



AUSSI Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

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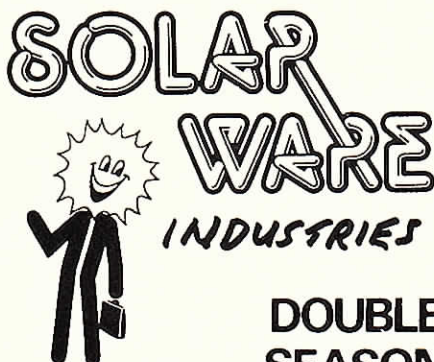
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Carol's Comments

Well, here we are in 1982 with all its promise and challenges. I know it's going to be a challenging year, AUSSI has grown in stature so quickly that we (The National Executive) have come to realise that 1982 will see many, many changes. As I said last issue, the review carried out by the WA Branch is of enormous importance and will help us run this organisation so it fulfills its aims and aspirations.

I'm delighted to say we have received sponsorship from City Mutual Life Assurance to promote AUSSI Australia-wide. I think this is a very exciting development, and it's certainly a challenge for me to be involved in this area.

I'm sure you have looked forward to this issue of AAS believing it would contain the Top Ten. Sorry to disappoint you, however, the Top Ten is just so big that printing it as part of the magazine is just not feasible. It is being printed under separate cover and will be available soon.

However, AT LAST — the "When and Where to Swim with AUSSI" is our feature. I'm sorry if there are any errors or any club missed out, however, you wouldn't write to me. I'd like to publish once a year an updated listing but it would help if any further information or correction of efforts were forwarded to the office.

With the National Swim in mind, I requested from that medal winning trio from Powerpoints, Victoria, an article on Tapering — which I'm sure will be eagerly read by all competitors. Also, it's Blacktown (NSW) Club's turn to feature in our club profiles.



In the June edition a full coverage of the National Swim.

To all those travelling to Sydney for the 1982 National Swim — a safe journey, a warm welcome and the very best of luck with your swim.

Carol

VALE — FITZ LOUGH

It's with a very real sense of loss that we note the passing of Fitz Lough on 13th February, 1982, age 84.

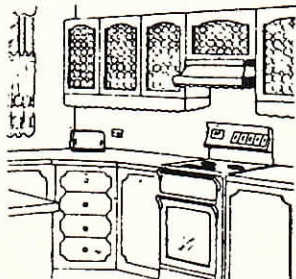
Fitz has been an identity in AUSSI since its inception. His achievements in sport would fill pages, in short he was the first Surf Belt Champion in 1919 and just last year at the first International Pan Pacific Swim, September, 1981, where he set two World Records, he was named Outstanding Male Swimmer of the Meet.

To his sister, his only surviving relative, we send our condolences. He will be sadly missed not only by his many friends in AUSSI, but all those who knew him.

The Editor

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President's Message

There has been a great deal of discussion about the Aerobics Trophy proposed by Western Australia.

At the National Council Meeting in Canberra on the 1st-2nd August, 1981, it was moved and seconded:

1. That a National Aerobics trophy be introduced — CARRIED 7-1.
2. That the format for the National Aerobic Trophy be so circularised by Western Australia and that it be for a twelve month trial period — CARRIED 5-3.

This twelve month trial period was to begin in December, 1981 and clubs have already begun swimming for the awards. I stress the fact that this is a "TRIAL" period. A period in which all clubs can use and evaluate the times and points allocation as suggested by Western Australia. No one is perfect and Western Australia realised that, although the point system listed has been working in that State, it may not be acceptable or compatible to all clubs in other States. However, if the system is not tried, how can it be changed.

If you, the swimmer, do not use the information and then advise your club Executive who in turn advise State and National Executives of any improvements, then the organisation cannot progress or the Aerobic Trophy revamped to make it more equitable to all clubs.

Try it — Make suggestions for changes but do not disregard it. A basic AUSSI concept is to encourage people to swim long distances and although the Aerobics Trophy is calculated on points for time swum it is still getting people to swim longer distances.

I sincerely suggest that the Aerobic Trophy be given the chance for success it deserves by all clubs Australia-wide. I believe a National trophy like this can bring all AUSSI clubs together no matter how far apart they may be.

May you all have a happy and healthy and fit new year and I look forward to meeting and seeing as many as possible at the Nationals in Sydney in April, 1982.

Yours in Swimming,

Peter Jackson

Swimmers' Viewpoint

December 14, 1981

Carol Davis, Editor,
AUSSI
PO Box 456,
Sutherland, Australia. 2232

Dear Carol,

Enclosed is MAC Issue 11 #2. As you will see we have included your letter and Gary's Report on the International Meeting.

Thank you for your interest in MAC. I am sure we can both benefit from an exchange of information. Now for a short history of MAC.

I had been toying with the idea of starting a newsletter for quite a while. Being a personal friend of June Knauser who, as you know, writes "Swim Master", I picked her brains at the 1980 US Nationals in Florida. Finally, by September, 1980, the first issue of MAC was published. It's

been very time-consuming but at the same time lots of fun and extremely interesting.

We in Canada also have a distance problem, with high population in and around Toronto and Montreal. The rest of the country is much like Australia. Our big problem here is communication. The Masters program is still in the process of getting organised in most provinces and nationally. You, in Australia and the USA, are far ahead of us. We have more and more swimmers interested in Masters and they are looking for guidelines and information. MAC is hoping to fulfill some of their needs.

I am interested to learn more about your Aerobics Trophy, which I'm sure will be detailed in "AUSSI" magazine.

If you are ever planning to come to Canada (Toronto) I would enjoy meeting you. Good luck with AUSSI!

Best regards,

Beth Whittall

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Dear Beth,

AUSSI members requested more news from overseas, like you, I hope the exchange between MAC and AAS will provide interest and stimulus to our readers.

Carol

Dear Carol,

Let me thank AUSSI for the beautiful trophy I received for the world records I was lucky enough to swim.

I must thank you very much for spurring me on, a little encouragement goes a long way.

At the Randwick and Coogee Group Christmas dinner I got the surprise of my life. The Hon. Michael Cleary, MLA, NSW Minister for Sport, presented me with my trophy and, believe me, I was overwhelmed. I never suspected anything like that was to happen on the night. For 5 or 6 weeks the club and Doug too, kept it a secret (never trust your husband, Carol, they keep secrets).

The Pan Pacific was a great carnival and everyone on the committee did a great job.

Thank you all,

Bess Barrie

Dear Bess,

Delighted to hear that Coogee/Randwick presented you your 'World Record' plaque with due ceremony. A World Record is a wonderful achievement and the achiever deserves all credit duly given. It was my special pleasure to encourage you, I always believed you could do it.

Carol

Dear Carol,

May I add to those articles presented by Jim Williams and Des McCormick on the use of paddles (December issue).

In my coaching, I use paddles to programme the brain to direct the hand and arm to the most efficient position for entry, the pull stroke and the streamlining for recovery. For the young, Des observed the swimmers' arm strength dictates how much correct work is achieved, and in endorsing Jim's "background information", I follow the adage "to learn fast, do it slowly and correctly".

Young swimmers with age groups in mind and who have not yet developed full muscular strength over growth rate, tend to exert

themselves in an attempt to gain strong muscle power in as short a time as possible.

Des strikes the nail squarely on the head by saying injury will occur. Not only is muscle injury caused by over exertion but, in many cases, injury is initiated by a coach demanding continual good graining times. This demand creates a mental tension within the swimmer who, in order to please the coach, fights this tension — result — damaged muscles about the upper arms, neck and back. Tiredness and sore backs are the end product. As a masseur I have spent hours loosening muscle fibre in order to bring the "tone" back.

