

THE AUSSI

National Newsletter

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

ISSUE NO. 5
August, 1986
Editor: G. McDonald
P.O. Box 59
NORTH BEACH W.A.

FOR **ADULTS** ONLY
(SWIMMERS)

Masters Swim Event Successful

By SHIKEI LAN

One hundred and thirty seven world records were set in the World Masters swimming Championships between July 12-16 at Yoyogi Olympic Pool.

However, no national flags were hoisted and no national anthems were played. And the medals were given to the swimmers without any ceremonies.

Three thousand four hundred and fifty five swimmers from 19 nations participated in this unique international championship.

As the purpose of this international swimming meet was to promote health, friendship and understanding, competition was secondary.

Two years ago, the International Masters Swimming Association adopted the rules

which stipulate that no national flags and anthems will be used in the events. Swimmers can participate through their clubs or enter as individuals.

Since there were so many swimmers, the organizers had to make the best use of the pool. When a men's race finished, women's competition began right away from the other side. In the 400-m and 800-m free-style events, each lane was shared by two swimmers who started at the same time from both sides.

Compared to the Olympics in which nationalism prevails and athletes compete for medals, the Masters looks like a picnic.

Every one was congratulated after having finished a race. Famous former Olympians were applauded when their

names were announced. T-shirts were exchanged. One also could hear every one saying "See you again in Brisbane (Australia) in two years."

"It's an extremely interesting idea (to have an international swimming meet like this)," said Aldo Da Rosa, a professor at Stanford University, who has began participating in the national Masters in 1978.

1928 Amsterdam Olympic triple jump gold medalist Mikio Oda predicted that the masters sports meets would become the biggest in the world.

With the population of senior citizens growing and more and more senior citizens being interested in doing sports, a masters Olympics could be realized much sooner than we think.

The Japan Times Friday July 18th 1986

BUMPER
ISSUE

BUMPER
ISSUE

GET
YOURS
NOW!

NOTES FROM THE EDITOR

Welcome to this bumper issue of the August National Newsletter. All you ever really wanted to know about - and a lot you didn't, appear in the following pages.

Just a word or two to those of you out there who have been complaining at the small numbers of National Newsletters available, particularly to larger clubs. Whilst I am delighted that you enjoy the newsletter and wish for more copies, we do have a circulation problem at present.

In the good old days we had the AUSSI Adult Swimming Magazine, which was produced at no cost to AUSSI except for office administration, distribution and postage costs. However, many complaints were registered to AUSSI about the way our publisher solicited his advertisements, so AUSSI decided to go it alone.

In 1984 AUSSI produced its own magazine, but again publisher problems and rising costs nearly took us to the brink of financial failure. Then we had "Swimming in Australia" which was too good to last. The National Executive have worked very hard to put AUSSI back on a sound financial footing. However, to overcome the disappointment caused by the failure of "Swimming in Australia", we offered to get out a Newsletter at periodic intervals. i.e. when I could find my desk under the pile of other work, and get rid of the family for a weekend or two. As this production is not a budgeted cost, we agreed to limit distribution to 1,000 copies. As you have realised, this does not go far amongst 4,250 members.

Hopefully a report expected at the Mid Year Council in October will help us solve our magazine problems. In the meantime feel free to copy, distribute, lend, steal or borrow until all your club has read it. If anyone out there wishes to advertise in the Newsletter, please write to P.O. Box 59, North Beach W.A. 6020.

In the meantime, happy swimming. Ed.

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PRESIDENT'S PRATTLE - IVAN WINGATE

Some time ago, an educator in sporting administration explained to me, that from his observations, the most effective administrators were the best thieves.

I've studied this too and he is right. And in fact I practice it often myself and am doing it right now - stealing what he said to produce a President's message.

Yes, I am talking about stealing good ideas and putting them to use for the betterment of your members. There are other thieving type administrators, the ones who tickle the till and there are others who strive for glory, both these types are to the detriment of the membership. Fortunately, these are the minority and we all must remain alert to keep it that way.

AUSSI has now reached a stage of smooth running and much of this can be put down to the fact that hundreds of ideas have been tried and the good ones have been retained. This is experience. However, experience should not be just an individual thing, everyone should share their disappointments as well as their successes. This is communication. The National Newsletter is one avenue we have for communication so please use it! Select from the reports the ideas which can improve your club, and likewise if you have had success with an idea, write about it so that others can benefit from it too. This is co-operation.

When I first started swimming, there were virtually no books on competition swimming and where I was, no coaches. We used to steal ideas by watching the good swimmers when they would pass through. We would take note of the top performers and try to emulate their styles. This still happens today.

Breaststroke is the best example. Look how when the Russians first started lifting high out of the water, then the Canadians, then all the top breaststrokes. Let's not be too cheeky however, these swimmers re-wrote the record books so they were doing something right. Today the top breaststrokes retain a flatter style but they use the best of what was learnt from the Russian/Canadian experiment. Remember Chet Jetstremski? He couldn't use his legs so developed a powerful arm pull. He re-wrote the breaststroke record book at the time, so all around the world breaststrokes relaxed the kick and learnt about the power of the arms. I have terrible trouble with breaststroke. I've learnt fifteen different styles over the years and a little bit of each comes out every time I swim. Maybe I should be like today's top breaststrokes who use only the best bits learnt from their predecessors.

Whilst on swimming strokes, I would like to share with you a trick I learnt many years ago - not an idea I stole, however I would be happy if you steal it from me. It is what I call "How to be an instant coach". When you see a swimmer with an obvious stroking problem, look carefully at what they are doing and then look around the pool to find someone doing it right. Often the one doing it right is not one of the faster swimmers but a good technician. Describe to the faulty swimmer what the good swimmer is doing and you're an instant success. That is the theft of ideas at its best.

Back to administration. Many AUSSI clubs have now grown beyond the kitchen table level of management. May I suggest that you seek out the Sporting Administrators courses available in your State. There is a wealth of knowledge collected about the best ways of administering a sporting club and these are available to you via these courses. A sincere commitment is required to benefit fully from the courses, but AUSSI will surely progress further if more of our administrators attend such courses. You will find lots of ideas there for the picking.

Use all the ideas you can, but remember - always acknowledge the source of your good ideas and give credit where credit is due. I sincerely hope that I will not ever be seen to accept praise for which I have not earned except perhaps that I praised the person who did a good job. Everyone enjoys praise. So if you praise someone who earned it, there is a good chance that they will want to go out and earn more.

My message is, to go forth seeking good ideas to steal and put to good use. However, if you create a good idea, brag about it so that others may "borrow" it from you.

IVAN'S TEST AT THE AEROBIC CENTRE SHOWS HE IS NOT DOING HIS
FLEXIBILITY EXERCISES



1ST FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - TOKYO, JAPAN,
JULY 1986 - GLENYS McDONALD

What was it like attending the largest swimming event ever held anywhere in the world? What was Tokyo like? How did our swimmers go? Read on, and perhaps you too will develop a 'yen' for Japan.

Diary of Honourable Radie from Japan

July 10th

I left with the 8 Perth contingent early on Thursday July 10th. As we arrived at Perth Airport in freezing 5°C (that's cold for us sandgropers) and still wiping the sleep from our eyes, we were jealous of those other 200 AUSSI'S who had already settled in at the Metropolitan Hotel and who were probably planning a tour of Disneyland today. (That is if they had the required \$85 Aust).

During the 10½ hour flight I remembered all I had read about dehydration and no alcohol during flights. I only succumbed to one scotch and dry; wished I'd worn no make-up; and couldn't find my moisturizer as the third layer of my dry lips peeled away. Still the flight was comfortable, and being a new direct service from Perth there was plenty of room to spread out.

On Arrival at Narita Airport at 8 pm Tokyo time

I was delighted that no-one searched my suitcase or confiscated the muesli, tea, coffee, biscuits, cheese etc. (We had heard things were expensive in Japan).

We were met by a man waving an 'AUSSI Swimmers' banner and ferried by coach and taxi to our hotel, arriving 2½ hours later. (Apparently the traffic wasn't too bad that night !!!).

Eight drooping bodies were welcomed by Ed Smith of ADVENTURE WORLD and by National President, Ivan Wingate who was waiting to whiz me away for an 11 pm committee meeting. That's real migraine material. None of the holidaying boys were open to an option of a 7 am meeting instead, so I unpacked like Wonder Woman, got through the meeting in record time and crashed at 1 am thinking "so this is Japan".

