



THE AUSSI

National Newsletter

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

March 1988

Editor
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Phone 071-442711

FOR **ADULTS** ONLY
(SWIMMERS)

SUNSHINE COAST SWIMMERS



EDITORIAL

During the December 87 General Council Meeting the delegates were advised that not one member, club or branch had responded to a request for help and that only 30% of the clubs and approx 50% of the branches had answered a questionnaire concerning a National newsletter. Acting on a council decision to publish, the following letter, dated 07DEC87, was sent to all Branches.

I'm planning to publish a March 88 National Newsletter containing;

- a. Comments from the National Executives,
- b. Comments from the Branches,
- c. Letters to the editor. (From the members.)
- d. A question/answer column containing questions from the members,
- e. Club promotion. (Members promote their club by writing a summary for publication in Newsletter.)
- f. Humorous comments. (From the members.)
- g. Subjects of a technical nature,
- h. An editorial, and
- i. Anything else that might interest the members.

If you support the idea of a National Newsletter please send your comments to the above address by 22JAN88. That's the deadline and I hope that Branches will inform all clubs of the above ASAP.

To ease the load I would appreciate typewritten submissions with duplicate copies. Photographs will be accepted.

One week after the deadline I have received two technical papers, a report from the National Treasurer, a club profile from the Sunshine Coast Club and comments from the TASSIE Branch.

A newsletter, or any other activity, needs the support of all members, clubs and branches. If you don't support this newsletter, by submitting matters of interest to the editor, it will go the way of the other AUSSI magazines. Down the drain. IT'S UP TO YOU.

Derrell Picton
Editor

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My thanks to the members who submitted the above details. I appreciate your effort and your commitment to AUSSI.

Editor

HOW DID
YOU
HELP



THE
EDITOR



BRANCH REPORTS

QUEENSLAND

Queensland is obviously the fastest growing State in AUSSI swimming. We have over 1,000 active swimmers and prospects of several new Clubs in the future. The growth will continue with the availability of "Starter Kits" for new clubs. This a collection of procedures and information about how to start an AUSSI Club. Perhaps your Branch or Club could make one.

Our members are kept in touch with swimming through the State Newsletter. Our very active Publicity Officer, Brian Palmer, is the editor. Included in the newsletter is a calendar of AUSSI carnivals and activities throughout the State. Other snippets and information are reported to swimmers. It is hoped that this medium of interest will be self-supporting through advertising or Club sponsorship.

1988 is a big year for Queensland: EXPO 88 and the WORLD MASTERS SWIM '88. These two big events take place in Brisbane. I hope that all AUSSI swimmers are planing to attend, as Graeme McDougall's committee is working very hard to make the Swim the best in the world. If you have't seen the program and entry forms, check with your Club secretary.

The 1988 State Titles and the '88 Bicentennial National Swim will beld in two locations: Caloundra (South Qld.) and Townsville (North Qld.) This will give most of our swimmers a chance to compete under carnival conditions. Look out for our world and national record holders!

Roger Condukes

NEW SOUTH WALES

The year 1987 could be called the year of incorporation for N.S.W. This was considered necessary to protect the assets of the Executive Committee and for general reasons. The ramifications of incorporation altered the basic structure of a number of clubs affiliated with AUSSI to each member having a vote.

Efforts are being made to increase membership in N.S.W. and the formation of new clubs during the season is being addressed seriously. With our affiliation with A.S.A. the potential for new clubs exist in all those areas that have A.S.A. members and pools. Country clubs, especially, are being targeted.

The competitive keeness is demonstrated by success in the National Swim in Perth, the State Cup, Short Course Championships and good attendances at our full calendar of club carnivals.

Each year, clubs compete for a Pelican Pointscore Trophy and there are a number of carnivals where these points are awarded. The top club in 1987 was North Sydney with Warringah and Ettalong very close behind.

In October, Kirk Marks, Fitness and Coaching Director for N.S.W. Amateur Swimming Association gave a seminar especially designed for AUSSI swimmers. The content was precise, maintaining interest not only in the lecture presentation but in practical demonstrations in the pool. A video was also produced.

There was a quarterly Newsletter produced to keep clubs in touch with one another and everyone.

The N.S.W. Technical Committee which is the National Technical Committee has contributed much throughout the year.

In conclusion, we in N.S.W. wish all other branches success in 1988. See you in Brisbane - let's show the rest of the world how good we can be.

Barbara Rose
Public Relations Officer

N.S.W. for Fun Fitness and Friendship

TASMANIA

The year 1987 was without doubt the busiest, most exciting and important in the history of AUSSI in Tasmania. Of course our major event and success was the 1st Australian Masters Games swim meet held in Devonport on the weekend of the 28th and 29th of November. Another first was the Open Water swim at Lake Eugenia on November 30th. Despite some individual concerns over the water temperature for this event it was very well contested and supported. We thank those who were prepared to support our 5 and 10K swims. Congratulations to all who took part.

After many months of planning and discussion, a very active committee staged the Swim Meet, an event of which all involved must agree was well run and highly successful. More than 250 entries were received from all parts of Australia and New Zealand. As an open event entries were received from members of AUSSI and non members. Hopefully the "non" will see what AUSSI is all about and become members in the near future.

Our sincere thanks go to all who participated either as swimmers, officials or spectators. The work of Hector Beveridge as Meet Director and the members of the TASA who officiated was very much appreciated. Trish Beveridge as Pool Manager and her helpers had the pool in the best condition we have experienced in Tasmania. The hard work and night spent at the pool to guard the computer gear only served to emphasise the dedication to the job.

The support of the National executive at this time was a great boost to our confidence. It has been encouraging to receive thanks and praise from clubs and branches since the event. We may be small in numbers and size (Tassie that is) but we can put on a show to equal any others. Just ask those who attended the Presentation Dinner and the Masters Games Welcoming Ceremony! Our clubs are developing nicely with a steady increase in numbers and member participation. Hobart Masters, our newest club has the task of hosting our state swim over the last weekend in March. They are naturally determined to do well and with assistance from other clubs and the Branch, we are confident of their success. The swim will be held at the Clarence Pool in Hobart which has a "bubble" over it - our only indoor 50m pool. With our weather we don't need indoor pools!!!

Launceston AUSSI is planning for the 2nd and hopefully annual Lake Swim at Trevallyn Lake in February. Although only of 1k it is one of an increasing number of ventures into open water swimming for the state.

Devonport Devils have taken on responsibility for a "Splash and Dash" at the Henley on the Mersey on Australia Day. This involves a 600m swim and a 3k run which should suit the fitter members of the community.

AUSSI TASMANIA
Branch Secretary JENNY PAGE

SOUTH AUSTRALIA

WORLD RECORD TO JOSIE

Adelaide Masters' Josie Sansom kicked the 1988 Interclub season into action by setting a World record at Magill College on January 31.

Sansom, whose greatest claim to fame is the foundation of AUSSI in South Australia less than two decades ago, swam 1:45.01 to lower the 60-64 year 100m breaststroke World Record.

Sansom, who has just moved into the age group also lowered State records for the 100m Medley (1:45.82) and 50m butterfly (46.56) to clean sweep her events at the opening event of 1988. However, Sansom was only South Australia's second world record breaker this summer.

In December, competing in the amateur association's Speedo National meet, Lynda Lehmann lowered the women's 25-29 year 200m breaststroke world record from 2:51.68 to 2:50.64 to qualify for the association's Talent Development Squad.

Sansom was only one of four multiple record breakers at the Magill Interclub but the others only managed to alter the State record book.

The youngest was former-New Zealander, now with Adelaide Masters, Graham Wright, who collected both the State record for the 100m medley (1:09.73) and 50m butterfly (29.08) for the 30 -34 age group.

The next youngest dual record breaker was 65-year-old Ted Geary (Mario) who captured the State marks in the 200m freestyle (2:58.66) and 100m breaststroke (1:48.84), while in the 75-79 age group Ken Sarson (Marion) swam to two records in his unfamiliar freestyle.

Sarson began with a 200m time of 6:45.15 which earned him the freestyle record although he swam his favored breaststroke.

Later he claimed the 50m freestyle record with a swim of 1:01.91.

swimmers who gained single records were: John Coles (Tea Tree Gully) who swam 33.62 seconds for the 60-64 years 50m freestyle and the following five swimmers in the 200m freestyle, Marcia Ragless (Marion) swam 2:46.80 to claim the 35-39 record, Reynella's Sue Andrew improved markedly to 2:34.07 for the 30-34 year record.

