



THE AUSSI

National Newsletter

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

ISSUE NO. 6
DECEMBER, 1986
Editor: G. McDonald
P.O. Box 59
NORTH BEACH W.A.

FOR **ADULTS** ONLY
(SWIMMERS)

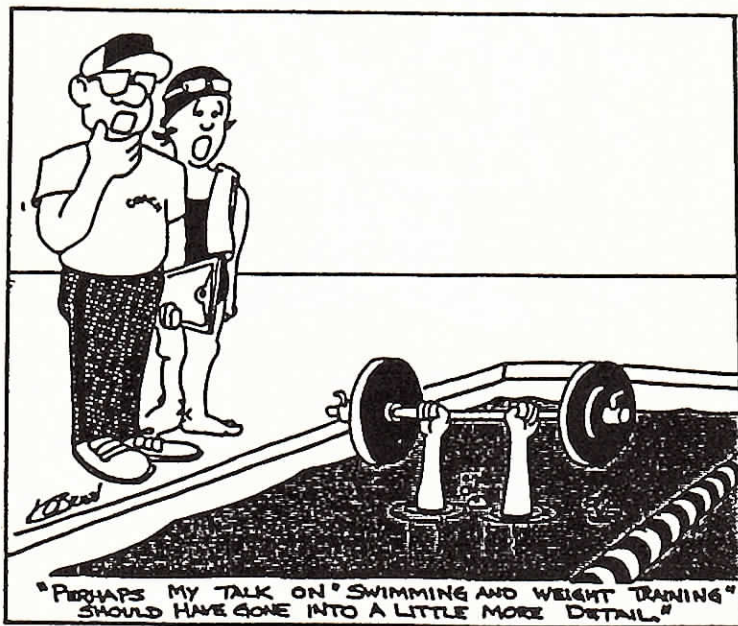


GREETINGS AND BEST WISHES
for Christmas
AND THE *New Year*

"from AUSSI MASTERS SWIMMING IN AUSTRALIA"

CONTENTS

	Page
EDITOR'S NOTES	3.
PRECIS OF MID YEAR COUNCIL	5.
1987 NATIONAL SWIM INFORMATION	7.
SPONSORS PRESENTATIONS	11.
JAYCEE AWARD TO KAY COX	13.
AUSTRALIAN CHAIRMAN FOR NEW FINA COMMITTEE	14.
PROFILE - RICHARD HARTLEY	16.
SWIMMING UP AND DOWN - ROBIN ROBERTSON	19
BRINGING THE MATURE AGED BACK TO SPORT - GLENYS McDONALD	21.
OCEANIA MASTERS ONE HOUR SWIM	34.



Editor's notes:

I just had to get out a final newsletter for the year simply just to wish you all a very happy Christmas and a safe and prosperous New Year.

This newsletter is a mixed bag of tricks and unfortunately due to the pressures of the season, does not contain any coaching articles for you. Still I guess there will be plenty of time for that after we have relaxed and (over) indulged during the next few weeks. I'm sure Dick, Des, Kay, Anita, Les, Linda, Trish, Kevin and our other AUSSI coaches will give us a bit of leniency in the next few weeks. After that, it's back to the grindstone with some State Swims and the Nationals looming ahead. WA have supplied details of the swimming and social aspects of the 1987 Nationals so be like the Boy Scouts and 'Be Prepared' and get your entries in. To help with your training a list of swimming videos available commercially is listed in this newsletter.

Also in this edition is a precis of our October Mid Year Council held in Sydney; a profile of one of our World Record holders - Richard Hartley; a fun article by Robin Robertson on swimming up and down; this month's list of thanks and congratulations; and an article on bringing the mature aged back to sport by yours truly.

This article evolved because of the Asian Pacific and Oceania Sports Assembly Seminar which was hosted by Australia in Perth from October 27th-31st 1986.

The APOSA Seminar involved about 60 delegates representing 26 countries in the region and they met to discuss the concept of "Sport for All". The theme of the seminar covered two areas

- . Children in Sport and
- . Sport for the Mature Aged

AUSSI had the chance to send a delegate through our involvement with the Confederation of Australian Sport and Glenys McDonald was to attend to hear and learn all she could about sport for the mature aged. At least that was what we planned. Instead AUSSI was given a unique opportunity to tell the delegates (mostly members of their country's Olympic Committees) from countries as diverse as Bangladesh, Norfolk Island, Japan, China and the Solomon Islands - how AUSSI looks after our adult athletes. Glenys was asked to present a paper for a 3/4 hour segment. Wendy Eye from Veteran Athletics also presented a paper and afterwards both ladies chaired discussion workshops.

Finally, I must apologise to any AUSSI member upset by the "Getting the Wind Up" article in the last newsletter.

Best wishes and happy swimming.



PRICTS OF AUSSI MID YEAR COUNCIL

October 11/12th was the date of the Mid Year Council of AUSSI Masters Swimming in Sydney. The meeting was attended by the National Executive and 14 delegates from the Branches and a large agenda was successfully addressed.

Reports were presented from the Executive and various sub-committees. Of particular interest were progress for the hosting of the II FINA/MSI World Masters Swimming Championships in Brisbane from October 8-14th 1988; and a comprehensive computer review report.

Various Constitution/By-Law/Rule changes and Branch agenda items were considered.