11th July

The next day dawned warm, cloudy and raining. I was up at 6 am preparing for the Masters Swimming International meeting. Honorable gentlemen Ivan and John Townend from Queensland, were coming to the meeting with me. As veterans of a few days in Japan, negotiating the JNR Line and finding the green train at Ikebukuru Station was old hat to them. To me it was fascination all the way. Down the steps we went to the underground (little did I realise they were the first of six million steps to be negotiated in the next two weeks). In the underground city my first impression was 'thunder'. That's what the 8.30 am rush hour at Ikebukuru was like. People merging from everywhere, but it all appeared orderly. I glued my eyes to the back of John's head and followed. John was very impressive as he led past assorted gates and ticket machines, grabbed

strange coins from my hand in exchange for a 140 Yen ticket.

Next it was through the 'clicking gates'. The clippers who clip your ticket, click away non stop even when they haven't a ticket in their hand. I couldn't help wondering how this occupational spasm would affect their social life!

Once on the right train everything is easy. They depart about every two minutes so although being on some crowded trains, I never actually experienced the 'pushers'. Many of the Japanese on the train sleep, usually with a walkman's hooked to their ears. Some inbuilt alarm must wake them up at the right stop.

On arrival at Harajuku there were more stairs up from the railway, stairs up over the overpass, steps down to the other side and there in front of us was the Yoyogi Stadium. It was an impressive building built for the 1964 Olympics in quite a spectacular design. The MSI meeting lasted from 9 am to 6 pm but I managed to duck across at lunchtime to register at the pool desk. I also noticed that no-one closes change room doors in Japan. It's a pain being short-sighted.

All competitors received a bright pink swim bag containing a program, heat sheet book, sample of shampoo and conditioner (at least I think it is) and a beautiful commemorative medal. Some of our 'macho' AUSSI's asked if they could exchange their pink bags for another colour, explaining to the bewildered Japanese that pink is for girls.

Because of our MSI meeting we missed the Welcome Function put on by Japan Masters. I believe it was a great get together but was marred a little by the rain.

Back in the hotel that evening, too tired to eat, but life still looked rosey. It had been a good MSI meeting for Australia; a soak in the bath helped the 'stairs' syndrome and a good tot of duty free whisky while observing the clouds (or was it smog) from the 22nd floor was certainly pleasant.



AUSTRALIANS WITH SOME M.S.I DELEGATES
FROM U.S.A, CANADA,N.Z & CHINESE TAIPEI

July 12 - 16th - Swimming Events



Saturday the swimming began in earnest. There were 3,540 swimmers; 1,170 races and 400 officials. The pool itself was looking its 22 years. It was not easy to get in and out of and many of the elderly had to have a few 'strong guy' lifts from the water. The electronic timing systems were not as flash as some of ours and could only be seen from one side of the pool. The organisers had their problems when an alternative 50m pool could not be used and a collapse in the first heat of the first event on the first day gave the organisers some headaches.

A simple opening ceremony at the swim introduced the organisers; the oldest swimmers; and our own Dawn Fraser who is so popular with the Japanese. A traditional Japanese drummer heralded the start of some great swimming.

The JAPAN MASTERS organising committee headed by Mr Kitamura and Mr Shinoyaki did a miraculous job with the swim, and assisted us with the promotion of the '88 swim in every possible way. I know they were extremely busy and until final reports are out we will not know just what problems they encountered. But from the swimmers point of view apart from the inevitable long wait for events, all went well.

The women's heats began from one end of the pool and the men's from the other. Both had their own electronic timing system. As the men's heat finished, while they were recovering in the water, the women's heat started over the top of them. No time was wasted. For the 800m, two swimmers per lane were allowed. Men dived in from one end, women from the other and they were not allowed to cross their allotted side of the lane.



A QUEENSLANDER MEETS SOME WEST AUSSI'S

I am sure there will be many stories emerging in club newsletters about the fun times and incidents at the swim, the friendships made and the tee shirts swapped. The Victorian girls did a lot to improve the image of Vegemite. It seems they presented a jar to a young Japanese swimmer telling him it would make him 'great' and 'strong' and 'swim faster'. He devoured half of it and swam the time of his life. His friend seeing this appeared to be a good thing, devoured some too and did likewise. (I might invest in some Vegemite shares).

Gifts were swapped, mostly badges, pins, books and pens. Our strangest gift, (which incidentally turned out to be quite delicious) was a lovely gift boxed pack of dried meat from Taiwan Masters. I did get a jar of raspberry looking jelly but as I couldn't understand the sign language of what to do with it, it ended up in the bin.

It was fun conversing with athletes from around the world and sign language does come in very handy. I was surprised that the Japanese did not speak as much English as I had been lead to believe, but it didn't seem to matter and they were wonderfully helpful.

Everything was still expensive. A great souvenir shop at the pool sold all imaginable swimming items. Tee shirts averaged at \$20 each. The Sayonara party tickets for the 2 hour show were \$60 each and when I went up to order 8 copies of the 'results' I changed the order quickly to one when I found they were \$50 each.

With computerization the results soon appeared on the Results Board and medals, first - eighth could be collected at the Presentation Table on identification. The handover of the medals could have been a non-event, but the Japanese personnel made it an event to remember. When Pauline Wingate went up to get a medal it was presented with suitable panache and because those present couldn't sing Waltzing Matilda, they gave a stirring rendition of 'happy birthday' with heavy Japanese accent.

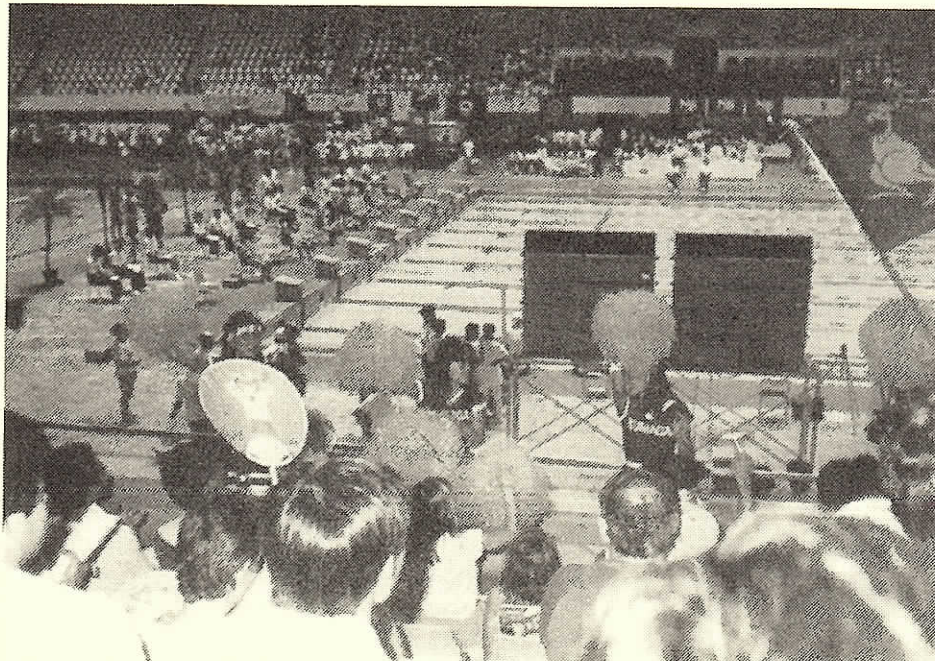
On Sunday 13th most of the AUSSI's moved to one section of the stands after lunch. A baseball team cheer squad arrived, complete with yellow pom poms, fans and flags and spent the afternoon cheering on the swimmers as a promotion of the evening's Australia Night. The cheer squad were supplied by our friends from the KUMAGAI GUMI COMPANY who, hearing of our lack of funds for Australia Night had come to our rescue. They supplied a first class band that enabled about 1,000 swimmers to dance the night away. The rain kept away and the congo line meandered it's way up and over the stage and into every corner. TV coverage showed many swimmers letting their hair down and the night was a great social success and good for foreign affairs too!!

Our sincere thanks go to JAPAN MASTERS for providing the venue free of charge and supplying a can of beer to all swimmers. The Queenslanders did a great job manning the doors and issuing tickets.