In the 50-54 group Di Ross (Marion) recorded 3:11.47 while club mate Bill Barratt earned the 55-59 record with a swim of 2:43.95 and Reynella's John Bell won the 70-74 age section in a record 4:14.95. Sixty-year-old Bill Stephens (Reynella) flew along the pool to record 40.32 seconds to win the 60-64 year 50m butterfly while Marion's Jon Davies claimed the 55-59 year record in the same event with 38.21 seconds.

As Adelaide Masters continues ^{YEAR} towards its eighth straight Interclub victory the highlight of the was the entry onto the Interclub scoreboard of Pt Lincoln Masters with 9 points.

Although a long way behind Adelaide Masters' 1485 points the Pt Lincoln team travelled a long way from the Eyre Peninsula town of Minnipa on the Eyre Highway. In time it is hoped Minnipa Masters will break away from Pt Lincoln as the towns are separated by no less than 230 kilometres.

Final Pointscore at end of round one, with two rounds to go:

Adelaide Masters (1485), Western Districts (725), Marion (568), Reynella (485), Atlantis (483), Tea Tree Gully (476), Parks (29), Pt Lincoln Masters (Minnipa) 9.

South Australian AUSSIs are winding up their extensive summer of open water swimming with only four of the eleven swims remaining to be swum.

Most of the swims are contested along South Australia's scenic coast although the Valley Lake at Mt Gambier and West Lakes are interesting diversions.

Strangely, both the longest and shortest events are at the end of the program with the 5850m circumnavigation of Delfin Island testing the hardy souls wishing to contend with West Lakes' jellyfish.

The following week swimmers venture to Pt Elliott, alongside Victor Harbor, for a sprint of a 1200m Fun Swim through the rolling surf. In fact, the usually calm Adelaide waves have been cruelly wild for most of the sea-going encounters with the contestants in the International Long Distance Swimming Championships at Noarlunga contending with strong winds and a surf which broke over the reef.

JANE M^cNAMARA.

WESTERN AUSTRALIA

Quite a few changes have taken place here in the West lately and they seem to have happened one on top of the other.

The WA Branch office was settled in nicely at Beatty Park Aquatic Centre when we were informed that our building was to be demolished to make way for improvements. Fortunately we were offered an office in the new Superdrome Complex at Mt. Claremont which had just been completed and in November the WA Branch moved in. It is a magnificent complex catering for all sports and one of the first organised swimming events was for the 50 years plus age group. The Uncle Toby Swim Meet was held at the beginning of January and AUSSI WA sported a well received relay event of all age groups.

January also saw the annual Sorrento Super Swim at Sorrento Beach where nearly 100 swimmers participated in either a 1,000 or 2,000m swim, followed by a hearty breakfast in the surf club grounds.

The big event of February will be the 8k ocean swim from City Beach to Triggs on Saturday the 13th. Swimmers are required to be accompanied by a paddler on surfboard or canoe for safety reasons and to carry their participant's refreshments.

We were sorry to lose our Administrator Glenys McDonald and her Vice President/Swim Meet Director husband Vic who have taken over the ownership of a caravan park at Port Gregory in the North West of WA. These two stalwarts were two of the original instigators of AUSSI in WA and have been keen enthusiasts for over 11 years. We wish them well in their new venture and will retain AUSSI contact with them as they now belong to Port Gregory AUSSI Club (membership 2!!) and Glenys retains the National Secretary's role, so all is not lost.

Quite a few WA clubs are gearing up for the Brisbane swim later this year and are hoping for a happy association with you "tuther-siders".

Till then all the best from us AUSSI Sandgroppers, we are trying to do the "fitness" bit here - hope to see you for the "fun".

ALLAN BLAKE
HON SECRETARY
AUSSI WA



Letters to the Editor

FEDERATION
INTERNATIONALE
DE NATATION
AMATEUR



Gary Stuteel, Chairman
Masters Swimming Committee
15 Merino Place
Sylvania, NSW 2224
Australia

Re: 19-24 Age Group

Dear Gary,

With respect to your request for information on United States Masters Swimming policy with respect to the 19-24 age group, here is my reply.

United States Masters Swimming has for several years recognized this age group in local and regional competition but not in National competition. We called this group "unofficial" and did not recognize their times for records or top ten.

In 1986 while I was attending the USMS Convention, President Helmick responded by telephone to my question about this age group and their status with respect to FINA. His answer was that the Executive of FINA saw no harm in establishing this group as "official" in USMS. He saw no problem with allowing them to hold records and to compete in the National Championships. My recommendation to USMS was to continue to include an advisory to this age group with respect to FINA Rule GR.1. I believe it is important to protect athletes with such advice as long as there is a possibility of need. Our universities have strict rules about competition so we also include an advisory about that. This year, USMS rejected a rule proposal to allow this age group to enter National Championships but the reason was strictly one of not wanting to increase the size of the meets.

Beyond any advisories we Masters can think to pass along on this or any issue lies the ultimate decision by each federation with respect to the status of their swimmers. Perhaps you will agree with me that this might be an agenda item for our meeting. At any rate, a lot depends on how FINA and the IOC approach the issue of amateur vs. professional during this coming year.

I am copying this letter to Tom Boak, USMS President, in the event he may have further information for you.

With best regards,

Tina

Christine M. Martin, Hon. Sec. MSC

CHRISTINE M. (TINA) MARTIN
Honorary Secretary, MSC
3320 Primavera Street
Pasadena, CA 91107, USA
Tel: 818-793-5862

October 20, 1987

*RECEIVED MASTER ASS
20-24 AGE GROUP.
FOR GENERAL INFO.
AS*

BUREAU 1984 - 1985

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Yugoslavia

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INTERNATIONAL CALENDAR

MAY

- 13-16 U.S.A., Championships, SCY, Austin TX
13-16 CANADA, SCM Championships,
Vancouver-Ralph Hutton, 9565 132A
Street, Surrey, B.C. Canada V3V 7B8

AUGUST

- 25-28 U.S.A LCM Championships, Buffalo,
New York

SEPTEMBER

- 30-2 NEW ZEALAND, International, LCM -
Wilma Ennor, P.O. Box 46, Hamilton

OCTOBER

- 10-15 AUSTRALIA, 2nd FINA/MSI WORLD
CHAMPIONSHIPS, Brisbane,
Queensland.

- 15-25 AUSTRALIA, Central Games, Alice
Springs - Games Office,
G.P.O. Box 1448, Darwin N.T. 5794.

1989

JULY

- 23-1 DENMARK, Masters Games,
swimming dates not available.

1990

AUGUST

- 7-12 BRAZIL, 3rd FINA/MSI WORLD
CHAMPIONSHIPS, Rio de Janeiro.

LONG DISTANCE

NOVEMBER

- 30 AUSTRALIA, Marathon Swim-Games
Office, P.O. Box 587, Glenorchy,
Tasmania 7310.
Federation de Natation du Quebec,
4545 Av. Pierre-de-Courbertin
C.P. 1000, SUCC M, Montreal (Que) H1V
3R2.

POSTAL-10K

MAY 15-SEPTEMBER 30

Dorothy Laporte, 1207 E Northshore
Drive #134, Tempe, Arizona 85283,
U.S.A.

AUGUST 13 1990

BRAZIL-6K Open Water

BARBADOS - Maurice Foster, Kilamey, Rockley
New Road, Barbados, West Indies.

BRAZIL - Dr Syllvio Kelly Dos Santos, Av
Presidente Vargas 418/801, 20071 Rio de
Janeiro.

CANADA - Mae Gray, 360 Starling Ave., Dorval,
PQ, H9S 2J9.

CHINESE TAIPEI - Morrie Chiang, National Tai-
wan Institute of Technology, 43 Keelung Road,
Section 4, Taipei, R.O.C.

CZECHOSLOVAKIA - Dr Viteslav Svozil,
Gorkeho 22, 602 00 Brno.

DENMARK - Jørn Tønnev Nielsen, Buen 5,
Postboks 119, DK-6000 Holding.

ENGLAND - ASA, Harold Fern House, Derby
Square, Loughborough LE11 0AL

FIJI - Cynthia Pring, P.O. Box 1094, Suva.

FINLAND - Masters Committee, Finnish Swim-
ming Association, Topeliuksenkatu 41, 00250
Helsinki 25.

FRANCE - Jean Gourtier, Residence Saint-
Cloud 2, 03700 Beillerive/Sur Alier.

GREAT BRITAIN - Carol Everitt, 121 Barnett
Wood Lane, Ashted, Surrey KT21 2LR.

Vivienne Cherriman, Flat 1, Woodland House, 28
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HONG KONG - Chan Kam Fui, Hang Seng
School of Commerce, Siu Lek Yuen, Shatin, N.T.

INDIA - R.K. Gupta, 3265 Lal Darwaza, Bazar
Sita Ram, Delhi 110006.

