



AUSSI Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

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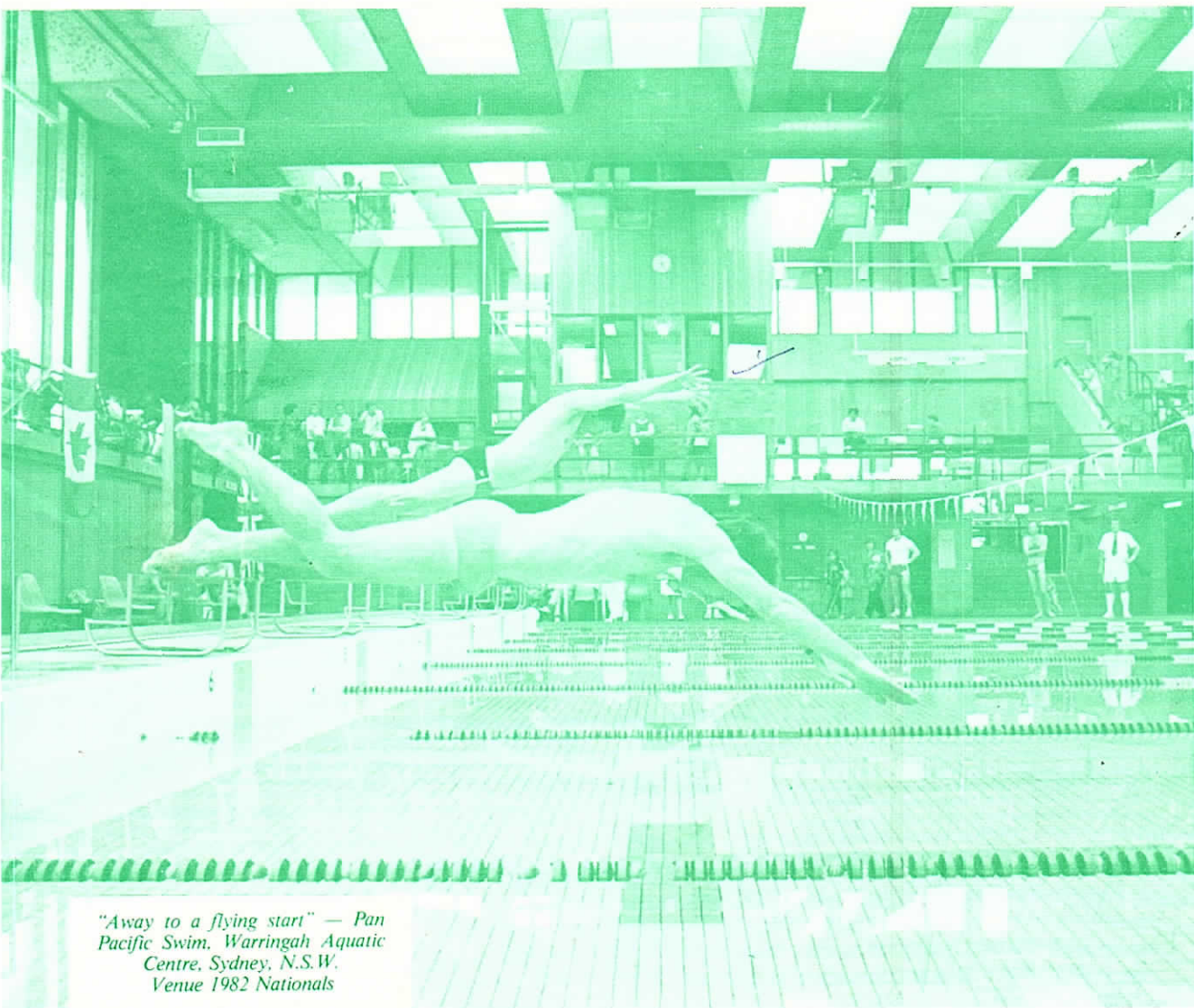
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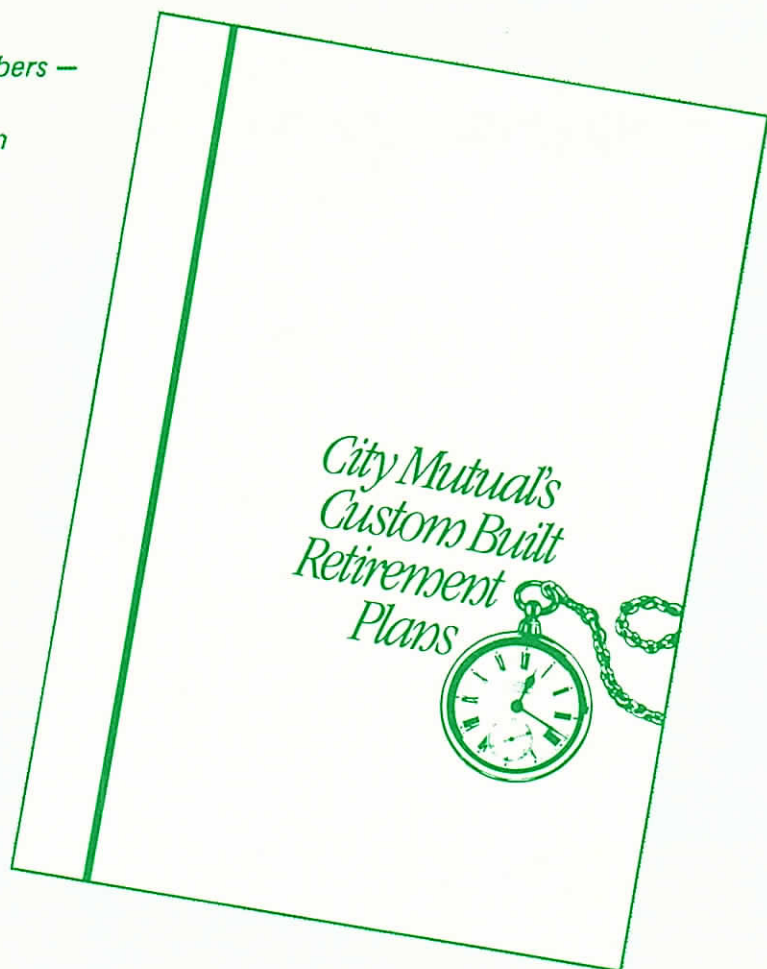
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A.U.S.S.I. ADULT SWIMMING 1981



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Carol's Comments

At the time of writing this column I'd say astrologically speaking, 'we' AUSSI are going through a time of change. We've said goodbye to Gary and a welcome to Ann Still of Western Suburbs Club N.S.W. who has come forward to take Gary's place. Also we've (the National Council & Executive) been taking a hard look at ourselves, trying to assess just where we are heading, what you the members want out of AUSSI and ways to improve administration. I'm very much looking forward to the findings by the W.A. Branch, who were requested at the August Council Meeting to organise a detailed inquiry into AUSSI taking into consideration the above points.

By the way, point of clarification, it has been pointed out to me that when I'm writing this column and answering your letters, I'm guilty of using the 'Royal Pronoun We' — in future I'll endeavour to make it clear if it's stated AUSSI policy, National Executive view, or, as it mostly is, just my own point of view, which is not necessarily shared by the management. However, I do often refer to myself/the magazine as "we", perhaps I'm developing a split personality.

I would like to thank those people who took the time to ring me in regards to September A.A.S. Feature Article "Breaking Down the Barriers". I really did appreciate all those kind words. I hope it did touch you, and that some of you have found the time to 'get involved'. Really it does not take that much time, and you don't have to be a 'good swimmer' or especially skilled, you just have to care a little, and the rewards are ten-fold.

This issue our Feature Article — The Pan Pacific Swim — Pieter did an excellent job as of-



ficial photographer, and having to choose just what photos to put in and leave out was a real task, I've tried to cover all aspects of the meet and match Gary's article, I hope you enjoy it.

We still are unable to print the "When and Where to Swim with AUSSI" as full information has not reached us. Club Secretaries — please check, have you sent us YOUR information. I am still interested in articles for 'Changeroom-Chatter' sorry, but last two issues, we haven't had the space to print them.

I'm delighted that we have two informative articles from the Victorian and N.S.W. Fitness and Coaching Directors, I'm hoping these will be the first of many from the State's Coaching and Fitness Directors, not forgetting that W.A.'s Kay Cox has contributed many times before. If you have any comments about the articles, I'm sure the authors would be interested to read them, just drop a line to 'Swimmers Viewpoint'. We have our club profile this issue, and plan on more for March. Will you be the next to read those immortal lines '...' THIS IS YOUR CLUB?

In conclusion, from Vivienne and myself best wishes to you and your families for a joyous, safe and happy Christmas.

Carol



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Swimmers' Viewpoint

15th October, 1981

Dear Carol,

I was sorry to hear of Foster Wilson's illness and handicap but his cheerful challenge to it was wonderful.

Perhaps it will bring him back to my class now, but nothing would give me greater pleasure, if I go to the Nationals in N.S.W., than to once again get the silver and play second fiddle to a great sportsman.

*George Edwards
Melville. W.A.*

Dear George,

I'm sure Foster will be greatly cheered by your letter. Thanks for writing.

Carol

23rd October, 1981

Dear Carol,

In answer to K.K. Simon's letter re the Perth National Swim and swimmers being given incorrect times, I would like to support Gary in his answer however, in defence of (his) (K.K.S.'s) Committees' accusations I would like to make the following points—

(1) Every attempt was made to ensure strict standards throughout the Swim Meet especially with timekeeping. As well as electronic timing there were 2 manual timekeepers per lane.

(2) The problem was human error on the part of competitors who, for various reasons swam in the wrong lanes. As Gary has said this was overcome in later Meets by the swimmer handing a card to his/her timekeeper.

(3) When errors of the type described were located every effort was made to correct this and it is unfortunate that, in the case referred to, this obviously was not done to your satisfaction despite the fact that over 8 hours of 2 recorder's time was spent on the problem. Also I challenge your inference that it was widespread and that it was due to timekeeping inefficiency.

(4) I am sure these problems and others have occurred at other important swims including other National Swims, they were however, detected readily (for which we were grateful) because results were to hand to everyone within and shortly after the Swim Meet.