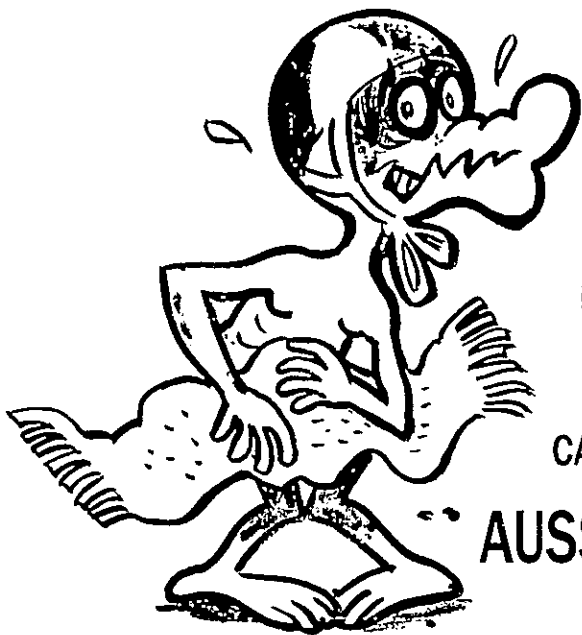
Of interest -

- . Provision is now made for a Board of Appeal to sit in judgement on disputes other than disputes involving a refereeing decision at AUSSI swim meets.
- . The maximum number of events at the AUSSI National Swim was hotly debated. Currently it is 7 events and the suggestion was for this to be reduced to 5 events. The President ruled after a tied vote that the motion was lost.
- . Current AUSSI Rules did not allow two swimmers per lane in our 400m+ events at swim meets. However, this was practised at the World Masters Swim in Japan for the 800m freestyle. The matter was discussed at length and the final resolution is "That with due notification the Swim Meet Director may direct two competitors to swim per lane provided there are at least two timekeepers or electronic timing available for each competitor."
- . It was resolved that National Swim results be posted on request and at a cost to all registered clubs in Australia, as from the 1987 Perth Swim.

- . The 1988 National Swim will be a postal event organised by the NSW Branch. The 1989 National Swim will be hosted by the NSW Branch.
- . An additional aerobic award is to be presented to the club earning the most points per registered member as at the end of the aerobic year.
- . The National Executive is to investigate and if possible implement the inclusion of a million metre, 25m, 50m, 100m, 150m, and 200m National awards.
- . The National Executive is to investigate a postal winter short course National Swim and report to the 1987 Annual Council Meeting.
- . The comprehensive Budget for 1987 was discussed fully and National registration fees were increased for the first time since 1983 and will include the compulsory public liability and personal accident insurance. The fees are \$9 for those members over 65 years and \$10 for members under 65.
- . Reports were presented on our involvement in the First Australian Masters Games and progress on the 1987 National Swim.
- . The review on the National Aerobic Trophy was brought forward from 1988 to 1987.



DON'T BE CAUGHT SHORT



MAKE SURE YOU ARE FINANCIAL
FOR 1987 AND THAT YOU GET
YOUR ENTRIES IN ON TIME FOR
THE "G'DAY FROM W.A."
1987 CAPITA NATIONAL SWIM

CAPITA FINANCE GROUP
AUSSI NATIONAL SWIM
 and
CLUB CHAMPIONSHIPS

BEATTY PARK AQUATIC CENTRE

WEDNESDAY, 1st APRIL — SATURDAY, 4th APRIL, 1987

PERTH W.A.



13th NATIONAL SWIM WESTERN AUSTRALIA

G'day
 from
 W.A.



8.

CAPITA FINANCIAL GROUP, formally City Mutual Insurances, is proud to sponsor the 1987 AUSSI NATIONAL SWIM in Perth.

CAPITA is pleased to continue its support of the AUSSI programme and we wish every participant good luck.

SOCIAL

WELCOME PARTY

TUESDAY 31st MARCH

AT PAESANO'S RESTAURANT, FREMANTLE

AT 7.00 pm

MENU: 5 COURSE PASTA MEAL

Chartered buses depart Beatty Park at 5.30 pm on a scenic tour to Paesano's and return. Tour includes Observation City, Scarborough Beach, West Coast Hwy, Success Harbour (Headquarters for America's Cup Syndicates) and City Lights from Kings Park.

COST: \$12.50 per head. Includes bus trip, meal and refreshments on bus. (Drinks at restaurant not included).

HAPPY HOUR

FRIDAY 3rd APRIL

AT CLUB 242

Commencing after final swimming session

Club 242 is part of the recently renovated "New Look" Leederville Hotel.

PRESENTATION DINNER

SATURDAY 4th APRIL

AT OBSERVATION CITY

7.00 pm

Located at Scarborough Beach this new 5 Star Hotel has sweeping ocean views which include the Americas Cup course.

MENU: An unbelievably sumptuous "5 Star Swimmers" Smorgasboard.

COST: \$22.00 per head (drinks not included).

Drinks will be available at normal bar prices.

RULES AND CONDITIONS

WARM-UP FACILITIES

Main Pool available 30 minutes prior to commencement of each session.

Other pools also available.

Individual entries limited to 7 of the 13 individual events. Relay teams limited to one team per age group in each event from each club. A swimmer must have entered at least one individual event to be eligible for relay teams.

AGE

Is age in years on 4th April, 1987.

RULES

Current AUSSI rules will apply.

SEEDING OF EVENTS

All events will be timed heats — no finals. All entrants will be seeded from slowest to fastest.

The Officials reserve the right to Deck Seed events or change start times if necessary.

ENTRY FEES

\$5 Per Individual, Plus
\$2 Per Individual Event
Relays \$2 Per Team

No entry fee required for SPEEDO relays.
Pool entry at own cost.

