



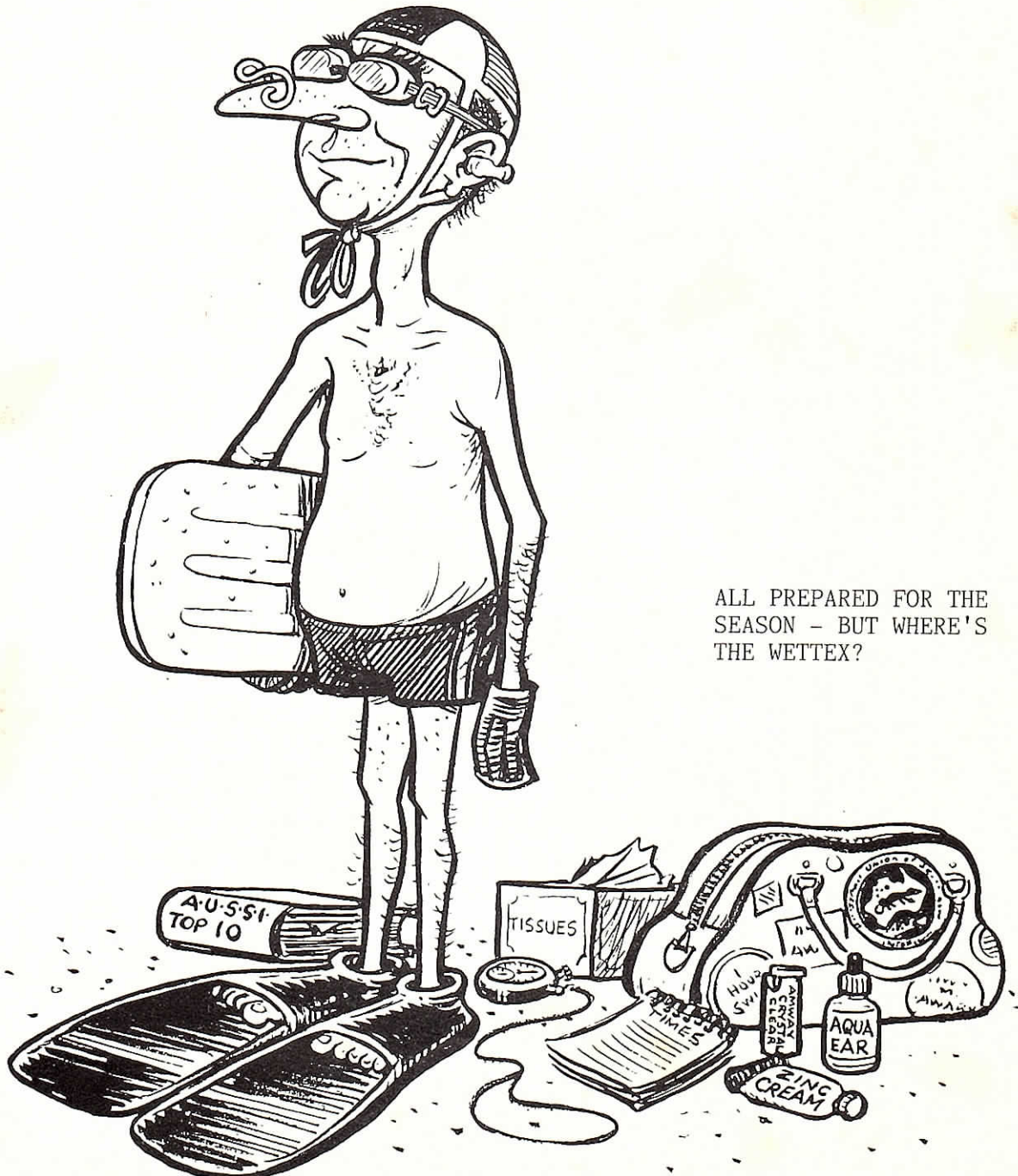
THE AUSSI



National Newsletter

"ALL THE NEWS THAT'S FIT TO PRINT!"

FOR **ADULTS** ONLY
(SWIMMERS)



ALL PREPARED FOR THE
SEASON - BUT WHERE'S
THE WETTEX?

THE AUSSI NATIONAL NEWSLETTER

Issue No. 2

P.O. BOX 59, NORTH BEACH W.A. 6020

Glenys McDonald
Editor.

Hi! Season's Greetings to everyone. I hope, included in your list of New Year Resolutions for 1986 are renewed swimming goals. Those of you aiming for the Adelaide Nationals in April, or the 1st FINA/MSI World Swim in Japan in July would already be well underway with their training programme!!! The rest of us are just working out how many laps it will take to work off all that plum pud.

