**AFTER**



**DON'T MOVE —**

**CONSIDER THE  
POSSIBILITIES**

*Bring a New Way of Living to  
Your Old Address*



**ROOF CONVERSION SPECIALISTS**

★ Extensions ★ Alterations

**C & C Roof Conversions Pty. Ltd.**

(Builders Licence No. 13722)

**69 2106**



**793 The Scenic Road, Kincumber**

**Ron Holdings Pty. Ltd.**



**DRIVER INSTRUCTION MANUAL  
MINIMUM FEES**

- AUTOMATIC & MANUAL CARS
- PICK UP AND RETURN — NEWCASTLE, MAITLAND, RAYMOND TERRACE & SURROUNDING AREAS
- ALSO MORISSET, COORANBONG & ALL LAKE MACQUARIE AREAS

**Phone 54 8333**

**242 MAIN ROAD, CARDIFF  
Ron Holdings Driving School  
Pty. Ltd.**

*Kindly sponsored by . . .*

**BALLINGERS GARAGE**



**PACIFIC HIGHWAY, OURIMBAH**

**(043) 62-1153**



- ii) The National Secretary.
  - iii) The National Treasurer.
- all three of whom shall be elected as provided in Clause 13.

- iv) The National Director of Fitness and Coaching who shall be appointed by Executive on the recommendation of the Branch Directors of Fitness and Coaching.
- v) The Editor of "AUSSI, Adult Swimming" magazine who shall be appointed by Executive on the recommendation of the Branch Secretaries.

- \*vi) The Executive Director who shall be employed by the National Secretary at a time and a salary that have been approved by Council.

\*(Note: this provides for the time when it becomes necessary and that Council shall determine that time and the salary to be paid.)

- b) The Executive shall be responsible for the day to day affairs of AUSSI.
- c) The Executive shall meet as often as necessary.
- d) The Executive shall provide a written report including a statement of accounts paid, income received and balance at bank to all Branches at least once every two months.
- e) Executive may be dismissed by Council.
- f) The Executive's airfares and accommodation expenses to attend Council Meetings shall be paid from National funds.

## 10. COUNCIL MEETINGS

- a) The National Secretary shall give each Branch Secretary twenty-eight (28) days written notice of the time, date and venue of all Council Meetings and an Agenda for the Meeting.
- b) Delegates (1 or 2) representing a simple majority of the affiliated Branches plus at least two members of Executive shall be present for a Meeting to convene.
- c) Each Branch shall be entitled to one vote on all matters.
- d) The Executive shall collectively have a single vote which may be exercised in all matters excepting the election of Executive.
- e) The Chairman shall have a casting vote on any matter in which there is a tied vote.
- f) When requested by a majority of Council members a secret ballot shall be held when voting on any matter.

## 11. ANNUAL COUNCIL MEETING

- a) The Annual Council Meeting shall be held no more than two days prior to the National Swim and shall be held in the same city or town.
- b) Annual Council shall
  - i) receive and confirm the Minutes of the previous Council Meeting.

- ii) receive reports from —
  - the National Secretary
  - each of the Branches
  - the National Director of Fitness and Coaching

these reports should be posted to each Branch Secretary no less than fourteen days before the Meeting.

- iii) receive and review the Annual Financial Report (Income and Expenditure Assets and Liabilities and Balance Sheets) and the Auditor's Report.
- iv) determine the members of the Executive for the coming year in accordance with Clause 13.
- v) attend to all those matters listed in sub-clause 7. b) i).
- vi) discuss matters not listed on the Agenda (i.e. General Business).

## 12. OTHER COUNCIL MEETINGS

- a) shall be held in the town or city, readily accessible by scheduled airlines, which is deemed by Executive to be the most beneficial to AUSSI, taking account of travel and accommodation costs and publicity impact of the venue.
- b) Shall attend to all those matters listed in sub-clause 7. b) i) (excepting National Swim venue) and in sub-clause 11. b) i) ii) and vi), plus receive and review a full Financial Report which may or may not have been audited.
- c) May be summoned by the Executive or at the request of at least a simple majority of the affiliated Branches. Such a request shall set forth the matters to be discussed.