For example, one top young breaststroker, during a training time trial, dropped 3 seconds from her previous best 100m time after a course of only 4 massages that had relaxed her back and legs. Without any paddle strengthening the relaxing massages allowed the inherent muscle strength for her age to be more efficiently utilised.

The established muscular frame of an older person can withstand paddles as a strengthener. With myself as the example and the Pan Am Meet in mind, distances of 800m back, free and breast were done daily, and, as Des notes, without paddles I swam faster and further consideration was a bi-weekly massage. In my instance paddles strengthened those muscles matured over years of swimming, exercise and work.

Perhaps Jim may look to massage to ease the workload tension as one of the better ways to improve times.

*Peter Keesing
Auckland, NZ*

Dear Peter,

Thanks for your comments — I found them most interesting.

Carol

18.11.81

Dear Carol,

Along with about 30 other WA members I attended our Seminar organised by Kay Cox and Glenys McDonald, on Sunday, 15th November.

Kay's talk on Fitness and Training programme I found very useful as I am a lazy swimmer and have no particular programme to follow. I am now aware of ways to set up my own programme

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for a particular event, e.g. 400m F/S or for an award swim.

Glenys and Vic McDonald both gave very informative talks on First Aid and Resuscitation with demonstrations.

We also had a guest speaker from the Churchlands College of Advance Education, his talk included such topics as fitness in age, effects of training and effects of age. We also had a practical session where we divided into 3 groups and were able to learn of ways to correct our styles and bad habits of many years.

If there is to be another seminar next year, I would recommend other members to go along as there is much to be gained, also for newer members to find out a bit more about AUSSI and the great organisation it is.

Thanks to Kay and Glenys for a super day.
Sincerely,

*Sandra Goodall
AUSSI Whitford*

Dear Sandra,

These State Seminars are now proving very popular and informative — I hope they continue and even increase from more than one per year.

Carol

Dear Editor,

I'd like to thank all the members of the ACT Branch who worked so hard to organise an excellent non-stop programme for the fifty swimmers who travelled to Canberra for the Australia Day weekend. The following clubs were represented:- Blacktown, Coogee/Randwick, Cronulla/Sutherland, Ettalong, The Hills, Hunter, Manly, North Lodge Vic, Tamworth and Western Suburbs, as well as the two local clubs.

The carnival on Saturday night was at Deaken Indoor Olympic Pool and was, as usual, very well organised. Each visiting swimmer received a programme for the weekend and a pack of tourist brochures as they arrived. After the carnival, we went to Helen Rees' home for supper where the certificates were given out and pointscore results announced. Many thanks to Joan Arthur and her daughter for their hard work at this job. The party which followed did not finish until about 4am

The next morning, those of us who woke up, met at Deaken Spa Pool at 9am for a 50m han-

dicap and relays, organised by Judy Ford. The numbers were down, but most visiting swimmers were there and visitors won the handicap and the relay.

Then we drove to a lovely picnic area beside Lake Burley Griffin for a barbecue lunch and swim or a lazy afternoon. The 5.30 pm training session at Deaken Spa attracted only six swimmers, but 36 of us attended a Chinese dinner that night.

Monday morning was set aside for sightseeing (or sleeping) and then after lunch we met at the Lake for the 1.4 km Lake Swim. The bridge looked a long way away as Tony Rumble told us to raise our left arm if we needed help, and we couldn't help wondering if it was dangerous to swim too close to the jet (fountain). However, we all had the satisfaction of completing the distance without needing a lift from the water police.

Thank you again, ACT branch for an excellent weekend. Perhaps next year you'll get 200 visitors.

*Beryl Stenhouse
Cronulla/Sutherland Club*

Dear Beryl,

It wouldn't surprise me if they did, it sounds a great weekend from your report and from the verbal ones I've received from our club members. These long weekend carnivals are great for families to attend with so much to do and see. I believe a number of Branches hold at least one per year.

Carol

Dear Carol,

You may recall that I rang you some time ago about getting publicity for Penrith Amateur Swimming Club's annual Bridge-to-Bridge Swim, which was held on the 7th February. I rang the people you suggested and was met with nothing but sincere co-operation which must have been successful. Our swim was a tremendous success with approximately 230 people attempting the two mile swim. It was a spectacular sight to begin with as we had a single start with over 200 people commencing in the water under the Expressway Bridge. There was a bit of a melee over the next few hundred yards until everyone settled into their own pace and their own position in the river.

The first past the post was David Kyle-

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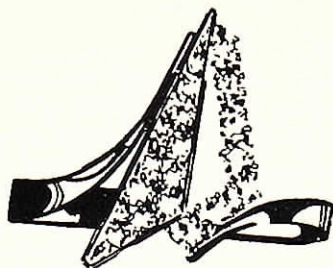
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Robinson aged 14, a young swimmer from Wellington and second past the post and also first female past the post was Kayleen Gregson from Casula. The winning time was 38 minutes and 3 seconds which was a record for the event.

We had a large number of "AUSSI" swimmers present who I think thoroughly enjoyed the day and some of them did quite well. John Coory from Manly in fact came 4th in the entire field in a time of 40 minutes and 8 seconds and not far behind him was Alan Gregson who came in 11th in the field in the time of 43 minutes and 11 seconds. There were many other AUSSI swimmers who completed the event including myself, but there is plenty of room for more as we have a very wide river. To give you some idea there were 23 competitors in the mens 31-40 age group, which was marvellous but there was room for more in some of the other age groups and I hope there will be next year.

Everyone who took part in the swim seemed to enjoy it immensely and were keen to compete again next year.

I feel the swim is an excellent one for AUSSI swimmers as, even though it is an outright race, it has no pressures on anyone to compete if they

don't want to. The longest time taken was approximately 2 hours this year. It is a good swim to train up for and one that a lot of AUSSI swimmers could aim for. I hope to be able to get a bit of information to you before the swim for 1983, so that we may have as many AUSSI members as possible competing as I am sure it is an event which they would all enjoy.

Many thanks for your help in getting the word across to those who heard about it.

Regards,

Yours faithfully,

Michael J. Christie

Dear Michael,

Glad to have been of assistance and will be happy to give notice of the 1983 Bridge to Bridge Swim.

From all reports it's a very popular day with AUSSI swimmers. They not only swim but take their families along to either join in the swim also or picnic on the banks of the Nepean River.

Good luck and success to Penrith ASC and future Bridge to Bridge Swims.

Regards,

Carol Davis

FROM NATIONAL SECRETARY'S DESK

Greetings,

I have just recently been appointed as National Secretary taking over from Gary.

Although I have not held office for very long I have seen and heard many things which concern me.

1. Where has all the fun gone in AUSSI? AUSSI was formed with the idea of having fun whilst becoming fit. So let's enjoy ourselves. Our swimming, our clubs, AUSSI.
2. Where has the art of communication gone? Let's get together at CLUB/STATE/NATIONAL levels, talk about things, COMMUNICATE.
Why do we always quarrel when there is always a resourceful solution?
3. I would like to re-emphasise what I said in the National newsletter.
"There appears to be a certain lack of knowledge among club members regarding the National Executive. The members who

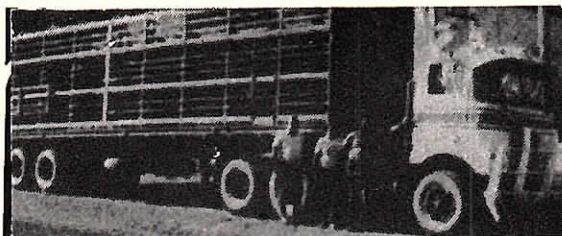
sit on the Executive do not represent their club or branch.

