



AUSSI Adult Swimming

OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR SWIMMERS - INTERNATIONAL

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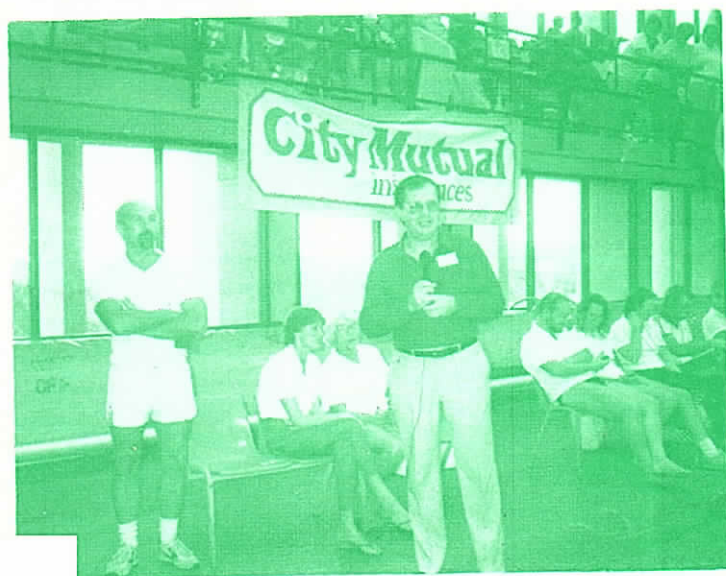


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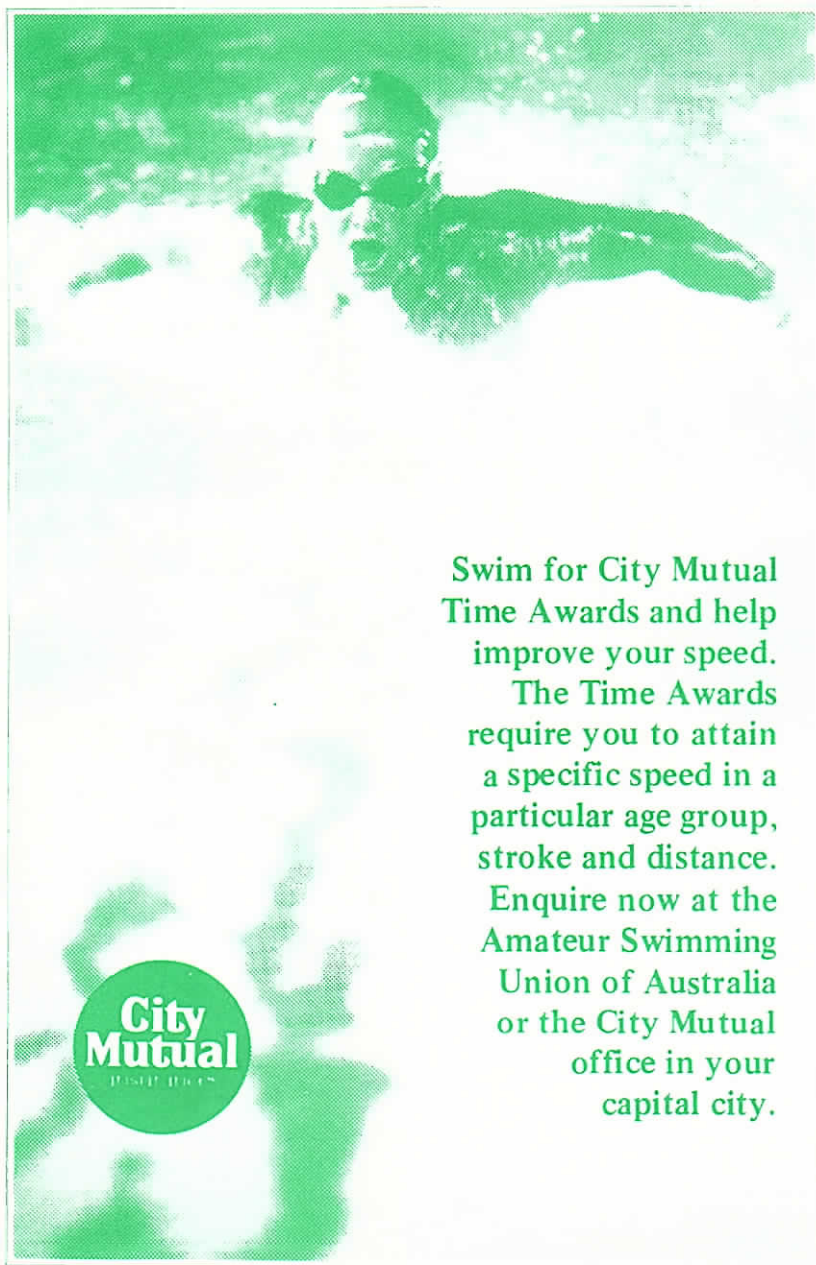
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A.U.S.S.I. ADULT SWIMMING 1983



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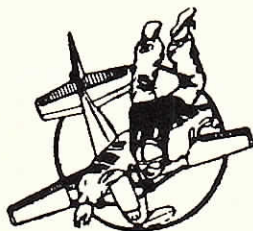
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AIRPORT COROWA

Carol's Comments

Phew! If that was the first half of the year, I think I'll need extra training to get through the second half. I told Maureen things would get back to 'normal' after the Pan Pacific and the Nationals. Just last week, she asked me to define 'normal'.

We've got reports and photographs of both the Pan Pacific and the Nationals in this issue. I would like to firstly congratulate the N.S.W. Branch who, for the second time, have combined with the National Executive, in running an International Meet. The programme undertaken by most N.S.W. clubs to train members as officials has been successful and they now carry out their duties most professionally. Again, thanks to Warringah Shire Council and the staff at Warringah Aquatic Centre whose co-operation is always forthcoming and greatly appreciated.

Congratulations to Queensland who, after their rehearsal with the Commonwealth Games, then hosted the Nationals. How lucky they are to have a complex like Chandler, whose staff, I'm sure, were also co-operative. I lost count of the people who said they did their personal best times in that lovely pool. Forty four (44) new National records!!! Four (4) World Records (set by A.U.S.S.I. swimmers). The statement made by the Queensland delegate, said it all, "Hosting the Nationals has brought the State together".

Actually, that's what our Nationals are all about. Bringing us all together. Speaking with swimmers from North Queensland, they said how they enjoyed the atmosphere of the National Swim and for the first time, felt part of the organisation. I realise all Branches have certain problems with distance. However, communication can minimise these problems. Clubs should attend their Branch meetings if possible. If not, make sure there is contact with the Branch Secretary. Branches would be well advised to print up a newsletter. Then there's A.A.S. — it's your journal, use it. If you have views or opinions, write in. If there are certain articles you'd like the magazine to carry — TELL ME!!!

The Annual General Meeting of A.U.S.S.I. was held on Thursday, 14th April. A summary



of proceedings appears in this journal. The National Secretary, Brian Hird, also makes comments on the meeting in his regular column. It was a very long and very tiring day for everyone involved. I think it was best summed up by the W.A. delegate and Branch Secretary, Glenys McDonald, who said "although it was a long day, it's great to see the professional approach by those involved." Brian Hird deserved the congratulations he received for the preparation of the Annual General Report. Without this report, I'm sure the meeting would have been even longer.

In this issue, details of what to look forward to. Another double date for 1984. Our Nationals in Melbourne, Victoria — April 13/14/15. The Victorian carnival committee have already met and started planning. Why not take a few weeks holiday. Attend the Nationals then pop across to New Zealand for the World Championships. They promise to be a very special event, not to be missed. We've planned a special tour. See the itinerary in this journal. Get your name in early so you don't miss out.

We also have Part 2 of Kay Cox's Health and Fitness article — 'Training — The How and Why' plus a new attraction for all those who enjoy competition — 'Lane 4', written especially for us by Dick Champion. Dick is a foundation member of the Powerpoints Club in Victoria. At the 1982 Nationals in Sydney, he was the gold

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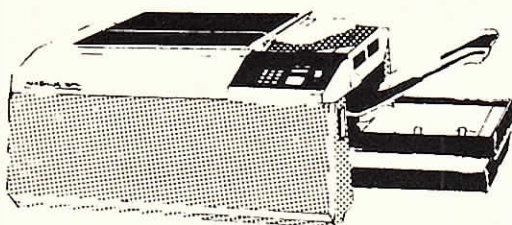
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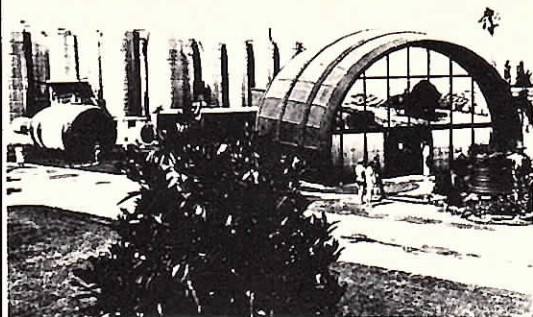
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medalist in the 40-44 age group, gaining the maximum points of 24 and in the process, setting 5 new National Records. I'm sure you're going to enjoy 'Lane 4' which is written in Dick's own inimitable style.

For the September issue, I've asked our National Recorder, Peter Gillett, for an up-to-date presentation of the National Records for

publication. Also, we've got an especially prepared article by Dr Jaroslav Novak of Czechoslovakia on Masters Swimming in his country.

Lots to read this issue and more to look forward to.

Cheers,

Carol

Swimmers' Viewpoint

Dear Carol,

I would like to take the opportunity in the magazine to congratulate the Queensland Branch on an exciting and enjoyable National Swim.

After my initial introduction to the Nationals in Sydney last year, I was keen to interest other Tasmanians to enter and enjoy the friendly atmosphere generated by this annual event. It has become for me a training aim and a relaxing break from the day-to-day grind, the pot of gold at the end of my rainbow, so to speak. This year 5 other Tasmanians from Launceston Club joined in the competition and considering the expense and distance, I was pleased that I could participate. We were never at a loss of conversation with anyone as it seems a great deal of interest had been generated from two strange blokes we've got down here — Gordon below Franklin.

It was a credit to the National Executive to see them implementing the ideals of the W.A. Report and the presentation of the Annual Reports and the conducting of the Annual Meeting was handled with proficiency and professionalism needed to keep A.U.S.S.I. growing.

I enjoyed meeting many people who had helped me appreciate and love swimming as a child. Being an ex-Queenslander makes it easy for me to praise their efforts. Mr and Mrs Mullins — referee and marshall, brought back many fond memories of teenage club nights in Ipswich and a few other officials — Allan Sharpe (Brisbane) and Ross Newman (Rockhampton) timekeepers — great to see you folk again after all these years. Finally, I cannot forget the "Good Guy" on the microphone John Knox (Brisbane) getting younger by the year. Just a few people who helped make my Nationals so special.