## 13. NOMINATION AND ELECTION OF EXECUTIVE AND AUDITOR

- a) This clause is applicable only to the positions of National President, National Secretary, National Treasurer and Auditor.
- b) Only registered members of AUSSI may be nominated for the positions of National President, National Secretary and National Treasurer. The Auditor need not be a member of AUSSI.
- c) The National Secretary shall write to all Branch Secretaries calling for nominations for the four positions at least ninety (90) days prior to the Annual Council Meeting.
- d) Branch Secretaries shall submit nominations in writing to be received by the National Secretary no later than forty-five (45) days prior to the Annual Council Meeting.
- e) A list of candidates for each of the four positions shall be forwarded to all Branch Secretaries at least thirty (30) days prior to the Annual Council Meeting. The list shall show each candidate's name, age and club and up to



**BEAUTIFUL  
NAILS**  
(THE NAIL PEOPLE)

Shop G1, Northpoint  
Pacific Highway  
North Sydney

EXPERT MANICURE AND  
PEDICURE

\* \* \*

**Phone: (02) 929-6647**

*Wishing the Association all the best  
for this season*

Kindly sponsored by . . .

**BARLOW'S  
SPORTS  
STORE**

\*

**MT. DRUITT  
SHOPPING CENTRE**

\*

EVERYTHING FOR THE  
SPORTS MINDED

**Tel: (02) 625-0941**

Kindly sponsored by . . .

**BELLBIRD  
NEWSAGENCY**



424 WOLLOMBI RD.  
BELLBIRD

**Phone:**  
**(049) 90 1285**

Kindly sponsored by . . .

**PRESTIGE  
PLANNING  
SERVICE**



5 LYNNETTE PLACE  
KOTARA



**Phone:**  
**(047) 57 4887**

one hundred (100) words of background information about each candidate and if available a recent photograph of each candidate.

f) Where candidates are unopposed they will be declared elected at the Annual Council Meeting.

g) i) Where a ballot is required to eliminate candidates only the delegates representing each affiliated Branch shall vote, using the voting powers allocated in Clause 10. c).

ii) Where the outgoing President is standing for re-election and is opposed then a member of Council not directly involved in the elections for Executive, shall take the Chair.

iii) As soon as the new President is elected he shall take the Chair.

iv) Delegates representing a simple majority of the affiliated Branches shall constitute a quorum.

v) Voting shall be by secret ballot.

vi) Where there is a tied vote, a second ballot shall be held, except that where the former office bearer is seeking re-election to the same position and is one of those who has tied, he shall be declared elected.

vii) In the event of a second tied vote, the most senior officer from the retiring Executive, who is present at the Meeting, shall have the casting vote. The order of seniority shall be first the National President, then the National Secretary, then the National Treasurer.

viii) The Chairman of the Meeting shall appoint two (2) scrutineers to count the votes when required. The voting papers shall then be destroyed.

h) After the incoming Executive is declared, the whole of Council shall elect an Auditor, who need not be a member of AUSSI.

i) Vacancies on Executive may be filled at any Council or by a postal vote of Council providing that notice has been given at time intervals as stated in sub-clauses 13. c), d) and e).

#### 14. DUTIES OF OFFICERS OF AUSSI

a. The National President shall chair all meetings. In his absence a Chairperson shall be elected by those present.

The President shall guide the other officers in the commission of their duties and shall represent AUSSI at official functions when available.

b. The National Secretary shall give notice of all meetings as stipulated in this Constitution; shall be responsible for answering and filing all correspondence received by AUSSI. He shall present regular reports of AUSSI activities to Branch Secretaries and reports as required to Council.

c. The National Treasurer shall receive and account for all monies payable to AUSSI. He shall be required to deposit all monies in an AUSSI bank account. Monies may be withdrawn from this account only on the signed authority of any two of the President, National Secretary and National Treasurer. Accounts paid are to be reviewed by Council.

The National Treasurer shall prepare an Annual Financial Report which will include statements of Income and Expenditure and Assets and Liabilities and a Balance Sheet all of which shall have been audited by the elected Auditor before presentation to the Annual Conference.

d. The National Director of Fitness and Coaching shall be responsible for

i) advising the Branch Directors of Fitness and Coaching

ii) acting as a clearing house for the exchange of information between Branches and between Australia and other countries.

iii) co-ordinating the conduct of National Seminars on fitness and coaching.

e. The Editor of "AUSSI, Adult Swimming" magazine shall be responsible for receipt and reproduction of all editorial material for the magazine.

f. The Executive Director shall be responsible for performing those tasks delegated to him by the Secretary.

g. The Auditor shall examine the accounts of AUSSI at least once a year and shall express his opinion as to the correctness of the Financial Statement and Balance Sheet, and shall issue a written statement of opinion to the Annual Conference.

h. It is strongly recommended that the Secretary, the Treasurer and the Executive Director should meet at least once each week.