PROGRAMME

WEDNESDAY, 1st APRIL

8.30 a.m. START

1. 400m Freestyle
2. 100m Butterfly

THURSDAY, 2nd APRIL

8.30 a.m. START

3. 200m Individual Medley
4. 50m Breastroke

OPENING CEREMONY

SPEEDO RELAY — WOMEN

SPEEDO RELAY — MEN

5. 100m Backstroke
6. 50m Freestyle
7. 200m Medley Relay-Women
8. 200m Medley Relay-Men

FRIDAY 3rd APRIL

8.30 a.m. START

9. 50m Butterfly
10. 200m Backstroke
11. 200m Mixed Medley Relay
12. 100m Breastroke
13. 200m Butterfly
14. 50m Backstroke

SATURDAY 4th APRIL

8.30 a.m. START

15. 200m Breastroke
16. 100m Freestyle
17. 200m Freestyle Relay-Women
18. 200m Freestyle Relay-Men
19. 200m Mixed Freestyle Relay

An A.C.I. Stubby Stakes novelty event will be conducted. Details to follow later.

CLOSING DATE: FRIDAY 13th February



10

ENTRIES: Post Or Deliver To:

AUSSI NATIONAL SWIM
Beatty Park Aquatic Centre
Vincent St
North Perth. 6006

CLOSING DATE: FRIDAY 13th FEBRUARY 1987

Late entries NOT accepted

ALL CARDS MUST BE:

- 1) Completed in BLUE BIRO ONLY
- 2) Accompanied by CORRECTLY COMPLETED summary sheets — Pink, Blue and Yellow
- 3) Sorted alphabetically with each swimmers cards being together and in event order — relays to be separate in event order also.
- 4) Must come from clubs not individuals.

Failure to comply will result in all cards being returned.

ENQUIRIES: AUSSI W.A. (09) 328 2257
(09) 447 3578 A/HRs.

SPONSORS:

We thank the following for their support

A.C.I.

Auski Holiday Resort — Broome

Australian Airlines

Australian & New Zealand Banking Group Ltd

Best Foods

Burroughs Ltd

Capita Finance Group

Greenwood Sport Store

Growth Equities Mutual Ltd

Halberts Mitsubishi

J.Y. Signs

Observation City

Raywill Distributors

Richard Stanton (W.A.) Pty Ltd

Speedo Knitting Mills Pty Ltd

Westside Finance Group

CAPITA FINANCE MEETING

On October 10th 1986 the AUSSI National President Ivan Wingate and Secretary Glenys McDonald were met at Sydney Airport by Russ Jones, our Capita contact who looks after all our insurance needs. Later in the morning we three met at Capita head office with Mike Curley, Bob Morey and Ross Glendinning for a long and mutually beneficial meeting.

It is obvious that Capita are giving us a great deal of support and for this we are very grateful. It seems that this support will be ongoing and the National Executives intend to keep nurturing this relationship.

At the meeting Glenys and Ivan presented Mike Curley, the Nat. Manager, Marketing with a plaque in appreciation for Capita's sponsorship to us for 1986.

Once again I ask that all AUSSI's support those who support us - Capita Financial Group.



ED SMITH, OF ADVENTURE WORLD TRAVEL hands over \$5,000 in sponsorship to PETER JACKSON, AUSSI's National Public Relations Officer.



P.S We are looking for an Editor for the new AUSSI magazine we hope to get off the ground next year. Anyone out there interested????? Particularly those of you in N.S.W.

KAY COX - author of so many of our interesting articles, pictured after being presented with a 1986 State Winner's certificate, in the Jaycees 5 Outstanding Young Australians of the Year Awards. CONGRATULATIONS KAY.



AUSTRALIAN CHAIRMAN FOR NEW FINA COMMITTEE

Sydney swimmer, Gary Stutsel, has been appointed Chairman of the FINA Masters Committee. This new committee was formed by the governing body of world swimming to promote adult participation in the sports of swimming and diving and to draft rules which will govern competition between the 115 countries which are members of FINA.

Gary was selected to chair the committee because of his pre-eminent position in Masters. One of the founders of AUSSI Masters Swimming in Australia, Gary was the first National Secretary (1975 to 1981). In 1981 he became involved with Margaret Samson of the USA in moves to form an international association for Masters.

In 1983 Masters Swimming International (MSI) was formed with Gary as President. MSI is an association of 15 of the major Masters swimming nations. The members are National Masters Associations most of which are affiliated with their FINA federations. MSI awarded the conduct of its first major meet to New Zealand.

This meet held in Christchurch in 1984 was highly successful, attracting 1300 swimmers. Due to this success and the rapid growth of Masters swimming, a joint meeting of representatives of FINA and MSI was held in the USA in June 1985. This meeting drafted a document known as the Pasadena Agreement which was adopted by the FINA Bureau and sanctioned the I FINA/MSI World Masters Swimming Championship, held in Tokyo earlier this year.

This was the biggest swim meet ever held with 3500 competitors including 200 from Australia. They ranged in ability from World Record holders to novices and swam over distances from 50m to 800m in individual and relay events. Competitions were held in 5 year age groups up to 85-89 and there were no qualifying times. The emphasis in Masters is on participation with a balance of fitness and fun or if you prefer baths and barbeques.

If you want to find out more about Masters, contact your State Swimming Association or write to AUSSI, PO Box 59 North Beach WA 6020.

The II FINA/MSI World Masters has been awarded to Brisbane for October 8-14th 1988. This is expected to generate rapid growth in AUSSI membership based on the experience of New Zealand and Japan.