Hats off to you Brisbane for a speck Presentation. The slides idea was great, entertaining and different. Oh! How I wish that I could have been in Brisbane for the Commonwealth Games, for your "Shine On" spirit is still running on a high.

Many great moments during the weekend could not have surpassed the honours waltz by the gold medal winners. Just as well you lot can swim, cause sure as eggs, some of you couldn't dance.

In closing, the words of Brad Cooper on accepting one of the many trophies that went to Gold Coast, still are clear in my mind. That the youth look to their elders for inspiration with great admiration. I'm sure you too must select certain moments from the Nationals that you cherish long after the event is over. I'm pleased you have let me share these with you and I'll look forward to seeing you all in Melbourne. With the closer venue, I'm sure that Tasmania will be a recognisable force by then. Here's hoping.

Regards from Tasmania,

Patricia Beveridge

ANSWER

Thanks Trish, for taking the time to write and thank the Queenslanders for their efforts. I'm sure they'll appreciate it.

I'm sure everyone was delighted to see a team from Tassie make it to the Nationals. Look at W.A.! Their enthusiasm saw one of their clubs in the first ten in the National results. You know, those two 'strange blokes' may GENERATE so much ENERGY that by next Nationals, Tasmania will be a POWERFUL force (sorry about that!)

Carol



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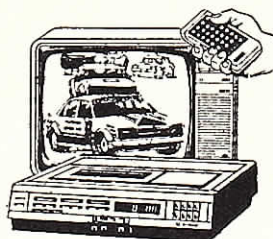


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Dear Carol,

This letter is to correct a doubt which may have alarmed some of my fellow A.U.S.S.I.s.

Soon after competing in a race at the recent Pan Pacific Masters I suffered thrombosis (a clot). My doctors discovered this had been developing for at least seven years and had it not hit me when it did, it would have very soon after. As they warned, the op. was a big one, and only one in three are successful. Mine was, but necessitated more surgery; one general and a spinal anaesthetic in two days, and another general anaesthetic two weeks later.

They said my fitness, due mainly to regular swimming, helped pull me through, and would considerably help my convalescence — and to keep swimming! After making many tests (ECG,

arteriogram, X-rays, etc.) so they should know, they said I am as fit as a man of 50. And I am 71.

So, once again, my heartfelt thanks to A.U.S.S.I., my Lane Cove Club, and especially to our indispensable coach, Harry Turner.

Sincerely,

Douglas Bailey

ANSWER

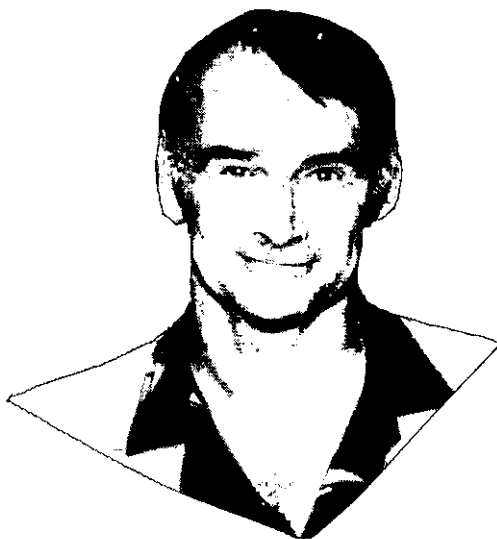
Douglas, we are pleased to hear you are on the way to recovery. Our fitness experts have often warned that being fit is not a magic shield against falling ill. However, if you are unfortunate enough to succumb, being fit will help you along the recovery road. Do what the doctor tells you Douglas, and I hope we will soon see you swimming again.

Carol

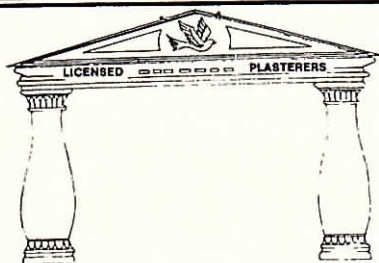
HEARD FROM HIRD

Since the last issue of A.A.S. many exciting events have taken place. Firstly there was the running of the 2nd Pan Pacific International Championships at Warringah Aquatic Centre, Sydney. Records were broken regularly, a total of 245 in all, which included 18 World, 153 Pan Pacific and 74 Australian. I would like to take this opportunity to congratulate all Officials and N.S.W. Clubs who helped to make the event a most memorable one. Apparently A.U.S.S.I. is the forerunner in organising events such as the Pan Pacific. We received much praise from the International competitors, and Japan saw fit to send along an observer, Mr W. Okada, Chairman, Masters Swimming Committee of Japan Swimming Club Association, accompanied by his personal interpreter.

Secondly came the Annual Conference at Chandler Pool, Brisbane. There has been no change in the National Executive, except for the Fitness & Coaching Director, that position has yet to be filled. The Conference started at 9.45 am and eventually closed at 7.25 pm. I feel the most important motion put to the meeting was by the N.S.W. Branch. The motion reads as follows:- that the 18-24 age group be admitted to



full competitive membership of A.U.S.S.I. Much to my surprise this was a controversial subject. Chairman, Peter Jackson, gave each Branch Delegate time to speak for or against the motion, then gave N.S.W. the right to reply. June Kuhn and Bob Dorrington gave, I feel, a convincing argument for the motion, but it seems the age of 18-24 was the problem. A.C.T. Branch, represented by Judy Ford and Bill Parker, moved an amendment to the motion and proposed 20-24 year age group to be admitted to full competition membership of A.U.S.S.I. N.S.W. accepted the amendment, which then became the motion. A vote was taken and it ended in a tie. President, Peter Jackson, was forced to have the casting vote and voted in favour of the motion. So once



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again A.U.S.S.I. has become the forerunner in showing the way Internationally, as I am led to believe that the U.S.A., New Zealand and Japan are looking to include 20-24 age group in Adult Swimming. Another important motion was put by W.A. Branch, that a rotation system be set up for conducting the National Swim with each Branch being given the opportunity to refuse, when their turn arises. On the recommendation of the National Executive, a five year cycle system was set up and approved of. Starting with Victoria 1984, A.C.T. 1985, South Australia 1986, Western Australia 1987, and N.S.W. 1988.

The day after the Annual Conference saw the beginning of the 9th National Swim and Club Championships at Chandler Pool. A lot of time and hard work by the Queensland Branch went into making this event a success. Most of the time it ran smoothly, the only problem I saw was with the computer, and this was rectified the moment it was discovered.

Those of you who were present on opening

day, I'm sure will not forget the phenomenal performance of the Gold Coast Mens Team in the 4 x 50 Speedo Sprint Freestyle Relay, they burned up the pool to win with ease in the time of 1 min. 46 secs. to create a new Australian record. That was not the only record to go by the board. Peter Gillett was working hard behind the scenes, trying to keep up with his records. At the time of writing I'm not sure how many records were broken, as I requested an audit (manual check) of the results, before they were posted on to all clubs.

Finally I would like all Branch Secretaries to note that it is the intention of the National Executive to hold Executive meetings at least once a month on the third Monday night of each month. If there is any important business to be brought up at the meeting, please notify the office a week beforehand.

Yours in swimming,

Brian

SUMMARY OF MINUTES OF ANNUAL GENERAL MEETING, BRISBANE, 14th APRIL, 1983

1. Welcome and presentation of authorities.
2. Acceptance of Minutes 24/25th July, 1982.

3. BUSINESS ARISING

(a) A.U.S.S.I. has subscribed to Confederation of Sport for 1983.

(b) Status of A.U.S.S.I. swimmers re the A.S.U. Clarification varies from State to State.

(c) Clubs are able to borrow the video promotion film via Branch Secretaries.

(d) Posters are now available from Branch Secretaries.

4. IN CONSIDERATION OF THE NATIONAL REPORT questions were asked regarding:

(a) The sale of A.U.S.S.I. gear.

(b) Major costs of mid year conference.

(c) Major costs for publicity and promotions.

(d) A motion that the National Secretary's honorarium be paid was carried.

(e) The Treasurer's report was passed.

(f) The A.A.S. and Publicity and Promotions Report was passed.

(g) The Fitness and Coaching Report was passed.

(h) The National Aerobics Report was passed.

There was, however, discussion and questions asked regarding these reports.

5. BRANCH SECRETARIES REPORTS

A.C.T. BRANCH explained reasons behind amalgamation and recommended the Heart Foundation as sponsors.

VICTORIAN BRANCH said lack of pools was a problem. There was also an explanation of their new award scheme.

QUEENSLAND BRANCH had problems of communication because of distance.

SOUTH AUSTRALIAN BRANCH also had problems with lack of pools. South Australia are, however, undertaking a very interesting research scheme.

WESTERN AUSTRALIAN BRANCH — only problem was need of an office and central meeting venue.

N.S.W. BRANCH stated that the introduction of a year round pointscore for their clubs had included the growth rate of members and clubs.

TASMANIAN BRANCH had the usual problems of getting a new branch off and on its feet.

6. ELECTION OF OFFICERS

President: Peter Jackson of Warringah, N.S.W.
Secretary: Brian Hird of Western Suburbs, N.S.W.



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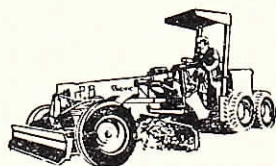
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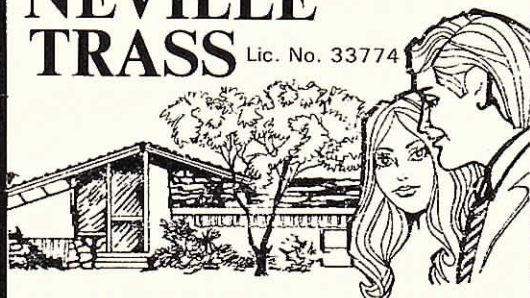
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7. A report by P. Jackson on progress in updating of the National Constitution with a view to incorporating, was given.

8. AGENDA ITEMS FROM BRANCHES

(a) Motion carried that the initial M.D. (medical disability) appear on the cards of those swimmers who have a disability in performing a stroke so consideration can be given by carnival referee.

(b) Motion carried that the National Swim be conducted on a rotation basis.

(c) Motion carried that the Public Liability Insurance proposal be accepted.

(d) Motion carried that the 20-24 age group be admitted to full competitive membership of A.U.S.S.I.

(e) Motion lost that electronic timing not be used to determine the results of National Swims unless a foolproof fully automatic system is available. Such a system would not require the back up of manual timing.

(f) Motion lapsed that the National Executive as a body should be rotated and/or changed between the larger Branches at regular intervals.

(g) Motion lost that the swimming year financially be the same as the A.S.U.

Venue for 1985 National Swim — The A.C.T. Branch's submission was accepted. Dates are 13th to 16th March.

