

AUSSI



OFFICIAL JOURNAL OF THE AUSTRALIAN UNION OF SENIOR
SWIMMERS-INTERNATIONAL

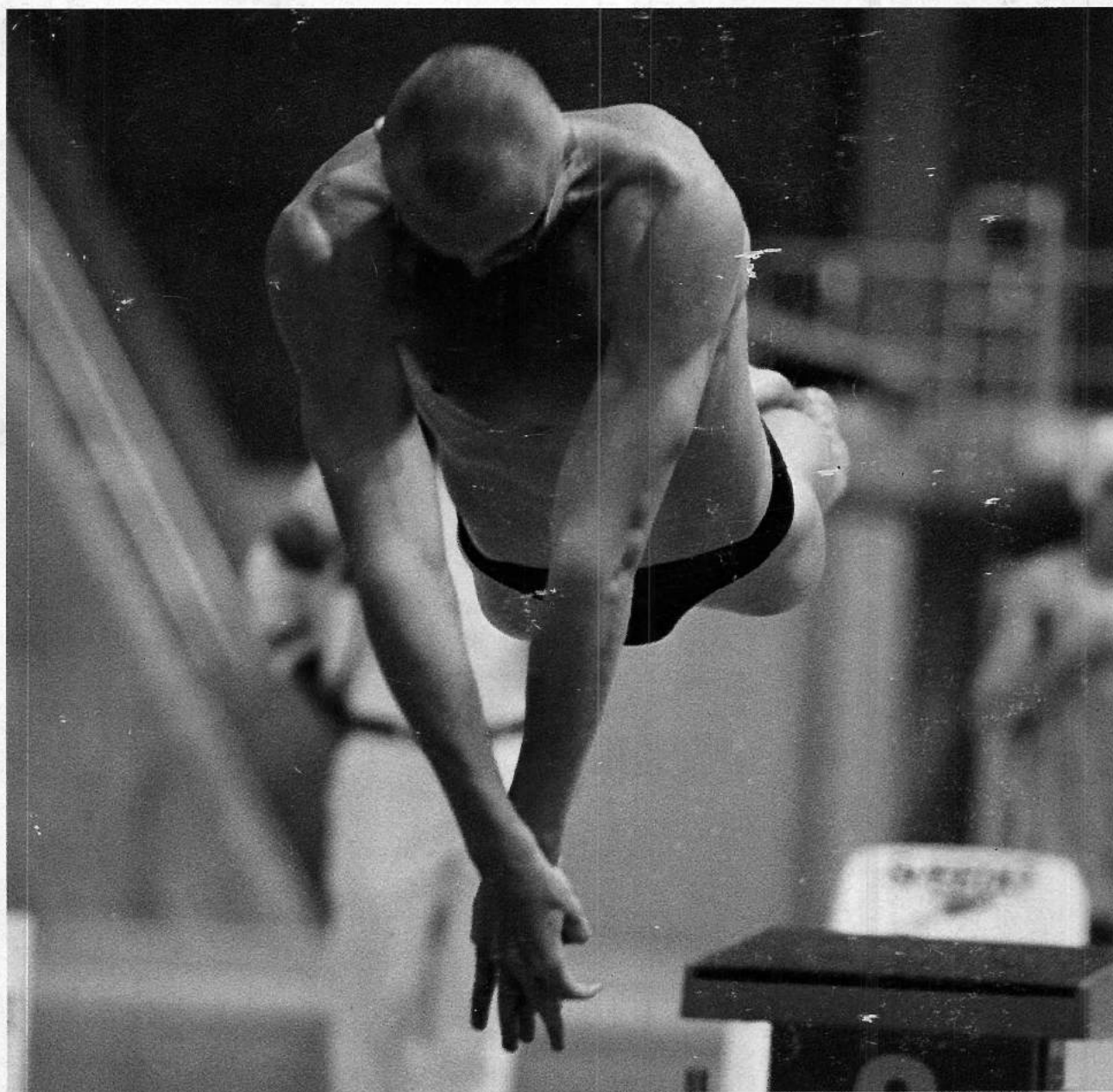
Registered for posting as a publication (Category B) Australia Post NBP3475

JANUARY, 1984

P.O. Box 456, Sutherland.

\$2.50

Phone: (02) 5218636 (office)



Travel with Carah Coaches and expect the best...



Are you looking for a holiday that will...

- Show you the best of Queensland's contrasting scenery
- Accommodate you in luxury, pamper you in air conditioned comfort and safety.
- Wine you and dine you in a friendly and relaxed atmosphere.

We offer basic tour programmes which will suit your budget (with NO hidden costs), and can be tailored to your own choice of duration – ask your travel agent for a brochure, or write to us and we'll forward details immediately.

Departures from all over Australia with AIR and RAIL packages at **discounts** to you!

...then a CARAH holiday is for you!

CARAH COACHES PTY. LTD. SYDNEY: 4th Floor Suite 409 Imperial Arcade Pitt Street Sydney NSW 2000.
Phone: (02) 2331088 Telex 26135 BRISBANE: 8th Floor Estates House 127 Creek Street Brisbane 4000.
Phone: (07) 229 3238 Telex: 43070

National Record Holders a certificate in recognition of their achievement. (To take effect from September 17, 1983.)

The National Aerobics Recorder, Glenys McDonald, moved:

THAT the Aerobic Trophy be fully accepted by all Branches in its present format. Also, that a committee be appointed at the Mid Year Council Meeting in 1985 to assess all aspects of this Trophy and make recommendations to the Annual Council Meeting in 1986. A two year period is essential (i) for full acceptance; (ii) for figures and times to become available on Australian swimmers for assessment.

CARRIED

During discussion on Branch Agenda items two motions were carried:

THAT the National Executive list requirements of host Branches in the conducting of a National Swim and Presentation Dinner, subject to ratification by Council.

and

THAT certificates be awarded for 1st, 2nd and 3rd placegetters per stroke, per age group, at National Championships. Clubs feel that the form of recognition would be an incentive for swimmers who do not achieve the number of aggregate points to obtain a medal in their age group. The certificates need not be awarded at the Presentation Dinner, so as not to prolong presentations but could be posted at a later date. A controversial motion regarding relay age groupings had delegates divided. However, finally carried was the motion:

THAT rule 7(b) part 11 now read for relay teams age groups be:

Under 120 years

from 120 to 159 years inclusive

from 160 to 199 years inclusive



At Dinner — Hosted by Des McCormick — to his right Greg Caughey (Vic); Toni Morris (WA); Ray Rose (Qld); June Kuhn (NSW) — camera shy also; Brian Hird — lovely back view; Ivan Wingate (WA) — lovely profile; Audrey and Gary Stutsel (special guests); Judy Ford (ACT) — still out of camera range.

from 200 to 239 years inclusive

from 240 to 279 years inclusive

from 280 to 319 years inclusive

from 320 and over

The age of a relay team shall be the sum of the ages in whole years of its members.

The Council Meeting directive to the National Recorder was that the Top Ten will carry both relay age groups. All past relay records are now history. New records are now to begin.

Also minuted — Council discussed the relay trophies and decided that the National Executive would attend to the mechanics of changing the plaques.

A motion was carried to form a Technical Committee to look into all rules and procedures. Any recommendation

must be forwarded to the National Executive to be circularised to all Branches.

A progress report on the 1984 National Swim was presented by Geoff James (Victorian Carnival Committee). Council decided that fees must be stated as Competition, Presentation Dinner and Social. Also, that an advance from National funds would be paid to the Victorian Carnival Committee.

The above is a brief summary of 16½ hours of meeting and 20 pages of minutes. Comments are welcome in Swimmer's Viewpoint. Please contact your Branch Secretary for clarification or further details of any item mentioned.

Carol
Editor.



The National Aerobic Trophy began as an idea from the Carine AUSSI club of Western Australia. Jan vanden Driessen, himself a club coach, wanted an alternative to competition to encourage all swimmers to improve their fitness. His idea was taken up by the Western Australian Branch and a committee was formed to look into ways this could be achieved. This committee was lucky to have as its chairperson, Kay Cox, who has a Masters degree in Physical Education, and a lifetime interest in swimming.

The AUSSI National Awards were used as a basis for this trophy. The rules were

THE NATIONAL AEROBIC TROPHY AUSSI MASTERS SWIMMING IN AUSTRALIA

adapted slightly to provide for maximum aerobic improvement. Times and point-scores were developed to provide incentives. These scores were based on Coopers (1977) Aerobics system where he gives one point for every 7 ml. of oxygen consumed per kg. of bodyweight per minute. The times were based on available Masters Swimming and AUSSI times for different distances and strokes.

The points system allocated points for swims based on the time taken to cover the distance. As the persons level of fitness improves, then his/her time for the distance should decrease and earn more points. As fitness increases, the person is able to put in more effort to achieve these faster times. Points, therefore, are allocated on the amount of effort expended to swim these times.

The point scoring system does assume a swimmer has an average level of swimming efficiency and technique. Allowances in the tables were made for

the decrease of aerobic fitness which occurs with age, and the fact that women have a lower aerobic power than men.

Rules, pointscores and tables were printed and the Western Australian Branch launched this idea on its own clubs. The reaction was swift and encouraging. Swimmers who had previously plodded up and down the pool doing slow laps in between competitions, were now tackling these swims and comparing their efforts for point allocation: Swimmers who lacked the confidence to swim at interclub, State or National swims were happy enough to tackle a 400m award at club level being timed by their friends: Country clubs who could not fully participate in competition in Western Australia (many country clubs being more than 2,000 kilometres from Perth) could now participate fully in the Aerobic Trophy.

So, an idea had been conceived and put into action. Its aim was not to detract

Sheraton POLISHES

**ADDS THE SMILE
TO YOUR
FURNITURE!**



warded further details in the near future.
GENERAL:

The 1984 National Swim will be held at the 50m State Swim Centre indoor heated pool in the heart of Melbourne 200m from St. Kilda Road and Swanston Street and opposite the lovely Yarra River which has many picturesque walks along its banks. A kiosk is situated inside the pool and special arrangements have been

made for the provision of suitable food for sale.

A tram service can take swimmers to the many motels and hotels which are near or within the city. The heart of Melbourne is within walking distance of the pool. Ferry boats travel up and down the Yarra at regular intervals during the day and night. The Sidney Myer Music Bowl and Alexandra Gardens are just

across the river.

Bookings for accommodation have been made in the Queens Road area which is within walking distance of the Power House Clubhouse where the welcoming and presentation functions are to be held. This area is also within close proximity to the St. Kilda entertainment area.

HEARD BY HIRD



September 16th and 17th 1983 are two dates to be remembered. These are the dates on which AUSSI held its first seminar-type Mid Year Conference.

Delegates from each Branch arrived in Sydney on Friday night 15th for an informal introductory dinner at the local Pizza house.

Peter Jackson officially opened the Conference at 9.05 a.m. Saturday morning and closed it at 6.31 p.m. Except for morning tea, lunch and afternoon tea breaks, all time was spent on AUSSI affairs. Sunday was just as hectic, opening at 8.52 a.m., closing at 3.24 p.m. with morning tea and lunch breaks.

Although I have thanked all the Delegates personally, I would like to

publicly thank them for their time, input and co-operation given, to make this Mid Year Conference a huge success.

Many items of business were discussed and one was the introduction of the new format for the AAS Journal. A lot of ground work was done by Carol Davis, Peter Jackson and myself, before we put forward a proposal by the Ink Connection, which we consider to be the best quote and quality product available. There was much discussion on this subject before Ray Rose (Qld) moved that we accept their quotation for a 12 month (4 copies) period.

Another motion which I feel is worthy of mention, because it changes one of AUSSI's rules dramatically is that the age groups in relay events for National Meets and Championships read as follows:- Under 120 years: from 120 years to 159 years inclusive; then in 40 year total age brackets thereafter till 320 years and over. Like the 20-24 age group motion, this also turned out to be a controversial topic. Each Branch was given the right to speak for or against the motion. An amendment was proposed by Greg Caughey (Vic), seconded by Chris Bell (Qld) that the age grouping for relays be 20 plus, 25 plus, 35 plus etc. The Chairman once again gave each Branch Delegate the opportunity to speak for or against the amendment. The amendment was put and a tied vote resulted. The President with his casting vote declared the amendment LOST.

By this time it was getting late so Ian Wingate (S.A.) moved further discussion and voting be held over until the next day. This was seconded by Chris Showell (Tas). The stalemate was broken and everyone met for dinner one hour later, where I feel much lobbying was done throughout the night.