The members of the FINA Masters Committee are :-

GARY STUTSEL, CHAIRMAN, AUSTRALIA
 KUSUD KITAMURA, VICE-CHAIRMAN, JAPAN
 TINA MARTIN, SECRETARY, USA
 STEVE GOSSE, CANADA
 MORRIE CHIANG, TAIPEI
 TOM LOGAN, NEW ZEALAND
 MARIA LENK, BRAZIL
 HERMANN SCHLUCH, WEST GERMANY
 GENERAL AHMED ZORKANI HATAB, EGYPT (LONG DISTANCE SWIMMING)
 BURGER KIVELA, FINLAND (DIVING)
 DOUG SCALES, GREAT BRITAIN
 GEOFFREY BURKE, GUAM (WATER POLO)

with Artie Shaw, FINA Vice-President for Oceania, as Bureau Liaison Officer.

Close co-operation with MSI is assured as the first seven members of the committee are active members of MSI with Gary as Chairman, Steve Gosse as Treasurer and Tina Martin as Chairman of the MSI Championship Committee.

CONGRATULATIONS GARY, AUSSI IS PROUD OF YOU.

Capita Financial Group

'Perhaps the most important stage of the company's development has begun: together with a new name — Capita Financial Group Limited — we have a wider ambition . . .'

David Greateorex
 Managing Director

PROFILE - RICHARD HARTLEY - AGED 60 YEARS

Current holder of : 400m Freestyle World Record - 5.28.51
 800m Freestyle World Record - 11.24.85

Dick Hartley has been in AUSSI for some years now, first as a Foundation member of Melville AUSSI in 1977 and now through a change of residence, is a member of the Carine AUSSI club.

We always knew he was a 'top' swimmer, but neither we nor he knew just what he was capable of until the WA Winter Swimming Championships in September. It was Dick's 60th birthday and he thought "what better way to celebrate than to have a go at the 800m freestyle record which stood at 12.39.01. Then just before the swim Dick discovered that this time had been broken in Japan and now stood at 11.51.63. Undaunted, off he went and registered a brilliant 11.24.85.

Dick's 400m freestyle time is also significant because it is one second faster than the time he did in 1950 when he was 24 years old. That time then, gained him second place in the WA State Amateur Swimming Championships.

As Dick's story will show, the answer to this great feat may lie in the fact that Dick was never coached and didn't train much either. However we are hearing more and more of our AUSSI members swimming times akin to their early years, and some of these have been trained to Olympic standard.

We would be very pleased to hear of any details of this nature for our research. We have to show the world out there that swimming potential does not end at 20 or 25, but that us 'oldies' are still capable of greatness.

The reason Dick did not train in the 'amateur' fashion was that he was a real 'Sandgroper' and spent all his days on the beach. He started as a juvenile with the Cottesloe Surf Club in the late 1930's. He showed some talent but was more

interested in enjoying the surf and catching body waves rather than train. He did about 400m per day plus the points race swim on Sunday mornings.

He passed his Surf Lifesaving Bronze in 1943 and then joined the RAAF in 1944. On his discharge in 1946 it was back to the beach. However a job transfer to Kalgoorlie in 1951 saw him join the Kalgoorlie Amateur Swimming Club because he couldn't find any waves out there. This was when he got his first taste of training and he saw his times improve each week. He still won all his events despite the Handicapper's efforts! Dick however has never been formally coached, and is not now. Just imagine what a Laurie Lawrence could have done with him!

Dick's wins in swimming despite this marked lack of coaching and training included State Championships silver medals in 220 yds; 440 yds and 880 yds from 1950 - 53. He was first and fastest in the Swim Thru Rockingham in 1950; Swim Thru Guildford in 1951 and in 1953 he broke the record held by Garrick Agnew for the Swim Thru Perth.

Dick played A Grade water polo for Surf and later for Fremantle, winning two A Grade premierships. He has swum in more winning surf teams than any other swimmer before retiring from competition at the age of 36. In Surf Lifesaving he won 3 State Surf Titles, came 3rd in an Australian competition in 1951 and 3rd in the International Olympic Surf Carnival in 1956. He was aged 33 when he won his last surf title.

After a break of 14 years it was back to swimming with the start of AUSSI in WA. He found the training difficult to start with, but he was soon into the swing and became the first swimmer to receive the City Mutual award for 1,000,000 metres.

For those of you who wish to emulate Dick's world record swims - he trains 5 days per week and usually swims between 1,600m - 2,400m. He always starts off with a 400m warm-up and finishes off with a 200m cool down.

Each day's programme is varied, but most work is at 3/4 pace and includes a 100m or 50m sprint programme. Short hard swims are what Dick prefers and uses in his preparation for competition.

Look out for him at the Perth Nationals.

Well done Richard Hartley.



SWIMMING UP AND DOWN, UP AND DOWN, UP AND DOWN

By Robin Robertson

If you want to swim faster than other people, you must train. Several times a week - whether you want to or not - you must visit your local swimming pool and swim up and down, up and down, up and down. After weeks, months, or even years, you might become faster.

Until then, you swim lap after lap, with only you to cheer yourself on. It gets lonely, doesn't it?

If the truth be told, swimming 20, 30, 40 laps is dead boring... you just swim and swim and never arrive. It's like running on the spot. And you can't entertain yourself by chatting to passing swimmers. Nor can you listen to your pocket radio, because waterproof earphones haven't been invented yet.

Furthermore, there's nothing interesting to look at. All you can see through your goggles is the inside of a swimming pool. It's very pretty but you know it off by heart....straight black lane lines, pale coloured tiles set in even rows up the side, the occasional plug hole. This clinical starkness is relieved by signs of human habitation left lying on the bottom: bandaids, ear plugs, gum leaves, two cent pieces, bikini tops. Anything worth diving to the bottom for - diamond rings and dollar coins - have been sucked into the filter.