GENERAL BUSINESS

1. A.U.S.S.I. gear is available from the National office.

2. The N.S.W. registration scheme is to be further looked at during the mid year conference.

3. Top Ten — stricter measures required as to when cards are to be received. A budget to be determined for printing of Top Ten.

NOTE the Top Ten closes on November 30th. Cards should be to Top Ten recorder by December 31st.

4. P. Gillett thanked Branches and especially Paul Wyatt for their assistance with records.

NOTE claims for records must be accompanied by correct form.

5. Branches requested to work through the National Executive or Council Meeting in their dealings outside A.U.S.S.I.

6. A report on the International Meeting held in Sydney after the Pan Pacific was given.

NOTE see details in this magazine.

7. Motion carried that the 1988 World Championships be hosted by A.U.S.S.I. Masters Swimming in Australia.

Would readers please note that the National Executive and Branch delegates met from 9.45 a.m. on Thursday until 7.25 p.m. the same day with only short breaks for lunch and morning and afternoon tea. The above is only a **summary** of what went on during the day. If you have any enquiries, please contact your Branch Secretary who will explain in detail.

Naturally, letters/comments to A.A.S. are always welcome.

Carol Davis

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Branch News

NEW SOUTH WALES

Since the last report, N.S.W. Clubs have returned from the holiday break and have competed at Canberra, Armidale and St. George before commencing preparation for the State Cup held in March, 1983, the Pan Pacific and National Championships in April, 1983.

The meetings and the preparation for the State Cup, on reflection, were worthwhile when some twelve hundred individual entries were received for the ten individual events in the State Cup. Interest was high and thanks to swimmers, club and the officials the State Cup Carnival was, I believe, a great success.

Not everyone can be a winner but, personally, it's gratifying to see so many new and old faces amongst all the age groups trying their hardest to achieve their own individual goals and objectives.

At the State Cup, the real winners were, therefore, all those who competed and enjoyed the swims that they had and the friendships that they may have cultivated. After all, fitness and fun is what it's all about!

Nineteen clubs participated in the State Cup. Winner of the overall pointscore was Ettalong. Other placings were as follows:

- 2nd Manly
- 3rd North Sydney
- 4th Warringah
- 5th Cronulla/Sutherland
- 6th Coogee/Randwick
- 7th Blacktown
- 8th Western Suburbs
- 9th Hills
- 10th St. George
- 11th Lane Cove
- 12th Muswellbrook
- 13th Hunter
- 14th Campbelltown
- 15th Tamworth
- 16th Uni. N.S.W.
- 17th Narooma
- 18th Leichhardt
- 19th Guildford

Many existing National Records were broken at the State Cup Meet. In total, some twenty-nine individual and relay records were broken. Of those records broken, fourteen were men's,

twelve were women's and five were relay records.

To the following individual record breakers go our congratulations on your efforts:

WOMEN

- | | |
|------------------------------|-----|
| Maree Eccleston — Warringah | (1) |
| Elizabeth Wallis — Warringah | (4) |
| Ethel Sargent — North Sydney | (5) |
| Pat Somerville — Hills | (2) |

MEN

- | | |
|--------------------------------|-----|
| Frank Griffiths — Ettalong | (6) |
| Peter Gilmour — Lane Cove | (2) |
| Keith Little — Coogee/Randwick | (2) |
| Wayne Howes — Coogee/Randwick | (1) |
| Ian Craig — Manly | (1) |
| Bill Harris — Uni. N.S.W. | (1) |
| Bob Ford — Hunter | (1) |

With such outstanding swims at the State Cup behind many swimmers, it was a matter of maintaining form for the Pan Pacific and the Nationals.

Whilst I wasn't able to watch every heat or event, it was pleasing to hear the names of swimmers from this State being constantly announced amongst the medal winners and the record breakers. It was also pleasing to see N.S.W. swimmers offering assistance to our interstate and overseas guests. The friendliness of the "meet" was remarked on by many of our visitors.

Thank you to the clubs who officiated at the Pan Pacific Meet. Your efforts contributed significantly to the efficient conduct of the carnival.

Record breakers at the Pan Pacific included R. Dill-Macky from Ryde, who broke a World Pan Pacific and an Australian record in the 200m Backstroke as well as breaking two other Pan Pacific and Australian records. Other Australian and Pan Pacific record breakers were D. Ashton, B. Robertson-Dunn, M. Withers, F. Griffiths (6), M. Earp (4), W. Howes, E. Wallis (5), T. Pasfield, B. Ford (2), P. Somerville (3), A. Gregson (2), B. Barry (3), E. Sargent (4), V. Fernance, P. Raymond, R. Van Hamburg, D. Begg, M. Eccleston (3), L. Johnston (2), W. Harris, C. Jardine, K. Vickery, J. Hawthorne, G. Hackett, B. Grace, J. Koorey, W. Riley (2) J. Meagher. Congratulations to all those who competed.

The next Championships to be contested after the Pan Pacific were the National Champion-

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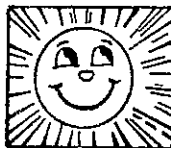
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ships, hosted by the Queensland Branch of A.U.S.S.I. and conducted at the Chandler Swimming Complex in Brisbane. The overall winner of the Club Championship was Gold Coast Club with Ettalong Club being placed second.

Ettalong was awarded the Visitor's Trophy for the fine efforts of the 'Pelicans' throughout the three-day meet.

No confirmation has yet been received of the National results for individual age groups. Whilst those age group winners who received medals at the presentation dinner are to be congratulated, as official results are not available, details will be listed in my next report.

Fourteen clubs were listed in the results of the National Aerobic Trophy presented at the National dinner. N.S.W. was represented by Tamworth, Blacktown Beavers and Armidale. The winner of the Trophy was Claremont Club from Western Australia. From my discussions with many N.S.W. clubs, it appears that Western Australia may have something of a challenge on its hands for the Trophy next year!

During these last few hectic months, our membership figures for A.U.S.S.I. in N.S.W. have been boosted by the affiliation of new clubs at Gosford, Warringah, Leichhardt, Collaroy Forum and Leisure Coast. Welcome to all our new members.

It's great to see the organisation expanding and gaining strength from the contribution of new and existing club members.

I hope to see as many new clubs and their members at carnivals throughout the year. I look forward to meeting many more A.U.S.S.I. members and renewing A.U.S.S.I. friendships at future carnivals.

Yours in swimming,

June Kuhn

THANK YOU

Congratulations to Peter Gillett and a big thank you to Josie Sansom for all their efforts in compiling National Top Ten.

Also congratulations to all N.S.W. swimmers finding they had made NATIONAL TOP TEN.

N.S.W. Top Ten is now available. Any club that would like other copies, please contact me.

Big thank you to my husband, Bob, and also President, Des McCormick, who laboured for me while I was in labour elsewhere.

*Val Dorrington
N.S.W. Top Ten Recorder*

WESTERN AUSTRALIA

The major events since our last report are undoubtedly our State Swim and our participation in the National swim.

At State level — on one very sunny Saturday morning in March, 380 swimmers braved the 7 a.m. curfew and trekked into Beatty Park Pool for an 8 a.m. start. 40 others did the same at the Pilbara section of the State swim.

To the credit of Jacqui Austin and her organising committee, the carnival began on time; every lane was filled; and without a break, and 1400 swims later, the carnival concluded on a cheery note at 5.30 p.m. With only four helpers from the A.S.A., the carnival committee managed this mammoth event without a hitch and the W.A. Branch thanks them for their work.

208 swimmers who were not too exhausted managed to dance on all night at the Annual Presentation Dinner which followed.

The following presentations were made:

State Shield — Claremont
State Aerobic Trophy — Claremont
Administration Trophy — Lynne Boston,
Secretary, Maida Vale

Four Life Memberships to the W.A. State Branch were awarded:

Glenys McDonald
Kay Cox
Frank Mongan
Fred Johnson

In recording the results for the State swim on the day, I was amazed at how our swimmers continue to improve again and again each year.

We had no less than:

3 World records for authorisation
16 National records
80 State records and countless personal best times.

The World Records:

MEN

40-44 years 50m Freestyle —
John Ryan 25.96 Claremont
65-69 years 200m Freestyle —
Godfrey Williams 2.47.42 Inglewood

WOMEN

70-74 years 50m Breaststroke —
Myrtle Wright 1.01.99 O. Park
Congratulations to these three swimmers.

At the National Swim in Brisbane, W.A. was very proud of the fact that approximately 26 swimmers travelled so far to participate. On behalf of those swimmers I would like to take

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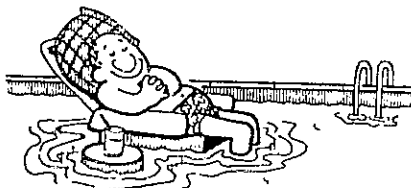
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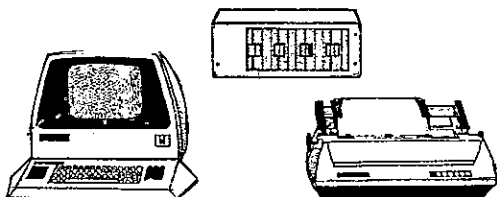
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this opportunity to thank Queensland, especially Elaine Collier, for such a friendly, fun carnival. The venue was superb, and the Queensland hospitality something special. We managed to sneak home with 2 gold medals and one silver medal which added to the occasion.

*Glenys McDonald
W.A. Branch Secretary*



SOUTH AUSTRALIA

This is what is described in swimming circles as a sprint, due to the lack of swimming activity since the Nationals. Those who competed in Brisbane have since recovered and are now honing their skills in preparation for the second Interclub for the year.

Adelaide Masters retained their lead on the points table after the first heat, ahead of Marion and Atlantis, who cannot decide who will hold second place.

Then comes the battle: Developing clubs, Tea Tree Gully, Western Districts and Reynella will be trying to edge pass Central Districts Seals who have entrenched themselves into fourth place over the years.

The activity out of the water came in the form of the Annual General Meeting with a record number of people attending.

Although the Office Bearers remain the same, the fact that there were challenges for the positions points to the healthy development of the Branch.

The Office Bearers are:

President: Peter Gillett

Vice-President: Ivan Wingate

Secretary: Florence Walker

Treasurer: Chris Potter

Publicity Officer: Jane McNamara

The new position of Fitness Director will be filled by the State Council at a later date.

The only factor which can slow the development of A.U.S.S.I. in South Australia is lack of water space. This has become abundantly clear as training sessions overflow with swimmers and clubs are embarrassed by the lack of space.

*Jane McNamara
Publicity Officer*

AUSTRALIAN CAPITAL TERRITORY

The A.C.T. will be hosting the 1985 National Club Championships which will be held at the National Sports Centre indoor 50m pool. The pool complex is nearing completion and comprises two pools: a 50m eight lane pool and a 25m six lane pool, office areas and seating for 1500 spectators. Hosting the Championships will be a challenge but we are looking forward to it and I'm sure we can make it a successful carnival.