The meeting re-opened Sunday at 8.52 a.m., and straight away Chris Showell (Tas) moved an amendment which was seconded by Ray Rose (Qld), that rule 7(b) part 11 now read for relay teams age groups be: Under 120 years, from 120 years to 159 years inclusive, from 160 to 199 years, from 200 to 239 years, from 240 to 279 years, from 280 to 319 years and 320 years and over. The age of a relay team shall be the sum of the ages in whole years of its members. Greg Caughey (Vic) countered with another amendment which was seconded by Chris Showell (Tas). That a 20 year and over age group be added to rule 7 section

(b) sub section 11. Then at the end of the 1984 National Swim Rule 7(b) part 11 read, teams age groups be as proposed in the amendment. This motion lost 4/3. The amendment was put and carried 6/2.

So once again AUSSI leads the way with a new type of relay age grouping. I gave this example to show AUSSI members how enthusiastically their delegates work for their particular Branch's views.

At the completion of the Conference we broke for afternoon tea 3.24 p.m. for 15 minutes, then those involved moved straight into the matter of incorporation and setting up of the new constitution. This meeting lasted over two hours, and it is quite obvious that there are many pros and cons, but future discussions with Branch delegates and legal representatives should solve most of the problems.

This leads me to another pet subject of mine, communication. It is (I hope) a known fact that if a member has any grievance he/she goes to his/her Club Executive, who in turn takes the matter up with their Branch Executive, and if required they in turn take it to the National Body. This should also work in reverse. You are now reading a National Journal which goes to all members, so how about the Branch Executive, giving their news through this media, to their members.

1983 is closing fast, and in hind-sight it has been a very busy year in all facets of AUSSI swimming. Nationally we are working more professionally and from input received by me via the Branch's minutes, I perceive that AUSSI is expanding rapidly. The Aerobic competition has taken off, thanks to the persistence of Glenys McDonald, W.A. Secretary. Top Ten and National Records are now being kept in a more professional manner by Peter Gillett, President S.A. Branch and his crew. To these two people and their helpers we owe our thanks. The Victorian Branch seems to have the 1984 National Swim well in hand, so all in all I feel we can confidently say, we have had another successful year in AUSSI.

In closing I would like to wish all AUSSI members and their families a Merry Christmas and a Prosperous New Year.

Yours in swimming

Brian
National Secretary.

SUMMARY OF MID YEAR CONFERENCE

Minutes

September 16 to 18, 1983

The Mid Year Conference was held in the Sydney suburb of Miranda. The delegates stayed at the Miranda Sunset Motel whose conference facilities were used.

Present were the National Executive: Peter Jackson, Brian Hird, Mary Connolly, Des McCormick and Carol Davis.

N.S.W. June Kuhn, Bob Dorrington
A.C.T. Judy Ford, Robin Sweeney
VIC. Geoff James, Greg Caughey
QLD. Ray Rose, Chris Bell
S.A. Peter Gillett, Ivan Wingate
W.A. Glenys McDonald, Toni Morris
TAS. Chris Showell

After the chairman had welcomed all present, the minutes of the Annual General Meeting, April 14, 1983 were confirmed.

In Business Arising, questions were asked regarding AUSSI's Public Liability Policy. This policy covers all AUSSI clubs. The policy is for 2,000,000 dollars. Cost to Branches, not known at that time. Payment had been made by the National Treasurer from National funds. A copy of the policy to go to all Branches, on receipt of said policy.

During the Treasurer's Report a motion was carried to form a Finance Sub-Committee to:

1. Examine future financial reporting and format.
2. Examine internal booking systems.
3. Future financial planning of the Association.



Glenys McDonald, Toni Morris (WA); Ray Rose, Chris Bell (Qld); Ivan Wingate, Peter Gillett (SA); Greg Caughey, Geoff James (end of table) (Vic); ACT delegates — out of camera range; Chris Showell (Tas); Bob Dorrington (NSW) — standing.

The Treasurer will be part of the Sub-Committee and the committee will assist in making a difficult job a little easier. The Treasurer, Mary Connolly, recommended no increase in fees for 1984.

The National Swim Report 1983 was presented by Ray Rose and fully discussed by all present.

During the National Fitness and Coaching Report, Des McCormick outlined future plans, briefly:

1. Educate the Coaches.
2. Prepare the Swimmer.
3. Advise on programmes.

4. Meet with Branch and Club Fitness and Coaching Director and with the individual swimmer.
5. Organise seminars.

It was decided during the Conference that any Branch wishing to have the National Fitness and Coaching Director attend a seminar, should invite him to do so. The expense of the seminar was the Branch's responsibility, while National funds were to meet travelling and accommodation expenses.

Of great interest was the application made by the National Body to the Federal Government for a grant to employ a part-time National Fitness and Coaching Director. The result of the application is as yet unknown. However, such a grant would facilitate the setting up of our own coaching accreditation scheme.

The report from the Editor of AAS, Carol Davis, carried a proposal for a new presentation of AAS. Delegates carried a motion that a twelve month contract with the Ink Connection be entered into. At the end of this period, it is hoped that the journal will be showing some profit or at least be self supporting.

During discussion on Sponsorship a motion was carried — That AUSSI should not seek or receive sponsorship from tobacco firms.

The National Recorder, Peter Gillett, requested a budget based on costs of producing the 1982 Top Ten and for producing the 1983 Top Ten. The budget as presented was adopted.

The National Recorder also undertook to notify all Branch Recorders of the requirements from swimmers who swim form strokes in Freestyle events for Top Ten or record attempts.

A motion was carried to present all



The President, Peter Jackson — giving the thumbs up sign. Mary Connolly (National Treasurer) in conference with Des McCormick (National Fitness and Coaching Director). Under the table?? Could it be WA? Ray Rose and Chris Bell (Qld) debating? Ivan Wingate (head down) and Peter Gillett (standing) (SA). Back view of Victorians. ACT — Robin Sweeney and Judy Ford — definitely not camera conscious. Chris Showell (Tas) and Bob Dorrington (NSW) — at least trying to get in the picture. Brian Hird (National Secretary) — "He's making a little list. . ."

1/2 MILE CLUB - RESULTS -

LADIES 19-24

J. GRANT	Thunderbay	11:10.14	
K. BORAN	Point Clare	11:21.00	
C. INGLETON	Thunder Bay	11:47.12	
D. JOLICOEUR	St. Laurent	12:36.00	
K. MANUEL	Halifax	12:43.00	
L. COUVRETTE	Laval	14:30.00	
J. SAVARD	St. Laurent	14:55.00	
L. BOURGEAU	St. Laurent	15:20.00	
M. HIROU	St. Laurent	12:20.00	
K. PARSONS	Berkley Vale	21:28.00	Aust
D. POGGEMILLER	Vernon	23:03.00	

LADIES 25-29

M. ECCLESTON	Sydney	11:04.07	Aust
S. STAFFORD	Winnipeg	12:02.00	
D. BENSTEAD	Calgary	12:10.00	
J. SUTHERLAND	Edmonton	13:25.00	
L. LONDES	Edmonton	14:15.00	
S. GALLOWRY	Gatineau	14:45.00	
L. HAINES	Dartmouth	15:02.00	
P. MAUNULA	Winnipeg	15:11.03	
C. KOTWALL	Edmonton	15:15.00	
H. SEKIVA	Edmonton	15:15.00	
S. McKINNIN	Thunder Bay	15:32.00	
S. POIRIER	St. Laurent	16:05.00	
D. WADE	Siemon Park	16:52.00	
D. MANN	Vernon	17:05.50	
D. DANSEREAU	Shearwater	19:39.44	
L. CAIRNS	Thunder Bay	24:32.00	

LADIES 30-34

J. JOHNSTONE	Windang	13:55.41	Aust
M. YOHEMAS	Edmonton	14:45.00	
L. FREED	Dolans Bay	14:45.13	Aust
M. DANIELSON	Lethbridge	16:54.35	
S. STRANGE	Hamilton	17:18.77	
C. COTE.SAVARD	Jonquere	17:37.00	
M. SUTTON	Hornsby Hts	20:04.32	Aust

LADIES 35-39

D. BUKOWSKI	Kirkland Lake	12:25.00	
D. SHRIVELL	Pointe Clare	12:54.00	
L. CLARK	Winnipeg	13:06.31	
G. KLEIBER	Scarborough	13:48.54	
N. JONES	Ourimbah	14:49.00	Aust
B. HO	Blacktown	16:52.33	Aust
L. THELINS	Baulkham Hills	17:17.86	Aust
L. GRAVEL	Jonquere	18:31.00	
C. DAVIS	Jannali	18:39.13	Aust
L. RAMSEY	Vernon	19:23.40	
F. HORNE	Winnipeg	26:09.92	

LADIES 40-44

J. ODLUM	Scarboro	14:09.00	
J. FORD	Holt	14:46.00	Aust
L. WILSON	Greenpoint	16:19.15	Aust
L. WOODLAND	Caringbah	16:27.71	Aust
A. HUNT	Blacktown	17:20.30	Aust
B. STENHOUSE	Cronulla	17:43.10	Aust
T. St.AMANT	Thunder Bay	17:35.41	
M. ROBERT	St. Laurent	17:55.00	
V. SHIRLEY	Blacktown	23:25.65	Aust
F. McLEAN	Narara	26:20.68	Aust

LADIES 45-49

B. WILSON	Melbourne	12:32.03	Aust
B. WHITTALL	Schomberg	12:35.00	
E. MacKENZIE	Chapman	16:54.91	Aust
K. KELCH	Winnipeg	18:05.40	
M. GILCHRIST	St. Laurent	18:35.00	
B. DANCER	Thunder Bay	26:12.14	
H. NUSSBAUM	St. Laurent	28:10.00	
J. PIPER	Woy Woy	28:25.98	Aust

LADIES 50-54

J. GULYAS	Pointe Clare	15:17.00	
M. SIMARD	St. Laurent	17:30.00	
O. GILBERT	St. Laurent	18:10.00	
B. MURPHY	Cronulla	20:25.00	Aust
E. HARRISON	Lethbridge	23:06.32	

LADIES 55-59

H. CATY	St. Laurent	16:25.00	
L. JAMNICKY	Calgary	18:54.00	
R. CAMPBELL	Caringbah	19:38.41	Aust
N. AYRES	Melbourne	26:36.98	Aust
E. MELDRUM	Blacktown	27:17.67	Aust
R. HAYES	Cronulla	27:32.07	Aust

LADIES 60-64

N. ROWE	Caringbah	16:33.29	Aust
N. VAUGHAN	Cronulla	27:14.02	Aust

LADIES 70-74

E. BROWN	Vernon	26:07.23	
----------	--------	----------	--

LADIES - NO AGE GIVEN

T. LAVOIE	Jonquere	18:58.00	
-----------	----------	----------	--

MEN 19-24

R. BRASH	Wamberah	13:04.73	Aust
Y. RICHARD	Jonquere	13:51.00	
O. CATO	St. Laurent	14:34.00	
S. KERFORD	Calgary	14:34.00	
J. TIMMONY	St. Laurent	16:10.00	

MEN 25-29

D. POGGEMILLER	Vernon	10:57.04	
R. McGREGOR	Copacabana	11:30.20	Aust
W. McDONALD	Cronulla	11:40.27	Aust
J. YOUNG	Winnipeg	12:12.28	
S. THOMPSON	Edmonton	13:03.00	
B. LINES	Edmonton	13:07.00	
H. WAKENHAM	Edmonton	14:50.00	
G. COOGAN	Blacktown	16:01.00	Aust
W. CONFORD	Heathcote	16:29.19	Aust
A. JENNINGS	Narara	20:19.00	Aust

MEN 30-34

L. McDUGAL	Thunder Bay	11:39.00	
M. DELANEY	Pointe Clare	11:52.00	
P. DELANEY	Pointe Clare	11:58.00	
R. CUSSON	Gatineau	12:20.00	
P. SWEENEY	Lyons	12:24.23	Aust
R. JENNINGS	Edmonton	12:30.05	
V. WU	Edmonton	15:50.00	
P. McKINNON	Calgary	16:41.00	
S. ENTZ	Lethbridge	18:10.05	
P. CRANE	Edmonton	18:30.00	

MEN 35-39

G. SHRIVELL	Pointe Clare	10:43.00	
B. DAVIS	Terrace	11:18.00	
D. BAILLIE	Calgary	12:15.00	
A. HUBBARD	Vernon	12:27.00	
C. BERGER	Brossard	12:54.00	
R. WOODLEY	Winnipeg	13:28.58	
R. BAMBURY	Dartmouth	14:50.00	
P. PLANTADE	St. Laurent	15:40.00	
J. CANTIN	Jonquere	15:45.00	
R. PRADINUK	Winnipeg	17:04.71	
M. MURPHY	Dartmouth	25:18.31	