We regretted greatly any hardships caused to swimmers as we also recognise that this should never happen, we took all precautions possible but sometimes there is no accounting for human behaviour.

Larry Westwood's letter also referred to a State paying their A.S.A. a fee in return for help in running a swim. I believe he was referring to the Patronage fee paid to W.A.A.S.A. for their services in conducting the National Swim. I agree in theory this should not be necessary however; (1) a Swim such as the National requires 60 plus full-time staff for 2½-3 days. (2) We are a swimming organisation that is made up of active members and (supposedly) everyone is encouraged to participate. (3) The record has shown that where there is work to be done people are few, and slow in coming forward to offer their services. (It's usually the same reliables). (4) It's unfortunate if a precedent has been set but I see no reason why it should.

Hopefully, in future events members of AUSSI will be made aware of what the organisation is doing for them and find some way to make a contribution back to the smooth running of AUSSI. I am sure at all levels, club, State and National officials would welcome all offers of help.

Sincerely,

*Kay Cox
National Swim Meet Co-Ordinator, Perth 1981*

Dear Kay,

Your letter and Gary's answer (September A.A.S.) have made the position quite clear I feel. In reference to your last paragraph, I agree one hundred per cent.

Carol

Dear Carol,

As it is this time of year again our main topic of news from our club to keep the rest of the world in touch was our two day carnival weekend 3rd-4th of October. It was well represented by all members of our club and a special thank you to our visitors from Perth — Toni Morris, Bob Colquhoun (Inglewood), Phil Jose, Graham and Rosemary Laudwehr, Jan

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Van den driesen (Carine), Bernice Clark (Maida Vale), Mamie and Reg Bishop (Melville), Daphne Jones (Whitfords), Ernie Williams, Bruce Gaston (Claremont). These members, though few in numbers, formed a representative from all metropolitan clubs bar one.

Accommodation was done by billets this year by response received from correspondence after the carnival and the feeling at the weekend proved to be a great success. Socials were held once again to us emphasising the true spirit of AUSSI; which did not interfere with the fine performances of all swimmers. We now may have clubs forming at Karatha, Kunnurra, Derby, Parapadoo which will lead to bigger and better functions.

Yours sincerely,

*Lois Hammond
Pilbara Platypii*

Dear Lois,

There's a full report on your carnival in the W.A. News. It's good news to hear that you could have clubs forming nearer to you than the city clubs, here's hoping.

Carol

Dear Carol,

Whilst those involved in the Pan Pacific Masters have been thanked verbally, I would like you to record my appreciation for their enthusiasm and effort which together made it a success.

Firstly, Bob Quimby (Executive Director of Amateur Swimming Union of Australia at the time) for suggesting we hold it in Australia.

Des McCormick for organising the poolside officials and handling the marshalling in unforgettable fashion.

Audrey Stutsel for designing and supervising the recording procedure.

Ross McManus and his staff at the Aquatic Centre.

Alf Sparkes (referee), his assistants and Betty Dodds (starter).

Mary Connolly, Carol Davis and Peter Jackson of the National Committee for all their work both before and during the Swim.

Brian Russell and Vivienne Watson for preparing the results.

Max Van Gelder and Bill McClintock of Manly for their hospitality to our overseas visitors.

Jack Brownjohn for his assistance with promotion and publicity.

The members of the Sydney and other clubs who acted as timekeepers, runners, recorders, and in sundry other positions, and particularly Cronulla who did the work of 3 clubs.

Finally and most importantly all those swimmers from Australia and overseas, without whom there would not have been a Swim.

Thank you all.

*Gary Stutsel
Meet Director*

Dear Gary,

You forgot someone — "The Meet Director" himself.

Carol

October 19th, 1981

Dear Carol,

My wife and I would like to compliment all concerned with the conducting of the Pan Pacific Games. It was by far the best carnival we have had the pleasure to attend and compete in. I know these thoughts were expressed by all the other members of our club who attended.

In thanking individuals by name I realise an oversight can offend but the circumstances I feel warrant mentioning one name — that of Des McCormick. What a marvellous job this man did. The hours he put in and the self control he exercised, not only over the running of the carnival but also to some rather irate swimmers, whose performance isn't needed in AUSSI — did him proud. My personal thanks and congratulations Des, you added the icing to a marvellous cake.

The one sour note was the so called Banquet. While I realise Sunday is an expensive day when it comes to labour costs I cannot appreciate the costs that were necessary to attend this function. To have to pay for all refreshments on top of the initial cost I feel was an insult — after all the meal was very ordinary and that's being kind. At all National and State dinners conducted in this State the cost of a banquet ticket has included everything and I would hope that future organising committees would give this area long hard thought, particularly as the same venue is being used for the 1982 National dinner.

In closing my congratulations to ALL who swam and I hope to see you all at the Nationals.

*David Cummins
President Claremont AUSSI*



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Dear David,

Thank you for taking the time to write, a 'thanks' is always appreciated, and I do agree with you Des was magnificent.

On the subject of the Banquet, we have had our problems in the past with venue, costs. However, the venue for the 1982 Nationals (see Nationals) has been altered, and I think you will be pleasantly surprised.

Carol

21st October, 1981

Dear "AUSSIs",

I would like to congratulate you on your splendid effort to host the Pan Pacific International Championships.

Your commitment and that of New Zealand is an outstanding contribution to the state of Master's Swimming in the World to further advance a great sport.

I am certainly "sold" on Australia. You were marvellous! I hope I am fortunate enough to come back to the 1983 Swim in Sydney, and '84 in New Zealand.

Cordially,

B.J. Hansen
Saudi Arabia

Dear B.J.

We'd like you to return also.

Carol

Dear Carol,

At the time of writing it is just over a month since we New Zealand Masters returned from the Pan Pacific Swim, a meet the whole team enjoyed.

From the time we were met at the airport we were made welcome, even that cold Monday was reminiscent of some of our adverse weather.

This was my second visit to an AUSSI swim and it was a pleasure to meet old and make new friends.

The efficiency and smooth running of the Meet were apparent once again, though you, Carol, did have a little problem at first when your introduction of the swimmers was drowned by us Masters cheering a team mate on the block. We were impressed by your diplomatic pause while we gave reign to our voices.

Then there is that mighty snowy head person on the marshalling area. Unlike his operatic namesake who kept listeners spellbound in their

seats, Des McCormick's tones were scarcely dulcet as he welcomed late comers to the area and then had them dancing from seat to seat.

We sincerely hope many of your AUSSIs will swim with us in our Nationals, I can assure those who come will be made very welcome.

Haere Ra, da ki te Ano — Farewell we will meet another day.

Sincerely,

Peter Keesing
Auckland, New Zealand

Dear Peter,

It was great to hear the Kiwis giving reign to their voices — it always adds to the atmosphere. Many thanks for forwarding details of the N.Z. National Championships (see Invitation). I hope a number of AUSSI Swimmers are able to make the trip.

Carol

13th October, 1981

Dear Carol,

I am writing to let AUSSI swimmers know that the first Masters Swim Meet in Australia was held 10 years ago (September, 1971) at Harbord Diggers indoor pool. Approximately 35 swimmers turned up.

It is a pity I never thought of it before the Pan Pacific. If I had, maybe we could have used the Pan Pacific not only as our 2nd International Meet but also to celebrate a decade of Masters Swimming.

Jack Brownjohn
Cronulla/Sutherland Branch

Dear Jack,

So many present AUSSI swimmers don't know anything about AUSSI's early days — perhaps you could write an historical article for us.

Carol

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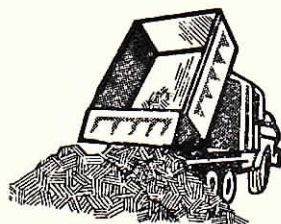
16th October, 1981

The Editor,
A.A.S. Magazine
Box 456, Sutherland. N.S.W.

Dear Carol,

I reacted very strongly to certain sections in the September AAS magazine and if my pen can stop shaking in anger then I will try to point out some facts.

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What use are our National Council Meetings if decisions taken at those meetings are disregarded? AUSSI pays for State delegate representation at these meetings and I feel it seems to be a lot of time and money wasted.

I refer to Des McCormick's article on the National Club Aerobic Trophy where he referred to it as a 'suggestion' and sought ideas for consideration on a number of points which were in fact resolved at the August Council Meeting.

I refer to the Minutes of that meeting:

Moved W.A. Seconded ACT "That a National Aerobic Trophy be introduced"
Carried 7-1.

Moved W.A. Seconded S.A. "That the format for the National Aerobic Trophy be as circularised by W.A. and that it be for a twelve month trial period." Carried 5-3.

As the number of points mentioned by Des were fully covered in the W.A. circularised material (which, incidentally, was sent to all State Branches the month prior to the Council Meeting) then I feel the matter is resolved and let's, for heaven's sake, have our 12 month trial period before we start knocking.

In regards to Gary's letter in the same magazine and your answer, I feel this is a not too subtle way to get your point of view to the majority of members who were not at the Council Meeting and therefore did not hear the arguments in favour of the W.A. version of the Trophy and did not have a chance to read the circularised material. The opinion that the balance between competition and involvement has been altered is a load of rubbish. I can hardly imagine anyone, especially Gary being pressured into swimming anything if he didn't want to. Is he pressured into swimming in all events at each carnival, or does he decide for himself?

You, Carol, ask who is going to do all the work. Well, if you intend to abide by the decision of the Council Meeting, the bulk of work has already been done for you and, might I say, finely researched. The pointscore system is already completed. The meeting decided on a no fee, no award, and also on the number of times these awards could be swum. The rest of the award rules apply as usual re forms etc. So all the person at National level has to do is to receive the awards in the usual fashion (WHERE IS THE EXTRA WORK FOR THE STATES?) and allocate points as per scale.

Let me conclude by saying that W.A. did not place the matter of a National Aerobic Trophy on the agenda for the August Council Meeting. We had been happily running our own State Aerobic Trophy for two years which was reviewed thoroughly after the first 12 months. We have found that there is no pressure or emotional trauma etc. etc. on any swimmer and in fact the winner of the trophy has always come from a non-competitive club and that it is our plodder swimmers who finally feel they can contribute their worth for their club, when previously they had shied away from carnival competition.