The A.C.T. swimmers who competed at the Nationals in Brisbane all enjoyed themselves and all swam personal best or close to personal best times. We are working hard gaining points for the Aerobic Trophy at present, with a good roll-up at our Club and training nights.

I'm off to the U.K. in June and I hope to get time to see how Masters Swimming is progressing over there. I hope to visit some of the Clubs and compare their training methods and Club activities with ours in Australia.

*Peg Townley
Publicity*

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THE PAN PACIFIC INTERNATIONAL CHAMPIONSHIPS

by Carol

The Pan Pacific International Championships took place on April 9th to 12th at the premier N.S.W. Swimming Complex — Warringah Aquatic Centre at Frenchs Forest. Swimmers from the United States of America, England, New Zealand, West Germany and Australia competed in a well balanced programme of distance and sprint events.

A number of new National A.U.S.S.I. records were established plus a high standard of World Records. Vivienne Cherriman of England, swimming in a new age group (75/79), again rewrote the record book by establishing a world record in every event she swam in. These were 200m F/S — 3.55.21; 50m Fly — 1.05.26; 100m F/S — 1.46.67; 50m F/S — 46.65; 200m I/M — 4.39.12; 400m F/S — 8.13.29. Other women record breakers were Leisel Nachtigall (70/74) of West

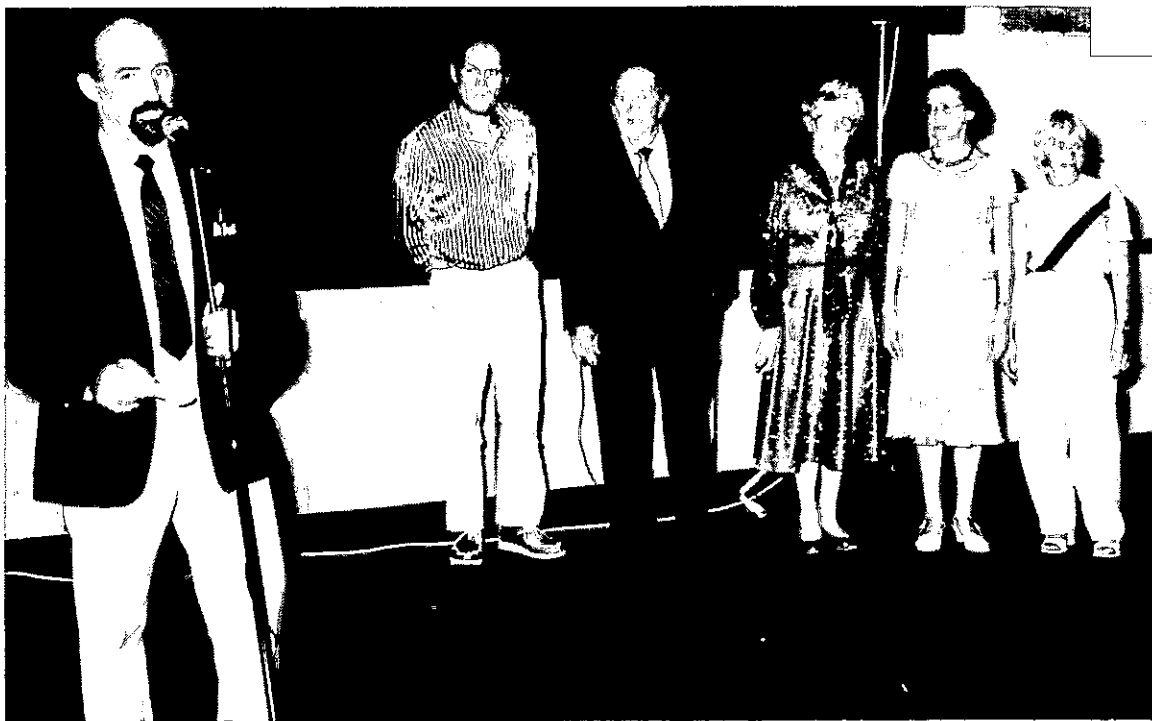
Germany — 50m BR/S — 59.49; Bess Barrie (65/69) of Australia — 50m BR/S — 50.49; and Eva Rauner (60/64) of West Germany — 100m BR/S — 1.47.46; 50m BR/S — 48.07. Eva was named Female Swimmer of the Meet at the Presentation Dinner on the Monday night.

The males also turned in some outstanding performances. These were Richard Dill-Macky (25/29) of Australia — 200m BK/S — 2.13.78; Dieter Loeliger (50/54) of Australia — 200m BR/S — 3.03.72; Hanne Schwarz (70/74) of West Germany — 50m BK/S — 39.91; 100m BK/S — 1.33.01; 200m BK/S — 3.25.68 and Al Kallunki (75/79) of U.S.A. — 100m BR/S — 2.04.24; 50m Fly — 59.08; 200m BR/S — 4.38.40. Al was a popular choice as Male Swimmer of the Meet — a marvellous birthday present for Al who turned 79 on April 11th.

Friday evening saw a civic reception at Dee Why given by the Shire President, Cncl. Paul Couvret for visiting overseas swimmers. Representatives were given spoons and cuff links as keepsakes of their visit.

The President of A.U.S.S.I., Peter Jackson, introduces the World Record Breakers

L-R: Dieter Loeliger (Aust.), Al Kallunki (U.S.A.), V. Cherriman (Eng.), Eva Rauner (West Ger.) and Leisel Nachtigall (West Ger.).



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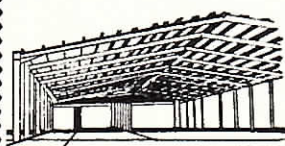
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The Championships were officially opened by Mr Michael Curley, N.S.W. Branch Manager of City Mutual Insurances, who was the major sponsor of the Pan Pacific Championships. Guests from City Mutual, Speedo, Gestetner, Warringah Shire Council and the N.S.W. A.S.A. were entertained at a light luncheon which preceded the much awaited 'Speedo Relay Sprint'.

This competition caused great excitement with a number of clubs waving banners and streamers in club colours. The women's event saw a top swim by the Warringah ladies who forged ahead of the rest of the teams. The men's event had everyone screaming out and on their toes as three teams touched in within seconds of each other. The Blacktown club won by half a finger-nail from the Campbelltown club. Presentations of vouchers of \$250 each of Speedo goods were made to Warringah and Blacktown at the Presentation Dinner by Mike Bushell of Speedo Knitting Mills.

At the Presentation Dinner, overseas guests were entertained by an authentic Australian "Bush Band". Swimmers had a great time doing

old fashioned square dance numbers like 'Strip the Willow' which really sorted out who was fit and who wasn't.

The New Zealand contingent, giving everyone a preview of what to expect in 1984 at the World Championships, put on an exhibition of Maori culture. Fortunately, speeches and presentations were kept short and fun and enjoyment were the order of proceedings.

During the Championships, representatives from participating countries met to form an International Group which was named 'Masters Swimming-International'. The aims of the group are to promote friendship and goodwill through swimming in all countries where Masters Swimming exists. Gary Stutsel of A.U.S.S.I. was elected President for the year 1983 to April, 1984 when the First World Masters Swimming Championships will be held in Christchurch, New Zealand. The Japanese representative bid for the World Championships in 1986 and Australia wished to play host in 1988. An exciting future is seen for this International group and A.U.S.S.I. Masters Swimming in Australia is happy to be part of it.

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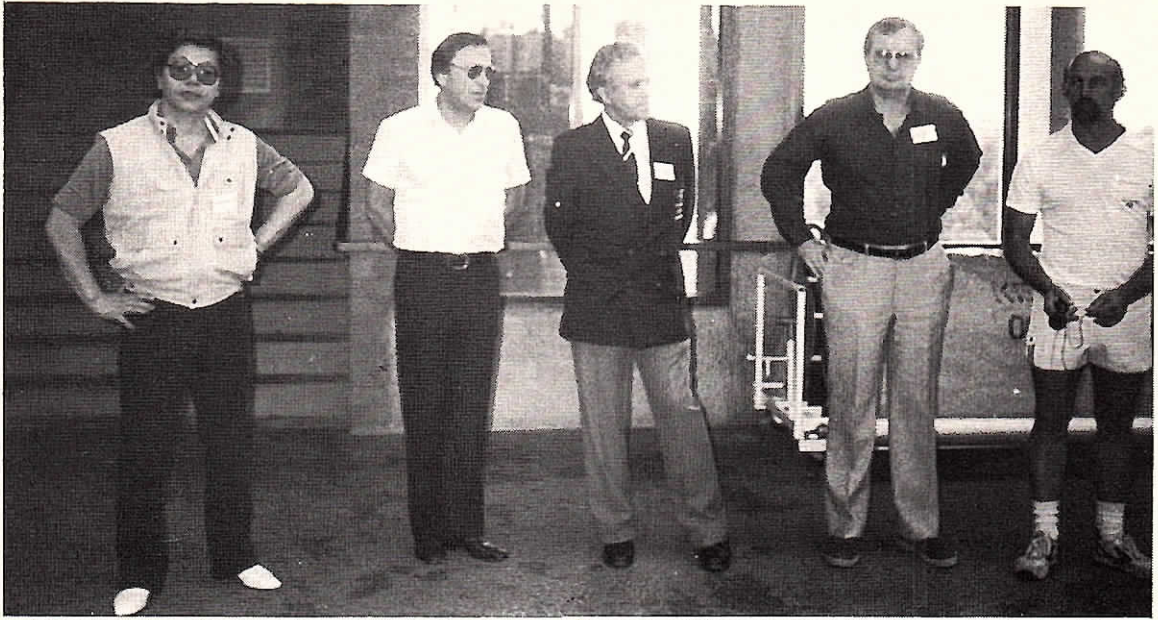


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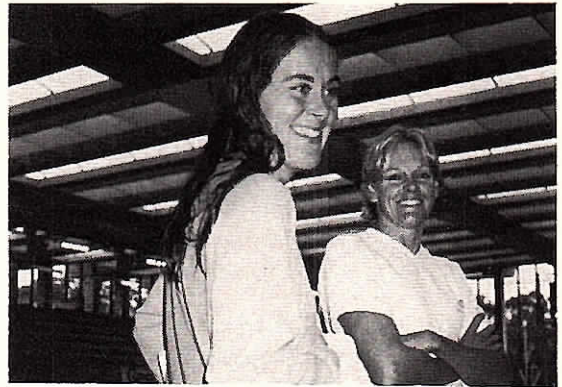
PAN PACIFIC PHOTOS



Official Guests — W. Okada (Japan), M. Sulkin (Gestetner), P. Couvret (Shire President Warringah), M. Curley (City Mutual), with Peter Jackson (President, A.U.S.S.I.).



Looks like Mary and Carol enjoyed congratulating that terrific trio from Campbelltown — Don Begg, Ken Morrison and Ted Pasfield.



