



THE AUSSI

National Newsletter

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

ISSUE NO. 7

MAY, 1987

Editor: G. McDonald

P.O. Box 59

NORTH BEACH W.A. 6020

FOR **ADULTS** ONLY
(SWIMMERS)



IVAN WINGATE
National President
with Female Swimmer
of the Meet, BERYL ANDERSON



Male Swimmer of the Meet, DOUG JEFFREY
with GLENYS McDONALD



GRAHAM EDWARDS
W.A.'s Minister for Sport
Opening Swim

EDITOR'S NOTES

Hi everyone. This is my last effort as Editor of the AUSSI National Newsletter. I volunteered for the task in 1985 in addition to my Honorary National Secretary's duties (a) because I'm crazy and (b) because of the demise of the magazine "Swimming in Australia" which left such a gap in our communication system. However, our new Public Relations Officer, Derrell Picton has offered to take over our magazine newsletter problems and I am most grateful to him.



This edition will tell you all you wanted to hear about the Perth Nationals (and a bit you probably didn't want to hear). There is a reprint of a swim magazine article for those hardy souls who just love butterfly; clarification on those new FINA rules; the results of what 22 swimmers did when locked up for 2 days (our National Council); the Oceania 1 Hr Postal results; our usual 'scandal sheet' and a summary on "Was it Worth it?" So read on and enjoy. Incidentally, most of the photos in this edition were taken by Max Wannell of Carine AUSSI.

STOP PRESS

Dawn's a 'living treasure'

MELBOURNE — Dawn Fraser, MBE, has been declared a National Living Treasure by the Museums Association of Australia.

Fraser, a former Olympic swimming champion, was made Australian of the Year (1964), and already has been inducted into the International Women Sports Hall of Fame.

The winner of four gold and four silver medals at the Melbourne, Rome and Tokyo Olympics and holder of the world 100 metres freestyle record for 16 years, Dawn said it felt "interesting" being classified as a "living treasure". However, she said she was honored by the accolade and promised to visit more Australian museums.

She was awarded the title yesterday after she had presented the Westpac Museum of the Year Awards at the Melbourne Cricket Ground.

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CLAREMONT SCOOPS THE POOL

What can you say about a WA AUSSI club with 105 members who takes out the 1986 National Aerobic Trophy for the 4th consecutive year with an incredible 2,276 points and tops it all off with a win in the Capita Financial Group's 13th AUSSI National Swim to secure the Founder's Trophy.

It would appear that Claremont really is a **top** club to do so well in both competition and endurance swimming. Perhaps a feature article on the Claremont Club to tell us all how they do it could be a consideration for our new Public Relations Officer. Congratulations Claremont. Congratulations also to :

Syndal Sharks Victoria for being Runner-up in the Aerobic Trophy and winner of the "Tassie Award".

Osborne Park for being Runner-up for the Capita National Swim,

and

Power Points for winning the Visitors Trophy.

Well, how did the Perth Swim go? Perhaps it can be quickly summed up by using the words of Peter Gillett, our National Recorder. Peter felt Perth followed our usual National Swim pattern :

1st day - 400m pretty quiet, settling in.

2nd day - Complaints day - refereeing, water temperature, soggy sandwiches and anything else we might be able to think of.

3rd day - That's out of the system, this is fun.

4th day - Hell! wasn't that a great Nationals?

The letters and cards (keep them coming) of congratulations for the Perth Swim have commented on the superb job done by the organisers in dealing with our record number of 844 swimmers. Some commented on the 'polished' way things were done, the friendliness of the marshals and ACT wanted special congratulations recorded for the high standard of refereeing for the 4 day meet.

For those not lucky enough to be in Perth, the sun shone for the whole 4 days which was a relief to the organisers using an outdoor pool in April.

The Welcome Function commenced with a 'hair-raising' sightseeing bus tour of Perth en route to Paesano's Restaurant to take over the place with 400+ swimmers. (I mean, you always wanted to take a bus ride to where the America's Cup was fought and lost, didn't you?) The unanimous verdict was that even the mightiest eaters in AUSSI still could not do justice to the plateloads of food delivered to the tables and later in the evening some very full swimmers motored back to Beatty Park via Kings Park and the 'lights' of a very beautiful city.



Hardworking Marshalls



MICHAEL NOBLE
Winner of the
National Heart Trophy



Mens Speedo Sprint winners

There were mumblings from the rank and file that the Welcome Function was a plan by the locals to wipe out the opposition!

Wednesday was uneventful with the hardy 400m swimmers getting into the swing of things. The Carine AUSSI Club provided the happy marshals under the blue and white marquee. A tired Steve Smith, President of Carine won the club's 'Wally' award when he was heard trying to marshal someone for lane 9 on the last day. On Wednesday also a Coaching Seminar on Sports Injuries was held and the AUSSI General Meeting with a disappointing attendance of 30 swimmers gave highlight on the years activities and the resulting decisions of the Annual National Council.

On Thursday the 200m individual medley was swum and if ever an event shows up the standard of refereeing it's this one. AUSSI swimmers understandably do not like being disqualified, particularly with our pointscore being such that a disqualification can put someone out of medal contention. However as Des McCormick once said "a swimmer does not know what he did, only what he thinks he did". Everyone familiar with swimming knows that a referee's decision is final. We have protest slips for any protests to be heard, but there is a trend to continue on and on protesting regardless of the Umpire's decision. This is disappointing and I hope the trend soon disappears. The WA President David Cummins requested to National that the Board of Appeal be formed to look at challenges to the standard of refereeing at the Perth Nationals. This board comprised the National President, National Director of Fitness & Coaching and National Recorder and after their investigation they informed those involved that the standard of refereeing was of an extremely high standard. This standard was consistent and maintained for the duration of the swim. It was noticeable that after the 200m I.M. the standard of swimming improved and swimmers were very conscious of executing correct turns etc. A full report of disqualifications will be included in WA's report but there were a total of 53 disqualifications in over 4,500 swims.

Many people used excuses in their protests that they had travelled thousands of miles to swim or would loose any chance of a medal. Unfortunately these are not relevant to the protest. The other issue often raised when disqualifications occur is the war cry that we are only about "fitness and fun" and we should not get that serious.

Indeed this has been a concept often discussed at National Council level. Each Branch has been unanimous however, that swimmers should be taught the rules of swimming at club level -

- . warnings, education and disqualification be the format at inter club level
- . and that the rules must be applied at State and National level.

As we swim in AUSSI heats according to nominated times there is no way anyone can know if a swimmer is a medal contender or capable of breaking a record so a consistent standard of refereeing must be maintained in AUSSI.

Thursday night was "Happy Hour" night with swimmers getting together over a few ales before heading off for further food, revelry and spice of life.

Fridays and Saturday's program went well with many swimmers helping the organisers by agreeing to swim the 200m breaststroke on Friday evening. The gentlemen from the Sports Trainers Association treated a variety of injuries but they mainly seemed to be dishing out a variety of massages! If only I'd known.