They are elected by the States to act for all members.

In all organisations there has to be a number of people who, by their very nature, feel it is their right to be over critical of those elected to represent them. Constructive criticism is an organisation's lifeblood. An organisation grows when members will put their thoughts on paper and allow them to be discussed. Destructive criticism will destroy all that good that has been worked for over the years.

An Executive can't act on hearsay, it can only change policy and move on solid proposals put to it by its members through their club and State branches.

4. If you have any ideas for more fun times let's hear about them.
5. I would also like to hear reports from clubs about their activities.



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Let this year, 1982, be a great year for fun, fitness and swimming and, if it is, please tell us about it.

I would like to meet lots of you throughout the year at the Nationals or the seminar so, until then,

Let's be progressive — Move ahead, not backwards.

Yours in Swimming,

Ann

IE OFFICE STAFF

The National/N.S.W. Office at Sutherland, N.S.W. is presently staffed by Mesdames Evelyn Street and Carol Davis. Carol, most of you know as the Editor of this journal so really needs no introduction. Evelyn is a long time friend of Carols (JOBS FOR THE GIRLS???) and a member of Cronulla Sutherland's Monday morning group,

she was also the typist for the old Year Book when it used to be published as she was the only one who could decipher Carol's spelling and writing. Evelyn will be at the office on Mondays and Thursdays, and before you all rush to write "what about her Monday swim?", she feels it's a small sacrifice as her teeth were beginning to suffer from racing for jelly beans and muststicks. Carol, on the other hand, has a very sweet tooth and a mania for what she calls "Fun Relays" so she will be at the office Tuesday, Wednesday and Fridays.

Evelyn is married to Ted and they have a son, Adam and two daughters, Jennifer and Allison. The Streets are residents of that notable suburb, Jannali.

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State News

NEW SOUTH WALES

It all happened at Armidale, two inaugural events on the one weekend.

Armidale Masters Swimming Association came to light with a carnival date which clashed with a State General Meeting set down for the 6th February, 1982.

A quick discussion with Peter Jackson, we decided to approach AMSA to see if they would agree to holding a State Meeting on the Sunday of this weekend. I immediately phoned Margaret Sharpe, the AMSA Secretary, and asked if her club could provide the facilities for such a meeting and also change her programme to suit a "Pelican Trophy" competition.

Margaret, after conferring with David Robins (President) was most obliging, and agreed to our request hence the first "Pelican Trophy" meet, and I believe the first country State General Meeting since the inception of Club Councils.

Although the numbers were disappointing the

carnival was a huge success, and all those present, I feel, will return next year. (I know I will).

After the swim we all showered and met at the local Golf Club for a Bar-B-Q. What a spread this turned out to be, the steaks (God bless the chef Shane Longmoore) were well marinated with wine, garlic, etc, etc, and simply melted in your mouth, and were well supplemented with various types of side salads.

Peter Jackson volunteered to do his bit over the Bar-B-Q and with Jim Williams of Tamworth and Phil Sharpe of Armidale donned the chef caps and aprons to do a superb job of cooking.

Presentations were then held in the Golf Club House and the awards were presented by Peter after David Robins gave his little speech.

The result of the Carnival was a win for the home side, Armidale, followed by Tamworth, Western Suburbs, Blacktown, Coogee/Randwick and Cronulla/Sutherland. I might add here that

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Coogee/Randwick and Cronulla/Sutherland were represented by one swimmer namely Peter Jackson (C/R) and Carol Davis (C/S).

The following morning we met at the Pembroke Caravan Park to hold the State General Meeting and near the conclusion of this meeting D. Robins (ASMA) moved that in future, where feasible, a State General Meeting be held at all country carnivals. This was seconded by R. Spink (Tamworth) and all present agreed.

Therefore the next State Meeting will be held at Ettalong at their Twilight Meeting on the 20th March, 1982. State Meeting will commence at 12.30 p.m. and the swim at 5.00 p.m. This carnival has been organised by Ettalong to give swimmers a last chance of competition swimming before the National and State Cup swims in April. Let's all roll up and support Ettalong.

Another carnival which should be interesting this year is the Western Suburbs date in July. Fred Prout the President of Wests has agreed to make this meet a Post Entry Carnival which I believe was how carnivals were run in the past. Fred has already arranged with the local Chicken Shop to supply supper on demand.

While on the subject of carnivals, I am now looking to set the calendar for 1982 so as to avoid any clashes and overloads. Remember, it was decided at a recent State Meeting to hold only two carnivals per month, preferably the first and third weekends. This I feel will have to be brought into force next year, so get your dates in early.

Those now permanently booked are as follows:-

Month	Weekend	Venue
Feb	1st	Armidale
Feb	3rd	Coogee/Randwick
May	1st	Blacktown
June	Queen's Birthday	Tamworth
August	1st	Ettalong
Sept	3rd	Cronulla/Sutherland
Oct	1st	Hunter
Nov	1st	Hills
Dec	1st	Western Suburbs

NOTE: State Cup looks like being held sometime in early March as the Pan Pacific Masters International Championships are set down for 9th to 12th April, 1983.

Have fun, good swimming,

Brian

ARMIDALE MASTERS SWIMMING ASSOCIATION

"If you get a lot of visitors for the carnival, it's SURE to rain" said the pool manager. This despite the statistics that Armidale has more hours of sunshine than Sydney.

However, Armidale at 3000ft plus, with the highest commercial airport in Australia (3500ft or 1000m) has been known to have a white Christmas, frost in all months, and snow in all months except January. But the normal summer pattern in the last few years has been a few warm or hot days followed by a few cold ones. After a hot spell the town pool is too warm to cool off in. One develops considerable cunning in planning swims. A hot school holiday afternoon is too crowded; a cool day after a hot spell gives marvellous water and a pool to oneself. On the average sort of day when there's room to move, a tracksuit and a bike ride uphill a mile or two guarantees you get back to home/work unfrozen — getting into a car parked for an hour in the sun isn't good enough when home/work is only five minutes away.

But on a frosty July day in 1980, the University of New England opened its new 25m heated indoor pool, marvellous, except the concrete-floored dressing rooms are NOT heated. But the showers are and there's more room even there on cold days. For some, a warm fine day is the only time to swim, even indoors. Every swimming club I'm sure, feels it has unique problems to face; we in Armidale also do. Before the UNE pool opened, there were those who swam in the town pool and those who said it was always too cold and didn't go. Now we have those swimmers who swim regularly at the UNE (with a heavy preponderance of UNE staff) and say the other pool is always too cold, and those who scorn indoors except when forced there at the ends of seasons and in winter, and who don't like the way the indoor water hurts their eyes (how many of us have well-fitting goggles?). The outdoor pool certainly has the nicest water I have swum in, and I prefer a 50m pool — room to stretch out.

Another problem is times to swim. This year, inspired by a cold snap with frost in November, the City Council decided 9 am was soon enough on weekdays, 10 am on weekends, to open the pool. I knew of one 68 year old who used to climb the fence for a swim at 5.30 am years ago, but most of us would not do it. Anyway it's

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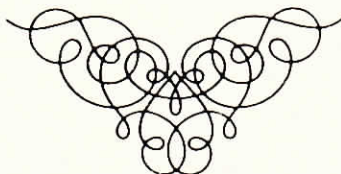
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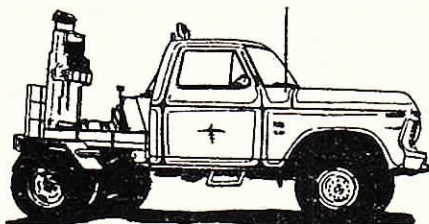
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COLD at that time of day here — 8__ to 16__ are typical early morning temperatures. The UNE pool is restricted to members and associate members at most times. With keen swimmers coming from those who own/work in retail shops, UNE and CAE staff, casual and part-time workers, and many with school children (with all the clubs/ferryings etc, that THAT involves, how do we get together?