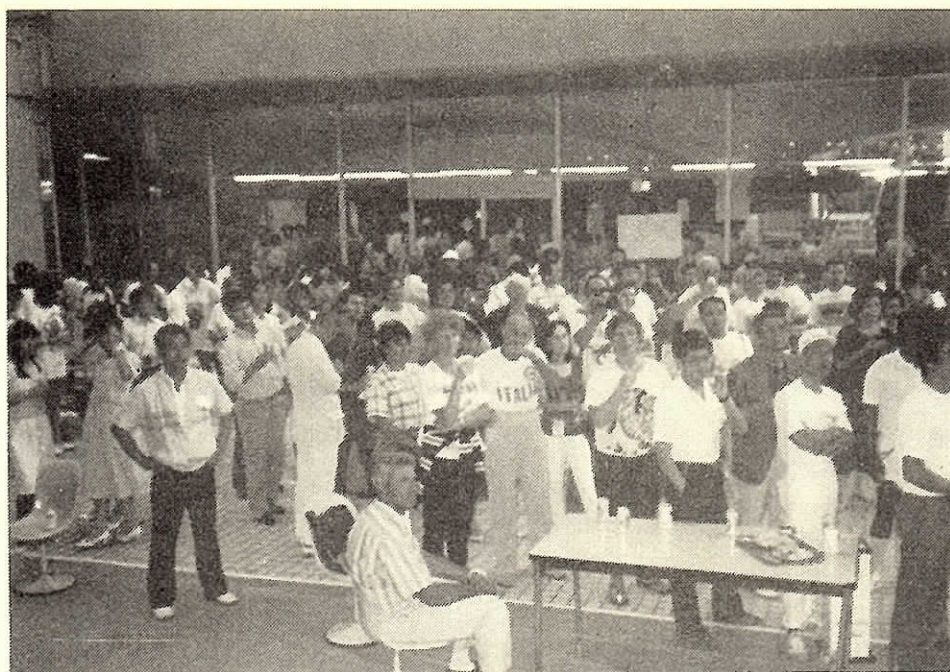
Between events all the swimmers were able to fit in their sight seeing. By now we were all experts at handling the railways - well, the green train anyway. The shops and department stores were fascinating as were the underground shops and flea markets. Some also managed to fit in some additional tours.

I found everything fascinating. Whilst big cities are supposed to be fast and lively and undoubtedly Tokyo is one of the busiest, I found some aspects extremely slow and unhurried. Obviously the roadways and railways were busy, but in the stores, unhurried sales staff could carefully gift wrap each and every item, including the boxed lunch you would tear to shreds in a few minutes. the staff also bow and greet you each day and at the end of each day as you leave the store. Even the automatic doors which are everywhere, appear programmed to wait until you are on top of them and have bowed a greeting before they decide to open. Also everyone is so honest, the streets are full of vending machines and there appears to be no vandalism and the little children were beautiful.

OUR CHEER SQUAD



SOME OF THE AUSTRALIA NIGHT CROWD LISTENING TO IVAN'S WORDS OF WISDOM



SOME OF THE MEN I MET!!!



THE HANDOVER OF THE 'FRAG' TO IVAN FOR 1988 BY MR. KITAMURA



THE MEET DIRECTOR SHINO (SO PLEASED ITS ALL OVER) WITH PAULINE WINGATE



Opposite where most of us were staying were many little restaurants, the meals gaily displayed in plastic. I was living quite well on my suitcase breakfast and lunches and a great evening meal of noodles and sake could be got for about \$10. I determined to stay away from McDonalds and Kentucky Fried on principle.

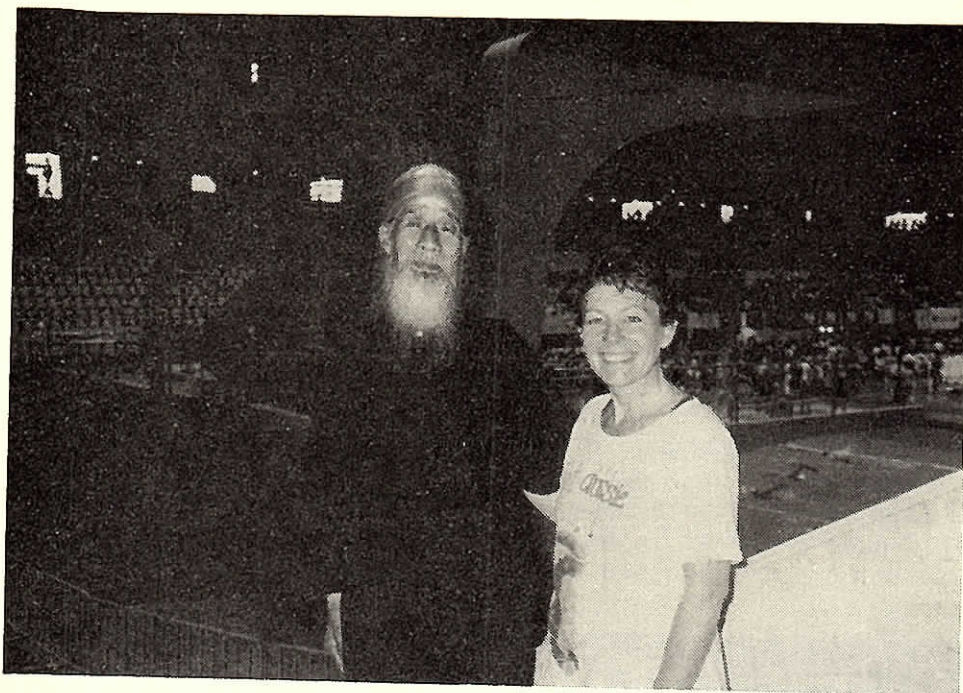
A Japanese musical evening followed by the Sayonara Party was a wonderful success. All of us signed the "frag" (flag), ate our fill drank sake from square cups (a feat after a couple of drinks) and sang Auld Lang Syne. Everyone agreed to meet in Brisbane in 1988 and it was off to negotiate the trains and think about training for next time.

Wednesday 16th

On my last day in Tokyo before travelling on to Kyoto my husband and I and President Ivan and his wife Pauline were treated like royalty. We were picked up at 8 am by Mr Sasahara of the Asian, Pacific & Oceania Sports Assembly and Mr Hasegawa of the Nihon Aerobics Centre and our friend Hilda and taken for a day to remember. We travelled across Tokyo; viewed the \$71m centre; had a swim, spa and sunbake; were guests at a traditional Japanese dinner in beautiful surroundings which included a 130m long swimming pool; shopped at Asakusa and returned home late, tired but happy.



SOME OF THE MEN I MET!!!



Thursday 17th

Adventure World soon learnt what it was like to organise 147 AUSSI's into 3 buses and we departed for Hakone half an hour late. Our bus driver warned us that our meal at our hotel that evening would cost \$25 so we stopped at a supermarket on the way. Unfortunately bad weather brought by a typhoon hid Hakone from us on arrival and the ropeway and boat cruise had to be cancelled. We did go up the mountain on the cable car but only saw more fog. Compensation was in the form of hot mineral baths at the hotel and the fact that the sun was shining in the morning and we glimpsed Mt Fuji.

Friday 18th

It would have been a great day at Hakone on the lake and ropeway but we had a bullet train to catch. We all lined up at the station with our instructions that we only had 2 minutes to get on. The sight of 147 AUSSI's of assorted shapes, sizes and baggage achieving this feat was worth capturing on film. The train sat on about 210 kph and the Japanese landscape refused to thin out.