MEN 40-44

B. FINLAY	London	11:08.04	
H. JONES	Ourimbah	13:30.00	Aust
S. CONNER	Sutherland	15:19.00	Aust
J. McPHEE	Pointe Clare	15:24.00	
A. MacGREGOR	Calgary	15:34.00	
J. HORNE	Winnipeg	18:39.72	
R. NAPIER	North Rocks	19:00.60	Aust

MEN 45-49

J. KLIGMAN	St. Laurent	12:10.00	
A. MacKENZIE	Dartmouth	12:29.31	
D. SMITH	Melbourne	12:30.88	Aust
J. LIPPINGHOF	Brossard	12:32.50	
P. KEMP	Wamberah	14:05.01	Aust
R. YOSHIDA	Lethbridge	15:39.84	
A. PIPER	Woy Woy	16:50.00	Aust
O. MALTAIS	Jonquere	18:08.00	
B. McLEAN	Narara	28:24.88	Aust

MEN 50-54

J. GRAY	Pointe Clare	11:53.00	
J. BROWNJOHN	Sutherland	12:14.59	Aust
B. MALCOLM	Melbourne	14:25.22	Aust
I. WEINTRUB	Pointe Clare	17:36.00	
N. BURTON	St. Laurent	18:10.00	

MEN 55-59

T. DONAVAN	Melbourne	13:24.34	Aust
R. SMITH	Wyevalle	17:10.00	
D. COLLENS	Dartmouth	19:31.90	

MEN 60-64

A. KRASEY	Melbourne	17:31.23	Aust
A. BAILLEY	Gosford	21:40.00	

MEN 70-74

B. HAMMERTON	Winnipeg	13:49.61	
B. COYLE	Bloomfield	16:59.00	USA

MEN - NO AGE GIVEN

R. VERREAULT	Jonquere	15:13.00	
R. TREMBLAY	Jonquere	15:27.00	
G. DELISLE	Jonquere	16:01.00	
P. BOUCHARD	Jonquere	17:19.00	
R. VEILLETTE	Jonquere	20:46.00	

N.S.W. NEWS

N.S.W. held its inaugural Short Course Championships at Tamworth early September. Unfortunately, due to school holidays, many of our members couldn't make it. However, 45 swimmers from various clubs participated and 20 individual records were broken. A commendable effort to the individuals who set records as the pace of events swum was somewhat speeded up because of lack of competitors. Congratulations to the Tamworth Club taking home the N.S.W. Short Course Perpetual Trophy.

The N.S.W. Branch has now a new Secretary, Ken Ford of Coogee-Randwick club. President, elected again, is Des McCormick (Hills) Treasurer, Bob Dorrington (Blacktown).

As Publicity and Promotions Officer, I have been working very hard at fund raising for our N.S.W. Awards Night to be held in September 1984. There are three categories: 'Swimmer of the Year', 1 male 1 female; 'The Gary Stutzel' award, for the person who has contributed most to the advancement of the AUSSI N.S.W. in the past year and the 'Club Administration Award'. We plan a three course meal at a large venue at one of Sydney's lovely hotels, a night where hopefully all members of AUSSI N.S.W. will gather for a "STORM".

The N.S.W. Branch assisted the National Body in conducting the City Mutual City of Sydney Relay Championships on 22 October, all in aid of the Asthma Foundation of N.S.W. It was our first really big effort at swimming under the new relay age groups. However, as the day was a fun and promotional day, we were unable to go out after the records.

It was great to see teams from Helena Rubinstein, Parke Davis, City Mutual and Warringah Shire Council compete with the AUSSI clubs. Let's hope we gain these folk as members of AUSSI. They certainly seemed to enjoy themselves.

Congratulations to Warringah Masters who won the open 8 x 50 freestyle City Mutual Shield. Is that club going to rewrite the Relay Records? You bet they are. Also a big cheer for Ettalong and Cronulla/Sutherland who took out most of the Fun Awards. These clubs really entered into the spirit of the day. I wish I'd had my camera. Some of those costumes were priceless.

The N.S.W. Executive was requested to nominate a female member for the prestigious Sportswomen Association of Australia (N.S.W. division) Award. The unanimous choice was Elizabeth Wallis from Warringah Masters. At our National Swim in Brisbane in April this year, Liz set a world record in the 400m F/S and 5

new National Records. We are certain that if chosen, Liz will be a worthy ambassador for AUSSI.

I must conclude by wishing everyone a very Merry Christmas.

Val Dorrington.



Elizabeth Wallis

PROFILE

Ken Ford, Secretary N.S.W. Branch
Ken hails from our Coogee/Randwick Club and has been a keen sportsman for many years. He boxed and rowed at State level and enjoyed some success at fencing. He was a surf club member from junior upwards.

Ken served six years in the Navy during the war then joined the Department of Shipping as a Marine Surveyor for thirty years. For twenty five years he was Director of a large service club, including sixteen years as President of both Sub Branch and Club.

A foundation member of Coogee/Randwick AUSSI in 1979, Ken has been included in the National and State Top Ten each year, also a holder of a National Record. He rates his best ever single performance to date, being the 1983 Pan Pacific gaining a personal tally of 4 gold, 1 silver and 1 bronze medal.

We wish him well with his new position.
Val Dorrington.

N.S.W. SWIM MEET DATES, 1984

February 4	Armida
February 18	St. George
March 24/25	State Cup
May 6	Blacktown
May 19	Coogee/Randwick
June Long	
Weekend	Tamworth
July 14	Warringah
August 4	Ettalong
September 15	Cronulla/Sutherland
October Long	
Weekend	Hunter
November 3	Hills
December 12	Western Suburbs

The Victorian Branch has developed a new award. We think it's a very exciting concept and would like to share it with our sister Branches.

THE "VICTORIAN AUSSI MASTER SWIMMER" AWARD

1. AWARD:
The award is to be known as the "Victorian AUSSI Master Swimmer" Award.

2. RECOGNITION:
The recipient is to receive a quality cloth badge for tracksuit wear and a metal badge for lapel wear.
Colour to be royal blue background with silver lettering and featuring the AUSSI name and Victorian "V". The cloth badge will bear the age group endorsement as is appropriate to the recipient.

3. REQUIREMENT:
Candidates must be able to demonstrate proficiency in the following, all of which must be performed within any one period of one month or less. The water work may be done in two separate sessions, each not exceeding 30 minutes duration:
a. Basic resuscitation techniques (refer to Royal Life Saving Manual, section 5, pages 185-198).
(i) Patient assessment related to clearing the airway, checking for breathing and checking for pulse, with knowledge of what may best be done for the patient as a result of this assessment.
(ii) Expired Air Resuscitation (E.A.R.).
(iii) External Cardiac Compression (E.C.C.).
(iv) A one-person method of combination of E.A.R. and E.C.C.
(v) Lateral position for recovering patient.

Note: Knowledge of the above is to extend to treatment of either a baby, young child or an adult.
b. Basic First Aid — (refer to Royal Life Saving Manual pages 199-202).
c. Basic water safety and survival techniques — (refer to Royal Life Saving Manual pages 51 to 80 to Swim and Survive Level).
d. Swimming, in the four basic stroke methods, as per the accompanying bar chart, within given times for set distances for various age groups, male and female.
e. The holder of this award is to be encouraged to requalify at least every five years, within the normal age grouping of the AUSSI format.
After each re-qualification, an additional cloth badge will be issued.

4. INSTRUCTORS AND EXAMINERS:
In the sections covering resuscitation techniques and basic first aid each club is, where possible, to appoint its own instructors and examiners, these persons being

from our competition swims, but to widen our promotion of fitness by providing incentives for longer distance swims. It worked well for the Western Australian Branch for three years, with minor problems being ironed out during that period.

But good news gets around, and a concept for a national Aerobic Trophy was placed on the agenda at the August 1981 National Council meeting. Like all things in life, everyone had an opinion. The W.A. Branch, naturally, did not want their "baby" altered in any way. Being a midwife, perhaps it was appropriate that it became my job to deliver "our baby" to the other Branches. The labour was long and difficult, but well worth the effort.

Unfortunately, passing the word to over 2,000 swimmers and club officials takes time. However, now in its second year at a National level, an understanding is developing. Swimmers can see there is a place for incentives for longer distance swims. Where once only the newer swimmers tackled the AUSSI awards once

only, now all, including the faster swimmers, are trying them again and again to see how they measure up.

Club spirit is high as the points mount up and encouragement is given for all efforts. A person who may only ever gain one point per event at swim meets, can accumulate many more points for the National Trophy for his/her club, and thereby an increased sense of achievement and involvement. The winner of the National Aerobic Trophy is the club in Australia scoring the highest number of points, gained by its members once all rules are complied with.

Each year, by the 30th November, the club submissions on the correct forms are sent to their Branch recorder. By 31st January these are forwarded on to me as National Recorder. The winning club is announced at the National Presentation Dinner each year, at the same time as the prestigious Founders Trophy for the top competitive club of the National Swim.

It seems we have the best of both worlds, and I think this is why Masters

Swimming is the success it is in Australia and why we are growing so fast. We cater to the needs of everyone who wants to swim. A recent article in *Swim Swim* (Spring 1983) was titled "Is Masters Swimming Doomed?". In it Verne H. Scott, Vice President of U.S. Masters Swimming and Chairman of Pacific Masters Swimming Association, raised the following issues:

(i) *He felt U.S. Masters was guilty of placing too much emphasis on competition swims and was therefore stagnating.*

(ii) *He felt that they had forgotten that physical fitness was why they had started out in the first place.*

(iii) *Competition intimidates many so they should not be solely satisfied just in running competition for top swimmers.*

(iv) *He suggests that U.S. Masters propose some objectives for fitness swimmers.*

I feel that AUSSI saw this very problem that Verne Scott mentioned and that we have done something constructive about it already.

By Glenys McDonald
National Aerobics Recorder

MASTERS COMPETITIONS IN SWIMMING IN CZECHOSLOVAKIA

Swimming itself belongs to the most convenient forms of physical activity for people of any age. Both physically fit or hypokinetic people, slim or fat, males or females, disregarding any profession; even some groups of physically handicapped or ill groups are recommended to swim. The advantage of swimming is the possibility to dose the intensity of physical effort according to individual ability. In any case swimming training has all the advantages of endurance training, and it leads to improvement of adaptation to a range of physiological functions. Besides some cases in the groups of top performance swimmers there is also no risk of injury or chronic damage. That's why sportsmen who specialise in many other kinds of sports choose swimming as a recreation or rest activity and evaluate especially its relaxation influence in recovery periods from training fatigue.

Masters swimming competitions in Czechoslovakia are unique. There are no firm rules stating disciplines and age groups. Short 50m tracks are mostly preferred, to enable former swimmers to participate with very poor or even without any preliminary preparation. This conception can cause high risks from the medical point of view. There are some organisers who try to give these competitions a more or less humorous character. Regarding the high number of registered swimmers in Czechoslovakia, about 20,000, and a year by year increased number of indoor swimming pools, 137 in 1982, it seems to be the best time to realise methodical unification and a system of competitions in the whole country.

A little bit better is the situation in long distance swimming. The "veteran"



Dr. Novak

category is officially announced as an equivalent competition in each race, which is included to all-state pointing. There are several score of swimmers above 40 who figure in the competition for "The best Czechoslovak long distance swimmer of the year." Their results and placement are moreover pointed also for the clubs rank them in order, and that's why the clubs are motivated to offer their veterans opportunity to all-year-round training and competition. Our experiences prove that even the former born swimmers are able to complete successfully the distances of 5 to 20 km, sometimes under very rough climatic conditions.

Similarly a favourable situation regarding veterans' participation in cases of sports hardening, called also winter swimming. The aim of this sport is to lay down the distances of 100, 250, 500, 750 or maximally 1000m in ice cold water in open-air conditions according to

their swimming ability and degree of hardening. Only length of the track is decisive for the result, and neither times are measured nor the rank order of the swimmers in particular disciplines is announced. Therefore we can meet swimmers with a wide range of age in each discipline since the junior category, over 15, to the over 70s. Among the best 60 Czechoslovak sports hardeners in the season 1981/82 24 veterans over 40 are included. Most of them evaluate low incidence of acute respiratory diseases and a common feeling of health status improvement since they started sports hardening training. There are also some cases of positive influence of such training on people afflicted by acute myocardial infarction or ischemic heart disease. In spite of sports hardening it remains limited to a relatively closed circle of extremely hardened people, hardening would not be absent in life regimen of any person in higher age groups.