Those of you who subscribed to the magazine "Swimming in Australia" will have heard by now of it's demise. This is a great disappointment to AUSSI members as we hoped it would be a great forum to spread our message to others. The failure of the magazine was also disappointing for Carol Davis. Carol worked very hard as Editor to make the magazine a success and to provide additional avenues of sponsorship for AUSSI. Still it was not to be. The National Council will need to look at what form our communication with clubs should take. We have already proved we cannot afford to produce a glossy magazine of our own (AAS sent us broke). Our support of a new magazine has not been the answer. For the interim period watch the "International Swimmer" for your AUSSI news and I strongly advocate that each club and Branch produce their own newsletters. These do not have to be 'flash' in order to get your message across. There will also be period prattlings from me as time permits, and we hope this suffices until we win lotto.

Editor.

GUMF FROM GLEN

(Alias - National Secretary's Report)

The major news from AUSSI at the moment is all good, and it concerns sponsorship. Your Executive, and in particular President - Ivan Wingate, has negotiated several areas of major sponsorship support in the last few months.

For Adelaide 1986, the National Swim will become THE CITY MUTUAL AUSSI NATIONAL SWIM AND CLUB CHAMPIONSHIPS, and in return City Mutual are supporting us to a very considerable degree. City Mutual have always been a great sponsor of swimming, and AUSSI in particular, but this new sponsorship puts that assistance on a more formal footing. In return for the great faith City Mutual have shown in AUSSI, I ask you to support them, and in particular to promote the City Mutual Swimming Awards as they are a great incentive to our newer swimmers.

T.A.A. - the only airline to fly - have provided great discounts to AUSSI for travel to our twice yearly National Council meetings. Council travel has always been one of our major items of expense, and if all AUSSI clubs and Branches support T.A.A. when they travel to the National Swim each year, our relationship with T.A.A. should be ongoing.

SPEEDO too, have extended their well known support of the promotional event at our National Swim called THE SPEEDO SPRINT RELAY to encompass the new SPEEDO GRAND POSTAL RELAY and other financial support. So I hope all clubs enjoyed participating in the inaugural postal event and that those zippy swimmers who won their age groups will find a lot of use for their SPEEDO swimming bags. The results of the SPEEDO GRAND POSTAL RELAY will be published soon.

I am confident that you the members, will support our sponsors in every way you can so that we can look forward to their continuing support in future years.

Well, as mentioned briefly in the first National Newsletter, the September Mid Year Council meeting in Sydney was a long and gruelling affair. Each and every Branch delegate should be congratulated for their input into the fifteen hours of meeting in two days. The major issue of the meeting was the adoption of our draft RULES. As can be imagined, this was a very time consuming task, with debate on swimming rules and interpretations being the area for most discussion. It took us one complete day but the Rules have been completed and adopted, and will in the New Year appear at your club in an easy to refer to Handbook.

Basically our Rules on swimming adhere to FINA Rules, however where any differences appear, these will be highlighted. The National Technical Committee will provide a written instruction text for AUSSI referees on "Interpretation of the Rules" so we should have consistency of refereeing standards at all AUSSI Swim Meets.

One issue raised by members at the last National Swim was on the BUTTERFLY arm stroke. Part of the butterfly stroke rule now states:

Both arms must be brought forward together over the general surface of the water with the elbows being visible on the top of the water and the arms being brought back simultaneously.

The current A.S.U rule mentions that the arms must clear the water. Our interpretation means that the elbows must be visible on the general surface of the water at some stage during the stroke.

I ask that your club coach study the Rules when they arrive and ensure your swimmers are aware of them. The time to learn that

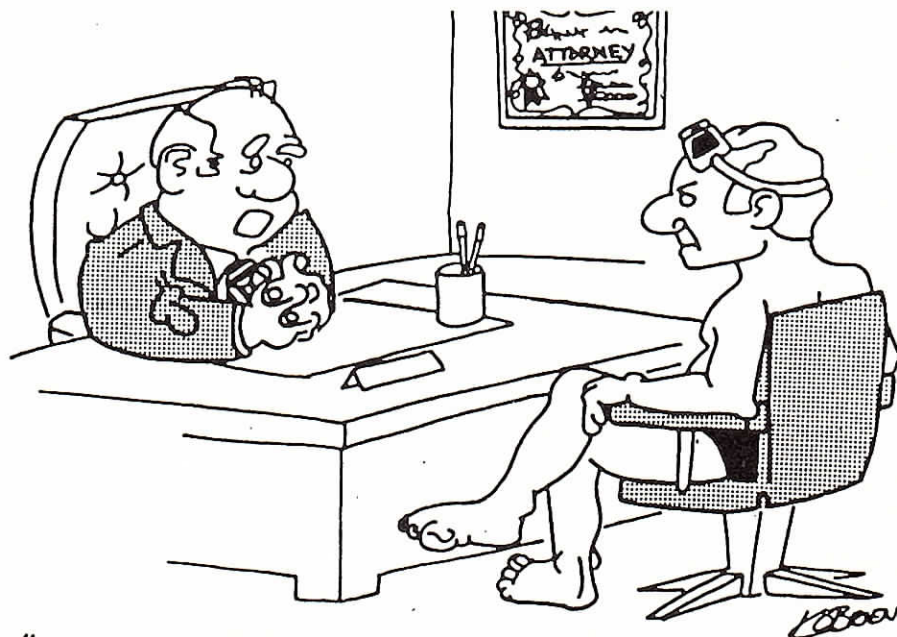
Later in this newsletter you will hear from our new National Director of Fitness & Coaching - Dick Campion. I would like to take this opportunity of thanking Des McCormick for the work he has done (and continues to do) for AUSSI. Des has made a great contribution to AUSSI, not the least being the Coaching Manual, which I hope every club has a copy. If you don't, then write to your Branch Secretary, or to me at the National office. Many clubs and Branches are establishing a great library of books on swimming and diet and videos. Grants are available for this in many Branches and I recommend the idea to you.

