



AUSSI Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

Registered for posting as a publication (Category B) Australia Post NBP 3475

3 Sixth Avenue, Jannali
or P.O. Box 456, Sutherland

PHONE (02) 528-6766 (Home)
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NO. 12

SEPTEMBER, 1982

\$1.50



Peter Gillett of AUSSI, S.A. — The newly appointed National Recorder

TOP TEN LISTINGS AND NATIONAL RECORDS

INSIDE: "FITNESS JARGON" WHAT DOES IT MEAN? by Kay Cox

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A.U.S.S.I. ADULT SWIMMING 1982



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Carol's Comments

I can hardly believe that it's time to write this again, where has the time gone? Although time has flown it has been a very busy time within AUSSI.

The second Council Meeting for AUSSI fell on the weekend of 24/25th July. It was a busy sustained weekend, but I believe a great deal was achieved. Thanks must go to Peter Gillett and the members of the AUSSI South Australia who organised the entire weekend so marvellously, they were wonderful hosts and utilised every minute of our stay. To each branch delegate, congratulations, everyone had done their 'homework' so to speak and the input was terrific. Nearly 12 hours was spent in meetings and the subject matter varied and often complex. I confess by 5 p.m. Saturday, I was beginning to have trouble getting things written down, however, I was proud to have been a part of the proceedings, as many decisions regarding AUSSI's future growth were made. A summary of the minutes appears further on in the magazine.

I have only briefly noted items of general interest to members, it is in no way a full account of the weekend's discussions. The summary is another effort by the National Council Meeting and Executive to keep you the member informed.

Our Queensland Branch reported during the Council Meeting that plans for the 1983 Nationals were well underway. It would seem that every year our championships grow and are bigger and better than the year before. 1983 looks like being a bumper — first the Pan Pacific (see details further on) in Sydney, followed by the Nationals in Brisbane. We are looking forward to welcoming many more international swimmers to this 2nd Pan Pacific, invitations to "Swim in Australia" have gone out to every country where Masters Swimming exists.

Next month in New South Wales there is the City Mutual City of Sydney Relay Championships, where we hope to introduce the concept of AUSSI and Masters Swimming to all the business houses within the Sydney metropolitan area — however, entries will be accepted from **anywhere**. Proceeds will go to the Asthma Foundation. AUSSI and City Mutual Insurances want to see vital healthy Australians, we plan on this



event being an enormous success and subsequently happening Australia-wide.

By now every club in Australia would have received information regarding the Aerobics Trophy from Glenys McDonald, the newly appointed chairperson. I hope the majority of members are working at their aerobics swims as this is the basis of swimming for fitness.

In this edition I am delighted to present the first article from Kay Cox who has joined AAS as editor for Fitness, Health and Research. Kay's article is titled — 'Fitness Jargon — What Does It Mean?' — it's a most informative article which clears up many misconceptions. This will be the first of many articles from Kay, if readers have any questions, please send them to us and Kay will do her best to answer, also if there is any subject you would like an article about let's hear from you.

Trish Beveridge has written an article all about meetings (yes she was at the "mid-year marathon") her comments are very pertinent and useful to any new club just starting up, and dare I say it, all of us who are involved in meetings and committees, etc.

Finally, the new National Recorder, Peter Gillett has sent us his thoughts on the Top Ten and Records. You might say this edition is just full of information from us to you.

Carol

IMPORTANT — when advising change of address it is essential to also provide your all address and **POSTCODE**. The records for the posting of your AAS magazine are filed in postcode order and as we now have well over 2,000 subscribers it is of very great assistance if we have your old postcode number.

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Swimmers' Viewpoint

Dear Carol,

Some handy hints from Baddaginnie (Victoria's 2-girl club).

Having trouble with your goggles fogging up — then use a squirt of Amway's Crystal Clear Lens Cleaner on the inside of each lens (AMWAY — Carrington Road, Castle Hill). Secondly, are you extra cuddly size, well "Nightingale" manufacture swimsuits just for you — you can contact Ted Tolberg at the Syndal Swim Centre, Cnr. High Street and Blackburn Road, Syndal.

Even though we are only 2 members strong, we have a club badge for just \$1.50, you can have one by contacting me, Shirley McFarland, 44 Walker Street, Benalla, 3672.

Alva Wyatt is off to the States to swim and the entire club will contest the Pan Pacific and Nationals in '83.

Regards,

Shirley

Dear Shirley,

The AMWAY spray really works, thanks for all the hints. Look forward to seeing you and Alva in '83 — perhaps you can induce a couple of men to join, then you can contest the mixed relays.

Carol

POST SCRIPT

NEWS FROM BADDAGINNIE

Alva Wyatt was farewelled by the township of Baddaginnie in great style before leaving for Portland, U.S.A. The whole town turned up for a farewell dance — biggest event in town in years. And hasn't she done them proud!! Alva had a wonderful record in Portland bringing home 2 GOLD, 3 SILVER and 1 BRONZE.

On the 12th December the Baddaginnie Club will be holding their inaugural 1 mile Lake Benalla swim at 12.00 noon. Lake Benalla is just 10 miles past Baddaginnie on the Hume Highway and everyone is most welcome to come and join them on the day. Power Points are sending a bus. A special badge will be designed for the occasion.

Dear Carol,

The Penrith Amateur Swimming Club will be holding its annual Bridge-to-Bridge Swim again

on January 30th, 1983. The venue of course, is the Expressway Bridge at Penrith, and you may put my name down as somebody to contact, M. Christie, 219 High Street, Penrith (Blacktown Beavers).

Many thanks,

Michael Christie

Dear Michael,

In future we will carry notice of this swim in our Calendar of Coming Events.

Carol

Dear Carol,

May I, through the kindness of the AUSSI magazine, thank all the very kind swimmers who rang, sent messages and enquired after my well being after trying to be the "main attraction" of the Pelican Swimming Meet, and especially to my very friendly rival, Ruth Thornery; good wishes and a heartfelt thanks. I now realise fully what AUSSI is all about and am pleased and humble to join such a family and even with two cracked ribs, hope to compete (?) at the Cronulla/Sutherland Carnival.

Keep going strong AUSSI.

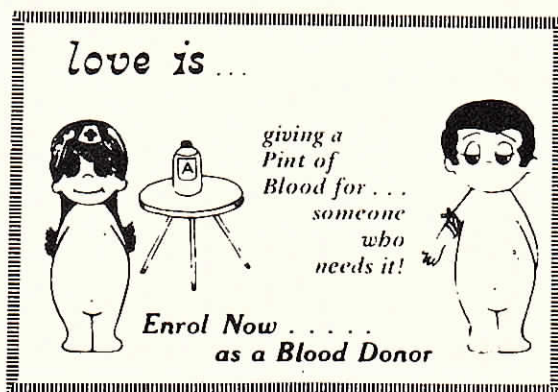
Thea Oliver

310 Ocean Beach Rd., Umina

Dear Thea,

We are all pleased to know you are mending so well, look forward to seeing you.

Carol



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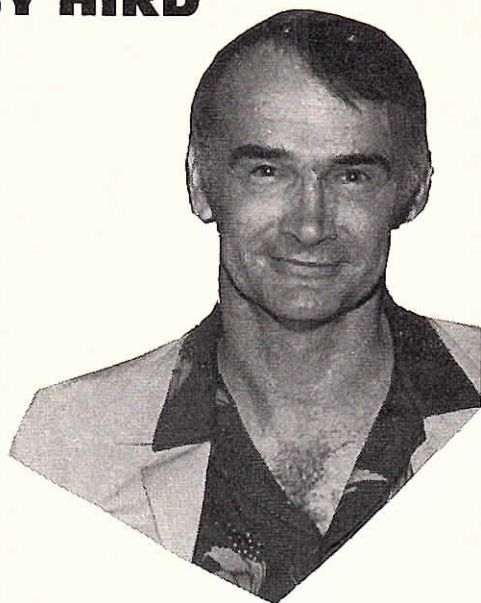
AUSSI Masters Swimming in Australia is on the move. At the July National Council Meeting held in Adelaide it was resolved that a committee be formed to look at AUSSI Incorporating, and to update the National Constitution to fall in line with incorporating. The committee is to be chaired by the National President Peter Jackson and consist of one branch delegate from each branch as well as the legal adviser, Rod Clark.