Separate veteran categories and competitions haven't yet been organised in other aquatic sports: diving, water polo, synchronized swimming. We meet some players over 40 in water polo teams, participating in regular championships or point matches. As the number of indoor swimming pools in Czechoslovakia rapidly increased during last few years, it can be expected that even in this country increased interest will lead to wider concurrence and an improvement of organisation in the level of competitions in higher age groups as compared to the present state. As soon as first Masters swimming records are published, we'll bring the best times for our readers too.

by Jaroslav Novak, M.D.

SWIMMER'S VIEWPOINT

Dear Carol,

Fitness is a word we use freely in our magazine and in all our activities. What is fitness?

Fitness means no smoking, control of eating and drinking, not being overweight, good exercise programme; these things are the basis for fitness. I do all this, therefore I am fit.

Then, what am I doing here on my back in hospital this 3rd day of July, 1983 watching George the orderly shaving me from neck to toe? Could he be preparing me for an open-heart by-pass operation? He not only could, but he was.

What of my fitness then? It did not save me from vascular disease. Nothing I did could have done that. But it sure helped me recover. Day 3, I was back in the ward. Day 9, I was home. Day 10, I was up the street talking to friends. Today, 3 August, I, to the surprise of my cardiologist, successfully completed a full stress test.

The speed of my recovery was due mainly to my fitness. Further, I am sure my fitness saved me from any damage to my heart even though I had to have a triple by-pass.

I first became fully aware that something was wrong when a numbness came over my left arm in a 1500m swim. There was no point going on. I left the water.

Tests soon showed up my problem. There can be no guarantees in life but being fit sure helps.

Kindest regards,

Sid Levett

Dear Sid,

So glad you are mending so quickly. You are of course right, no matter how fit we are, we can, and will succumb to illness and disease. However, our fitness does play a big part in the severity of our illness and our recovery. Look after yourself and we hope to see you back on the swim meet results sheets soon.

Carol

Dear Carol,

A 20-24 age group!!! What a joke.

We must be the only veteran or masters sporting body of any type who is encouraging "juniors" to join their ranks. We surely have to be a joke.

Our Club for one will not be encouraging or registering this age group for this reason.

Yours sincerely,

David S. Gordon

Hon. Secretary

Powerpoints Adult Swimming Club

Dear David,

The 20-24 age group question is a controversial one; those pro the idea have strong reasonings for acceptance; those

against, equally argue their cause. It's your last sentence I find disappointing. AUSSI is a democratic organisation and like all democracies, the majority vote carries the day.

There are often decisions carried on either Council or Executive level that I personally don't agree with, and while prepared to work to change rules through the correct procedure, be it ever so slow, would never damage the organisation by ignoring the decisions democratically made by the governing body.

Carol

Dear Carol,

On receiving the June, 83 issue of AUSSI Adult Swimming Magazine, I read, on page 17, an article Master Swimming-International. One section of the article read 'In 1978, Canada hosted an International Competition titled, the First Senior Age Group Aquatic Competition.'

Reading this reminded me of 2 items in the history of Masters Swimming in Australia. Item one: The first swim meet held in Australia on Master Swim lines was in Sydney at Harbord Diggers indoor 25m pool, September, 1972. The meet was organised by 2 Winter Swim Association officials, John Ludlan and Brian Mortensen.

Item two: The first ever International Master Swim Competition was held at Heffron Park, Maroubra, Saturday, 30.3.74. 40 swimmers from the U.S.A., 20 women, 20 men, under the management of Commander Richard H. Rahe of the U.S. Navy, competed against 92 Australians, 23 women, 69 men.

Some of the names that swam at the meet were Australian Olympians Dawn Fraser, Elizabeth Fraser, Eve Whillier, Jon Hendricks and Jan Donohoe while Kevin Berry took photos for the media. For the Americans, other than Richard Rahe, Margaret George Samson would be the most prominent.

Consequently, this meet was the catalyst that got Master Swimming off the ground in Australia.

The Americans then went on to New Zealand where the 2nd Master International Swim Meet was held.

Incidentally, it would be nice if something could be organised round the 30.3.84 to celebrate that 1st International Meet and a decade of Masters Swimming in Australia.

Jack Brownjohn

Convenor Swim Meet 30.3.74

Answer

The history of AUSSI is really interesting and should, I believe, be documented. Margaret Samson wrote from the States asking if I had any documentation on that

first visit by the Americans. She would be delighted with an article for the MS-I journal, so how about it Jack?

Carol

Dear Carol,

I wrote to you last year on the subject of a National Police Games being run in 1983. Due to a multitude of problems, mostly to do with time to organise the events, it was postponed to March, 1983.

The Victoria Police Games Federation has now set down the dates of March 24 and 25, 1984 for the swimming events. These will be conducted at the Police Complex at Waverley which has one of the best pools in Australia.

Age groups for the events have now been altered to fit in with International Police groupings and are now Open (any age or sex):

Senior (males 30 to 37)

Master (males 38 to 45)

Golden Master (males over 46)

Women (females any age)

Events will include all of the usual events but no diving.

We are hoping for some super times at these games and if Greg Bush comes and one of the other police from S.A. then some sensational times should result.

See you at the AUSSI Nationals.

Max Nathan

South Western AUSSI

Answer

Good luck with the event Max.

Carol

Dear Carol,

Here are the results of the 1/2 Mile Club. As you can see the AUSSI's did very well. Many thanks for the interest you have developed in Australia. One third of the entries came from down under. Perhaps we could make this a dual meet. Australia vs. Canada. Let me know how you feel about that idea. I must say it was fun tabulating all those different (town) names. I hope I made no mistakes. The one I like best is WOY WOY. I look forward to meeting and swimming with you all next year at your Nationals.

Take care,

Beth Whittall

Masters Aquatics Canada

Australian Clubs

Gosford 14 (NSW)

Cronulla/Sutherland 14 (NSW)

Melbourne 6 (VIC)

Blacktown 5 (NSW)

ACT 3 plus 3 separate entries

YOU NEED A HOLIDAY!

Carah Coaches have designed a variety of fully accommodated, luxury coach holiday packages to suit YOU and your BUDGET!

"This is your Australia, and it's a country to really be proud of. I know I am, and that's why all my holidays have been carefully designed to incorporate that uniquely 'Australian' spirit, in both content and atmosphere. The best way to see the most of this 'beloved sunburnt country' of ours is on a CARAH Supercoach Holiday! You are guaranteed first-class accommodation and top-quality meals throughout, and, of course, plenty of time to just sit back and enjoy the company of friends, both old and new.

**When you decide on CARAH, you can EXPECT the BEST!
I personally assure you of a holiday of the highest standard."**

QUEENSLAND

Cairns • Barrier Reef Islands • Atherton Tableland • Frazer Island

Visit historic Cairns, part of Australia's heritage; tropical Queensland's most northerly city on the tranquil, palm-fringed shores of Trinity Bay. Experience the wonders of the Great Barrier Reef, a multi-hued masterpiece of nature, including cruises to its many enchanting islands; the Atherton Tableland and surrounds — an area of spectacular scenery.

15 PACKAGES TO CHOOSE FROM!

All fully accommodated holidays. Example:

14 DAY CORAL ISLAND EXPLORER

Highlights include: Surfers Paradise, Brisbane, Frazer Island, 2 nights Hamilton Island, Cruise Whitsunday Passage, o/n Magnetic Island, Atherton Tableland, cruise to Outer Barrier Reef, Green Island, 4 nights Cairns.

SOUTHERN QUEENSLAND

Brisbane • Gold Coast • Sunshine Coast EIGHT PACKAGES TO CHOOSE FROM!

Our brochure offers a variety of tours, built around our 6-Day 'Golden Circle' Holiday visiting the 'holiday playground of Australia' with its sparkling beaches; the haven of Frazer Island; mysterious rainforests with their lush, sub-tropical vegetation; the pastoral splendour and prosperity of the Darling Downs and Toowoomba; and the world-renowned Gold Coast.

DARWIN—CENTRAL AUSTRALIA

South Australia • Ayers Rock • Ord River Scheme

An 18-Day CARAH Supercoach tour with a difference! Between Sydney and Darwin we visit Broken Hill, Port Augusta, Coober Pedy, the legendary Ayers Rock and the Olgas, Alice Springs, Tennant Creek, Katherine Gorge, and more. A special feature is a trip to the impressive vastness of the Ord River Scheme near Kununurra. A fascinating holiday through Australia's 'red centre'.

ADELAIDE— SOUTHERN COMFORT

Canberra • Snowy Mountains • Melbourne

A fabulous 13-Day return-trip holiday. Visit picturesque Bright; the superb alpine splendour of the Snowy Mountains; Canberra, the nation's capital; the historic goldrush town of Ballarat; the sights and surrounds of Adelaide; the Barossa Valley, famous for its fine wines; the Riverina region and Murray Valley. Phillip Island; Fairy Penguin Parade. Stay in the luxury of the Hilton International Hotels at Melbourne and Adelaide. As always with CARAH, a fully-accommodated tour.



GOLD SOVEREIGN HOLIDAYS

A tour from Sydney to Melbourne travelling via Canberra with a cruise on Lake Burley Griffin, visit the High Court and Art Gallery; tour through the Snowy Mountains with a visit to the Murray Power Station, stay overnight at picturesque Bright, on through "Kelly Town" and "bushranger" country to Phillip Island where every evening the lovely Fairy Penguins parade across the beach to their homes. You may choose how long you stay in Melbourne, 1, 2 or 3 nights in the luxurious Hilton International Hotel. Tour departs weekly.

Intercapital Service

2 Days Sydney to Brisbane

Travel via New England Highway—Tamworth (overnight)

2 Days Brisbane to Sydney

Travel via Pacific Highway—Coffs Harbour (overnight)

CARAH VALUE

All tours include daylight only travel, incorporated with personalised service, top quality meals and accommodation and a relaxed and friendly atmosphere. Carah Supercoaches are all air-conditioned, restroom equipped and fitted with contoured fabric upholstered seats and the latest in air-ride suspension and braking systems for your comfort and safety.



Jack presents the State Cup to Adelaide Masters President, Graham Ormsby. (Nothing like being confident.)



Tom Herraman presents Relay Trophy to Adelaide Masters Club Captain, Di Simons.

The pool had been booked from 9 a.m. until 5.30 p.m., with the assurance of a 1 hour extension. However, this did not appear to calm our President's mind, who was under notice all day in urging swimmers to swim faster than they had ever done before. Pity he didn't take notice of his own advice.

We did eventually finish at 7 p.m. and a large part of the credit for this must be attributed to the SAASA officials who gladly gave up their time to assist us. Although we are able to run our own carnivals with AUSSI officials and we do so at our interclub meetings, it is great when we have a meeting as large as the State Cup to receive assistance and allow us to concentrate on our swimming.

The swimming was of the highest standard as evidenced with 31 National Short Course Records and 50 State Records being broken.

Leading the way amongst the women, once again, was Josie Sansom (55+) with 4 National Records, 50M and 100M Breast, 50M F/S and 100M Fly.

It was not quite so easy to select an outstanding swimmer in the men. The following four swimmers broke 13 National Records between them. You make your own choice:

Dieter Loelinger (50+) — 'The Quiet Achiever' — National Records in 50M and 100M Breast, 100M Fly, 200M I/M and State Record in 50M Back.

Gordon King (40+) — 'The Bionic Man' — National Records in 50M F/S and 100M F/S, an incredible 1.00.95. State Record in 100M Breast.

Gary Goodwin (25+) — National Records in 100M F/S (57.37), 400M F/S (4.19.72), 100M Back and 100M Fly. State Record in 200M I/M.

Robert Mackay (20+) almost 25, so watch out in N.Z. National Records in 100M F/S (54.02) — yes, the time is correct, 400M F/S (4.20.27), 100M Fly.

Robert and Gary had a great scrap in the 400M F/S with cunning and deceit brought about by age winning on the day.

The record breakers are easy to write about but they weren't the only winners of course. Everybody who competed was a winner. The majority broke their own personal times and gained points for their club in the true spirit of AUSSI. They all

deserved medals for just being there for 10 hours without one complaint — well done S.A. swimmers.

But that wasn't the end of the day. Hardly without time to wash the chlorine off, we proceeded to the Presentation Dinner held within the complex.

After quenching our thirsts and satisfying our appetites with a magnificent meal, and our thirsts again, the serious side of proceedings began, the presentation of cups.

