



THE AUSSI

National Newsletter

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

ISSUE NO. 4

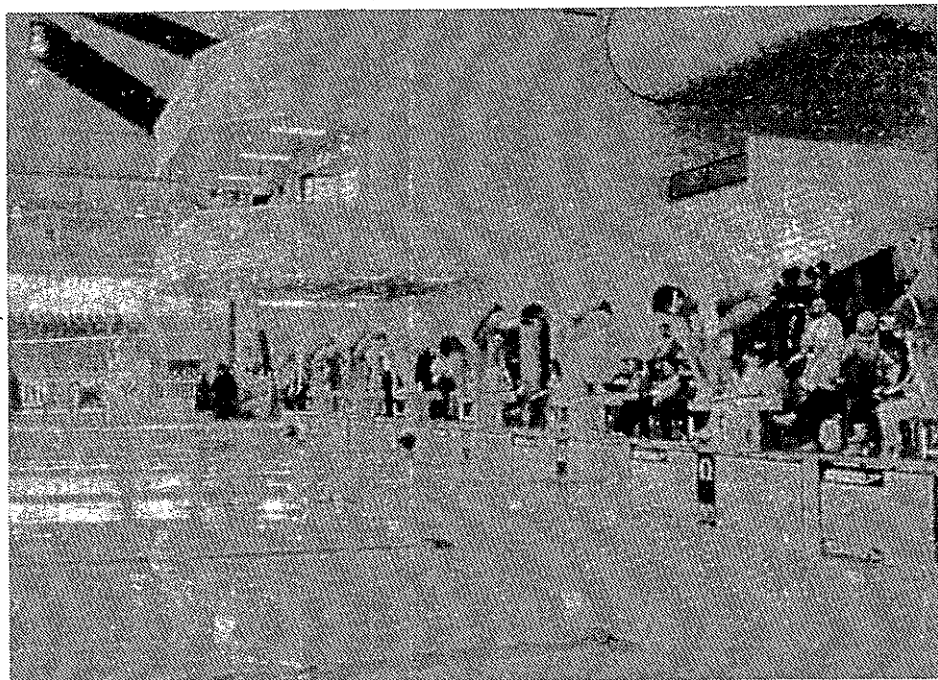
FOR **ADULTS** ONLY
(SWIMMERS)

Editor - Glenys McDonald
P.O. Box 59
NORTH BEACH W.A. 6020



VICTORIOUS ADELAIDE MASTERS, APRIL 1986

Adelaide Aquatic Centre, 1986 Nationals



DON'T FORGET
1987 NATIONALS, PERTH
APRIL 1st - 4th
(STRAIGHT AFTER SURF LIFESAVING NATIONALS, PERTH)

COMPLETION DATE OF NEW SPORTS CENTRE
NOW APPEARS TO BE LATE APRIL/MAY
SO BEATTY PARK AQUATIC CENTRE, NORTH PERTH
LOOKS LIKE THE SPOT TO BE
ON APRIL FOOL'S DAY
SEE YOU THERE

THE CITY MUTUAL AUSSI MASTERS NATIONAL SWIM

ADELAIDE 1986

There is something special about a National Swim and those of you who haven't experienced an AUSSI Nationals are missing out on a unique experience.