The next six to twelve months should be very interesting as the suggested committees are very enthusiastic, and have been instructed to consider all recommendations as set out in the 1982 W.A. Review.

The National Council Meeting was hosted by Adelaide Branch, and I would like to take this opportunity to thank Peter Gillett and his many helpers on behalf of all branch delegates and National Executive for making our stay over the weekend most enjoyable.

The meeting, set down for one day, ended up taking one-and-a-half days. Many items were covered over this period of time, and one of the main aspects to come out of the meeting was the willingness of branch delegates to take some of the work load away from the National Executive. Top Ten and National Records have gone to Peter Gillett, South Australia; National Aerobic Trophy to Glenys McDonald, Western Australia.

The most disappointing news to come from the meeting was the lack of club reports received by our National Fitness Director, Des McCormick on the fitness programmes and organisation



of club nights. In fact he received only one report from a N.S.W. club.

On the bright side of things the National Body has just finished filming a promotional film, thanks to the sponsorship of City Mutual Life. This film was viewed at the meeting and all present agreed it is a huge success. It was passed that all branches receive a VHS copy for promotional purposes and that a 'Super 8' copy be kept in the office for loan to any branch or club on request.

I would like to thank Carol Davis for the hours of work she has put into making the film the success it is, and to those N.S.W. clubs involved for giving up their Sunday.

Yours in swimming,

Brian Hird



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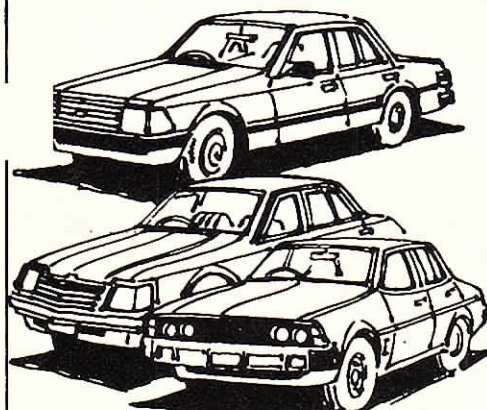
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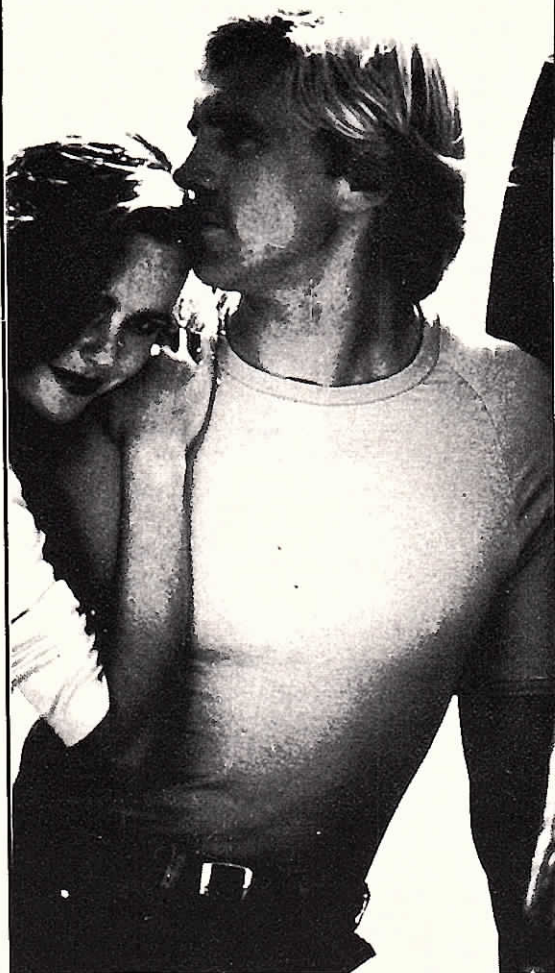
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SUMMARY OF MINUTES FROM NATIONAL COUNCIL MEETING

24/25th July, 1982 at Parkes Centre, Adelaide

PRESENT: Peter Jackson, President — Brian Hird, Secretary — Mary Connolly, Treasurer — Des McCormick, Coaching & Fitness Director — Carol Davis, AAS Editor & Publicity & Promotions & Sponsorship and Rod Clark, Legal Adviser.

ACT — Judy Ford, Bill Parker
NSW — Bob Dorrington, Jim Williams
QLD — Robyn Cobbe, Elaine Collier
SA — Peter Gillett, Florence Walker
TAS — Patricia Beveridge
VIC — Greg Caughey, Bruce Rowe
WA — Glenys McDonald, Toni Morris

1. The formal acceptance of the minutes 15/4/82 — amendments and business arising.
2. From Business Arising: New design award patches to be available from 1st September from each Branch Secretary.
3. From Treasurer's Report — Membership fees from 1983 will be \$7.50 (National). Branch affiliation fee to be \$100 from 1983.
4. From Publicity & Promotions Report — all branches are to receive a VHS copy of the new promotional film.
5. 400M Form strokes will be added to the Top Ten listings.
6. National Records L/c or S/c will be listed at the top of the Top Ten listings along with name, age and year.
7. A plaque is to be given in place of National Trophies at the end of 12 months of holding.

8. Peter Gillett of South Australia has been appointed as keeper of National Records and Top Ten Listings.
9. National Secretary's honorarium of \$1000 to be introduced.
10. A panel of experienced AUSSI coaches under the chairmanship of Des McCormick to plan, co-ordinate and set up a coaching accreditation course — panel to report to AGM 1983.
11. P. Gillett to investigate cost of printing Top Ten listings with a view to each registered member of AUSSI receiving a copy.
12. Aerobics Trophy to be given another 12 months trial.
13. National Records set at National and State Titles prior to 2.8.81 to be reinstated providing they can be ratified by adequately documented records.
14. A committee under the chairmanship of Peter Jackson will update the National constitution in line with AUSSI becoming incorporated.

Please note the above is a SUMMARY of nearly 12 hours of meeting, no full minute has been quoted. If any member has an enquiry or quarrel with the above, please clarify with your Branch Secretary — however, still feel free to write to 'Swimmers' Viewpoint'.

Carol Davis, Editor



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Branch News

NEW SOUTH WALES

This article will be my last as NSW Branch Secretary. President Peter Jackson and myself have declined to stand at the AGM in September, we both feel the increasing commitment as National President and Secretary would not allow us to do justice to the Branch positions.

For me personally the 1981/82 season has been a rewarding year as I feel much was achieved throughout the year. Just to mention a few innovations. Simplified registration system, the inaugural season for the Pelican Trophy (season point score), Council of Clubs Meetings returning to country areas, and of course the controversial running of the State Cup and National Swim concurrently.

The Branch Office is also being run more professionally, and as Secretary I am in touch with the staff (Carol Davis and Evelyn Street) daily, and would like to take this opportunity to thank them for their co-operation. Also at this time I would mention it has been a pleasure working with Peter Jackson and our Treasurer, Bob Dorrington. Both these gentlemen made the job of Secretary easier by always being available for Executive meetings.

The "Pelican Trophy" I feel, has a big future as far as NSW carnivals are concerned. Envisage this, the final three meetings, Blacktown Tamworth and Ettalong, all had record entries.

Coogee/Randwick ran out the winners by 2 points from Ettalong. The following list in finishing order, are the Top Ten clubs in the Pelican Trophy Season Point Score. (Points in brackets): Coogee/Randwick (7), Ettalong (9), Blacktown (27), The Hills (30), Cronulla/Sutherland (33), Western Suburbs (38), North Sydney (39), Tamworth (41), Manly (42) and St George (49).

In closing I would like to wish the incoming Executive all the best and hope they get the enjoyment and satisfaction from the position that I have.

Update NSW AUSSI Calendar for 1982

- Sept. 18th: Annual General Meeting — Sutherland
 - Sept. 18th: Cronulla/Sutherland Swim — Sutherland — Pelican Trophy
 - Oct. 2nd: Hunter Swim — Newcastle
 - Nov. 6th: Hills Swim — Dural — Pelican Trophy
 - Nov. 13th: General Meeting — Sports House
 - Nov. 21: Muswellbrook Swim — Pelican Trophy
 - Dec. 4th: Western Suburbs — Lidcombe — Pelican Trophy
 - Dec. 18th: General Meeting — Sports House
- Yours in swimming,

Brian Hird

WESTERN AUSTRALIA

WA's unique form of interclub competition continued in June with half our clubs meeting at the Carine Club and the other half at Osborne Park. A great carnival was held at both these venues with some very good personal best times being swum. Carine's 30+ women's medley team stunned themselves by slicing the top ten time listed for that event, so now they intend to do some training for the State's next March. Our next two interclub carnivals will be in September and will include our two new clubs, Kenwick and Rockingham.