The Commonwealth Bank State Cup for the most successful club was presented by our sponsor, Mr. Jack Baker, to Adelaide Masters for the fourth year in succession. The Relay Cup, presented by Mr. Tom Herraman, Secretary of the SAASA, was also won by Adelaide Masters — a clean sweep.

Special mention must be made of Western Districts Masters who in their first year won second, a great achievement.

Final points at the end of the day were:

Adelaide Masters	744½
Western Districts Masters	380½
Atlantis	341½
Marion	320
Tea Tree Gully	275
Reynella	95
Blue Lake Masters	86½
Central District Seals	64

It was a very long day, probably too long and thought must be given now to next year's State cup. However, it was a great success and everybody enjoyed themselves.

Many people contribute to a day such as this but I must mention four in particular; Ivan Wingate, who remained cool despite the time problem and still managed to swim his best times; our Secretary, Florence Walker, who recorded all day and does more than she thinks for AUSSI; Colin North, our Computer man, who had results out before we were dry; last but not least, Roger Baker, whose help in the organisation of the meeting was invaluable.

Peter Gillett.



Members of Blue Lake Masters, Mt. Gambier. (Can't trust our Country Cousins in the Big Smoke.)

in obvious possession of sufficient knowledge and skills to do so, such as are:

Persons —

- a) associated with the medical profession
- b) suitably qualified holders of the St. John's First Aid Certificate
- c) examiners within the Surf Life Saving Association
- d) examiners within the Royal Life Saving Society.

Examiners are to declare their qualifications when signing the Examiner's Workcard.

5. EXAMINER'S WORKCARD:

This is to be of the following format, and is to be presented by the clubs to the Victorian State Council of AUSSI for recognition, only after all sections of the award have been successfully completed by the candidate.

The club official, in signing the Examiner's Workcard, thereby verifies that all sections of the requirements relating to the water work, have been performed satisfactorily as to times and distances swum.

WESTERN AUSTRALIAN NEWS

In the months since the National swim, W.A. members have continued their enthusiastic approach to their swimming. Over 300 attended our June interclub carnival and about the same number in September. Because these are held at small indoor heated pools, the clubs are divided between two venues for obvious reasons.

Between carnivals, clubs have continued encouraging their members to improve their skills and their fitness and many are tucking aerobic points under their belts.

The present economic conditions, however are causing us some concern. The commercial pool owners are having to budget tightly and local government complexes are considering cost saving moves.



Glenys McDonald

AUSSI members in W.A. spoke out rather loudly to prevent the closure of a council pool in winter, and have been a strong voice in the push for another council pool which has been promised for some time. We are also at present doing a study on the feasibility of a pool for adults only, and have received surprising support.

The last few months have also seen a continued close working relationship with our Department for Youth, Sport and Recreation. We hope to receive a grant for having run a seminar for swim meet officials, and to do a set of coaching clinics to all our metropolitan clubs. In return, we are helping out with that Department's efforts for senior citizens. This entails speaking at various functions on AUSSI and helping with swimming classes for the elderly.

Our biggest venture was a fun swim on October 15th to celebrate Senior Australia Week. It was open to anyone over 55 years of age and a bright sunny day saw 169 individual star swims by 45 of our senior citizens. George Edwards, 81, even had his great-granddaughter there to cheer him on. The afternoon was opened by the W.A. Minister for Sport and Recreation, Mr. Keith Wilson, and Mr. John Graham, the Director of the Department for Youth, Sport and Recreation, also attended.

Speaking of 'stars', each and every member of AUSSI W.A. would like to acknowledge the contribution to swimming over the years of Ernie Williams (73). We all know the 'quiet achiever' and he is an example to us all. Well done Ernie.

Finally, I'd just like to finish with a winning point. Keep March 1987 free for the BIG DOUBLE. The America's Cup and the AUSSI Nationals — Perth.

Glenys McDonald.

TASMANIA NEWS

At long last, the Spring thaw has arrived in Tasmania. We've chipped the ice from our outdoor pools, said goodbye to the last of November's frosts, and shaken the moths from our towels. (Now where did I leave my bathers last April?)

The Tasmanians who swam in Brisbane returned full of enthusiasm for Masters swimming. This enthusiasm was associated with a wish to see AUSSI prosper in Tasmania. A midwinter meeting of Branch members elected an Interim Committee to draft a State constitution, and place Branch organisation on a firm footing, a task which is now well in hand.

We look forward to a season of growth and progress in 1984. Membership of our clubs is growing, with both tyro and novice swimmers signing on, and new clubs are foreshadowed.

But the event most eagerly awaited is the National Swim. Clubs are keen to improve on their showing in Brisbane.

Those who swam there spoke so highly of the friendliness they found that a swim in Melbourne has become a personal goal for many members. If you've never seen a Tasmanian before, the Melbourne Nationals could be your big chance!

Chris Showell.



Chris Showell

SOUTH AUSTRALIAN NEWS STATE CUP — 1983

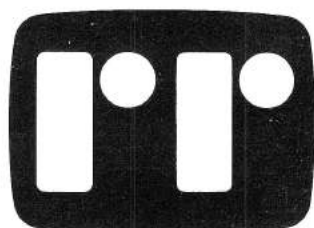
On the 6th August, 1983, 260 Masters Swimmers from 8 clubs descended upon the "Park's Community Centre Pool" to take part in the Fourth South Australian AUSSI State Cup.

We were extremely fortunate this year that our State Cup was sponsored by Jack Baker Tyres. To Jack and Roger Baker, we offer our sincere thanks for your support to AUSSI in South Australia.

The 260 entries were an increase of around about 30% on the number last year. Couple this with the enlarged programme and we knew time was going to be of the essence.



President (Peter Gillett) welcomes our Sponsor, Mr. Jack Baker watched closely by Vice President, Ivan Wingate.



Radio Rentals TV-Video

- Free home delivery
- No big cash outlay
- Update anytime
- All service included
- Access to our huge video library

NEW SOUTH WALES

BANKSTOWN: Bankstown Square
Ph: 709 8275
BLACKTOWN: Westpoint Shopping Centre
Ph: 622 0446
BONDI JUNCTION: Bondi Plaza
Ph: 389 1064
BROOKVALE: Warringah Mall
Ph: 938 2817
BURWOOD: Westfield Centre
Ph: 747 1941
CAMPBELLTOWN: MacArthur Square
Ph: (046) 25 2514
CHATSWOOD: Chatswood Chase
Shopping Centre Ph: 419 8610
HORNSBY: Westfield Shoppingtown
Ph: 476 3095
LIVERPOOL: Cnr. Macquarie & Moore
Streets Ph: 801 4411
MIRANDA: Miranda Fair, Tudor Court
Ph: 525 6482
PARRAMATTA: Westfield Shoppingtown
Ph: 635 5533
PENRITH: Nepean Centre Phone:
(047) 21 5049
ST. LEONARDS: Cnr. Mitchell & Chandos
Streets Ph: 439 4477
SYDNEY: MLC Centre Ph: 231 3444

SOUTH AUSTRALIA

ADELAIDE: Thorn EMI Rentals,
134 Rundle Mall Ph: (08) 223 4443
MODBURY: Thorn EMI Rentals, Tea Tree
Rd. Plaza Shopping Centre, 976 North East
Ph: (08) 263 5051
NOARLUNGA: Thorn EMI Rentals,
The Colonnades Shopping Centre,
54 Beach Road Ph: (08) 384 4645

VICTORIA

BALLARAT: 430 Sturt Street Phone:
(053) 32 6999
BENDIGO: Hills Bazaar, Bath Lane
Ph: (045) 43 8066
BORONIA: Boronia Shoppingtown Phone:
(03) 762 4178
CAMBERWELL: 72 Burke Road, East
Hawthorn Ph: (03) 82 3428
DANDENONG: Dandenong Arcade, Macrea
Street Ph: (03) 791 2133
FOOTSCRAY: 133 Hopkins Street Phone:
(03) 689 3766
FRANKSTON: 44 Wells Street Phone:
(03) 783 5227
GEELONG: 108 Little Malop Street
Ph: (052) 98513
MELBOURNE: Capitol Arcade, 113
Swanston Street Ph: (03) 63 4848
NORTHLAND: 385 High Street Phone:
(03) 478 3771
PRAHRAN: 196 Chapel Street Phone:
(03) 51 5317
SHEPPARTON: 85 Fryers Street Phone:
(058) 21 7445

NORTHERN TERRITORY

ALICE SPRINGS: Coles Complex, Bath
Street Ph: (089) 81 6752
CASUARINA: Shopping Centre Phone:
(089) 27 1723
DARWIN: 23 Smith Street Mall Phone:
(089) 81 6752

A.C.T.

CANBERRA: Garema Place Phone:
(062) 48 7822
WODEN: Woden Shopping Square
Ph: (062) 81 5293

QUEENSLAND

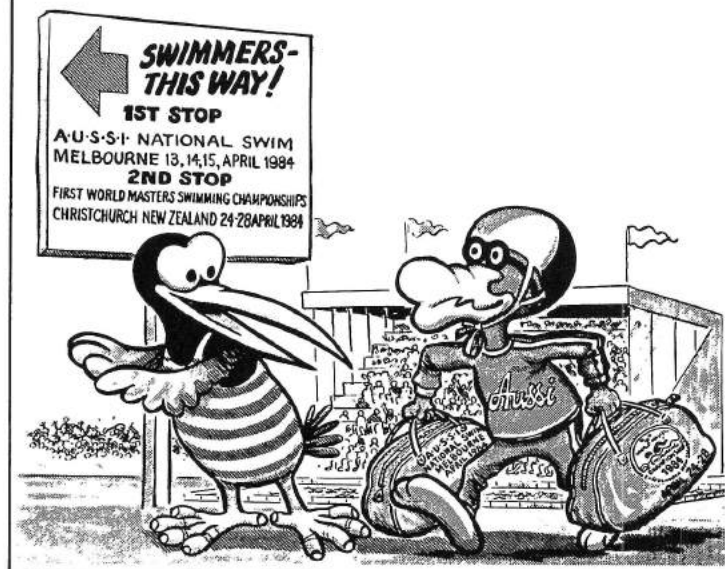
BRISBANE: 260 George Street Phone:
(07) 221 8488
BUNDABURG: Bourbong Street Phone:
(071) 72 5655
CAIRNS: 25 Shields Street Phone:
(070) 51 1183
GLADSTONE: 116 Gordon Street
Ph: (079) 72 3579
IPSWICH: 45 Nicholas Street Phone:
(07) 281 1552
MACKAY: 137 Victoria Street Phone:
(079) 51 1647
MAROOCHYDORE: 111 Aerodrome Road
Ph: (071) 43 4025
MT. ISA: 31 Miles Street Phone:
(077) 43 5541
REDCLIFFE: Kipparing Shopping Village,
Anzac Avenue Ph: (07) 284 1444
ROCKHAMPTON: 45 East Street Phone:
(079) 27 4977
SOUTHPORT: 9 Davenport Street
Ph: (075) 32 2995
STONES CORNER: 371 Logan Road
Ph: (07) 397 2071
TOOWOOMBA: 277 Margaret Street
Ph: (076) 32 8322
TOWNSVILLE: Atkinson House, 145
Stanley Street Ph: (077) 71 2161

WESTERN AUSTRALIA

CANNINGTON: Carousel Shoppingtown,
1383 Albany Highway Ph: (09) 458 5642
PERTH: Cine Centre, 133 Murray Street
Ph: (09) 325 3888

TASMANIA

DEVONPORT: 29 Rooke Street Phone:
(004) 24 4074
HOBART: 67/69 Cnr. Murray & Liverpool
Streets
LAUNCESTON: 68 Brisbane Street Phone:
31 7747



AUSSI OFFICIAL N.Z. TOUR

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 "Olveston" 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 to 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 following 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.

Saturday, 5th May Westport/Picton/Wellington

Breakfast included. Enter the Buller Gorge and follow the Buller River to Murchison. After passing Lake Rotoiti travel north along the Wairua 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 man-made pine forests of Tahorakuri and the Waioatapu 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.

1040 hours — transfer to Auckland International Airport for your departing flight.

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 to arrive in Dunedin, the "Edinburgh of the South". A short sight-seeing tour includes the University and Civic Buildings erected by the Scottish

settlers, the Octagon — an eight sided garden area and "Olveston" 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.

Thursday, 3rd May Queenstown/Oamaru

Breakfast included.

Follow the Kawarau River to Cromwell and travel over the Lindis Pass to Oamaru.

Accommodation at Oamaru Motor Inn.

Friday, 4th May Oamaru/Mount Cook/ Christchurch

Breakfast included.