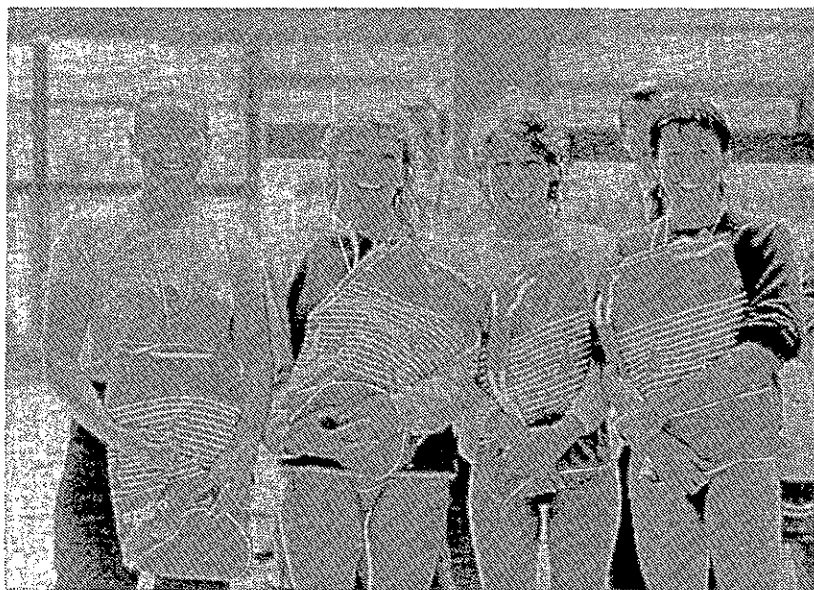
It is hard to explain why our Nationals are so enjoyable. Perhaps it is that we see so many swimmers of different ages, shapes and abilities striving for excellence. It is apparent from many performances just how much 'train and pain' has gone into their preparation and we feel part of their exhilaration when they succeed.

Even the age group rivalry for medals is interesting. To see those in medal contention watching their opposition and working out pointscore mathematics as the swim progresses adds to the tension. However long before the final results are available officially, many of these swimmers have unofficially congratulated or commiserated with each other. In many cases these swimmers were total strangers at the beginning of the meet and great friends at the conclusion.

I've been in AUSSI for nine years now and have attended the last seven National Swims. Some people, like Judy Ford of ACT have attended all our National Swims. I'm sure Judy will agree with me that each Nationals holds a unique memory. For me WA's was their Welcome Function, NSW was Des's wonderful marshalling, Qld was their beautiful pool, Melbourne was the friendly 'Happy Hours' Canberra was the superb efforts of so few to gel together such a wonderful swim. It seemed that it had all been done, and done so well -- what could be left?

Well, Adelaide showed us what -- a magnificent complex, superb organisation, friendly socials, talented entertainment and some great swimming. I'm not sure yet what will stick most in my memory. Perhaps it will be the sight of Peter Gillett and Chris Potter looking glamorous in 'Mickey Mouse' bathers, 'Spike' Shirl and the other announcers setting up a friendly repartee with the spectators. Coaches like Des McCormick being 'over the moon' when

THE SMILING FACES OF THE "TEA TREE GULLY" GIRLS
SPEEDO SPRINT WINNERS



PRESIDENT, IVAN WINGATE AND P.R.O, PETER JACKSON
TALK WITH ARTHUR BALLANTYNE FOLLOWING THE
COACH'S GREAT TALK TO AUSSI MEMBERS.

their swimmers did that 'really great time', the cameras flashing when Dawn Fraser swam her heats; the younger swimmers while waiting for their heats cheering on Mum or Dad a few heats earlier; the 'Cabaret' stars looking a little different and so glamorous!! (Graham I didn't know you had such nice legs) or perhaps my greatest memory will be the Speedo and other club relays that left us hoarse from shouting.

The only thing that the Adelaide organisers forgot to do was to book the weather. With grey skies throughout most of the week many were happy to stay at the pool. The weather posed a few headaches for those organising the Welcome Function and plans for several food outlets in an outside marquee had to be abandoned. Still the queues weren't too bad and we all got well fed - including the 70 or 80 door sales. Beats me why AUSSI's can't make up their minds in advance about attending these functions. They are always lots of fun and purchasing your tickets on time does make it a lot easier for the organisers.

The AUSSI Annual General Meeting or forum was held prior to the commencement of the Welcome Function and was well attended.

The pool, although a bit 'breezey' was wonderfully set up with sponsors and club banners gaily displayed. The electronic timing board was a delight and for the first time my stop watch remained in my bag. Club track suits or bathers identified many clubs and I almost became an honorary 'Western Districts' member with my maroon tracksuit being the same as theirs. Each year I wait to see what Power Points T-shirts will be like and this year they didn't disappoint with their striking rugby tops.

The Wednesday's programme was taken up with 44 heats of the popular 400m freestyle. The time taken was 6 hours and 15 minutes but such an event helps to get the system underway without the pressures that a 50m event puts on officials.