A certain swimmer was very foolish and swam against Doctor's orders. I guess he should get a 'consideration medal' because apparently he swam with a plastic bag stuffed in his bathers so he wouldn't foul the pool if he 'threw up'.

Another story tells of the conclusion of a 280+ relay event when officials reacted to a plea for help and dived in to rescue a pair of dentures on the bottom of the pool. It was that smile at the finish that did it.

I could also tell the story of one of the announcers who, quite oblivious of the fact that he was in clear view of the marshalling area, whipped off his wet bathers under his towel. Well done Tom, I promise I won't tell anyone.

The festivities concluded with the Presentation Dinner for 600+ swimmers at the magical Observation City Resort Hotel at Scarborough Beach.

The West AUSSI's particularly Vic McDonald and his committees must be congratulated for a superb job in bringing off such a successful meet for 844 swimmers without a hitch.



The Golden Girls 1987 Gold Medal Winners

Photos taken by M. Warrell

Too Far 2 Fly

By Knome D. Plume



Write something funny about the 200 fly? That's a pretty tough assignment. About the only thing funny to me about the 200 fly is that some people actually swim it. It is clear to me that if man were meant to fly, he would have been given wings.

Before diving in, let's examine the motives for swimming the 200 fly. The most rational reason I have heard is "no one else swims the race so it's my big chance for earning a medal." The flaw in this logic is that it ignores the fact that there must be a good reason no one else swims the race; for instance, fear of finishing. Talk about agony of defeat, the agony of victory is worse!

Another reason I have heard for attempting this form of water torture is "to see what good shape I'm in." Somehow there must be an easier way of testing one's level of fitness. It's like running a marathon to prove that your knees are healthy, or entering the Indianapolis 500 to pass your driving test. There's also the

Everest syndrome; "because it's there!" he/she says with conviction. It makes about as much sense as driving your car up over the curb, because it's there!

Several people have approached me before the big meet to try to encourage me to swim the 200 fly. "We need the points and no one else is swimming the 200 fly," they say with a sly smile. "How about it Knome, swim one for the Glipper?" To this I throw up my hands and begin yelling: "Hey look I voted for the guy, isn't that enough? Don't we have anybody else crazy enough to swim the 200 fly? I have been advised by a doctor to avoid that race." (Over the years I have improved upon my excuses to the point that I have been able to avoid the 200 fly for the last five years, a record I plan to extend.)

Of course, there are those who just like pain. They are the ones who volunteer for more laps in workout and who love to go to the dentist. For them, the 200 fly provides layers upon layers of ecstatic agony, flowing from the hands through the

shoulders and down to the toes.

The one reason for swimming the 200 fly which brings tears to my eyes, each time I hear it is "It's my best event." To have to go through life chained to such an ordeal; like Sisyphus' rock they must carry this burden to every swim meet.

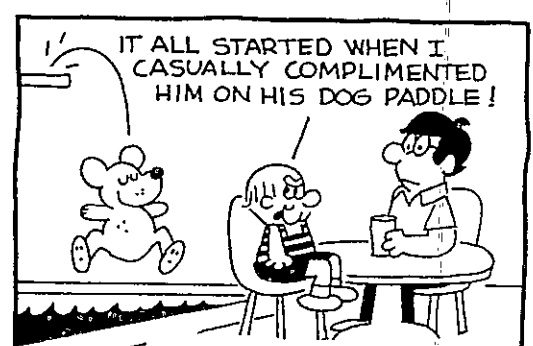
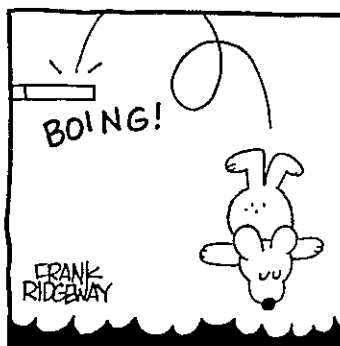
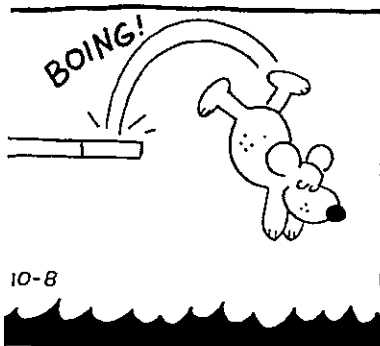
Finally there's the silliest reason of all: "Coach told me to." In the name of reason and freedom, there comes a time to rise up against the tyranny of power known affectionately as "Coach." It is on that bleak day when you are told to swim "THE 200 fly" that one must find the strength within to stand tall, and with firmness in the voice say forcefully, "You have to be kidding me."

Well, no matter what the motivation, there will no doubt come that dire day when you will stand on the blocks and face the 200 fly. For all the coaching and advice about taking it out slow, don't sprint the first lap, breathe every other stroke, etc., etc., I have only one thing to say: It's never too late to start working on your excuses.

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P.O. BOX 45497, Los Angeles, CA, 90045

MR. ABERNATHY



THIS TIME THEY JUST MIGHT HAVE GOT IT RIGHT

New FINA Rules

from FINA Bulletin Oct 15, 1986

50m Freestyle was made an Olympic and World Championship event. World Record qualifying times were set. (A women's world record of 25.28 was set by Tamara Costache of Romania).

Breaststroke (rule SW7 was SW6)

SW7.3 Hands shall be pushed forward together from the breast, and shall be brought back on or under the surface of the water. Except at the start and at the turns, the hands shall not be brought back beyond the hip line.

SW7.6 At each turn and upon the finish of the race, the touch shall be made with both hands simultaneously, either at, above or below the water level. The shoulders shall remain in the horizontal plane.

SW7.7 During each complete cycle of one arm stroke and one leg kick, some part of the head of the swimmer shall break the surface of the water, except that after the start and after each turn the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged before returning to the surface.

Butterfly (SW8 was SW7) The "touch" requirement matches breaststroke.

SW8.4 At each turn and upon the finish of the race, the touch shall be made with both hands simultaneously, either at, above or below the water level. The shoulders shall remain in the horizontal position.

Firby on the New Breaststroke

Howard Firby is a world authority on stroke technique. He is eminently qualified to comment on the implications of the new breaststroke rules. An author of many articles and books, he has also coached for 40 years.

The stroke will be more fun to swim. It will involve more gusto and people will really get their whole body into the act. It will become truly competitive; a freestyle version of breaststroke.

The restrictions are logical. The symmetrical arm and leg action, proper kick, and keeping the shoulders level are what makes breaststroke, not arbitrary rules about the water line.

Women will probably do it much better than men, since most of them are more flexible through the body. The successful breaststrokes will probably be long and willowy. The longer, leaner swimmers will give the blockier, bargier types a hard time. Once they master the new stroke I think men will be able to go under one minute for the 100.