Pass Twizel, the centre of a large hydro-electric scheme, to reach Lake Pukaki.

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

This morning free for optional ski plane flight up to the Tasman Glacier.

Travel back down the shores of Lake Pukaki.

GEAR ORDER FORM

One (F) Green and Gold Costume. Cost \$27.00 Size.....

One (M) Green and Gold Costume. Cost \$15.00 Size.....

One Green and Gold Swim Bag. Cost \$18.00

One Sloppy Joe with Green and Gold trim with Touring Motif. Cost \$20.00 each.

Size.....

Name.....

Address.....

All cheques and/or money orders are to be made payable to A.U.S.S.I. Masters Swimming, P.O. Box 456, Sutherland. 2232

YES!!!

I AM INTERESTED IN PERCYS

A.U.S.S.I. TOUR

**World Masters Swimming Championships
Christchurch — New Zealand**

Name.....

Address.....

Postcode..... Phone No.....

LANE 4

Like a bad "penny" I've turned up again. Not to upset you like the penny but as a gentle reminder of where you should be in your overall training schedule of the coming season.

By now you should have completed a couple of months stroke work as per my last article. This was to get you swimming fit ready for the heavy load of competition training, and to get you swimming economically.

To recap, I suggested you counted strokes per lap until you worked out your average stroke count, then I asked you to try and get an average stroke count of 2-4 strokes less per lap. Following that I asked you to then try and retain a good speed whilst holding your new stroke count without increasing your leg kick but by pulling and pushing on your arm strokes making the water feel more solid and easier to get hold of for better performance.

For those of you who have followed my suggestions you no doubt would have experienced a little shoulder muscle soreness. This is caused by the extra work load and should not cause you concern as it should disappear after a couple of days. If however, the pain is sharp and only experienced whilst swimming then I suggest you are over-reaching far too much which is putting too much stress on your tendons, therefore have another look at your stroke with the idea of shortening it to something more comfortable.

From September until December you can get into the heavy bulk training schedules designed to get you really fit ready for the final competition training and tapers.

In this period you are going to demand a lot more from your body and in turn it makes its demands on you. Rather than feel wretched for the early morning swimming try jumping in the cot perhaps 30 minutes earlier than usual at night, you'll find the results quite outstanding (maybe twins). If you still feel lethargic with the extra sleep it is possible you need more food now to get you through the day with a possible vitamin supplement. I remember bemoaning the fate of my growing waistline to Bob McCabe (Northlodge), his comment was he loves the heavy training because it lets him really eat. I'm with you Bob, all the way.

Before going into dealing with the water work I suggest a bit of dry land exercise would be an asset to the swimming we will be doing. Jogging complements swimming beautifully. I don't go for miles, I usually average five kilometres a run. So I'm only suggesting 20-25 minutes jogging for all ages. Gym work I recommend is

light and fast, we want strength and stamina not strength and BULK. I strongly recommend plenty of pulley work for toning up your arm and shoulder muscles. Pulleys can be Dial-Ex machines, Hexageny, or springs. I personally prefer the Dial-Ex and time permitting I would put in a good 30 minutes a day. Dial-ex is so called because you dial up the poundage resistance you can cope with on the pulley. They are neat and compact fitting easily into your swimming bag along with your togs and towels.

The pool work you need to be doing now is far more demanding than what we have been doing so remember my earlier point about rest and food. You should, during this period, be in the water training a minimum of five days a week. You can build quickly into the extra sessions because you should be reasonably fit from the previous workouts.

We now start Interval training and repetition workouts. To keep added stress on our body and to help build up our reserves it is necessary to continue the arms and legs only with repeats. In fact, as much as 25% of each session can be on arms and legs only work.

I can recall in 1962 when Forbes Carlisle was coach of the national Dutch team, he gave the squad a 7000m morning workout. When they fronted up for the afternoon session he gave them the same workout arms only. At this point I must refer you to the last AAS and the article by Kay Cox, in which she more than adequately explains the variations in training methods and, just as importantly, she gives us her summary.

From Kay's article it is possible for you all to come up with your own training schedules. I offer the following suggestions to assist you in your planning.

Keep plenty of variety in your schedules, don't let it become boring. Say for the next three months gradually increase the intensity of your effort. If when doing repeats or interval training try as much as possible to keep to the rest periods you have set. Punish yourselves whilst you are training. You have made the effort to get to the pool now make full use of your time.

Each training session needs a good warm-up especially if it's the first or only one for the day. At least 400m should be covered gradually increasing effort until you are flying over the last couple of laps. You could then follow the warm-up with some repeats of arms, legs, or both. Then you are into the main efforts of the schedule followed by alternate stroke work. To finish, some short sharp efforts followed by a swim down.

Throughout this work keep an eye on your stroke count and keep it from increasing. Also practice your turns and racing starts whilst going through your schedules, don't leave trying something new until competition time. Do it now and by summer you are a veteran.

For the main part of your schedule it is good to take your competition distances and break them down into sets of shorter distances. For example, if you want to improve your 200m time you can break it up into sets of 8 x 25s, 4 x 50s, 2 x 100s, 2 x 50 + 1 x 100, etc. So you might set 8 x 200 efforts made up of 8 x 25, 10 seconds rest after a 25 and 2-3 minutes rest between a 200. This is easily applied to all distances to give you plenty of variety.

Cheers.

Dick Campion



ACT NEWS



Jane Sutton

Much has happened since our last AAS magazine. We have started swimming at the new Bruce Pool (where the Institute of Sport trains) on Wednesday and Friday nights. Wednesday nights have been set aside for training in the 50m pool and Friday night is for Club night where we swim in the 25m pool and have coaching, relays, handicap swims, aerobic awards, novelty events, national award swims and generally a fun night. We have also had our annual general meeting, social activities, plus coaching seminars with Des McCormick.

On the social side of things we had a very enjoyable BBQ at Uriarra Crossing in September and we were thankful that the weather was kind to us. On the evening of November 26th we have a cruise planned on Lake Burley Griffin on the "City of Canberra" to begin our Christmas celebrations and also a trophy/Christmas party planned on December 10th. This is to be in the form of a BBQ (weather and fire bans permitting) with the option of camping overnight as it is to take part on the property of one of our members, John Wicks. The branch committee has also organised a wine bottling to raise funds for the club and a cabernet/shiraz has been chosen.

Our annual general meeting was held in September and the following were elected as office bearers for the coming year:

President: Robin Sweeney
 Treasurer: Elinor Mackenzie
 Secretary: Judy Ford
 Fitness & Coaching Director:
 Les Worthington
 Publicity Officer: Eileen Price
 Club Captain: Mike McCuaig
 Social Secretary: Rob Brooks
 Recorder: Barry Barker
 Aerobic Recorder: Helen Mackerras
 Librarian: Eileen Price
 Assistant Secretary: Angelika Erpic
 Assistant Treasurer: John Erpic
 Gear Steward: Peg Townley
 Newsletter Editor: Jane Sutton

By the time this has gone to press aerobic awards for this year would have wound up and we in ACT AUSSI feel very confident that we shall figure well in the overall tally for AUSSI as a whole. A few of our swimmers have emerged as super-human, Adrian Davis in particular has completed all the 400 and 800 swims plus 1500 award. We are very proud of our swimmers too, who have completed swims in their first ever attempts.

We are grateful to Des McCormick who has come to Canberra on two occasions to conduct coaching seminars. Those of us who have attended have benefited greatly from his knowledge and expertise. We look forward to seeing Des again at the end of November for another session.

A band of 8 ACT AUSSI members, so far, will be attending the First World Masters Swimming Championships in Christchurch next year and we are busily organising accommodation and travel arrangements, as well as trying to get in reasonable condition before we depart. Of course, before Christchurch, there are the Nationals in Melbourne which we are really excited about.

A 3.3km swim is also being organised on Lake Burley Griffin and is being sponsored by ACT AUSSI and the National Heart Foundation. This is to be held on the Australia Day weekend, Monday, 30th January, to start at 11 a.m. from the Canberra Hospital and swimming over to the East Basin of Lake Burley Griffin.

Organisation is underway for our carnival which will be held on March 10th and 11th at the commencement of Canberra Week and as a lead up to the Nationals in 1985. Our swim meet will be held at the new Bruce complex in the 50m pool on the Saturday and we look forward to seeing lots of our friends join us. A lake swim has been organised for Sunday, 11th March, in Lake Ginninderra, the length of which will be about 1400m. So, why not come and swim in our magnificent complex and have a chance to do an 800m?

To all AUSSI members, we from ACT AUSSI wish you a safe and happy Christmas and a prosperous New Year.

Jane Sutton

QUEENSLAND AUSSI

Things started with a "Big Splash" when the season opened with the first inter-club carnival for the South Queensland Division which was held at Everton Park on Saturday 27th August 1983. This meet was attended by over seventy swimmers representing six clubs, plus a few swimmers from Reynella in

South Australia. On this occasion, for the first time the 20-24 year olds were included and they certainly proved valuable points scorers to all Clubs. Events were closely contested in all age groupings and the end results were:

First Brisbane Southside Masters
 Second Maroochydore
 Third Brisbane Northside

The second Carnival was held at Toowoomba on Sunday, 18th September 1983 at the Toowoomba Aquatic Centre. This carnival attracted over eighty swimmers representing seven clubs. Results of this meet were:

First Brisbane Southside Masters
 Second Gold Coast

Brisbane Southside Masters are now looking for the "Grand Slam" or hat trick by taking the honours in the next inter club meet where they will be host club at the Chandler pool on Saturday 19th November.

Despite this daunting track record so far this season, rumour has it that strong competition can be expected from National title holders Gold Coast, and also from Maroochydore, a revitalised club this season following reorganisation of the old Maroochydore and Suncoast Clubs. It would appear that members have been active during the winter months in the water wherever heated pools were available, and in other land based activities such as triathlons etc., which maintained fitness levels.

The first carnival for North Queensland Division will be held at the Willows Swim Centre, Townsville, on Saturday 26th November. This is organised as the North Queensland Short Course Championships.

Another "banana bender" has joined the "10,000 metre Club", making 12 swimmers in Queensland since January 1983 to achieve this feat. Congratulations to Barry Guthrie of Brisbane Southside, who took just over 3 hours, 4 minutes. This event had good media coverage through John Knox. You will all remember John as the popular announcer at the National titles in April at Chandler — he gave this event a "plug" on local radio, and has since hinted that he might attempt the swim himself.

A postal 1 hour swim is being organised for the South Queensland Clubs during the period October 30 — November 6, the venues being all club pools. Points will be awarded to each swimmer based on his/her aerobic ratings. Gold Coast Club is organising this item.

The Cairns Mud Crabs have initiated a novel swim, which entails birthday celebrants swimming one length of their pool for every year of the birthday anniversary — sounds great if you are not too long in the tooth!

Paddy Anstey.

RECORDING WITH THE AID OF COMPUTERS

Some twelve months ago the South Australian Branch made the decision to go over completely to recording all of our Swim Meets with the aid of a computer.

I suppose the first question to be answered, is why. Recorders are without doubt the hardest working officials at a carnival, the work required before the meeting is bad enough but the time required after the swimming not only delays the results but prevents three or four people from joining in the FUN side of AUSSI. With this in mind, we felt there had to be a simpler method.

After twelve months of operation we see the following advantages:

1. Cuts down on work load prior to the carnival.
2. Cuts down on work load during and immediately after the carnival.
3. Results posted in pool area almost immediately after each event.
4. Final results available within 30 minutes of last event.
5. Lessens the chance of mistakes.

We do not own our computer. However, we were fortunate enough to find a person with a computer, not an AUSSI member, but with a passion for sport and most importantly, not wishing to charge us too much for his services.

Initially, I sat down with him and explained the way in which AUSSI



Peter Gillett

meetings are conducted and what we require in the way of results. It was then up to him to write the necessary software to satisfy our requirements.

The system he came up with is simplicity itself. Prior to the carnival, each entrants name, age, sex and club is fed into the computer. When this operation is completed we receive a print out listing all entrants in sex and age group along with a code number for each. This code number is then written on to each of the entrants' cards.

On the day of the carnival, cards come to the recorders as usual and all that is required is for the code number and time swum to be fed into the computer.

After each event we receive a print out of times and points in all age groups within 5 minutes. At the end of the carnival we receive a print out of all events, final individual points in all age groups and total club points within 30 minutes. This time is based on our last State Cup when we had 260 entrants and 7 swims each.

I guess that we may have been lucky in that we didn't experience too many teething troubles. Our programmer did have to modify his programme slightly after the first meeting. However, it has remained the same since.