As our President Dave Robins says, have a carnival and they'll all come out of the woodwork. One advantage of a small town is some people hear of the carnival by reading the local papers, or it gets on the local news — even on the ABC!

And they did come out of the woodwork. Five of us were affiliating with AUSSI at any rate this year, but when membership and others were informed that it was for points against other clubs (Pelican Trophy) twelve more affiliated with AUSSI. We had slightly less local participation than last year, but more visitors to the Carnival from other clubs.

And it didn't rain, not on the afternoon anyway. The air and wind was cool, so was the water, but some of us, lying like lizards on the hot cement to soak up heat between events got sunburnt, that devastating UV at 3000ft! We had a great time, even if many locals couldn't stand the barbecue (catered for by one of our members who is a professional caterer) and a few missed the swim to go to the Armidale Cup races. So the Carnival is on again next year, same weekend.

*Margaret Sharpe,
AMSA Secretary*

VICTORIA

Report on Training and Coaching Seminar, 18th October, 1981

We gathered on the lawns outside the Humanities Building at Monash University. A dedicated little group of 28, representing Power Points, North Lodge, Ron Faulds Aussi, Diamond Valley, Frankston/Pen., and the new rapidly growing Morwell Flippers. I think the roll up would have been greater had it not been such a glorious sunny day.

The program was a little late getting underway, due to our reluctance to leave the sun and settle down in a windowless, cave-like lecture hall, but we were eventually shepherded in and

proceedings were opened by Victorian President, Danny Smith. He was followed by Wyn Bierenbroodspot who took the opportunity to question the motives and directions of AUSSI and the motives and duties of the National Council and who put forward the theory that the State bodies really should define their priorities and be more positive and vocal about them. Having got that off his chest Wyn introduced Eric Rosario, our State fitness director, and Dr. David Kennedy of the Sports Medical Centre (Malvern).

Dr. Kennedy gave the next talk on **Exercise and the Adult** with particular emphasis on the most common injuries athletes are prone to and the modern methods of treating these injuries. No more slipping off to bed to coddle yourselves with a good book and a hot water bottle! Ice packs, elevations, monitored movement and marvellous machines now have you back in the water or on the track in no time flat. If your doctor shook his head disapprovingly last time you saw him and remarked that at your age you really shouldn't be tearing up and down the pool playing teenagers, well give him a miss next time you strain a muscle and look for someone who understands both sport AND medicine.

Dr. Kennedy answered questions and then departed in an energetic flurry to attend fallout at the Big Marathon. His place on the rostrum was taken over by Eric Rosario, a man who is so full of energy, vitality and enthusiasm for his subject that no audience could fail to be interested. He spoke on the need for power and strength in any sport and the use of weight training to build that strength and power in the required muscles. He illustrated his talk with slides and after a lengthy question time we all trooped over to the gym and worked out with Eric, what sort of weight training exercises would be beneficial for swimmers. By the time we had finished in the gym it was 1 p.m. so we gathered baskets and eskies and spread ourselves on the lawn for ½ hour of feed, drink and jollity.

Keen eyed and refreshed it was back into the cave to listen to Dick Campion on **Training and Tactics for Competition Swimming**. There were some smothered gasps from the third row when Dick talked about how one should break one's 5-6 kilometres down into warm up, stroke work, distance, quality work and sprints. Out came notepads and pens and training schedules were rapidly revised with the National and Victorian championships in mind! Practice these starts,



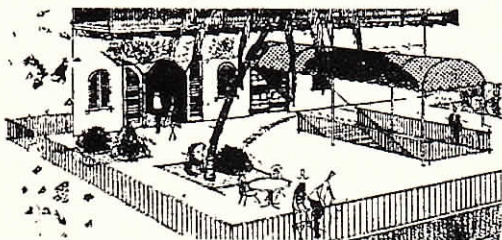
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turns and finishes, Dick emphasised, they are vital in a close race and so is being able to put your head down and go and never mind the breathing or the pain!

Our next speaker was Ted Tullgren on **Aerobic Fitness through Swimming**. Aerobic, I discovered, (being shamefully ignorant on the subject) means literally "with oxygen", and aerobic fitness therefore means attaining an even and regular flow of oxygen to whichever parts of the body need it over a certain period of exercising, whether that exercise be a fast 200m or a steady 1500m. Ted also discussed the various aids to swimming fitness such as paddles, kickboards, flippers, leg buoys, etc. (Dick recommended towing a bucket! That should go under 'hindrance' not 'aid' Dick!) Ted and Dick then teamed up for questions and the time passed so quickly that we sacrificed afternoon tea and it was back to Eric to finish off the program with an illustrated talk on flexibility. Illustrated that is both by slides and by Eric himself with an occasional 'volunteer' from the audience.

As our President said in winding up the Seminar, it was a most informative and interesting day and I do hope that next time the trouble is taken to organise a similar session there will be more people turning up to lend their support.

Judy Bahrend

Reprinted from The Pointer with thanks

WESTERN AUSTRALIA

The beginning of the new year has seen lots of activity in W.A. and it is by far our busiest time of the year. Already we have ten clubs affiliated and two more to come and over 400 registered members for 1982.

The winner of our 1981 State Aerobic Trophy was the Claremont club with a very fine performance, followed closely by the Melville and Carine clubs. Claremont had the remarkable achievement of 640 points which came from 28x800m awards; 76x1,500m awards; 13x3,000m awards and 9x5,000m awards. It should perhaps be clarified to other States, that in W.A. in 1981 we had no restrictions on the number of awards attempted, only that they had to be swum under carnival conditions at a swim organised by club officials. Congratulations to Claremont.

Our State Swim Winner is not known at the

time this magazine goes to print, but it will be held on Saturday, February 27th, followed by our State Dinner and presentation of Trophy night. It, however, should be a tussle between the Osborne Park and Melville clubs. A new innovation this year is the introduction of country participation in the State Swim. The Sth. Hedland club, 1770 km away will swim the same program on the 20th February and send their cards down for inclusion. They are fired with enthusiasm at having the chance to participate, even via long-distance.

The final award which will be presented at the State Dinner is the Administration Trophy. This is its inaugural year and it is presented to the club secretary who has really excelled at his/her job for the year. The winner was easy to pick, however, most of the others were not far behind and the standard of registrations, and correspondence improved out of sight. The winner of this trophy was Jacqui Skellham/Austin (she is getting married this month) I could not fault her performance — registrations were perfect and included the postcode, reports arrived before their due date, and club information was readily available. Thank you Jacqui for a job well done.

And finally the old year ended on a wake of Christmas parties which included a performance of the fine Carine Can Can dancers (well done fellers) and has continued into the New Year with a round of Champagne Breakfasts. We certainly do get our fair share of fun.

Glenys McDonald
W.A. Secretary

A.C.T.

The biggest thing that's happening down this way lately is the incorporation of the A.C.T. Branch. Members of both Canberra and Burley Griffin clubs have been meeting with enthusiasm and hope for the new Branch's future.

Besides the usual incorporation and constitutional matters, the new committee has been overseeing the progress of the organisation of the Australia Day swimming carnival on Saturday, 30th January. This is proving a daunting task as the carnival is competing with so many other sporting competitions to be held in Canberra over the same weekend. However, the new A.C.T. President, Bill Parker, is providing the necessary leadership for us all to do our best.