There were some initial hiccups with the starter being a bit fast for us 'oldies' but any problem that did eventuate was handled quickly and efficiently by Kit Simons and his troupes.

One problem which did become evident, especially in the 400m was that of 'nominated times'. This issue has been debated many times at Council with no real solution offering.

The concept of AUSSI is unique. By swimming members according to their nominated time (if it is a true time) no-one is made to feel outclassed. All heats should be of similar ability and this gives everyone the opportunity to strive to do their best. It is very humiliating if people put in false times and one or two swimmers find themselves laps behind the field. This is unfair and against the whole ideal of AUSSI.

We all like to 'win' our heat even though it does not mean anything in our results. However, a swimmer should nominate the time they expect or hope to swim at the Nationals. Clubs can't automatically nominate a swimmer's best time because this might have been swum some time ago or the swimmer has had an injury or not been in full training etc. But some commonsense must prevail.

It is disheartening for our newer swimmers who put in honest times and get seeded accordingly, to see times being swum several heats before their's that they have no hope of equalling. It adds to their 'race nerves' just wondering what is going to happen in their heat and could ruin their chances of a good swim.

One particular gentleman from Victoria openly admitted he 'fiddled' his heats. Not to outshine the field, but to get his swims over early for the day so he could get out and do some sightseeing. Now before you all decide that 'that's a good idea' listen to the words of the gentleman concerned who spent the Presentation Dinner hiding from me. He said that fiddling his heats definitely disadvantaged his performance and he did not realise what an adverse affect it had on those in near heats. He's never going to do it again!! Our friend was by no means the only offender, so I ask you all to consider this matter and put in honest times.

The highlight of the Opening Ceremony was the Speedo Sprints and the boys from Western Districts SA showed their mettle for the second year in a row. They were joined by some very excited girls from Tea Tree Gully. Jean Gillett their President couldn't stop grinning all afternoon.

As usual, we keep slicing more and more off our World and National records. A total of 4 World and an incredible 44 National records were broken over the 4 day swim from April 16th to 19th.

Ex Olympian Frances Vorrath, 72 of Power Points Victoria (for the second year in succession) was named Female Swimmer of the Meet with a gold medal, a world record and 4 national records. Frances' world record was in the 100m breaststroke 70-74 years with a time of 2.03.07.

Best Male Swimmer of the Meet was awarded to John Covacevich of Cairns AUSSI in Queensland. John took off the gold medal in the 35-39 year age group and set 4 national records. John's records were in the 100m and 200m butterfly, the 200m medley and the 200m backstroke.

World record breakers were Frances Vorrath, Beryl Anderson (North Lodge Victoria) for a magnificent 200m backstroke in the 65-69 group of 3.20.41; Judith Drake-Brockman (Claremont WA) 100m freestyle 65-69 in 1.28.26. Judith also broke the 200m backstroke world record only to see it go again a few heats later with Beryl's great swim.

Results and records were known almost instantaneously thanks to Peter Gillett and Chris and his computer. A laser printer supplied by Canon meant that clubs had full results to take home at the Presentation Dinner.

Well done and congratulations South Australia.

The Presentation Dinner was held at the spacious Oberdon Centre. Some 525 AUSSI's were served at the table (beats queuing) and danced to the happy DJ till 1 am.

Speeches were kept to a minimum and medal presentations were achieved without fuss. The following trophies were presented.

PRESENTATION DINNER AT THE OBERDAN



Top Club - Founder's Trophy

Adelaide Masters SA

ACT Runner's Up Trophy

Power Points, Victoria

Top Scoring Visiting Club Trophy

Power Points, Victoria

City Mutual National Aerobic Trophy

Claremont, Western Australia

Outstanding Swimmers of the Meet

Frances Vorrath, North Lodge Victoria

John Covacevich, Cairns Queensland

National Heart Foundation Trophy

June Waite, Atlantis South Australia

Relay Shields

Age Groups 80+ - Adelaide Masters SA
120+ - Western Districts SA
160+ - Adelaide Masters SA
200+ - Adelaide Masters SA
240+ - Adelaide Masters SA
280+ - North Lodge Vic