If we are going to be anything in AUSSI, let's first be fair and abide by our Council decisions. And if Gary wishes to prevent any more 'confused and disorganised weekends' surely it is up to the National Executive to stick to the published programme time and agenda.

Yours, in the interest of AUSSI,

Glenys McDonald
W.A. Delegate August National
Council Meeting

Dear Glenys,

One reason for having 'Swimmers' Viewpoint' is for our members when they get so angry that their hands shake, they can write and express their anger, and request answers. Better you agree than feeling cross and ineffective.

Firstly, Des McCormick's article re the Awards and the National Aerobics Trophy was written BEFORE the August Conference, he was, therefore, correct in referring to the idea as a suggestion and in order in requesting ideas.

In reflection, the error was mine in publishing Des' article without a rider stating that the National Conference has established an Aerobics Trophy under certain conditions. I was endeavouring to keep members informed and only supplying half the information. I'm now rather cross at myself for that oversight and hope you'll accept my apologies.

Gary's letter! Surely, he, like you, has the right to express his opinions on this page and I also claim the same opportunity as is granted every member of this organisation. I would like to say 'tongue in cheek' that you did circularise all States with the material pertinent to the graduated points scoring system, and as all State Secretaries would have informed their Club Secretaries, and these Club Secretaries would have endeavoured to inform their club members



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— every member should have been conversant with the issue?

The workload! I'm afraid I'm still of the opinion that the graduated points scoring awards system puts an extra burden on club recorders who have to compile the awards points from the pointscoring system. Perhaps I do them an injustice, I guess only time will tell.

I was upset by the 'Canberra Weekend' because there seemed insufficient time to fully discuss issues pertinent to the future of AUSSI. I believe we have developed to a stage where the Council Meeting and Workshop or Seminar must be two entirely different events.

Also, as you point out, our expenses are met out of National Funds, so it is important to have a clearly defined Agenda which is adhered to, and delegates (and please I'm not having a shot at anyone) who are fully conversant with the issues and their States' decisions regarding these issues.

Incidentally, while ever you write in concern over any issue it is in the interest of AUSSI.

Carol

23rd October, 1981

Dear Carol,

My reaction after reading the last edition of the A.A.S. Magazine was disappointment, disillusion and anger.

Disappointment at the MANNER in which reference was made to the Conference/Workshop weekend and the fact that it was "disappointing", "confused and disorganised". I wonder what the organisers have to say but I also wonder how it got to be this way? Also the inferences and snide remarks throughout the magazine with regards to the Aerobic Trophy were underhanded and uncalled for.

I am disillusioned to think that delegates and National Executives are so UNPREPARED for a National Council Meeting that they don't know what they are voting for. I refer to the West Australian submission for the National Aerobic Trophy. Perhaps a little history on the subject to make my point.

The idea of an Aerobic Trophy based on AUSSI Awards was conceived in W.A. in 1979 and was put into operation in 1980. The purpose of this award is to encourage members to swim for awards and improve Aerobic Fitness. This worked well in 1980 but clubs asked for additions and modifications to make the award more

appealing to the non-competitive and "average" club members. This was done with consultation and agreement with club and the present award system was adopted. The idea of a National Aerobic Award Trophy was muted and was mentioned and discussed briefly at the National Council Meeting in March (Perth). In preparation for the August National Conference States (I presume W.A. was not the only one) received copies of Des' requests of consideration of a National Aerobic Trophy (the same copy that appeared in the last edition of A.A.S.). We understood this to mean since this issue was on the Agenda for the August Conference that Des did want us to read his requests and make thoughtful comments and suggestions and so our submission was sent to all State branches for their information and comments and hopefully to facilitate informative and thoughtful discussion on the matter. This obviously did not happen and nor does it seem, any other States were forthcoming with submissions and alternatives. From the Minutes of this meeting it was resolved that this system was to be adopted for a 12-month trial period. I am further disillusioned that delegates should vote not knowing what they are voting on or feel they have been "dragged along with the tide". This situation comes from ignorance of the issue surely, and I ask who is to blame for this?

I am angered at the INFERENCE that the Conference was redirected towards the competitor (Gary's letter). Firstly, this is only one person's opinion and I think it is unfair to criticise in this manner when all members have not had a chance to view the system. Secondly, what happened to the Agenda, the Chairman and body of the meeting? If discussion was not wanted or appropriate then why did delegates sit in silence? Unfortunately, I was not able to be present at this meeting but the W.A. delegate who presented our submission was doing as was requested by both the National and her State Committee.

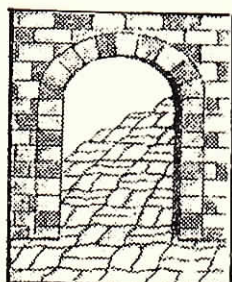
I would like to make it clear that whilst I was greatly involved in formulating this system for the W.A. Aerobic Award Trophy, I nor the W.A. State Branch want States to feel we are impairing anything onto them. We were asked for a submission and suggestion and we gave it. Perhaps we should be criticised for taking such requests so seriously and trying to contribute to the benefit of AUSSI.

In future let us have some meaningful discus-

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sion on issues and please, if people have comments and statements to make, please make them — don't resort to inferences and innuendos.

As far as the extra work that is created by the W.A. system, I think you will find it is minimal. My suggestion is that States appoint a State Recorder who handles the Awards and the Top Ten and that a National Recorder also be appointed. The only extra work involved is reading a table and recording points and this is largely done at Club level when the awards are recorded anyway.

My apologies for the length of the letter but it has at least vented some of the anger, as for disillusion and disappointment — only time will tell.

Yours sincerely,

Kay Cox
Director of Fitness and Coaching
(Chairperson W.A. Aerobic Award
Trophy Committee)

Dear Kay,

Thank you for writing everything so clearly. To answer any further I would only repeat what I said in answer to Glenys' letter. Perhaps other members will write a comment.

Carol

Dear Carol,

When I was National Secretary of AUSSI I felt I wasn't able to say too much about the AUSSI Awards as they were within Des McCormick's area of responsibility, but now I no longer feel constrained, so here I go.

The 1500 metres award was the first AUSSI Award and it involves a time formula (calculated by me) which is disastrous for sprinters like myself but easy for others.

Then the 3000 metres, 5000 metres and One Hour Swim were introduced from N.S.W. as an incentive for those who wanted to swim further.

Finally, the 800 metre and now the 400 metre Awards were introduced to motivate members to swim regularly.

The Awards were there for you to swim them if you wished and the times were such (apart from the 1500m) that the majority of members could do them.

Slow swimmers who might never win a National or State Medal could, and still can, win an Award Badge.

This meant that AUSSI catered for com-

petitive swimmers with medals and recreational — fitness swimmers with Awards.

THEN it was suggested that —

The Awards Trophy which had been introduced in Western Australia should become a National Trophy (interclub).

I was very much in favour of this as it would encourage more swimmers to do Awards, but with two reservations, namely —

- (1) that no club should be disadvantaged because it's pool was closed for part of the year (e.g. many Queensland country towns) and
- (2) that there should be no difference between the points awarded to slow swimmers and the points awarded to fast swimmers.

Unfortunately, the system used in Western Australia did both of these things.

- (1) because most of their clubs and swimmers have access to pools all year round they were unable to appreciate the problems of clubs with outdoor pools which are open from 1st October till Easter and are never heated, and
- (2) because the W.A. system was based on Cooper's Aerobics, it gives more points to faster swimmers. Whilst this was done to encourage those who can swim further to do so, it would be fairer to devise a system which requires the better swimmer to swim faster to score the same points as his slower club mate.

What would I suggest we do to correct these problem areas?

- (1) **Allocate points for only 4 awards per swimmer per year.**

There are now **14 awards** and if they are all done it would involve timing a minimum of **54 swims** (because 1500, 3000, 5000 and One Hour require one swim each but 400m and 800m as freestyle, backstroke, breast stroke, butterfly and medley require 5 swims each totalling 54 swims).

My proposed restriction on allocation of points (note this does not stop individuals from doing all awards if they wish, but points would be allocated for only 4 of the Awards swum) would allow swimmers to vary their awards from year to year,

- would be a number which would be attainable by nearly all members,
- would cater for both longer distance swimmers and those who do not wish to swim beyond 800 or 1500m
- would not penalise clubs referred to previously who do not have year round access to pools, and

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(2) **give one point for each Award**, meaning each swimmer could earn 4 points for his club regardless of her ability.

The only other problem would be determining how to compare clubs with say 30 members to clubs with 100 members. My suggestion is to divide the points scored by the number of registered members (with a minimum divisor of say 10) to determine each club's comparable score.

I am sorry I have taken up so much valuable space but I feel I am in a better position to anticipate the probable consequences of the system which will come into force on the 1st December, 1981 than anyone else in AUSSI.

I would like all clubs to carefully consider my views immediately and if they agree with me then they should pressure their State Branch to introduce the changes (or if you like, restrictions) I have suggested at the National Council Meeting in April, 1982, in time for the first **National Awards Trophy**.

Gary Stutsel

President AUSSI

Dear Peter,

I have before me the September issue of AAS, open at the Rules of AUSSI on page 41 where it is stated under rule 7 (a) that, quote 'swimmers' age groups shall be determined by their age on the first day of a swim meet' unquote. I also have before me the conditions for entries for the 1982

Nationals and that says, quote, 'date for age groups — 5th March, 1982, which is the closing date for entries' unquote.

I assume someone has made a mistake and while it may seem of little consequence to most people, to those of us with a birthday between March 5th and April 17th — a birthday moreover which takes us into the next age group — it is of utmost importance. Rules are presumably made to be followed and as Carol pointedly remarks on page 3, Gary was most anxious for everyone to have a copy and 'if I ever hear any member plead ignorance again!!!!'

I hope to see this mistake rectified as soon as possible as I for one will certainly be putting in my entry and age group according to rule 7 (a). Have to give those young fellows a chance you know!

Yours sincerely,

Harry Bahrend
(Power Points) Melbourne

Dear Harry,

You are 100% correct, age/age group is at the 16th April, 1982 for the 1982 National Swim, as per rule 7 (a). We are indebted to you for being so conversant with the rules and equally so observant. Mind you, this time it was N.S.W.'s mistake, not National's, shan't take the rap for that one, we make enough of our own. Thanks Harry and good luck in your new age group.