Sometimes, the swimmer in the next lane is of interest. As he swims by, you can peer under the water and see how he kicks, and then try it yourself.

Or - unbeknownst to him, you can race him to the other end. If you give yourself a few strokes start, you might even win. Of course, you have no way of knowing whether he's swimming at his hardest, but never mind. You are.

And, if all else fails, you can think. In fact, you may wonder why you didn't try thinking before.

But, you soon discover why. The effort of swimming seems to drain your brain to half power, and you're left with the half that thinks up excuses to stop swimming right now.

To distract yourself, you can try short thoughts - plan your television viewing for the night, chant your three times tables...nothing more complicated, because you can't finish a thought. You keep forgetting where you're up to, so you can't mentally calculate how much your \$400 investment will earn at 11 3/4%, or speculate on how the Egyptians built the pyramids.

In fact, your concentration will be so tenuous, you'll probably forget which lap you're up to, unless you repeat the number with every stroke: 'five...five...five', and remember to change the number at the end of the lap.

There is a reason for this loss of brain power. It's nature's way of telling you to give in. You weren't meant to swim lap after lap, day after day. Nature intended you to lie in the sun, sip cool drinks and relax with your friends...yet still have a taut swimmer's body, ready at any time, to swim faster than anyone else.

So - what went wrong?



BRINGING THE MATURE AGED BACK TO SPORT

By Glenys McDonald

Introduction

All of us are aware of the growing phenomenon which is mature aged sport. Many sports administrators have raised the objections of increased administrative responsibilities, already overtaxed equipment and venue resources and competition for sponsorship funds as reasons why this phenomenon should not be encouraged. This paper intends to challenge the negatives and address the positive aspects of why we should bring the mature aged back to sport.

Why the need to bring the mature aged back to sport?

There are 3 positive reasons - DEMAND; FITNESS & HEALTH; SOCIAL BENEFITS.

Over recent years the mature aged person feels they have a RIGHT to sport. A right to sport for life, and as a way of life. Many myths have been created about the aging process and the potential of the mature aged person. Unfortunately many of these myths have been self fulfilling prophecies.

In the past we have expected our elite athletes to strive for excellence and an ultimate goal - usually the Olympics. Of course many do not make it and drop out, but even those that do - where do they go then, in a sport that has been such an integral part of their lifestyle? Perhaps George Bernard Shaw summed it up

"We don't stop playing because we get old; rather we get old because we stop playing".

The demand by the mature aged to return to sport may mean that adults no longer accept the stereotype versions of aging and they no longer believe that age is synonymous with disability.

The mature aged are demanding a SECOND CHANCE. Those demands are becoming more assertive. They are demanding the right to lead a fit, healthy lifestyle and they are demanding a second chance to prove themselves in the sport of their youth. There is also a growing number who are demanding the chance to pursue new skills and take up new sports that perhaps were denied to them in their youth.

When Sir Winston Churchill was asked what he did when he felt the urge to exercise he replied "I lie down until the feeling passes". Fortunately now, Governments are aware of the benefits of having a fit and healthy mature aged population. Veteran sport in Australia potentially involves one third of the population and could have a considerable impact on the health budget.

Social benefits are also synonymous with mature aged involvement in sport. The fun, friendship and fellowship aspects as well as the fitness leads to an increase in self esteem and self worth as goals are successfully achieved and general well being is experienced.

What attracts the Mature Aged athlete?

- a) Participation without embarrassment.

The purpose and major objective of AUSSI Masters Swimming was designed to attract both the mature aged person who had some experience and expertise in swimming and the new person who wished to learn the skills.

The aim simply is -

"To encourage adults, regardless of age or ability to swim regularly in order to promote fitness and improve their general health".

So perhaps without being consciously aware of it Masters Swimming set as its objective a framework to help improve the health and fitness of the mature aged and gave opportunities for social interaction and competition, and in so doing evolved a package which appears to meet the needs of the mature aged.

Initially 3 types of swimmers were attracted.

- i) Those who had competed in their youth and welcomed the opportunity to return to their sport for competition.
- ii) Those adults who wished to get fit and keep fit by swimming training.
- iii) The social swimmer who sought the comradeship and mateship of involvement in sport.
- iv) Very soon however, a fourth group appeared. Those who were new to the sport and wished to learn.