It will be easier to officiate because there is less to look at.

But one experienced official pointed out that under the old rule he could tell, from four lanes away, if the head came out before the hands. With the new rule it will be harder to tell when there is a head/hands infraction. Some of the officials prefer finite limitations. I can see officials all over the country cringing trying to decide, "How do I judge that?"

The logical time to breathe is when they're pulling and coming up. After the swimmer takes one underwater stroke they will flow right up into the second stroke. They're going to need a breath. The undulating motion, the so called 'travelling wave', will become a factor. A little motion at the head could trigger a bigger dolphin action (which is still illegal) in the legs.

I suspect some of the swimmers will live dangerously without realizing it. It will be easier to dolphin. I anticipate a lot of dolphin kick disqualifications, espe-

cially if they have never been called on that before.

Breaststrokes can now submerge with each stroke. This provides less resistance against the water. They still aren't allowed to drop one shoulder. That would cause them to split the water in two directions, which is what freestylers do. They roll and enjoy a better penetration through the water.

I think that the person with a better feel of the water will do better than one who tries to overcome the water with power. You've got to be strong but you have to be nimble. To be a really tough breaststroker you need great endurance and great range of flexibility through your torso. The races will be better paced.

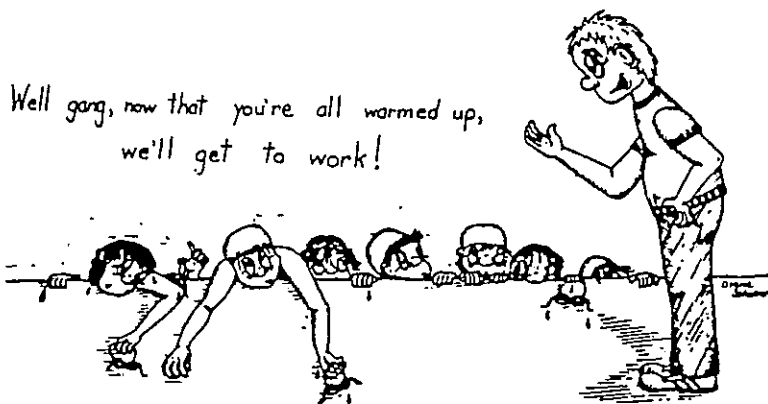
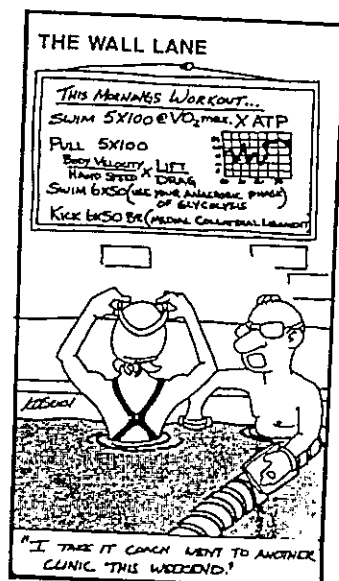
The ramifications of the new rule are pretty broad. Up until 1956 you could swim underwater without restriction. This resulted in drownings because kids were trying to stay underwater for too long. It was also a lousy race to watch and to officiate. To stop this the rules swung completely the other way. You couldn't go under, except at the start and turn. It has taken us 30 years to finally get the stroke the way it should have been all along.

The new stroke isn't as flexible as I thought it might be. It does provide more freedom from the risk of "DQing" and from having to be so precisely aware of where the surface is all the time. It truly liberates the swimmer and allows one to get on with racing. If "free" means "liberate" we now have a kind of freestyle breaststroke.

It's best if the swimmer doesn't use excessive head and neck movements, but merely allows the head the same freedom it has in the butterfly; i.e. moderate movements, not diving it in 'point' first. Too much head movement makes the swimmer dizzy and seems to weaken the thrust from the legs. The head should not be allowed to drop until after the feet have engaged the water.

This achieves the same forward and downward slope of the torso that good flyers have. It also gives the same

SWIMCANADA/JANUARY 1987



PRECIS OF THE AUSSI NATIONAL ANNUAL COUNCIL

The policies of AUSSI are all decided at the two National Council meetings we have each year. At these meetings, two delegates from each Branch have their fares paid by National to attend and represent the ideas and wishes of their Branch. The National Executive seek sponsorship to cut the cost of these essential meetings and I would like to take this opportunity of thanking Australian Airlines, Capita Financial Group and Observation City Resort Hotel for making the March 30 & 31st Council so successful.

For the National Executive and Branch delegates it is two long days of work, however two things have assisted in our ability to deal with such a large workload. The first is that delegates come to the meeting prepared due to pre-circulation of material, reports, agendas etc, secondly, the 'in house' aspect of the conference allows for discussion, lobbying and general consensus outside of the meeting hours, which speeds things up considerably.

Much of the first day was devoted to the presentation of annual reports by the National Executive, Recorders, each Branch and various sub-committees, eg. Technical, Computer and World Swim.

Some major decisions of the meeting were :-

1. Sanction of a Postal National Swim for 1988 which will be co-ordinated by the New South Wales Branch.

Branches have been encouraged to hold their State Swim in March 1988 to combine the two. Many of you will be able to not only compete in your State Swim in 1988 but have your times considered in a National tally. There is provision for isolated clubs to participate in this event. For this postal event only the maximum number of events has been reduced to five and medals will be given for each event with no aggregate age group medal.

2. Tasmania AUSSI presented up to date planning for their hosting of the swimming section of the Tasmanian Masters Games and everyone is encouraged to make their way to the Apple Isle on November 28th. There is also a wonderful marathon swim in a limestone quarry so be prepared. It's amazing how evasive people can get when you ask a question about water temperature. However, I have been assured that if the sun is shining the water will be warm.

3. Some minor 'housekeeping' alterations were made to our Constitution and By-Laws. However, one By-Law of significance was deleted. By-Law 13.8 used to read "No member of the National Executive shall hold an Executive position on any Branch during their term of office".

4. Several Rule changes were made, the major ones were our adoption of the new FINA Rules affecting breaststroke and butterfly (see later article).

We also incorporated into our Rules the mechanics for making rule changes a little more efficiently.

We also now have a rule which reads "It is not permissible for a swimmer to wear a timepiece during Interclub, Branch and National Swim meets".

So leave your watches in your tracksuit pocket.

We have introduced award certificates for swimmers attempting 25m, 50m, 200m and 200m swims and a one million metre badge and record card to fill the gap made by the demise of the City Mutual Award Scheme. You may continue clocking up your million metres, just give us a little time to get the cards, certificates and badges produced.

5. As usual under Branch agenda items some interesting issues emerged. The usual ones were there again -

- a) Recognition to individual placegetters in each event.
- b) Lowering the maximum individual events for the Nationals from 7 to 5.

Regarding a) each time this has been raised the consensus has been against having individual medals for each event, although a couple of years ago we introduced certificates for such placegetters. Subsequently these were withdrawn because of lack of interest, duplication and workload.