It is our intention next year to modify the programme and cut down on the work required prior to the carnival. Also to enlarge on the information to our members during the carnival.

At the beginning of the year all the necessary information for each registered member will be put into the computer and they will then be allocated a code number. This number will be used for all carnivals in that year. All that will be required prior to any carnival is to feed in the information of any new members. It is also our intention to be able to give progressive individual points and club points after each event.

*by Peter Gillett
National Recorder*

CALENDAR OF COMING EVENTS

1983

- December 3 Western Suburbs Swim (Pelican P.S.) — Ann Still (02) 604 6902
December 11 Lake Benalla (1 mile swim) — Alva Wyatt (057) 63 2291

1984

- February 4 Maroochydore AUSSI — P. Tarrier, 8 Mango Street, Maroochydore
March 10 ACT from 10am-4pm at the AIS Pool, Bruce — Judy Ford (062) 54 8541
April 13, 14, 15 THE AUSTRALIAN NATIONAL SWIM AND CLUB CHAMPIONSHIPS — B. Wilson,
5 Bennett Avenue, Mt. Waverley. Vic. 3149
24-28 FIRST WORLD MASTERS SWIMMING CHAMPIONSHIPS — P.O. Box 2607, Christchurch,
New Zealand
N.S.W. — Ken Ford, 4/19 Neptune Street, Coogee, 2034 (02) 665 5568
A.C.T. — Judy Ford, 7 Brownlow Place, Holt, 2615 (062) 54 8541
QLD. — Ray Rose, 76 Garie Street, Wishart, 4122 (07) 343 2541
S.A. — Florence Walker, 4 Smitham Street, Elizabeth Grove, 5112 (08) 255 7328
W.A. — Glenys McDonald, 5 Fortis Place, Carine, 6020 (09) 447 3578
TAS. — Edith Pitman, 7 Whitford Grove, Trevallyn, 7250 (003) 31 8384
VIC. — Barbara Wilson, 5 Bennett Avenue, Mt. Waverley, 3149 (03) 233 4847

TO ALL SECRETARIES

Details of your coming events (date, venue, contact) for inclusion in the March edition of AAS must be received by 1 February, 1984.

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

(CUT HERE)

DATE:.....
VENUE:.....
CONTACT:.....

**Every person, every company,
has different superannuation needs.**

Let City Mutual custom-build
a plan to suit yours.



CityMutual
insurances

The all-Australian insurance company sponsoring Australian swimming.

Turn across the tussock plains of the McKenzie country to Lake Tekapo. 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.
5. Items of a personal nature e.g. laundry, liquor, phone calls.
6. Australian and New Zealand departure taxes.

TOUR B

Based on a minimum of 40 persons travelling utilising share twin accommodation, land content only: \$448.00 per person.

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.
2. Trans Tasman airfare.
3. Additional sightseeing.
4. Passport and visa fees.
5. Items of a personal nature e.g. laundry, liquor, phone calls.
6. Australian and New Zealand departure taxes.

THE GETTING OF FITNESS



Basically my sporting endeavours have a close relationship to my waistline. When I got to about 13 stone at 21 years old I embarked on a campaign of heavy training which has continued on and off until now.

The scenario used to be that I expanded in winter when the pools closed, then contracted again in summer. The first major upset came in 1978 when I took in a boarder. He was a chef, a reformed junk food junkie, who had trimmed from 16 stone to 12 stone. I nicknamed him Blobs and he retaliated by feeding me. He would cook me huge volumes of food then sit snickering while I ate it. Five months later when he left I weighed 14 stone. The system thus changed from 12 stone summer/13 stone winter, to 13 stone summer/14 stone winter. Except that the past two summers I stayed on 14 stone and in winter I ballooned up to 14½ stone.

At the end of summer 1983 I was still at least 14 stone and disaster loomed. I get sinus trouble and nasty itchy rashes if I train in indoor pools, and I *loathe* running (I get seasick when my stomach squelches up and down).

So I've now joined a gymnasium. If I must have bulk it can at least bulge instead of sagging. Unfortunately within my 200lb frame lurks a mere 90lb weakling.

It was quite embarrassing, huffing and puffing and turning purple as I grappled with tiny little weights, while diminutive muscle freaks and assorted pimple-adolescents lifted twice the weight. I think gymnasiums should have inflated polystyrene "vanity weights" for under endowed overweight beginners, just to ease-out embarrassment.

I've been going 7 weeks now and progress has been rapid. Already I can out-muscle the lesser pimpled adolescents and I'm catching up to the minor muscle freaks. Soon I'll catch up to the resident female body builder.

Gymnasiums are funny places. You huff and puff and go purple for a little while, then collapse in a steaming pile of exhaustion until ready to repeat the

process. During the steaming exhausted phase it's interesting to watch the co-residents of the gymnasium doing their idiosyncratic thing. Some of the more interesting ones deserve nicknames so I have invented some:

"Oscar" — an ethnic gent with bulging muscles and tattoos. Oscar gives an award winning performance everytime. He starts by stamping around huffing and puffing to make sure everyone's paying attention, then yells and groans as he engages in mortal combat with a heavily laden barbell. He then crashes it to the floor and runs to the mirror and flexes his muscles to detect any sudden increase in size. His shirt and singlet are frequently removed and replaced as he diligently ensures that no-one has missed the chance to be impressed. I believe he holds the title of "Mr. Southern Hemisphere" or "Mr. West Footscray" or *somesuch*.

"Darwin" once confided to me that his body building efforts were a battle against genetics. He is a tall well built young man who would qualify as handsome if his eyebrows didn't meet in the middle. He's convinced nature has played a cruel trick on him; I think he should thank his lucky stars and borrow his mum's eyebrow tweezer.

"Mum" is a bulky youth, allegedly only 16 years old, who lifts huge weights and turns purple. He has a gross pot belly and pendulous bosoms big enough to feed twins, thus "Mum". He and his training mate provide the main opposition to Oscar as they groan/yell encouragement to each other, "Oh, go on, you don't really *want* it enough, good one! One more time! . . ."

"Uglug" a neanderthal little man who argues with the weights before he lifts them. My dearest and closest gymnasium friends agree this is the best nickname I have bestowed so far. Uglug is hard to describe, he's basically a visual joke.

"Biafra" is a painfully thin youth I only saw once. I think he makes a living by covering himself with half a tin (or less) of boot polish then posing for Oxfam posters.

by Bruce Rowe

PHASE 4 DECONDITIONING

4-6 weeks of moderate work. You should not just stop swimming altogether once your goal event is over. This is both physiologically and psychologically undesirable. Deconditioning could also be a reconditioning phase for another taper. You have reached prime condition why just throw it away? Now is the time to put more fun into your swimming. You are fit and other swims will not be such an effort. Why not work on some awards if you have been concentrating on sprint events, or try some other stroke. The 800m butterfly or the IRON PERSON Awards may be attractive. While the pressure of preparation is off experiment and you may even find you swim better — this could tell a story about your training schedule even. You will be back to 2000m-4000 metres perhaps and 60%-70% effort. It's probably getting into winter again and pools may be difficult to find and you feel like a change, then make it. This becomes Phase 5.

PHASE 5 MAINTENANCE

1000 metres-2000 metres 3 times per week. You can supplement with other activities; winter sports, jogging, aerobic dancing, etc. The human body needs a change and you will be better for it both physically and mentally. This doesn't mean drop all exercise completely but it may mean you take a break from the water. You might even do some lifesaving awards or play water polo. If you stop exercising for more than 3 weeks however, you will need to start again slowing on a pre-conditioning. That's right, it takes as little as 3 weeks to lose your fitness and as graph 1 depicts it is easier to maintain fitness from year to year than to start again, not only that but it is a healthier approach to your lifestyle.

HOW DO YOUR GOALS FIT?

Unfortunately your goals may not fit into the swimming calendar for example, if your 3000 metre swim is in January not towards the end of the summer season. If the 3000 metres is your "bag", then start your training earlier than September-October, i.e. move everything forwards by 6-8 weeks. By planning, State Swims, nationals and the International meets do fall at about the same time and in the appropriate order if competition at this level is your goal. Clubs however, should take particular care in scheduling awards, i.e. not to make, say, the 3000m and 5000m in November/December or place in within 3 weeks of important carnivals to help cater for those with a 'mixed bag'. Also with interclub meets attention should be given to the length of events, achieving a range and balance of strokes and distances and not placing them at inappropriate times. For example, the 200m backstroke, breaststroke, medley and butterfly would be best left until well into the Conditioning (Phase 2) stage.

For the individual then it is a matter of deciding priorities. You can't be at your

best for all events at the same time, by the same token some swimmers are better suited to or prefer sprints or endurance. It is unreasonable to always expect them to perform well at both. This is often experienced when swimmers do well at carnivals and it's automatically assumed they will do well at swim throughs or longer awards. The reverse also occurs when a person does well at a 1500 metre event and due to lack of understanding of training principles, peers sometimes cannot appreciate the fact that they don't do as well in a 50 metre event. Reflection back to Table 1 will jolt your memory.

Hence the key is decided what is important for you; work towards those goals and make sure to plan small goals along the way. These will provide a "mile bag" and give you a boost as well. These may just be setting a time by a certain swim or making a certain distance or completing a particular event. Once you have achieved your major goal then you can redirect your training to other goals. It's all a matter of timing and priorities.

Next issue we will consider the components of a workout, with some examples and the issue of overtraining.

SUMMARY

1. It is necessary to plan your total swimming year.
2. Steps in planning are
 - (a) outline the swimming events;
 - (b) decide your priorities;
 - (c) determine your major goal;
 - (d) set smaller goals or targets;
 - (e) plan your phases to coincide with events and goals;
 - (f) decide the % of aerobic and anaerobic work you need for your selected events;
 - (g) prepare your individual workout sessions by selecting the most appropriate training methods.
3. If you are ill or are out of the water for more than 3 weeks, go back several weeks in your programme. Don't start where you left off.
4. If you are feeling jaded and your times are not improving or getting worse, slacken off or have a complete rest for a few days.
5. It's easier to stay fit than start from the bottom. Remember as you get older, the climb to the top gets harder. It makes more sense to stay at least half way up.
6. Above all, enjoy getting and staying fit. When it's not enjoyable anymore, it's time to reassess your priorities.
7. Strive to achieve your own goals not someone else's.

References

- Brems Marianne, *Swim for Fitness*, Chronicle Books, San Francisco, 1979
Brems Marianne, *101 Favourite Swimming Workouts*, California, 1980
Campbell Cathy J., *Choosing the Appropriate Energy System*, Coaching Science Update 1980/81 p. 14-15
Councilman James E., *The Complete Book of Swimming*, Atheneum, New York, 1980

CHANGE ROOM CHATTER

A warm welcome to all AUSSI members on a northern holiday to come and have a swim with us. (Sundays 10 a.m. Willows Pool, Kirwan, Townsville.)

Townsville Masters is also hosting the North Queensland Short Course Championships on Saturday, 26 November. Visiting AUSSIs most welcome to swim and join in BBQ afterwards.

Townsville Masters Swim Club

IT COULD ONLY HAPPEN IN KUNUNURRA

As part of the annual Ord Festival, the local hotel ran an Iceberg Swim Thru where they filled or at least attempted to fill the 12.5m pool with iceblocks and then conducted a 4 lap race for all those interested in a prize of \$150 worth of goods (from the hotel!).

Since the air temperature that night was still 34°C, it didn't cool down the water but the bags and half melted blocks did cause a somewhat treacherous obstacle course, especially with four big blokes in a heat.

I found it extremely hazardous with three big fellows in my heat and taking the centre of the pool. Let me tell you, there is quite a race technique involved. The humorous part though, was that the hotel manager couldn't find a starter's pistol and he invited along the local explosives' expert with his detonator box and a supply of four detonators.

So there they were hiding behind the bushes, so the swimmers couldn't see the plunger go down and supposedly get an unfair start, and indicating to the marshal-starter at the other end that the charge was ready. We only had one false start but as we were limited to four detonators and had two heats, the swimmers couldn't be called back by a double blast from the starter. As it was, the hotel and town were quite shaken by the explosions but that's how it's done, Kununurra style.

A warning to groups thinking of a similar event. It takes a lot of ice — when it's hot anyway, and there were a few injured, great chunks of skin out of faces and heads, bruised feet from kicking the ice instead of water and grazes and cuts to arms as you ploughed through the ice. Other than that, it was good fun and combined with an Hawaiian food night, makes a fund raising or fun raising idea.