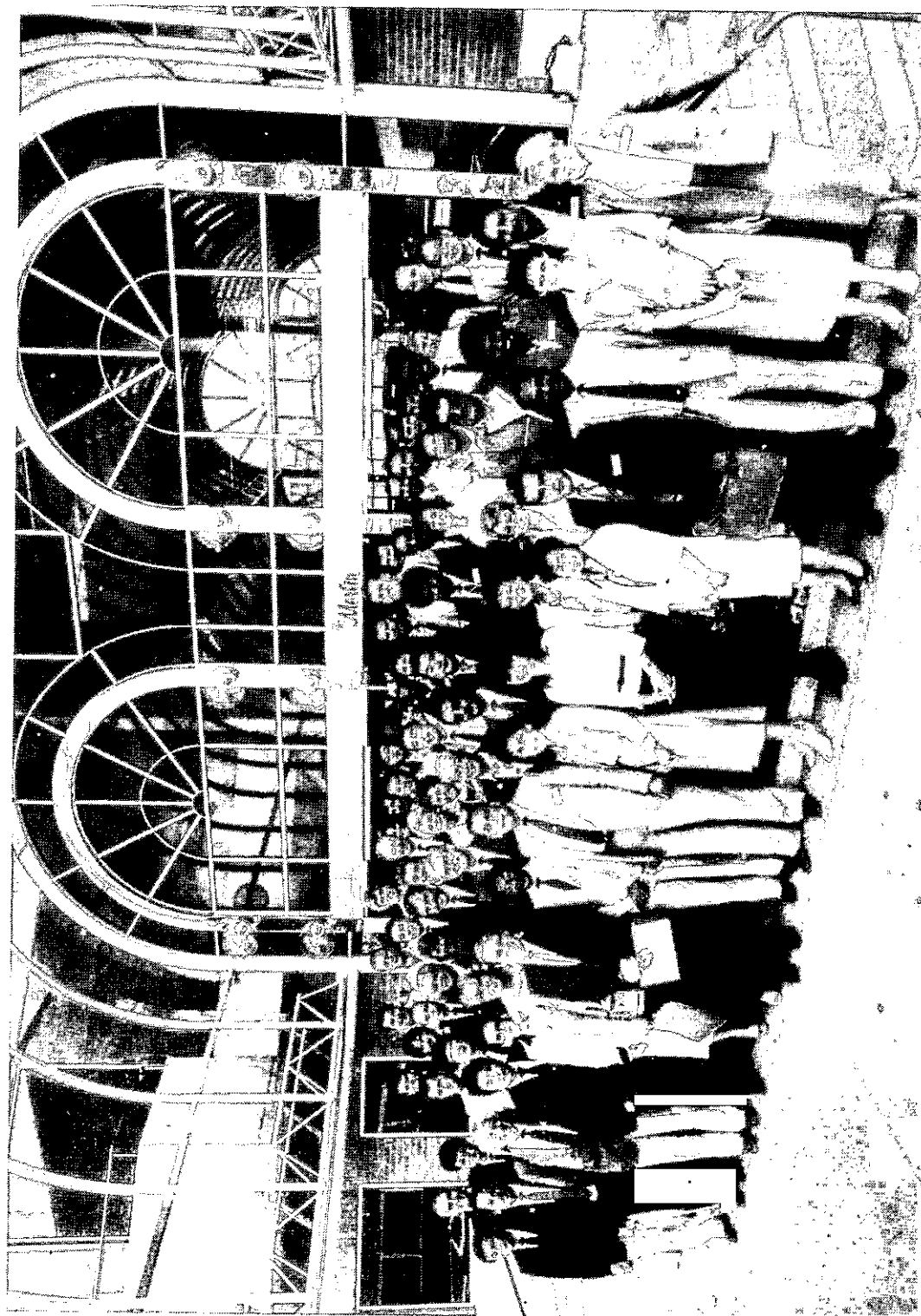
This intermingling of the four groups with a wide range of expertise and expectations led to rules to ensure no-one was made to feel outclassed or embarrassed.

- b) Achievable goals and education.

In AUSSI Masters Swimming we have found our members to be 'hungry' for education in all aspects of their chosen sport. For this reason this education of our membership in fitness, training, techniques etc. is of high priority. The previous top swimmers returning to the sport after a break require the most care in setting realistic goals.

- c) Participation without pressure.

What attracts the mature aged back to sport is the opportunity to participate without pressure. AUSSI is very aware of this and keeps the balance between competition and recreation for this reason. We boast that any adult returning to Masters Swimming should be able to get what he/she wants from the sport.



We provide :-

- stroke correction and coaching
- training advice
- fitness education
- an endurance swimming programme
- fun swims
- recognition for performance - top ten listings
 - award badges
- competition - interclub, State, National and World level
- records - State, National and World

An area of concern in bringing people back to sport is the pressure which can be applied to swimmers with a prior performance history eg. ex-Olympians.

The media and club members can expect these individuals to win, win, win when they may have returned to the sport for very different reasons.

Problems and Adaptations

a) Age groups

In bringing the adult back to sport, the sport involved will have to cater to the specific requirements of their target age group. Various age definitions of veteran sport have evolved, each set by the sports National or International body. The average age appears to be 35 years. Swimming has the relatively early age category of 20 years within Australia and 25 years for International competition. Part of the criteria in establishing this age limit would have been that there are very few swimmers still at the top of the amateur competition by 25. The demand from swimmers in the 18-24 year category who were no longer interested in amateur competition and found themselves in limbo for seven years was also one of the reasons why AUSSI lowered the age within Australia to 20 years. Japan, Canada and the US have already, or are following suit.

b) Name

There is often confusion over the most appropriate name to call mature aged sport. Senior - Mature Aged - Veteran and Masters have all had a hearing. AUSSI evolved from Senior Swimmers to Masters Swimmers and 'Masters' seems to be the most favoured term.

c) Separate versus continuum development

Many early veteran groups, including swimming, developed separately from the main stream of the elite section of their sport, usually by necessity and often because of disinterest, or the amateur/professional problem.

The ideal would appear to be for the Masters section of the sport to develop as a continuum in the sport with this division running its own affairs and having a voice on the overall management committee. Segregated veteran groups however, need a voice and their autonomy accepted within the sporting and Government structures of their country.

d) Coaching

Coaching adaptation has found to be necessary as Coaching Accreditation Courses directed at coaching children are not deemed appropriate for all the needs of adults.

e) Access

An area of concern in bringing the mature aged back to sport is access to facilities. This could vary amongst sports from little problem to almost a total bar to participation.

It's solution will involve discussion and compromise with other divisions of the sport in facilities controlled by the sport and it will involve lobbying, persistence and education for facilities owned by local government or private interests.

f) Time Constraints

A consideration in bringing people back to sport is an awareness of the time constraints placed on some. The older age groups without work commitments may have no problems. However for the 40 year old with work and family commitments, there can be a real problem. This is why Masters Swimming likes to provide a wide range of incentives and achievable goals so participants can choose the most suitable to the time available.

g) Expense

Many people feel the mature aged have a hidden money tree in the back yard and therefore are most able to pay the expenses involved in their sport, including participation in interstate and international competition. Some of course are. But many other considerations must be addressed, eg. how many members are pensioners; how many are in the age bracket of heavy family financial commitments etc.