ITALY - Brunello Graja, Via Fratelli Coda 71/1B,
16166 Genoa.

Andrea Prayer, Old Stars Fiorentina Nuoto, Via
Sofferino 41, 50123 Florence.

JAPAN - Kusuo Kitamura, c/o JMSA Showa Bldg.
3rd fl. 2-7-12 Kanda Jimbo-cho Chiyoda-ku,
Tokyo 101.

MEXICO - Jorge Urreta, Calle 23, No. 63 San
Pedro De Los Pinos, Mexico 03800 D.F.

NETHERLANDS - KNZB Masters Swimming
Committee, P.O.B. 13045, 3507 Utrecht.

NEW ZEALAND - National Secretary, P.O. Box
1700, Wellington.

SCOTLAND - Ken McKay, 7 Willow Way, Hamil-
ton, Strathclyde, ML3 7LS.

SWEDEN - Swedish Swimming Federation,
Idrottens Hus, S-123 87 Farsta.

SWITZERLAND - Rene Diezi, Entenweidstr. 28,
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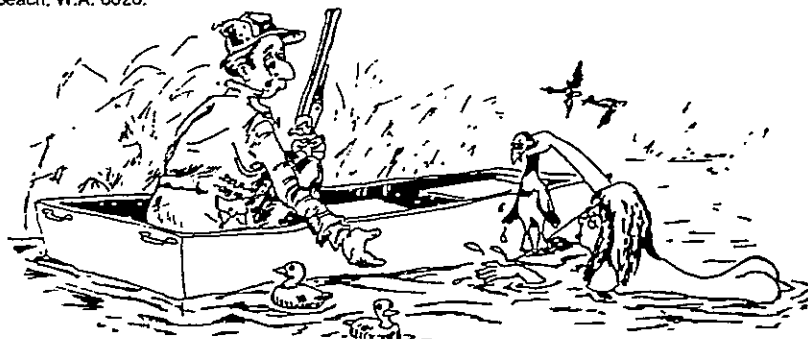
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North Beach, W.A. 6020.



"Of course I still would have married you even if you couldn't swim!" 8.

BE WARNED !!!

AUSSI members have to be aware that all swimmers competing at the FINA/MSI World Masters Swim in Brisbane will be competing under FINA/MSI Rules which have several differences to the AUSSI swimming rules.

Just because you have not been disqualified at an AUSSI meet is no guarantee that you meet FINA/MSI regulations.

The Technical Committee have tried to set out below the essential differences in the rules of strokes and procedures and it is our suggestion that swimmers attending that meet have their strokes, turns, etc., checked by a qualified person, preferably prior to selecting your events for Brisbane.

If you are not attending the World Swim there is no reason to read any further. These differences relate to this swim only.

It is not our intention to describe all the rules of swimming (most swimmers should know these) only highlight the differences.

First and foremost, it is pointed out that FINA/MSI Rules do not take into account Medical Disabilities. Physical problems, such as say, arthritic shoulder, will not be acceptable as a reason for not being able to perform butterfly to the rules.

Rightly or wrongly the swim will be conducted under these conditions. After having your strokes checked it may be more prudent to avoid the technical strokes of Breaststroke and Butterfly.

FREESTYLE: No difference in rules. Swimmers need only to keep in mind that some part of their body must touch the wall at the turn and the finish.

BUTTERFLY: The essential difference here is that under FINA/MSI Rules "both arms must be brought forward together over the water and brought backward simultaneously". "Over the water" is defined as that during the forward motion of the arms (the recovery), the whole of the arms must clear the surface of the water. AUSSI rules merely require both elbows to be visible on top of the water.

Have someone check that your arms do in fact get carried OVER the water, on recovery for the whole of the event i.e. 50 metres Butterfly.

BACKSTROKE: No difference in rules. Swimmers must remain on their back from the start until some part of their body touches the wall at the turn or the finish.

BREASTSTROKE: The essential difference here is in the positioning of the legs. AUSSI Rules have been relaxed with regards to the positioning of the legs. Under FINA/MSI Rules "All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

This requirement will be enforced at the Brisbane Meet. The swimmers' legs must both be doing the same thing at the same time and on the same level. Many AUSSI swimmers are permitted to

swim their breaststroke with one leg positioned higher than the other or swim with a screw or side stroke type of kick. For this Meet all of the above run a high risk of disqualification.

Have your kick checked and corrected by a qualified person, otherwise the meet may be more enjoyable if you select another event.

MEDLEY SWIMMING: The World Masters Swim contains two Medley swims the 200 and the 400 metres.

The 200 metres I.M. consists of 4 x 50m swims of each stroke which require correct finishes of each of the four strokes.

The 400 metre I.M. consists of 4 x 100m swims of each stroke which require correct turns and finishes of each of the four strokes.

The order of strokes is Butterfly, Backstroke, Breaststroke and Freestyle. When changing from stroke to stroke each "leg" must be "finished" according to the rules as the finish of a "race".

The comments on rule differences for butterfly and breaststroke above WILL apply for these events at this Meet.

RELAY EVENTS:

- a) Freestyle:- No difference in Rules
- b) Medley:- Breaststroke and Butterfly legs must be swum as described above.

The only difference in the Rules of FINA/MSI and those of AUSSI is in the age groupings.

AUSSI age grouping is 80+ years then 120+ years as the total of the four swimmers ages. For the Brisbane Meet, age groupings for FINA/MSI is 119 years and under, 120 years and over, etc.

The difference being the total ages of the four swimmers in the lowest age group must not exceed 119 years.

THE START: The Start procedure in Brisbane will be similar to experienced in AUSSI meets. However, it is set out below, so ^{THAT} ~~THAT~~ no confusion will eventuate.

"The forward start may be taken from the starting platform, the pool deck or from in the pool".

"The Start" - In Freestyle, Breaststroke and Butterfly -

On the long whistle from the Referee, swimmers shall:-

- a) step onto any part of the starting platform
or
- b) step to within 0.5 metres of the pool end on the pool deck
or
- c) immediately enter the water and grip the backstroke grips with at least one hand.

On the starter's command "take your marks" swimmers shall immediately take up a starting position:-

- a) at the front of the starting platform,
or
- b) on the pool deck at the end wall,
or
- c) in the pool at the end wall with at least one
hand on the backstroke grips and with both feet
touching the end wall.

When all swimmers are stationary the Starter shall give the starting signal (by shot or horn)".

MARSHALLING procedures will be different to that normally experienced at AUSSI meets. With so many swimmers competing, marshalling has to be efficient. The procedures have been described in various pamphlets forwarded to members and it is up to the swimmer to be in the right place at the right time.

Rules of Swimming and Referees are essential to gauge one swimmer's performance against another. Should you know and swim within the established rules then you should have no cause to fear Referees and Officials at a Meet.

This item was compiled for your assistance so that while preparing yourself physically for the World Swim, you can also prepare yourself technically.

NATIONAL TECHNICAL COMMITTEE.

CAN I.....?

While discussing various rules of swimming, questions arose within the Technical Committee which relate to any form of AUSSI or FINA Swimming, so we have decided to begin a CAN I ? column to answer members questions.

Q. Can I do a breaststroke kick with butterfly?

A. Yes. The leg action sometimes confuses swimmers. The rule states "All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs or feet need not be at the same level, but alternating movements are not permitted."

The following is a list of kicks which can be used:-

1. The normal dolphin kick
2. The regulation breaststroke kick
3. The combination of both of the above kicks.

It should go without saying that if the breaststroke kick is used then it must comply with the rules relating to that kick. A point regarding the dolphin kick is that, the rule states that the feet need not be at the same level, but swimmers are warned that it is dangerous to allow the feet to be at different levels. There is always the chance that one foot may kick a little harder than the other and pass, or appear to pass the other foot - that is an alternating movement and disqualifiable.

Q. Can I do double arm backstroke?

- A. Yes. The rules are clear on this point. The only stipulation in the rules is that the swimmer remains on their back throughout the event. You are then clear to perform the following:-
1. The normal backstroke
 2. The double arm backstroke with either an alternating leg action or the inverted breaststroke type kick, or
 3. A combination of the above.

Whether the arms are lifted out of the water or kept in the water is of no interest to the rules. The swimmer may on coming to the wall, change their leg action.

Q. Can I roll over on my stomach when I near the turn, finish in backstroke, so that I don't hurt my arm on the wall?

- A. *Back* No. The rule states "Any competitor who leaves the normal position ~~the back~~ before the head, shoulder, foremost hand or arm has made contact with the end of the course for the purpose of turning or finishing shall be disqualified".