Age Group	Name	Club	Pts
<u>MEN</u>			
20-24	D. James	SWD/SA	61
25-29	M. Smedley	STT/SA	65
30-34	A. Hunter	NHN/NSW	66
35-39	J. Covacevich	QQN/QLD	69
40-44	A. Rennie	VDC/VIC	59
45-49	G. King	SAM/SA	67
50-54	G. Middleton	VCY/VIC	67

Age Group	Name	Club	Pts
55-59	J. Lennon	NET/NSW	70
60-64	K. Vickery	NET/NSW	70
65-69	G. Williams	WIW/WA	69
70-74	B. McCabe	VNL/VIC	69
	K. Ford	NCR/NSW	62
75-79	F. Griffiths	NET/NSW	70
80-84	C. Jardine	NSG/NSW	69

WOMEN

20-24	J. Parlanti	VPP/VIC	69
25-29	J. Sutcliffe	STT/SA	70
30-34	P. Somerville	NHL/NSW	69
35-39	M. Wilby	NCR/NSW	70
40-44	E. Fleig	SAM/SA	66
45-49	M. Smith	VNL/VIC	66
50-54	B. Wilson	VNL/VIC	69
55-59	J. Sansom	SAM/SA	69
60-64	M. Cunningham	VDC/VIC	70
65-69	M. Dutton	VPP/VIC	70
70-74	F. Vorrath	VPP/VIC	70
75-79	M. Wright	WOP/WA	70

No Nationals would be possible without our sponsors. City Mutual really assisted us in 1986 and ensured that the City Mutual AUSSI Nationals were a complete success. Our other sponsors Speedo, TAA, Canon and those who brought us the individual events, we say a heartfelt THANK YOU.

To all those SA AUSSI's who presented the 12th Nationals, we say WELL DONE.

NATIONAL AEROBIC TROPHY NEWS

At the National Presentation Dinner on April 19th the winning club and the top individual pointscorers were announced. Congratulations once again to Claremont WA who seem to have a stranglehold on this trophy, and congratulations to runners-up Syndal Sharks, Victoria (bridesmaids once again).

The Aerobic Trophy is growing each year with South Australia the only Branch failing to participate. Each of the other Branches reiterated how valuable the trophy is in the AUSSI concept and Ken Ford, Secretary of NSW went so far as to say that it is the best thing to happen in AUSSI.

41 clubs appear in the Results which were made available to Branch Secretaries in Adelaide. Unfortunately another 3 clubs did participate but due to problems were not incorporated in the results.

Hills (NSW) realised two weeks after the close of entries that they had missed the deadline and Doncaster (Vic) and Diamond Valley (Vic) got lost in the mail when entries were sent to a non-existent address.

Both Hills and Doncaster who would have scored quite high in the tally had swimmers scoring maximum points, however these swimmers will get a certificate as Top Pointscorers along with the 15 others who made the maximum 67 points. Changes to the Trophy at our recent Annual Council should make the top scorers tally very interesting for the 1986 trophy.

Since the Nationals I have had some enquiries from clubs about the Aerobic Trophy. If you wish to participate seek from your Branch Secretary the following :-

- (a) The National Aerobic Trophy Rules and Pointscores booklet (reprinted 1985)
- (b) Award forms for the 400m, 800m, 1500m, 3000m, 5000m and 1 hour swims.

- (c) A CLUB SUMMARY SHEET
- (d) Memo on changes to the Trophy resulting from 1986 National Council decisions.

Allocate pool space to your members wishing to participate and time the swims they seek to do. Familiarize yourself with the rules and requirements of each distance as outlined in the booklet and keep the award forms filed in good condition.

At the close of the Trophy (for 1986 - 30th November) tally up all your swimmers (in alphabetical order) on the summary sheet together with the points they scored for each event and send with the forms to your Branch Aerobic Recorder in early December. (Your Branch will set the actual date). If your members wish award badges for any of their swims these can be applied for from your Branch at the same time. (Remember that for a 1500m badge you must fulfil the special requirements for that award, the other badges you can obtain simply by swimming the distance). Form stroke badges are only available for the 400m and 800m distances. Badges 1500m and over are freestyle. (This is due to the ordering cost factor).