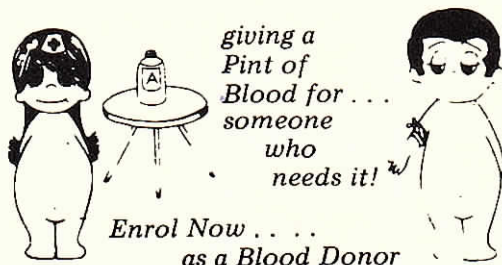
Carol

CORRECTION TO 'RULES OF A.U.S.S.I.'

Adopted 1.8.81

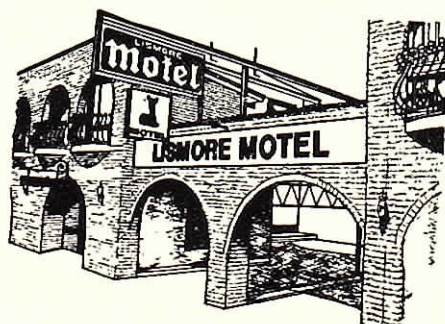
Rule 10. d) delete (mixed medley relay).

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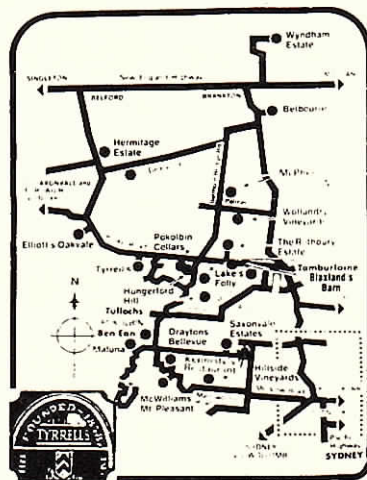
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FRIDAY, 16th APRIL, 1982
SATURDAY, 17th APRIL, 1982
SUNDAY, 18th APRIL, 1982

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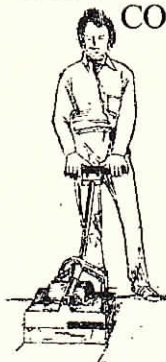
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NATIONAL SWIM 1982

PROGRAMME OF EVENTS

FRIDAY, 16th APRIL, 1982

8.30 a.m. Report 8.00 a.m.

400m Freestyle

2.00 p.m. Report 1.30 p.m.

100m Backstroke

100m Butterfly

100m Breaststroke

SATURDAY, 17th APRIL, 1982

8.30 a.m. Report 8.00 a.m.

50m Breaststroke

4x50m Mixed Medley Relay

50m Butterfly

4x50m Mixed Freestyle Relay

2.00 p.m. Report 1.30 p.m.

100m Freestyle

50m Backstroke

4x50m Medley Relay Women

4x50m Medley Relay Men

SUNDAY, 18th APRIL, 1982

8.30 a.m. Report 8.00 a.m.

200m Individual Medley

50m Freestyle

4x50m Freestyle Relay Women

4x50m Freestyle Relay Men

WARM UP POOL AVAILABLE

Individual entries limited to 6 of the 10 individual events.

Relay entries limited to one team per age group in each relay event per club.

RULES

A.U.S.S.I. RULES AS AT 1st JANUARY, 1982 APPLY

AGE

Is age in years on 16th April, 1982

SEEDING OF EVENTS

All events will be timed heats — No finals

All entries will be seeded from slowest to fastest

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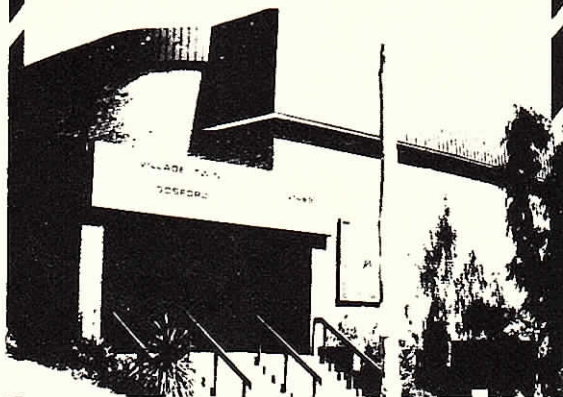
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NATIONAL SWIM 1982

ENTRIES

Restricted to registered members of A.U.S.S.I. or overseas Masters Swimming groups who are 25 or over on 16th April, 1982

ENTRIES CLOSE 5th MARCH, 1982

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

N.S.W. AUSSI OFFICE
P.O. BOX 456, SUTHERLAND

No late, or illegible entries will be accepted. Suggest clubs include a phone contact. Send air express, rather than risk the mail.

TROPHIES

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(See Rule 11 (c) ii) AAS September, 1981)
Relay Trophies — Top scoring club in each of 5 Relay age groups
(6 events) Medals to each member of every winning relay team
Age Group High Pointscorers — Individuals who score
1st, 2nd, 3rd highest points
For N.S.W. Swimmers — the N.S.W. State Cup and
Age Group High Pointscorers

POINTSCORE

Fastest time in age group 4 pts; 2nd fastest 3; 3rd fastest 2;
all others not disqualified 1 pt.
Relays double points — 8, 6, 4, 2

AGE GROUPS

Separate for women and for men from 25-29 in 5 year brackets
to 85 and over
Relay age groups — 25+, 35+, 45+, 55+, 65+, 75+, 85+

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N.S.W. Swimmers \$4 per event
Individuals limited to 6 events
Relays — \$4 per team per event

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Sunday 18th April, 1982

Cost \$15

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Sunday, 18th April, 1982

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50m Back

25m Back

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50m Breast

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by Bob Quimby

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Pacific North West is a beautiful, exciting place "Alps of North America" with National Parks like Crater Lake, Mt. Rainier's glaciers and the moon-like Mt. St. Helens.

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Together with the U.S. Masters Swimming Championships 26th-29th August, it will be a spectacular TOUR.

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- Sun 22 **Seattle**
Attend Swimming Seminar
- Mon 23 **Seattle**
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Skagit River, to the engineering marvels of Ross and Diablo Dams. Lunch at Diablo, before continuing on to view Liberty Bell Mountain.

- Tue 24 **Seattle — Portland (Mt. St. Helens)**
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- Wed 25 **Portland**
Day at leisure.

- Thur 26 **Portland**
-Sun 29 Attend Swimming Championships
Mon 30 **Portland**

This morning's East Side City Tour proceeds through the Old Town section and across the Willamette River. You will see sights such as: the University, the Sunken Rose Gardens at Peninsula Park and the Sanctuary of Our Sorrowful Mother.

- Tue 31 **Portland**
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Leave Portland by coach today bound for Oregon's Crater Lake National Park, which features a sparkling blue lake in the deep crater of a volcano which has been extinct for centuries. Overnight accommodation at Crater Lake Lodge.
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Sat 4 Lake Tahoe — San Francisco
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Sun 5 San Francisco
This morning's city tour visits: Palace of the Legion of Honour Art Museum, Palace of Fine Arts, Civic Centre, Golden Gate Park Fisherman's Wharf and the old Mission Dolores.
Afternoon at leisure.

Mon 6 San Francisco — Los Angeles
Today you head off to Los Angeles, travelling along the spectacular

Californian coastline, with its enormous jutting cliffs dropping sharply to the Pacific Ocean. En-route there are numerous picturesque spots including the Cypress Tree and Seal Rock. Accommodation at Sheraton Anaheim Hotel for 2 nights.

Tues 7 Los Angeles
Full day at leisure to explore and enjoy the magic of Disneyland. You will be provided with admission and 11 ride tickets.

Wed 8 Los Angeles — Sydney
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Thur 9 Cross the International Dateline.

Fri 10 Sydney
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Mr Bob Quimby, former Executive Director, Australian Swimming Union, has extensive experience in designing TOURS for sports people, particularly swimmers.

This one with WORLD TRAVEL sounds great.

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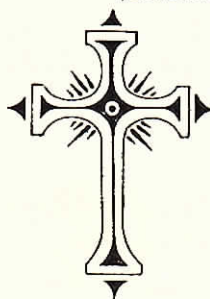
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PAN PACIFIC REPORT

By Gary Stutsel, Meet Director



Female Swimmer of the Meet, Vivienne Cherriman of England, 6 World Records, with Meet Director Gary Stutsel

PAN PACIFIC MASTERS International Swimming Championships

3rd-6th September, 1981

by Gary Stutsel, Meet Director

Hawaii, the jewel in the centre of the Pacific, has long been mooted as an ideal spot for an International Swim, but unfortunately like so many others the Hawaiians prefer to swim without the headaches of organising such an event.

Early in January, 1981, I discussed the idea of such a Swim with Bob Quimby, the then Executive Director of the Amateur Swimming Union of Australia. Bob immediately suggested that the only way to get things started was to "do it yourself" and hold the first Pacific area Swim in Sydney. He also offered to advise all F.I.N.A. countries of our plans and to arrange a brochure to publicise the Swim. A.U.S.S.I. National

Executive discussed these ideas and agreed that with this support from the A.S.U. we would hold the

1st PAN PACIFIC MASTERS INTERNATIONAL SWIMMING CHAMPIONSHIPS

at WARRINGAH AQUATIC CENTRE

Eight hectic months later 370 swimmers from 51 clubs gathered for what our overseas visitors and our referee Alf Sparkes, exclaimed was the best conducted swim competition they had ever taken part in.

Swimmers came from Canada, New Zealand, Saudi Arabia, the United Kingdom, U.S.A., West Germany and thankfully, Australia for 4



APPRECIATION



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days of action-packed, high-powered, but thoroughly enjoyable competition.

19 World and 143 Australian Records were broken when the 370 swimmers and 139 relay teams swam 283 heats to contest the 28 individual and 6 relay events.

As this was the first Pan Pacific every age-winner in every event now holds a Pan Pacific record (some of them were quite surprised and, naturally, highly delighted).

Medallions were presented at the pool to 1st, 2nd and 3rd in each event and ribbons were won by 4th to 8th place-getters.