The critical point is the last few metres when a swimmer approaches the wall and, at the same time as they begin to make a touch, they turn the body more than ninety degrees before the touch is made. This is noticed among older swimmers who do not stretch the arm back to make the touch. Reaching back and kicking hard to the wall will help avoid disqualification.

Q. Can I touch one handed in breaststroke or butterfly?

- A. No. A two handed touch must be made both at the turn and the finish. The rule states (for both breaststroke and butterfly) "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".

The hands need not be on the same level but the shoulders must not drop to one side while trying to make the turn, they must remain horizontal.

Q. Can I allow my head to go underwater in breaststroke ?

- A. Yes. The head can now be completely submerged as long as part of the head breaks the surface of the water during each complete cycle of one armstroke and one leg kick. The important thing to note here is that part of the head must actually be exposed to the air with no possibility of it being covered by a wave. The head may also go beneath the surface of the water when "lunging" for the wall at a turn or finish provided the head broke the surface of the water at some time during the previous arm/leg cycle.

Put simply, if you lift your head to breathe on every arm/leg cycle, you will avoid being disqualified for any infringement relating to the head.

Q. Can I swim other strokes in a freestyle event ?

- A. Yes. You may swim backstroke, breaststroke or butterfly in a freestyle event with the following provisions:-

- a) If you "nominate" freestyle then swim say breaststroke then you have to conform to the rules of freestyle only. No records or Top Ten swims can be claimed however for breaststroke.

- b) If you "nominate" breaststroke in a freestyle event for say a National Record, then you must swim in accordance with the rules of breaststroke.
- c) Freestyle in a Medley Relay or Individual Medley event is "any stroke other than butterfly, backstroke or breaststroke" i.e. you must swim freestyle.

Q. Is the change from butterfly to backstroke in an Individual Medley event considered a turn?

A. No. The Individual Medley (say the 200IM) is considered as four 50 metres swims of each stroke which each require correct starting and finishing procedures.

A swimmer must finish the butterfly with a two handed touch and shoulders horizontal, turn on their back for backstroke and be completely on their back before starting the first armstroke. The backstroke is finished by touching the wall (with any part of the upper body) provided you have not "rolled over" more than ninety degrees before the touch is made. The next stroke is breaststroke so a swimmer must ensure they are in a horizontal position on their breast before making the first stroke of breaststroke. Finish the breaststroke leg two handed with shoulders horizontal, turn, and get to the other end in freestyle as best you can.


CAN I ? WHAT IF ? WHY ?

There are many other questions of a technical nature that members want answers for. If you have a question to ask then share it with other members (they may want to know too), write to the Technical Committee

c/- Bruce Edmunds
2 Deborah Close
Fairfield N.S.W.
2165.

our response will be published in the next newsletter.

NATIONAL TECHNICAL COMMITTEE.



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THE EXECUTIVE

L to R. Back row. Dick Campion, (fitness & coaching), Derrell Picton, (Public Relations). Front row. Ivan Wingate (President), Glenys Mc Donald (Secretary), Chris Potter (Treasurer).

Presidents Report

A U S S I" A NAME TO REMEMBER

We have a lot of trouble getting media to understand our purpose: "To encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health".

Interviewers often begin with "Who's won the most medals?" or "When's Dawn Fraser swimming?". I would like to thank Dawn here publically, for how she has represented us. Since she joined AUSSI the media have shown a much greater interest in us and Dawn has very strongly emphasised our purpose to the reporters, but often to no avail.

Recently an article about Dawn, had "..... will represent Australia in the International Masters Swimming Championships in Brisbane in March". At least they used "Masters" and not "Veterans" as is often the case and "Brisbane" was correct too. However, the rest was not quite right. Other recent examples of inaccurate reporting include a very good story on Marj Mc Quade but AUSSI was not mentioned and it said she is to compete in the "Fina Masters Games" do you mind?

IN the same publication Beryl Anderson was acknowledged as a member of " AUSSI". Now that's pretty close!

ON Sue Kavenagh's triumphant return from the Transplant Olympics in Austria, credit for her achievement was given to "Aussie Health" a commercial organisation. I have spoken with Aussie Health since and they are very pleased because a number of their customers had read it too.

I am sure that many of you can quote other examples of where the media please themselves about what they write or say. In an endeavour to overcome this situation and lift the public perception of AUSSI, a media handout sheet is being prepared and will be widely disseminated amongst Clubs. It will describe what we are about, the proper use of our name and what the World Master Swim in Brisbane should be called.

In the meantime, please encourage use of this format:

AUSSI must always be in upper case, without dots and no "E" on the end (also discourage explanation of what the AUSSI acronym stands for).

Masters Swimming

or

Masters Swimming in Australia (inc) can be with capitals for each word or all upper case.

We ARE very special and have many beautiful stories to tell about our members, so let's try to do it all under the one banner.

IVAN. WINGATE

President.

Treasurer's Report

AUSSI FINANCES

The question is often raised at Club level by our Aussie members, "Why should we pay a levy to the National Aussie body" and "What do they do with this money".

As members you have the right to know where your levy of \$10 goes and as the National Treasurer, it is my responsibility to tell you.

I hope that through this newsletter and through further issues you may obtain a better realisation of the finances of the National body. After all we are here to serve you, we are accountable to you and prepared to accept your suggestions and constructive criticism.

We have recently negotiated an Insurance package with GSE INSURANCE LIMITED which will commence on January 1st, 1988. The package includes a \$2,000,000 Public Liability Policy, a death and capital benefits cover of up to \$30,000, a weekly benefits cover of up to \$200 per week or 100% of earnings whichever is lessor to those people gainfully employed or for those not gainfully employed emergency home help up to \$200 per week. There are certain other benefits and restrictions and these details may be obtained from your State branch. Why not ask them for a copy of the policy for your Club information?

The cost of this package is approximately \$ 2 plus per member, so you can see where some of your levy goes.

Next issue, I will explain where other portions of your levy go.

Until then, Good swimming.

Secretary's Report

NATIONAL SECRETARY'S REPORT TO DECEMBER 1987 AUSSI NATIONAL COUNCIL

This report has been postponed many times, not because of procrastination but because I did not want to appear negative in what I had to report.

However, there are times when we have to face up to a few not so pleasant items and glossing over them is not very helpful.

A lot of work has been done by the Honoraries and volunteers within AUSSI, some of whom have been donating us their valuable time year after year. However, when we sit down at Council we need to keep in mind the workload and pressure our decisions may make on the AUSSI 'workers' at all our levels. Costs obviously have to be a consideration. Whilst we do not gain Government assistance for administration, and as a direct result of this our honoraries may not have sufficient time to devote to sponsorship and marketing which could in itself relieve our financial situation. Therefore when tackling some of our agenda items e.g. a long course and short course Top Ten we need to keep both these elements - workload and expense, firmly in mind.

The 8 months since our March Annual Council have been busy but frustrating months. Our insurances, the World Swim, our 20-24 year olds, the finalisation of arrangements with Australian Swimming re. a Level One Masters Accreditation etc. all took time.

However, Branches and sub-committees were kept informed and all meetings and notices were in accordance with the Constitution.

In my particular portfolio I undertook two additional projects.

- (i) Survey of the 20-24 year age group. Survey results will be tabled at this Council meeting.
- (ii) New draft of our club guide. In an effort to delegate and provide a variety of expertise I requested assistance with some chapters. With the pressure of time I doubt if the final product will be available for your perusal at the December Council but where there's life there is hope.
- (iii) I produced the last of our National Newsletters in April/ May to finalise my commitment in this area.

My area of most concern however is MISINFORMATION and LACK OF INFORMATION which seems to be occurring from Branches to clubs.

As stated many times in my role as National Secretary I have two basic philosophies.

1. AUSSI is for all types of swimmers regardless of age or ability who must be catered for within our clubs i.e. the competitive and the non-competitive.
2. The National Executive deal with Branches, the Branches are responsible for dealing with their clubs.

It is very disheartening to have clubs requesting information or being ignorant of information which should have been available to them from their Branch Executive or the Branch delegates to this Council.

I am sure you will agree that if a Branch has the expenses of two representatives paid to attend our National meetings, then they have a responsibility to ensure their members are informed of all decisions.

DIRECTOR OF FITNESS AND COACHING

Copy of Report to National Council

Since the Perth Council Meeting the main theme of my activities has been the formation of an AUSSI "component" to go into the ASI Level 1 coaches accreditation and to a lesser extent the formation of an AUSSI coaches association.