Kay Cox

Jopke Terry, *Training Swimmers: How Coaches Get Results*, Sport Health Vol. No. 1, 1983

Katz Jane, *Swimming for Total Fitness*, Dolphin Books, New York, 1981

THE YEARLY PROGRAMME

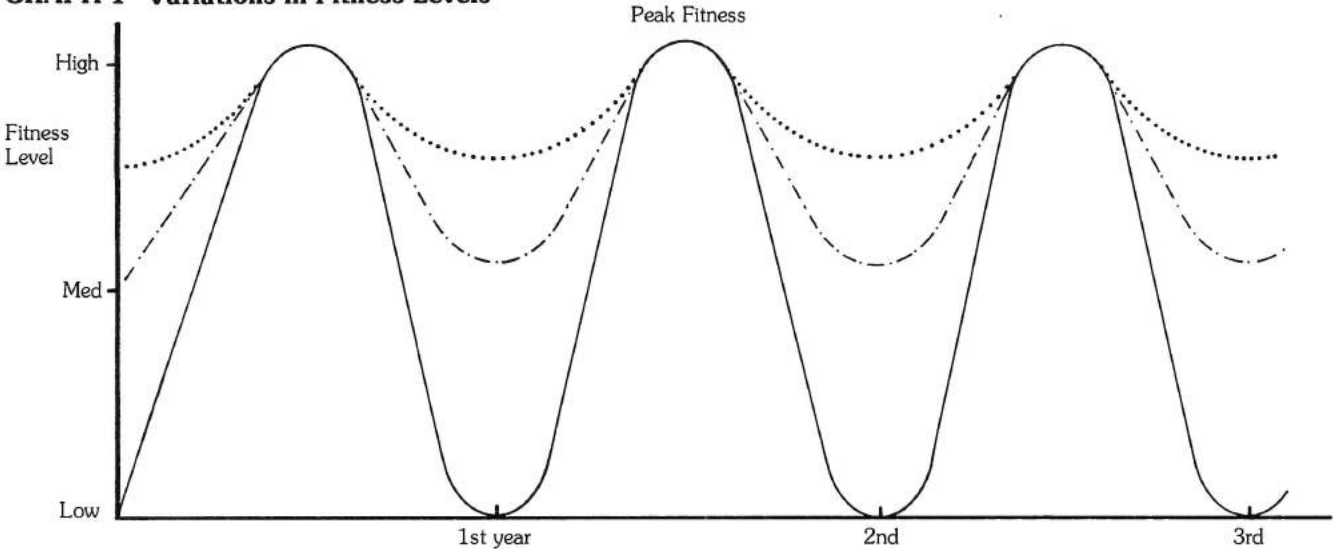
by Kay Cox

Now that you are familiar with the different methods of training we need to be able to organise them into a yearly programme. Ideally you should swim all year around. It does you and your body much more good to be fit all the time

rather than in 'fits and starts'. Also it's easier as I'm sure you are all aware, of how much more difficult it seems to be to get back into the swim at the beginning of a new summer season. That is not to say you must be at peak physical fitness 12

months of the year. This is a demand that is quite unrealistic and for most of us unattainable. Graph 1 shows the advantages of staying at a reasonable level of fitness all year round.

GRAPH 1 Variations in Fitness Levels



SWIMMING YEARS (Sept.-Aug.)
6 months on, 3-6 months off.

A total programme maintaining medium fitness.

All year round achieves.

Depicts the amount of effort required to get to peak fitness from a totally unfit state compared with a maintenance programme and an all year round achieves.

When you need to produce good distances and times it is much easier to step up your workload than if you have to start from scratch. Of course you need not swim all year round to maintain a moderate level of fitness. In some cases especially in cooler climates and where pools are not heated this is an unreasonable objective. You should find alternative activities that will be enjoyable and keep you fit.

It was timely that 'Lane 4' last issue confessed to being "a competitive animal", as most of us are, but in varying degrees and different ways. We are motivated to

swim for different reasons and what we need to do periodically is:

1. assess our reasons for swimming
2. set our goals and objectives
3. find the best means of achieving those objectives. That is, if you are geared for carnivals, State Swims, National and International competition then your training methods must be the most appropriate. On the other hand if it's general fitness and leisure swimming then your training and approach will be entirely different. Usually most of us will be somewhere in the middle.

THE SWIMMING CALENDAR

To illustrate let's look at the AUSSI swimming year and the example I know is the WA programme so I'll use that.

Sept.	Interclub swim	Club swims	
Oct.		Club swims	
Nov.	Interclub swim	Club swims	Swim Thru (1500m)
Dec.	Awards	Club swims	
Jan.	1 Hour swim, super swim	3000m Swim Thru	
Feb.	Swim Thru (1500m)	Aerobic Awards	Club swims
Mar.	Interclub swim	State Swim	Swim Thru
Apr.	Nationals, World Masters Championships, Awards		
May	Awards	Club swims	Interclub swim
Jun.	Awards	Club swims	
Jul.	Awards	Club swims	Interclub swim
Aug.	Awards	Club swims	

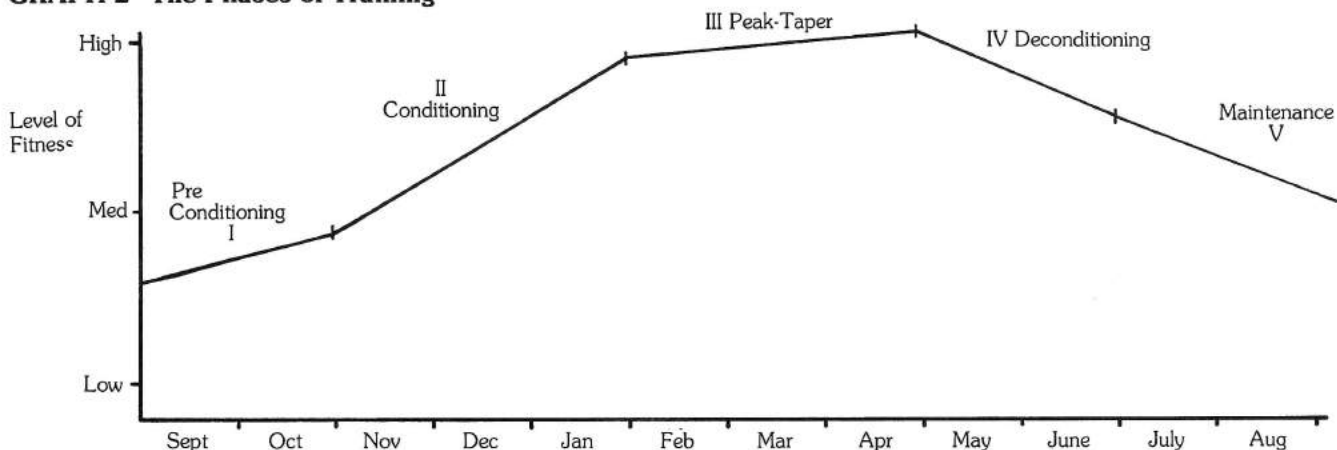
As can be seen the months January to April are very busy months and there are conflicting demands for example trying to be at peak condition for a 1500m swim through a 3000m award and sprint swims at an Interclub swim is almost an impossible request. Therefore you have to choose which is most important to you.

CHOOSING YOUR EVENTS

It may be the World Masters Championship, a particular award, a swim through etc. This doesn't mean you won't swim well at all of this, it means you plan to reach your ultimate peak then. It is possible and should be attempted with correct training to reach a peak on more than one occasion but these should not be spread too far apart. For example the WA State Swim 1984, the Nationals and World Masters Championships should be within 3-4 weeks. The training schedule is crucial to swimmers being at their near top for all of these with the latter being the prime target.

PH/ OF THE SWIMMING YEAR The year is therefore, divided into five training phases as shown on graph 2.

GRAPH 2 The Phases of Training



PHASE 1

Preconditioning or early season work. This lasts about 6-8 weeks and is a relaxing period with long swims; any stroke corrective work should be done here and a variety of strokes used. The work usually consists of aerobic endurance work. Swimming may be supplemented with land activities to improve flexibility and strength and cardiovascular fitness.

The underlying goal is to lay a good foundation for the more strenuous phases of training to follow and is necessary if strain and injuries are to be prevented. Resistance activities such as kicking and pulling are good for building strength and endurance and help overcome the monotony. There is scope in this phase for variety swimming, e.g. swimming for a certain time, 15 minutes, 30 minutes, etc., counting strokes instead of laps. In fact, here is a good opportunity to work out how many strokes you do for certain distances and this will be a handy factor for both judging your race pace and in long swims how far you have gone. You should be aware of how many strokes you do in 50 metres, etc., it is a very convenient conditioning tool like taking your pulse. Variety may also be achieved by swimming in different pools, even the home pool of 10 metres (perhaps less) is adequate at this stage. At present I am personally confined to a 12m pool for 10 months of the year. It's okay for phases I, II (limited) IV and V but if we talk in terms of specificity and training for events unless I specialise in 12 metre swims or short short course, then it's less than adequate. Open water, lakes, rivers and ocean also provide variety and if I feel like being crocodile bait for a day I do a bit of this as well. Variety is the way you swim, your overdistance work is also a change, e.g. Fartlek easy-hard for say, 1000 metres continuous or ascending and descending miles or 1600 metres, i.e. 800 metres, 400 metres, 200 metres, 2 x 100 metres with 1-2 minutes (or more) rest in between.

PHASE 2 CONDITIONING MID SEASON (10-12 weeks)

This is the most strenuous workout phase and the total distance of workout

increased from about 2,000-4,000 metres per day. This is higher intensity swimming with shorter rest intervals between swims becoming more and more important and so keeping the heart rate at a higher level for a longer period of time. As the season progresses methods such as interval training, repetition training and sprint training become increasingly important and account for 40%-60% of your workout. Above all, your training should be closer to the maximum you can cope with, without excessive fatigue. That is, reduce your rest intervals as you improve. However, with the stress of this you will need to balance this with some moderately paced swimming during the weekly workout to work on stroke mechanics. Stroke specialisation and event specialisation play an important part. You must decide what strokes and distances you want to swim e.g. whether it's overarm 50 metres and 100 metres or 800m and 1500 metres or breaststroke 50 metres and 100 metres events then you will be better off with some short distance high intensity swims and few distance swims. Overall however, you will be better off with some of both and to determine the proportion of each. We need to look at whether the distance is aerobic or anaerobic in demands. Remembering our general rule that up to 30 seconds of flat out swimming, it is mostly anaerobic (90%) and at 2 minutes and 30 seconds, it becomes about 50% anaerobic and 50% aerobic and after that increases to 90%-100% aerobic. Table 1 shows this for men's freestyle events:

Freestyle Distance (metres)	% Anaerobic	% Aerobic
50	95	5
100	80	20
200	60	40
400	40	60
800	17	83
1500	10	90

TABLE 1 % of energy sources used in various events.

Thus for a top level freestyle swimmer, a 200 metre swim is still a sprint whereas for many of us, it's becoming more of an endurance event (depends on the time taken), also with other strokes being

slower they will tend to be more aerobic. However, from this general guide you should be able to say within 5%-10% of which system you should be developing and select the most effective and enjoyable (unless you are a masochist and martyr, and some of us are), training methods to do this.

PHASE 3 TAPER AND PEAK SEASON (Quality instead of quantity) 2000 metres to 1000 metres

The taper is the icing on the cake culminating in a peak. *About 1-3 weeks* in length and can be well only about once or twice a year. Any more and it's unlikely to produce the best results. The taper is the time you allow your body to rest and come to full strength. You swim your fastest but spend less time in the water. Each person will have an individual length of taper just as some only require a few hours sleep per night and others in excess of 8 hours. You will need to experiment yourself. The taper is characterized by a long warm-up or loosen up period followed by a few short first swims at *race speed* with practice on starts and turns and a thorough *cool down*. Having been conditioned to work hard, most of us find it difficult to cope with such a light work load and either feel guilty or unsure of themselves and are tempted to do more than less. This will take the edge off your swimming, lead to a state of overtraining and perhaps ruin your months of training. You may only spend 15-30 minutes swimming during the last few days of the taper. You may feel sluggish at first but this is because while peaking the body needs time to adjust. Your work should be at 90%-100% effort.

Above all, remember this is the fine tuning phase and other factors such as sleep, diet, stress, changes in work and environment need to be controlled.

Further tapers can be achieved - perhaps not to the same level - by a drop back to the Phase 2 workouts if the events are more than 4-6 weeks apart. It's difficult to hold a taper for more than 3 weeks. Being tuned into your body's reactions is vital to those attempting this. You must be aware of overtraining (to be discussed next issue).