At the Dinner/Dance on the Sunday night the outstanding male swimmer and the outstanding female swimmer were each presented with engraved silver trays and subsequently each of the eleven World Record breakers has received an engraved plaque. They were:-

Outstanding Female Swimmer was

Vivienne Cherriman, 73. Seaclose, United Kingdom.

World records in 70-74

50m Freestyle	44.91
100m Freestyle	1.41.06
200m Freestyle	3.43.44
400m Freestyle	7.55.07
50m Butterfly	1.02.92
200m I/Medley	4.36.41

a clean sweep with a world record in every one of her maximum allowed six events.

Other world record breakers were:

Bess Barrie, 66, Coogee, Australia.

World records in 65-69

50m Breaststroke	50.59
100m Breaststroke	1.55.69
50m Butterfly	49.60

Judith Drake-Brockman, 61, Claremont, Australia

World records in 60-64

50m Backstroke	43.83
100m Backstroke	1.39.73

Marion Dutton, 61, Powerpoints, Australia.

World records in 60-64

200m Breaststroke 4.06.79

Josie Sanson, 53, Adelaide Masters, Australia.

World records in 50-54

50m Breaststroke 43.97

Pam Hutchings, 45, Ettalong, Australia.

World records in 45-49

50m Backstroke 39.49

Elizabeth Bishop, 35, Lane Cove, Australia.

World records in 35-39

100m Backstroke 1.17.94

Rae Wilson, 35, Cronulla, Australia.

World records in 35-39

50m Breaststroke 40.56

The men found it much harder to get in amongst the world records with only two men succeeding.

Outstanding Male Swimmer

Fitz Lough, 84, Manly, Australia.

World records in 80-84

200m Freestyle 3.36.75

400m Freestyle 7.34.12

and Jack Brownjohn, 50, Cronulla, Australia.

World records in 50-54

50m Freestyle 28.34

On a critical note the starting caps were the only item at the pool that caused concern; several swimmers need tuition in International Swimming Rules, especially in Breaststroke and arrangements for the dinner could be much improved.

During the 4 day Swim, two Meetings of International Delegates were held and a series of International Meets were drawn up.

2nd Pan Pacific will be held at Warringah Aquatic Centre on 9-12th April, 1983 and then

1985 Canada.

1987 Japan.

The first World Masters Swim will be held in 1984 New Zealand and then

1986 West Germany.

1988 Australia (bi-Centenary year).

AN AMERICAN IMPRESSION

by Nadine Whitehall

Your first International meet must have been a success by any standards. There were so many remarkable people at and running the meet that it's not possible to single out the best swimmers,

sports, or hosts. The hospitality extended to all of us Americans was incomparable. I do think Des is the only man I've ever known who can tell me to shut up and sit down and make me feel that

INJUNE AUTO CENTRE



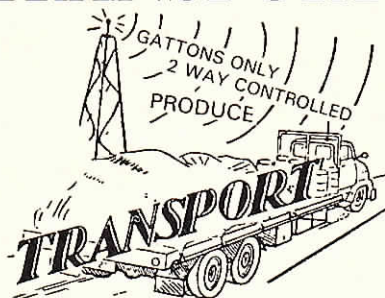
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We toured your Opera House and stood in awe. Some of us walked across the bridge and over miles of Sydney. I got B.J. Hansen to go to North Sydney Olympic pool for a good workout and the personnel there were friendly, as everywhere. Since the good people here raised the money to send me, I was glad to bring home some medals. They have all been interested in

my pictures. I have given talks to several of the sponsoring groups, promoting Masters and also Australia. I enjoyed the competition, even losing to Barb Wilson. I never mind losing to class (both Barb and Pam).

It is hard to get back to the peanut-butter-and-jam days of work after the chicken salad days of my trip. I may not make it back for your nationals but am saving for the next International meet. I look forward to renewing friendships, making my first trip abroad a most remarkable experience.

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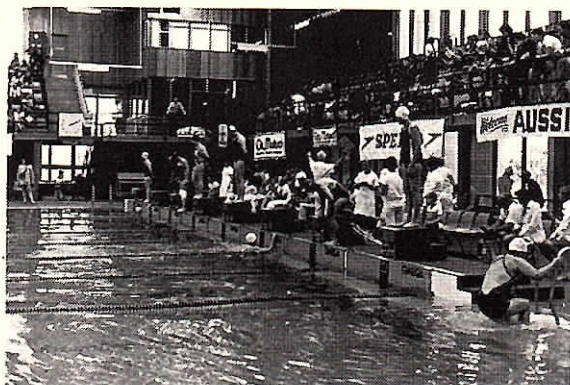
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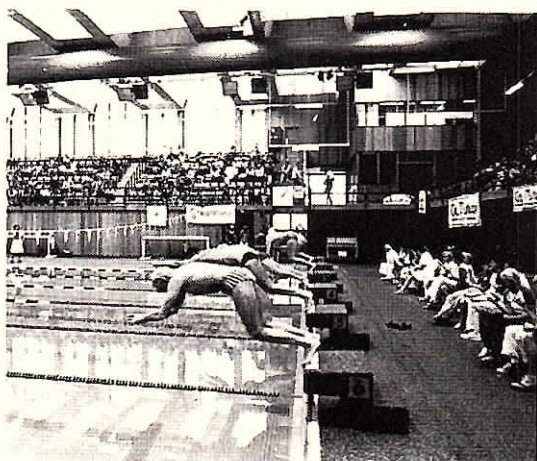
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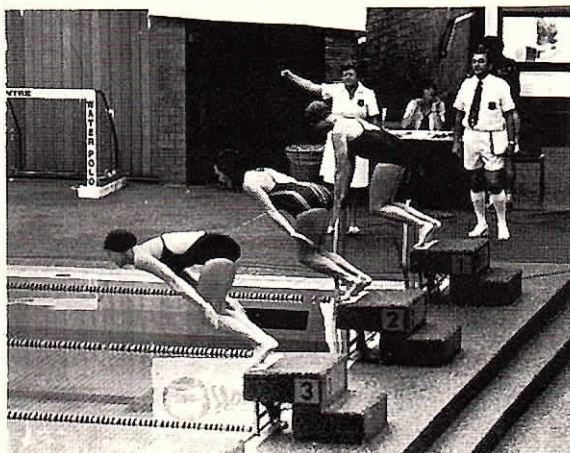
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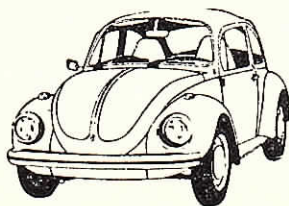
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State News

NEW SOUTH WALES

At the time of writing it was evident that there was a lack of communication within N.S.W. clubs.

Maybe it's because a number of clubs have been in recess during the winter period, and members have lost contact with their Secretary.

Mind you the major problem was caused through a double booking by Warringah Pool. A.U.S.S.I. had a temporary booking for the pool to hold the National Swim on the 2nd, 3rd and 4th April, 1982. When we went to confirm this booking at the Pan Pacific it was found that Friday 2nd had been double booked, so we had to accept an alternative date of 16th, 17th and 18th April.

Programmes were printed immediately, and posted to all Club Secretaries throughout Australia.

Of course this information conflicted with the A.A.S. magazine which had already gone to print, hence the confusion.

The other disturbing lack of communication was to do with the Hunter Club. Hunter Club hosted a well organised swim meet on the October long weekend. While talking around the pool side I learnt that many clubs were not aware that the swim meet was on, even the local Nelson's Bay Club didn't have any representatives. What's the problem? Hunter Club had posted a programme to all N.S.W. clubs and the event had been published in this magazine.

May I suggest that members keep in touch with their Club Secretary or Race Secretary (if you have one) and read this magazine.

I have included at the end of this article a 1982 N.S.W. Calendar, for your convenience and it will be updated each time this magazine is printed.

While on the subject of the Calendar, at a recent executive meeting it was decided to restrict carnivals to two a month, preferably on the first and third week (where possible). You will also notice that dates for the General Meetings have also been slotted into the year, these have not been confirmed but are only there to give members a guide for planning any carnival dates.

The "Pelican Trophy", boy! have we struck some minor problems here. I think you will all

agree that the concept of this trophy is a brilliant idea invented by the Ettalong Club.

However, we may have just rushed in a bit too quickly, in the words of Des McCormick "Let's not rush into things, get something concrete first."

Well, the executive have come up with a set of rules and will present them at the next General Meeting on the 21st November, 1981. If accepted all clubs will be notified immediately. Also at this General Meeting there will be a final decision made on when and where the State Cup will be held.

Let's talk about more pleasant things. This year three clubs Blacktown, Campbelltown and Western Suburbs joined together to hold a three way meet. The instigators, Western Suburbs, held the first meet, followed by Blacktown, then Campbelltown held the final meet in October, all members had a great time.

Blacktown came out on top from Western Suburbs. This competition has created a close and friendly relationship between these three clubs, and it may pay for other clubs closely located to look into this type of activity, and keep up the A.U.S.S.I. motto — Fitness and Fun.

To top it all off the three clubs are having a presentation dinner come Christmas Party in December.

I will close off by suggesting that if anybody would like to have news printed in this section of the magazine, don't hesitate to phone either Carol or myself.

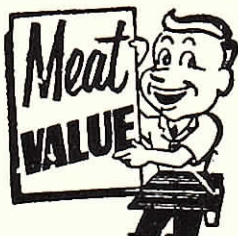
Have fun, good swimming.

Brian

N.S.W. A.U.S.S.I. CALENDAR FOR 1982

- Jan Clear
- Feb 6 General Meeting
- 13 St. George — Swim — Peakhurst
- 20 Coogee/Randwick
- 27 Coaching Seminar — Tamworth
- Mar 20 Twilight Outdoor 50m Meet — Ettalong
- 27 General Meeting
- Apr 16/ National and State Cup Swim — 18 Warringah Pool
- May 1 Blacktown — Swim
- 22 General Meeting

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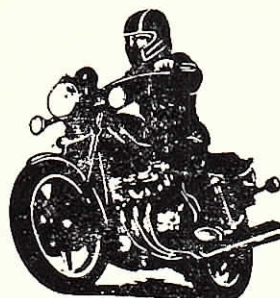
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- June * Tamworth — Swim (Queen's Birthday Weekend)
 July 3 Western Suburbs — Swim
 17 General Meeting
 31 Ettalong — Swim
 Aug Clear
 Sept 11 Annual General Meeting
 * Cronulla/Sutherland — Swim
 Oct 2 Hunter — Swim
 Nov 6 Hills — Swim
 20 General Meeting
 Dec 18 General Meeting
 * Date to be confirmed.