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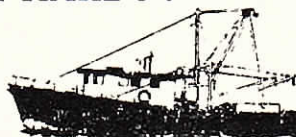


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all participants in the carnival, there will be two very attractive medals — courtesy of the Australia Day Council — to be presented to the winners of the brace relay.

Another function the Branch is organising with the aid of the Department of the Capital Territory and the Water Police is the "Lifestyle AUSSI Lake Swim" to be held on the Monday of the long weekend. It starts from West Basin near the Royal Canberra Hospital and finishes 1400 metres later on the other side of the lake. The organisers hope no-one will be picked up by the Police launch and end up recovering at the starting point!!

Both clubs have members who entered the "One Hour" swim. Canberra AUSSI had five:

Adrian Davis	30	4008 yards
Robin Sweeney	29	3636 yards
Ross Vaughan	33	3483 yards
John Wicks	42	2996 yards
Helen Rees	35	3653 yards

Of the above, the first three have entered the relay event. Burley Griffin had ten entrants, with the majority being the newer members of the club.

Other distance awards were:

Canberra:	7 for the	800 metres
	6 for the	1500 metres
	5 for the	3000 metres
Burley Griffin:	2 for the	800 metres
	2 for the	1500 metres

The above entrants can feel justifiably proud of their attempts and I feel the readers will join me in congratulating them. Well done!

For those readers who wish to know who comprise the new A.C.T. committee, here are the office bearers (some names may sound familiar).

President	Bill Parker	062-716-406 (w)
Secretary	Judy Ford	062-542-622 (w)
Treasurer	Peter Morgan	062-884-119 (h)
Coaching		
Director	Les Worthington	062-819-421 (w)
Publicity		
Officer	Bill Whitaker	062-664-635 (w)

Finally, I join with all other A.C.T. Branch members in wishing all a belated but nevertheless bright and prosperous New Year and we hope to see you at an event soon.

Bill Whitaker
Publicity Officer

QUEENSLAND

Firstly, my apologies for not getting a report done in time for the December magazine — a complete collapse of memory I'm afraid.

From about August, 1981, AUSSI in Brisbane has been reasonably active with swim trials at the Valley Pool on August 23rd, one hour and 5000 metres swims at Chandler as well as a Trisports AUSSI swim meet on November 21st, also at Chandler.

Congratulations to Debbie Handley and Mark Saunders who were our nominees for the Brisbane Sports Awards.

Top marks also to Gold Coast AUSSI who are boasting increased numbers with equal "ladies/gents" representation in most age groups. That's going to be very hard to beat! They seem to enjoy a pretty active season with a BBQ to follow every second club swim and have so far completed an hour swim plus a 1500 metre swim.

A special welcome to Carol Young, a new member to the Gold Coast AUSSI who has been chosen to compete for Australia in the 1982 Amputee Games in Hong Kong later in the year. Best wishes from us all, Carol.

Changes for 1982 include Aitkenvale AUSSI having a complete name change to Townsville Masters Swimming Club and Valley AUSSI deciding to follow true "Valley" tradition with a change of club colours to blue and white.

Everton Park AUSSI has also come up with an interesting change to regular format with several members undertaking a lifesaving course together, four of whom attained their Bronze Medallion before Christmas and the remainder waiting to do likewise in March.

The coming years 1982 and 1983 will be big ones for AUSSI swimming in Queensland — Valley AUSSI kick off the new season with a carnival on February 21st followed by the State swim on April 5th at Chandler and then of course host to the National swim in April, 1983. A busy time ahead. Good luck to everyone!

Bev Tynan

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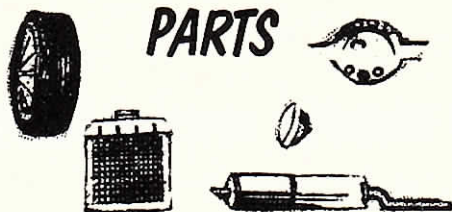
Feature Articles

WHEN AND WHERE TO SWIM WITH AUSSI

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CAMPBELLTOWN, Ted Bolton, 13 Fern Avenue, Bradbury. 2560	Olympic Pool, Bradbury Sunday morning 8.00 a.m.	(046) 25-8129
COOGEE/RANDWICK, Rona Thornley, 8/10 Alexander Street, Coogee. 2034	RSL Pool, Coogee/Randwick Byron & Carr Streets, Coogee Wednesday 6.00 p.m.	Orange cap (02) 233-0233 Work (02) 665-9856 Home
CRONULLA/SUTHERLAND, Beryl Stenhouse, 84 Burraneer Bay Road, Cronulla. 2230	Aquadot Pool, Gray St, Sutherland Thursday 7.30 p.m. Cronulla Beach Sports Complex Monday 10.00 a.m.	Cobalt Blue cap Blue, Black and White costume (02) 523-2361
EMERTON, George Barnes, C/- Swimming Pool, Jersey Road, Emerton. 2770		
ETTALONG, Penney Dunn, 7 Greenfield Road, Empire Bay. 2256	Woy Woy Olympic Pool, Blackwall Road, Woy Woy Tuesday 8.00 p.m. Time trials/races Thursday 7.30 p.m. training session	Sky Blue, B & W side stripes — cap (02) 47-73313
HILLS, Pat Sommerville, 97 Sommerville Road, Hornsby Heights. 2077	Galston Road, Galston near Oval Tuesdays 7.30 p.m.	Yellow cap (02) 477-4024
LANE COVE, Helen Walker, 1 Carlyle Street, Wollstonecraft. 2065	Olympic Pool, Little Street, Lane Cove Monday 7.00 p.m.	Gold cap
MANLY, Pieter Stroethoff, 1/169 South Creek Road, Dee Why West. 2099	Municipal Pool, Manly Monday 7.00 p.m. Harbord Diggers Pool Tuesday 8.00 p.m. winter	Maroon & White cap (02) 988-171
NORTH SYDNEY, Heather Goldsmith, P.O. Box 101 Cammmeray. 2062	Olympic Pool, Milsons Point, Nth. Sydney Tuesday 6.00 p.m. winter	Black, Red AUSSI badge (02) 662-0111 x.532 Work (02) 411-3685 Home
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UNIVERSITY VETERANS, Geoff Winterton, 18/13 Cranbrook Avenue, Cremorne. 2090		
WOOLLAHRA, Paul Wyatt, 3/15 Martins Avenue, Bondi. 2026	Woollahra Pool, 17 Holdsworth Street, Woollahra Wednesday 6.45-7.45 p.m. Some Mondays 6.45-7.45 p.m.	Red, White & Blue cap (02) 389-8591 before 8 a.m. best
WESTERN SUBURBS, Ann Still, 4 Moonshine Avenue, Cabramatta. 2166	Auburn Swim Centre, Tuesday 7-8.30 p.m. Friday 7-8.30 p.m.	Black & Red (02) 217-7200 Work (02) 604-6902 Work
COUNTRY CLUBS		
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LISMORE (SUMMERLAND), Angela Robertshaw Box 767, P.O. Lismore. 2480	Goonellabah Squash Centre, Bruxner Highway, Lismore Tuesdays 6.30 p.m.	(066) 215122 Day (066) 243328 Night
NEWCASTLE (HUNTER CLUB), Bob Ford,	Junction Pool, 3 Jenner Street, The Junction Monday & Wednesday 7.30 p.m.	
MAITLAND, John Farmer, 30 Nillo Street, Lorn Maitland. 2320	Hit-n-Dip Mitchell Drive, Greenhills. E. Maitland Tuesday 7.30 p.m.	Black/White/Green/Gold (049) 33-4517 (049) 33-6510 Shop
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NAROOMA, Beryl Grace, 22 Dorothy Drive, Narooma. 2546	Olympic Pool, Narooma. Tuesday 6.00 p.m. Weekdays 7.45-8.15 a.m.	(044) 762-398
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TAMWORTH WORKMENS,