Competition

Whilst advocating that competition should be seen as only one of the attractions to bring people back to sport, it is of immense importance. Most established veteran/masters sports have interclub, State, National and even World competitions. Into this arena has also appeared the Multi Sports Masters events.

This basic philosophy of masters sports as with swimming offers entry to ALL members without selection or qualifying times.

Within the competition structure two major components need to be addressed.

- . the desire of the mature aged not to feel outclassed.
- . the wish to compare performance and progress with their peers.

These two seemingly conflicting requirements have been tackled by AUSSI.

- . Competitors are seeded according to ability, not age
- . Results are then produced in 5 year age groupings.
- . Medals are given to overall age group winners.

b) Types of Competition

To cater to all members needs, and to keep interest and motivation between National or State Championships, AUSSI devised a programme which we proudly call the National Aerobic Trophy. It was conceived by the West Australian Branch and has been adopted Nationally and is now used in some form in Canada, the United States and New Zealand.

It is simply a programme which concentrates on endurance and aerobic fitness. Swimmers are able to set targets, measure their performance, assess their fitness and gain recognition for themselves and their club.

c) Rule Modification

An innovation of necessity in attracting the mature aged back to sport is rule adaptation in areas where -

- . aging process could affect the ability to perform skills.
- . undesirability for hard contact requirement.

Swimming has some modifications, as does ice hockey, football etc.

d) Participation

Obviously, if the expense of participation rests with the individual then this has a direct bearing on the percentage. It has been estimated that 60% of our

membership within Masters Swimming are interested in all levels of competition.

On the International scene AUSSI hosted two Pan Pacific swims in 1981 and 1983 which were the first significant international competition for Masters Swimmers. In 1984 New Zealand hosted the 1st International Masters attended by 1,100 swimmers and then in July 1986 Japan hosted the 1st World Championships attended by 3,540 swimmers.

The large growth is of interest as Australia is to host the 2nd FINA/MSI World Masters Swimming Championships in Brisbane from October 8-14th 1988.

Research

Finally research material has begun to be accumulating on the mature aged athlete and some performance records indicate that some fallacies might exist in our expectations of the aging process.

Examples of some members swimming faster times at 60 years of age to times swum when they were 24 could easily been put down to improved coaching techniques. But not all questions are as easily answered.

Conclusion

I hope I have highlighted for you the health, fitness and social benefits achieved by catering for the mature aged in sport.

I have listed the attractions sought - participation without embarrassment, participation without pressure, achievable goals, education and competition. I have highlighted some problem areas and adaptations made.

The mature aged can be catered for in sport. They can be accommodated at all levels of skill and competence. They do not want to be seen as a second rate sports person. He or she is pursuing excellence in a similar manner to the younger contemporary.

Watch out for the Grey Power Revolution!

FOR ALL OUR COMMITTEE LADIES!!

Ruth lets one slip

From John Arthur
in Canberra

A red-faced senator Ruth Coleman got her knickers in a knot when she was chairing the sombre Senate last night.

The WA senator was sitting in the President's chair when an apparently-confused Tasmanian Liberal senator, Michael Townley was tripping over how to address her.

"Madam chairman, chairlady, chairperson or whatever you like," senator Townley stumbled.

Senator Coleman: "Just chair will do."

Senator Townley: "Chair ... chair ... madam chair ..."

Senator Coleman: "Madam chair will do very nicely thank you ... I don't have any sex while I'm in this position."

Parliament then collapsed into sustained laughter.

Senator Townley: "Maybe we should tell some of those other groups about that position."

This morning, senator Coleman (55), a Labor senator since 1973, was in typical high spirits and laughed off the episode.

"God, I haven't heard the news," she said. "I don't want to hear it either."

"I just let it slip out, I had no intention of saying that. I was trying to tell him that as far as I was concerned I was chairman."

"We've had all this nonsense of chairperson, chairwoman, which I think is all heading us up the garden path."

"The word 'man' comes from the latin manus, meaning 'to be in charge of' and I take it that way."

GUIDE TO SPORTS VIDEOTAPES AVAILABLE COMMERCIALY

Copied from a list prepared by
the Australian Institute of Sport Information Centre

<u>Title</u>	<u>System</u>	<u>Source</u>	<u>Cost</u>
Swimming Skills and Drills Crawl & Butterfly with Dick Hannula AAIS	PAL	Carlile Swim Shop PO Box 244 GLADESVILLE NSW 2111	A\$110.00 (2 tapes)
Swimming Skills and Drills Backstroke, Crawl Breaststroke Turns with Dick Hannula AAIS	PAL	As Above	
Swimming with Mark Tonelli Breaststroke Starts Turns Backstroke Butterfly Freestyle AAIS	PAL	Carlile Swim Shop PO Box 244 GLADESVILLE NSW 2111	A\$65.00
Aquaforum Technical Videotape Women Champions AAIS	PAL	As Above	A\$11-.00
Aquaforum Technical Videotape Male Champions AAIS	PAL	As Above	A\$80.00
Born to Swim: Uncle Toby's National Swim Programme AAIS	PAL	Australian Swimming Crestpoint House 1420 Logan Road MT GRAVATT QLD 4122	A\$25.00

<u>Title</u>	<u>System</u>	<u>Source</u>	<u>Cost</u>
Coca Cola Swim Clinic 1981 Part 1 Techniques of Competitive Swimming- Joe King. Top Australian Swimmers demonstrate drills starts & turns. AAIS	PAL	Qld Dept of Education Film Centre Nathan Avenue ASHGROVE QLD 4060	A\$20.00
Part 2 Training the Distance Swimmer AAIS	PAL	As Above	A\$20.00
Gettin Better champion- ship Swimming with John Naber AAIS	PAL	Gettin Better PO Box 50107 Dept. 7 PASADENA CA 91105 USA	US\$53.95
The Swim Wonder East German Swimming AAIS	NISC	Above Average Entertainment PO Box 264 BAYSIDE NEW YORK NY 11361 USA	US\$145.00
Qld Dept. of Education Start Sport Series - Swimming AAIS	PAL	Qld Dept of Education Production Services Branch, 471 South Pine Road EVERTON PARK QLD 4053	A\$22.00
Train with the Olympians - crawl - back - breast - fly - starts & turns AAIS	PAL	Sport Fahrennann GmbH Postfach 127 3205 Boberen 1 WEST GERMANY	DM262.00 (5 tapes)
Doc Counsilman Stroke Analysis Videos All 6 strokes & starts & turns AAIS	PAL	Carlile Swim Shop PO Box 244 GLADESVILLE NSW 2111	A\$180.00

<u>Title</u>	<u>System</u>	<u>Source</u>	<u>Cost</u>
The A1 Swimming Series with March Schubert Breaststroke - Butterfly technique AAIS	PAL	Kingsway PO Box 8240 Stirling Street PERIH WA 6000	A\$39.95
Starts, Turns & Progressive Drills AAIS	PAL	As Above	A\$39.95
Freestyle & Backstroke AAIS	PAL	As Above	A\$39.95
Swimming Strokes AAIS	PAL	Auska 1 Bowen Rd MOONAH TAS 7009	A\$36.00

NOTE : Coaching Resource Centre, Australian Swimming Inc. PO Box 85 Mt Gravatt Queensland 4122 (07) 345 5799 has a video lending service to accredited coaches.

In addition the AUSSI WA library has

Warm up and Flexibility
Making it Better
AUSSI "Fun & Fitness"

1987 NATIONAL REGISTRATION COMPONENT OF FEES

For the first time since 1983 the National component of the AUSSI fees was raised. The new fees are:

\$10 for those under 65 years
and

\$ 9 for those over 65 years.

The new fees represent a rise of only \$1.50 in real terms because the new fees include the compulsory Public Liability and Personal Accident Insurance which clubs were billed for seperately last year. Hence the reduction for Over 65's because they are not covered by the P/A policy.

A PRO RATA registration rate is, as usual, available for any NEW member who joins after October 1st.



**Oceania Masters
One Hour Swim Championship
Summer 1986**

(POSTAL)



Sponsored by Arena Swimwear



LOCATION AND TIME

To be swum in any pool 25 metres or longer and anytime in December and January.

Entries to be postmarked no later than 8th February, 1987.

ELIGIBILITY

Any swimmer 25 years of age and over who is also a registered Master Swimmer in the Oceania region.

AGE GROUPS 20-24, (N.Z. Premasters), 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over.

EVENT

The object of the contest is to determine who can swim the greatest distance in one hour. The person swimming the farthest will be declared the winner, the person swimming second farthest will be awarded second place, etc. In the event that two or more swimmers complete the same distance, a tie will be declared. Each swimmer must provide his/her own person to count laps and time the event. This verifier **must** sign the Official Entry Form. All distances are to be rounded **down** to the nearest completed five metre increment.

AWARDS

Arena Products will be awarded to the swimmers in each age group (1 male, 1 female) who swims the greatest distance. Plus one special award to the most improved swimmer from last year's competition.

RESULTS

Full results will be published in Aussi and N.Z. Masters National Newsletters at the earliest convenience.

FEES

\$3 per swimmer. Please make cheque payable to Masters Swimming International — Oceania Region:

ENTRY

Complete Entry Form and mail form and fee to:

MASTERS SWIMMING INTERNATIONAL
OCEANIA REGION
281A OCEANBEACH RD
MOUNT MAUNGANUI
NEW ZEALAND

Any proceeds from this event will go towards the promotion of Masters Swimming in the Oceania region.



OFFICIAL ENTRY FORM

**1986 Oceania Master Swimmers
One Hour Postal Championship**


Name:

(Surname)

(Christian Names)

Address

Club

Sex:

(M or F)

Age:

(as at date of swim)

Enclose Entry Fee \$3
CERTIFICATION

I certify that on

I swam

metres in one hour.

Signature of Swimmer

Signature of Verifier

Aussii/N.Z. Masters registration number



The Goggl' Cap



**The cap
and
goggle
that can't
fall off!**

CHECK THESE FEATURES:

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- Lightweight—positive fit
- New maintenance free latex—never gets sticky
- Specially treated for ozone resistance
- Long lasting latex and lycra in full range of colours
- Join thousands of GOGGL' CAP wearers worldwide—you'll love it.



Yes! I want to try the new GOGGL' CAP!

Please find enclosed \$..... plus \$1 postage for

Ace latex Goggl' caps @ \$20 ea Total

Red orange, yellow, purple, royal navy, green, pink
Lens colour clear, blue, smoked

Ace lycra Goggl' caps @ \$20 ea Total

Red royal, navy, yellow, green, purple white
Lens colour clear, blue, smoked

(Please circle preferred cap and lens colours. Orders not specifying lens colour will be sent clear.)

Total

NAME

ADDRESS

POSTCODE

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