JOIN

AUSSI MASTERS SWIMMING IN AUSTRALIA

PROUDLY SPONSORED BY CITY MUTUAL INSURANCES

(and this could happen to you)



"TO BE HONEST MR STEVENS, I'M NOT SURE YOUR WIFE BEATING YOU IN THE HUNDRED FREE IS SUFFICIENT GROUNDS FOR DIVORCE."

NATIONAL COACH'S COMMENTS

by Dick Champion

Recently I learnt that an AUSSI swimmer died whilst training. At the time of writing I have no details about the tragedy, whether it was due to natural causes or misadventure does not matter in terms of this article. I am sure that members of the club are saddened enough without me examining in point the circumstances.

People do die, and it is reasonable to expect that some could do it whilst exercising in the water. The purpose of writing this article is in an endeavour to prevent unnecessary loss of life or even discomfort to our members, for that matter.

The two areas I want to examine are:

1. Education and Caution
2. Legal protection for the coach and club

I personally think AUSSI as a whole is in a totally uncontrollable situation when it comes to policing members with regards to their health and fitness through swimming and should not at any time feel responsible should a fatality occur in AUSSI activities.

Having said that, we can make some strong recommendations to perhaps narrow down the chances of undue stress and even cardiac arrest. I have spoken to a couple of doctors regarding swimming training in the adult area and both gave similar responses i.e. Swimmers are in the lying-down position, therefore reducing the stressload on the heart and secondly, being submerged in tepid water aids cooling the blood, again reducing stress. Therefore both would recommend swimming activities to adults.

Here are some recommendations I would make, based on my talks with members of the medical profession.

1. We must emphasise to our old, new and potential members their health is their responsibility. Only they know how they feel and if the schedule is beyond them on an off day, they must say so and moderate or even give it a miss.
2. We must recommend that potential members who have reached the age of 35 years for men and 45 years for women, have a medical clearance from their family doctor, which should include a resting heart tracing.
3. We should also recommend all people who are a known health risk i.e. suspicion of heart problems, stress, high blood pressure, smokers, shortness of breath, or a family history of heart problems should have a medical clearance irrespective of age.

4. If there is any one particular type of person for whom a medical clearance is a must, it is the ex swimmer who still retains the skills but lacks the fitness. There is a strong temptation for these people to slip into a training session, pick up the pace from the heavy mob, stay in for the full session and maybe push the body into the danger zone.

There are a number of areas where we can receive advice on this subject and at this stage I would say we need all the help we can get because there has been so little research on this subject to date.

Ivan Wingate checked out the Heart Foundation who recommend every one over the age of 20 should attend their clinic prior to exercising. Their clinics are throughout Australia with an average waiting period of two months. I have managed to unearth a further source of assistance - the Australian Sports Medicine Federation, and they also have Branches in all States.

I have spoken with the Victorian Branch President and he runs the Preventive Medicine Clinic in Melbourne, and it was he who gave me the previous recommendations. I will shortly be visiting him at his clinic for further talks, and my own personal stress test - seeing I have been out of training for 22 months. Both of which I will report on at a later stage to give you an idea of what to expect and what they cost.

Now for the legal protection for coach and club. There is no indemnity insurance available therefore we have to take all the precautionary steps.

The Coach, whether they like it or not, is responsible to screen our AUSSI swimmers as much as possible, at every session and every swim meet. We must operate in reverse to our professional counterparts in getting unwell and out of sorts (salts?) swimmers to stand down at swim meets rather than think of the club and those extra points.

In a similar vein at training, if you think one of your swimmers is a bit jaded then tone down their session or tell them to give it a miss entirely. I have just thrown the towel in on one of my marathon races because of stressful breathing with a cold. The doctor who was checking all swimmers who got out or finished with an ECG test listened to my chest and suggested I was well lagged with mucous which created my stressful situation causing me to say - enough. Whereas if I had checked with him prior to the start, he would have told me to join the cheer squad rather than the swim squad for that day.