Pretty and fast — Ann-Maree Clark of Uni. of N.S.W. and Maree Eccleston of Warringah Masters.



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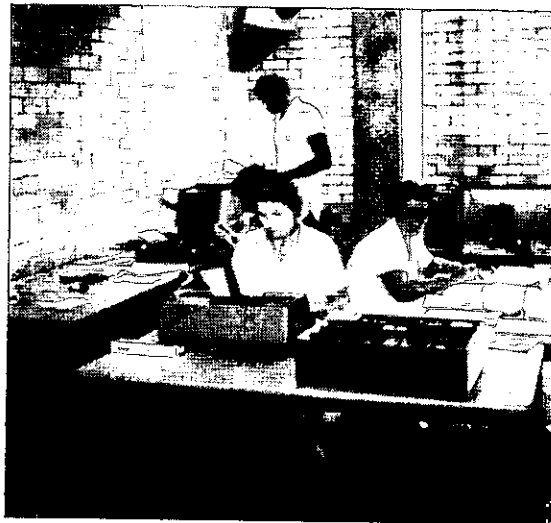
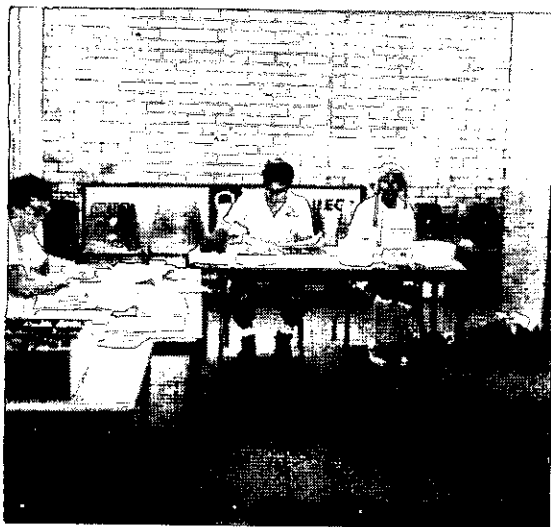
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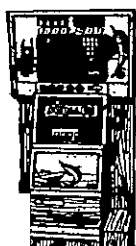
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MASTERS SWIMMING-INTERNATIONAL

At the recent Pan Pacific Championships, an International organisation for Masters Swimming was formed, to be known as Masters Swimming-International — M.S.I.

A.U.S.S.I. has played an active part in establishing this organisation, since the July Council Meeting, where Peter Jackson was appointed International Chairman. Peter and Carol Davis have corresponded regularly with overseas contacts. Branch Secretaries were kept informed of progress and a short report on what was accomplished was given at the recent Annual General Meeting in Brisbane.

A SHORT HISTORY OF MASTERS SWIMMING-INTERNATIONAL

In 1978, Canada hosted an International Competition titled 'the First Senior Age Group Aquatic Competition'. Representatives of participating countries attended. However, they had no authority to represent their National Bodies.

Although, in general, the meeting agreed that International Meets were desirable, no resolutions were passed.

In May of 1981, at the American Short Course Championships at Irvine, California, Gary Stutsel of A.U.S.S.I. Masters Swimming in Australia and Margaret George of U.S.M.S. spoke in detail of organising an International Meeting.

A.U.S.S.I. Masters Swimming in Australia hosted the First Pan Pacific International Championships in September, 1981. During the meet, two International Meetings were convened and chaired by Gary Stutsel. A number of resolutions were made at the second meeting. However, once again, the delegates attending did not have the authority of their National Bodies.

At Portland in August, 1982, another open International Meeting was held. Again, this meeting was informal and no resolutions were made.

Until April, 1983, the progress made by Masters Swimming International was:

1. New Zealand proceeded on the resolution from the September, 1981 meeting in organising the First World Championships in Christchurch (1984).

2. Margaret Samson (nee George) proceeded to contact interested parties and started the international publication — Masters Swimming-International.



At the Second Pan Pacific International Championships hosted by A.U.S.S.I. Masters Swimming in Australia, an International Meeting was held. This meeting was legitimised with Australia and New Zealand both presenting written authorities for their National Bodies. The U.S.A. and Japan had the verbal consent of their National Bodies. West Germany wrote an explanation of Masters Swimming in West Germany. Margaret Samson had circularised all interested countries with an agenda and suggested rules.

The representatives present constituted Masters Swimming-International and ratified the rules.

Elected as President of M.S.I. is a familiar name, Gary Stutsel, the former National Secretary of A.U.S.S.I. Appointed Secretary was Carol Davis and compiler of World Records, our own National Recorder, Peter Gillett. Delegates present at the meeting were very impressed with the manner in which our National Records were presented. Editor of the International journal is Margaret Samson, U.S.M.S. and Chairperson of the Championship Committee is Tina Martin, U.S.M.S.

The first event on the International calendar is the World Championships in New Zealand in April, 1984 (see details in this journal). Japan has made a verbal bid for 1986 and Australia (A.U.S.S.I.) for 1988. We are sure this is going to be a successful venture and will achieve the aims of M.S.I. — 'To promote friendship and understanding through swimming'.

Carol

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THE NATIONALS

from Queensland correspondent

Queensland State President, Fred Knudsen, can be justifiably proud of the efforts he and his team put into the planning and running of the 1983 National Swim at the Chandler Aquatic Complex in Brisbane.

The Sunshine State lived up to its name and provided great weather for the event. Many competitors took advantage of the breaks between swims to soak up the sunshine in the bushland setting of the Chandler complex.

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A wonderful atmosphere of friendliness was obvious throughout the three days swimming and especially at the magnificent presentation dinner on the Sunday evening.

Fifty-two A.U.S.S.I. Clubs competed for club points, and were joined by representatives of 12 Overseas Masters Clubs. All events were run off quickly and efficiently, and there was great support from the gallery for all swimmers.

The presentation dinner was held at the Crest Hotel and got off to a spectacular start with a display of rapid fire colour slides projected onto two large screens to the accompaniment of appropriate music. Devised and presented by Ron Drake the show was well received by all present. Dining, wining, music and dancing were of course also important ingredients for a successful social — with the dining, wining and music excellent, and the dancing certainly enthusiastic if not always expert.

Gold Coast A.U.S.S.I. gained top club points to become 1983 Club Champions, having fielded 55 swimmers spanning the age groups. Club President, Barry Anstey, when accepting the trophy on behalf of his troupe, pointed out that the Club's success was largely due to the team spirit of the "one pointers" who may never achieve medal winning standards, but enjoy the fitness and fun aspect of A.U.S.S.I. and derive satisfaction from competing as part of the team. Barry cited Ettalong Pelicans — runner-up team this year and Premier team 1982 — as fine examples of this team spirit and an inspiration to all A.U.S.S.I. Clubs.

World record holder, Brad Cooper in accepting yet more gold to add to his collection, provided perhaps the evening's most thought provoking and touching sentiments when he announced that within A.U.S.S.I. "the old look to the young for style, the young look to the old for inspiration!"

Victorian A.U.S.S.I.s have hard acts to follow when it comes to organising a National Swim — but undoubtedly heads have already been put together with a view to coming up with plans to stage the "Biggest and Best" yet. One thing is for sure — all competitors who participated in and enjoyed the 1983 swim will be making plans for Melbourne, 1984.

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North Lodge	VIC	266	Marion	SA	40
Brisbane Southside Masters	QLD	265	Blacktown Beavers	NSW	38
Brisbane Northside A.U.S.S.I.	QLD	261	Tea Tree Gully	SA	37
Rocky Crocs.	QLD	160	Inglewood	WA	29
Townsville	QLD	154	Melville	WA	29
Claremont	WA	137	Frankston Peninsula	VIC	28
Warringah	NSW	112	Toowoomba	QLD	25
Maroochydore	QLD	107	Launceston	TAS	25
Summerland	NSW	97	Lane Cove	NSW	23
Tamworth	NSW	90	Power Points	VIC	23
Hunter	NSW	87	Campbelltown	NSW	22
Hills	NSW	83	Narooma	NSW	19
Coogee/Randwick	NSW	78	Suncoast	QLD	14
Cairns Mud Crabs	QLD	76	St. George	NSW	14
A.C.T.	ACT	72	Ipswich	QLD	11
Cronulla Sutherland	NSW	69	Dalby	QLD	10
Osborne Park	WA	68	Armidale	NSW	8
Maryborough	QLD	58	Gosford	NSW	8
Western Suburbs	NSW	57	Devonport	TAS	7
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	B	Mal Parker	North Lodge	VIC	16
70/74	G	John Hughes	Maroochydore	QLD	22
	S	Harold Haigh	Central District S.	SA	11
	B	Alan Burgayne	Cairns Mud Crabs	QLD	8
75/79	G	Frank Griffiths	Ettalong	NSW	28
	S	Jack Rogers	North Lodge	VIC	19
	B	Harry Fowler	Sumerland (Lismore)	NSW	15
80/85	G	Fred Richards	Brisbane North Side	QLD	28

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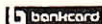
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Shiela Anderson, 1 National
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Alva Wyatt, 1 National
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Margaret Mackinnon, 1 National