To assist me with the "component" I gathered around me a group of coaches and I take this opportunity to thank them for their input, Anita Kilmier, Ted Tulberg, John Olson and Buddy Portier. All are involved with AUSSI and they have all reached a minimum of an ASI Level 2 coaching standard. However, the most exciting news is the pilot schemes, created by Kay Cox of WA, for AUSSI Level 1 coaching has been approved and accredited by the Australian Coaching Council. This means we can now get on with the job of creating our own coaches. I encourage all states to get this course going for the continual overall improvement in the standard of swimming within AUSSI. I would like to register my sincere thanks and congratulations to Kay. An additional benefit to obtaining our accreditation is the acceptance by the Australian Swimming Coaches Association as explained by a letter from them signed by Paul Quinlan their National Director. Since the receipt of the letter I have had discussions with Paul who explained the benefits of our accreditation, they are; ASI wishes to work closer with us and have offered me access to the wealth of information on swimming that passes through their offices plus full use of their film and video library. All successful AUSSI Level 1 coaches can now gain membership to the ASCA for a membership fee of \$10 and gain all of the above plus a very good rate of insurance.

More and more AUSSI swimmers are getting into open water swimming. Wherever these swims are there is always a strong contingent of AUSSI swimmers competing. Obviously these swims have strong appeal to our members and just quietly are a good source of getting new members when they find out about us at the pre and post swim chats. It is to be noted Toronto saw fit to put a 5k swim on in the veteran games and Tasmania gave us a 5k and 10k swim. I have had the question asked of me on many occasions and I now recommend via this report that whenever possible an open water swim of 3k to 5k be included in our National Championships.

Public Relations

When I accepted this position I assumed that I would acquire a host of files containing copies of past correspondence, minutes & etc. I was wrong. The lack of information caused a slow start but ensured that I exercised a fresh approach and brought a new attitude to the position.

Have I achieved anything over the last 12 months? Nothing to boast about. I have advocated a freer flow of information and I have established a method of producing the AUSSI newsletter which, if followed and supported by the members, should ensure it's survival. I have upset a number of members, for that I'm sorry, but then, that's life. Have I achieved anything over the last 12 months? I really don't know. I guess time will tell.

Now to a more serious subject. This organization has a total membership of just over 5,000. To get that figure into perspective members need to realize that I live in an area which contains more lawn bowlers than there are AUSSI swimmers in Australia. Because of our size a TOTAL commitment by all members, to any event or firm sponsoring that event, is essential.

One organization which should have the total support of all the members is SPEEDO. SPEEDO have continued supporting the National Postal Relay, (winners should have received their bags & caps), they have maintained their level of support for the 88 National Swim, (even though it's a postal event), they retain their commitment to the National SPEEDO Relay, and they are one of the major sponsors of the 88 World Swim. SPEEDO have met their commitments, let the members of AUSSI, meet theirs.

Another firm which has continued to support AUSSI is UNISYS. They have supplied the manpower and equipment to present up-to-date results during many of our swim championship. They supported the Perth National swim and the Tassie Master Games, and they are now providing software, equipment and training to ensure a smooth and efficient 88 world swim program. MAY THE POWER of 2 BE WITH THEM.

Closer to home we have the 88 swim committee. A small band of dedicated workers who have, at the last minute, accepted the challenge and responsibility of running the "2nd FINA/MSI World Masters Swimming Championships". They need members to help run the swim. Check that your club has indicated its support and that your name is on the list of volunteers.

Finally, as the Public Relations Officer, I'm concerned about the image and future of AUSSI. Expansion depends on the attitude of the members and the public's perception of the organization. Two different ways of approaching the problem are;

- a. Growth by promotion and involvement in prestigious events, or
- b. Growth by rationalization and member/club involvement.

The decision is yours. Let us hope that it is the right one.

1896-87 NATIONAL AEROBIC RESULTS
PROVIDED BY JUDY FORD
NATIONAL AEROBIC RECORDER

A total of 50 clubs entered the National Aerobic Trophy, one more than last year. The total number of swimmers fell from 1125 in 1986 to 1093 in 1987, but the total points scored increased markedly from 21,296 to 25,161. This represents an increase from 18.93 points per swimmer in 1986 to 23.02 points in 1987.

A brief resume of the results follow. (Full results can be obtained from the Results booklets which have been issued to all participating Clubs, the National Executive and two to each participating Branch as well as the new Northern Territory Branch.)

Top Clubs:	1. Claremont	WA	2192 points
	2. Townsville	QLD	1640 "
	3. Syndal	VIC	1614 "

The TASSIE Award.		Reg members	Total points	Points/Reg mem.
1. Syndal	VIC	54	1614	29.89
2. Mackay	QLD	37	940	25.41
3. Hunter	NSW	43	1077	25.05

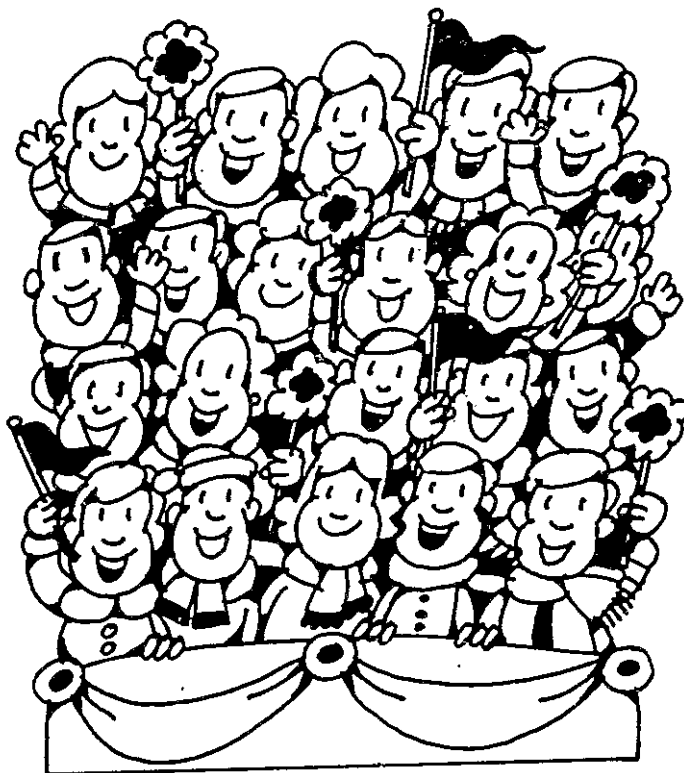
National Top 30 Point Scorers

Pos	Name	Age	Club	Points.
1.	Tanya Colyer	26	Belconnen Wests	127
2.	David Gray	41	Brisbane Southside	127
3.	David Cummins	42	Claremont	127
4.	Alison Hollingworth	28	"	127
5.	Colin Jacob	36	"	127
6.	Doug Jeffrey	70	"	127
7.	Russel Smith	52	Coogee-Randwick	127
8.	Margaret Willy	36	"	127
9.	Ray Ashton	41	Hills	127
10.	John Bolton	37	Hunter	127
11.	Martine Hennig	26	Melville	127
12.	Steve Bowers	26	Ryde	127
13.	R. Croll	27	Syndal	127
14.	B. Gardiner	46	"	127
15.	Val Green	54	Trinity	127
16.	Liz Burch	42	Townsville	127
17.	Marion Hurst	24	"	127
18.	Ed Milligan	44	"	127
19.	Liz Mitchell	36	"	127
20.	Virginia Head	45	Warringal	127
21.	John Hawthorne	54	Hunter	126
22.	Pam Bierenbroodspot	54	Syndal	125
23.	Robyn Payne	36	Townsville	125
24.	Allan Gregson	50	Hills	123
25.	David King	33	Ryde	122
26.	Don Dunstan	56	Brisbane Southside	121
27.	Sue Quartermain	42	Syndal	121
28.	John Williams	34	Kiama	120
29.	Judy Ford	44	Belconnen Wests	119
30.	Geof Robinson	47	Mackay	116

National Husband & Wife

1.	David Cummins (127) & Lyn (112)	Claremont	239
2.	Alan McGregor (93) & Sandy (108)	"	201
3.	Geoff Robinson (116) & Jenny Mack (84)	Mackay	200

I look forward to a big increase in participants in aerobic events this year and I especially welcome the Northern Territory Clubs who began their swims before Christmas. I would also like to extend a challenge to S.A. Branch and Clubs. It's great fun and your club members will benefit greatly from aerobic swims. Give it a go! Let's make the 1987-88 Aerobic year one in which all eight Branches participate for the first time.