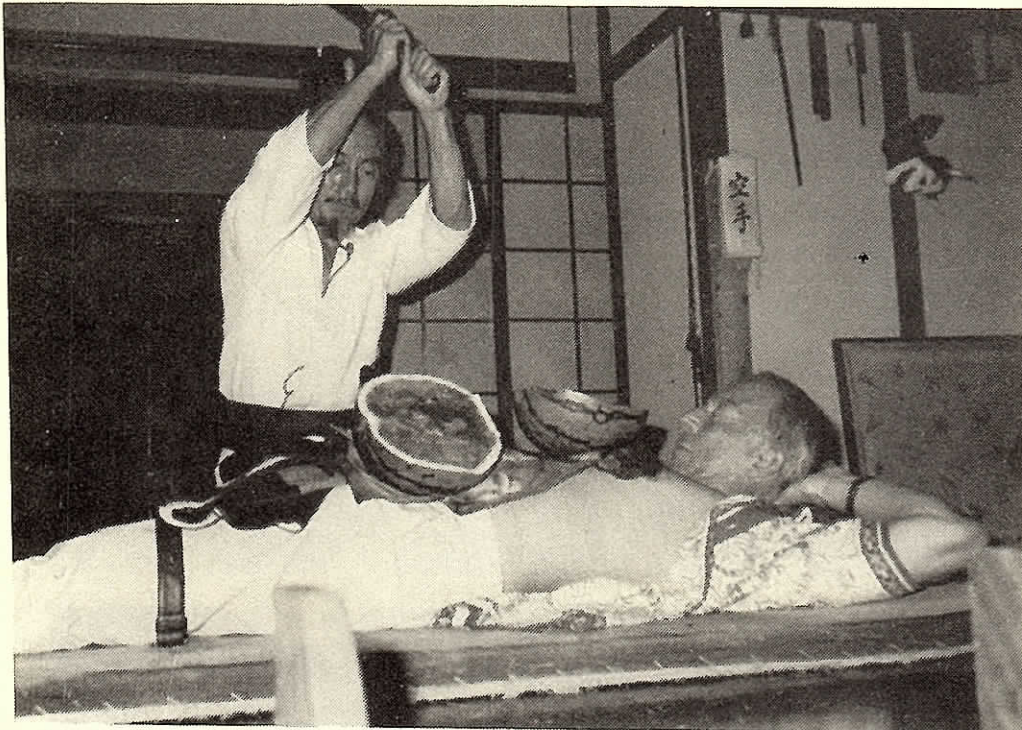


Kyoto

Kyoto was beautiful but hectic. After our arrival we set off on an afternoon tour to Nara and our guide kept up a non-stop commentary on the scenery and life in Japan. In the next few days we saw the oldest Buddah, the largest Buddah, numerous temples, the handicraft centre and Ninjo Castle. At the Deer Park the deer bow to you before you give them a biscuit, but Ces Tompkins from Power Points was not impressed when one bit him on the bum because he didn't have any biscuits. Ces also starred at a night out we had when he volunteered to have a sword wielding Japanese gentleman split open a watermelon on his stomach. Brave Ces survived. Sitting in the front row I thought I was going to be 'done in' by the sword wielding Ninjas or the kicking Karatees and spent the evening leaning in the lap of the person behind me.

At one temple there was a shrine where you go to find a husband or wife, and the AUSSI's who climbed those stairs shall remain nameless. I drank one of the waters for health, wealth or wisdom, I'm not sure which, so we will have to wait and see.

CES TOMKINS BEING VERY BRAVE



I added the Imperial Palace and a few more temples to my touring itinerary, but the best day of all was when we hired bicycles and simply cycled around Kyoto. Some AUSSI's made or lost their fortune at the Pachinka Parlors and many were doing last minute shopping as we waited for the bus to take us to Osaka for our flight back to Tokyo and then home.

A trip to remember, a swim to remember. Whatever you do, don't miss Brisbane in '88 and start saving your pennies for lovely Rio in 1990.

PERSONALITY ROUNDUP

Victim this issue - Peg Wilson from Tamworth AUSSI.

Many AUSSI's would know of Peg, particularly those from N.S.W. I remember her best when she travelled by bus to the Perth Nationals in 1981 and had to leave before the Presentation Dinner. I smuggled her an advance copy of the results to read on the long, long trip home.

Peg recently starred in the local newspaper when they heard that she had made the World Top Ten. Peg is President of the Tamworth Workmen's Swimming Club. Swimming has played a large role in Peg's life over the last 25 years, and her contribution to her club, Branch, and National AUSSI has not gone unnoticed. She has coached many clubs and taught thousands of children and many adults to swim.

It's people like Peg who make the world go round. Thanks Peg, we appreciate your dedication. Peg is off to the Central Australian Masters Games, and we hope she can make that trip back to Perth for the 1987 National Swim.



JAPAN RESULTS - Supplied in some cases by inebriated holidaymakers, so accuracy cannot be confirmed. My apologies to N.S.W and A.C.T who didn't have anyone sober enough to give me theirs. (Only joking). The lone representative from Tassie - Chris Holloway left before I could find out how well he performed - in the pool that is.

Western Australia

MYRTLE WRIGHT - 77 Osborne Park

1 World Record - 50m Backstroke
3 Gold
1 Silver
1 Bronze

JUDITH DRAKE BROCKMAN - 65 Claremont

2 Gold
3 Silver

SOUTH AUSTRALIAN SWIMMERS RESULTS IN JAPAN, 1986.

JON DAVIES MARION

50m Breaststroke	2nd	39.25
100m Breaststroke	2nd	1.29.15
200m Breaststroke	3rd	3.18.82
50m Butterfly	4th	36.73
200m I.Medley	5th	3.22.00

ANNE KRISCHOCK MARION

50m Freestyle	19th	33.96
200m Freestyle	10th	2.52
400m Freestyle	9th	6.17
50m Butterfly	13th	37.8
200m Medley	9th	3.13.00

BELIEVE IT OR NOT!!! YOUR COACH SWAM!!!

SYBIL KILLMIER MARION

50m Backstroke	41st	1.13.00
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SUE ANDREW & JILL STAPLEDON TRAINED WITH US AT MARION OUTDOORS IN SUMMER:--

SUE ANDREW REYNELLA

200m Backstroke	1st	2.42.00
800m Freestyle	2nd	10.58
100m Backstroke	3rd	1.18.02
400m Freestyle	5th	5.21
200m Freestyle	6th	2.32

JILL STAPLEDON REYNELLA

200m Breaststroke	6th	3.20.73
100m Breaststroke	8th	1.32.97
50m Breaststroke	10th	43.00
400m Freestyle	12th	6.28.00

IVAN WINGATE ATLANTIS

200m Breaststroke		3.27
400m Freestyle		5.48
200m Freestyle		2.38
100m Freestyle		1.10
200m I.Medley	8th	3.02.

PAULINE WINGATE ATLANTIS

200m Freestyle	6th	
100m Freestyle	8th	1.23.00
50m Breaststroke		52
50m Freestyle		38

JULIE KEAST TEA TREE GULLY

200m Butterfly	3rd	3.15
100m Butterfly	5th	1.26
200m I.Medley	6th	3.00.2
50m Butterfly	12th	37.00
50m Backstroke	13th	39.00

GAYNOR MACINTYRE WESTERN DISTRICTS

200m Freestyle	13th	3.09
400m Freestyle	15th	6.52
100m Freestyle	16th	1.22
50m Freestyle	18th	37.06
50m Butterfly	23rd	53.42

JACQUI HEATON

200m Breaststroke	15th	3.46
400m Freestyle	19th	7.09
200m Freestyle	19th	3.25
50m Breaststroke	24th	47.21
100m Breaststroke		1.41

GEOFF CASHMAN ATLANTIS

Unknown at this date

CAROLINE FLEMING MARION

50m Freestyle	3rd	31.8
100m Freestyle	2nd	1.10.11
200m Freestyle	2nd	2.42.
400m Freestyle	2nd	5.42.
800m Freestyle	4th	?

ROD ROSS MARION

50m Freestyle	?	31.	?
100m Freestyle	?	1.06.	?
200m Freestyle	?	2.26.	?
400m Freestyle	3rd	5.10.	?
800m Freestyle	2nd	10.55.	?

COACH - ANITA KILLMIER & NATIONAL COACH DICK CAMPION
STUDYING FORM???