#### 15. CONDUCT

The conduct of AUSSI's activities shall be in accordance with this Constitution and with the Rules of AUSSI as attached.

#### 16. AMENDMENTS TO THE CONSTITUTION

Alterations or additions to the Constitution

i) May only be made by a Council Meeting which has been summoned in accordance with Clauses 10. and 12. of this Constitution.

ii) They must be approved by both a simple majority of the Affiliated Branches and a majority of the total votes at a Council Meeting.

iii) The Secretary shall forward copies of the amended Constitution to all Branches within thirty (30) days of the Meeting.

All such copies must be clearly marked with the date of the Council Meeting at which they were adopted.



Kindly sponsored by . . .

## **SINGLETON TRAVEL SERVICE**

Specialising in  
LOCAL AND OVERSEAS TRAVEL  
LAND — SEA — AIR

at

**107 JOHN STREET  
SINGLETON, 2330**

**or Phone:  
(065) 72 1087**

Members please support those who  
support us

## **SAMYS CONSTRUCTIONS PTY LTD**

\* \* \*

- ★ Estimating
- ★ Steel Fabrication
- ★ Welding & Plant Repair
- ★ Dust Control
- ★ Ducting Installations

\* \* \*

**PENRITH  
(047) 31-6294  
or 31-3688 or 31-3693**

**37 YORK ROAD, PENRITH**

## **ASHLAR GOLF CLUB LTD.**



St. Andrews Course  
SPRINGFIELD AVENUE  
BLACKTOWN, 2148

**Telephone:  
622-4300**

Have you tried mouth-watering  
Charcoal Chicken? No! Well now's  
the time to try

**OPEN 7 DAYS  
PER WEEK  
10.00 AM TILL 8.30 PM**

## **TAREE CHARCOAL CHICKEN**

**CIVIC CINEMA CENTRE  
ALBERT STREET, TAREE**

**Phone: 52-5181**

P.C. 2430

Crispy Salads, Hot and Cold Packs  
Hawaiian Packs — Curry and Rice  
We use Manos Chickens

# RULES OF AUSSI

approved 12/9/80, applicable 1/1/81

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 AUSSI, Masters Swimming in Australia (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 in Club Guide) 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 fee 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



Kindly sponsored by . . .

## **NEV MARLAND & TONY McGOVERN SMASH REPAIRS**

**2 Fitzpatrick Street, Revesby**

Specialists in All Classes of: ☆ Smash  
Repairs ☆ Private and Insurance  
Work ☆ Lacquer & Acrylic Spraying  
☆ Rust Replacements

Quotations and Estimates  
Welcomed

**Telephone: 772-4015**  
**AH: 709-1522 or 642-1642**

## **DRUMMOYNE R.S.L.**

\* \* \*

*Best Wishes to All Swimmers  
and their Families*

\* \* \*

**Phone:**  
**(02) 81 3181**

**162 VICTORIA ROAD  
DRUMMOYNE, NSW**

## **C.R. GAUNT PTY LTD**

Licensed Real Estate  
Stock and Station and  
Business Agents

Open 7 Days

*"A PERSONALISED SERVICE"*

\* \* \*

**Phone:**  
**Port Macquarie 83 3222**

**Cnr WILLIAM & HAY STS  
PORT MACQUARIE, NSW**

## **PHOENIX-GARDEN RESTAURANT**



- Superb Chinese & Australian Cuisine
- Fully Licensed with Cocktail Bar
- Delicious Take-Away Meals
- Live Entertainment on Weekends
- Customer Car Park at Rear

**(046) 25 9693**

**45 QUEEN STREET  
CAMPBELLTOWN**

(opp. Amoco Service Station)

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 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, one mixed freestyle relay team and one mixed medley 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



# GOSFORD CONFECTIONERY



4 BEAUMONT AVENUE, WYOMING



(043) 25-7652



need glass?

- MIRRORS
- ★ TABLETOPS
- ★ LOUVRES

REPAIRS A SPECIALITY

**Shaw's Glass  
Pty. Ltd.**

Lic. No. R30261

**106 GEORGE STREET  
HORNSBY**

**Telephone: 477-1033  
After Hours: 487-1131**

Kindly Sponsored by ...