We must remember coaching the mature adult is reasonably different to that of coaching children and young adults. There is no substitute for youth. Their energy, resilience and enthusiasm are far greater than in the adult. For youth it is NOW, for the adult it's FOR THIS SEASON - MAYBE.

Finally, clubs can assist in making members aware of the possible hazards, by printing a membership form which warns the swimmer of over exertion when poorly prepared, and also gives some form of indemnity to the club, coach or supervisor.

Glenys McDonald has designed a sample form, (attached to this newsletter) and it would be a good idea if you use this as your standard membership application form. It will give you the details you require about the new member, reasons for joining and make you aware of the swimmers health problems, and the swimmer aware of his responsibilities for his own health.

* * * *

CHANGEROOM CHATTER

Or rather Branch Office faux pas.

Two hard working recorders working on the recent Top Ten in the W.A. Branch Office in exclusive "Northcourt" which houses doctors, and Federal and State politicians, nearly gave a passer-by a heart attack when the female helper told the male helper in a loud voice, that it was time to get out the fly and breast!!!!

TRAVEL

Your Committee has appointed TAA the official airline for this championship in recognition of valuable contributions made by Trans Australia Airlines. It is important you support this appointment by flying TAA wherever air travel is required

In addition, further concessions may be available to you as individuals on air fares, accommodation or even cargo.

To obtain these concessions, it is important you contact your nearest TAA Group Travel Department as soon as possible. Only they can tell you how to gain the maximum benefits and discounts when you fly TAA.

If you are booking your travel through a travel agent, make sure your agent contacts TAA's Group Travel Department for exactly the same reasons.

At TAA, we are proud to be the official airline for your Championship and we know you will enjoy flying the friendly way.

TAA Group Travel Consultants:

Brisbane	Simon Wellington	260 3311
Canberra	Di Preston-Stanley	46 1811
Hobart	Coralcen Bennett	38 3511
Melbourne	Lisa Robilliard	666 3994
Perth	Jan de Castillo	323 8444
Sydney	Lilly Grech	238 4305
Newcastle	Chris Bourke	26 1544
Darwin	David Arnold	82 3311
Alice Springs	Karin Yee	50 5211
Launceston	Mike Butler	32 9911
Wollongong	Rod Blanch	29 9411
Christchurch	Ivan Rivers	6 7708
Wellington	Bruce Menzies	72 5190
Auckland	Margaret Hahn	79 4086

SEE YOU AT THE NATIONAL SWIM

ADELAIDE, APRIL 16th - 19th 1986

GREETING MEETING

TUESDAY, 15th April
at the
GLENELG SAILING CLUB

at
7.00 p.m.
B.B.Q. provided,
BAR facilities available
Cost \$8.00 includes travel from city to
venue by tram

PRESENTATION DINNER

SATURDAY, 19th April
at
OBERDAN CENTRE
292 Findon Road, Findon
at
7.00 p.m.

Cost \$25.00 per head

HAPPY HOUR

THURSDAY, 17th April
LIVE ENTERTAINMENT
REFRESHMENTS SUPPLIED

commencing after final
swimming session

TAA. the friendly way.

MASTERS GAMES - CANADA

MARVELLOUS MOMENTS, MISHAPS AND MEANDERINGS by Margaret Wilson

The first Masters Games in Toronto, Canada last August attracted 40 Australian competitors for the swimming section. Three of my Tamworth club mates, Irene Wyatt, Margaret Cooper, Carma King and I, planned and worked hard to get there. Even though it took working two jobs, saving madly and training whenever time permitted, it was worth the effort. As a Masters Swimmer, you represent your club, not your Country and you are responsible for finding the finances to cover entry fees, accomodation, travel, the lot. A few lucky folk received sponsorship but the majority attend and compete by dent of their own efforts.

We departed from Sydney on August 2nd but not before a bomb scare delayed us 3 hours. The search through our luggage was extensive and if you think finding your luggage on arrival at the airport is difficult then try identifying it on the tarmac. It's next to impossible. We joked that it was really Gloria Robinson's 'furry' mascot that they were after but it wasn't so funny when Gloria's North Lodge club mate, Barbara Wilson's luggage didn't arrive in Toronto along with Barb. Fortunately, Barb's made of sterner stuff and she would have swum in a fig leaf if necessary.

Our mishaps didn't end with the bomb scares, delayed flights and lost luggage. We arrived in Toronto only to find that our deposit hadn't been forwarded to the motel and EVERYTHING had been booked out. We knew one of our number, W.A's champion grannie, Myrtle Wright, had arrived three days earlier but it took us two days to find her and get us all together.

The Games were a massive undertaking. In swimming alone, there were 1800 competitors representing 386 clubs from 29 countries. The demand for accomodation had organisers out door knocking, asking people if they'd billet a competitor. The wonderful residents of Toronto opened their homes and there were a number of Australian sportspersons able to take advantage of their generosity.