Please make an effort to send a neat summary sheet (preferably typed) as 12 hours was spent this year re-typing prior to publication.

The Branch Aerobic recorders will then check all your forms and summary sheets for accuracy and then send the summary sheets only to the National Aerobic Recorder Fred Johnson, no later than January 31st each year. Actually Fred would like all summary sheets by mid January but will hold the deadline at the end of the month.

Fred's address is -

Mr Fred Johnson
50A View Terrace
East Fremantle WA 6158
Phone (09) 339 7491

***** DONCASTER DOLPHINS would have come 4th with a score of 901 points if their entries had been received. Hope this makes up for it folks.

If you have any questions regarding the Aerobic Trophy send them to either Fred or myself at the National Office and we will print them in the next newsletter.

Council Changes to the Aerobic Trophy

At the recent National Annual Council the following changes were made to the National Aerobic Trophy.

1. The year of participation this year will remain unchanged, ie December 1st - November 30th, 1986.

NEXT YEAR however, will be a short year so care must be taken in planning 400m and 800m swims and longer distance events. The Trophy will commence on December 1st 1986 BUT conclude EARLY on September 30th 1987.

THE FOLLOWING YEAR the Trophy will settle into its new time slot of commencement on 1st October - 30th September. This will bring it into line with the Top Ten Year.

Rationale :

The change will assist club recorders who wish to submit Aerobic Trophy Swim times for inclusion in the AUSSI Top Ten.

The workload on club recorders will not be increased. Top Ten cards are required by Branch Recorders immediately after September 30th as they have to have their Branch Top Ten cards to the National Recorder by 31st October.

Aerobic Trophy summary sheets and forms are not required by Branch Recorders until December and after validation the summary sheets are forwarded to the National Aerobic Recorder by mid January.

HARD WORKING EXECUTIVE & DELEGATES

ANNUAL COUNCIL, APRIL 14th & 15th.



Hope we didn't cause Judy's pain in the neck!!!

2. Commencing NOW the number of Aerobic Trophy swim submissions eligible for points will be increased to include multiple swims for the 1500m to 1 hour categories, provided that pointscores are already available for that stroke and distance. Eg. you can submit a 5000m freestyle, breaststroke and backstroke but you cannot do a 5000m butterfly.
3. Recognition will be given in the form of a plaque to the clubs who come 2nd and 3rd in the National Aerobic Trophy.
4. An indepth review of the Trophy will be conducted in 1988 for consideration at the 1988 Mid Year Council.

Maximum Pointscorers

Z. Boyer	Claremont WA
M. Wilby	Coogee-Randwick NSW
P. Bierenbroodspot	Syndal VIC
E. Burch	Townsville QLD
A. Davis	ACT
D. Cummins	Claremont WA
M. Bennett	Inglewood WA
B. Allender	Syndal VIC
P. Emery	Sunshine Coast QLD
E. Milligan	Townsville QLD
R. Smith	Coogee-Randwick NSW
J. Hawthorne	Hunter NSW
C. Bell	Townsville QLD
D. Jeffrey	Claremont WA
B. Wilson	North Lodge VIC
B. Campbell-Burns	Doncaster Dolphins

Also at the recent AUSSI Annual Council some questions were asked concerning how the original Aerobic pointscore was obtained and why it was in 10 year age groups not 5 year age groups. The following preparation by Kay Cox and myself, both of us being heavily involved in the trophy's concept is attached. Perhaps it will help answer the above questions.

Aerobic Times & Age Groups

Age Groups

1. Most of the research done on adults has tended to look at information in 10 year age groups. Hence most of the information refers to 10 year age groups when talking about decrements in performance.
Eg. Vaccaro, Ostrove, Vandervelden, Goldfarb, Clarke & Drummer. "Body Composition and Physiological Responses of Masters Swimmers 20 - 70 Years of Age". Research Quarterly Vol. 55 No. 3 1984.