1988 NATIONAL CALENDAR

ACT Swim meet	5/6 March
Coogee-Randwick	12 March
QLD State/Nat Townsville	12/13 March
QLD State/Nat Caloundra	19/20 March
NSW State Cup Nat Swim	26/27 March
Gladstone Short Cse Rly	27 March
Blacktown Carnival	7 May
NSW Relay Championships	28 May
Tamworth Carnival	11/12 May
Illawarra Carnival	25 June
Guildford Carnival	9 July
ACT Long Distance Crnvl	16 July
Hills Carnival	23 July
Ettalong Carnival	6 August
Manly Carnival	21 August
Brisbane Northside	27 August
NSW Short Course Champ	3/4 September
Warringal Carnival	17 September
World Masters Brisbane	10/15 October
Central Aust Master Gms	15/25 October
Hills Carnival	5 November
Cronulla-Sutherland	19 November
Western Suburbs Carnival	3 December

SUNSHINE COAST MASTERS

In February 1980, the then Lessee of the Caloundra 25mtr. Council pool, Howard Bibby, called a meeting for those interested in forming an A U S S I club on the Sunshine Coast. About 20 people attended and they quickly decided on it's formation. What took longer was deciding on a name, and it was an hour's debate before agreement was reached and the "Suncoast Polar Bears" were born! Colours were Blue and White: Club night Wednesday 7pm. (8 years later, we still have two members from those early days with us - Nancy Smith and Mary Hynes)

At that time , there were only about 4 pools - all 25m. - on the entire Sunshine Coast. Caloundra was fortunate to have it,s own heated pool during winter. (and) very heated it was, until Landsborough Council realized what an expensive exercise this was!) Enthusiasm was high and membership grew to 33 over the next 12 months. Members competed at inter - club carnivals including their first State Titles at the Fortitude Valley pool in Brisbane in February 1981, and hosted and won their own carnival in November 1980.

When the first Olympic size pool on the coast finally opened at Cotton Tree, Maroochydore, a new branch of A U S S I began there in October 1982, meeting every Monday at 6.30 pm. Those living in Caloundra continued training there on Wednesday nights. These 4 group groups together became Sunshine Coast A U S S I . The colours changed to black and white with the Black Swan as emblem which was soon changed to the Pelican. These big birds are a well known feature of the Coast with their home on the nearby Maroochy River. They are often seen soaring magnificiently over the pool or perching on the overhead lights.

Membership grew rapidly over the next year or two reaching a peak of 100 in 1984/85. By 1985/86 (90) , Caloundra, Coolum and Nambour ceased to exist as separate units, and all members began meeting at Cotton Tree twice weekly. Sunday mornings (9.00am. summer and 10am. winter) are now devoted to aerobic swims. Monday nights are a well organised programme of exercises, videos , speakers , stroke correction and time trials under the leadership of President and Coach Director Peter Emery. Recorders May Hynes and Rosemary Bourke Run a tight ship and all times from carnivals, aerobics and times trials carefully recorded in the " Sacred Red Book" which is available to members for perursal. Personal Bests are enthusiastically acclaimed which provides encouragement to swimmers to strive and improve their capabilities in times and distances. one of the top clubs in Queensland, we are proud of our many State Record Holders.

WE were fortunate for a couple of years to have the generosity of Harry Fensom, a member with a video camera who spent much time filming our swimmers during carnivals. These videos were played back on Club Nights to enable us to see ourselves in action (often to our embarrassment)

Membership is currently 74, with a wide range of ages between 20 and 80. As in most clubs, the females are by far in the majority (no wonder they live longer!) Highlights of the last 8 years would have to include our increasing success at carnivals, both collectively and individually, and recently winning the State 1 hour Swim Trophy for the 5th. year in a row. 1988 promises a once in a "lifetime" opportunity for most of our swimmers with the opportunity to compete in Local, State and National(postal) and World Titles, all within a two hour drive.

Our own Carnival is held on the first Saturday in February, and usually attracts more than 200 swimmers, and is one of the most popular carnivals in South East Queensland. Equally popular is the Presentation Night which follows.

In March 1988, our Club now known as Sunshine Coast Masters will host, in conjunction with Townsville, the State Titles at the New Caloundra Olympic Pool. Once these events are over, members will settle into winter training in preparation for World Titles in October. Last year, the coal heating of Cotton Tree outdoor olympic^{pool} was enthusiastically welcomed by all sections of the community. Our members will be most appreciative of this facility for winter training up to the World Titles.

We will be well represented, we hope to see you there

Marg. Andrews.



Wake the poor old bloke up .
Send in a few lines.

FOOD FOR SWIMMING

Since the time of the Greek Olympians, food has been seen to denote magical qualities on athletic performance. Then, lean red meat and honey were the food of champions.

We now know, that no food or supplement can, by itself, produce improved performance. It takes training and motivation as well as sound eating habits to give you that winning edge.

The swimmer's nutrient needs do not differ markedly from an ordinary person's apart from the amounts required.

GOOD NUTRITION

The Healthy Diet Pyramid, which was designed by the Australian Nutrition Foundation, illustrates the basics of good nutrition. Here is an explanation of this pyramid and how it applies to a swimmer.

1. "Bread and Cereals" and "Fruit and Vegetables" are at the base of the pyramid. This means that the greatest amounts of food eaten should come from these two food groups. These foods contain carbohydrate - which is our bodies most important energy source. They also provide fibre.

2. In the middle of the pyramid are the "milk" and "meat" groups. This indicates that only moderate amounts of foods from these two food groups need to be eaten. These foods can be high in fats - which if eaten can lead to excessive weight gain. You can reduce your fat intake by -

(i) Choosing low fat dairy products such as skim milk or shape milk, cottage and ricotta cheese and low fat yoghurt.

(ii) Trim fat off meat and remove the skin from chicken before cooking.

3. Eat least of the foods at the top of the pyramid.

(i) Fats: There are two kinds of fat in everyone's diet: The kind you can see and the invisible type. The kind you can see include the fat on meat, oil, butter and margarine. Its harder to see fat in full cream dairy foods, fried foods, many take-aways, chips, cakes and biscuits.

Try to reduce your intake of all these foods.

(ii) Sugar: Many people think that sugar is the best source of quick energy. In fact a sugar load taken before or during events can cause a number of problems. Unpleasant results such as diarrhoea and stomach cramps can occur. Eating lots of sweet foods can also lead to being overweight and potential vitamin deficiencies. So, go easy on foods high in sugar.

continued... Page 25

Letters to the Editor cont.

MASTERS RESEARCH-HELP WANTED

Peter Reaburn, South QLD Director of Coaching, is undertaking a study on the "Metabolic responses of Masters Swimmers" looking specifically at lactate responses with ageing swimmers.

A thesis will be written as part of the honours year at the Human Movement Studies Department at QLD University.

Any assistance in the form of articles directly or indirectly related would be invaluable. Peter is willing to communicate with anyone interested in Masters Swimming and Sports Science.

For further information contact;	Peter Reaburn
Phone 07-39422692 (H)	32 Robinson St
07-3773885 (W)	Coorparoo, QLD. 4151.

Dear Editor,

I have recently joined AUSSI. I am a little overweight and would like to lose my "middle age spread". I have some friends who follow the Pritikin Diet. Is this diet OK to follow?

Betty

Dear Betty,

While the general ideas of reducing fats salt and alcohol are excellent, the extreme nature of the Pritikin Program make it unsuitable.

The Pritikin Diet is also generally low in iron and zinc and its high fibre content can reduce the availability of these minerals to the body.

Iron deficiency can lead to anaemia and zinc deficiency can cause poor growth and healing.

So, where does one find a healthy weight loss program. Either contact a dietitian who can work out an individual plan for you or if you prefer to attend a group try Weight Watchers International.

Dear Editor.

Will carbohydrate loading help to improve my swim times?

Dear Jimmy,

Jimmy.

Carbohydrate loading will only provide extra stores of energy for events lasting more than one hour. Thus, it may help improve times for some distance swims.

A number of problems can result from carbohydrate loading. These include -

1. Muscle tightness and stiffness
2. Diarrhoea and gastro. upsets
3. Heart problems
4. Muscle damage.

Obviously care does need to be taken. It is recommended that sports people do not carbohydrate load more than 4 times per year.

ED.

WATER - MIRACLE LIQUID

Apart from eating well, sports people also need to ensure adequate fluid intake." Water has been called the "miracle liquid" for active people. It is a good idea to drink small amounts of water for 1 hour before training. About $\frac{1}{2}$ a glass every 15 mins is enough. Also after training or a distance swim event be sure to drink enough water to offset that lost in sweat. This helps prevent dehydration.