The reason we split our interclub swims is because with nearly 700 members (and the majority in the metropolitan clubs), running an

open carnival is like having the headache of the Nationals every couple of months. It works well for us, but we realise it is a unique WA problem.

Our country friends are getting organised for the fabulous 3-day South Hedland October long weekend and arrangements are in the pipeline to charter a plane from Perth. With typical northern hospitality many swimmers will be billeted and great AUSSI bar-b-ques, with steaks a foot wide are the order of the day.

On a more serious note I would like to mention the recent National Council Meeting held in Adelaide on July 24 and 25th. I know the majority of members who read this magazine are mainly concerned with their own swimming and their

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own clubs, which is quite natural. However, if AUSSI is to deliver to us what we want at Club level, there must be those interested and involved at State and National level. I would like to record a vote of thanks to those members of the National Executive and the delegates from each State who sat for nearly 12 hours over that weekend and discussed issues and made resolutions for AUSSI's future. It is not easy to sit in a conference room for 8 hours straight and not a job everyone would like. But a job which is necessary if we are to truly understand the dif-

ferences and difficulties encountered from State to State and to formulate policies for the good of all. Perhaps the average member is not aware of this work going on behind the scenes or the expertise of our President Jackson who manages us so politely when things get a little hot under the collar.

I would also like this opportunity to thank SA for their hospitality, especially those kind souls who billeted us delegates and put up with 'AUSSI talk' until 2 a.m.

Glenys McDonald, Secretary

VICTORIA

On 18th May, 1982 a bleary-eyed mob of masters swimmers accumulated at the State Swim Centre to do battle with the stop watch and the Melbourne City Council parking attendants at the 4th Victorian Masters Swimming Championships.

After an adequate number of timekeepers had been dragged kicking and screaming from the stands, the program made a slightly belated start at 8.50 a.m. Last year we had to pay extra for the pool as we hadn't finished in time, this year entries had risen from 150 to 222, and the number of clubs from 9 to 15; so our Meet Director, Mike Myslinski, was in a mild state of panic over our prospects of finishing on time. Much to our amazement everything went smoothly, and we not only indulged in the luxury of a lunch break, but also finished 20 minutes early!

A large part of the credit for this must be attributed to the five qualified VASA officials who kindly donated their time, stop watches and starting caps. Many thanks to Alan, Reg, Neil, John and Connie. Others whose notable efforts came to mind are John Bailey (marshal), Barbara Wilson's family, and announcers Danny Smith and Shirley McFarland. Thanks also to everyone who catered, gatekept, timekept, compiled, ran messages, sold tickets, kept scoreboards, etc.

The swimming went off well with lots and lots of State records. Grey-power triumphed for line honours in most events as the 25-34 youths succumbed to the brawn, cunning and deceit of 35+ and 40+ swimmers. Bob Patterson, just turned 35, zapped 50free in 26.05, and 100free in 57.69. Geoff James (35+) led home the backstrokers in 31.22 and 1.09.75. Graham Middleton (45+) swam an outstanding 35.43 50m breaststroke, while Mike Moloney (45+) led in

the 100 breaststrokers with 1.18.62. Finally the 400m freestyle tested the toughest at the end of the day, and toughest of all was Dick Campion (40+) who led the field home in a gratifyingly easy 4.53.96.

Our oldest ever competitor was 74-year-old Jack Rogers who set records in 5 of his 6 events: 100free — 1.32.27, 200free — 3.30.44, 400free — 7.43.10, 50back — 51.42 and 100back — 2.04.22. His 50 freestyle, 41.78, was good for a win but not a record.

The women's 40-44 age group featured two outstanding competitors; Alva (Colquhoun) Wyatt swam to 5 records, 50free — 31.76, 100free — 1.11.8, 200free — 2.44.72, 50back — 41.24 and 50fly — 35.36, while Gloria (Hanly) Robinson broke her own breaststroke records with times of 43.05 and 1.36.19. Meanwhile Gloria's mum, Ada Hanly, took 3 records of her own; 50free — 1.23.40, 50back — 1.41.84 and 50breast — 1.33.89, our first ever 70+ female competitor.

Another family effort saw records in 60-64 by Marion (Tompkins) Dalton with 50free 41.82 and 50fly 53.21, while brother Cec Tompkins scored with a record of 1.19.77 for 100 freestyle.

A 50m butterfly time of 1.54.41 normally doesn't create a lot of excitement, but Nancy Ayres was happy with a 55+ record to add to her records of 100free — 2.14.80, 200free — 4.57.88 and 50back — 1.10.72.

The record setters weren't the only winners of course, everybody enjoyed the atmosphere and the pool gave everyone the maximum chance to test their ability against their own previous best. Those who came purely to help their clubs and to make up the numbers in the relays, deserve a special thank you.

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A large volume of mementos to clutter mantlepieces was handed out and the recipients subjected to a mild molestation by the presenters.

One happy recipient was Shirley Howard, currently ruling the roost in 50-54, after leaving Barbara Wilson in firm control of the 45-49 group.

North Lodge retained the Cadbury Schweppes Shield for the Most Successful Club, Power Points played bridesmaid again. We look forward to 1983 when the Victorian titles will be moved to 5th/6th March and conducted over a less strenuous 1½ day span.

Bruce Rowe

SOUTH AUSTRALIA

The last few months have been hectic for the South Australian AUSSI members with the hosting of the National Conference as well as their own competitions.

At the second Interclub of the year, John Davies swam into the National record books.

Davies, who swims for Atlantis, recorded 38.98 seconds for 50m breaststroke, which lowered the Australian record for the 50-54 year age group.

Swimming in his first AUSSI meet, Gordon King (Adelaide Masters) lowered records in every event.

Competing in the 40-45 year age group, King left his astounded competitors far behind.

"Long swim king" Ted Geary continued lowering records in the 60-64 year age group.

He smashed the existing records in the 100m backstroke, 50m breaststroke and 50m butterfly to continue his dominance over the age group.

The 60-64 year age group lowered the most

records in the women's events. Rhonda Byass from Central District Seals lowered both the 100m backstroke and 50m freestyle records, with times of 2.24.17 and 48.79.

Adelaide Masters' teammates Carrie Hatswell and L. Morris dominated the 50m events. Hatswell lowered the butterfly time while Morris reduced the breaststroke time.

Other record breakers were Tanya Dallwitz (freestyle 33.79), Sue White (backstroke 1.45.97), Di Ross (backstroke 1.42.04), Margaret McKinnon (backstroke 2.03.80, breaststroke 53.89), Don Redpath (breaststroke 45.82), Ron McIver (backstroke 1.21.65) and Greg Bush (backstroke 1.12.39).

Adelaide Masters proved too good in the point score once again. Their 337 points for the meet is almost enough to defeat the accumulated score of 2nd placed Atlantis.

Now the dust has settled from the Conference the swimmers have resumed their training regimes in readiness for the State Cup on the 14th August.

A.C.T.

Hello from Canberra! While the weather is not conducive to swimming, it is fine for staying inside and holding meetings and discussions.

Members of the A.C.T. Branch Committee have been busy studying the W.A. report. The sub-committees each reported on their selected topic and it was generally agreed that the W.A. report was extremely well-presented and researched. We can only hope that some of the matters raised in the report are acted upon when and where appropriate.

The "Life. Be In It" section of the Department of the Capital Territory held an "open day" at

the Erindale Community Centre recently. It was an opportunity for various social groups/clubs to present to the public their club's backgrounds and functions, hopefully to attract prospective club members. Three of our members, Joan Arthur, Elinor Mackenzie and Robin Sweeney carried the flag for AUSSI and their efforts were rewarded with quite a few enquiries. Is there room for a third club in Canberra?

We have enticed some renowned speakers to come and give papers at our coaching seminar in August. Information sheets/registration forms

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were handed out at the Western Suburbs July carnival, the Ettalong carnival, and were sent to other nearby clubs. As the day will be over by the time this is in print, we hope that it was a

most worthwhile and informative seminar for all those who attended.