Lilian Johnson, 1 National
Godfrey Williams, 2 National
Brad Cooper, 2 National, 1 World
Frank Griffiths, 4 National, 1 World
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Doug Jeffrey, 2 National
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Greg Boneham, 1 National
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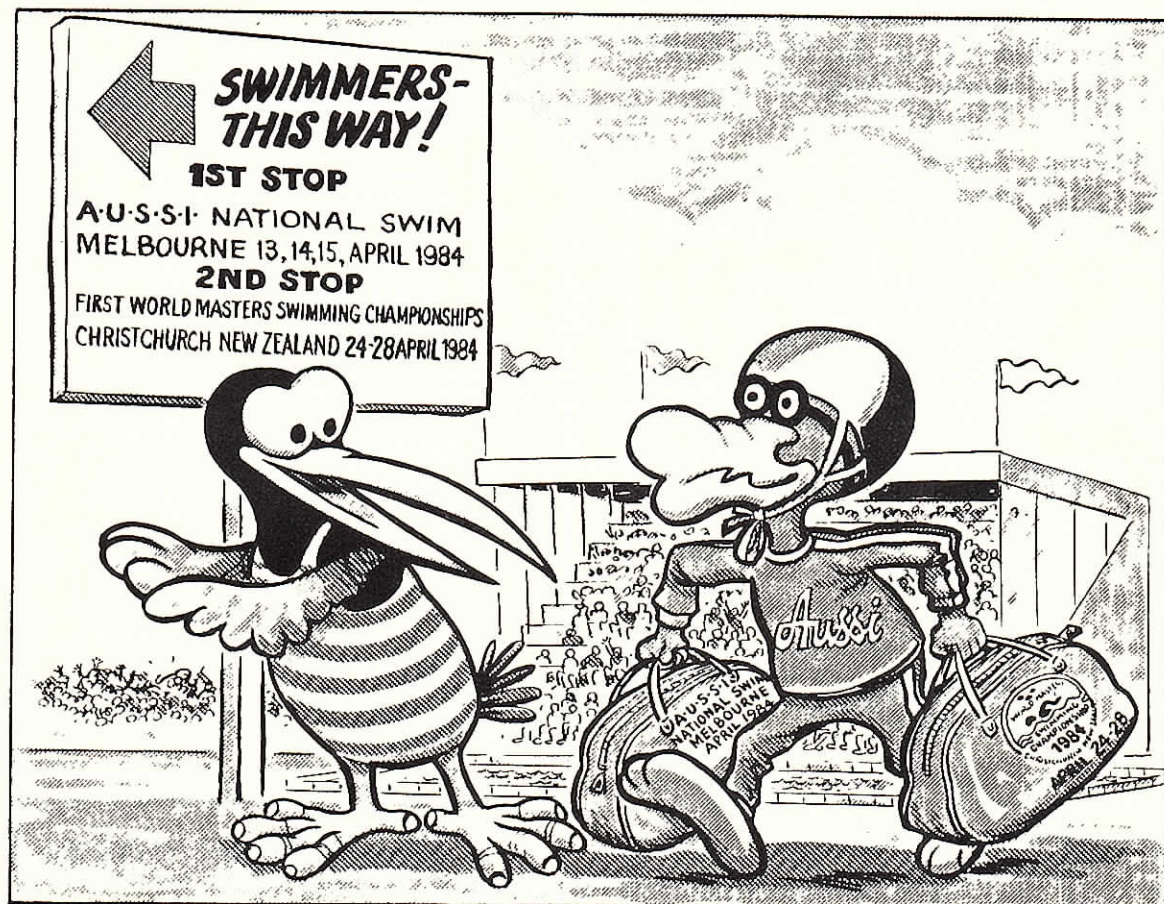
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ually, Percy has been digesting all the fitness and training articles by Kay Cox and Dick Campion and he's never felt so good. Apparently, he intends to show that funny looking Kiwi Bird a thing or two in the Q.E.II Pool.

Having swum up a storm during the Championships, Perc intends to take a break and have a look around the "Land of the Long White Cloud". His travel plans are listed below. Any A.U.S.S.I.s wanting to join him are urged to let us know as early as possible. So, don't miss out.

Oh, by the way, Perc intends taking along some specially designed gear. A new green and gold costume is being organised by Speedo along with a swim bag. Also, a touring T-shirt — in limited numbers, so it's first come, first served.

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U S TOU TO NEW ZEALAND

ITINERARY 1

Sunday, 22nd April — Sydney/Christchurch
Haeremai — Welcome to New Zealand — We wish you an enjoyable holiday in New Zealand. You will be met on arrival at Christchurch Airport by a Representative and transferred to your accommodation.
Accommodation at Canterbury Inn.

Monday, 23rd April to Saturday, 28th April At Christchurch
Your coach is available for transfers to/from your pre-arranged meeting.
Accommodation at Canterbury Inn.

Sunday, 29th April — Christchurch/Dunedin
Leaving Christchurch travel through Ashburton and over the Canterbury Plains.
Continuing south after Timaru, cross the Waitaki River to reach Oamaru, "White Stone City".
Follow the coast to Palmerston and over the hills to arrive in Dunedin, the "Edinburgh of the South". A short sightseeing tour includes the University and Civic Buildings erected by the Scottish settlers, the Octagon — an eight-sided garden area and "Oveston" the gracious home of a prosperous Edwardian family.
Accommodation at Pacific Park Motor Hotel.

Monday, 30th April — Dunedin/Te Anau
Breakfast included.
Travel south past Lake Waiholo before turning inland through the small towns of Balclutha and Clinton to reach Gore.
Drive through Southland sheep farming country to Lumsden and on to Lake Te Anau.
Accommodation at Te Anau Downs Lodge.

Tuesday, 1st May
Te Anau/Milford Sound/Queenstown
Breakfast included.
Drive alongside Lake Te Anau to reach the beautiful Eglinton Valley. After leaving Cascade Creek climb to the Homer Tunnel to descend through the spectacular Cleddau Canyon to reach Milford Sound.
Enjoy a launch cruise on the Sound, which is dominated by the grandeur of Mitre Peak and the Bowen Falls. A steep climb to the Homer Tunnel and the return drive through the forests brings you back to Te Anau.

You return to Mossburn before driving via Five Rivers to reach Lake Wakatipu at Kingston. The road takes you beneath the towering Remarkables Range beside the lake to Queenstown.
Accommodation at Blue Peaks Leisure Lodge/Mountain View Lodge.

Wednesday, 2nd May At Queenstown
Breakfast included.
Sightseeing includes a drive to Coronet Peak, where operational chairlift rides may be taken to the summit lookout for spectacular alpine views. Visit Arrowtown, an historic gold mining village. We include a thrilling jet boat ride on the Shotover River and a gondola ride to Bobs Peak for spectacular views of Queenstown and Lake Wakatipu.
Accommodation at Blue Peaks Leisure Lodge/Mountain View Lodge.

Thursday, 3rd May
Queenstown/Franz Josef Glacier
Breakfast included.
Leaving Queenstown follow the Kawarau Gorge through to Cromwell. A short drive along the Clutha River Valley brings you to Wanaka township.
Skirt the western side of Lake Hawea and climb gradually beside the McKerrow Range to cross Haast Pass, a major reconstruction programme. View the coastal scenery from Knights Point before crossing the many rivers and streams flowing from the upper reaches of the Southern Alps to arrive at the glaciers.
Accommodation at Westland Motor Inn.

Friday, 4th May — Franz Josef/Westport
Breakfast included.
Travelling north follow the rugged coastline through the small township of Ross to arrive in Hokitika where a stop is made at the Greenstone factory to view the manufacture of jade. Continue up the coast to Greymouth.
Travel alongside the Tasman Sea to Punakaiki (view the distinctive rock formations) and on to Westport.
Accommodation at DB Westport.



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Saturday, 5th May
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Breakfast included.

Enter the Buller Gorge and follow the Buller River to Murchison. After passing Lake Rotoiti travel north along the Wairu River to arrive at Picton. 1420 hours — transfer to the Picton Ferry Terminal for travel by the Cook Strait Ferry to Wellington. You are met and transferred to your accommodation.

Accommodation at Blue Heron Motel.

Sunday, 6th May — Wellington/Wanganui
Breakfast included.

Travelling north you follow the coast through the popular beach resorts of Waikanae and Paraparaumu. A short run through the market garden towns of Otaki and Levin brings you across the Rangitikei River to Bulls. Drive on to reach Wanganui.

Accommodation at Wanganui Motels.

Monday, 7th May — Wanganui/Taupo
Breakfast included.

Travel up the winding Parapara Valley and cross the Makatote viaduct before a short drive in to the National Park, dominated by snow-topped Mt Ruapehu. Cross the stark volcanic plateau of the Tongariro National Park to Turangi, a town which grew during the development of the nearby hydro-electric scheme. Travel through the State Forest and skirt the eastern shores of Lake Taupo.

Accommodation at Suncourt Inn.

Tuesday, 8th May — Taupo/Rotorua
Breakfast included.

Enjoy a short stop at Wairakei to view the cascading Huka Falls and geothermal project. Continue north through the manmade pine forests of Tahorakuri and the Waitapu thermal reserve to arrive in Rotorua, the "Sulphur City".

Accommodation at Casterway Motel.

Wednesday, 9th May — At Rotorua
Breakfast included.

Your sightseeing includes Whakarewarewa Thermal Reserve and Maori Village where you can see carvers at work in the Arts and Crafts Institute.

Drive through Government Gardens and Ohinemutu Village. There is time to view St Faith's Church, which is richly decorated with Maori carvings.

Visit the Agrodome — this includes sheep shearing and a sheep dog demonstration. At Rainbow

Springs take a short bush walk past trout pools and native bird aviaries. View the kiwi — New Zealand's famous flightless bird in simulated nocturnal conditions.

At leisure in Rotorua this afternoon to follow your own pursuits.

This evening you will be entertained by a Maori concert party.

Accommodation at Links Motel.

Thursday, 10th May
Rotorua/Waitomo/Auckland
Breakfast included.

Leaving Rotorua travel over forest Mamaku Hills.

Continue to Waitomo where an inspection of the famous Glow-worm Grotto is included. Travel north to Hamilton, the principal dairying centre. Drive on to Ngaruawahia (home of the Maori Royal Family) and on through Waikato farmlands to the Bombay Hills where you join the motorway to reach Auckland.

Accommodation at St Lukes Motor Lodge.

Friday, 11th May — At Auckland
Breakfast included.

At leisure today. No coach use included.

Accommodation at St Lukes Motor Lodge.

Saturday, 12th May — Auckland/Sydney
Breakfast included.

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ITINERARY 2

Sunday, 22nd April — Sydney/Christchurch
Haeremai — Welcome to New Zealand — We wish you an enjoyable holiday in New Zealand. 1550 — You will be met on arrival at Christchurch Airport by a Representative and transferred to your accommodation.

Accommodation at Colonial Inn.

Monday, 23rd April to Saturday, 28th April
At Christchurch

Your coach is available for transfers to/from your pre-arranged meeting.

Accommodation at Canterbury Inn.

Sunday, 29th April — Christchurch/Dunedin
Leaving Christchurch travel through Ashburton and over the Canterbury Plains.

Continuing south after Timaru, cross the Waitaki River to reach Oamaru, "White Stone City".

Follow the coast to Palmerston and over the hills

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Monday, 30th April — Dunedin/Te Anau

Breakfast included.

Travel south past Lake Waiholo before turning inland through the small towns of Balclutha and Clinton to reach Gore.

Drive through Southland sheep farming country to Lumsden and on to Lake Te Anau.

Accommodation at Te Anau Downs Lodge.

Tuesday, 1st May

Te Anau/Milford Sound/Queenstown

Breakfast included.

Drive alongside Lake Te Anau to reach the beautiful Eglinton Valley. After leaving Cascade Creek climb to the Homer Tunnel to descend through the spectacular Cleddau Canyon to reach Milford Sound.

Enjoy a launch cruise on the Sound, which is dominated by the grandeur of Mitre Peak and the Bowen Falls. A steep climb to the Homer Tunnel and the return drive through the forests brings you back to Te Anau.

You return to Mossburn before driving via Five Rivers to reach Lake Wakatipu at Kingston.

The road takes you beneath the towering Remarkables Range beside the lake to Queenstown.

Accommodation at Blue Peaks Leisure Lodge/Mountain View Lodge.

Wednesday, 2nd May At Queenstown

Breakfast included.

Sightseeing includes a drive to Coronet Peak, where operational chairlift rides may be taken to the summit lookout for spectacular alpine views. **VISIT** Arrowtown — an historic gold mining village.

We include a thrilling jet boat ride on the Shotover River and a gondola ride to Bobs Peak for spectacular views of Queenstown and Lake Wakatipu.