The Opening Ceremony was one with a difference. Competitors did not march as either Countries or Clubs but in their AGE GROUPS, wearing National dress if preferred or clothing appropriate to their sport. The emphasis was continually on meeting and mingling. The idea seemed to be that you represented your Country as a person not a competitor.

I can only congratulate the organisers. The Etobichoke Olympium was an excellent complex with a 50m competition pool and a 25m warm up pool adjacent. The competitors were divided, with men and women swimming from opposite ends of the pool alternatively. The 1,500m freestyle was swum two per lane. Remembering the uproar when Victoria employed the same system during the 400m free at the 1984 Nationals, I am wondering what AUSSI officials plan when they host the FINA/MSI 2nd World Swim in 1988.

Free transport was provided to and from the pool which was fantastic service. However, it was only after experiencing this mode of transport that I truly understood the meaning of the 'Tower of Babel'. Imagine, if you can, the effect of 29 different languages chatting not only to one another, but also trying to converse with other competitors who couldn't understand you or them.

Succes!

The Australian contingent acquitted themselves very well indeed. The ladies, leading the field with Myrtle Wright, 75 of Osborne Park AUSSI W.A. taking 1st place in all seven swims which included a World Record for the 200m Backstroke of 4.14.64. Barbara Wilson, 51 of North Lodge AUSSI Victoria was outstanding. She gained two firsts, 3 seconds, 1 third and 1 4th, and then jumped out of the pool and went into athletics and cycling, gaining another 7 medals.

Everyone performed well but to name just a few of the top place getters - Lillian Johnson, 70 of Manly N.S.W - 5 firsts, 1 second. Beryl Anderson, 65 of North Lodge, Victoria - 4 firsts, 1 second. Marjorie Bennett, 50 of Power Points, Victoria, 1 second, 2 thirds, 1 fourth. Gloria Robinson, 45, of North Lodge Victoria, 1 first, 2 seconds. Dawn Fraser, 49, Western Suburbs AUSSI N.S.W 1 first, and 1 second. Barbara Luscombe, 40, or North Lodge, Victoria, 2 firsts, 1 second, 4 thirds. Those two Ettalong gents - Frank Griffiths, 75 4 firsts, 3 seconds and Bob Harris, 65, 4 firsts, 1 second and 1 third. Harry 'Twinkletoes' Fowler, 80 of Summerland Lismore N.S.W 5 seconds, 1 third, and Tom Caddy, 70 of Uni N.S.W 3 second placings.

The competition rules allowed clubs only to enter relay teams. The Australians observed this rule to the letter and only two clubs had the numbers to field relay teams - Tamworth ladies and the North Lodge ladies. Our North Lodge ladies of Barbara Wilson, Gloria Robinson, Beryl Anderson and Barbara Luscombe did themselves and their club proud by winning the 4 x 200m medley in the World Record time of 2.38.58. They also scored a second in the 4 x 200m freestyle.

While there were a number of ex-Olympians present, the media and crowd favourite was Dawn Fraser. The stands were packed for the 100m freestyle and Dawn who has never been beaten over 100m free was magnificent in maintaining her record. Nearly all the Australians were familiar to one another from meeting at AUSSI Nationals. As Dawn has only recently joined, we didn't really know her personally. However, we applauded her comeback and win, and hope her return to swimming will be a happy one.

The Lake Swim was another triumph for the AUSSI competitors. Although the venue of the 5 kilometre swim was changed three times, we still found our way there. The organisers staggered the start with the men beginning 5 minutes before the women. The course - two complete circles of the lake, was completed by

about 300 swimmers. How results were achieved was nothing short of amazing - another organisational triumph. 40 Australian competitors - 30 first placings - and no one wore a snorkle or waterwings.

Of special interest to many competitors were the Sports Injury Clinics and Coaching Seminars. These were held outside the pool and if the clinics and seminars didn't entice you outside between your heats, then the sunshine certainly did. Personally, I found listening to other competitors speak about their workouts and preparation for meets, very enlightening. I'd previously felt my preparation workout of an hour, five days a week sufficient. Now, in comparison, I'M sure it's not enough.

The social scene for those who wanted it was there. The Australians with their reputation for knowing how to enjoy themselves, were led by the 'young' 80 year old, Harry Fowler. Not content with swimming up a storm in the pool, Harry earned the nickname of 'Flash Dancer from Aussieland.'

Then there was the purchase and exchange of souvenirs. It made your head spin. T-shirts, caps, bags, badges, towels, costumes and pins. When the Games began, it was possible to tell from what club or Country your fellow competitors came from. By the end, it was just about impossible.

The Gala Dinner was most unusual with tables of food indigenous to the many countries represented at the Games. (Does that mean Margaret, that there was a table laid out with beer, pies and sauce?) Everyone mingled and before the night was over, we were sitting on the floor, sharing food, songs and celebrations of Switzerland, Japan, the Caribbean and others. There was such a feeling of good fellowship, no one wanted it to end.