**McGRATH'S BUTCHERY  
YOUNG**



"FOR PRIME QUALITY MEAT"  
AT REASONABLE PRICES  
Make Your Order at McGrath's  
For B.B.Q. — Bulk or Public

**Phone or Call at  
232 BOOROWA STREET  
YOUNG**

**(063) 82-2044**



IN COLORBOND — TIMBABOND OR  
CORROSION RESISTANT MARVIPLATE

- SALES • SERVICE • INSTALLATION • REPAIRS

**The house of doors**

PTY.  
LTD.

ENTIRE CENTRAL COAST — WOY WOY TO SWANSEA

**(043) 52 1656 or 52 2384**

OBLIGATION-FREE MEASURE & QUOTE

**TUGGERAH STRAIGHT, PACIFIC HWY., WYONG**



THE REMOTE CONTROL FOR  
B & D ROLL-A-DOOR



**Freestyle:** 50m, 100m, 200m, 400m, 800m, and 1500m.

**Backstroke:** 50m, 100m, and 200m.

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

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

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

**Relays:** Women's 4x50m freestyle, men's 4x50m freestyle, women's 4x50m medley, men's 4x50m medley, mixed 4x50m freestyle (2 men plus 2 women in any order), 4x50m and mixed 4x50m medley (2 men plus 2 women).

- 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.
  - e) **National Long Course Records** shall be kept of the fastest times recorded in each age group for each event listed in Rule 10a), excepting the 100m individual medley. These National Records may be broken (or set) at any Swim Meet involving two or more clubs which has been sanctioned\* by the AUSSI National Body or any of its affiliated Branches, providing that —
    - i) the Swim Meet is conducted over a 50 metre or 55 yard course.
    - ii) the times are recorded by one of three approved methods —
      - that is by electronic timing —
      - by recording three manual times and where two of the three are the same time taking that as the Official time, or if all three watches record different times taking the intermediate time as the Official time or by recording two manual times and taking the slower of the two times as the Official time except where the two are the same in which case that is the Official time.
    - iii) written application, signed by the Branch Secretary or Recorder is forwarded to the National Secretary seeking recognition of the new time.
- \*NOTE Sanctioned means "has been organised and conducted with the knowledge and approval of".
- f) **National Short Course Records** shall be kept of the fastest times recorded in each age group for each event listed in Rule 10a). These National Records may be broken (or set) at

any Swim Meet involving two or more clubs, which has been sanctioned\* by the AUSSI National Body or any of its affiliated Branches, providing that —

- i) the Swim Meet is conducted over a 25m course.
- ii) the times are recorded by one of three approved methods —
  - that is by electronic timing —
  - by recording three manual times and where two of the three are the same time taking that as the Official time, or if all three watches record different times taking the intermediate time as the Official time —
  - or by recording two manual times and taking the slower of the two times as the Official time except where the two are the same in which case that is the Official time.
- iii) written application, signed by the Branch Secretary or Recorder is forwarded to the National Secretary seeking recognition of the new time.
- iv) it shall be the responsibility of the Swimmer to consult the Meet Director to ensure that ii) and iii) are implemented should it be likely that he/she will break or set a record.

## 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) **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) Medals for the four (4) members of each winning relay team; A plaque to be retained by the winners of the Founders Trophy; and such other trophies as may



## Maharaja Indian Restaurant

★ FULLY LICENSED  
★ TAKE AWAY

*Enjoy Traditional & Exotic Cuisine*

We make Dishes to Your Taste  
from Very Mild to Extra Hot

Dinner 7 Nights  
Lunch: Tuesday to Saturday

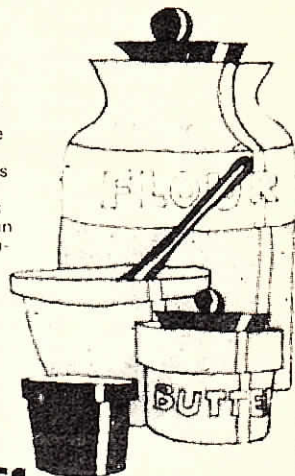
**26 1665**

**653b HUNTER STREET  
NEWCASTLE WEST**  
(Near Royal Theatre)



## La Perla ITALIAN RESTAURANT

If you enjoy good, well cooked and traditional Italian food, try La Perla Restaurant at Gladesville. If you've ever been to Italy, you'll appreciate the atmosphere of an Italian Taverna, though Chef was born in Italy, he has had many years experience as a chef in various Australian restaurants. It's almost impossible to describe the dishes as they have daily specials - pasta dishes of all kinds, fish, veal, salads, etc. Luncheon is served from noon and they're open for dinner 7 nights a week



**Ph: 816 1161**

**255 Victoria Rd, Gladesville**

## BUDGET CAR & TRUCK SALES



**311 MANNS ROAD  
WEST GOSFORD**



**(043) 25-0305**

## NOELS PLAYLAND

**TOYS — BIKES — SPORTS  
FISHING — HOBBIES**

*Friendly & Personalised Service*

**SHOP 8,  
LOWES ARCADE,  
ROCKDALE**

**Phone : 597-2759**

**Also Open At:  
SHOP 2,  
69 OLD PRINCES HIGHWAY  
APPIAN CENTRE  
Phone : 520-3205**



be approved by the National Council 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.)