WESTERN AUSTRALIA

A.U.S.S.I. South Hedland Visit by Perth Metropolitan Club Members, 1981

DATE

Friday, 2nd October, 1981 — Tuesday, 6th October, 1981.

PERSONNEL

Toni Morris (Inglewood), Tour Leader
 Bob Colquhoun (Inglewood)
 Phil Jose (Carine)
 Graham Landwehr (Carine)
 Rosemary Landwehr (Carine)
 Jan Van den Driesen (Carine)
 Bernice Clark (Maida Vale)
 Mamie Bishop (Melville)
 Reg Bishop (Melville)
 Daphne Jones (Whitfords)
 Ernie Williams (Claremont)
 Bruce Gaston (Claremont)

TRAVEL

Due to insufficient numbers, the chartered 60-seat F28 plane was cancelled, and members made their own arrangements. Four members flew, six travelled by coach and two drove.

FRIDAY, 2nd OCTOBER

All members were met at their various arrival points by members of the South Hedland Club, the Pilbara Platypii. Each visiting member was given a folder with Port Hedland and Sth. Hedland information.

We were then transferred to our billets — two members per Pilbara Platypii member.

EVENING

Welcome "Happy Hour or Two" at the home of Barry and Lynda Stubbs, where we got to know each other, and renewed old acquaintances.

SATURDAY, 3rd OCTOBER

The first half of the swim meet programme, in the morning, at the marvellous Sth. Hedland Aquatic Centre, managed by Merv Hammond. P.P. was pleased with their own club's turnout.

EVENING

Barbecue at the "Last Chance" Tavern — very congenial atmosphere, good food and dancing.

SUNDAY, 4th OCTOBER

The second half of the meet, in the morning, culminating with a novelty relay which was thoroughly enjoyed by all!

P.M.

Most of the Perth visitors descended on Lois and Merv Hammond's home to view the video film taken during the swim meet, and another on swimming and training techniques.

EVENING

"Hawaiian Night" at Kay and Lindsay Downe's home, with the catering being done by Jeri Chmielewski. This was first class. Later in the evening(!) there was a "Miss Pilbara" beauty quest, with the entrants coming from the ranks of the P.P. lovelies!!! This was a great show put on by the guys and compered by Lynn Lyall. Prizes were eventually presented by Toni Morris, when the hilarity eased off a little!!!

MONDAY, 5th OCTOBER

Free day, Benice C. and Toni M. were taken swimming at Finucane Island and Pretty Pool by Lynn Moffat, our P.P. billet.

MONDAY, 5th OCTOBER

Farewell Dinner at Gail and Brian Godfrey's home. This was after the visiting members had joined the P.P. for their usual Monday club night at 6.30 p.m.

EVENING

Farewell words to us from Barry Stubbs, and thanks in reply from Toni Morris, expressing regret that more Perth members did not make the trip.

TUESDAY, 6th OCTOBER

We returned to Perth by our various routes, sporting our newly acquired northern sun tans!

GENERAL PUBLICITY

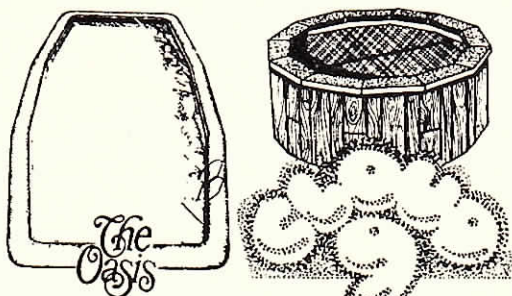
On Sunday morning several members were interviewed by a reporter from the "West

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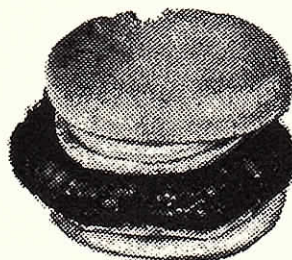
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Australia" and "Pilbara Advertiser", and another from the local radio station.

Stories and photos were duly published in the two newspapers.

VIDEO

A video film of both mornings' swimming was highly successful, and eagerly watched by our members. Also, very interesting was the U.S. film of training techniques, covering all four strokes.

CARS

Two cars were on loan over the long weekend to P.P. members — provided by a local member who is the local distributor.

CATERING

All Perth visitors paid \$30, which covered the cost of food at our billets and the socials.

CONCLUSION

A very enjoyable trip indeed. We were made most welcome by all the Pilbara Platypii members, and their hospitality again was marvellous. The club has grown considerably since our visit last year, with many keen members. Hopes of other A.U.S.S.I. clubs forming in the Pilbara will give the Sth. Hedland club more scope for inter-club meets. We wish them all the best in their endeavours.

Toni Morris
Tour Leader, 20.10.81

TASMANIA

"Soon we will have more than one club in Tasmania. Devonport are very keen and there has been positive noises made by other parts of the State. We are busy developing the fun side of A.U.S.S.I. with planned social activities and soon hope to have a small carnival. Also we are getting a team together for the next Nationals so 'watch out mainland'."

Tina Mackenzie

SOUTH AUSTRALIA

Since the last A.A.S. there have been a few interesting happenings on the South Australian A.U.S.S.I. scene.

Firstly in September a 'Stroke Correction Clinic' was held at the 'Parks' Community Centre. The guest speaker and coach for the morning was David Urry who spoke on training for adult swimmers and stroke technique and correction.

This was followed by a practical session in the pool where we concentrated on Freestyle and Butterfly. This particular session required the assistance of Rob Blair who is an A.U.S.S.I. member.

The clinic was very well received and a Breaststroke session will be run in early '82.

Meanwhile other A.U.S.S.I. swimmers were participating in the Pan Pacific International Swim in Sydney. We were very proud of all the swimmers who brought back many medals. We were particularly proud of Adelaide Masters swimmer Josie Sansom who won a Plaque for her World Record in the 50m Breaststroke.

In October the final of our 3 Interclub Meets was held at the Doug Openshaw Pool and hosted by the Marion Swim Club. This was another successful day with all participants having lots of fun. The final points were —

Adelaide Masters 836

Atlantis 393

Tea Tree Gully 193

Central District Seals 187

The winners in each age group are:

WOMEN

25-29 Kathy Heenan (A.M.)

30-34 Sue Needham (A.M.)

35-39 Tanya Dallwitz (Atl)

40-44 Pauline Wingate (Atl)

45-49 Dianne Ross (Mar)

50-54 Josie Sansom (A.M.)

55-59 Margaret Mackinnon (C.D.S.)

60-64 Carrie Hatswell (A.M.)

MEN

25-29 Steve Walker (A.M.)

30-34 Peter Green (T.T.G.)

35-39 Graham Needham (A.M.)

40-44 Ivan Wingate (Atl)

45-49 Kit Simons (A.M.)

50-54 Don Redpath (A.M.)

55-59 Mike Lawrence (Mar)

60-64 Henry Morris (A.M.)

65-69 Harold Cilento (A.M.)

70-74 Fred Galindo (C.D.S.)

160 swimmers took part in the 3 meets with an average of 100 at each meet. 67 State records were broken at these meets which indicates that some good swims were witnessed.

Our forthcoming events include long swims during the summer season. This year provision for an A.U.S.S.I. team has been made in all the Amateur Swimming Association events.

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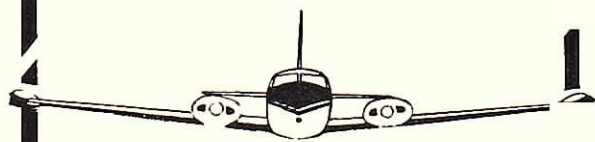
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AERODROME, MOREE

The 1982 Interclub series 'kicks' off on February 21st with Tea Tree Gully as the host club.

Following the successful "Bordertown Connection" it is proposed to hold another meeting there in May. It is to be a fun weekend with the "crow-eaters" getting to know the Victorians.

"BILLABONG BACKSTROKE"

The residents of the sleepy Adelaide Hills town of Ashton were recently kept awake until after their normal bedtime by the sounds of "wild colonial" music, the calling of dance steps and the stamping of feet. Their local community hall had been invaded by almost 300 A.U.S.S.I. swimmers and friends who had exchanged goggles and bathers for gingham shirts, jeans and overalls to attend the first 'Billabong Backstroke Folk Dance'. Formality was thrown to the winds in a hall decorated with eucalyptus leaves, tilley lamps and haybales, as the crowd quickly took to the floor. The band aptly called "Moonshine", seemed to have the same powers as their namesake and soon had the dancers merrily slipping and sliding over the sawdust. Although the night was cool it wasn't long before even our fittest swimmers were showing the signs of the hard physical exertion required for the fast progressive folk dances.

Thirsts and appetites were quickly satisfied by the champagne and home-made supper supplied by the hosts — the social committee of the Adelaide Masters Club.

Toward the end of the evening the auctioneer took to the stage. 'What for' you may ask? Well, the committee had gone to great lengths (sheet lengths) to decorate the hall with some original "paintings" of swaggies, koalas, windmills and other Australian themes. At the fall of the 'hammer' these were auctioned off for prices that Southbys would have been proud of.

This was a most successful evening enjoyed by all.

*Brenda Bochmann
S.A. Publicity Officer*

VICTORIA

Dear Swimming Club Secretary,

Please read details for the 2nd Annual Mighty Marathon to be held at Lake Wendouree, Ballarat on Sunday, 28th February, 1982.

Each swimmer who successfully completes the

course will be presented with a certificate and a cloth badge to commemorate their effort. The fastest two swimmers in every age group (male and female) will receive gold and silver medallions and the fastest man and woman overall will each receive an engraved trophy. A perpetual trophy for the club which has the most swimmers complete the course will be presented — in 1981 it was won by the Powerpoints Club.