They used 10 year age groups 20 - 29 years etc.
2. The original Points Scores and Aerobic Swim Times were based on Coopers Figures on the amount of effort needed to perform at a certain rate of swimming. These were in 10 year age groups.
3. General research studies prior to this Aerobic Pointscore Table being devised showed about 10% decrement in performance for each 10 years.
4. However, studies also showed that with exercise this decrement could be reduced.
5. From AUSSI times at that stage.
 - (a) Top Ten and Records - realistic comparison.
 - (b) Difference between World Records and Masters World Records.
 - (c) Swim Swim 1 hour swim tables showed this decrement due to age to be about 5% not 10%.

Thus the figures allow for a uniform ageing factor (not lack of exercise or excess weight factors) of 5% for each decade.

6. As large numbers of times were not then available for upper ages no areas of greatest decline were allowed for but it was suspected to be at the 50+ age.
7. It is desirable to adjust the figures once reliable information becomes available for the critical stages of decreased performance. Eg. 50 years 7%, 55 8% 60 years 10% etc. Experience of swimmers will support this but it needs a scientific basis not guesswork.
8. Vaccaro et al 1984 found this to be 40 years of age with a 7% decrement per decade thereafter.

Another study 9%, another - 11% men age 55+. Before 55 years no decrement.

It is now apparent that we need a graduated decrement in performance. But before doing this we need -

- (a) details on AUSSI swim times
- (b) a qualified group to review and recommend any changes.

Council has decided to wait until we have 5 years of figures to work on.

9. It is possible that the younger age groups will need almost no allowance for decrement in performance.

Remember this decrement is for ageing only, it assumes the swimmer is IN TRAINING.

10. Reducing to 5 year age groups can be done but this would have to be on an arbitrary basis eg. 2.5% on each 5 years.

However, the main complaint on the Trophy has been that the point-scores for the upper age brackets are too hard. To ascertain if this was correct we studied computer printout figures for all events in the 1983 and 1984 Trophy.

From the figures it is apparent that our pointscore system is fairly well 'spot on'. The pattern has the swimmers evenly divided between the point allocations although there is an indication that it does become harder to score top points in the older age groups, particularly for women.

To outline the above, some examples are given, of total swimmers in certain age groups.

400m Free

Men 35-44	19	scored 1 point
	37	" 2 points
	17	" 3 points maximum
55-64	13	" 1 point
	21	" 2 points
	6	" 3 points maximum

800m Free

Women 45-54	1	scored 1 point
	2	" 2 points
	20	" 3 points
	12	" 4 points maximum

3000m Free

Men 35-44	2	scored 4 points
	18	" 5 points
	35	" 7 points maximum
65-74	2	scored 5 points
	2	" 7 points maximum
Women 35-44	2	scored 4 points
	19	" 5 points
	18	" 7 points maximum
65-74	4	scored 4 points
	4	" 5 points
	1	" 7 points maximum

From the above figures any statement that the pointscore figures were unfair or too hard would appear to be so only for the older age groups eg. 45-54 where the scores clustered towards 2nd top points.

This may indicate that a graduated decrement for the older age groups is desirable. It could also mean that these were not as fit. Hence to have several years results would be beneficial to determine if this is a true trend.

It is for these reasons that the AUSSI National Council have requested a study on the figures in 1988 when 5 years of participation figures are available.

SUBSCRIBE TO THE "INTERNATIONAL SWIMMER"

Read all about yourselves in Bob Foster's fabulous articles. Next issue is extra special and all about our wonderful National Swim.

Beware the roving reporter, he was everywhere, and you will be surprised just what his pen and camera picked up.

Got you all sufficiently worried? Then make sure you don't miss out on your copy.

space available for centrefolds
photos must be 2 feet x 2 feet
and sent to the AUSSI National Office
(might brighten up my mail)

- * Been told that Ossie Park and the Ya Ya girls made a good team.
- * Who were those gold medalists in the 75-79 age group who were dancing up a storm?????

POINTS TO PONDER

DIVING WITH GOGGLES

If you wish to learn to dive with goggles it takes a lot of practice and :-

- (a) make sure the goggles are very tight
- (b) keep chin tucked in
- (c) keep head down

DISQUALIFICATION

It would appear that we have all learnt a lot since the Canberra Nationals. Perhaps the wide circulation of our Rules helped together with work on the proposed "Guidelines for Referees". However breaststroke remains our major offender with the start, the kick and the two hand touches.