- i) Overseas swimmers may swim by invitation only. They shall receive no points, and unless visitors Awards are made they shall therefore not be entitled to receive National Swim Medals.
- ii) Any overseas swimmer must have resided in Australia for a period of one month prior to closure of entries for the Swim before that person can swim in the National Swim as a member of a registered AUSSI Club.
- 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. Swimmers who miss heats shall not be allowed to swim in a later heat.

## 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 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.
- d) "A list of the Ten (10) best times recorded during the year (period to be notified to Branches and Clubs by National Secretary) for both sexes and each age group for every event listed in Rule 10a) shall be published as soon as possible in the following year."

## 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 has been completed and the proscribed fee forwarded with the form to the Awards Secretary.
- b) **400m:** Any registered member of AUSSI who records a time for a non-stop 400m on five separate occasions, each time in a different month, and each time less than 14 minutes shall be eligible to register for the 400m award. The award can be recorded once each year in each of the 4 strokes and a medley. Each of these separate strokes may be swum in the same month. (Note: odd distances such as 440 yards or 500 yards are acceptable for this award, e.g. it may be swum in a 20 yard pool). Applications must be on the correct form and be forwarded with the proscribed fee to the Awards Secretary.
- c) **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. The award can be recorded once each year in each of the 4 strokes and as a medley. Each of these separate strokes may be swum in the same month. (Note: odd distances such as 880 yards or 900 yards are acceptable for this award, e.g. it may be swum in a 20 yard pool). Applications must be on the correct form and be forwarded with the proscribed fee to the Awards Secretary.



# **B & S SCRAP METALS PTY LTD**

**CAR REMOVALISTS & DISPOSAL**

**We Pay CASH for All Types of Scrap Metal**

Multi-Scrap Bin Service \* Haulage Contractors \* Demolition & Salvage Contractors  
\* No-Obligation Free Quotes \* Open 7 Days a Week \* Regular Collections

**RACECOURSE ROAD, BOOLAROO, 2284**

**Phone: 58 1271**

*Kindly Sponsored By . . .*

## **SUNSHINE SMASH REPAIRS**

**Lot 10  
Seton Road  
MOOREBANK**

Smash Repair Specialists — Panel  
Beating — Spray Painting  
All Insurance Work

**Telephone:  
602-0993**

ROBERT STREETING  
Wishes the Association All the Best

## **GARLICKS & CO.**

**Everything for the Builder  
and Handyman**

Cement and Reo-Mesh, Cyprus Pine, Softwood  
Mouldings, Fibro, Pine Board, Kitchen Units,  
Roller Doors, Shelf Hardware, British Paints,  
Bosch Power Tools.

**Full Range of Plumbing Supplies  
Gutters, Downpipes, PVC Fittings, Etc.**

★ ★ ★

**75 SYDNEY ST.  
MUSWELLBROOK 2333  
(065) 43 2139**

## **KENTUCKY HOMES (N.S.W.) PTY. LTD.**

★ LOG HOMES ★ CEDAR HOMES ★ REDWOOD HOMES ★ BRICK HOMES

*Architect Designed to Your Own Specifications Featuring Solid Timber*

**SALES & DISPLAY**

**CNR. SHOWGROUND & GILBERT ROADS, CASTLE HILL**

**PHONE SYDNEY (02) 680-1255**

- d) **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 and be forwarded with the proscribed fee to the Awards Secretary.
- e) **5000m:** As for 3000m award only distance required is 5000m.
- f) The 1500m, 3000m and 5000m awards can

only be awarded once per year. Provided the time recorded is not submitted for National Top 10, claims for the awards may be swum in tidal pools.

14. **ALTERATIONS.**

These Rules may only be altered at National Council meetings.