QueenslandTownsville

	Gold	Silver	Bronze	Placings 4th - 8th
Diane Rennie	1	3		3
Claire Ferguson		1	1	5
Liz Mitchell		1	1	3
Robyn Payne		1		3
Chris Bell				1

Rockhampton

Karen Gibson (incl 2 World records)	3			1
Pam Rock				3

Cairns

John Covacevich		1	1	3
Neil Munroe			1	1

Mackay

Jenny Mack				4
Lesley Kelley				1

Gold Coast

Ted Wall				1
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Brisbane Northside Masters

Don Fowles				1
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Brisbane Southside

Ron Richards			1	1
Jack Hick				1

VictoriaNorth Lodge

Beryl Anderson 65-69	1st 100 backstroke
	1st 400 freestyle
	1st 800 freestyle WR
	2nd 200 backstroke
	2nd 50 backstroke
Betty Roberts 60-64	5th 200 backstroke
	5th 800 freestyle
	7th 100 backstroke

North Lodge (Cont'd)

Corrie De Groot 55-59

3rd 200 breaststroke
 6th 200 backstroke
 7th 100 backstroke
 8th 100 breaststroke

Barbara Wilson 50-54

1st 400 freestyle
 1st 200 freestyle
 1st 800 freestyle WR
 2nd 200 butterfly
 4th 100 freestyle

Gloria Robinson 45-49

1st 200 breaststroke
 1st 100 breaststroke
 1st 50 breaststroke
 4th 400 freestyle
 8th 50 freestyle

Shirley Malcolm 55-59

3rd 400 freestyle
 4th 800 freestyle
 4th 100 freestyle
 4th 200 freestyle

Margaret Smith 45-49

5th 100 butterfly
 5th 200 backstroke
 4th 200 butterfly
 7th 200 ind. medley
 4th 800 freestyle

240+ womens medley relay

1st world record 3.04.67
 Beryl Anderson Corrie De Groot
 Barbara Wilson Betty Roberts

240+ womens freestyle relay

1st
 Beryl Anderson Corrie De Groot
 Barbara Wilson Betty Roberts

Frankston

Alice Kinnaird 45-49

4th 100 backstroke
 6th 200 backstroke
 6th 50 backstroke
 8th 200 ind. medley

Gippsland

Don Coupe 55-59

5th 100 butterfly
 6th 200 butterfly

Bendigo

Lyn Edebone 45-49

5th 400 freestyle
 7th 800 freestyle

Doncaster

Margaret Cunningham 60-64

2nd 50 freestyle
 2nd 100 freestyle
 2nd 200 freestyle
 3rd 50 butterfly

Dorothy Dickey 55-59

8th 400 freestyle

Rhoda Yeomans 65-69

5th 100 breaststroke

Power Points

Francis Vorrath 70-74

1st 50 freestyle
 1st 50 breaststroke
 1st 100 freestyle
 1st 50 backstroke WR
 1st 100 breaststroke

Marj McQuade 50-54

1st 50 freestyle
 2nd 100 freestyle
 2nd 50 backstroke

Dawn Fraser 45-49

2nd 50 freestyle
 3rd 100 freestyle
 3rd 100 freestyle
 2nd 800 freestyle WR
 2nd 400 freestyle

Jenny Clifton 30-34

3rd 50 backstroke
 5th 50 butterfly
 8th 100 backstroke
 6th 50 freestyle

Anita Killmier 25-29

4th 200 backstroke
 4th 200 freestyle
 3rd 100 butterfly
 2nd 100 backstroke

Karen Maidment 25-29

2nd 200 ind. medley
 2nd 100 butterfly
 2nd 800 freestyle WR
 2nd 200 butterfly
 3rd 400 freestyle

Emil Eickenberger

8th 100 breaststroke

Ces Tompkins 65-69

5th 50 butterfly
 7th 50 freestyle
 9th 100 freestyle

Power Points (Cont'd)Relays

Freestyle 200+	Francis, Marj, Anita, Dawn	1st WR
Medley 160+	Marj, Jenny, Anita, Dawn	1st WR
Freestyle 200+	Francis, Marj, Ces, John M	2nd
Freestyle 119	Emil, Jenny, Anita, Danny M	4th
Medley 240+	Francis, Marj, Ces, John M	2nd
Medley 119	Jenny, Karen, Emil, Mike Wood	5th

When our \$50 results of the World Swim arrive from Japan, I will copy them to Branch Secretaries.

PEOPLE HELPING PEOPLE - AUSSI STYLE

CONGRATULATIONS to the W.A. Branch of AUSSI who recently raised \$3,053 by a Swimathon for the Sport Aid for Africa appeal.

CONGRATULATIONS also to Reynella AUSSI of South Australia who conducted a 1 Hour Swim for Heartbeat Inc. and raised a very handsome \$760 for a worthy cause.

Now its time for all AUSSI's to pull together and fully support the Queensland Branch in their huge task of hosting the World Swim for us in 1988. Any assistance, sponsorship, ideas or funds would be greatly appreciated. Contact Hank Markus, President of the Queensland Branch if your club has spare dollars closeted away waiting to be invested. Queensland's postal address is P.O. Box 569 Archerfield 4108.

CITY MUTUAL - what would we do without them? I recently negotiated with City Mutual, and the National Executive is pleased to announce commitment for \$8,000 next year. In addition City Mutual have recently printed new swim meet cards for us, promotional brochures and a soon to be released Basic Conditioning Booklet, first printed by Kay Cox of the W.A. Branch. Lets show **CITY MUTUAL** their support is appreciated and turn to them first if we require quotes on any type of insurance whatsoever.

CONGRATULATIONS to Gary Stutsel for being elected President of Masters Swimming International for another two year period. Well done Gary.

COACHES CORNER

(Anita Kilmier - Victorian Fitness & Coaching Director)

MAXIMISE TRAINING TIME

The following article is based on a lecture delivered by Arthur Ballyntyne at the National Championships in Adelaide.

Within a 60 minute training session for Master's, Arthur divides his programmes thus :-

50% is devoted to cardio-vascular or endurance (distance work at sub-maximal speeds), which becomes more important the older you get. Basically this is why we are swimming - to get or stay fit - and this is the segment that will do just that.

25% VO_2^{\max} ie. increasing your capacity to consume oxygen.

15% skills/pacing practise.

10% short sprints.

In terms of distance, in a 2 km session, the breakdown is as follows :-

1,000m distance
500m VO_2^{\max}
300m skills/pace
200m sprints

Tailor these percentages to suit you ie. work out the distance you wish to swim per session and work back to decide how much you should be going of each.

The minimum number of sessions you should swim per week is 3. This will just maintain your current level of fitness. Anything above 3 sessions is a bonus. Attempt to space your sessions evenly throughout the week.

You can only train successfully for 3 or 4 events. You take pot luck on the rest.

How you swim each session depends on what strokes/distances you are training for. Try to include some kick in each session. You may concentrate on a different stroke each session, or you may try to combine all strokes within each session. Eg. you may do :-

1,000m warm up doing it thus -
50m freestyle
25m backstroke
25m breaststroke
6 strokes butterfly after every 100m
Repeat till finished

This will give your body a wide range of movement, warm you up thoroughly and give you your endurance work. You could do any or all of this as drill work to improve strokes, but it must be done continuously, or with short rests that don't allow the pulse to drop much. Endurance work should only be swum at around 75% effort (see Tables 1 & 2).

The rest of your sessions may be spent on your specialty stroke/s.

To increase your $\dot{V}O_2^{\max}$ swim at around 85% effort. Eg. 5 x 100's with no more than 15-20 secs. rest.

To work on pace eg. 3 x 100's 3 min rest. Go out hard and come back harder (negative splitting) or do a series of broken swims, eg. 2 x 150's broken at 50m for 10 secs rest.

Negative split 40

39

38

Allow 5 minutes rest between each 150m for complete rest.

To work on sprinting swim at 95 - 98% to elevate the pulse. Allow long rests for complete recovery. Swim underdistances eg. 15m, 20m and 25m. Attempt to swim in bursts faster than you would reach in a race (faster than race pace). You can achieve this by using flippers. Monitor pulse rates constantly. Sprints lasting up to 10 secs should not leave you feeling exhausted as your energy is anaerobic and supplied in your muscles. It will all be replaced within 2 minutes.

Measure your intensity of effort by -

- (a) the times that you swim (see Table 1)
- (b) By monitoring your pulse (see Table 2)
- (c) Instinct. This will only come through experience and pace practise ie. knowing how hard you are swimming. Ie. at what speed do you have to swim to reach a target pulse rate?

COMPETITIONS

Adults need psychological preparation for competition as they are often not as good at handling pressure as children. Time trials are a good way to stimulate competitions and practise dives, turns, pace, strategy etc. They can be included as part of your sprint work.

The taper is crucial and has been covered in other articles. Generally though cut your total distance by half. Do some stroke work eg. counting strokes, drills etc, a lot of sprint work with as much rest as needed eg. with flippers, hard into the wall, hard out. Incorporate starts, turns and sprints in one go eg. by starting and finishing a sprint from the centre of the pool.

On the day warm up within 2 hours of competing and get out of the water feeling good.