Ronald Spink, 9 Gladys Street, Tamworth. 2340	Workmens Club Reserve Place, Wednesday 8.00 p.m. Monday 6.00 p.m. (Aerobic night) Monthly meeting	(067) 66-1623 Home (067) 66-3336
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WAGGA, Inge Sommer, 3 Wilks Avenue, Wagga. 2650	Koorinal Sports Centre Sundays 9.00 a.m.	Blue letters on Gold background (069) 22-6624 a.h.
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A.C.T. CLUBS

Mailing Address	Club Venue	Colours & Phone
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CANBERRA,

Gaynor Stark, 18 Balonne Street, Kaleen. 2617	Deakin Olympic Pool, Dennison Street, Deakin Sun 5.30-7.00 p.m. Deakin Health Spa Wed. 7-8.00 p.m. Kippex Sports World Wed. 8.30 p.m. Erindale Centre	Black (062) 41-4467
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BURLEY GRIFFIN MASTERS,

Bill Parker, 6 Bolden Place, Kambah. ACT. 2902	Deakin Health Spa, Deakin Mon-Fri 12-2.00 p.m. Sat (club night) 5-7.00 p.m.	Red and Gold (062) 31-6579 Home (062) 71-6332 Work
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TASMANIA

Mailing Address	Club Venue	Colours & Phone
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LAUNCESTON,

Tina Mackenzie, 13 Frankland Street, Launceston. 7250	Theogenes Heated Pool, Racecourse Crescent, Friday 6.00 p.m. all year round Launceston Swimming Centre, Windmill Hill. Tuesday 6.00 p.m. summer months	(003) 312-918 Home (003) 318-077 Work
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VICTORIA

NORTH LODGE,

Barbara Wilson, 5 Bennett Avenue, Mt. Waverley. 3149	North Lodge Swim Academy Monday 8.15-9.30 p.m. 1st Sunday in month 1.30 for 2.00 p.m. Start (Races, etc.)	233-4847 Home
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POWER POINTS,

David Gordon, 46 Broadway, Camberwell. 3124	Lifestyle Sports Centre, Cnr Reserve & Tulips Rds, Sandringham Alternate Sundays from 7th Sept 10.30 a.m. - 12.30 p.m.	82-2434
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RON FAULDS,

Sue Quartermain 554 High Street Road, Syndal. 3150	Ron Faulds Swim Academy, 554 High Street Road, Syndal Mon. 8-9.30 p.m. Wed. 9-10.00 p.m. Thurs. 9-10.00 p.m. Time Trials Sunday afternoon 3rd Sunday in month 2.00 p.m.	(03) 232-3900 Pool (03) 288-7020 (03) 232-5181
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DIAMOND VALLEY,

Mrs Lea Gill, 3 Pamburra Court, Greensborough. 3088		435-9239
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FAWKNER,

Mickael Myslinski, 17 Isaacs Close, Sunbury. 3429		744-4646
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FRANKSTON,

Greg Caughey, 17 Amron Street, Chelsea Heights. 3196	Frankston Jubilee Park Swimming Centre, Friday 9-10.00 p.m.	(03) 772-5738
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MORDIALLOC,
Noel Spaulding,
4/34 Broadway,
Bonbeach. 3196

BALLARAT, Ken McDonald, 13 Teal Avenue, Ballarat. 3350	Y.M.C.A. Pool, Ballarat Tuesdays 6-7.00 p.m.
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GEELONG,
Arthur Spicer,
Norlane Pool,
Cox Road, Norlane. 3214

COORYONG,
Graham Middleton,
11 Greenham Street,
Cooryong. 3707

TALLANGATTA,
Heather Morgan,
5 Matonga Street,
Tallangatta. 3700

BADDAGINNIE,
Alva Wyatt,
C/- Post Office,
Baddaginnie. 3670

QUEENSLAND

Mailing Address	Club Venue	Colours & Phone
EVERTON PARK CLUB,		
Lesley Dickinson, 29 Annandale Street, Keperra. 4053	John Rigby's Pool, South Pine Rd, Everton Hills Tues night 7.30 p.m. Winter & Summer	Blue & Gold (07) 354-2508 Home
MARYBOROUGH, Cheryl Hennessey, 23 Smith Street, Maryborough. 4650		Sky Blue
NOOSA PELICANS,		
Nyng Hooper, 25 Church Street, Pomona. 4568	Noosa District High School, Bruce Highway, Cooroy Tues & Thurs 7.30-9.00 p.m. Oct to March inclusive	Green & White (071) 851-371 Home
VALLEY,		
Bev. Tynan, 16 Sargent Street, New Farm. 4005	Valley Pool, 142 Wickham Street, Fortitude Valley Thurs 1-2 p.m. Winter & Summer	Black & Red (07) 358-4601 Home
TWIN TOWN,		
Audrey Goonpan, 5/19 Lloyd Street, South Tweed Heads. 2413	Sth. Tweed Pool, Cnr Heffron St. & Pacific Highway & Palm Beach Pool (next to palm Beach High School) Wednesday nights Winter & Summer (alternates)	(075) 364-941 (C/-)

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May Rudolf, 4 Paice Street, Bundamba. 4304	East Ipswich State School, Jacaranda Street, Ipswich Wednesday 7.30 p.m. Summer only	(07) 282-4318 Home
FRENCHVILLE,		
Jan Smith, M.S. 250, Milman. 4702	F'ville Sports Club, Clifton Street, Rockhampton Friday nights Winter & Summer	(079) 343-112 Home (079) 274-611 Work
SUNCOAST POLAR BEARS,		
Dera Wedmaier, 16 Coonang Crescent, Warana Beach. 451	Caloundra Pool, Arthur Street, Caloundra Wed nights 7.00 p.m. Winter & Summer	Blue & White (071) 442-393 Home
GOLD COAST,		
Paddi Anstey, 23 Annoula Avenue, Anglers Paradise. 4215	Southport Olympic Pool, Wednesday 6.00 p.m. Summer only	Gold & Black (075) 371-652 Home
AUSSI TRI-SPORTS,		
Ray Rose, 76 Garie Street, Wishart. 4122	Chandler Olympic Pool, Tilley Road, Chandler Mon 6.30 p.m., Sun 8.30 p.m. Winter & Summer	Navy Blue, Green & White (07) 343-2541 Home (07) 360-999 Work
LOGAN OTTERS,		
Ineke Grant, 21 Laurel Street, Woodridge. 4114	Woodridge Pool, Jacaranda Ave., Woodridge Wed 6.30-8.00 p.m. Summer only	(07) 208-5252 Home
TOWNSVILLE MASTERS SWIMMING CLUB,		
Ray Stanbrook, 6 Clayton Street, Hermit Park. 4812	Willows Swim Centre Sunday 10.00 a.m. Winter & Summer	Royal Blue & Gold (077) 792-684 Home
SOUTH AUSTRALIA		
Mailing Address	Club Venue	Colours & Phone
ADELAIDE MASTERS,		
David Potter, 15 Balmoral Road, Dernancourt. 5075	Parade Pool, 273 The Parade, Beulah Park Wed 6-7 p.m., Sat 12-1 p.m., Fri 6-7 p.m. (all year) Hartley C.A.E. 15 Lorne Ave, Magill Mon 6-7 p.m. (Summer only)	White cap Blue print 337-0902
ATLANTIS,		
June Waite, 56 Penang Avenue, Daw Park. 5041	Atlantis Swim Centre 586 Marion Road, Plympton Park Monday, Tuesday & Thursday 7.30-8.30 p.m. Saturday 12-1.00 p.m.	Red, White & Blue 276-9777
CENTRAL DISTRICT SEALS,		
Paul Philbrook, 39 Secombe Street, Elizabeth Grove. 5112	Salisbury Pool. Sat 9-10.30 a.m., Wed 6.30-7.30 p.m. Summer only Parks Community Centre, Trafford St, Angle Park Thurs 7-8 p.m. All year	(08) 255-4319
MARION,		
Chris Potter, 56 Teh Grove, Lower Mitchem. 5062	Doug Openshaw Swimming Pool, 541 Morphett Road, Seacombe Gdns Sat 1-2 p.m. all year, Tues 8-9 p.m. Winter Fri 7-8 p.m. Winter Marion Swim Centre, Oaklands Rd, Tues 6-7 p.m. Summer Thurs 6-7 p.m. Summer	276-6619

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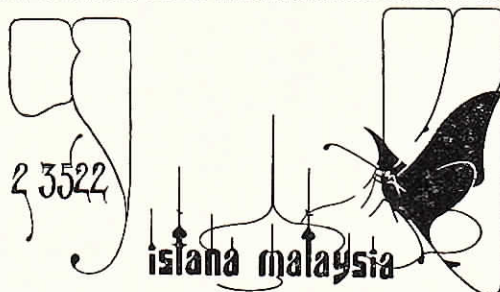
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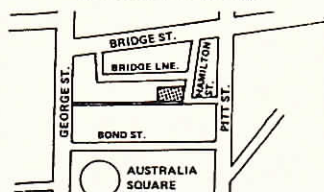
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Fridays 6-7.00 p.m.

WESTERN AUSTRALIA

CITY CLUBS

Mailing Address	Club Venue	Colours & Phone
CARINE,		
Max Wannell, 89 Dutton Crescent, Hamersley. 6022	Carine Glades Pool, 473 Beach Road, Carine Wednesday 7.30 training Saturday 12 noon	Red, White & Green 448-1626 Home 322-0331 Work
MELVILLE,		
Ossie Yeomans, 2 Pembroke Street, Bicton. 6157	Booragoon Aquatic Centre, Marmion Street, Booragoon Thur 7-9.00 p.m. Club night Tuesday 5-7.00 p.m. training	Black & Gold 339-2858 Home
OSBORNE PARK,		
Jacqui Skellham, 11/700 Wanneroo Road, Balg. 6061	Lyn McClements Swim Academy, 419 Scarboo Beach Road, O. Park, Tues & Thurs 6-7.00 p.m. training 1st Sat. each month 2 p.m. Award Swims	Royal Blue & Red 342-8365
INGLEWOOD,		
Pat Atkins, 85 Raymond Street, Yokine. 6060	City of Stirling Pool, Alexander Drive, Inglewood Tues 6.15-8.00 p.m., Fri midday Sun 8.30-9.30 a.m.	Red, White with Maroon motif 349-2843 Home
SOMERSET,		
Bill Brown, 1 Crandon Street, Gosnells. 6110	Perth City Council Pool, Somerset St. Victoria Park Sunday 8.00 a.m. Friday midday	Red & Black 398-4756
MAIDA VALE,		
Sandra Duckett, 5 Wycombe Road, Wycombe. 6057	Lester Watkins Swim Centre, 221 Gooseberry Hill Rd., Maida Vale Monday 7.00 p.m. Thursday 7.30 p.m. (Coaching)	Bone, Red, White & Blue 454-5587 Home
CLAREMONT,		
Denise McKeown, 15 Griver Street, Cottesloe. 6011	Claremont Pool, Davies Rd, Claremont Monday 6.30-8.00 p.m. Winter Beatty Park Pool. 7.00 p.m.	Gold & Navy 384-0798

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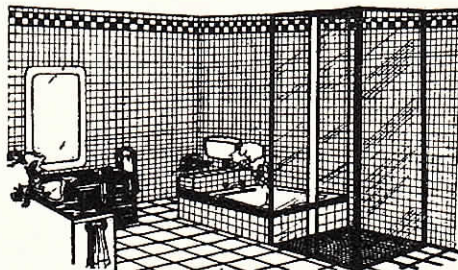
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Lyn Hooper,
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ESPERANCE,

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KUNUNURRA,

Kay Cox,
C/- Dept. Agriculture,
Kununurra. 6743

KARATHA,

Graham Brimage,
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Karatha. 6714

PARABURDOO,

Joanne Bishop,
421 DeCoursey Avenue,
Paraburdoo. 6754

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Will clubs please notify the office should there be any discrepancy in this list.

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"Off the Blocks"

THE TAPER

By: Dick Champion, Geoff James & Mike
Moloney — Powerpoints, Victoria

The final few weeks before Championship events is extremely critical in enabling the swimmer (no matter how competent he or she may be) to perform at peak levels. This period is commonly known as the "tapering off" period.

The basic principal for the type of training during this period is to reduce the total distance in training, lengthen the rest periods and to increase the quality of each swim. Thus during this period all training swims should be measured against the clock.

The actual training program during the tapering off period is largely dependent on the amount of work which has been done prior to these final weeks. Typical programs for extremes in training efforts are as follows:-

1. THE HARD TRAINER

This person may swim between 2k and 4k per day in one or more sessions for 3 or 4 months prior to Championship events. The swimmer on this type of program would commence "tapering off" about 10 days prior to the Championships and reduce distance to about 1k to 1.5k per day in mostly 1 session. If 2 sessions are continued, each session would consist of in total, between 400m and 800m of 101% efforts with ample rest between each effort.

2. THE LIGHT TRAINER

This person may swim say less than 1k per day in one session every say 5 days for 2 or 3 months prior to Championship events. The swimmer on this type of program would commence "tapering off" 5 to 7 days prior to the Championships and reduce distance to about between 400m and 600m

The less prior training a swimmer has achieved, the shorter the "taper off" period. Nevertheless irrespective of the amount of training all swimmers should adopt the following principals during the final tapering off prior to Championships in order to increase performance.

- Swim quality efforts consisting of the race distance or shorter at times near best performance.

- Allow plenty of rest time between each effort to enable complete recovery before each succeeding effort.
- Practice starts and turns.
- Ensure intake of plenty of good foods in particular carbohydrates and closer to the Championships, superfoods such as sustagen, honey, vitamins, iron etc.
- Reduce intake of fluids.
- Ensure plenty of rest and sleep.

The above is only meant as a guide and is generally accepted. Some swimmers may find by experimenting that different programs are more suited to their physical and mental make-up. For example, some people do not swim on the day prior to the Championships which certainly does no harm.

If any swimmer wishes to increase performance the "taper off" period is critical and no matter what level the swimmer is, the most suited program during this period should be discussed with coaches, and adhered to in order to bring forth best performances.

Good swimming.

AUSSI TOP 10

This is the first year I have been involved with the Top 10.

There are a few rules and regulations I have to impose for future Top 10.

If you want to be recognised in the Top 10 you must have cards filled out correctly and readable stating the following information:

NAME, AGE, DATE OF BIRTH, REGISTRATION NO., OFFICIAL TIME.

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I would like to thank all the people who have helped with the sorting and transporting of all cards sent in.

Results will be available shortly and posted to each club.

*Ann Still
National Secretary*

THOUGHTS AND PHILOSOPHY FOR THE MASTER SWIMMER

— What is man's physical potential as he ages

...
— Views of physiological aging — experiment of one ...

— Study of health — not disease. Health is the study of universality of life ...

— For some, sports is a therapy, an escape into the universal mind of man. The mundane things of living are surpassed which is the true reward, not the medal for surpassing your competitors.

Sport is not a question of the meaning of life, but an answer ...

— No man can understand for another — you must experience the inner self of swimming yourself. The world, not words (teaches), which Mark Twain points out in the observation, "Anyone who has had a bull by the tail, knows five or six things more than someone who hasn't

...
— Experts in exercise physiology have shown that the perpetual athlete is 20 to 30 years younger physically than their contemporaries

...
— We must explore pain and exhaustion in the creative use of our bodies. Tax your physical capabilities frequently in a progressive manner to maintain a high level of the body's physiological functions. Decreases in the body's function is more of a part of disuse (hypokinetic disease) than aging ...

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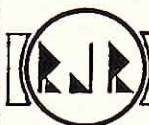
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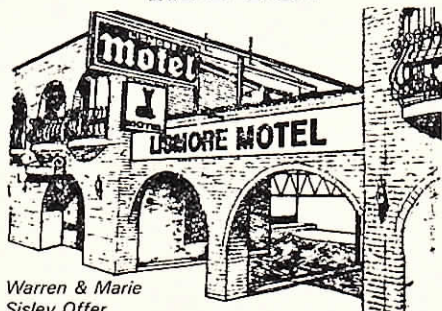
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Club Profiles

BLACKTOWN BEAVERS

Blacktown Beavers AUSSI Club began early in 1979 with four members, three women from the Blacktown Mothers L.T.S. Club and pool manager, Fred Wilson. The ladies Val Dorrington, Sue Hines and Eileen Meldrum, were very enthusiastic and by the time of the National Swim in April, sent a team off to compete with great results. Having that swimming star Gran, Vera Fernance was great encouragement to everyone.

Membership numbers have fluctuated over the past three years, however, the club has an average of 40 members. They are not all competitive minded and enjoy their FITNESS & FUN nights at the club.

After their swims they always enjoy a chat in the clubhouse over tea or coffee, however, a resolution for 1982, "NO MORE CREAMY CAKES" as it rather defeats the purpose.

Blacktown have access to a 50m x 8 lane pool which is heated in winter and they meet each Tuesday and Friday evening from 6-7.30 p.m. Tuesday being the main night.

They have a point score system over each few months with a trophy for the most improved swimmer. This gives all the swimmers an incentive and they are able to keep records of their progress.

In 1981 with Western Suburbs and Campbelltown, a three way carnival was organised with each club hosting a carnival. Western Suburbs donated a lovely perpetual trophy, which I'm happy to say was won by Blacktown, all members are looking forward to the 1982 challenge. It's an idea we can recommend to other clubs who find themselves in a distinct area.

At the Pan Pacific the club sponsored each member who wished to enter, their entry fee plus 2 events and between 19 of them, brought home 29 medals.

Blacktown Beavers always have been interested in helping to raise money for charity. They organised a swim-a-thon on club nights and raised \$1500 for the Royal Alexandria Hospital for Children. They helped to send a child to England for specialised treatment. In March,



1982 they are planning a 48 hour non-stop marathon swim to raise money for research into an inherited skin disease called "Epidermolysis Bullosa". They consider using their enjoyment of swimming and keeping fit as a means to help other people, very rewarding fun.

They all love being a part of a wonderful organisation like AUSSI.

Good luck to everyone from The Blacktown Beavers.

M. McCafferty, Secretary

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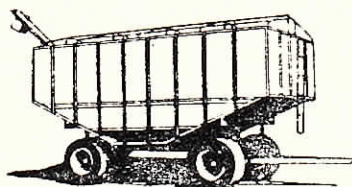
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Changeroom Chatter

Heard the Coogee/Randwick Club celebrated their second anniversary dinner in the upstairs room at Coogee R.S.L. Another wild night, but those who attended are tight lipped on any gossip, all they are saying (glassy eyed) is, 'we had FUN'. A nice touch were presentations to the co-founders of Coogee/Randwick — Mary Connolly and Jack Campbell — of beautifully packaged engraved gold Parker Pens. I'm told both Mary and Jack were not only surprised, but almost overcome, although they were still able to say pretty 'thank-you's'.

AUSSI IN POETRY

*We glide through the water all eager and wet,
Lap after lap, still continuing yet.*

*Fitness and Fun are the aims of our band,
No finer exists throughout this fair land.*

*All the year round we're found in the drink,
Endeavouring to swim when we cheerfully could sink.*

*We do not complain of our watery trip,
But the bloody 5000 gives us the pip.*

*Still, it's not all that hard, this swimming we do,
Because when we have fun, we do that right, too.
Other Clubs fear us through the daylight or dark,
As we are the greatest, "AUSSI — Osborne Park".*

Keith Austin

When the Commonwealth Games were on in Perth in 1962 Nancye Rowe met Gladys and Norman Clark. Over the years they have kept in touch and once or twice crossed the continent to visit each other, the last occasion being when Nancye was in Perth for the Nationals.

Glad and Norm were so impressed by AUSSI and all it had going for it that they joined Osborne Park and are enthusiastically training to come east for the Nationals in Sydney.

Who would have thought 20 years ago that any of us would be competing for our respective States?

*Swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on, Swim on,*

*We swim for our health and happiness,
We all aim for fitness and no less.*

While our lap times all get shorter,

We start looking like we orta,

Instead of like a great big sloppy mess.

*Swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on, Swim on,*

*We know that most won't figure in Top Ten,
We're just a group of healthy girls and men*

Lap by lap we're improving,

The way we are all moving

And when we reach our zenith, what then?

*Swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on, Swim on,*

*Now if you want to get that healthy glow
To your nearest AUSSI club you must go.*

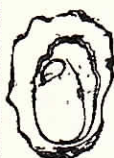
And if there's not one in your shire

Then the need for one is dire,

So get about and let your friends all know.

*To form an AUSSI swim club come on,
And form an AUSSI swim club come on,
And swim on AUSSI, Swim on, Swim on,
Swim on AUSSI, Swim on.*

Graham Henderson
AUSSI Esperance, W.A.



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Calendar of Coming Events

1982

- March 20: Outdoor 50m Twilight Meet — Ettalong
Penny Dunn, (021) 47-73313.
- April 16-18: National & NSW State Cup — Warringah Aquatic Centre.
24: Gold Coast Annual Carnival — Southport Olympic Pool
Paddi Anstey, (075) 37-1652.
- May 1: Blacktown — Swim — Marlene McCafferty, 628-2696.
- June: Tamworth — Queen's Birthday Weekend Swim
Ron Spink, (067) 66-1623, (067) 66-336.
- July 3: Western Suburbs — Swim — Ann Still, 604-6902.
31: Ettalong — Swim — Penny Dunn, (021) 47-73313.
- September 18: Cronulla/Sutherland — Swim — Beryl Stenhouse, 523-2361.
- October 2: Hunter — Swim — Chris Le Cornu, 126 Glebe Road, Merewether.
- November 6: Hills — Swim — Pat Sommerville, 872-3146.

1983

- January 29: A.C.T. Australia Day AUSSI Carnival.
- April 9-12: Pan Pacific Masters International Championships
Warringah Aquatic Pool, Sydney (Saturday-Tuesday).
- 15-17: National Swim — Australian Club Championships
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
A.C.T.	—	Judy Ford	Canberra	548-541

TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the June edition of A.A.S. must be received by 1st May.

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

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VENUE:

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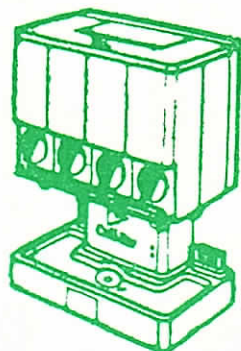


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