Accommodation at Blue Peaks Leisure Lodge.

Thursday, 3rd May

Queenstown/Omarama

Breakfast included.

Follow the Kawarau River to Cromwell and

travel over the Lindis Pass to Omarama.

Accommodation at Omarama Motor Inn.

Friday, 4th May

Omarama/Mount Cook/Christchurch

Breakfast included.

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Drive into the Mount Cook National Park with its 15 peaks all towering over 3000 metres.

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Leaving Tekapo cross Burkes Pass to Fairlie and on to Geraldine — centre of a prosperous farming region.

Travel over the Canterbury Plains through Ashburton to arrive in Christchurch.

Accommodation at Canterbury Inn.

Saturday, 5th May — Christchurch/Sydney

Breakfast included.

Transfer to Christchurch International Airport for your departing flight.

Accommodation at Glencoe Lodge, Mount Cook.

Sunday 6th May — Christchurch/Sydney

Note: Tour B has been extended one day due to rescheduling of aircraft flights.

TOUR A

Based on a minimum of 40 persons travelling utilising share twin accommodation, land content only: \$655.00 per person

Single supplement: \$250.00 additional

COST INCLUDES:

1. Share twin accommodation as per itinerary.
2. 13 breakfasts (whilst on tour only).
3. Sightseeing and entrance fees as per itinerary.
4. Transfers as per itinerary.
5. Private deluxe motor coach whilst touring.
6. Ferry travel Picton/Wellington.

COST DOES NOT INCLUDE:

1. All meals except for breakfasts whilst touring.
2. Trans Tasman airfare.
3. Additional sightseeing.
4. Passport and visa fees.
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Single supplement: \$190.00 additional.

COST INCLUDES:

1. Share twin accommodation as per itinerary.
2. 7 breakfasts (whilst on tour only).
3. Sightseeing and entrance fees as per itinerary.

4. Transfers as per itinerary.

5. Private deluxe motor coach whilst touring.

COST DOES NOT INCLUDE:

1. All meals except for breakfasts whilst touring.
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"LANE 4"

by Dick Champion

When it comes to swimming and A.U.S.S.I. I am purely a competitive animal. I train and swim with regards to what the season offers with carnivals, if there is not much on for a few months then I tone down but fix a date in my mind from which to start training properly. If it's the hectic summer season then I practically live at the pool. The carnivals are my means of motivation and from what I have seen and heard for the past few

years there are a lot of A.U.S.S.I. members in very similar situations.

In this segment, each edition, I am going to try to give points and suggestions to all of those people who get a kick out of competition. I know sometimes I will wander off the track but hopefully I will be giving you a general rundown on what and where you should be with your training and fitness for the following three

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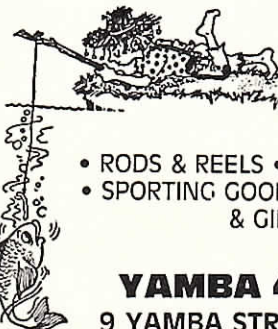


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months after receiving your copy of A.A.S. irrespective of what standard of swimming you have attained. That last comment was directed at those who usually finish outside of the placegetters rather than the "heavy mob" who are usually well versed in planning their season.

Now let's analyse where we are at. It's June, and if you were like me and didn't make it this year to the "Pan Pacifics" or the Brisbane Nationals your last major carnival would have been your State titles. Therefore you would have been ticking over, so to speak, for the past 3-4 months and those that did go to Sydney and Brisbane would have been ticking over for 6-7 weeks.

I think this tick over period is essential not for the body but for the psyche, bodies don't go stale but attitudes do. To enjoy some of the forbidden fruit of the heavy season commitments the lay in, the sticky cream cake, late night movies, and popping a cork or three feels marvellous especially when tempered with the thought from June onwards I will be putting that much more effort into training. By the time June arrives I find I am looking forward to getting back into shape into a little healthier routine and back into swimming. I am not saying everybody should do as I do but once my last major swim of our summer season is over I start running just for the hell of it. To me it makes the break from swimming more complete.

From June on we should all be back in the water working. Here in Victoria we are holding monthly interclub league competition which is getting us into trim. Unfortunately Jackie, my wife, has pinched the A.A.S. to plan Powerpoints attendance at the First World Masters Championships in Christchurch, so I can't recall what winter events are happening in the other States.

What an incentive that is for all of us, the first World Masters titles. As I write it I can feel my pulse quicken or is it because Jackie just nibbled my ear. Before going on to the type of training one should be doing at this time of year I would like to generalise and make some observations.

The observations are although we are getting a great deal of fun and comradeship out of A.U.S.S.I. a great deal of your experience is a very boring training program which definitely

detracts from your competitive performance. Secondly, a great deal of you do not build up and then taper to gain maximum benefit of your training you leave your best efforts back in the training pool.

In these articles I hope to go through all the points and perhaps give you a more beneficial way. In general your year should be, post National or State titles let lose and tick over period, back into a routine around June with a general build up throughout the year until we peak at the Nationals.

Back to the present day we should be striving to get swimming fit, to feel comfortable again in the water with our breathing and stroke ready therefore to take the load we are going to gradually apply.

It's this time of year through to the next copy of A.A.S. we should be doing stroke work over distance rather than heaps of sprint work. Say 25% of our schedule can be fast but the other 75% should be over longer distances with 80-95% effort applied. Lots of arms and legs only. Analyse your stroke, get others to observe and criticise and also count strokes. Don't count every lap but every so often count and get an idea of your strokes per lap. Then try and swim the lap 2-3 strokes less i.e. if you cruise through 50m in 65 strokes try to get down to 62. Once you can do it regularly then try to lower your average lap time without increasing strokes. Make the water feel more solid, make sure you are reaching out and extending at the start of your stroke as well as extending well back with the push without throwing your body out of line. This should apply to all strokes, fly, breast, back and freestyle alike. It is this way that we start to swim economically gaining the maximum distance for the minimum of effort.

No doubt we have all seen the swimmer whose arms become a blur as they thrash around whilst another competitor glides by with a long stroke. Let's eradicate the thrasher stroke from A.U.S.S.I. carnivals.

When you finish your program for the day it is usually with sprint work so still try to keep the stroke count down. Then finally swim a lazy couple of stroke count laps to get the feel of the stroke again.

I'll talk to you all again next issue.



Fitness and Health

TRAINING — THE HOW & WHY

Part 2 by Kay Cox



INTERVAL TRAINING

Counsilman, 1977, defines Interval Training as "that method of training in which regularly repeated periods of exercise at less than maximum intensity alternate with specific periods of rest, sufficiently short so as **not** to allow full or even nearly full recovery from the preceding span of exercise".

That is, to improve cardiovascular fitness, your heart rate must not drop to resting level for 30 minutes or more, depending upon how conditioned you already are. When you rest then it's only for short periods and studies have shown that by manipulating the rest interval between laps, the effort on each lap can be increased and thus increasing the level of cardio respiratory fitness.

When using interval training or for that matter the third type repetition training, you must determine four things:

A. What Distance Will You Swim?

You usually swim your repeat swims over the same distance for which you are training or under that distance. For example, if your swims are for 50 metres and 100 metres, then you should swim any or all of the following distances — 25m, 50m, 75m, 100m. However, the key factors to remember are:

- (i) that the longer the distance you swim the more you are building endurance and the less emphasis on speed. So if 400m is your distance, you should swim more repeats over 200m and 300m rather than 25m and 50m.
- (ii) If you are trying to develop speed then repeats over shorter distances are necessary and if 100m is your distance then more 25m and 50m and even 125m are required.
- (iii) In the case of 200m where both speed and endurance are necessary, you should have repeats of 50m, 200m and vary the distances in between.
- (iv) The variety of distance also keeps the work-out interesting.

B. How Many Repeats To Do?

This is best learnt from experience. However, as a general rule, you can probably only expect to do 40%-60% of your work-out in this form of training. Therefore, if you swim 200m at a work-out then the number of repeats should add up to between 800m and 1200m depending upon the time in your training season. For example, early in the season, you may commence with

4 x 100m or 2 x 200m

8 x 50m or 4 x 100m

depending again whether you are emphasising speed or endurance or both.

C. How Do You Determine The Rest Interval?

The principle to follow is that if the emphasis is on endurance then the shorter the rest interval (RI) should be. That is, if you only allow 5-10 seconds rest then there is little time for your pulse to drop and your oxygen debt is only partly reduced. Of course, your repeat swims will be slower.

There are three types of rest intervals you can use:

(a) Constant rest interval

For example. Swim 6 x 100 (30). This means swim 100m 6 times with 30 seconds rest between each repeat.

This type of rest interval is best used:

- (i) during a low intensity period in a work-out which occurs in between periods of high intensity swimming.
- (ii) When a large number of swimmers of varying ability must swim in a limited space. Everyone gets the same amount of rest.
- (iii) When you are tired or having an 'off' day this type of interval can give some structure to your work-out without worrying about how fast you swim.

This type of rest interval has the practical disadvantage though, that not all of us are good at calculations and if you swim your first 100m in 88 seconds then you leave at 1 min.

58 sec. then the next in 95 seconds then you leave at 2.05 after the start of your second swim, etc.

To overcome this, a second type of interval is departure time (DP) or send-off time.

(b) Departure Time Interval

Also known as constant send-off interval is where the time period between the start of each swim is constant, e.g. 4 x 100 (2.50) means you leave every 2½ minutes regardless of how long it took you to swim the 100 metres. Therefore, to have the same amount of rest you must swim the same time. This is high intensity type work and therefore you cannot expect to do more than 60% of your work-out using this interval as you also have to keep to times that demand 75-80% of your maximum heart rate to achieve significant improvement.

- (c) To add variety to your work-out, you can do variations to these two types of intervals, e.g. rather than swimming a constant distance and taking a constant rest interval, you could increase the distance until you can no longer hold a constant speed while keeping the rest interval constant.

D. How Fast Do You Swim?

This is determined mainly by the answers to the three previous questions. That is, the shorter the distance, the fewer the number of repeats and the longer the rest period, the faster you should go and vice versa. Therefore, if you are concentrating on shorter distances and speed then your efforts will be greater. If you are after endurance then the pace is slower but the rests will be shorter. There is no set formula as there are so many individual differences. Your best guide is to experiment for example, if you are doing 10 x 50m with departure times of 60 seconds, repeat in a few days or a week's time and try to improve your average time. In this way you will determine your limits and control speed according to your needs. After you have swum the same set (a set is a unit of repeats e.g. 10 x 50) several times, a pattern will emerge giving a peak time where you will level off. You will then learn how to pace yourself to achieve this best average time and the only way to continue to improve on this is with improved conditioning, better stroke efficiency or both. You should keep a record of your times so that not only can you recognise

what is a good level but to provide a challenge and identify practice times are improving and the assurance that race times are also improving.