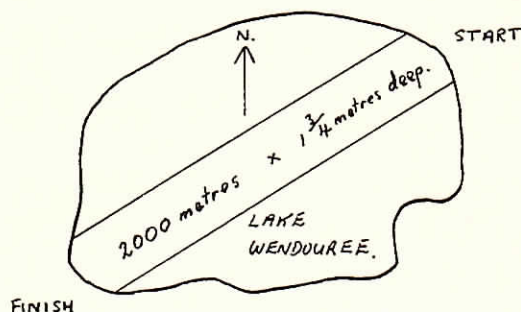
The Ballarat Senior Swimming Club is hopeful that it can build on the success of last year's event and would be most appreciative if you could publicise the Mighty Marathon amongst the members in your Club.

Yours in Swimming,

Tony Gough

MIGHTY MARATHON

Lake Wendouree, Ballarat
12 noon, Sunday, 28th February, 1982



Beautiful, botanic Ballarat with a history steeped in gold and struggle gives you a chance to re-live the days of yore on Sunday, 28th February, 1982 when the Ballarat Senior Swimming Club conducts its 2nd Annual Mighty Marathon swim across Lake Wendouree for registered A.U.S.S.I. swimmers.

The gold and silver that some will find at the end of the 2000 metre course will be as precious, if not as valuable, to them as any nugget ever was to any previous prospector. The struggle too will be equal to any encountered by the men and women of yesteryear with the only difference being that the 1982 struggle will be self-inflicted to the extent that first-time swimmers will be trying to do their best and second-time swimmers will be trying to do better.

What a wonderful day it will be for all concerned — for swimmers, for families and for spectators. Will you be there to be part of history

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in the making? Can you afford not to be there when the history books are re-written? Send us your name, and your \$4.00, and we will reserve a place for you on the shores of Lake Wendouree at 12 noon on Sunday, 28th February, 1982.

All competitors, families and friends are invited to a B.Y.O. food and drink barbecue or picnic (depending on fire danger) that will be set up on the shores of the Lake just near the finishing line.

Please complete the following form by Friday, 19th February, 1982 (late entries will cost \$5.00) and return with \$4.00 entry fee to:

Mr Tony Gough,
"Springbank",
C/o Miners Rest P.O., Miners Rest, 3352.

PLEASE PRINT

Surname:

Christian Name:

Age as of 28th February, 1981:

Club:

DECLARATION:

I whose signature appears below in consideration of and as a condition of acceptance of my entry in the Mighty Marathon, 1982, for myself, my heirs, executors and administrators hereby waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in the said event.

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Points to Ponder

COACHES CORNER PROGRESSIVE RESISTANCE EXERCISE FOR SWIMMERS

by Eric Rosario
Victorian Fitness and Coaching Director

The other evening as I was pushing a few weights around in my home gym, my daughter Ann arrived on one of her periodic visits, "Feel like joining me in a workout?" I called to her. "Oh no! Dad" she retorted, "I have joined A.U.S.S.I. now and I think lifting all that weight will slow me down and make me less flexible, besides with the swimming I am doing I don't need more exercise because swimming works every muscle in the body, and don't you think weight lifting works different muscles to...?" "Hold it my girl", I interjected as she paused for breath, "let us tackle those objections one at a time. First of all, I am not suggesting that you do weight lifting which is a competitive sport in its own right, one in which an exercise is performed once with as much weight as the competitor can handle and the one who lifts the most wins. Olympic lifting besides not being specific enough for swimming also requires a considerable amount of training for technique. The time spent on technique work for lifting could, I feel, be better spent on swimming. The benefits of general body strength confidence and, dare I say, aggression which you would gain from the Olympic Lifts could be gained from modified versions of these lifts.

However, I would prefer that swimmers do weight training or what is more appropriately termed Progressive Resistance Exercise. In this form of work movements are repeated several times depending on the end in view, the resistance could be your own bodyweight, free weights, machines, pulleys, rubber bands or any form of opposition that can be devised."

"But dad", said Ann, "the A.U.S.S.I. ideal is swimming for fun, at my age I am not trying to win an Olympic title" — "Father forgive her", I exclaimed. "What does Fun mean? Can one have fun doing something badly? If fun entails a haphazard approach save me from fun.

Anything worth doing is worth doing well, doing systematically.

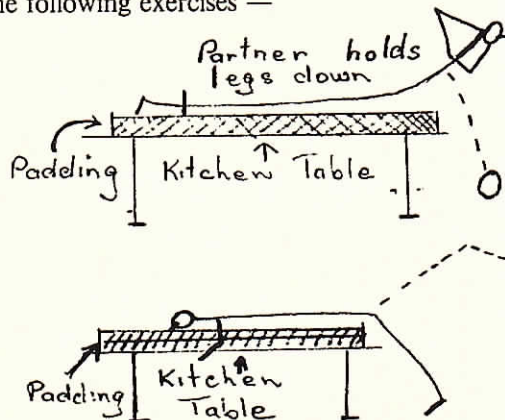
"Now let us see what you can achieve through P.R.E., the most obvious would appear to be developing power in the muscles that you use in swimming, these, of course, will vary depending on whether you are training for the freestyle, breaststroke or butterfly. This is what the exercise physiologists call the specificity of exercise." At this point Ann confessed that she was trying to learn the butterfly but found that she lacked the necessary power. "Well my girl", I said, "what you must do is —

- Work the muscles used in that stroke.
- Exercise them in the same direction.
- At the same speed or faster.
- For the same length of time as it would take to complete the distance. Of course, the interval system of training can also be employed."

Let us look at the mechanics of the butterfly, the trunk flexes and extends so to strengthen the



trunk in those directions. I got Ann to perform the following exercises —



both face downward and lying on the back.

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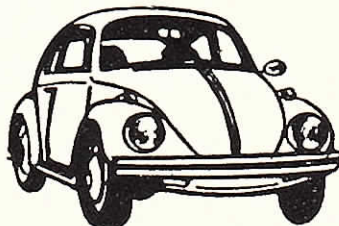
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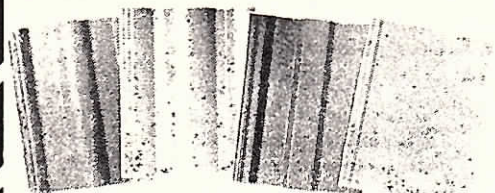
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I also got her to lie face down on a bench, head towards pulleys and asked her to perform the arm movement of the butterfly, this would aid her in the performance of the stroke. I also asked her to do the arm action with a light pair of dumbbells in her hands to help in the recovery of the arms from the water.

"But dad, I do not have pulleys at home", said Ann. "Oh well", I said, "you could lie on your back and perform the arm action with light dumbbells."

"Keep doing these exercises three times a week, perform all six movements for a set of ten

repetitions till you find them easy and then do two sets of ten. The next time you come over I will show you how these exercises could be used to develop either strength or endurance. I will also explain how you can perform exercises to prevent injuries, or to shape the physique so that you don't feel self-conscious in your bathers." Ann picked up her young son and left promising to work on these exercises regularly, but as she drove off my wife began grumbling about how I had ruined her daughter's visit, but I maintained that she would visit us more often now that we had a common interest. We will wait and see who is right.

"TO PADDLE OR NOT TO PADDLE"

by Jim Williams

Many questions are asked concerning the benefits or otherwise of the various swimming aids — and probably the one with the most question marks surrounding it, is the use of paddles.

1. Are they the answer to a swimmer's dream?
2. OR should we burn them?
3. OR are they good in some areas, and not in others?

I feel the best way to give a brief but to the point answer is to list the conclusions first and then give the background as to why these conclusions have been arrived at —

1. Paddles certainly do appear to be of benefit in correcting certain technique faults — in particular, the 'entry', the push through and the exit. However, they do not appear to contribute a great deal to the experienced swimmer that has developed the correct technique.

2. First impressions would appear to indicate that paddles would be beneficial in improving strength, speed, etc. (... it hurts, it's gotta be doin' some good ...) but experience and 'readings' concerning paddles, would indicate that this isn't necessarily so.

I feel there are better ways to obtain an 'overload' effect.

3. (a) Applied to the learner type swimmer or once a week swimmer:-

They can be useful in helping to give the swimmer a better 'feel' of the waters, (a very difficult sensation to describe, but it is essential to get the feel of the water for an efficient stroke — paddles do assist in this regard without having to give any explana-

tions!) and correcting that common fault of not pushing right through and as mentioned the entry and exit of the hands. If you don't enter and exit your hands correctly the paddle twists your wrist and the correction is automatic.

But avoid 'intensive' workouts with this category of swimmer.

- (b) The more experienced or 'middle of the road' swimmer (swimming at least three times a week for at least ½ an hour — preferably a lot more!)

Once again regard the paddles primarily as a means of correcting technique and getting the feel of the water. Quite often you will see a swimmer working very hard at a fast rate but getting 'nowhere'. Paddles can quite often be the answer in helping to correct this problem — with the appropriate explanation on technique.

Once again be wary of using the paddle as an 'intensive overload' device for strengthening etc., I feel there are better ways.

Use for possibly up to ½ to ⅔ of the training session and watch the sore shoulders!

- (c) The advanced or very experienced swimmer:-

Because the swimming technique of this category of swimmer is probably well on the way to being correct, paddles may appear to be of little benefit. But it certainly doesn't hurt to use them now and again to give the muscles a 'reminder' about feeling

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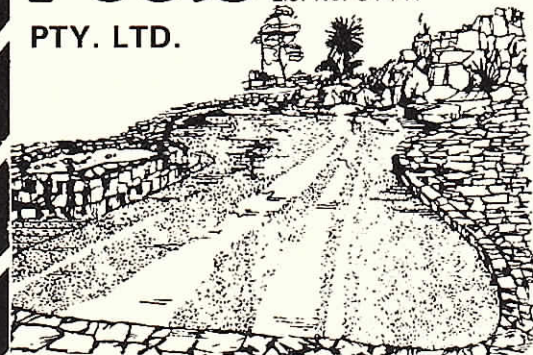
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the water, particularly if you feel a technique fault is beginning to creep in, ("short pull" — bad push through etc . . . once again particularly with adults over the age of '21') I feel there are better ways to look for intensive overload workouts.

Now for some background information.

1. A number of years ago (quite a few) when coaching at our local swim club (i.e. **before** paddles were invented!) I made a lot of paddles out of masonite and car tubes in different sizes and used them for the youngsters to work out with for a couple of years.