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

National Conference 1st August, 1981

Peter Jackson, National President

Gary Stutsel, National Secretary

## APPRECIATION



A Special Thanks is extended  
to all Advertisers  
without whose support  
the production of this  
**JOURNAL**  
would not be possible



Compliments of . . .

## **COX'S ROAD HARDWARE AND ELECTRICAL**

COMPLETE HARDWARE &  
ELECTRICAL SUPPLIER

\* \* \*

211 COX'S ROAD  
NORTH RYDE

**Phone: 88-1917**

## **KITCH'S KRASH REPAIRS**

Spray Painting & Panel Beating

- Specialising in All Makes and Models • Insurance Work
- Windscreen Replacement Service

For an Obligation Free Quote or  
Enquiries

**Phone:**  
**Wellington 1400**

114 SIMPSON STREET  
WELLINGTON, NSW

## **L.A. HISCOCK**



RAYMOND TERRACE  
SPORTS CENTRE  
THE SPORTING SPECIALISTS



21 WILLIAM STREET  
RAYMOND TERRACE

**Phone: 87-2400**

## ***Buronga Riverside Caravan Park***

Right on the banks of the Murray

- ☆ 140 Powered Sites ☆ Amenities
  - ☆ Showers ☆ Laundry ☆ Playground
  - ☆ Kiosk ☆ 9-Hole Golf Course
  - ☆ Horse Riding School and Trampoline
- Closest Park to Mildura (Approx 2 km  
from City Centre) – Close to NSW Clubs

*Members, Support Buronga  
Riverside Park and Enjoy the  
Atmosphere*

For Information and Bookings

**Phone: (050) 23 3040**

**P.O. BOX 2, BURONGA  
NSW, 2648**

# Calendar of Coming Events

1981

- October 3: \*Hunter-New England Swim — Newcastle, NSW  
Details from Chris Le Cornue, 126 Glebe Road. Merewether, 2291
- 3 & 4: South Hedland Aquatic Centre, W.A.  
Details from L. Hammond, 1 Leake Street, South Hedland. Phone: 72-1343.
- November 7: \*Hills — Swim — Dural.  
Details from Don Spender, 44 Hurley Street, Old Toongabbie, 2146
- 14: Campbelltown.  
Details Ted Bolton, 13 Fern Ave., Bradbury. Phone: (046) 25-8129.
- 28: Cronulla/Sutherland — Aquadot Pool, Gray Street, Sutherland.  
Details Beryl Stenhouse — 523-2361.
- December 5: \*Western Suburbs — Swim — Lidcombe.  
Ann Still, 4 Moonshine Ave., Cabramatta. Phone: 604-6902 (home).

1982

- February 13: St. George — Swim — Peakhurst Pool.  
Details Glad Uebel, 15 Ogilvy Street, Peakhurst. Phone: 533-1189.
- 20: Coogee/Randwick.  
Details Rona Thornley, 8/10 Alexander Street, Coogee, 2034.
- April 2/4: National Swim — Warringah Aquatic Centre.
- May 1: Blacktown — Carnival.  
Details Marlene McCafferty, 14 Gracilis Way, Bidwill. Phone: 628-2969 (home).

\*NOTE: Ettalong, Hunter, Hills and Western Suburbs have booked their dates permanently.

Tasmania	—	Tina MacKenzie	Launceston	31-2918
Western Australia	—	Glenys McDonald	Perth	447-3578
South Australia	—	Kathy Heenan	Highbury	
Victoria	—	Barbara Wilson	Melbourne	233-4847
Queensland	—	Ray Rose	Brisbane	343-2541
North Queensland	—	Ray Stanbrook	Townsville	79-2684
New South Wales	—	Brian Hird	Sydney	638-1143

## TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the December Edition of "AUSSI ADULT SWIMMING" must be received by 1st November.  
Write to the Secretary, Box 456 Post Office, Sutherland, 2232.

----- (CUT HERE) -----

DATE: .....

VENUE: .....

CONTACT: .....



## **DO DROP IN CAKE SHOP**



**73A KING STREET  
WARNERS BAY**

**(049) 48-8841**

## ***Eve-Marie Bridal***



**417 HIGH STREET  
MAITLAND**

*Everything for the Bride,  
Bridesmaids, Flower Girls  
and Page Boys*

***Phone: (049) 33-6740***

**FOR ALL YOUR JEAN  
REQUIREMENTS**

## **TOUKLEY JEANERY**



**245 Main Road  
Toukley**

**96-5173**

## **JANE'S BEAUTY SALON**



**116A JOHN STREET  
SINGLETON**

**72-2699**