THE BENEFITS OF INTERVAL TRAINING

1. Interval training improves cardiorespiratory endurance and aerobic fitness.
2. It also improves an aerobic capacity and hence sprint times.
3. It introduces a greater variety into your work-outs.
4. It is challenging.
5. It provides a systematic way to monitor your progress and can be adapted to meet individual needs.

A word of caution, however. It is also far more demanding than continuous swimming and can cause tiredness which can lead to the body's failure to adapt. Therefore, care should be taken just when in the programme, i.e. early season, etc. it is used, for how long and an effort must be made by the individual and the coach to understand the variables discussed above and how it can best be utilised. Particular care should be taken with older swimmers and those with any history of or suspected problems with blood pressures or heart.

REPETITION TRAINING

Very similar to interval training except that it is of higher intensity with a long rest period. Defined by Counsilman (1977) as 'that method of training in which regularly repeated periods of exercise at very high intensity alternate with specific periods of rest, long enough to allow virtually full recovery from the preceding span of exercise'.

e.g. 4 x 100 2-3 minutes rest.

When using this method, the same four questions as asked in making up an Interval Training work-out need to be asked, i.e. what distance, how many, what is the rest interval and how fast?

A. How far? This form of training is more specific. That is, you swim mainly your race distance.

B. How many? Being of high intensity, the number of repeats will be less. This can best be gauged by experience as you have to maintain intensity.

C. Rest interval is to allow almost full recovery and will vary according to level of fitness and the distance swum. During the work period, oxygen

debt is not repaid. Therefore, when you finish, you will experience respiratory difficulty, i.e. out of breath and panting. Before starting another effort, breathing should have returned to normal and the pulse below 100.

D. How fast? Because of longer rest, you should perform your efforts at nearly maximum speed.

Once you have reached a high level of conditioning towards the end of your conditioning programme and close to your race date, i.e. during the 'taper' period, this training is of the most benefit. It will contribute little to your conditioning and can, in fact, be harmful in the early stages of a programme. It should not be done after strenuous endurance work when you are fatigued. It is used sparingly perhaps only 2-3 times per week and you should have **recovered** by the **next day's training**. Ideally, when you are in excellent condition and you are doing 40-60% of your programme in it 60-70% (of the difference between rest and maximum heart rate) then you should be able to include 5-10% in repetition training. However, don't become over-tired, adjust the distance, speed, repetitions and rest intervals.

BENEFITS OF REPETITION TRAINING

1. It provides a stress that causes changes in the body enabling the improvement in ability in sprint and middle distance times.
2. Improves an aerobic capacity, i.e. greater efficiency in quick energy release, greater stores of energy, respiratory muscles become stronger, the heart becomes capable of greater pumping action and builds a 'greater tolerance of waste products'.
3. The body makes specific adaptations that are required in race distances, i.e. training demands are more like racing demands. An important feature in refining a training programme, Brems (1980) refers to Repetition Training as the "icing on the cake".
4. To improve speed, some of this training must be done.

Two cautions however. Don't allow yourself to become over-tired. If you are older or have a history of high blood pressure or heart disease, then discuss with your coach and also your medico and learn to monitor yourself carefully. Perhaps you should also re-evaluate your aims of training and your goal priorities! That is, swim for health, fun and fitness.

SPRINT TRAINING

This consists of very short swims at top speed.

e.g. 10 x 50m 20-30 seconds rest

10 x 25m 10-20 seconds rest

The distance is often much shorter than race distance, e.g. bursts of 12.5 metres, 10 metres. Sprint training is similar to repetition training in that they operate on the principle of stress through intense speed which means they build strength and power (an aerobic capacity) rather than endurance (aerobic capacity).

There are, however, differences between repetition and sprint training.

- (a) the rest period in sprint training is shorter. Hence, more distance may be swum but the quality will be less than repetition training.
- (b) the distance in sprint swimming is short enough to reach **top** speed. In repetition training, although at **maximum** effort, it must be over a certain distance and repeated.

BENEFITS OF SPRINT TRAINING

1. It develops strength, power and speed (an aerobic capacity).
2. Plays an important part in the body's adaptation to stress.
3. Improves the ability of the muscles to contract quickly against a force and improves stroke co-ordination.
4. It is necessary for a sprint swimmer to do this form of training in nearly every practice. Also, the endurance swimmer needs to include some in their programme as a sprint is often required at the end of a swim.

CAUTION

- (a) Again, don't become overtired.
- (b) Muscle soreness develops easily with this form of training. Thus, a degree of basic conditioning is needed and a **warm up** of slow easy laps and **stretching exercises** are a must.
- (c) If you develop soreness then don't aggravate this by continuing, rest or change to another form of training.

THE REST INTERVAL

The rest or work relief interval in interval, repetition and sprint training, can be spent stationary at the end of the pool. However, research has shown that recovery is improved by slow movement and this means more can be done during training. Hence, you have effort out and slow swim back depending upon the rest period and the distance swum or you may include "walk backs" in your programme. Another

method is to float and scull while waiting. A sudden stop and complete rest is not as advantageous as slow movement. This is particularly important for recovery at the end of race swims, i.e. don't just hang onto the end, make the effort to keep moving. Also, after a working-out, particularly the more intense type, include an adequate 'cool off' swim.

HYPOXIC TRAINING

This method forces your body to adapt to oxygen debt by limiting your breathing. That is, you breathe every 2nd, 3rd and 4th stroke etc. rather than every stroke. This means you are adding an extra stress with hypoxic training and hence it is a long range project which must be used with caution and avoided when high quality and speed are important. We discussed breath holding and age in previous articles. This method of training has severe limitations when dealing with adult and older swimmers and its use in a programme needs to be adequately justified and carefully monitored.

BENEFITS OF HYPOXIC TRAINING

1. Its main value is that it increases the efficiency of the muscles and improves your ability to tolerate the pain of oxygen debt (when the body uses more oxygen than it takes in).
2. It has value in improving general conditioning as it increases your heart rate higher over the same distance swum in the conventional manner.

CAUTIONS

- (a) Holding the breath too long can cause unconsciousness.
- (b) If headaches develop, they should disappear within 30 minutes. If not, discontinue or decrease.
- (c) Control the speed of training.
- (d) The shorter the distance, the more armstrokes are done between breaths, e.g. 50m (3-4 arm cycles); 400m (2-3 arm cycles).
- (e) Do not alter your stroke when using hypoxic training as this will change your efficiency and decrease or even ruin any effect training has had on your performance.
- (f) Use sparingly 1-2 times per week if you wish to use this form of training. However, as there is a lag time of 1 week, to gain benefit, it must be done more than 6-7 days before competition.

INTEGRATING OF YOUR TRAINING

No one method is a complete method of training. You should plan to use more than one and even all four in one work-out.

Integration —

- (1) placed different stresses on the body and hence, different qualities are developed.
- (2) provides variety and release from boredom.

Examples of integration will be given in the next article which will deal with the entire season and how to plan your programme. The important factor to determine is what you aim to achieve by undertaking swimming training, i.e. what are your aims and goals? The answer to this question will determine the type of programme you do.

SUMMARY

1. **Exercise** is a stress.
2. **Training** is the favourable adaptation to a stress which improves certain bodily functions and hence performance.
3. **A training programme must:**
 - (a) have definite aims
 - (b) be systematic
 - (c) be individual
 - (d) be of sufficient intensity, duration to produce the 'training effect'.
4. **The principles of training to be observed are:**
 - (a) overload
 - (b) progression
 - (c) intensity
 - (d) frequency
 - (e) duration
 - (f) fun
 - (g) specificity
5. **Methods of training**
 - (a) Overdistance — training at distances greater than those for which you specialise. Develops endurance.
 - (b) Interval Training — submaximal periods of swimming alternating with controlled short rest periods. Develops endurance and speed.
 - (c) Repetition Training — maximal periods of exercise at near top speed alternating with long rest periods equal to at least 2-3 times the time of the swim. Develops maximum speed.
 - (d) Sprint Training — short fast all-out swims done with moderate rest. Develops speed.
 - (e) Hypoxic training — training in which you limit breathing while swimming. Develops breath control.

6. **Integration of all types of training** is essential for a well-balanced and effective programme. No one type of training is effective.
7. **Training not straining** — you are trying to achieve favourable adaptation to stress, not greater stress, fatigue or exhaustion.

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4. Counsilman, James E. *The Complete Book of Swimming*. Atheneum New York, 1980.
5. Fox, Edward L. Mathews, Donald K. *Interval Training, Conditioning for Sports and General Fitness*. W.B. Saunders Co. Philadelphia, 1974.

Calendar of Coming Events

1983

- July 13: Ettalong Carnival (Pelican P.S.)
G. Varley, C/- Olympic Pool, Blackwall Road, Woy Woy
- July 30: Wests Post Entry Carnival, Contact Ann Still (02) 604-6902
- August: Inter-club Swim North Lodge, Bob McCabe (03) 546-2542
- September 17: Sharks Spring Splash (Pelican P.S.), Beryl Stenhouse (02) 523-2361
- September 18: Toowoomba Tadpole Emergens, Malcolm Stevens (076) 30-8158
- September 18: Inter-club Swim Syndal, Leigh Pretty (03) 726-9071
- October 1: Hunter Carnival (Pelican P.S.), Bob Ford, P.O. Box 149, Merewether, 2291
- October: Inter-club Swim Diamond Valley, Lea Gill (03) 435-9239
- October 22: City Mutual City of Sydney Relay Championships
Contact National Office (02) 521-8636
- November 5: Hills Swim (Pelican P.S.), Pat Sommerville (02) 477-4024
- December 3: Western Suburbs Swim (Pelican P.S.), Ann Still (02) 604-6902

April, 1984

Friday 13, Saturday 14, Sunday 15 in Melbourne.

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P.O. Box 2607, Christchurch, New Zealand

- N.S.W. — June Kuhn, 32 Woods Road Sefton, 2162 — (02) 29-5412 or (02) 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., Mianetta Park, Devonport, 7310 — (004) 24-6093
- VIC. — Barbara Wilson, 5 Bennett Ave., Mt. Waverley, 3149 — (03) 233-4847

TO ALL SECRETARIES

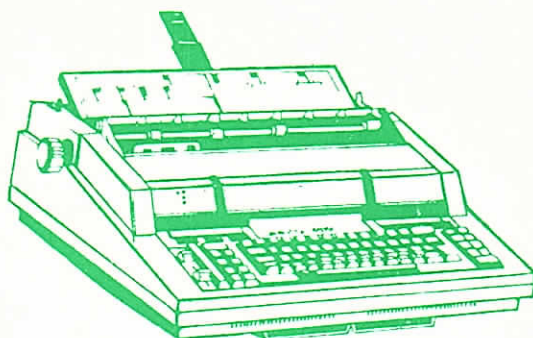
Details of your coming events (date, venue, contact) for inclusion in the September edition of A.A.S. must be received by 1st August, 1983.

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

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