It is tragic to see a gold medal slip by because of a one handed touch at a breaststroke turn, but we have to learn by our mistakes.

Our 83 year old swimmer George Edwards showed true AUSSI spirit when he was disqualified. He simply said "I'll show 'em next year". Good on you George.

AUSTRALIAN SPORTS COMMISSION

AUSSI extends our grateful thanks to the Government who through the ASC have given us a grant of \$2,000 to enable -

1. \$1,000 toward an AUSSI delegate to attend the Masters Swimming International General Meeting to be held in Tokyo Japan on July 11th.

2. \$1,000 towards the President of MSI who is Australian Mr Gary Stutsel to attend the same meeting in his role as President.

At the recent Annual Council of AUSSI held on April 14th and 15th an election was held by secret ballot and Glenys McDonald was elected AUSSI'S delegate in Japan. Sponsorship and the ASC grant will mean this expenditure will not come from members' funds.

Ivan Wingate was elected back-up delegate and sponsorship will cover part of his costs.

CHIT CHAT

Who was the young man who was so worried about his events that he began sleepwalking (true). Not sure where he went on his nightly wander but the next day the motel installed safety chains in all the rooms.

We had one famous lady at our swim who is also famous for a 'flag' incident. Heard about another AUSSI fellow who did something similar. He was at the Disabled Games once and one of his charges wished with all his heart for an Australian flag. Our warrior, always willing to help out, found himself up a flagpole in the dark and rain ruining a pair of nail scissors. Anyway guilty but triumphant he presented his spoils only to find not our glorious Australian heritage but a sponsor's flag!

INTRODUCING - SUNSHINE COAST AUSSI - QUEENSLAND

The Sunshine Coast club was formed in 1983 from two AUSSI groups at Caloundra and Maroochydore. It flourished and in the 1983-84 season had attracted almost 100 members, making it (for a short while) the largest Masters swimming group in Queensland. However, with the down turn in the economy the figure fell to approximately 60 and current membership stands at that. Sunshine coast members perform well and hold many State and some National Records.

Fourteen swimmers recently attended the Queensland State

Titles and were able to place Sunshine Coast AUSSI in 3rd position. Four swimmers attended the National Titles in Adelaide, gaining 21st place and a 3rd place in the 120+ Relay pointscore for women.

We have three swimmers attending the World Swim in Japan, Nancy Ritison, Jan Picton and Rene Heges.

The club functions well with President Peter Emery at the helm and founding Secretary Patricia Tarrier as Secretary. Coast teachers Mary Hynes and Rosemary Bourke have contributed above and beyond the call of duty on many occasions for the club. Many other members have helped this "new" club become one of the top AUSSI Master Swimming clubs in Queensland.

An invitation is made to all AUSSI visitors to the Sunshine Coast to look us up when they are visiting. Phone Patricia Tarrier on (071) 434558.

Ed. Thanks for your news. How about other clubs letting me know their story?

DAWN FRASER BACK IN THE WATER AND LOOKING FINE



WORLD SWIM - BRISBANE 1988

During our National Council Meeting, John Townend, Qld AUSST's National Secretary and Chairman of the World Swim Steering Committee presented a very comprehensive report on planning to date of the World Swim.

The Council set the dates at the last weekend in September, i.e. 24th - 30th, so put in a bid now for your holidays. This is AUSST's big chance to show the rest of the World what Masters Swimmers in this country can do, both in the administration of a successful Swim and with great times in the pool. Lets all get together behind the Queensland Branch and assist them in all ways possible.

If you have any club or Branch funds sitting ideal it would be a great opportunity to earn interest on your investements and we would ensure a good working capital until entries start coming in.

The logo for the Swim has been decided and I am only sorry that I cannot bring it to you in colour. The symbol is based upon the formation of the letter M for Masters out of a string of pennants across a swimming pool.

The red pennants signify the finish line markers and the places 1, 2, and 3 signify competition. The water is shown as a blue band below the pennants.



MASTERSWIM 88