With the less experienced swimmers with poor technique the result was immediate and very pleasing —

The youngster very quickly realised what happened when you made an incorrect entry or exit — without any prompting, they were stopping to tell me what it was all about.

The paddles once again acted as an automatic 'corrector'.

With the more experienced swimmers (to cut a long story short) the effect was not so dramatic.

A few technique faults were tidied up but any benefits through use as an overload device did not seem to eventuate — some problems were experienced with sore shoulders etc.

2. Also a number of years ago in company with other fellows playing water polo, I used paddles fairly extensively, hoping for big improvements but once again very little extra improvement was gained. The actual distance covered in training seemed about the same, but a big percentage was done using paddles.

The only improvement I obtained was a big

improvement in timed efforts in training on backstroke — it could be argued that the paddles improved strength etc. — but I feel it was the fact that I gained a better appreciation of where the push and pull etc was required in the stroke, i.e. a better feel of the water and generally a more improved technique (yes! the technique was even worse than it is now!) This was further borne out by the fact that the improvement was fairly rapid and great up to a point, then ceased. No noticeable improvement was obtained in freestyle.

3. A number of years ago a well known American Coach carried out an experiment with two groups of youngsters — one using paddles the other using normal training methods. Results over the 9 months were recorded constantly but no appreciable difference in progress appeared to take place. Some muscle and shoulder problems occurred with the 'paddlers'. The experiment was not regarded as conclusive as it was felt it was not long enough to be absolutely conclusive — both groups were proficient technique-wise before they began.

Recent 'readings' on other people's experiences would appear to indicate a similar result.

In conclusion:-

Paddles do appear to be excellent in some areas relating to technique improvement — don't expect them to be the 'answer-all' but be aware of the type of faults they are likely to cure and try them.

However, if you are looking for some way of obtaining an overload effect, I feel there are better ways.

THE USE OF PADDLES

By Des McCormick

National Coaching and Fitness Director

This article is written to point out the dangers that could be connected with the misuse of paddles. Paddles like pull-bouys are fashionable and many swimmers feel they must use them because others do. In the first place paddles are used to increase resistance to the given movement. This of course results in more strength being required to move the hand through the water. The desired end result is that the muscles used will get stronger. When the paddles are removed the swimmer will move faster through the water

because of his newfound strength. All of this is based on the assumption that everything works perfectly in achieving this state. Unfortunately this does not happen in every case.

A great many swimmers have poor basic strength in their shoulders and find enough difficulty in trying to perform the stroke correctly without adding to their problems by putting on paddles. A swimmer in poor strength attempting to use paddles will produce two results. In the first place because of his lack of strength the

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swimmer will have to alter and change the limb track of the stroke. The hand will turn allowing the paddle to slip through the water and the elbow will bend and drag the hand backwards. These problems and faults are not always obvious and it is quite common to see swimmers who are using paddles committing these faults. This activity then becomes a waste of time and can cause a great deal of trouble to the swimmer. One of the main problems that can arise from wearing paddles is that of strain to the muscles. Because of lack of strength, the swimmer will attempt to put more force into the action than he is capable of doing. The result of this is that the muscles concerned will become overworked and injury will occur. What the swimmer must understand is that this action is likened to lifting a heavy weight. This trouble with the muscles can happen even without wearing paddles. If any muscle is made to do work that it is not capable of then damage will occur. When this happens care must be taken during the rebuilding process.

If the swimmer allows the fingers of the hand to open then less strain will occur in the muscle. This will allow the swimmer to keep in condition while building up the strength in the muscle.

Providing all other things are equal, paddles used correctly will benefit the swimmer, but because this state seldom occurs, the use of paddles can be fraught with dangers for the unsuspecting swimmer. It is most important that constant attention is paid to the stroking action to ensure that it is done correctly. When starting off using paddles, it is important to realise that extra strain will be put on particular muscle groups and to begin swimming with paddles without using less effort is foolish. At the start, the effort must be worked up until the muscle groups are strong enough to take the extra load placed on them. It is well known that many swimmers lack the strength required to swim most strokes correctly. With this in mind it is clear that the wearing of paddles at this stage of their development is of little use.

Club Profiles

A.U.S.S.I. MELVILLE, PERTH, W.A.

HISTORY

Ten enthusiastic swimmers met on Sunday, 22nd January, 1978 with the aim of forming an A.U.S.S.I. swimming club along the same lines as the foundation A.U.S.S.I. group in W.A., Carine.

A committee was formed with the foundation President being Fred Johnson and Secretary/Treasurer Russel Hume.

The club was fortunate to obtain year round swimming facilities at Kevin Duffs 25 metre indoor pool at East Fremantle and the magnificent Melville Aquatic Centre.

Membership has grown from 10 in 1978 to 140 in 1981.

A constitution was adopted by a general meeting in 1979.

Our club colours are black and gold.

CLUB FORMAT

The club is administered by a committee of ten, being:

President, Vice-President, Secretary, Asst. Secretary/Treasurer, Fitness Director/Coach, Ladies Captain, Mens Captain, Publicity Officer, Recorder and Delegate to State Branch.

Committee meetings are held monthly on the Thursday prior to the State Branch meeting. This allows for current club views to be expressed by the delegate at the Branch meeting.

The club is presently arranging, through member Robyn Sargent, for registration as a Corporate body.

FUNCTIONS

Membership

Recruitment, after initial publicity through the local press, is now reliant on word of mouth. Like other A.U.S.S.I. clubs, Melville has a high turnover of membership. Each new member is given a club introductory pamphlet headed "Welcome to A.U.S.S.I. Melville — the Mighty Marlins". The pamphlet gives details of office bearers, club nights, fees, awards available, social activities, aerobic fitness programme and top 10 listing events. Annual club fees are presently \$10.00 for a single person or \$16.00 for a married couple with pensioner concession of \$7.00 per person.

There is no upper age limit but minimum age is 18.

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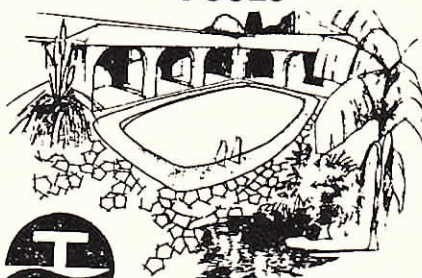
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FITNESS

Club night is Thursday and members have use of either a 25 metre heated indoor pool or 50 metre unheated olympic standard outdoor pool, from 7.00 p.m. — 9.00 p.m. Also each Tuesday from 6.00 p.m. — 7.30 p.m. four lanes are available for training and coaching.

Distance swims, 800 metre to 5000 metres are held once a month throughout the year.

Inter-club swims, National swims, and open swim through events complete the fitness bit. However, most members train daily at one of the several available venues around Perth.

FUN

After each club night about 40-50 members adjourn to a local hotel for a "happy hour". Mine host supplies free of charge cheese, biscuits, peanuts and pickled onions while our esteemed gentleman member, Reg Bishop, 75, supplies gratis his famous black and green olives.

Members donate \$3.00 to the kitty for drinks.

Arrangements for coming events are made in this convivial atmosphere rather than in wet bathers (cossies) at poolside.

We have organised weekend bus trips, barbecues at beach resorts, a golf day, a quiz night and an annual club dinner. We are combin-

ing with our friendly local club Inglewood for a weekend at Bunbury, 150km from Perth, in November.

FINANCE

Apart from membership fees we collect 20 cents per member each club night and this has been sufficient to purchase six digital stop watches, a megaphone, a large "Speedo" timer and a club banner.

We have not subsidised members for National or State Championships but all awards patches are paid for by the club as an encouragement to all members to achieve fitness.

COMMUNICATION

Once a month (normally) a member produces at no cost to the club, a newsletter. This is posted to members who have not attended the club for some time and handed to the regulars. We correspond regularly with our sister club in N.S.W. — Western Suburbs — the "Turtles".

ATTITUDE

We believe that we are a happy club. Hence our motto "Merry Melville — the Mighty Marlins".

Fred Johnson
President

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(August 21st — September 10th, 1982)

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Mr M. Tyack

U.S. Masters Tour, World Travel Headquarters,
33 Bligh Street, Sydney, 2000
for full details

Please supply details of U.S. Masters Tour, 1982

Name

Address

Club Tourist/Competitor
(delete not applicable)

Calendar of Coming Events

1981

December 5: Western Suburbs — Swim — Lidcombe.
Ann Still, 4 Moonshine Ave., Cabramatta. Phone: 604-6902 (home).

1982

February 13: St. George — Swim — Peakhurst.
20: Coogee/Randwick.
March 20: Outdoor 50m Twilight Meet — Ettalong.
April 16-18: National & N.S.W. State Cup — Swim — Warringah Aquatic Centre.
24: Gold Coast (Annual Carnival) Southport Olympic Pool.
Paddi Anstey (075) 37-1652.
May 1: Blacktown — Swim.
June Tamworth — Swim (Queen's Birthday Weekend).
July 3: Western Suburbs — Swim.
31: Ettalong — Swim.
September Cronulla/Sutherland — Swim.
October 2: Hunter — Swim.
November 6: Hills — Swim.

1983

April 9, 10, Pan Pacific Masters International Championships —
11, 12: Warringah Aquatic Pool, Sydney. (Saturday-Tuesday).
April 15, 16 National Swim — Australian Club Championships.
17: Chandler Pool, Brisbane.

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 March edition of A.A.S. must be received by 1st February.

Write to the Secretary, Box 456 Post Office, Sutherland, 2232.

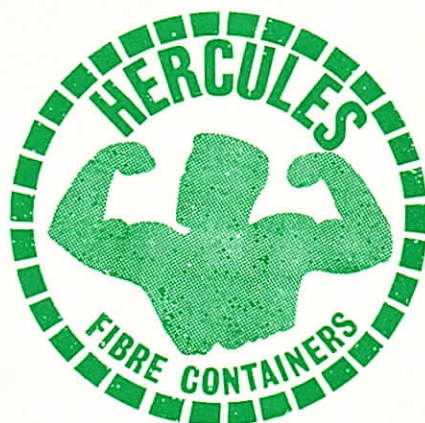
(CUT HERE)

DATE:

VENUE:

CONTACT:

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