Arthur emphasized the need for stretching, particularly the older you get. We have had a number of articles on the subject, but how many of you actually stretch regularly?

Have as many stroke drills up your sleeve as possible. They add variety and improve technique if performed correctly.

TABLE 1

Time (Secs)	95%	90%	85%	80%	75%	70%
1	1.05	1.11	1.18	1.25	1.33	1.43
2	2.11	2.22	2.35	2.50	2.67	2.86
3	3.16	3.33	3.53	3.75	4.00	4.29
4	4.21	4.44	4.71	5.00	5.33	5.72
5	5.26	5.55	5.88	6.25	6.67	7.14
6	6.32	6.66	7.06	7.50	8.00	8.57
7	7.37	7.77	8.24	8.75	9.33	10.00
8	8.42	8.88	9.41	10.00	10.67	11.43
9	9.47	9.99	10.56	11.25	12.00	12.86
10	10.52	11.11	11.76	12.50	13.33	14.29
11	11.58	12.22	12.94	13.75	14.67	15.71
12	12.63	13.33	14.12	15.00	16.00	17.14
13	13.68	14.44	15.29	16.25	17.33	18.57
14	14.74	15.55	16.47	17.50	18.67	20.00
15	15.79	16.66	17.65	18.75	20.00	21.43
16	16.8	17.8	18.8	20.0	21.3	22.9
17	17.9	18.9	20.0	21.3	22.7	24.9
18	19.0	20.0	21.2	22.5	24.0	25.7
19	20.0	21.1	22.4	23.8	25.3	27.1
20	21.1	22.2	23.5	25.0	26.7	28.6
21	22.1	23.3	24.7	26.3	28.0	30
22	23.2	24.4	25.9	27.5	29.3	31.4
23	24.2	25.6	27.1	28.8	30.7	32.9
24	25.3	26.7	28.2	30.0	32.0	34.3
25	26.3	27.8	29.4	31.3	33.3	35.7
26	27.4	28.9	30.6	32.5	34.7	37.1
27	28.4	30.0	31.8	33.8	36.0	38.6
28	29.5	31.1	32.9	35.0	37.3	40.0
29	30.5	32.2	34.1	36.3	38.7	41.4
30	31.6	33.3	35.3	37.5	40.0	42.9
31	32.5	34.5	36.5	39.0	41.5	44.5
32	33.5	35.5	37.5	40.0	42.5	45.5
33	34.5	36.5	39.0	41.5	44.0	47.0
34	36.0	38.0	40.0	42.5	45.5	48.5
35	37.0	39.0	41.0	44.0	46.5	50.0
36	38.0	40.0	42.5	45.0	48.0	51.5
37	39.0	41.0	43.5	46.5	49.5	53.0
38	40.0	42.0	44.5	47.5	50.5	54.5
39	41.0	43.5	46.0	49.0	52.0	55.5
40	42.0	44.5	47.0	50.0	53.5	57.0
41	43.0	45.5	48.0	51.5	54.5	58.5
42	44.0	46.5	49.5	52.5	56.0	60.0
43	45.5	48.0	50.5	54.0	57.5	61.5
44	46.5	49.0	52.0	55.0	58.5	63.0
45	47.5	50.0	53.0	56.5	60.0	64.5
46	48.5	51.0	54.0	57.5	61.5	65.5
47	49.5	52.0	55.5	59.0	62.5	67.0
48	50.5	53.5	56.5	60.0	64.0	68.5
49	51.5	54.5	57.5	61.5	65.5	70.0
50	52.5	55.5	59.0	62.5	66.5	71.5
51	54.0	56.5	60.0	64.0	68.0	73.0
52	55.0	58.0	61.0	65.0	69.5	74.5
53	56.0	59.0	62.5	66.5	70.5	75.5
54	57.0	60.0	63.5	72.0	77.0	
55	58.0	61.0	64.5	69.0	73.5	78.5

TIME (Secs)	95%	90%	85%	80%	75%	70%
56	59.0	62.0	66.0	70.0	74.5	80.0
57	60.0	63.5	67.0	71.5	76.0	81.5
58	61.0	64.5	68.0	72.5	77.5	83.0
59	62.0	65.5	69.5	74.0	78.5	84.5
60	63.0	66.5	70.5	75.0	80.0	85.5

NOTE: TIMES BETWEEN: 1- 15 secs are to the nearest hundredth
: 16- 30 secs to the nearest tenth
: 31- 60 secs to the nearest half second

As an ex-amateur swimmer with years of training behind me I am able to pace myself on instinct. I have a fair idea of the amount of effort I am putting into a swim. As mentioned earlier this only comes through experience and pace practise.

At PowerPoints however, the novices stare blankly at me before breaking into peals of laughter when I tell them to swim at 85% effort.

"How can you tell that", they say. As a result I have devised tables 1 and 2 for them to have something concrete to work towards. In Table 1, I have given them times up to 60 seconds. From this they should be able to work out any times they wish to know. e.g. if they are to do 100's freestyle at 85% and they have a personal best (p.b.) of 1.46

$$\begin{array}{rcl}
 60 \text{ secs} & = & 63 \\
 46 \text{ secs} & = & \underline{48.5} \\
 & & 1.51.5 = 85\%
 \end{array}$$

Times can be rounded to the nearest second if you are working from a pace clock. If you have someone timing you, you can be more accurate.

Similarly, a 400m swimmer with a p.b. of 6.33 swimming at 80%:

$$\begin{array}{rcl}
 60 & = & 75 \\
 \times 6 & & \\
 \hline
 & & 450 \\
 33 & = & 41.5 + \\
 6/ & 491.5 \text{ secs} & \\
 \hline
 & 8.11.5 &
 \end{array}
 \quad \text{or} \quad
 \begin{array}{rcl}
 & 1.15 & \\
 \times 6 & & \\
 \hline
 & 7.30 & \\
 + & 41.5 & \\
 \hline
 & =8.11.5 &
 \end{array}$$

At our club sessions I write the whole program on a whiteboard which everyone reads BEFORE getting into the pool. I have found that this saves a lot of problems and disruption in training as people can calculate their times in advance so as not to disrupt training when they get to that particular item.

MAX. PULSE RATES

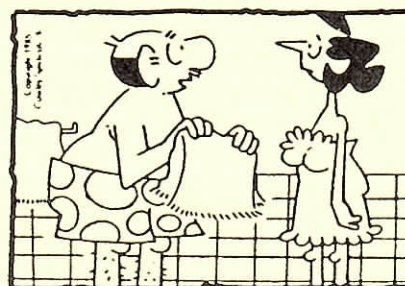
TARGET PULSE RATES

AGE	220-AGE	-13	70%	75%	80%	85%	90%	95%
	LAND	SWIM						
10	210	197	138	148	157	167	177	187
15	205	192	134	144	153	163	173	182
20	200	187	131	140	150	159	168	177
25	195	182	127	136	146	155	164	173
30	190	177	124	133	142	150	159	168
35	185	172	120	129	138	146	155	163
40	180	167	117	125	134	142	150	159
45	175	162	113	121	130	138	146	154
50	170	157	110	118	126	133	141	149
55	165	152	106	114	122	129	137	144
60	160	147	103	110	118	125	132	140
65	155	142	99	106	114	121	128	135
70	150	137	96	103	110	116	123	130
75	145	132	92	99	106	112	119	125
80	140	127	89	95	102	108	114	120
85	135	122	85	91	98	103	110	116

UNLIKE MOST OTHER SPORTS, SWIMMING IS PERFORMED LYING DOWN. IN THIS POSITION BLOOD RETURNS TO THE HEART MORE EASILY, SO IT IS LESS STRESSFUL. THIS MEANS THAT IT IS MORE DIFFICULT TO GET THE PULSE RATE UP THAN IT IS FOR LAND BASED EXERCISE.

TAKE YOUR PULSE IMMEDIATELY AFTER A SWIM TO DETERMINE THE INTENSITY AT WHICH YOU ARE WORKING.

N.B. YOUR PULSE SHOULD NEVER BE AT ITS MAXIMUM RATE. IF YOU ARE UNFIT, AIM FOR AN EVEN LOWER RATE THAN 70%



"I don't like these super-absorbent towels you bought. Everytime I use one I get dehydrated."

If the mental calculations prove too much, they can use the whiteboard. I have both tables laminated and stuck on the wall next to the whiteboard.