ALCOHOL

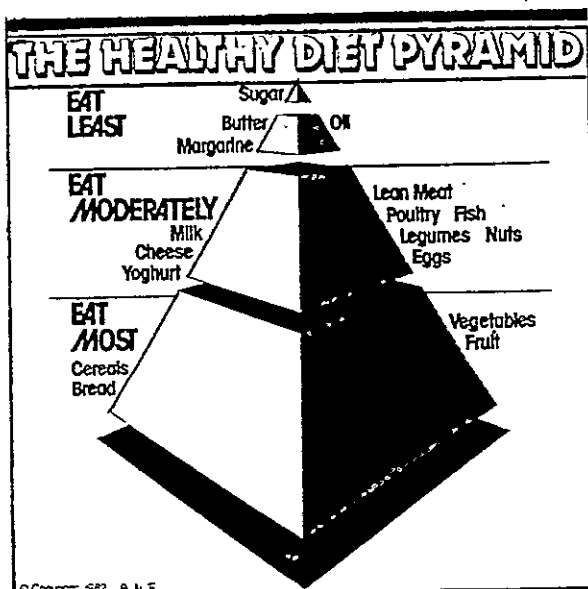
Alcohol can interfere with the way your body uses energy and also cause dehydration. It is therefore best not to drink for at least 24 hours before events.

SALT

Many people believe that salt helps to prevent cramps. This is not true! Recently it has been found that excess salt can actually cause cramps. Salt occurs naturally in many foods. It is not necessary to take any extra. If you decide to reduce your salt intake, start by cutting down on salt used in cooking and at the table and selecting "low salt" or "no added salt" products in the supermarket.

FULL POTENTIAL

Improved eating habits cannot, by themselves make a weekend swimmer into a top competitor. However, poor diet can certainly reduce a swimmer's performance. Remember the healthy diet pyramid and give yourself the best chance at achieving your full potential.



Peta PICTON
Dietitian

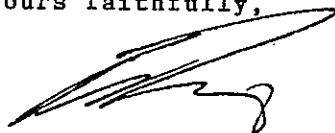
HONDA CENTRAL AUSTRALIAN MASTERS GAMES.

DEAR EDITOR,

Further to our recent telephone conversation I attach some information regarding swimming at the Honda Central Australian Masters Games:-

- The Games will be held from October 15-25¹⁹⁸⁹ with swimming taking place from October 20-23 inclusive. Swimming will take place from 4.00pm onwards at the Alice Springs Swimming Centre.
- The Swimming Centre has a 50 metre 8 lane open air pool. Depending upon the weather conditions the pool will be heated to a comfortable temperature. The Swimming Centre is well served with club rooms, toilets and shower facilities. A canteen operates, and the pool is attractively sited with lawns and shade areas.
- Medals will be awarded to age group place getters and to all place getters in relay events. Additionally place getters in individual events will receive an attractive certificate to acknowledge their efforts.
- A copy of the proposed programme over the 4 days is attached, perhaps this could be included in your publication.
- I have included a registration form - registration is \$25.00. This fee includes Games memorabilia (identification badge, hat and participation certificate) and refreshments at the opening ceremony. Swimming has a participants fee of \$25.00 to cover costs to the sport. It is anticipated that a social function will be run. Accompanying persons by paying a fee of \$25.00 receive all of the benefits available to competing athletes.
- Registrations should be forwarded to the Games Office, P.O. Box 1095, Alice Springs, N.T. 5750.
- For further information I can be contacted on telephone (089) 52 5484 B.H. and (089) 52 5675 A.H. My postal address for Games correspondence is P.O. Box 1929, Alice Springs, N.T. 5750.

Yours faithfully,



Peter Hoey

HONDA CENTRAL AUSTRALIAN MASTERS GAMES

PROPOSED SWIMMING PROGRAM

COMMENCEMENT: 4:00PM EACH EVENING

October 20/23 inc

Day 1

400 metres Freestyle

Day 2

100 metres Backstroke

50 metres Breast Stroke

100 metres Butterfly

200 metres Individual Medley

200 metres Medley Relay - Women

200 metres Medley Relay - Men

Day 3

50 metres Butterfly

200 metres Backstroke

100 metres Breast Stroke

50 metres Freestyle

200 metres Freestyle Relay - Women

200 metres Freestyle Relay - Men

Day 4

200 metres Mixed Medley Relay

200 metres Breast Stroke

200 metres Butterfly

50 metres Backstroke

100 metres Freestyle

200 metres Mixed Freestyle Relay

See you
there



CREATIVITY TEST

This test does not measure your intelligence, your fluency with words, and certainly not your mathematical ability. It will, however, give you some gauge of your mental flexibility and creativity. In the 3 years since we developed the test, we have found few people who could solve more than half the 12 questions in the first try. Many, however, reported getting answers long after the test had been set aside, particularly at unexpected moments when their minds were relaxed and some reported solving questions over a period of several days.

Take this as your personal challenge.

INSTRUCTIONS:

Each question below contains the initials of words that will make it correct. Find the missing words.²

Example: 16 = O in the P

Answer: Ounces in the Pound

1. 26 = L of the A
2. 7 = W of the W
3. 1001 = AN
4. 12 = S of the Z
5. 54 = C in a P (with J's)
6. 9 = P in the SS
7. 88 = PK
8. 13 = S on the AF
9. 32 = DF at which WF
10. 18 = H on a GC
11. 90 = D in a RA
12. 200 = P for PG in M

WILL SOME KIND MEMBER TAKE PITY ON THE POOR OLD EDITOR AND
TELL HIM THE ANSWER TO NUMBERS 5,6,7, & 12.

EDITOR.

THE 88 SWIM NEEDS



YOU

88

SWIM

The following comments are part of the World Masters Swim Report submitted to the December 1987 General Council Meeting. ED.

Since April '87 much has taken place regarding the Organisation of October, '88.

We will be honest and say that we have not been without our problems -

1. Time
2. People
3. Money

I would like to clarify the latter in that our major problem here has been lack of sponsorship.

Our small but dedicated team are on schedule regarding all aspects of planning for the Swim Meet and beginning now, much of all this planning will become action.

We would like to confirm that we will be adding to the program, a Masters Diving event to be held in conjunction with an Exhibition of Masters Water Polo.

The FINA Masters meeting held, May 1987 at Stanford Uni., CAL. voted to include both these events in the Brazilian Championships 1990 and requested the feasibility of their inclusion for October '88. Because of our early venue planning we have been able to include both these events at no extra expense and in fact we will add to our income.

The Australian Diving Association and the QLD Water Polo Association will officiate at the competitions, with the Swim Committee controlling Competitor Registrations only.

VENUE AND SWIM MEET

VENUE

Plans are well underway with the Brisbane City Council to ensure that Chandler is at its sparkling best for the Championships and our Sub-Committee has all in hand.

We do however, have two requests of the National Council and National Executive.

Timekeepers

As there will be a need for a permanent number of 60 timekeepers, we are going to need the support of all AUSSI swimmers. You will appreciate that QLD AUSSI members because of other duties will not be able to fill this role, hence, we are asking that a person from each state be appointed to co-ordinate the necessary personnel.

We would ask that this person be nominated by January 30th 1988 and be advised to the Secretary of W.M.S. '88 so that communication may be commenced to organise the schedules.

Medals

Any person who has attended an International Swim will appreciate the magnitude of medal presentations.

A.J. Parkes, the Medal producer for the '82 Commonwealth Games, will strike the medals and as their contribution to the Championships, will sponsor special World record medals.

The Presentation of all Medals will require fulltime manning. We would ask the National Executive to oversee and co-ordinate this function in co-operation with a Committee member.

Publicity Program

Brochures and posters

By now all Australian clubs will have received a brochure and a poster on the World Masters Swim '88. More copies will be forwarded to Secretaries closer to the event.



November newsletter

The November Newsletter advised all clubs and intending swimmers of the swimming and diving programs. It also provided an update of progress on the Swim. It was our third newsletter to date. From now until the Swim newsletters will be appearing monthly.

Program

The program book itself, with full details of registration procedures and FINA/MSI rules will be released in December.

"Start of Training" Launch

A promotional launch of the event will be held - probably in early February. The venue will be the Chandler Sports Complex. Dawn Fraser has been invited to be honorary patron of the event and on her approval will play a part in the launch activities. Brisbane's Lord Mayor, Sallyanne Atkinson, has also agreed to take part. The aim of the launch is to introduce ourselves and our sponsors officially to the public and the local media.

Queensland AUSSI clubs will be invited to partake in the launch which will mark the official "start of training" for the event.

We envisage activities will include short speeches by the Chairman and our sponsors and a presentation of a World Masters Swim '88 t-shirt to the Lord Mayor by our official patron. The Lord Mayor will then signal "the start of training" at the pool by firing a starting gun for AUSSI Masters swimmers on the blocks.

The launch will be concluded with light refreshments. A media release will be distributed following the launch to those outlets who were unable to attend. The release will also be sent by mail to AUSSI club representatives (see below) for distribution to local media.