Bill Whitaker
ACT Publicity Officer

TASMANIA

Let me first of all thank the Adelaide AUSSIs for their hospitality with a special thank you to my billets Mr and Mrs Jim Waite. They were excellent at getting us up in the morning after a somewhat torrid night to be on deck for the Council Meeting on Saturday and Sunday. It is a credit to see the three clubs in Adelaide all pulling together in harmony to create an atmosphere of comfort and friendly rivalry. The Bush Dance has been adopted by the Devonport Club as our first major social activity and if anyone is in Tasmania on November 6th, please come along.

I have been busy talking to various groups about AUSSI. The service clubs are a good avenue as they are always looking for guest speakers and they are a target area for membership as they often comprise of businessmen who do not get the time to exercise as often as they would like and are often the inter-state jet setters who benefit from belonging to a nationally connected group.

Our local radio station gave us a "30 minutes talk about your club/activity/group" segment and this was received very well and they have invited us back later in the summer to do another session on how AUSSI Devonport is developing. I had a supper night to discuss the possibility of getting a team from Devonport together to hit Brisbane for the Nationals. The posters were strung along the walls, windows and ceilings of my home and "Shine On" stickers stuck on everyone who entered and this started immediate interest in that area so hopefully we will be there.

Great endeavours will be undertaken to try to get some interclub trials or relay carnivals going between the Launceston Club and Devonport. Launceston has been active with a Learn to Swim campaign and their core of regular workers are keeping survival of the club their main priority. We look forward to some social activity with them in the near future.

Trish Beveridge

Feature Articles

FITNESS JARGON — WHAT DOES IT MEAN?

by Kay Cox

For individuals to join an organisation such as AUSSI one can assume that in the majority of cases a decision has been made to improve health and fitness. Whether in fact fitness is improved depends on a number of factors such as your initial fitness level, the amount and type of swimming that is done, motivation etc. but basic to all this and the key to success is the understanding of your body and how it reacts to exercise and an understanding of your swimming programme. However, in many cases a barrier develops to prevent this understanding and this is in the form of 'fitness jargon'.

In the past we all knew what was meant by 'stamina' and 'endurance' but how many really

know what is meant by aerobics, anaerobics, flexibility, strength, cardio vascular endurance and so on. Since the approach to physical conditioning and exercise has become more scientific the methods and results of swimming programmes have improved dramatically. However, as with most things in a rapidly technical age the gap widens between the so called experts in the field and the average person.

The way I believe we can overcome this in AUSSI is through communication and education. I also believe that as adults we should accept responsibility for our own health and fitness and not rely entirely on someone telling us what to do. We should have sufficient basic

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information to make evaluations of training programmes, prepare our own, be able to realise how well or how poorly our bodies are reacting to swimming levels and be able to make adjustments when necessary. Hence this theme will be a feature of these articles, to start the process let us try to clarify some of the most commonly used terms.

The Concept of Fitness

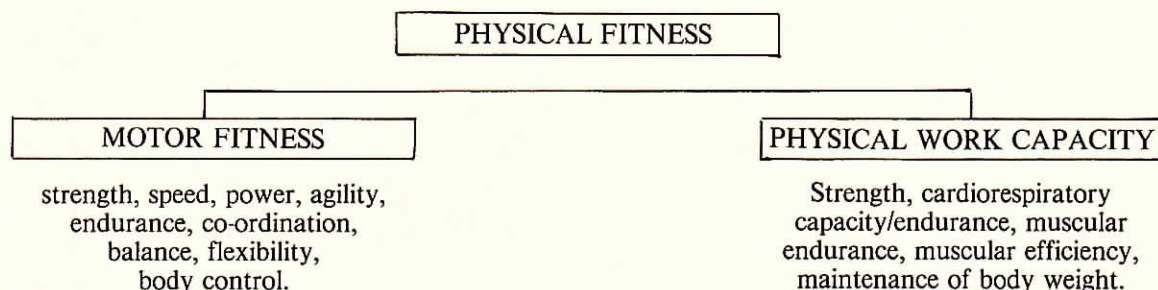
The hardest definition of all is that of 'fitness'

mainly because even specialists in the field cannot agree on one compact definition. Physical fitness can in fact be conceptualised in 2 ways —

- (1) **Motor Fitness** in which the elements of performance are measured. The components of motor fitness are not essential to health but they are essential to **performance and skill**.
- (2) **Physical Work Capacity (P.W.C.)** where it is the **capacity of the body to transport oxygen (O_2)** that is evaluated.

Figure 1 illustrates these concepts.

Fig. 1 The Concepts of Physical Fitness and their components.



In terms of physiological function, the physical work capacity concept is the one that is more suitable for general fitness and health, particularly for AUSSI swimmers. For want of a definition, then, "fitness is the ability to perform

work (exercise) without undue fatigue and stress". The fitter you are the more work you can perform and usually with less stress. This concept becomes increasingly more important as we become older.

Fig. 2

	Pre Pubescent 0-14 years	Adolescence 10-18 years	Young Adult 18-30 years	Older Adult 30+ years
Most Important ↑	Motor Fitness	Motor Fitness	P.W.C. Body weight	P.W.C. Body weight
		Physical work capacity	Relaxation	Flexibility
Least Important ↓	Physical work capacity	Body weight	Flexibility	Relation

Figure 2 suggested values of the components of physical fitness by age.

Thus it can be seen what the important areas of fitness are for the AUSSI swimmer. This however, does not mean the others should be neglected all together, in fact some are very closely related. Even though the emphasis will be on physical work capacity, it is important to define the other terms.

Before doing that it would be useful to look at the following table and see what benefits swimming offers to developing the various components of fitness.

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Table 1

Benefits of different forms of exercise in developing different components of fitness.

Scale 5 = Excellent
 4 = Very good
 3 = Good
 2 = Poor
 1 = Very poor

Fitness Component	Swimming	Running	Rowing	Weight Lifting
Flexibility	3	3	3	0
Strength	2	1	4	5
Speed	3	4	5	1
Power	2	4	5	5
Endurance	5	4	5	0

Strength

This is the ability of the body to apply force. It is essential in everyday activities such as lifting. Strength is necessary in swimming to overcome the force of the water particularly in the 'pull' phase of the stroke where the water is pulled past the body and the body moves forward. Lack of strength is especially noticeable in the learning of butterfly in young children and adults where it is essential to be able to apply enough force with the arms and for the arms to recover out of the water. Also strength is needed in the abdominal and lower body to be able to apply force in the dolphin kick. For those experiencing difficulty in this area, some strength developing exercises would be of value as well as swimming the stroke.

Speed

Speed is the result of applying force to a mass and refers to the rate of moving a body part or the whole body. That is the ability to move the body over a given distance in the shortest possible time. In swimming we are looking for increased speed of the whole body through the water not just the speed of the muscles contracting or the speed at which the arms can move or leg can move, thus co-ordination and stroke efficiency also become important.

Without trying to confuse the issue I would like to clear the haze away from two terms that are bandied around quite often out of context, I am sure with the purpose of undermining confidence and displaying "one-up-manship". They are "fast twitch fibres" and "slow twitch fibres". Muscles are made up of bundles of different muscle fibres with different properties.

Two types are "fast twitch" and "slow twitch", the "fast twitch" being able to contract faster but having low aerobic potential and "slow twitch" contract slower but have a greater resistance to fatigue and endurance capacity. Thus, those people with a greater proportion of "fast twitch" fibres are better suited to speed activities and sprint events and those with a high proportion of slow twitch do better at distance and endurance events. Although training will improve the ability of these fibres it largely seems genetic so that some individuals are better suited to sprint while others perform better in aerobic swims. This does not I believe have a great relevance to the majority of AUSSI swimmers and reference to these terms, although "in vogue" only serve to confuse.

Power

This is a combination of strength and speed, that is the result of applying force with speed. To increase power then it is necessary to increase strength, speed or preferably both. To increase the power of your racing start or a tumble turn etc. you would have to increase the strength of the lower limb muscles and the speed of movement. Or in the case of attaining a more powerful frog kick, then the strength of the leg muscles need to be improved along with the speed of the kick, still maintaining the efficiency of the kick of course. Short all out sprint events rely very heavily on power and specifically anaerobic power as the muscles are able to get this energy quickly without the delay of transporting oxygen.