While it initially seems a bit of a nuisance they soon learn shortcut calculations and remember times and pulse rates so that calculations become unnecessary.

My swimmers gain more satisfaction out of these target swims because it gives them an immediate sense of achievement.

Once again though the targets have to be realistic for the age, ability and fitness level. I find it best to use BOTH tables in conjunction with one another e.g. a person may reach their target time, but due to work stress, oncoming illness etc, have too high a pulse rate.

I cannot emphasize enough the need for monitoring pulse, particularly with Master's swimmers. It provides a safe and fast method of checking yourself.



GOOD NEWS FROM THE DRUG-TEST LAB. YOUR REPORT IS CLEAN.
...EXCEPT SOME TRACES OF GERTOL AND PRUNE JUICE!

GETTING THE WIND UP

As re-printed from a WA Club Newsletter - no comment required

Winning at swimming has become a matter of club pride for our coach Bob Colquhoun. He has come up with a bizarre idea to improve the women's performance by increasing their flotation by injecting compressed air into their bodies - they would float higher in the water and have less resistance.

So it was that a group of our women consisting of Ruth, Wendy, Jean, Noelle, Dellice and Kelly lined up and bent over to have the tube inserted like an enema and 2.75 litres of compressed air blown into them.

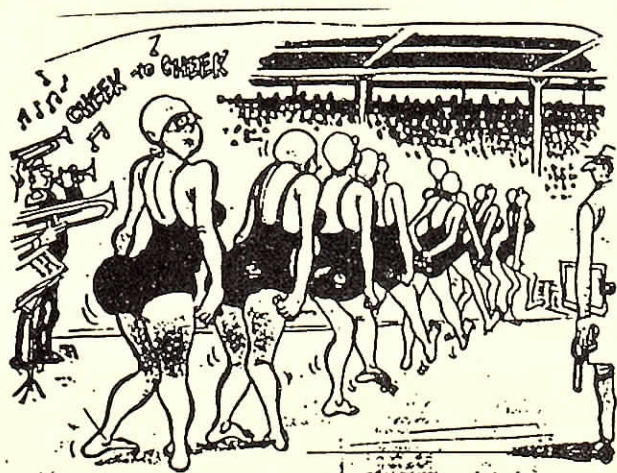
With set expressions and mincing steps Ruth and her fellow 'volunteers' gingerly took their positions on the starting blocks.

"Get set" came the command from the starter Mike Bennett, and the six women bent forward. Suddenly the air was rent by a thunderous series of explosive farts as the compressed air was expelled.

The atmosphere was thick with odours; the ladies cringed with embarrassment; the farts continued. The time keepers protested they couldn't identify the sound of Mike's gun.

By the time the race got underway the swimmers were feeling deflated, even though they did manage to leave a trail of bubbles behind. However, it was not the master race that Bob had hoped for and the experiment was abandoned.

Besides, as our Captain Graham Croft pointed out, if Glenys from AUSSI got wind of it, she would make a huge stink.



NATIONAL FATNESS AND THE AUSSI SWIMMER

K. COX WA DIRECTOR OF FITNESS & EDUCATION

A recent national study by the National Heart Foundation and the Commonwealth Department of Health (reported in the Australian, Tuesday March 25th 1986) turned up some intriguing morsels of information.

For example, if you are a male cook from Perth or a female brickie in Melbourne, chances are you are among the fattest in Australia. Furthermore, the scales are likely to register higher if you were born in Southern Europe and did not finish high school.

WHAT IS OVERWEIGHT

The study considered obesity in Australian men and women aged 25 to 64 years. Overweight was defined as BMI (body mass index) between 25 and 30 for men and between 24 and 30 for women. For both sexes, obesity was defined as BMI greater than 30.

To calculate BMI :

$$\text{BMI} = \frac{\text{Weight in kilos}}{\text{height in metres}^2}$$

eg. Person 85 kg and 175 cm tall

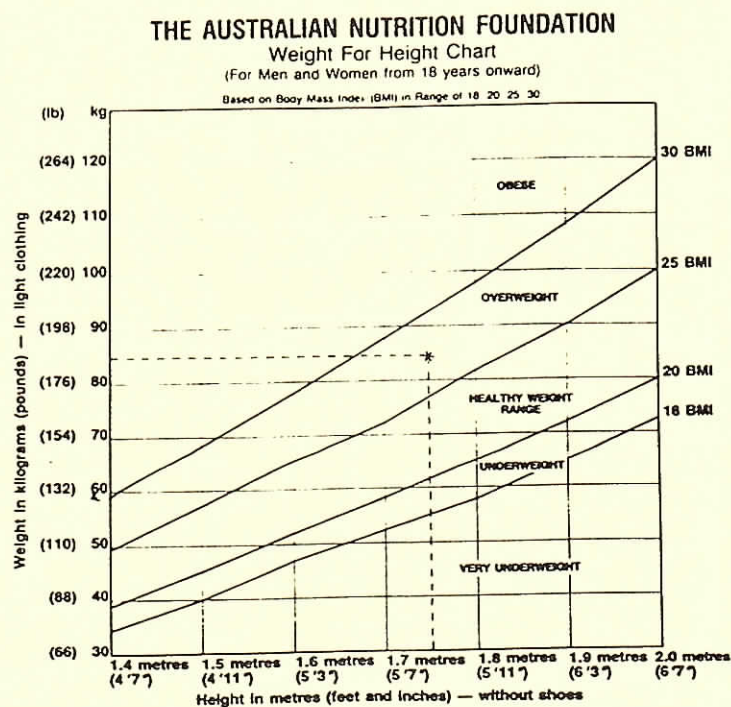
$$= \frac{85}{(1.75)(1.75)} = \frac{85}{3.0363}$$

$$= 27.75$$

$$\text{BMI} = 28$$

WHAT IS YOUR BODY MASS INDEX? (BMI)

See the chart below to see where you fit in.



Body Mass Index, BMI is becoming the more accepted way of measuring overweight rather than weight or percentage body fat measures or Weight Height Charts.

Results from the study showed that "more than 40% of men are overweight or obese compared with 30% of women". However, fatness or adiposity increased with age in men and women. About 56% of men and 54% of women are overweight or obese by the time they reach retiring age. These results are consistent with Canadian, New Zealand, Swiss, Italian and US populations. This study took a sample of 5,603 people from the Commonwealth electoral rolls.

How do they compare with active Australians such as AUSSI swimmers? In WA, AUSSI and the Department for Sport and Recreation are presently involved in a study looking at changes in body fat in mature adult swimmers and runners over a 12 month period. From the initial testing results which measured body fat from skinfold measures some interesting trends are apparent. The group were tested in February 1986 which should have been a peak training period for swimmers that is, they should have been at their leanest. Groups were divided into over 45 years and under 45 years and into males and females in groups of swimmers and runners. Results are shown in Table 2 -

BODY FAT IN MATURE SWIMMERS AND RUNNERS

Measure	SWIMMERS				RUNNERS			
	Male		Female		Male		Female	
	U/45	O/45	U/45	O/45	U/45	O/45	U/45	O/45
Skinfold total (men 8 sites Women 7 sites)	91	105	113	138	71	72	90	93
% of male runners U/45	128	105			100	101		
% of female runners U/45			125	153			100	103

Table 2 Measure taken from WA Study February 1986.

Whilst the results also showed an increase in body fat as one got older for swimmers this was not really true with runners. Also from these results women definitely have more body fat than men which is what one would expect biologically however, at this stage we haven't determined whether these measures indicate over fat or obesity. The trends show that :-

- (a) swimmers are fatter than runners in nearly all groups.
- (b) The females over 45 years were the fattest group and had considerably more fat than any other group.
- (c) Swimmers tended to increase in fat as they got older however, runners did not.

Obviously not too much can be made of these results at this stage but as more results come to hand they may have some significant information for swimmers and their coaches.

IS YOUR JOB MAKING YOU FAT?

From the National Heart Foundation. Study also looked at Workplace Tables 3 and 4 and found the male occupations that top the scales are service/sport (61%), transport (54%), administrative/executive (56%) tradesmen/labourers (54%). This compares with 39% of male clerical workers and 39% of professional/technical workers. A similar pattern was shown for women. "45% of tradeswomen, 44% of service/sportswomen, and 40% of female homemakers were overweight or obese. This compares with 29% of clerical workers and 30% of administrative and executive workers".