I, like many others, was proud to have been at the inaugural Masters Games. I know I will treasure the memories and the friendships.

During my stay, I attended the MSI meeting which discussed the future of the Masters Swimming movement. I was honoured to be AUSSI's delegate and I can only say that under the presidency of Gary Stutsel and the enthusiasm of all masters in general, the movement will progress. The Japanese delegation has promised that the 1st FINA/MSI World Championships in Tokyo next year will be one you shouldn't miss.

Perhaps a comment I overheard would best sum up much of the feeling. Asked how he was swimming, one 83 year old replied - "Like a 70 year old, my son."

INTERNATIONAL TIT BITS - HOW DOES THIS COMPARE WITH YOUR CLUB?

Harry Hunsicker of Lone Star Masters, Dallas Texas reports that... "Currently Lone Star Masters has about 300 active members in the Dallas area swimming at 7 different times in 3 or 4 different pools each day, plus a good weight programme at Southern Methodist University in Dallas. There are also about 300 persons on our waiting list to start swimming in the Masters programme as pool space becomes available".

They shaw do things big in Texas!!!

Myrtle masters titles



• Myrtle Wright with the medals she won in Canada. Picture: Guy Magowan.

Well has Margaret's report and Myrtle's medals wet your appetite? Grab your wettex, head down to the pool and start training for the next big swims - Adelaide Nationals and Tokyo.

GET A YEN FOR TOKYO

by Carol Davis

The first FINA/MSI World Championships will be held next July, hosted by Japan's capitol, Tokyo and held in the magnificent Yoyogi Sports Centre. Yoyogi was built for the 1964 Olympics but it can still stand proud amongst many more recently constructed complexes. So, if you haven't already made the decision to go, then let me persuade you.

Last August while attending the Pan Pacific Championships, my "Master's Check List" in hand, I reconnoitred the Yoyogi Pool. In answer to those questions of paramount importance - yes, you will have the use of a 50m warm up pool. Yes, the ladies change room has been built for space not economy. Hot showers appear to be abundant. Working on the theory of no sexual discrimination, the men's change rooms should be similar. You will understand that I wasn't able to check on this point personally.

The seating capacity is enormous so you can tote along that big swim bag stuffed with 6 towels, 5 costumes, caps, goggles, wettex and 20 t-shirts you intend to swap and still have room to be comfortable.

The organisers are aware of the necessity of conveying swimmers from the stands to the pool deck so stair climbing will be minimal. There's a neat little coffee come souvenir shop in the complex. However, sustenance and souvenirs for competitors are a high priority on the organiser's list. I know, I know, you want to read about 'the pool' where you will actually do your thing. Well sadly, that was one of the few things I didn't get to do - have a swim. It wasn't for want of trying. I pleaded. I couldn't even get a swim in the 'mickey mouse' oops pardon, I mean Invitation Heats. They said something about 'times', 'amateurs'. Well anyway, I can take a hint. I did consider falling in but you see, I had promised to behave so.....I can't say I heard any of the kids complain about the pool. Perhaps they don't know that blaming the 'lousy pool' is a perfectly acceptable excuse for poor performance.

The Yoyogi Sports Centre is situated in the Shibuya District of Tokyo. It's a colourful bustling area with stores, restaurants and sights to captivate you. The Shibuya Railway Station is one of the largest and busiest in Tokyo. Lucky me, my accomodation was a 5 minute walk from the pool (3 1/2 min. if you run and jump the traffic lights). However, if your hotel is amongst the modern towers of Shinjuku or in the Ginza, Akasaka, Shinagawa or anywhere else, never fear the J.N.R. lines and subways are near.

GO BY RAIL

Going somewhere, then go by rail. The trains come regularly, like every 2 minutes. Not only are the trains on time, they are clean. You never have to sit down gingerly on slashed seats carefully placing your feet to avoid treading in something nasty, and graffiti doesn't appear to exist. With traffic jams accepted as normal procedure in Tokyo, it's quicker and cheaper to travel by rail. With your transport guide map, you can plot your course, it's so easy with the colour coded trains and ticket machines, with a little practise, you can go anywhere, what fun! Oh! the Bullet Train. Don't miss having a ride. I found it was everything I was told it would be.

WHERE TO EAT AND DRINK

Eating is always a high priority on my list. Now, I don't propose to do a 'Len Evans in Tokyo' but, depending on your budget limitations and your sense of adventure, eating in Tokyo is splendid. Those of

you who demand your pie and sauce for lunch and chips and steak for tea, no matter where you are, deduct 10 points for a jaded palate and be prepared to pay because a steak in Tokyo will cost you very much yen. Do try some of the traditional dishes, you could be pleasantly surprised. Tem Pura*, delicious, second helpings please but while others raved about Sushi*, I found it wasn't for me. I could go on but trying it yourself is half the fun and don't cheat, use your chopsticks. For those prepared to give their taste buds a tickle, contact me for directions to the best and cheapest little eating place I found during my gasticomic explorations.