Club newsletters

Newsletters will continue to be produced and sent to clubs within Australia and overseas. The distribution list has been expanded to include local media outlets. Anyone who knows of a club not on our mailing list please contact the Publicity Officer.

The November newsletter asked clubs to appoint an official World Masters Swim '88 representative. This person may well turn out to be the Secretary of the club but since the Secretary's duties are usually the heaviest, it would be more appropriate to appoint a separate person. We request that such a person be appointed to involve the clubs more closely with organisation of the Swim. He/she will be responsible for promoting the Swim to club members and for gaining publicity for the Swim at the local club level (via newspaper, radio or tv). Copies of all media releases distributed on the Swim will be forwarded to the club to be rewritten and adapted for use by local media outlets using statistics, photographs and information relevant to the individual club and State. Personal contact with editors is the best form of distribution for these releases.

Using a little imagination, every club should be able to gain at least one news/feature story covering the event. This publicity will have the dual purpose of promoting the Swim and the ideals of AUSSI Masters swimming as well. Until the media in each State get to know AUSSI a little better, media releases distributed by the organising committee will have little impact in cities outside of Brisbane. This is your Swim - we need your help to promote it.

SPEEDO'S 1987 GRAND POSTAL RELAY COMPETITION
SUBMITTED BY
PETER GILLET. NATIONAL RECORDER.

This was the 3rd year of this competition and following a disappointing entry last year I am afraid that the entries this year were even worse. Only 16 clubs took part and when one considers that the entry fee was reduced from \$3.00 per team to only \$5.00 per club, the future of this competition seems to be in some doubt.

This years competition was dominated by two clubs, North Lodge going for the hat trick of wins and Townsville, after the crown.

It was a desperately difficult decision to split the two clubs, they were just that close, however there can only be one winner and eventually I decided that the Townsville club's effort was just the better and they are therefore the winners for 1987.

Their achievement was quite magnificent, 25 teams entered for 13 first placing's, 4 second placing's, 3 third placing's, 2 fourth placing's and 1 fifth, sixth and seventh placing. I have no doubt that the Townsville club made a concerted effort to win the trophy this year.

Condolences to the North Lodge club on not achieving the hat trick of wins but it was a magnificent effort to come so close.

SPEEDO SHIELD WINNERS 1987. TOWNSVILLE MASTERS.

RELAY RESULTS.

4 x 50M MIXED FREESTYLE.

80+ TOWNSVILLE. I.GILLOTT, G.CLEARY, S.DUNNING, B.McKENZIE
120+ TOWNSVILLE. J.CORUS, M.TIBBITTS, M.HIRST, R.PAYNE
160+ TOWNSVILLE. E.MILLIGAN, L.DARVENIZA, G.CORLIS, L.MITCHELL
200+ TOWNSVILLE. J.SIMMONS, L.BURCH, J.McCRAE, C.BELL
240+ NORTH LODGE. R.McCABE, T.DONOVAN, S.MALCOLM, H.GILLBEE
280+ NORTH LODGE. L.McCANDLISH, B.ANDERSON, T.NEVILLE, N.ILSLEY

4 x 50M WOMENS FREESTYLE.

80+ TOWNSVILLE. S.DUNNING, M.HIRST, B.McKENZIE, L.HARRISON
120+ BRISBANE SOUTHSIDE. T.MACDONALD, C.COGILL, J.THOMASSON, F.SUMMERS
160+ TOWNSVILLE. L.MITCHELL, G.CORLIS, L.BURCH, C.AIKEN
200+ TOWNSVILLE. J.SIMMONS, C.FOORD, C.NEWAY, M.JENSEN
240+ NORTH LODGE. B.ROBERTS, H.GILLBEE, C.DeGROOT, N.AYRES
280+ NORTH LODGE. A.HARDY, J.McCABE, B.ANDERSON, L.McCANDLISH

4 x 50M WOMENS MEDLEY

80+ TOWNSVILLE. L.HARRISON, M.HIRST, B.McKENZIE, S.DUNNING
120+ TOWNSVILLE. R.PAYNE, M.HINSCHEN, H.CALDWELL, L.JOYNSON
160+ NORTH LODGE. S.PHILLIS, N.DUHIG, R.KEMP, M.SWTH
200+ NORTH LODGE. C.ANDERSON, C.DeGROOT, A.STEVENS, H.GILLBEE
240+ CRONULLA SUTHERLAND. B.MURPHY, E.WATSON, B.STENHOUSE, S.MORRIS
280+ NORTH LODGE. L.McCANDLISH, J.McCABE, B.ANDERSON, A.HARDY

4 x 50M MENS FREESTYLE

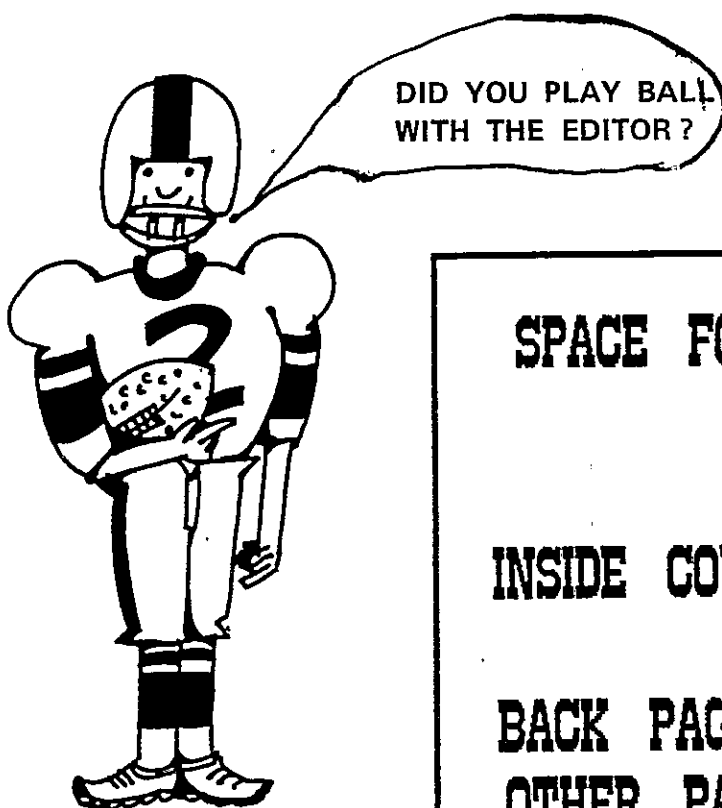
80+ OSBORNE PARK. S.CORNELIUS, R.MARSH, J.MORRIS, M.LANE
120+ NORTH LODGE. R.PATTERSON, S.WEBB, A.GOULD, C.WHITEHAND
160+ DEVONPORT. H.BEVERIDGE, J.GORE, F.WEBB, C.BRANSON
200+ TOWNSVILLE. C.BELL, J.McCRAE, R.CORDUKES, G.MARKER
240+ NORTH LODGE. W.MALCOLM, S.KRASEY, R.McCABE, E.DONOVAN
280+ NORTH LODGE. E.NEVILLE, M.PARKER, T.REES, N.ILSLEY

4 x 50M MENS MEDLEY

88+ OSBORNE PARK. J.MORRIS, M.LANE, S.CORNELIUS, R.MARSH
120+ NORTH LODGE. S.WEBB, A.GOULDS, C.WHITEHAND, R.PATERSON
160+ GLADSTONE GROOPERS. R.PUGH, K.ONIONS, M.RINGSVET, S.HOOTON
200+ TOWNSVILLE. B.PALMER, J.McCRAE, E.MILLIGAN, L.DARVENIZA
240+ NORTH LODGE. W.MALCOLM, R.McCABE, S.KRASEY, E.DONOVAN
280+ NORTH LODGE. T.NEVILLE, M.PARKER, T.REES, N.ILSLEY

4 x 50M MIXED MEDLEY

88+ TOWNSVILLE. M.HIRST, B.McKENZIE, M.TIBBITTS, I.GILLOTT
120+ SUNSHINE COAST. R.BOURKE, M.HYNES, P.EMERY, R.VICTOR
160+ BELCONNEN WEST. J.FORD, J.ERPIC, J.BUSBY, A.GILROY
200+ TOWNSVILLE. G.CORLIS, C.NEWY, J.McCRAE, B.PALMER
240+ NORTH LODGE. B.McCABE, S.KRASEY, T.BROMLEY, S.MALCOLM
280+ NORTH LODGE. L.McCANDLISH, T.REES, B.ANDERSON, T.NEVILLE



**HE NEEDS
YOUR
CONTRIBUTIONS!!!**

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1/2 PAGE \$60

1/4 PAGE \$40

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