Branches have been asked to report to the Mid Year Council on a suitable means of recognition for individual event placegetters taking into account the cost and workload involved.

Perhaps you could discuss this at club level and let your Branch know your views.

We have re-introduced the 1 2 & 3 place certificates but the responsibility for issuing these will lie with the person's club.

Discussion involving individual medals never gets past the following three issues :-

- (1) Expense
- (11) The workload and subsequent change of format for the Presentation Dinner ie. medals could not be presented, only 'picked up' at the pool.
- (111) The prestige of winning an 'aggregate' medal.

Regarding b), moves to lower the maximum swims from 7 to 5 was lost again as it appears the majority of Branches feel 7 swims in 4 days is not too taxing. However, the National Recorder is going to prepare statistics on how an alteration from 7 events to 5 would affect our aggregate pointscore tallies.

6. Areas such as research projects for AUSSI; the workload of the honorary National Secretary, timing of National Council meetings, the Speedo Postal Relay our involvement in Long Distance Swimming, World Swim issues and club's legal responsibilities to members were discussed in full.

Currently we are updating our sample "club membership form" which we suggest all AUSSI clubs in Australia should use (let me know if you want a copy), and we are producing another form to assist clubs if a member does have some medical problems but wishes to compete for the club.

7. A motion to introduce aerobic points for 1,500m, 3,000m, 5,000m and 1 hour butterfly was lost.

8. The National Director of Fitness & Coaching was directed to form a Coaches Committee to :

- (a) implement the Level I Coaching Accreditation Course
- (b) Explore and implement, if possible, areas of research of value to AUSSI members.

9. The following swim times have been sanctioned for consideration as National Records.

- (1) Those times swum at the Central Australian Masters Games and Tasmanian Masters Games.
- (11) Also times swum by our AUSSI members in any meet organised by Australian Swimming Inc.

10. Finally the meeting farewelled the following officers.

Peter Jackson after 7 years as National President and two years as Public Relations Officer.

Beryl Stenhouse after 3 years as National Treasurer.

and

Fred Johnson after two years as National Aerobics Recorder.

I am sure I speak on behalf of you all in thanking these three people most sincerely for their dedication to AUSSI.

The new office bearers elected for the 1987/88 year are :-

Ivan Wingate	President	SA
Glenys McDonald	Secretary	WA
Christopher Potter	Treasurer	SA
Dick Campion	Coach	Vic
Derrell Picton	Public Relations	Qld

Also appointed were :-

Peter Gillett	National Recorder	SA
Judy Ford	Nat. Aerobic Recorder	ACT
Technical Committee	Based in	NSW
Computer Committee	Based in	WA
Aerobic Review Comm.	Based in	ACT

These people and committees join with the '88 World Swim and the Tasmanian Masters Games Committees in carrying out the many and varied tasks in administering AUSSI. It is gratifying to see the wide dispersion of the workload amongst the Branches and I hope you, the members will continue to support the administrators of AUSSI at all levels.





1986 Oceania Master Swimmers One Hour Postal Championship



OFFICIAL RESULTS

AGE GROUP CHAMPIONSHIPS

Women

25-29 years	JAN BONE	NZ	WNI	4480 metres
30-34 years	SUE WHEELER	NZ	DUR	3910 metres
35-39 years	MARGARET WILBY	A	NCR	3850 metres
40-44 years	BEVERLEY BYERS	A	WCR	3525 metres
45-49 years	ROBIN HENZE	A	NLS	3270 metres
50-54 years	PAM BIERENBROODSPOT	A	VSS	3400 metres
55-59 years	MYRA LARCOMBE	NZ	NLM	3125 metres
60-64 years	JOAN MONAHAN	NZ	CAM	3335 metres
65-69 years	OLGA JOHNSON	NZ	DUR	3005 metres
70-74 years	TON BREEBAART	A	TAM	1525 metres
85-89 years	DORIS VENNING	NZ	STA	1365 metres

Men

20-24 years	EWAN TRASS	NZ	MAS	3210 metres
25-29 years	PHILLIP MASON	A	NCR	4010 metres
30-34 years	MARK SAUNDERS	NZ	DUR	4595 metres
35-39 years	GARRY PHIPPS	A	NPK	4350 metres
40-44 years	IAN BUTTERWORTH	NZ	WNI	4400 metres
45-49 years	BARRY YOUNG	NZ	NSH	4300 metres
50-54 years	JOHN HAWTHORNE	A	NHN	3610 metres
55-59 years	SID SALEK	NZ	WLG	3470 metres
60-64 years	RICHARD HARTLEY	A	WCR	3950 metres
65-69 years	HOWARD HOLMES	NZ	GIS	2975 metres
70-74 years	KEN FORD	A	NCR	2520 metres

Sponsored by Arena Swimwear





OFFICIAL RESULTS

1986 Oceania Master Swimmers One Hour Postal Championship



Abbreviations used for competing Masters clubs.

New Zealand	Masterton	mas	New South Wales	Trinity	ntr	Victoria
Ashburton	ash	nap	Annadale	Warringah	nwg	Diamond Valley
Avon	avn	nel	Coogee Randwick	Queensland		Doncaster Dolphins
Cameron	cam	nln	Cronulla Sutherland	ncs	qnn	North Lodge
Centennial Balclutha	cen	nsh	Ettaalong	net	qrh	Syndal Sharks
Durham Light	dur	plm	Gosford City Seagulls	ngs	qsc	Aust. Capital Territories
Gisbourne	gis	qe2	Hills	nhl		Belconnen Wests
Harbour Capital	wig	sbn	Hunter	nln	wcr	South Australia
Herera	haw	sta	Leisure Coast	nls	wnf	Marion
Iulia	hui	swa	Parkes	npr	wep	Canada
Makino Feilding	mek	wni	Summerland	nsi		Cowichan Aquanauts
Manurewa	man		Tamworth Workmans	ntw		

Women

25-29 years	Club	Age	Mètres
Jan Bone	wni	25	4480
Christine Birnie	swa	29	4030
Judith Sunbeam	qe2	27	3930
Susan Binney	dur	26	3880
Robyn Blaydon	ntr	29	3365
Meridith Jarvis	smr	25	3300
Vicki Booth	cen	26	3250
Barbara Paver	ngs	25	3200
Philippa Drayton	wnl	28	3115
Linda Campbell	wep	26	3075
Julie Tippet	wcr	27	2625
Kathryn Cragg	haw	27	2350
Wendy Milby	ngs	29	2250
Sharon McGill	ngs	28	2175
Lynda Downs	ngs	28	2100
Christine Robinson	ngs	27	1825
Linda Werham	mas	27	1330
30-34 years	Club	Age	Mètres
Sue Wheeler	dur	33	3910
Karen Gibson	qrh	33	3850
Vicky Morris	qe2	30	3415
Laura Harris	cov	31	3410
Sue Johnstone	ncs	33	3130
Fay Rowe	wep	32	2725
Denyse Roff	nhl	32	2675
Maureen Simmonds	haw	34	2375
Jane Quayle	nhl	33	1900
Mary Norman	mas	33	1790
Luana Bridge	ngs	34	1400
Maureen Bonner	haw	30	950
Janet Grout	abv	32	2870
35-39 years	Club	Age	Mètres
Margaret Wilby	ncr	36	3850
Vanessa Holman	wcr	38	3700
Lorraine Sharpe	wep	35	3625
Bernadette Little	nsh	39	3550
Liz Calvert	dur	37	3510
Wendy Anne Fujikake	nhl	35	3395
Glenis Bruhn	plm	36	3295
Pamela Rock	qrh	38	3200
Bronwyn McCormick	qnn	36	3185
Gynthia Butt	qe2	37	3095
Norma Duhig	wnl	38	3085
Helen Russell	nsi	37	3000
Lesley Buchanan	nhl	35	2995
Wendy Holton	wcr	36	2975
Jessie Ross	mek	38	2945
Melita Sutton	nhl	36	2885
Alyson Frost	ngs	36	2850
Christine Iblah	dur	38	2835
Diane Tierney	nhl	39	2800
Lola Morris	mas	37	2455
Jan Christian	nhl	38	2225
Lee Butler	nhl	36	2150
Heather Clark	ncs	35	1950
40-44 years	Club	Age	Mètres
Beverley Myers	wcr	40	3525
Elizabeth Nichol	vdc	40	3390
Judy Ford	abv	43	3250
Sue Quartermain	vss	42	3050
Penny Martin	smr	40	3050
Virginia Ford	nwg	44	2900
45-49 years	Club	Age	Mètres
Deneice Moroney	nap	40	2860
Margaret Horton	ash	44	2800
Barbara Peddie	wni	44	2770
Lynette Wilson	ngs	44	2645
Olga Larkin	nel	44	2600
Deirdre Van Cerven	mas	43	2365
Bari Oliver	haw	42	2350
Maureen Sears	wcr	41	2275
Sam Lewis	gis	44	1650
Rosemary Fox	smr	40	2450
Robin Henze	nls	47	3270
Colleen Lindsay	ash	46	2990
Lesley Woodland	ncs	45	2980
Edith Markie	gis	49	2825
Helen Heber	net	47	2700
Janne McAfee	ncs	46	2475
Kathleen Roberts	ncs	49	2275
Francis Smith	dur	46	2245
Eileen Dunn	haw	47	2150
Jean Higham	haw	45	2110
Lucy Beattie	haw	48	2050
Mary McQuay	haw	49	1300
June Wallace	haw	45	900
50-54 years	Club	Age	Mètres
Pam Bierenbroodspot	vss	53	3400
Ngairé Prentice	avn	51	3130
Val Green	ntr	54	3040
Mary Paver	ngs	51	2500
Jennie Mack	qsc	51	2450
55-59 years	Club	Age	Mètres
Myra Larcombe	nln	59	3125
Ruth Dolg	wnl	57	2720
Alison Jarvis	smr	58	2650
Corrie De Groot	wnl	58	2610
Norma Rose	vss	56	2550
Glenda Cave	qrh	55	2400
Zoe Shand	nls	58	2360
Kathleen Philpot	net	57	2290
Barbara Murphy	ncs	55	2225
Lola Virgin	ngs	55	2150
Fay McCracken	mas	58	865
60-64 years	Club	Age	Mètres
Joan Monahan	cam	61	3335
Betty Roberts	wnl	61	2705
Nancy Ayres	wnl	63	2225
June Neighbour	net	61	2200
Hazel Morris	nar	64	2100
Dulcie Spiers	ngs	62	1900
65-69 years	Club	Age	Mètres
Olga Johnson	dur	65	3005
Betty Stern	ncr	67	2720
Violet Barron	vdc	67	2575
Emily Watson	ncs	65	2500
Nell Carey	net	67	2325
Mary Garton	nhl	68	2245
Sylvia Byron	ntw	65	1885
Margaret Diack	haw	65	1855
Mollie Calthorpe	net	69	1850
Nora Vaughan	ncs	67	1655
70-74 years	Club	Age	Mètres
Tom Breebaart	ntw	71	1525
Myrt Stewart	sta	74	1365
85-89 years	Club	Age	Mètres
Doris Vermline	sta	85	1365

Men

20-25 years	Club	Age	Mètres
Evan Trass	mas	24	3210
John Miller	mas	24	2280
25-29 years	Club	Age	Mètres
Phillip Mason	ncr	29	4010
Gregory Hall	wcr	28	3900
Brent O'Keefe	qe2	28	3750
Stephen Bradbury	wcr	27	3700
Peter Knox	cen	29	3205
David Campbell	wep	27	3050
Anthony Pound	qrh	26	3000
Ross Willoughby	man	28	2765
30-34 years	Club	Age	Mètres
Mark Saunders	dur	32	4595
Paul Taylor	swa	33	4450
Nigel Atkins	dur	31	4070
Paul Higgs	smr	34	3800
Steve Twartz	nhl	34	3555
Steve Hintz	smr	32	3400
Greg Hillard	net	33	3250
David Rigney	wep	31	3250
John Malcolm	haw	34	3100
Alan Buchanan	wep	32	3100
Phillip Thomas	wep	32	3065
Robert East	vss	33	3025
John Simmonds	haw	34	2975
Leslie Atkins	wcr	31	2750
Gavin Lang	wcr	34	2725
Keith McCready	haw	33	2625
Tim Frost	ngs	31	2300
35-39 years	Club	Age	Mètres
Garry Phipps	npr	35	4350
Peter Walls	sbn	36	4275
Keith Wilson	wcr	35	4225
Lance Davidson	wlg	38	4210
Allan Jones	ntw	37	4130
Kevin Holton	wcr	39	3775
Tony Harrow	wnl	39	3745
Bill Howard	nls	37	3740
Dennis Bligg	qrh	39	3625
Terry Sutton	dur	35	3605
James Jackson	haw	38	3435
Patrick Heatley	wnl	38	3325
Geoffrey Fowler	nsi	38	3300
Malcolm McKimmon	plm	36	3295
Harold Willis	haw	37	3270
Paul van Middlebury	nhl	35	3215
Michael Powley	sbn	35	3130
Mike Dwyer	net	39	3120
Alan Dearden	qe2	35	3035
Donald Thompson	haw	39	2645
Phillip Darrow	qnn	36	2185
Robert Wiles	ngs	39	1900
40-44 years	Club	Age	Mètres
Ian Butterworth	wni	41	4400
Paul Wyatt	ncr	40	4220
Chuck Hahn	nsh	40	4105
Bruce Allender	vss	43	3850
John Benson	wnl	40	3815
Brian Green	vdc	44	3770
Tim Cowdell	dur	44	3750
Richard Arnold	dur	41	3640
Max Wannell	wcr	41	3375
45-49 years	Club	Age	Mètres
John Storrier	mak	43	3275
Les Hble	wlg	43	3250
Robert Gebert	wep	40	3150
Brian Mahoney	wcr	41	3100
David Hughes	qrh	42	2700
Len Wooster	qe2	42	2310
50-54 years	Club	Age	Mètres
Barry Young	nsh	47	4300
Allan Gregson	nhl	49	4180
Ken Woods	dur	48	3720
William Cardiner	vss	45	3700
Quenton Smith	qe2	48	3475
Terrence Allen	qe2	49	3415
John Hancock	qe2	48	3210
Stuart Hammond	cam	47	3210
Adrian Anderson	haw	45	3100
Kevin Kench	nsh	47	3025
Ross Edge	qe2	46	2905
Russell Thompson	ncs	49	2560
Alan Higham	haw	46	2425
Brian Bourke	mas	45	2365
55-59 years	Club	Age	Mètres
John Hawthorne	nln	53	3610
Geoff Cahill	ncr	50	3495
John Sanders	wcr	50	3425
Bert Thomas	dur	50	3320
Bernard Castle	cam	54	3175
Ronald Edgcombe	haw	52	2400
Ron Culley	avn	50	2195
60-64 years	Club	Age	Mètres
Sid Salek	wlg	56	3470
Tom Logan	dur	59	3270
Francis Clark	mas	55	3155
Peter Hill	wni	55	3030
John Brown	vss	55	2875
Albert Surgeon	nap	55	1950
65-69 years	Club	Age	Mètres
Richard Hartley	wcr	60	3950
Alan Pinfold	mas	64	2885
Russell Philpot	net	60	2700
Roger Rodgers	vss	63	2525
Harry Maskell	dur	64	2360
Donald Neighbour	net	63	1950
Patrick Smith	qnn	64	1850
70-74 years	Club	Age	Mètres
Edward Holmes	gis	69	2975
75-79 years	Club	Age	Mètres
Ken Ford	ncr	73	2520
Arthur Broadbent	hui	72	2325



WAS IT WORTH IT !!

Our major competitions are over for yet another season. For many it was a season of P.B's (personal bests), for some it was a season of P.D's (personal disasters). At this point in time it is appropriate to ask "was it worth it?" All those training sessions, the coach's 'smiling' face, the chlorine eyes, and the cost - pool entry, swim fees, bathers and replacement goggles. Particularly when the 'Norms' of our age group were busy taxing themselves to turn over the pages of their novels or change TV channels. Why do we do it?

Brian A. Blanksby, Head of the Department of Human Movement and Recreation Studies at the University of WA stated recently that "the ability to swim well is a magnificiently portable skill which can be applied in numerous social contexts such as beach, river or poolside parties and boating expeditions, in addition to competitive purposes such as swim meets, surfing, triathlons or water polo".

In today's society many adults have demanded as their right, the facilities to learn to swim, or to continue to swim regardless of their age. This should be encouraged because it is very easy to slip back into a sedentary way of life where the wrong food and lack of exercise and too much TV, sets us in good stead for a whole series of debilitating or fatal ailments.

Some people claim that swimming is a mindless, unthinking activity, but Professor Blanksby states that research shows swimmers young and old are a horribly normal lot who :

1. enjoy the friendships and comaraderie of a training group.
2. Acquire a sense of mastery, competence and excellence at swimming; and
3. Enjoy the intrinsic rewards of a training challenge, being part of a healthy sport and travelling (Watson Blanksby & Bloomfield 1986).

Some other recent research suggests that regular bouts of aerobic exercise, of which swimming is arguably the best, may help to spark a brainstorm of creative thinking. So who knows what those swimmers are thinking about as they slip smoothly through the water!!

Frey (1975) said that "swimming offers a passport to a new environment: one that is soft and quiet (which pool does he train at?), a world filled with life and beauty uniquely its own that will lift and soothe your gravity tired limbs. It can be cool and refreshing on a hot, stifling summers day, or it can be warm and relaxing when a light chill hangs in the late afternoon summer air".

This utopian image of life in the water might seem a bit far fetched as we drag our old, arthritic shapes to the pool each week, but remember what life was like before we got back to swimming. Don't be tempted, now that the winter winds are preparing to blow across the swimming pools of Australia, to crawl in beside the lounge room fire and stay there. Remember, there is no 'fitness bank'. Once training ceases there is a fairly rapid drop off in performance, but the functional capacity can be retained if training is continued.

Prof. Blanksby states that after a 4 month weight training study it was found that 50% of gains made during the 4 months were lost within 4-6 weeks of inactivity.

Therefore, like eating, get the exercise habit and don't kick it ever. Being fit enables you to handle the daily pressures of living, aerobic exercise is also a stress alleviator, so use it to advantage when feeling hassled.

The National Swim and the State Championships of most Branches might be over, but there are all those lovely Aerobic Trophy and award swims just waiting for that little build up of endurance to tackle.

Let me finish with some more words from Prof. Blanksby.

"I put it to you that swimming is a marvellous lifetime activity which brings about excellent health, upright posture, puts zing into the step and provides a feeling of being at one with nature in a refreshing environment.

With outside pressures and the pace of life for us all, the emotional and financial cost of being unhealthy; in terms of lifestyle quality, one really can't afford not to be in it".

Yep - get ready for Winter Training

CLUB ROUNDUP

Esperance AUSSI must be an interesting club if this cover of their May newsletter is any indication!



★ "I'VE never had cramp — what's it like?"

may NEWSLETTER



Welcome to the Northern Territory AUSSI's.

Since the Central Australian Games in Alice Springs last year, AUSSI has been off and running with the formation of three clubs at Nhulunbuy, Alice Springs and Katherine. Darwin, Mt Isa and Tennant Creek are looming on the horizon.

Nhulunbuy and the Alice AUSSI's even made it to the Perth Nationals. Helen Murphy's team of Katherine Kroaks couldn't make it, so as a consolation prize they get their photo in the newsletter. Remember when touring through our big centre, drop in on our newest AUSSI clubs - I am sure they would love to hear how your club operates.



Katherine "Crocs" (25/over)
Now "KROAKS"

December 8th 1986

Left - Right, Phillip Dowsett, Sandi Manley, Helen Murphy,
Margaret Grey, Denise O'Rourke, Nona Pendagast,
Debbie Wands, Patti Buntine, Ian Kitney, Meredith Williams.

IS THIS OUR FIRST AUSSI POOLSIDE
WEDDING? EVERY BEST WISH FOR A
'SWIMMING' FUTURE FOR THESE TWO
SOMERSET AUSSI'S FROM W.A.

Dear Fellow-Seahorses,

We are to be married on Sunday 12th
April at our favourite water-venue - Somerset
Street Swimming Pool, and we would love to
have you share this special occasion with us.

The ceremony will commence at 7.00 am,
and following this we would like to spend a
little time with you before moving on to a
small formal Breakfast with our relatives and
closest friends.

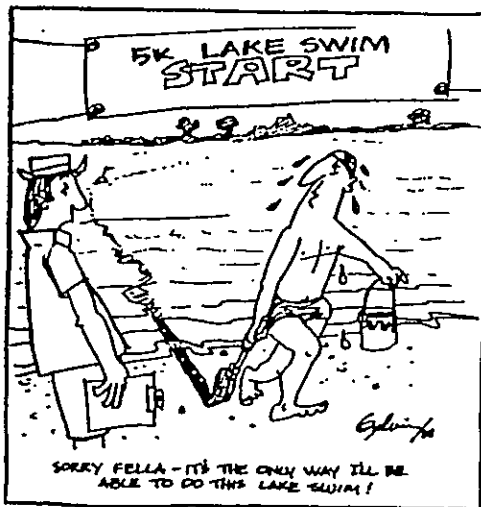
The swimming programme for this day
is a "fun-day" - to relax and to celebrate the
States, the Nationals and, may we be
presumptuous, the McKerchers! (We'll leave
champagne and savouries for you to share after
your swims!!)

Hope you can make it,

Diana & Barry

Diana and Barry

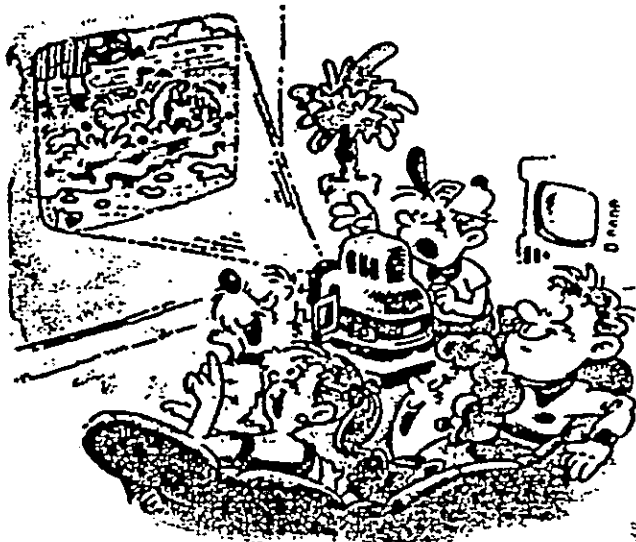
Dress: semi-formal
(bathers & bow-tie, no tails)



ONCE UPON A TIME A NURSE EDUCATOR MET A FIRE EXTINGUISHING
EXPERT AT SOMERSET POOL. EVEN THOUGH WE SEAHORSES WERE RIGHT
ON THE SPOT, WE WERE TAKEN BY SURPRISE BUT VERY HAPPY TO
BE INVITED TO THEIR ENGAGEMENT PARTY HERE AT THE POOL.
NOW WE ARE TO ATTEND THE WEDDING AT OUR POOL AND WE
KNOW THEY WILL LIVE HAPPILY EVER AFTER. JUST SHOWS HOW
ROMANTIC SWIMMING CAN BE.

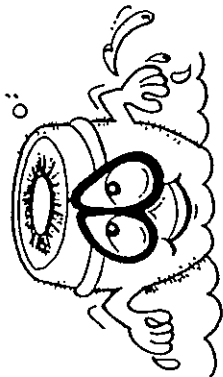
HINT FOR THE MONTH

A good way for club's with
no pool in winter to spend
a get-together once a month.
Bring a casserole/swim video
night.. (Don't forget the
port.)

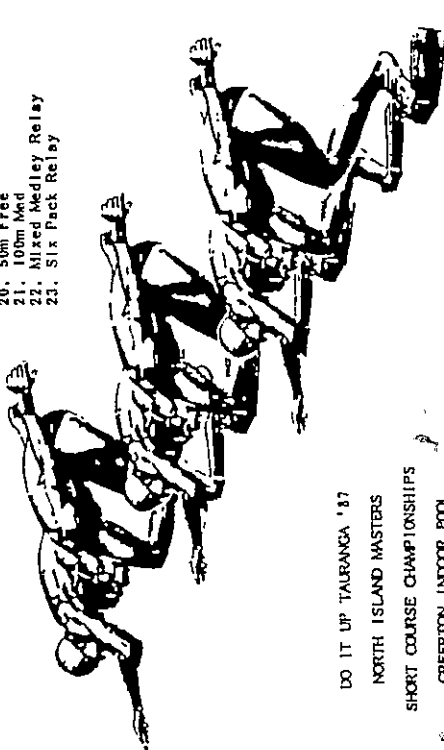


DO IT UP

AURANGA '87



DURHAM LIGHT CLUB
(Bay of Plenty)



DO IT UP TAURANGA '87
NORTH ISLAND MASTERS
SHORT COURSE CHAMPIONSHIPS
GREERTON INDOOR POOL

TAURANGA - NEW ZEALAND
LABOUR WEEKEND - 23,24,25 OCTOBER - 1987



NORTH ISLAND

CHAMPIONSHIPS

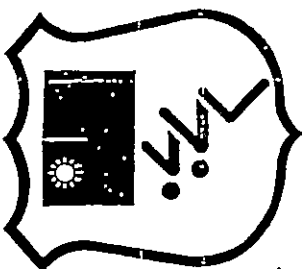
- FRI. EVENING (23 Oct) 6pm
1. 1500m Free
2. 800m Free
SAT. MORNING (24 Oct) 9am
3. 200m Med
4. 100m Free
5. 50m Breast
6. 100m Fly
7. 50m Back
8. Free Age Group Relay
SAT. AFTERNOON (24 Oct) 1pm
9. 400m Med
10. 400m Free
11. 100m Back
12. 200m Breast
13. 50m Fly
14. Medley Age Group Relay
15. Thomas Cup Sprint Relay
SATURDAY EVENING (24 Oct) 7pm
Dine and Dance - Epsilon Lounge
SUNDAY MORNING (25 Oct) 9am
16. 200m Fly
17. 200m Free
18. 100m Breast
19. 50m Back
20. 50m Free
21. 100m Med
22. Mixed Medley Relay
23. Six Pack Relay

9th CHINESE TAIPEI NATIONAL
MASTERS SWIMMING CHAMPIONSHIPS

26-28 SEPTEMBER 1987 KEELUNG TAIWAN REPUBLIC OF CHINA

EVENTS

- Freestyle50m 100m 200m 400m
Backstroke50m 100m
Breaststroke.. 50m 100m 200m
Butterfly..... 50m 100m
Individual Medley200m
Medley Relay200m
Freestyle Relay200m
- 1) A competitor may enter a maximum of 2 events, (not including relay events.)
2) A club cannot have more than one relay team per event in the same age group.



OUTLINES OF COMPETITION

Eligibility for entry:

- (1) Any swimmer of 25 and over who is a registered member of a national Masters swimming organization which is affiliated with MSI or FINA.
(2) No qualifying times are fixed for entry.
(3) A swimmer shall represent his/her team (club) and shall not represent his/her country nor a group of teams (clubs).

Age Groups:

1. 25 - 29 : 1938 - 1962
2. 30 - 34 : 1953 - 1957
3. 35 - 39 : 1948 - 1952
4. 40 - 44 : 1943 - 1947
5. 45 - 49 : 1938 - 1942
6. 50 - 54 : 1933 - 1937
7. 55 - 59 : 1928 - 1932
8. 60 - 64 : 1923 - 1927
9. 65 - 69 : 1918 - 1922
10. 70 - 74 : 1913 - 1917
11. 75 - 79 : 1908 - 1912
12. 80 and over: 1907 and before.

Relays are conducted on the total age of team members. Age groups of relay events are as follows:

- 119 years and under
120 years and over
160 "
200 "
240 "
280 "

Competition Rules:

FINA Technical Rules modified with MSI Rules shall apply.

Swimming Pool: 50 x 21m (8 lanes indoor)

Details of the Meet and Entry forms will be sent out after Jun 1st. 1987.

TO CHINESE TAIPEI SWIMMING ASSOCIATION

P.O. BOX 58971 TAIPEI, TAIWAN, CHINA TEL: 02-3818929

Please send me copies of entry form of

9th CHINESE TAIPEI MASTERS SWIMMING CHAMPIONSHIPS

NAME:

ADDRESS:

TEL:

STOP PRESS

Who was the eminent member of the AUSSI Council who was heard to remark at the Perth Nationals that "there is a better class of crumpet this year?"

STOP PRESS

What National Secretary blushed to match her dress when the Perth Meet Director was thanking her for her assistance with the swim wearing the 'hats' of National Secretary and WA Administrator and went on to say that "when she's wearing nothing at all, she's my wife?"

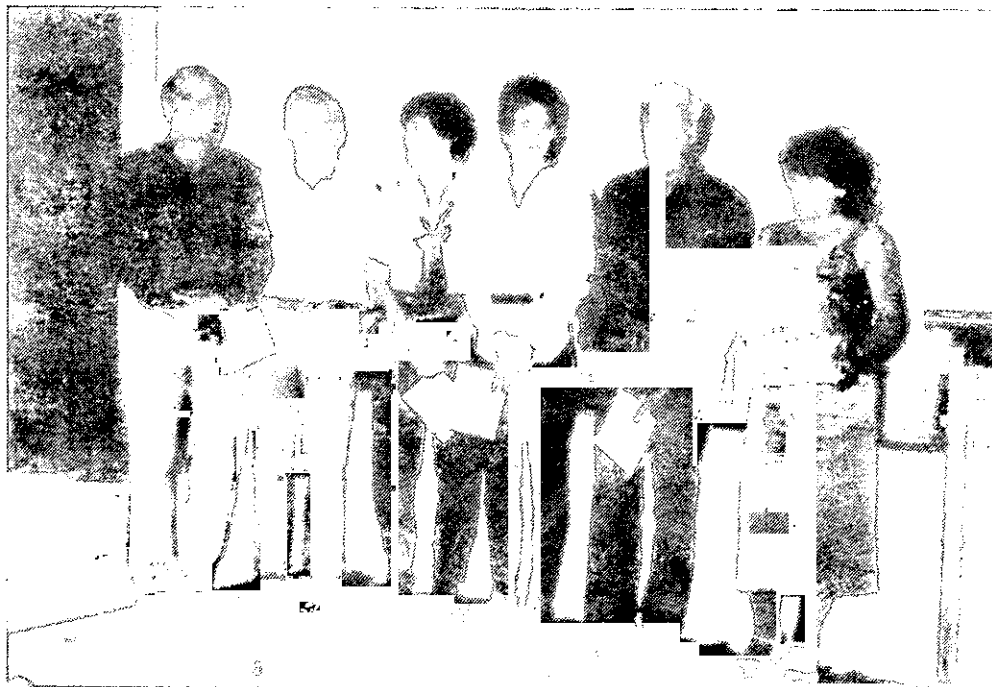
AEROBIC TROPHY TOP POINTSCORERS

These six handsome individuals represent six of the eight amazing individuals who gained the maximum possible points (127) for our National Aerobic Trophy. Not only did they attempt every swim (ugh, those 5 800m fly's), but they gained the maximum range of points in their age group. A simple well done does not seem adequate for these **IRONPERSONS** of AUSSI.

They are L to R

John Hawthorne; Colin Jacob; Alison Hollingworth; Zoe Boyer; Doug Jeffrey and Lorraine Sharp.

Missing from the picture are R. Croll and B. Gardiner of Sydnal Sharks in Victoria.



PLANNING HOLIDAYS?

How does the following annual programme sound

November/December 1987 - Tasmania - 1st Australian Masters Games

Hector Beveridge and his AUSSI team are putting together a great swimming programme for the 1st Australian Masters Games. The swimming will be in Devonport on November 28th and 29th and you might even decide to have a go at the marathon swim at Lake Eugena on Monday 30th. After all it's only 5k or 10k's and the water is 'soft'.

October 9-16th 1988 - Brisbane - II FINA/MSI World Masters Swimming Championships

Graeme McDougall has a veritable army of people with the experience and expertise to make this event not only the best swimming championships ever held in Australia, but ever held in the World!

I urge you to register early and take up the magnificent 'ground package' offered by Jetset. Not only does the package get you confirmed prices for 1988, it includes tickets to the Welcome Function and Finale Function, transfers to the pool, ticket to Expo and a whole range of kit souvenirs.

Just to whet your whistle, the Welcome Function is to be an Australian Spit Roast barbecue with live entertainment and beer, wine and soft drinks.

After 5 superb days of swimming in Australia's classiest pool, the Farewell Function will literally be out of this world. AUSSI has booked out the fabulous Dreamworld for our own private use - all rides, entertainment, beer, wine, soft drinks, live music, dancing and a wide variety of food at different locations will be available to us.

Remember, there are no qualifying times for the World Swim. The only difference to our Nationals is that the men and women swim in segregated races, and we swim in age groups. However the age groups are still seeded slowest to fastest and with 3,500 swimmers expected you will find at least one heat in your age group who swim the same time as you do.

So set your goals. Paste the swim brochure on your fridge door. Stare at it daily, try to remember to start training - and I'll see you in Brisbane.

Farewell and God bless

THOUGHT FOR THE MONTH - ENTHUSIASM INSPIRES.

The Goggl' Cap



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

CHECK THESE FEATURES:

- Fast diving starts—no worry about goggles falling off
- Cap and goggle hold each other in place
- Improved eye and ear protection
- 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

MAIL ORDER TO
Swoomoon Pty Ltd.
P.O. Box 134, West Ryde.
N.S.W. 2114, Australia
or phone (02) 807 3188