SIGHTSEEING

Seeing the sights is limited by available time and the dreary old budget. Japan, however, is a tourist paradise. I had great ideas of going to Kyoto and Nikko. I had especially wanted to see Kyoto. There are day tours but the three hours there and the three hours back didn't seem to have a great deal of time for actually looking around, so I settled for a day tour to Hakone.

We left Tokyo by coach at 8.30 a.m. drove up into the mountains and into the rain. We didn't get to see the Great Buddha because of a traffic jam. The lake cruise was delightful, unfortunately, we couldn't see anything because of the mist and rain. The weather cleared during lunch which was a chinese meal in a large American hotel. I felt confident about the cable car ride but that was before the mist rolled in again. However, there was still Mt. Fuji! Apparently, we were lucky. The curtains of mist parted, and there briefly, was Mt. Fuji. My camera says I lie, I guess my shutter finger is a bit slow. Other stop points were the Owakidani National Science Museum, the Hekone Checkpoint and the Hot Springs. I really enjoyed the return trip by the Bullet Train and I am pleased I made the trip but I confess I really don't like organised tours. I think they are great if you want to sit back, relax and not have any worries over arrangements. You certainly get to see a lot but rather superficially. It tends to drive me crazy to find somewhere or something I want to spend some time over, only to be told - "we depart in 5 minutes."

Mind you, being in control and plotting your own course can have its pitfalls. You could plan a trip to Uena to see the Panda and find that's the only day the Zoo is closed. If by any chance that happens to you, try the gardens next to the Zoo, they are delightful and the markets a little further on, interesting. Naturally, no Masters Swimmer would be so crass as to visit one of the many temples and in the midst of admiring the inside decorations, discover they had gate-crashed a funeral.

Do put the Tokyo tower on your plan of 'places to visit'. It's a fabulous structure, not perhaps with the romance of the Eifel Tower but it does boast of showrooms, wax museum, a giant aquarium plus souvenir shops and restaurants. A word of caution, be prepared for a 40 min wait in a queue just to go up the tower and likewise to descend.

Would anyone visit Tokyo and not visit the Imperial Palace. That would be like going to London and not seeing the 'Changing of the Guard'. Something all Palace Guards seem to have in common, they won't let you in without an invite. However, they don't seem to mind you taking photographs, in fact they even pose for you.

The ancient walls and quaint stone bridges crossing the moat which is full of dazzling coloured carp have to be seen to be appreciated. There are no 'Don't Swim in the Moat' signs but when the well mannered AUSSI tourists wouldn't need any such reminder, would they?

SOUVENIRS

Expandable suitcases are a great invention especially when you go shopping at the Temple Bazaar at Asakusa. They've got Mickey Mouse watches, traditionally dressed dolls, fancy bowls and chopsticks, toys, silk screen kimonos. You can go bananas going from one stall to another searching out the best bargains. Think about it. You can spend several enjoyable hours shopping to your heart's content and when you arrive home with the special gift for your nearest and dearest, you can say truthfully that you spent HOURS just choosing the right gift for them. It's not only the shopping that makes the Asakusa Temple Bazaar fascinating, it's the Temple itself plus all the tantalising aromas of freshly cooked food which just beckons you to come in and try it.

So, what did I think of Tokyo? Vibrant, exciting, unceasing activity during the day which carries on into a blaze of neon nighttime. It's a mixture of old and new of sharply contrasting styles. Its citizens - unfailingly polite and friendly. Do I plan to return in 1986? How often do you get the chance to swim at the World Championships and holiday at the same time? I've started saving today - tomorrow I'll start training.....

- * Tem Pura - Fresh seafood and vegetables coated, deep fried, prepared and served at your table.
- * Sushi - Egg and seafood wrapped in rice and thin leaves of seaweed, topped with raw fish or lightly cooked prawns

SNIPPETS

'WHAT'S IN A NAME?

AUSSI, at the National level is presently applying for Incorporation in South Australia. There are still some details being attended to, but how about this part of the reply from the Corporate Affairs Commission:

"...the term "AUSSI" is a prohibited word pursuant to the War Terms Registration Act, 1920 and cannot be used without consent from the minister for Repatriation."

C'mon Digger, C'mon

P.S. (Permission granted.)

MASTERS GAMES WOES!!

\$1.7 Million is owed to Games creditors in Canada. The World Masters Games Federation will face more legal proceedings next Monday when interim receiver Peat Marwick Ltd. will ask the court to lift an order that placed the organisation in bankruptcy November 7th.