OCCUPATIONS AND CITY OF RESIDENCE AND OVERWEIGHT WOMEN

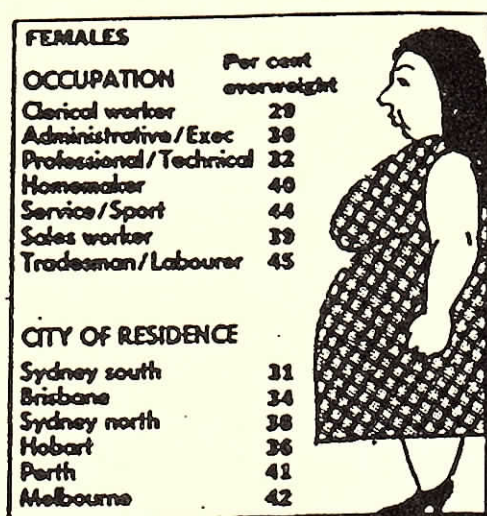


TABLE 3 % OVERWEIGHT FEMALES IN AUSTRALIA

OCCUPATION, CITY OF RESIDENCE AND OVERWEIGHT MEN

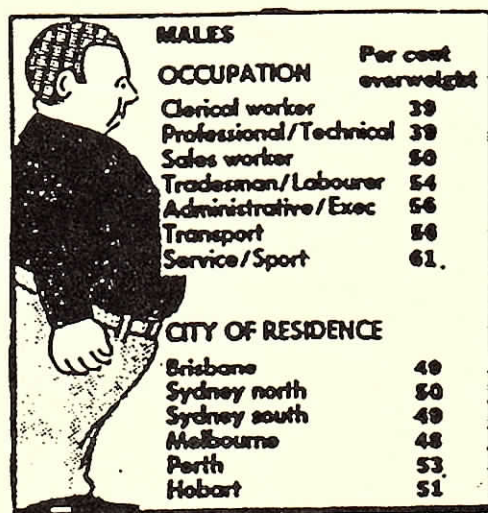


TABLE 4 % OVERWEIGHT MEN IN AUSTRALIA

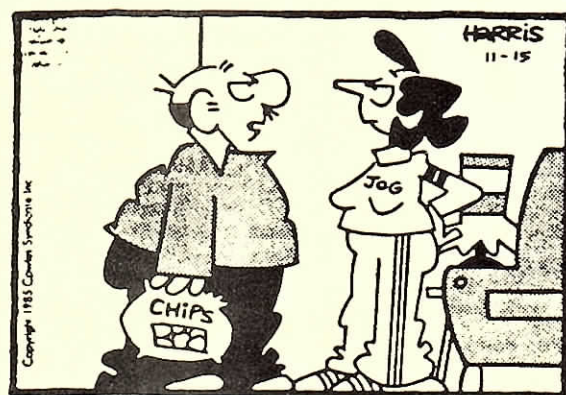
Unfortunately, in considering places of residence, Darwin and Adelaide were omitted, the reasons for which may be reported in the main study.

The trend shown with respect to occupation is perhaps in contrast to what we usually think to be the case that is, the more active occupations would have the leanest workers and the sedentary occupations the fatter workers. Obviously overweight and obesity is a complex problem as can be readily seen with AUSSI swimmers where we find even better performers are overweight or obese. Something to think about!

Some other findings of the study were :

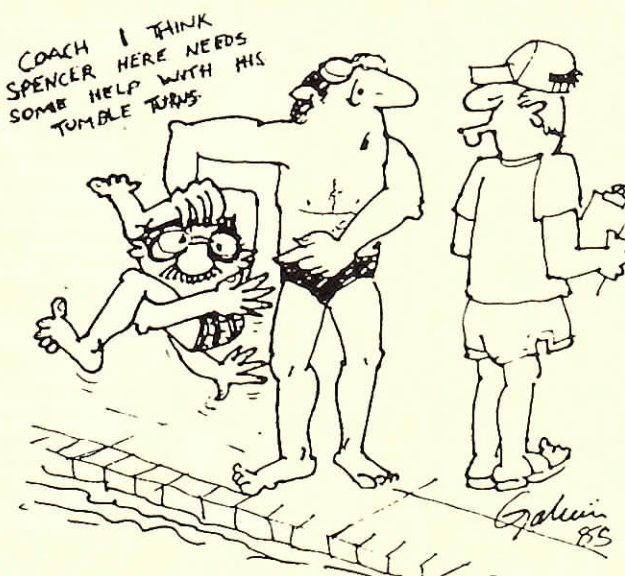
- * Melbourne women are the fattest (42%)
- * The slimmest women live in "Sydney south" (31%)
- * 29% of Australian university-educated women are overweight compared to 51% of primary school-educated.
- * The fattest males live in Perth (53%)
- * The slimmest males live in Melbourne (48%)
- * 41% of university-educated men are overweight compared to 58% of primary-educated.

(Note: The full study appears in the latest edition of the Commonwealth Department of Health's Journal of Food and Nutrition).



"I'll start exercising as soon as I get in shape."

3



NATIONAL AEROBIC TROPHYSNIPPETS OF INFORMATION FROM THE NATIONAL AEROBIC RECORDER

QUESTION ONE -

MULTIPLE ATTEMPTS

To obtain points in the 400m and 800m swims one must complete swims in five different months within the Aerobic Year - currently 1st December to 30th November. Am I allowed to do more than one swim in a particular month and select the fastest for inclusion in the National Aerobic Trophy?

ANSWER :

Certainly, and furthermore, I encourage all swimmers to do this in order to gain maximum points. I suggest that club recorders maintain details of swims in a "rough" form until the end of each month and then record the final "best times" on the official form at the end of the year.

QUESTION TWO -

THE NATIONAL SWIM

If I swim 400m in the National Swim can I submit that time as an Aerobic Trophy swim even though 'split' times are unknown?

ANSWER :

Definitely. The times of swimmers recorded at a National Swim are the most accurate available. Split times are included in the official aerobic forms as a check to ensure the correct number of laps are swum. Split times are not mandatory however, and overall times are acceptable.

QUESTION THREE -

THE NATIONAL AEROBIC TROPHY & THE TOP TEN

Can I submit a time recorded as an aerobic trophy swim for consideration in the Top Ten listing?

ANSWER :

You certainly can. You will need to transfer all the details of the swim from the aerobic form to the "swim entry card". Details to be recorded on the card are :- distance, style, surname, first name, age, club name, pool length, date of swim, AUSSI number and official time.

Remember that for 1986 Top Ten submissions only those swims done between 1st October 1985 and 30th September 1986 are eligible for the 1986 Top Ten.

Happy aerobic swimming. More information in the next newsletter.

FRED JOHNSON - N.A.R.

SOME DATES TO REMEMBER

AUGUST 23rd	AUSSI Tasmania Second Winter Short Course Champ.
24th	As above.
SEPTEMBER	
6th	AUSSI W.A. State Long Distance Swim Meet
13th	As above
14th	Syndal Sharks, Victoria Interclub Meet
15th	Maida Vale, W.A. Interclub Swim Meet
20th	Guildford, N.S.W Interclub Swim Meet
21st	Whitfords, W.A Interclub Swim Meet
21st	Rockingham, W.A. Interclub Swim Meet
OCTOBER	
4th	Hunter, N.S.W Interclub Swim Meet
18th	N.S.W Short Course Championships
19th	As above
18th - 24th	Central Australian Masters Games
NOVEMBER	
1st	Hills, N.S.W Interclub Swim Meet
6th	Western Suburbs, N.S.W Interclub Swim Meet
15th	Cronulla Sutherland, N.S.W Interclub Swim Meet
16th	AUSSI Victoria - State Pentathlon
22nd	Coffs Harbour, N.S.W Interclub Swim Meet.

In addition to our swims, some paper work has to get done, and the Mid Year Council of AUSSI will be conducted in Sydney on October 11th and 12th.

THE WINNER OF THE MOST TERRIBLE JOKE OF THE YEAR - LARRY WILDE

In a Swim Meet held for women, three finalists were entered in the breaststroke event - an Australian, an American and an Irish girl.

The Australian woman finished first, the American breastroker came in ten seconds later. An hour and a half later the Irish entry arrived.

She jumped out of the pool. "Protest, Protest!" she shouted. "Those other two girls used their arms"!!!!

???Do you think we need to modify our Rules???



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Lens colour: clear, blue, smoked.

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