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Flexibility

This is the range of movement of a joint or group of joints. Flexibility is very important in everyday life and as flexibility decreases so does efficiency of movement and hence you get poor technique. Flexibility decreases with age and in fact for women it begins in the late teens and men in the early twenties. Flexibility is an important factor when trying to learn butterfly and the less flexible one is the greater difficulty one will have. Hence, developing flexibility first or when you are learning butterfly is very important. The same applies with the frog kick and lack of flexibility here can cause damage to knee and ankle joints. Poor flexibility will result in poor technique. However, flexibility can be improved by stretching and flexibility exercises and these in fact should be a part of pre-season and warm-up sessions.

Fig. 3

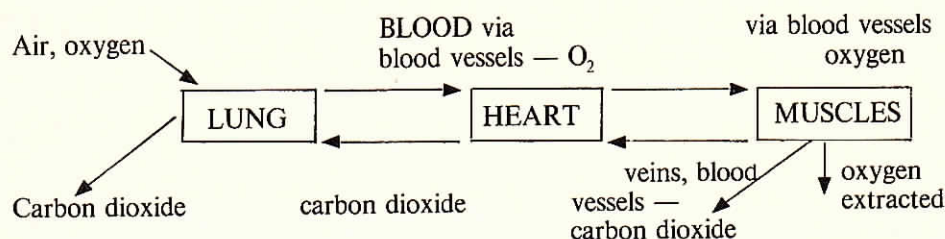


Figure 3 shows the way oxygen is taken to the muscles and the waste gas, carbon dioxide is given off.

Hence cardio vascular endurance also reflects the capacity of the lungs and breathing. Cardio vascular endurance then allows a swimmer to persist in strenuous tasks over a length of time, e.g. all events from 400 metres upwards. It is a very important factor in overall health and fitness. People can dramatically improve cardio respiratory capacity with a reasonable amount of effort and it has also been found to be helpful in preventing generative diseases of the heart and circulatory system.

Co-ordination

Defined as the smooth flow of movement in the execution of a motor task. Improvement in co-ordination will improve the efficiency of an activity. This is seen particularly in the timing of

Muscular Endurance

Endurance is the ability of the body to resist fatigue and to recover from fatigue. Muscular endurance is sometimes wrongly called "strength". It involves the capacity of the muscles to continue to contract or perform muscular effort. This is evident in swimming events where you feel your arms or legs or both just cannot keep going, they ache, feel heavy, yet you don't feel overly "puffed". Therefore, besides endurance of cardio respiratory system in supplying oxygen and transporting it, muscular endurance is also needed for optimal fitness.

Cardio Vascular Endurance

This is the key ability of the body to supply oxygen to the muscles and to remove waste products. It is sometimes referred to as cardio respiratory endurance as the oxygen has to be taken from the air into the lungs (respiratory system) into the blood and then pumped by the heart (cardio) through the blood vessels (vascular) to the muscles.

the arm and leg action in breaststroke and butterfly. When learning butterfly as an adult, lack of strength and flexibility also inhibit co-ordination as one may know when and where to execute the actions but may not be capable to making the movements the sufficient force at the time required.

Agility

This is the ability to change direction quickly and effectively while moving as nearly as possible to full speed. Hence, well executed swimming turns need a high degree of agility. So for the highly competitive swimmer where 1/100th or 1/10th of a second is vital, agility is important. However, as one gets older agility decreases and trying to change direction quickly places a stress

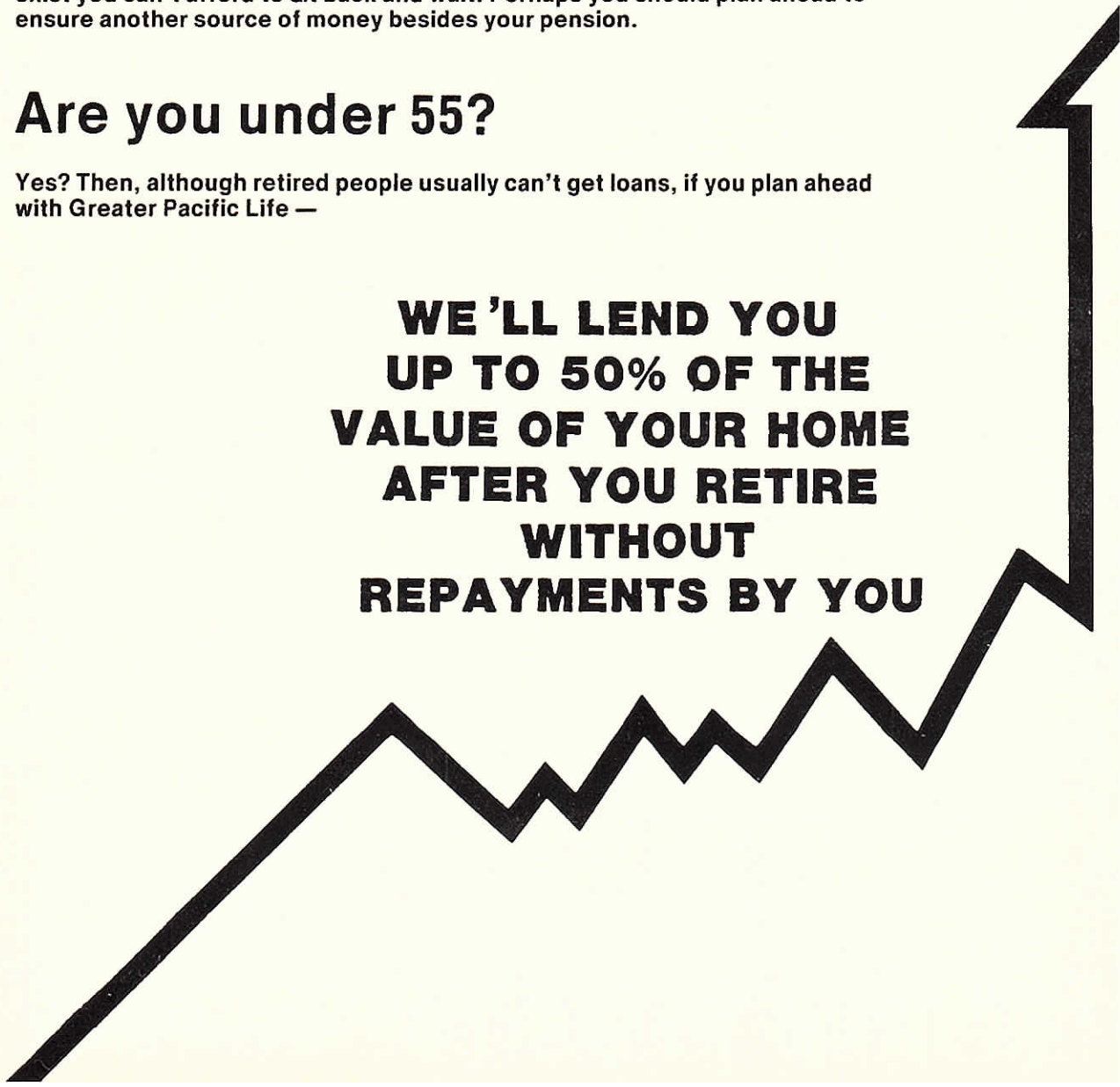
Are you planning to live after 65? (or are you just expecting to exist?)

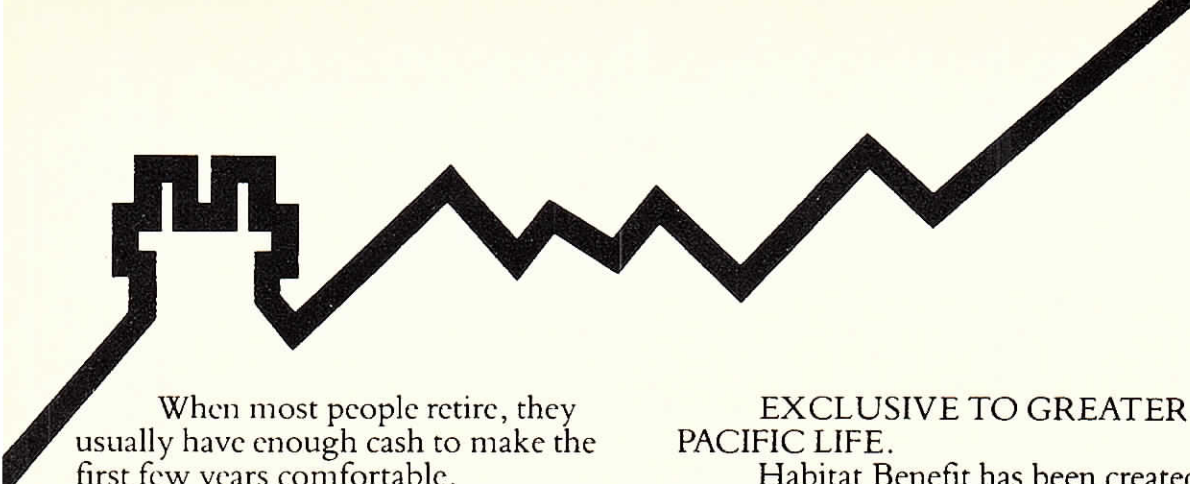
If you want to live up to your present lifestyle in retirement and not just exist you can't afford to sit back and wait. Perhaps you should plan ahead to ensure another source of money besides your pension.

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on the muscles, ligaments and joints and often results in injury. It is thus advised to concentrate on making up time by improving speed and cardio vascular fitness rather than agility. Also for the majority of AUSSI swimmers that is where the most room for improvement is possible anyway.

Body Weight

Adults should try to maintain an acceptable body weight for height throughout their life. The trend of increasing weight with increasing age is detrimental to health and fitness. Excess fat is 'deadweight' and the heart has to work harder to carry it around. Ideal body weight for height and sex is usually given in texts of fitness or available from life assurance offices. **Overweight** is defined as between 11% and 22% above ideal weight for height and **obesity** (excess fatness) is above 22% weight for height. For improved fitness and swimming performance AUSSI members should attempt to stay below that 10% margin.

Physical Work Capacity — P.W.C.

This is in fact the measure of a person's aerobic capacity or fitness. P.W.C. is defined as the maximum level of metabolism (work) of which an individual is capable. As we have already said a person's P.W.C. is dependant upon his capacity to supply oxygen to the working muscles and in turn depends upon the component of fitness:

- 1) cardio vascular function
- 2) respiratory function
- 3) muscular efficiency
- 4) strength
- 5) muscular endurance
- 6) obesity (body weight)

(see figure 4)

In ordinary terms then that overall sense of well being we all try to attain is aerobic fitness.

Maximum Oxygen Uptake

The maximum amount of oxygen your body is able to use is known as its aerobic power or oxygen uptake or VO_2 max. The fitter you are the greater the amount of oxygen you are capable of using.

Fig. 4

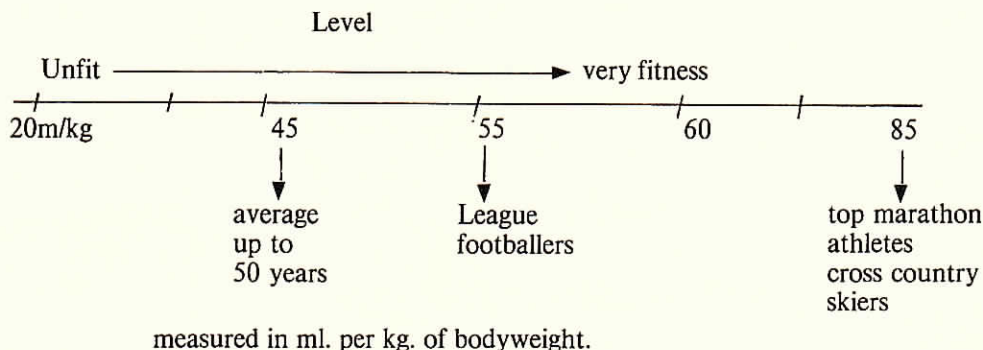


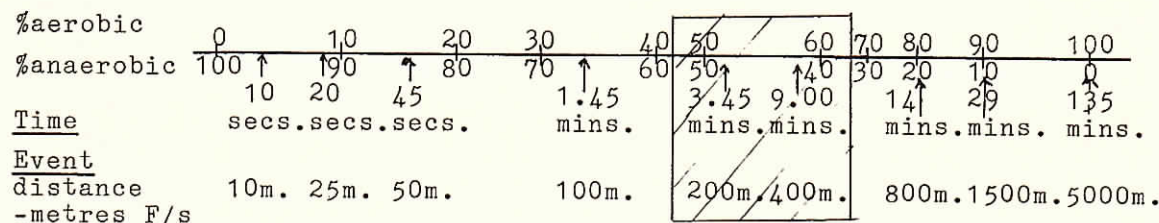
Fig. 4 Maximum oxygen uptake and levels of fitness.

Aerobic and Anaerobic

I have deliberately left these two terms until last because they appear to cause the most confusion. Aerobic literally means 'with oxygen' and anaerobic means 'without oxygen'. By now you should then be able to see just where the term aerobic fits in our other definitions and we have already related it to work capacity. To fully understand these terms it is necessary to understand that for muscular contraction of any sort and hence movement, energy must be made available. This energy is obtained by the breakdown of chemical substances in the body.

There are in fact 3 sources of energy available, the first 2 are called anaerobic because energy is released without the presence of oxygen. However, these sources are very limited and with an all out effort are used up within two-and-a-half minutes, they also produce by-products which hinder performance. Therefore activities longer than this time rely more and more on the supply of oxygen. Figure 5 illustrates this point and demonstrates that in fact most swimming events, particularly for AUSSI swimmers rely on aerobic energy and hence aerobic fitness.

Fig. 5



Approximate percentage of aerobic and anaerobic energy used in swimming events (AUSSI examples).

Shaded area shows that aerobic and anaerobic sources are nearly of equal importance. This time scale and energy is particularly important when planning training programmes as it provides the

key to how much sprint swimming and how much aerobic swimming should be done. This will be a topic for future articles.

Hopefully then the time spent in reading this account will be worthwhile and the first step will have been made to clearing away the haze associated with the scientific jargon of physical fitness.

!! MEETINGS • MEETINGS !!

by Trish Beveridge

We are all involved at some time or another at being a member in an audience at a public meeting or on a committee as an active participant. It is very likely that through your connection with AUSSI you have found yourself in a position of being on a sub-committee or the like to organise or arrange some function. For newcomers to a committee, it is important that you make yourself aware of certain meeting protocol. Not that your meetings will be run with the restrictions that must be imposed on some top businesses in the world but there is a correct way to direct your comments and a proper manner in which to conduct yourself.

No one wants to come away from a meeting feeling that they have not had the chance to put their view across but if you are not brief, concise and to the point others present will switch-off and tire of your indirectness and more likely a would be — “Yes, I agree with that” can be turned to “Oh, do sit down and let someone else get on with it”. Probably leaving you no second chance to redeem yourself.

I feel it is very important to always direct comments to the chairperson. That's why we have them and respect must be held for them in their efforts to keep the meetings running as smoothly as possible. Your chairperson therefore should be versed with some knowledge of meeting pro-

cedure and should be personable but firm in his effort to see that everyone has equal opportunity to have their say.

The scouts were the wisest people I know adopting for their motto — BE PREPARED — and that is what we should be before each meeting we attend. If you want something discussed — fine, discuss it — but have some idea of what you would like to see develop out of such discussions. BE PREPARED with a forwarded motion in the event that everyone will agree with you and if they don't, be content to do some more homework and research to convince them next time, that you know what you are on about.

Here is a suggestion for your next AUSSI meeting. Handle all the business to date and then run a film entitled “Meetings, Bloody Meetings”. John Cleeves is put in one or two sticky situations which perhaps you have just experienced at your very own meeting and watch how he handles himself — the events that transpire are humorous and handled in the usually Cleeves' comically hilarious way but getting the points across in a way which will be difficult for you to forget. Perhaps your Club Secretary can get hold of one or two booklets that are available for a minimal cost to have on hand for anyone new to your committee. Believe me when people know

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how to conduct themselves the shy ones — often the ones with all the good ideas will get the confidence to speak up and the noisy ones will be more considerate of their fellow committee people.

Well that's all. I would like to add that we all

get a little impatient at meetings at some time or another and if you find that something cannot be resolved go away and think about it. Don't make a hasty decision just to get the matter over and done with — you may regret it in the future.

Happy meetings.

TOP TEN AND NATIONAL RECORDS

by Peter Gillett

I suppose the first question to be answered is do we need a National Top Ten and if so what benefit is it to our members?

From my own experience in South Australia, I know that our members look forward eagerly to the Top Ten Listings and from the debate that took place in Adelaide at the mid-year conference, it would seem that the other branches are just as enthusiastic.

The main benefit I suppose is that the Top Ten theoretically should be the best ten times swum in all events and age groups throughout Australia for the year. The highly competitive swimmers have their chance to compare times with swimmers from the other branches, it also gives all of us a comparison of our own times and a goal to aim for.

EVENTS LISTED IN TOP TEN

FREESTYLE: 50m, 100m, 200m, 400m, 800m and 1500m.

BACKSTROKE, BREASTSTROKE, BUTTERFLY: 50m, 100m, 200m and 400m.

NOTE: 400m Form strokes are new events this year.

CONDITIONS

Conditions regarding eligibility of times, etc. and when and how times are to be forwarded to the National Recorder, have been forwarded to all Branch Secretaries.

The main conditions are as follows:

- Must be registered members of AUSSI.
- Times must be recorded in bath-type pool of 25m, 50m or 55yds length. Tidal pools are not acceptable.
- Eligible times are those recorded at AUSSI National Meets, International Meets such as

Pan Pacific, State and Inter-club meets, club time trials or Award swims.

d) TIME PERIOD

1st December, 1981 to 31st December, 1982 for this year only, normally from 1st January to 31st December.

Space no longer allows the Top Ten to be published in AAS, it will therefore be a separate publication and it is our intention, finance allowing, that each registered member should receive a copy. We are aiming at this year's top ten being published by March of next year.

Ideally we would like to publish a half-yearly list of the 10th time in all strokes, distances and age groups, this doesn't appear possible this year but we are aiming for this next year.

NATIONAL RECORDS

These were the matter of considerable cussion at the Adelaide mid-year conference it was agreed that the National Recorder should come up with a list of records, both long and short course, using all the past times available.

I do not intend to list the conditions for setting and accepting of records, etc. these have been forwarded to all Branch Secretaries, however, it may be advisable to publish them in a latter edition of AAS.

It is our intention to research the times and records in our possession and to compile interim lists of long and short course records. These will be circulated to all branches requesting that they study them and forward any alterations, providing they meet the conditions laid down for the setting of records, so that we can come up with up-to-date record lists. Our plan is to have this task completed by the end of the year.



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Date and Venue

Sunday, 17 October, 1982 at **Warringah Aquatic Centre**, Aquatic Drive, Frenchs Forest

Programme

1. 4 x 50 Men's Freestyle
2. 4 x 50 Women's Freestyle
3. 4 x 50 Men's Medley
4. 4 x 50 Women's Medley
5. 4 x 50 Mixed Freestyle (2 men, 2 women)
6. 4 x 50 Mixed Medley (2 men, 2 women)
7. **Open 8 x 50 Freestyle Relay** — can be swum by all men, all women or mixed teams. Winners will be team swimming closest to nominated time.

Rules

The Championships will be open to all adults 25 years onwards and events will be swum in 5 year age groups. Age group will be governed by age of youngest swimmer — age is age on day of swim.

Event 7 — This is an open event — all age from 25 years onwards.

There will be no limit of number of swims by any competitor — otherwise rules of A.U.S.S.I. apply.

Prizes

Special Commemorative Medallion to every winning team member in each age group in each event.

Ribbons to second and third placegetters.

Event 7 — perpetual shield and medals to winning team and plaques to second and third placegetters.

Swim Entry Fee

\$4 per team per event. **Event 7** — \$10 per team.

Pool entry fee — \$1 adults and 50c children up to 16 years.

Mailing of Entries

Entries are to be mailed in time to be received by September 30, 1982. Cheques are payable to — **A.U.S.S.I., P.O. Box 456, Sutherland 2232**. If you require proof that your entry has been received, please enclose a self-addressed envelope.

Entry Information

All enquiries to:

A.U.S.S.I. Masters Swimming in Australia
P.O. Box 456, SUTHERLAND 2232

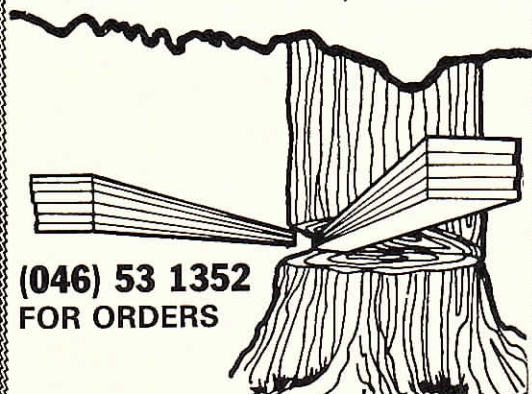
Telephone: 521 8636 (between hours 10.00 a.m. — 3.00 p.m.)

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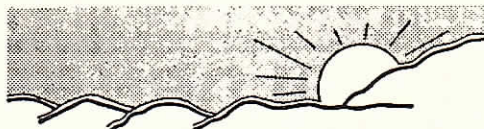
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OCTOBER 17, 1982 - WARRINGAH AQUATIC CENTRE



Name of Team (Club)

Name of Representative
(who will be at the meet) (first name) (last name)

Address

Please enter for each team its estimated time under the correct event and opposite the correct age group.

Age Group	EVENTS					
	1	2	3	4	5	6
25-29						
30-34						
35-39						
40-44						
45-49						
50-54						
55-59						
60-64						
65-69						
70 and Over						
EVENT 7 - nominated time:						

Entries and Fees Must be Received by September 30, 1982

Fees Due: No. of Relay Teams x \$ 4 = \$ _____
 No. of Relay Teams Event 7 x \$10 = \$ _____
Total Amount Due _____

Release from Liability

I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damages against A.U.S.S.I. Masters Swimming in Australia, the organisers and any officiating individual of the Meet, as a condition of our participation in this Meet.

Signature Date



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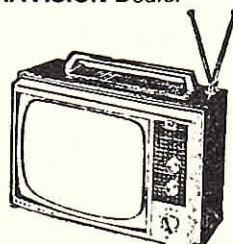
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Warringah Aquatic Centre 50m long course, Sydney, Australia
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EVENTS

Saturday, April 9, 1983

200m Freestyle
100m Butterfly
100m Breaststroke
50m Backstroke
200m Freestyle Relay

Monday, April 11, 1983

200m Backstroke
200m Breaststroke
50m Freestyle
200m Individual Medley
200m Medley Relay

Sunday, April 10, 1983

100m Backstroke
50m Breaststroke
50m Butterfly
100m Freestyle
200m Mixed Freestyle Relay
200m Mixed Medley Relay

Tuesday, April 12, 1983

200m Butterfly
400m Freestyle



There are no qualifying times.

Every Master swimmer 25 years and over may compete after having submitted the proper entry form.

Events will be swum in 5 year age groups for individual events, namely 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89 and 90 and over. Separate races for men and women. Entry fee \$5 per event.

Relay age groups are 25 and over, 35 and over, 45 and over, 55 and over and 65 and over.

Relay entries are on a club basis only. All relay team members must be registered members of the same club and must have contested at least one individual event. Entry fee \$10 per relay team. Clubs may enter up to three teams in each age group in each relay event.

Swimmers are limited to a maximum of six individual events of which no more than three can be swum on any one day.

Medals will be awarded to 1-2-3 in each individual and relay event in each age group. Ribbons will be awarded to 4-8th in each individual and relay event in each age group. A special presentation will be made to world record breakers.

OVERSEAS SWIMMERS are welcome to contest the A.U.S.S.I. Masters National Club Championships in Brisbane, Australia on April 15, 16, 17, 1983, but will not be eligible for the pointscore.

Entry information: Write to A.U.S.S.I., P.O. Box 456, Sutherland, NSW, Australia, 2232.

Entries close 18th FEBRUARY, 1983.

Please send entry form(s) to

Name Club

Address

Stamped addressed envelope should be enclosed.

1983 PAN PACIFIC INTERNATIONAL MASTERS CHAMPIONSHIPS () Please tick which
1983 A.U.S.S.I. MASTERS NATIONAL CLUB CHAMPIONSHIPS () entry forms are
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FRIDAY, 15th APRIL, 1983
SATURDAY, 16th APRIL, 1983
SUNDAY, 17th APRIL, 1983

Enquiries
National Secretary
Australian Union of Senior Swimmers
International

BRIAN HIRD
P.O. Box 456, Sutherland
PHONE (02) 521 8636

or

ROBYN COBBE
20 Cowen St., Margate
PHONE (07) 284 8510

PROGRAM OF EVENTS

FRIDAY, 15th APRIL

EVENT

1. 400m FREESTYLE
2. 100m BACKSTROKE
3. 50m BREASTSTROKE
4. 100m BUTTERFLY
5. 200m MEDLEY RELAY MEN'S
6. 200m MEDLEY RELAY WOMEN'S

SATURDAY, 16th APRIL

EVENT

7. 200m BACKSTROKE
8. 50m BUTTERFLY
9. 200m BREASTSTROKE
10. 100m FREESTYLE
11. 200m INDIVIDUAL MEDLEY
12. 200m FREESTYLE RELAY MEN'S
13. 200m FREESTYLE RELAY WOMEN'S
14. 200m MIXED MEDLEY RELAY

SUNDAY, 17th APRIL

EVENT

15. 50m FREESTYLE
16. 100m BREASTSTROKE
17. 50m BACKSTROKE
18. 200m BUTTERFLY
19. 200m MIXED FREESTYLE RELAY

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Individual entries limited to 7 of the 13 individual
events. Relay entries limited to one team per age
group in each event from each club.

RULES

A.U.S.S.I. rules as at 1st January, 1983 apply.

AGE

Is age in years on 13th March, 1983

SEEDING OF EVENTS

All events will be timed heats — no finals.
All entrants will be seeded from slowest to
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Does not include — as above quoted for Whitsunday Package.

These tours may be organised from Sydney or Brisbane. Further details may be obtained by contacting the A.U.S.S.I. Office —

A.U.S.S.I. Masters Swimming in Australia,
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SUTHERLAND. 2232, N.S.W. AUSTRALIA.
Phone — (02) 521-8636

or

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WHAT IS A.U.S.S.I. MASTERS SWIMMING IN AUSTRALIA

A.U.S.S.I. is short for the Australian Union of Senior Swimmers International also known as AUSSI Masters Swimming.

A.U.S.S.I. is an Australia-wide association of adult swimmers, men and women, who swim regularly to keep fit and have fun.

A.U.S.S.I.'s motto is thus "Fitness and Fun".

A.U.S.S.I. membership is open to all adults, male and female.

A.U.S.S.I.'s principal objective is to motivate individuals to improve their fitness (and therefore their general health) through regular swimming. To encourage regular swimming A.U.S.S.I. has established and adopted a series of incentives with award swims and competition.

The selection of the right incentives is a very personal thing which will vary from person to person but clubs and club officials have an obligation to prepare members both physically and mentally so that they can select and undertake their choice of incentives.

Assistance and guidance in this field is available in the AUSSI COACHING MANUAL

and in AUSSI ADULT SWIMMING magazine and from your State Branch Education and Coaching officers.

The "fun" part of AUSSI comes from meeting new people and making new friends. This is made possible through the holding of social events after some swim activities, after inter-club carnivals, and in conjunction with State and National Swim meets. The accent is on relaxation and informality.

HISTORY

AUSSI was established in Sydney on the 22nd September, 1975. The New South Wales Branch was formed four weeks later and since then branches have been formed in each of the other States.

At first membership was gained by joining a State Branch, but this proved unwieldy and so clubs were formed to act between members and their State Branch. You now join a club which is affiliated with the State Branch and if you are 25 years or over the club registers you with the State Branch.

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New clubs are being formed in each State every month.

AUSSI is an Australian organisation but similar bodies exist in New Zealand and in an increasing number of other countries. All of these have patterned their development on a formula developed in the United States of America in early 70s. The U.S. body is known as U.S. Masters Swimming.

Masters Swimming is recognised by the world governing body of swimming, that is F.I.N.A. and regulations for visits and competitions between swimmers of different countries are set and policed by F.I.N.A.

A.U.S.S.I. is associated with F.I.N.A. through the governing body of Australian swimming, the Amateur Swimming Union of Australia, but you do not have to be an amateur to belong to A.U.S.S.I. nor does joining make you a professional.

STRUCTURE

From the history of AUSSI you will have noted that AUSSI developed at three levels:- first National, then State, then Club.

Each level has its own responsibilities.

National co-ordinates interstate activities plus those activities common to all State Branches e.g. — National Swim, National Top Ten, Education and Coaching Manuals and Policy, International events, Rules.

National policy and activities are formulated by conferences of delegates of each of the State Branches and are administered by the National Executive Committee and its officers.

State co-ordinates intrastate activities and activities common to all of its affiliated clubs, e.g. — State swims, Promotions, Development of new clubs, Implementation of national policies.

Club is the VITAL LINK in the chain that can make or break the organisation.

It has a two-fold purpose — a) to act on behalf of AUSSI; b) to act on behalf of its members.

It is the first point of contact between new members and AUSSI. As such, the impression it conveys will be the impression the member has of AUSSI. This places a big responsibility on clubs to carry out the guidelines and programmes formulated at National and State levels.

It is best placed to make contact with the local community, the mass of potential members (there are a lot more of them than there are of us). Whilst press, TV and radio help spread awareness of AUSSI it is ultimately personal contact which attracts most new members and Club activities which hold them.

ARE YOU INTERESTED in joining or starting an AUSSI club — then write or phone: AUSSI Masters Swimming Australia, P.O. Box 456, Sutherland, or phone (02) 521-8636 between 10.00 a.m. and 3.00 p.m. and ask for Carol or Evelyn.

In other States contact —

A.C.T. — Judy Ford, 7 Brownlow Place, Holt, 2615.

Victoria — Barbara Wilson, 5 Bennett Avenue, Mt. Waverley, 3149.

Queensland — Ray Rose, 76 Garie Street, Wishart, 4122.

South Australia — Florence Walker, 4 Smitham Street, Elizabeth Grove, 5112.

Western Australia — Glenys McDonald, 5 Fortis Place, Carine, 6020.

Tasmania — Patricia Beverage, 21 Wiena Crescent, Miandetta Park, Devonport, 7310.

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Calendar of Coming Events

1982

- September 18: Cronulla/Sutherland — Swim — Beryl Stenhouse, 523-2361 (Pelican P.S.).
 October 2: Hunter — Swim — Bob Ford, P.O. Box 74, Merewether. 2291.
 November 6: Hills — Swim — Pat Sommerville, 872-3146 (Pelican P.S.).
 20: Brisbane South Side Masters Annual Carnival — J. Beresford 349-6753.
 21: Muswellbrook — Swim — Pat Moody, P.O. Box 135, Muswellbrook, 2333. (Pelican P.S.).
 December 4: Western Suburbs Swim — Ann Still, 604-6902 (Pelican P.S.).
 4: Maryborough Swim — Wayne Kelly 071- 216154.
 12: Lake Benalla 1 Mile Swim — Alva Wyatt, P.O. Baddaginnie, 3670.

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.
 15-17: Canadian S.C. Nationals — Chris Pieczora, 590 Rathburn Road, Etobicoke, Ontario.

- N.S.W. — June Kuhn, 32 Woods Road, Sefton, 2162 — 29-5412 or 29-4746 (Work)
 A.C.T. — Judy Ford, 7 Brownlow Place, Holt. 2615.
 QLD. — Ray Rose, 76 Garie Street, Wishart, 4122 — (07) 343-2541
 S.A. — Florence Walker, 4 Smitham St., Elizabeth Grove, 5112 — (08) 255-7328
 W.A. — Glenys McDonald, 5 Fortis Place, Carine, 6020 — (09) 447-3578
 TAS. — Patricia Beverage, 21 Wiena Cres., Miandetta Park, Devonport, 7310 — (004) 24-6093
 VIC. — Barbara Wilson, 5 Bennett Ave., Mt Waverley, 3149 — (03) 233-4847

TO ALL SECRETARIES

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

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

(CUT HERE)



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 VENUE:
 CONTACT:

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