COMPUTER QUESTIONNAIRE

The National Computer Committee wish to thank all those clubs who kindly participated by supplying and returning their questionnaires. Reports on the committee's progress will be listed at intervals in this Newsletter.

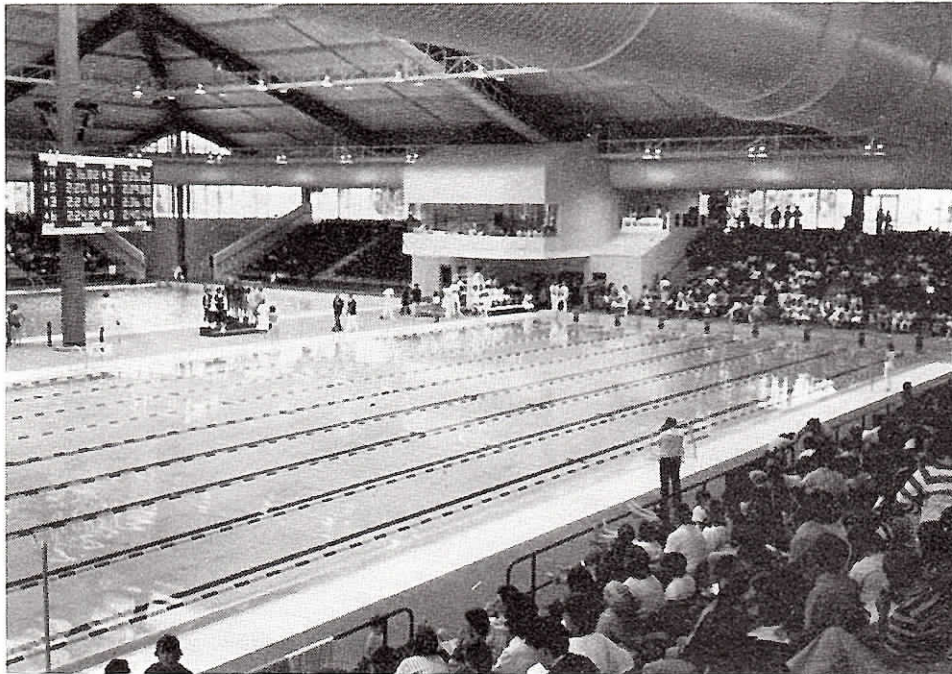
THOUGHT FOR THE MONTH

If swimming is so good for the figure
How do you explain the whale?

SEE YOU AT

THE CITY MUTUAL AUSSI NATIONAL SWIM AND CLUB CHAMPIONSHIPS

ADELAIDE, SOUTH AUSTRALIA - APRIL 16th - 19th, 1986.



In summary, I hope you enjoyed this edition of the National News. It is larger than originally planned on this occasion because of the inclusion of two articles returned to us due to the demise of "Swimming in Australia".

AUSSI MASTERS SWIMMING IN AUSTRALIA - APPLICATION FOR MEMBERSHIP FORM

SURNAME:

GIVEN NAMES:

MALE/FEMALE

DATE OF BIRTH:

ADDRESS:

POSTCODE:

OCCUPATION:

PHONE NUMBER:

Home :

Work :

HEALTH PROBLEMS: Have you any history of heart disease YES/NO

Do you suffer from asthma YES/NO

Do you suffer from elevated blood pressure YES/NO

Any other conditions YES/NO

Please specify

MEDICAL DISABILITY:

Stroke (s) Affected: Freestyle () Backstroke ()
(please tick) Breaststroke () Butterfly ()

(please tick) Breaststroke () Butterfly ()

Specify Movement limitation:

Medical Certificate Sighted: YES/NO

YOUR REASONS FOR SWIMMING: (please tick)

() STROKE CORRECTION/COACHING

() FITNESS

() LONG DISTANCE/ENDURANCE SWIMMING

() COMPETITION

() SOCIAL

AUSSI ADVISES ALL NEW MEMBERS TO HAVE A MEDICAL CHECKUP PRIOR TO JOINING A CLUB OR EMBARKING ON ANY FITNESS PROGRAMME. ANY PERSON WHO ANSWERED YES TO ANY OF THE HEALTH PROBLEMS ABOVE; IS A SMOKER; IS A MALE OVER 35 YEARS; OR A FEMALE OVER 45 YEARS, IS ADVISED TO HAVE A STRESS TEST. SWIMMERS ARE CAUTIONED TO PROGRESS GRADUALLY AND NOT TO ENTER ANY COMPETITION SWIMS UNTIL A BASIC LEVEL OF FITNESS HAS BEEN REACHED.

DECLARATION: I, the undersigned, as a condition of acceptance of my membership application, declare I am aware of the risks associated in embarking on a training programme. I undertake to personally advise the club coach of any disability; lack of fitness; illness; or other medical condition, prior to participation in AUSSI events.

SIGNATURE:

DATE:

I ENCLOSE:

\$

REGISTRATION NUMBER: