

**AUSSI
MASTERS SWIMMING IN AUSTRALIA**



FOUNDED 1975

ANNUAL REPORT
1989

AUSSI
MASTERS SWIMMING IN AUSTRALIA (INC.)
FOUNDED IN 1975

Office Bearers — 1989 Season

MANAGEMENT COMMITTEE

PRESIDENT
Graeme McDougall

EXECUTIVE DIRECTOR
Ivan Wingate

DIRECTOR OF FINANCE
David Forsyth

DIRECTOR OF COACHING
Anita Killmier

BOARD MEMBERS

A.C.T. Allan Wright — Director of Communications
N.S.W. Malcolm Heath — Director of Technical Development
VIC. John Iossifidis — Director of Planning
W.A. David Cummins — Director assisting Planning
S.A. Peter Gillett — Director of Recording
TAS. Trish Beveridge — Director of Programmes
QLD. Chris Bell — Director of Membership Development
N.T. Geoff Hennessy — Director assisting Membership

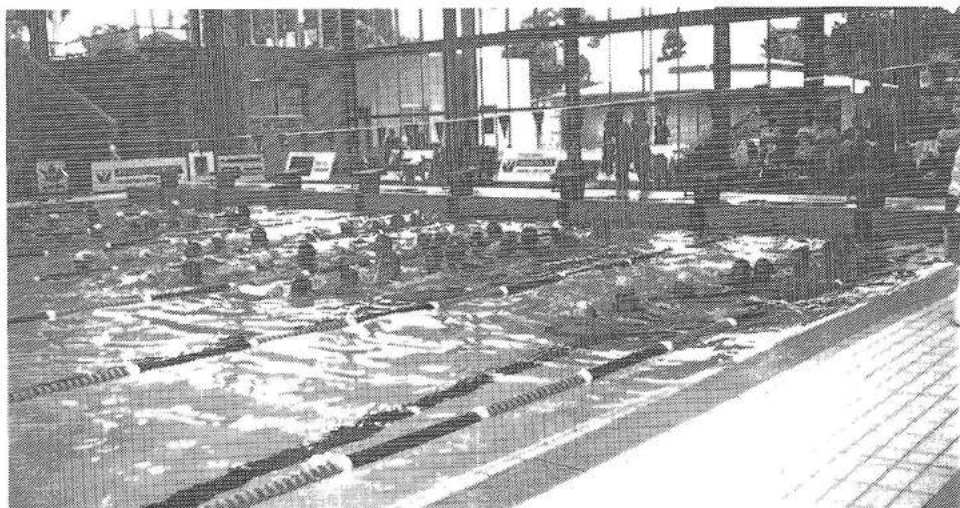
AUDITOR
Flor — Hanly & Associates

LIFE MEMBERS
Gary Stutsel
Glenys McDonald

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AUSSIs swimming for Fitness and Fun.
The "crocodile race" at the Australian Masters Games in Adelaide



PRESIDENT'S REPORT

I have much pleasure in presenting my first Annual Report to each member of AUSSI Masters Swimming. Reports are, I believe, not only to highlight achievements and/or changes but more importantly to inform members of the future progress and development of their organisation.

There comes a time when an organisation has to look at itself and ask the questions "Where are we going?" and "In what direction do our members want our energies channelled?"

Realizing that 100% of our membership would be totally happy with changes in direction we have embarked in a positive way on a new future. The initial change was to restructure the National Body. This has been now completed, resulting in a streamlined and, I trust, more productive organisation. This in no way reflects on any past administration's objectives and achievements — there were many. That is why Masters Swimming is where it is today.

Change brings about new ways of doing things and people need time to settle down to their new roles. Each individual Director's Report will show you our plans for the future so it would be pointless of me to repeat them.

Future directions taken by the Board will be a reflection of all members' thoughts and I trust you will all want to contribute. The best way is to ensure that your State Executive knows and discusses your proposals. With their support your views will come to the National Board meeting for discussion and decision. If you feel you would like to direct a proposal straight to a Board Member, do so, but I encourage you to send a copy to your State Executive.

I am very conscious that again we have received entries to our National Championships from only 5% of our membership. Does that mean our other 95% of members are not interested in National competitions but more interested in other activities within AUSSI? A comparison must be made that individual Club Meets are very high in numbers. What does this all mean?

You will have your chance to answer that question when you answer Planning



Graeme McDougall - National President

Director, John Iossifidis, questionnaire. It will be from analyzing these details that we will propose plans for the future. Have your say!

Is membership growing or declining? An easy answer is to look at registrations. Is that the answer? When I look at growth in the number of Clubs across Australia and presuming that 75% are new members of those Clubs and new to AUSSI, are all members being registered? That poses several questions:-

- if they are not is that fair to existing registered members?
- if they are not who is carrying their insurance liability?
- if they are why are our overall figures not relating that?
- if they are not are we, at Club, State and National levels, producing the programmes and activities that they want?

What must be remembered by all members is that what our organisation was built over many years by our members past and present. We all have something to be very proud of. Our standing at State and Federal Government level is high. We are highly respected at International level.

Let us continue to follow that path which has been achieved by being honest to ourselves.

Whether 20% of our members compete at swim meets or the 80% majority continue to enjoy the activities within the Clubs we must cater for all and remember why AUSSI Masters Swimming in Australia (Inc) was founded:-

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

In closing might I also quote the first Objective listed in our constitution:-

"To co-ordinate the activities of individuals through Clubs and Branches so that they meet together for competition and social interaction at both local, interbranch and international level."

I look forward to the continued support of all members of AUSSI to achieve those important goals and ask for the continued support to our Executive Director to allow him to fully cement this important position as a benefit to our organisation."

Sincerely
GRAEME MCDOUGALL

EXECUTIVE DIRECTOR'S REPORT - 1989

When penning my fourth President's Report for this document last year, I assumed that it would be my last. However, here I am again under a new "hat".

BOARD MEETINGS

April 1989 saw AUSSI significantly change its National Management structure to that of a Board of Directors, each with specific areas of responsibility. The Board in turn appointed an Executive Director — Me! It was a significant change for both AUSSI and myself and we are both still in the learning curve.

The effectiveness of the new structure was evident at the 2nd Board Meeting held in Adelaide in December. The fewer and better informed Members set the scene for a very different style of Meeting compared with the previous larger Council Meetings. There is no doubt that as we all become more involved in our portfolios, specific activities and decisions will be actioned throughout the year so that the Board Meeting will be able to concentrate on policy making and strategic planning.

Our December Board Meeting however, was cluttered with many items which may have been dealt with otherwise, but because of several deferments — the airline dispute caused it to be delayed from September 16 to December 9 — we ended up with a very large "General Business" section.

The Meeting was held in a Villa at



Ivan Wingate
National Executive Director

Marineland Village, West Beach which was chosen principally as a cost cutting measure. It was certainly austere in comparison with previous meetings, but nevertheless effective and convenient, and maybe worth trying again. The cost cutting was because of the lack of anticipated funding forthcoming.

GRANTS AND SPONSORSHIPS

I have to report bitter disappointment at receiving no Government funding and very little sponsorship.

Despite the clearly defined objectives of the Australian Sports Commission eg:

- "to encourage increased participation by Australians in sport.
- to improve the sporting abilities of Australians generally,
- to foster co-operation in sport between Australia and other countries"

and that we are a bona fide National Sporting Organisation under their terms, the A.S.C. Board declined to grant us any funds at all this year.

This decision was very strange particularly in the light of the Minister's statement regarding "participation in sport by all Australians" and that there is an additional \$48 million over 4 years in the Budget for the non-elite.

The reply to our application was:

"I regret to advise you that your organisation's application for assistance under the 1989-90 Sports Development Program (SDP) was unsuccessful.

The Australian Sports Commission decided at its recent meeting that it will only consider funding the conduct of Masters Games and that assistance to veterans/masters international events for individual sports will be treated on a case by case basis. Funds are not available for the administration of veteran/master organisations."

\$100,000 was granted to each of the State Governments of Tasmania and South Australia to assist in the conduct of the two Australian Masters Games held to date and there are indications at present of support to an event in a country centre which will be held precisely on the date we have set for our National Swim. Not only do we receive nothing from Masters Games, the income we budget for from our National Swim is eroded because of them.

The A.S.C. support other multiple-sporting groups such as the Universities Sports Association too, which seems contrary to the guidelines we have received. Significant funds are provided for the promotion of Women in Sport, especially to curb the drop-out rate. Obviously there is no sentiment for bringing women back into sport. More than 50% of our Members are Women. We also cater for many disabled and convalescent people which ought to be seen as being a positive contribution to the Community. The fact that our activities reduces the National Health bill by millions, is obviously not a concern of the Sports Commission. It is likely therefore that we are dealing with the wrong Government Department, so we have recently written to other Cabinet Ministers too.

It appears that the Board's philosophy is that if you have gone beyond the so-called pinnacle of your sporting ability and no longer have the potential of being an elite-medal winner, then you are no longer of interest to the Sports Commission. We are very proud of our International gold medalists and World Record holders, but because we see them as a bi-product of our

"Purpose" and do not gear the Organisation to produce more of them, we obviously fall outside the interest scope of the present Board.

Most State Governments support our Branches in various ways, and one recently granted \$38,000 towards our development in that State. From my discussions with Officers of that Department, they are very satisfied with the investment. If we are okay in the States, why not National?

AUSSI is an authentic National Sporting association — every Member is registered in our National registration system, we have Clubs in Branches in each State and Territory and we are affiliated with Masters Swimming International, which is recognised by FINA. Further, we have conducted three major international events, and have plans to conduct more.

Masters Swimming was officially recognised by Australian Swimming (the A.S.U. at the time) back in 1977. We are now affiliated with A.S.I. as a kindred Association in the same way as Diving, Water Polo and Synchronised Swimming. The others received funding, we did not.

As reported last year, the A.S.C. provided a grant of \$60,000 to assist with the conduct of the World Masters Swim. Because the money was not forthcoming until near the event, the majority of administration for which it was intended was done by volunteers. We are most grateful to that fine group of dedicated people, because of them, we finished with a substantial financial surplus from the Swim. The money is invested and the interest was meant to be directed towards developmental projects for our Organisation, however, we have now directed it to general funds until grants and/or sponsorships are forthcoming.

A number of proposals are in place to major Australian Corporates, in our bid to find suitable Organisation with which to indentify as our principal sponsor well into the '90s. This takes time of course, as budgets of this nature have lead times of 12 — 18 months and more. We are however, still receiving valued support from UNISYS, ZEDAR and AUSTRALIAN AIRLINES for which we are most grateful.

INTERNATIONAL

A special meeting of M.S.I. (Masters Swimming International) was held in Indianapolis in October in conjunction with the Pan Pacific Meet.

The Swim organisation was entrusted to a private body which began to receive incorrect advice regarding the position of M.S.I. held in regard to the Pan Pacs and amongst other things an attempt was made to prevent funds flowing to M.S.I. The inferences being made were so wrong and potentially detrimental to the future management of international masters swimming, and as it put the agreements between FINA and M.S.I. at jeopardy, we decided to be represented at the meeting by two delegates: Graeme McDougall and Glenys McDonald. Gary Stutsel was there also, as President.

Our delegates were pleased to report that all the difficulties were resolved and that it further strengthened the role M.S.I. has to play in the future of Masters Swimming throughout the World.

Australia was again seen as a principle member of M.S.I. and there are now six Australians as officers of the Organisation. It is unfortunate that our Government has now stopped the financial assistance we used to receive to attend international meetings, so we may now have to withdraw the high international profile which we have built up since the inception of M.S.I. It would now be prudent to be not represented at Rio, especially at AUSSI expense.

ADMINISTRATION

It soon became evident in embarking on my new career, that some of my administrative skills were not as efficient as those of my predecessor.

The amount of day to day work was no real surprise, having watched it grow over the previous four years, but my ability to handle it was an over estimation. Having had very efficient secretarial support for most of my working life, my skills had become quite rusty, so that now I am mostly desk-bound and in a re-training mode. I ensure that I am at the office from 8.30 am to 1.00 pm each week day, but of course, I am usually there all day. I often wonder how someone from outside of AUSSI would have coped, because so many of the responses I am called upon to give, I do from my knowledge or knowledge of where to find the information. For some reason, I am expected to know everything about everything — which I didn't have to do before. There being no time to take in other paid employment, and with the cost of providing an office and paying for secretarial service, you will appreciate that I

am in a financially unsatisfactory position — but loving it, and gaining “wealth” in experience.

The work to be done can easily occupy a full-time Executive Director, plus a full-time administrative assistant.

I am often frustrated in having my time eroded in attending to day to day matters, when there is much more I feel I could/should be doing. Ultimately, I believe that I should spend more time in liaison with the Branch administrators, preferably “on-site” so that I can meet with all office bearers and the Board Directors too. This practice would enable me to develop a “feel” for the strengths and weaknesses of the Branch and to impart knowledge gained from other Branches.

There were 21 applicants for the position of Executive Director — and most were non-AUSSI Members, which is an indication of the interest other sports have in our sport. The selection process was managed by the previous Executive (minus myself, of course), I was treated in the same way as all applicants, and in a couple of cases, was kept less informed about progress. I knew of only one other applicant at the time. Naturally, I was delighted at being offered the position and have dedicated myself to fulfil the role to the best of my ability.

CLUB GUIDE

A significant achievement in 1989 was the completion and release of a very much upgraded Club Guide. It was prepared by and most sections were written by Glenys, and it has light relief throughout in the cartoon character of “Percy” in a variety of dispositions — courtesy of Don Williams.

Feedback suggests that the Guide is being well-used and is of great help to Club administrators who are new to the job — which is more often the case than not. Its principle function is to assist in the formation of a new Club, which I am pleased to report has happened in a number of cases.

NATIONAL SWIM

Disappointingly, only 585 attended the National Swim in Sydney of which 414 were from N.S.W. There is much speculation about why there was a drop in numbers and a lot of interest is focused on Brisbane to see what support there will be for 1990. Certainly, World Swim withdrawal symptoms was significant and attendance at Masters Games is another.

To this administration, an important factor

was the loss of income. We received only \$2548.00 whereas the previous three Nationals netted \$7755.00, \$5530.00 and \$4802.00. Our Members have only limited funds and time to attend Swim Meets, so if those other events are going to mean the demise of our National Swim, we need to review the total concept. The other events attract Government Funding, ours does not.

MEMBERSHIP

Registrations for the past five years are as follows:

STATE	1985	1986	1987	1988	1989
NSW	990	1299	1220	1273	1236
WA	1197	1178	1253	1250	1134
QLD	683	713	1003	878	968
VIC	485	501	616	616	725
SA	681	852	740	707	597
TAS	81	115	142	154	208
NT	—	—	63	102	89
ACT	92	90	82	70	78
TOTALS	4209	4748	5119	5050	5035

The numbers in recent years have remained static but it is thought that our retention rate is better and the longevity of participation improved. However, that is only speculation, so to know what is actually happening and what our Members really want, a professional survey has been commissioned, as is described in the Director of Planning's report.

We recognise the huge potential to increase our numbers, so a lot of emphasis is being placed on Membership Development and Planning at this point.

CONCLUSION

There were only a few matters to reach finality to be identified for the year 1989 but the Management restructuring is very significant. It is a good model, and will take this organisation into a period of healthy growth well into the nineties.

IVAN WINGATE

NATIONAL DIRECTOR OF FINANCE REPORT 1989

I take pleasure in reporting that our revenue transactions for the year have resulted in a surplus of \$13251 after allowing \$2133 for depreciation.

Income and Expenditure percentages show the percentage of each item to total income received. The only significant expenditure over budget was the cost of F.I.N.A./M.S.I. Meetings. The expected grants in respect of these did not eventuate but they are still being pursued.

A significant boost to income came from \$10058 interest received from investment of World Swim Money.

The total registrations for the year has been taken into these accounts. The deferment of \$12144 of fees collected in 1988 are not included and have been treated as part of accumulations as at 31.12.88.

All stocks are now held by the Executive Director and it is now possible to obtain an accurate stocktake. Adjustment has been made to reduce the 1988 write off of \$5876



David Forsyth Director of Finance

to \$1167. Stock of \$4709 (Estimated by count back) has been added to accumulations as at 31.12.88 and also forms part of the 1989 revenue accounts.

In addition to revenue surplus we received funds from the Brisbane World Swim of \$112546 and \$5568 from other sources, debtors etc, which gave us total funds received of \$133498.

These funds were applied to increase our bank credit, stock and investments by \$19208. We also purchased equipment for \$2050 and the balance was invested in a Bank Bill for \$112240.

The Balance Sheet shows our financial position to be sound. All known special

projects have been budgeted for and with prudence and normal restraints this situation should continue.

No increase in registration fees is recommended by me at this stage.

In conclusion I would like to take this opportunity to thank the AUSSI organisation

for the courteous and friendly manner in which they have accepted and assisted me in this portfolio.

Yours faithfully,

DAVID FORSYTH
NATIONAL DIRECTOR OF FINANCE

**AUSSIE MASTERS SWIMMING IN AUSTRALIA (INC.)
STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDED 31.12.89**

1988	INCOME	1989	%
800	Branch Affiliation	800	.9
63086	Membership Fees	71438	78.6
50	Sponsorship/Grants	-	-
3110	Interest	15181	16.7
78	Swim Meets	2548	2.8
1030	Profit Stock Sales	820	.9
-	Coaching Accreditation Fees	110	.1
1178	Sale of Photocopier	-	-
\$69332		\$90897	100.0

EXPENDITURE

2425	Salaries, Wages, Honorariums	22456	24.7
4712	Printing and Stationery	3036	3.3
2276	Postages and Freight	2982	3.2
5252	Telephone	2678	2.9
26014	Conferences & Meetings AUSSI	17786	19.7
	Conferences & Meetings FINI/MSI	8741	9.6
11664	Insurances	11326	12.5
761	Coaching and Technical	1725	1.9
846	Affiliations and subscriptions	1070	1.2
1681	Computer Services	1646	1.8
4380	Recording	628	.7
112	Bank Charges	114	.1
320	Sundry Administration Expenses	1325	1.5
801	Depreciation	2133	2.3
517	Sponsorship and Grants	-	-
2076	Advertising and Promotions	-	-
1167	Write Off Stock	-	-
65004		77646	85.4
4328	SURPLUS	13251	14.6
\$69332		\$90897	100.0

AUSSI MASTERS SWIMMING IN AUSTRALIA (INC.)
BALANCE SHEET
FOR THE YEAR ENDED 31.12.89

1988	ASSETS	1989
	Current	
	Cash Floats: Executive Director	500
	1990 National Swim	1000
2548	1991 National Swim	500
		2000
	Bank: Cheque Account	12143
	24 Hour Call	41853
45371	Term Deposits (2)	10537
		64533
NIL	Bank Bill: Ninety Days	112240
197	Sundry Debtors	NIL
4709	Stock on Hand	4755
		183528
	Fixed	
	Trophies	1034
	Equipment	4742
4859		5776
\$58684		\$189304
	LIABILITIES	
144	Sundry Creditor	4967
NIL	The Trustees World Swim	112546
	Members Accumulations	
	Balance 31.12.88	58540
	Surplus for year ended 31.12.89	13251
58540		71791
\$58684		\$189304

AUDIT REPORT TO THE MEMBERS OF THE
AUSSI MASTERS SWIMMING IN AUSTRALIA INCORPORATED

We have audited the Financial Statements and attachments in accordance with Australian Auditing Standards. It was not practicable for us to establish control over memberships and sales prior to their initial entry in the accounting records, nor was it practicable for us to circularise members to confirm that all subscriptions have been received and recorded. Our audit relating to these transactions was therefore limited to the amounts recorded in the books of account.

Subject to the above, in our opinion the Financial Statements present fairly the financial position of the AUSSI Masters Swimming in Australia Incorporated, at 31 December, 1989 and the results of its operations for the year ended, in accordance with Australian Accounting Standards and applicable approved accounting standards.

Yours faithfully,
FLOR-HANLY & ASSOCIATES

DIRECTOR OF COACHING ANNUAL REPORT

It is with pleasure that I present my 1989/1990 report.

This year has seen the consolidation of the "Australian Masters Swimming Coaches Newsletter" with an appropriate rise from \$6.00 to \$12.00 in subscription rates. The newsletter has also expanded to 30 pages with a circulation of 103, some of which are given to various sporting bodies and libraries.

The breakdown of subscriptions are as follows:

VIC. 32	S.A. 12	W.A. 5
N.S.W. 23	TAS. 8	N.T. 3
QLD. 13	A.C.T. 5	OTHER 12

It is disappointing that our largest Branch has one of the smallest subscription rates.

For administrative ease, I recommend that a separate working account be opened for the newsletter to be administered by myself.

The Coaching Manual has now been completed, but it needs another body (preferably professional) to be responsible for layout and editing before printing.

I am excited by the finished product and believe it should have a wider audience than just AUSSI members.

A huge step forward is in A.S.I.'s invitation to present a speaker at their prestigious National Coaching Conference in May. Peter Raeburn will present a paper based on his Masters Thesis completed in 1988, and

the inaugural "Masters Coach of the Year" will also be presented to an AUSSI Coach who has made an outstanding contribution to Masters Coaching.

While 1989 was not a good year as far as the running of Level 1 M courses went, (4 were planned and 3 were cancelled), 25 people have completed their requirements and are now accredited.

S.A. 1	W.A. 7
QLD. 8	VIC. 9

This may be a step in the right direction, but falls very short of our target of accredited Coaches in EVERY Club. It is disappointing for Branch co-ordinators to go to the effort of planning these courses, to have them fall through due to lack of interest. Clubs must make every effort to have their Coaches accredited to fulfill our objectives. (Clause 5.4 "to develop accredited Coaches and safe Coaching practices").

Following the completion of the National Half Yearly Council Meeting, a Coaching Panel met to discuss coaching problems, particularly the administration of the Coaching Accreditation Course. The practical requirements were reviewed and clarified and an outline developed for the growth of a Level 2 M course. This meeting was a great success and it is hoped to become an annual event.

My thanks to Kay Cox, Lynda Lehmann and Peter Raeburn for their input over the past year and to everyone who has assisted or encouraged me.

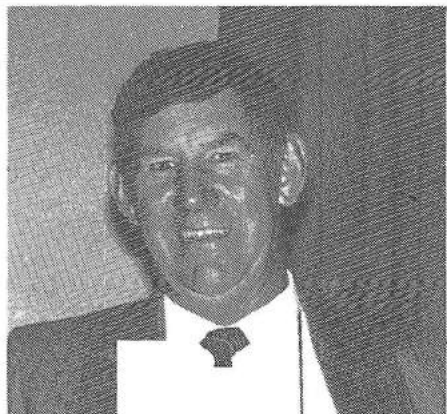
ANITA KILLMIER

DIRECTOR OF COMMUNICATION ANNUAL REPORT

Since April we have made a slow start to our Communication Portfolio, due to the fact of changing the Director mid-year and starting again.

While there was much sitting on our hands at the start of the job, we now have moved to a more positive position.

While the A.C.T. Membership is limited in what it may achieve, there is no doubt we will give it our full effort. We are now melding a team which has set its aim for the coming



Allan Wright
Director of Communications

months. The following are our main goals for 1990:

1. We will produce an AUSSI Year Book for 1990 providing Sponsorship is forthcoming.
2. We will be producing a regular Newsletter.
3. Establish V.I.P. and Life Membership Protocol manual.
4. Establish a Historian.
5. Complete the other Rules of our Directorship.

We are moving toward a Year Book and have planning in place to produce this during 1990. The Newsletter will be

produced shortly and will be in the A3 or A4 format (double page). We are gathering information for the Protocol Manual now and hope to complete this task shortly.

Establishment of a Historian has been our main achievement during our term thus far. Peg Wilson of Tamworth, has accepted the position and we are now establishing guidelines for the job.

While it has taken us a while to say GO, we are now moving and I can see that 1990 will be the year that we will look back and be able to count our achievements and know that we have completed our aims.

ALLAN WRIGHT

NATIONAL TECHNICAL COMMITTEE ANNUAL REPORT

A number of important issues were addressed by members of the Technical Committee during the year.

Early in the year, the committee considered the amended FINA rules with respect to Backstroke and Butterflystroke, and recommended that the changes be incorporated into the AUSSI Rules of Swimming. The committee also discussed the variation in the Butterflystroke now being used by some swimmers (fewer armstrokes than leg kicks) — quite legitimate under current rules — without coming to any firm recommendation for a

rule change, preferring to continue to monitor its use.

Major matters under consideration at the end of the year included:-

1. The accreditation (courses, instruction, exams — written/practical — standards, awards) of AUSSI members to act as officials (referee, starter, time-keeper, marshal, recorder) at the various levels.
2. Rules for Masters long Distance Swimming.
3. A variation to the rules relating to false starts (at present in use at a number of overseas meets).

In conclusion, the committee congratulates Malcolm Heath on his appointment as National Director of Technical Development.

JACK MCMAHON

for THE TECHNICAL COMMITTEE

DIRECTOR OF PLANNING ANNUAL REPORT

During the year considerable time and effort was spent becoming familiar with AUSSI's existing planning documents. Much of the plans seem and are worthwhile, however, little information is available from the membership on the direction they believe we should be taking. In this light it was proposed, and subsequently approved, that a questionnaire be undertaken to receive

feedback from members on a variety of issues. The questionnaire is currently being developed and will be conducted during the first half of 1990.

From a computing point of view, AUSSI now has its own computer registration system which should be available for the use of Branches, and hopefully Clubs, during 1990. The commitment was also made to purchase computer hardware and software for the use of the Director of Recording, with a view to computerising the recording function, initially at a National level, and in the longer term, the Branch and Club level. Finally the swim meet program is currently

being re-written so that it can run on a personal computer and to provide the required functionality.

Of the many decisions made during 1989, one of the most important was the adoption of a drug policy where the use of performance enhancing substances, as advised by the FINA Medical Committee, is now forbidden (not that it was ever encouraged). When discussing the issue, it must be remembered that we are referring to performance enhancing substances as opposed to medication prescribed by a physician on health grounds.

DIRECTOR OF RECORDING ANNUAL REPORT



As I write this report (1st March 1990) I have just completed the compilation of the 1989 top tens. Hopefully by the time of the conference the completed typed lists will have been distributed.

There is no doubt that the top tens have become an extremely onerous task at both National and Branch levels, as Director of Recording I should be suggesting ways and means of streamlining the job and reducing the workload, however it is a catch 22 situation whereby the workload is such that one does not get time to think of the future.

The following thoughts are "off the top of my head", so to speak, but they may engender some discussion on the subject.

Obviously, the ultimate plan is for the transfer of information by floppy disk, this is still some years away yet though, at the present time we do not have a common recording system, some Branches use the

In closing, I would like to emphasize the importance of AUSSI developing relevant and meaningful plans if we are to grow into the 1990s. One of the key elements in this process is feedback from the grass roots level, hence, the success of the membership questionnaire becomes essential. In this light, members who receive it, are requested to invest in AUSSI's future by taking the time and effort to complete and return the questionnaire, within the required time frame.

J.G. IOSSIFIDIS

"UNISYS" system, others the new Queensland system and there are still Branches using their own programmes.

All of this means that the transfer of information is fairly difficult and still the easiest method is by cards, this however is complicated by the move away from the use of cards for swim meet recording, both Queensland and Victoria, I understand, are working along these lines already. Incidentally, I do not knock the move, I believe it has more advantages than disadvantages. Branch Recorders do appear to be disadvantaged so I guess the problem is how do we overcome this situation.

The only short term solution I can suggest is for Branch Recorders to forward their swim meet results, or any top ten submissions, to me progressively throughout the year, these can be entered in the computer and print-outs produced periodically during the year which will be circulated, thus, theoretically, cutting down on the number of submission at the end of the year.

There are bound to be all sorts of reasons why the above won't work, one small problem I can see is that no longer would it be possible to show the competitors actual ages because results do not list them, just the age group. Also it is based on the premise that the Director of Recording is supplied with the necessary computing and printing hardware.

In conclusion I urge all Directors to discuss this with their Branches and in particular with the Branch Recorder so that we may hopefully be able to arrive at a satisfactory solution during the conference.

P. GILLET

DIRECTOR OF PROGRAMMES ANNUAL REPORT

I have found this first year as a Director vastly different from my previous experience as a National Councillor. It was not until the first Board meeting that I realised the extent and relevance of my responsibilities as a Board member.

These principally cover the National Aerobic Trophy and National Awards scheme. My work commenced with the need to produce the new Aerobic Rules and Pointscore Booklet and after thirty-six tedious hours of typing and cross checking the new schedules were combined with the Rules as previously prepared by Judy Ford and sent to the Executive Director for printing.

The resultant booklets were distributed through the Branches and every Club should now be in possession of one and using it for the current Aerobic year. The pointscores are vastly different from the previous ones and it will be interesting to see what effect this has, if any, on the results.

In my first report to the Board it was recommended a moratorium be placed on the Aerobic Rules and Pointscores for at least the next two years. Because of the magnitude of the changes and the potential adverse reaction from people accustomed to the former pointscores I consider this two year period desirable to give the new pointscores a chance to establish themselves.

At the time of writing my husband Hector is in the throes of processing the result of the 1989 Aerobic Trophy which will be released



Trish Beveridge - Director of Programmes
Secretary, Tasmanian Branch

at the Presentation Ceremony of the National Swim.

It is difficult to know if clubs are promoting the various awards and in an effort to evaluate members knowledge of this area of AUSSI questions were submitted to the Director of Planning for inclusion in the postal survey. A promotional display depicting the various badges and patches will be arranged "on deck" during the National Swim Meet in an effort to give the awards a higher profile.

I have found the combined duties of Branch Secretary and Director excessive and find myself in a difficult position of having to relinquish one of these positions to keep household harmony. Because I believe in the restructured Board I have decided to stand down from the Branch Secretaryship at our AGM in February. I look forward to an interesting and productive year serving AUSSI Masters Swimming in Australia as Director of Programmes.

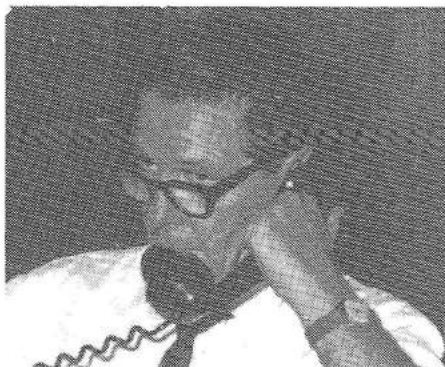
TRISH BEVERIDGE

NEW SOUTH WALES BRANCH REPORT

It is my pleasure to present some of the major events and administrative changes within the NSW region during 1989.

The year was successful both competitively and socially.

The number of clubs registered at the time of writing was 35, with a total of 1237 members. Although this number showed a slight increase over previous years, the



Ken Ford - Secretary, N.S.W.

numerical strength, with all the manifest advantages this State provides, has been of concern to the Management Committee. Considering the large population increase and the ageing of the population, the slow increase prompted the appointment of two Promotion Officers, one in the country and one in the metropolitan area. Peg Wilson of the Tamworth club is in an ideal location to visit strategic country areas especially those which support successful amateur clubs, while Bob Dorrington's knowledge of metropolitan clubs is well known. Encouraging results are showing and it is believed that the programme will benefit AUSSI in this state.

Swimming activities during the year at both State and club levels were many and varied and mainly successful.

The main event, the 14th AUSSI National Swim and Club Championships, was held at the Warringah Aquatic Centre on April 19-22. The number of entries was a disappointment, being only 585 swimmers — less than 2/3 of the anticipated number. Although the lack of entries was disappointing, it in no way detracted from the success of the meet with regard to the competitors. It may, in fact, have contributed to the large number of records created. A leisurely, non-stressful atmosphere prevailed, with each day's programme being completed by 4.00 pm.

The social programme including the Welcoming Function, the Fun Night and the Presentation Dinner were successful.

Due to the low number of entries and the budgetary effects, the Committee decision to make the carnival a joint venture with the National Body was a proper one.

The lack of entries gave rise to some soul-searching, and it was agreed that everything that could have been done was properly executed, and the organising committee had done everything possible to attract entries.

The Committee's deliberations highlighted some features that other States who intend to hold National Swims should heed, such as the high cost of travel and accommodation for interstate swimmers. Of the 585 entries, 414 were from NSW with 171 from interstate.

Added to the costs incurred to attend our National Swims are the distractions of so many major international events that are advertised widely and attract our swimmers. During 1989 were the World Masters

Games in Denmark as well as the Australian Masters Games in Adelaide in October. In 1990, the World Masters Swim will be held in Rio in August.

Future National Swims will have to compete with such meets, and soon, it appears, each State will be holding their own Australian Masters Games.

Such a plethora of events has led the NSW Branch to believe that the answer could lay in having all our National Swims as Postal Events. In this way it could be established who are really the top swimmers.

It should be noted that the NSW Nationals produced 7 World Records and 41 National Records. The swimmers of the meet were Myrtle Wright and Frank Griffiths.

Our Short Course Championships produced 30 individual and 3 relay National Records. The meet was held in a near country town, Singleton, to conform with the Committee decision to allow country members to experience important swimming events.

Our State Cup produced 19 individual and 2 relay National Records.

During 1988-89, NSW swimmers broke 9 individual World Long Course Records and 11 individual and 7 relay World Short Course Records.

The Aerobic Trophy continues to attract increased numbers of participants. NSW appreciates the amount of work entailed in the revision recently completed.

Our club carnivals are still popular, numbering 17. Dire results were predicted, which did not eventuate, when the Management Committee, after serious and prolonged deliberation, decided in the interests of our members' health to curtail half day carnival entries to 3 individual events plus two relays, making a possible 5 event carnival maximum. It was found that the number of events programmed had been in excess of the number considered beneficial to the members, especially the older swimmers who would, for the club's pointscore, swim in every event available. The restrictions have been generally accepted and we hope, found beneficial.

NSW congratulates our National Executive Director in the ironing out of what was considered anomalous in our insurance coverage. Despite an avalanche of mail descending upon him from NSW, he did, I believe, by dint of arm-twisting, resolve problems that existed in the minds of our swimmers.

In conclusion, NSW extends the best of swimming and good health to the Branches and good wishes for the 1990 season.

The same good wishes are extended to our new National structure, trusting that it works well for the good of AUSSI.

KEN FORD

BRANCH SECRETARY ACT BRANCH REPORT



Marg Krischock - Secretary, A.C.T.

1. CLUBS

The Branch ended the year on a positive note with the formation of the Oasis Masters Swimming Club in July. The ACT Branch now has 3 clubs with a total Branch membership (as September 1989) of 84 (up from 70 members in the previous year).

2. BRANCH DEVELOPMENT

2.1 GOVERNMENT GRANT

Once again, we received a grant under the Sports Development Programme of the Community Development Fund which assisted us greatly with general administration costs, coaching projects and the conduct of our swimming carnivals.

2.2 SPONSORSHIP

TOSHIBA (Canberra) continue to sponsor us by photocopying and collating our newsletter, TIDAL. Without this, the Branch would be unable to supply such frequent and complete information to its members.

The ACT Division of the National Heart Foundation also continues to support us by publicising our aims and objectives at every

opportunity and also by providing their Board Room for Branch meetings. This year they have also provided funding for the purchase of club banners.

2.3 PUBLICITY

Our efforts to promote ourselves this year included:

- preparation and distribution of a flyer about AUSSI to pools, recreation centres etc.
- participation in "LIFE BE IN IT — Come and try AUSSI"
- participation in a "Veteran's" Sport promotion co-ordinated by the ACT Department of Sport, Recreation and Racing
- contribution to the ACT Sports Calendar distributed to the public, sporting and tourist organisations.
- publication of results from the March swimming carnival in the local press and Canberra Times.
- participation by two members in a short segment on adult swimming in the sports segment of the Prime Television news.
- update of our entry on the NICAN database accessed via CSIRONET which provides a database of organisations involved with sport for the handicapped.

3. SWIM MEETS AND EVENTS

3.1 ACT BRANCH SWIM MEET

This event was held at the AIS pool on 4 and 5 March 1989. There were 102 participating swimmers, 36 from the ACT and 66 from 14 NSW clubs. 10 applications for recognition of National records were lodged from swims at this meet.

3.2 ACT LONG DISTANCE SWIM MEET

This event was held at the AIS pool on 15 and 16 July 1989. There were 96 participating swimmers, 36 from the ACT, 59 from 14 NSW clubs and 1 swimmer from a Brisbane club. Applications for the recognition of 56 National records resulted from this swim meet.

3.3 ACT INTERCLUB CHALLENGES

2 were organised for this year. The January challenge reverted to just the after swim BBQ due to unseasonably cold January weather and an outdoor pool venue. The November challenge was held at the more weather-wise reliable AIS and was won by the Oasis club.

3.4 NATIONAL HEART FOUNDATION SWIM FOR HEART

ACT AUSSI again played a significant role in the 30 hour Swim for Heart. There were 4 AUSSI co-ordinated teams which raised over \$6,000 between them (with one team being the second highest fundraiser) and over \$40,000 was raised overall.

3.5 MODERN PENTATHLON ASSOCIATION

The ACT Branch provided the officials for the swimming sections of the 1989 Plessey Australia Cup for Modern Pentathlon held at the AIS in January 1989 and the State Championships held at the AIS in November 1989.

3.6 SRI CHINMOY ENDURANCE SWIM AND TRIATHLON

ACT AUSSI was again approached to assist by providing officials for the conduct of these two events swum in Lake Burley Griffin in February 1989.

3.7 AUSTRALIAN FEDERAL POLICE NATIONAL GAMES

The ACT Branch provided organisational assistance and the officials for the swimming section of these games held at the AIS in September 1989.

4. COACHING

Angelika Erpic was accredited as a Level 1 AUSSI Masters Accredited Coach this year.

ACT club coaches held one stroke specific coaching night in the last year. Several coaching videos have been purchased.

5. DES MCCORMICK MEMORIAL TROPHY

The ACT Branch has instituted the perpetual Des McCormick Memorial Trophy as a mark of respect and in recognition of the contribution that Des has made to AUSSI in general, and to coaching development and support to the ACT Branch in particular. It is to be awarded annually to the ACT Member of the Year based on effort and contribution to the ideals of AUSSI and not necessarily on personal swimming achievements.

6. SOCIAL

The annual Branch and Club Executives dinner was a delicious french dinner at the Southern Cross Club.

There were also two "traditional" weekends at Smiggins Holes staying in an otherwise unoccupied lodge. The April weekend although wet provided the opportunity to pursue indoor activities while the November

weekend provided perfect bushwalking weather.

In closing, on behalf of ACT AUSSI, I would like to congratulate our new National Executive and Directors for their efforts in the first year under our new administrative structure, and also wish all other AUSSI members a healthy and successful 1990.

MARGARET KRISCHOCK
BRANCH SECRETARY

VICTORIAN BRANCH REPORT



Jane Levy - Secretary, Victoria

The thought of writing a report to summarise the past 12 months of the activities of AUSSI Victoria, to me is a daunting one. So where and how do I start?

I have been fortunate enough to be part of a hard-working team, all committed towards the betterment of our Association.

The year has had many highlights including the State Long Course Championships in February, which were very well run by Frankston and the Inaugural State Short Course Championships in August, ably hosted by North Lodge. It has become obvious that this was a popular meet and one members would like to see run on an annual basis, most likely contained to one day with a maximum of 3 events per person.

The State Presentation Dinner earlier in the year was again a great success at the Rialto. I am sure we can still encourage a lot more members to join in the fun of our Annual Dinner. The social side of AUSSI is an important ingredient to our success.

I believe the sponsorship proposal to VicHealth is a significant move towards

gaining both financial and promotional recognition of our sport and the efforts and foresight of Danny Meisels are to be congratulated.

Whilst AUSSI is continuing to grow there is still much room for improvement and we must not fail to recognise the need for change.

Several areas requiring consideration include improved communication to enable a greater understanding of activities and benefits to be gained by members.

It is most pleasing to see four new clubs recently joining the ranks of AUSSI Victoria, however, there is an obvious need for a membership drive as well as the need for more clubs as a whole.

Considering the above directions of AUSSI, the management and administration is becoming an area of increasing concern and we are fast approaching the need to review our current organisational structure.

It is my opinion that the current structure is lending toward being too cumbersome and restricting the strategic directions of our Association. To this end, we will need to seriously consider an executive committee supported by a Club Council to enable us to achieve our long term goals.

In closing, I wish to thank everyone who has served on the committee this year for their contributions which have assisted me in performing my duties. I have enjoyed working with you all.

JANE LEVY
BRANCH SECRETARY

TASMANIAN BRANCH REPORT

The past twelve months for AUSSI Tasmania has been one of growth and consolidation. Membership this year shows a 35% increase on last years figures and with the clubs now numbering three in the Hobart area and two in the north of the state, namely Launceston and Devonport. I can firmly say that AUSSI is here to stay.

Our yearly programme consists of three major State Championships: Summer Championships, Winter Short Course

Championships and an Inter-Club Relay competition which has proven to be most popular and effective in membership development. We have been impressed by the eagerness at which the new clubs have sought to host swim meets in their home pools effectively spreading the workload of conducting the meets throughout the Branch.

This year our Short Course Championships were included with the inaugural Tasmanian Masters Games. These Games not only gave our sport a high press profile but also attracted the greatest number of masters swimmers to a Tasmanian event to date.

Our reliable sponsor SCHWEPES received excellent exposure to promote their product. Assistance from the Tasmanian Government in the way of advertising and promoting the games is seen as the principal benefit of this type of event.

Unfortunately an area in which I consider the State to be lacking is that of support at Branch level for administrators. Of course you all know the problem, often the ones who want to swim the most are the ones also involved in organising. It is expected to change this year however as the Branch is looking to involve new members in the Branch office positions. This will free more experienced officers to deal with the task of the National Swim which is to be hosted in Devonport in March 1991.

Communication throughout the Branch has improved tremendously during the past twelve months due predominantly to the excellent newsletter "THE PLATYPUS PRESS" which has become an effective forum for the expression of views. Also the purchase of a photocopier has improved the dissemination of information from Branch to Club level.

An area in which we need to expand and develop is in our Coaching. Tasmania has no qualified Masters Coaches to date and although clubs are managing with Accredited Level 1 ASI coaches it is necessary to establish our own recognised Coaches. Once again it turns out that the ones with the knowledge also wish to have the time to swim themselves and the problem goes on.

In conclusion I would like to say the the Club Guide has proven to be a great asset in assisting developing Clubs solve those many teething problems. My first question to any telephone enquiry is "have you

looked in the Club Guide" and not surprisingly the answers are there more often than not. A sigh and a "Thank-you Glenys" often accompanies a shorter call and a lower phone bill.

We are looking forward to welcoming Masters swimmers from all over Australia next year to the National Swim and in keeping with our slogan it will be interesting to see just HOW DOWN UNDER you all can get.

TRISH BEVERIDGE
BRANCH SECRETARY

SOUTH AUSTRALIAN BRANCH REPORT



Florence Walker - Secretary, S.A.

It is that time of the year again to sit down and prepare another Branch Annual Report. After writing the last seven of these I find it very difficult to think of new or different ways of reporting the years activities to make them sound interesting or varied. This is my 8th and final report for the South Australian Branch and promises to be no exception.

The 2nd Australian Masters Games took a great deal of time and energy from a few people and eleven months of 1989 was concerned with this event. The Games were hailed as a great success for Adelaide and the swimming segment was named as one of the best of all the sports. A full and comprehensive report has been issued dealing with the organisation of the swimming segment which it is hoped will assist the next Branch who have the honour of hosting future Games.

The day to day running of the Branch was

not neglected but time is limited and I personally feel that because of the amount of extra work involved some of my duties were rather hurriedly undertaken. Nevertheless all was accomplished.

The position of Treasurer was part of my duties this year as there were no volunteers at the Annual General Meeting. If I had known how much work was involved I would not have offered to do this as it was all too much to cope with. Chris Potter came to the rescue and made himself responsible for all the book keeping etc. and my sincere thanks and gratitude are passed on to Chris for saving my sanity.

The Management of the S.A. Branch is an area which causes the existing Executive much concern. Very few people seem to want to be involved at Branch level and this is becoming a serious matter. It is essential that new, and in my case younger, members should take over some of the responsibility for their affairs and I hope at the A.G.M. this will happen.

A step in the right direction is the formation of a Task Force, consisting of 7 people, none of whom are presently involved in Branch Management who are currently meeting to prepare a 5 year plan for the S.A. Branch, and hopes are held that a new image will emerge from their deliberations to take over and lead us into the future.

For more mundane matters, registrations again dropped in 1989 — according to the National Office, 597 members, and according to my figures, 604! Who am I to argue.

Clubs during 1989 remained at 10, but late in the year another city club was formed at Unley and at the time of writing is doing very well.

South Australia was again fortunate to have the support of the Commonwealth Bank who sponsored the Interclub series in '89. This ended with a very successful Presentation Night, organised by Marion AUSSI, at the Hackney Hotel. The evening was very well organised and appreciation goes to the Marion club who worked so hard to make it so.

Difficulties were experienced in trying to find a date to hold the State Cup in 1989. The Adelaide Aquatic Centre was closed for several weeks for major alterations and then were the Masters Games. Because of these events it was reluctantly decided the State Cup would not be held this year, most unfortunate but unavoidable.

We must also acknowledge the support of Unisys for their continuing assistance with computers for Interclubs and also for the Masters Games. We very much appreciate being able to call on them when necessary and for their ready help when needed.

To conclude this report I would like to thank the members of the Branch Executive and all the members of S.A. AUSSI, who help to make our Branch a happy and congenial organisation of which to be a member.

FLORENCE WALKER
BRANCH SECRETARY

W.A. BRANCH REPORT

Due to the aligning of our Registration year and our Financial year this 'year' has been shortened by three months. Nevertheless the past nine months have been hectic, full of happenings and rewards.

The year was full of highlights and I would like to touch on a few.

1. After negotiation, and with full support of club delegates, a five year contract has been agreed to by Perth Superdrome for us to conduct both our March and September State Swims at this outstanding venue. The outdoor pools are due for completion in May 1990 and this will allow us the choice of pools subject to weather.
2. Both State Swims in 1989 were huge successes — How could anyone forget the 'lump in your throat' effect the video produced and shown at the March carnival dinner had. Congratulations to all winners whether it was your club or you with a PB.

To Mike Rome and his State Swim Committee another fantastic year. The effort these people put in and the value for money we all gain by their efforts is often overlooked. My congratulations to you all.

3. PAN PACIFIC TRIALS — These were conducted in Perth and our Association provided several timekeepers to assist the West Australian Swimming Association. An expression of gratitude was made to us and I thank all those of you who responded to our call to assist. The harmony and good working relationship between our two

Associations augurs well for the forthcoming International Meet in January 1990 and the World Championships in 1991 during which AUSSI has a major role to play.

4. Although at the time of writing this report nothing can be stated about it's success, I'm sure the newly introduced State Long Distance Swimming Series, which kicks off at Rottneest on December 2nd will be a big success given support and allowed the time to develop.

In closing I wish to thank all those on my Executive for their support and hard work throughout this past season. To the State Government through Jack Busch and his Department my gratitude for your continued support of our great belief in the role AUSSI has to play in our Community. Special thanks again to my wife, Lynn, for her continued support.

Keep swimming, keep smiling and above all have fun.

DAVID CUMMINS
PRESIDENT

QUEENSLAND BRANCH REPORT



Peter Reaburn - President, Queensland

Queensland Masters Swimming has had a good year. At the writing of this report we have just over 1,000 members but more pleasingly, six new clubs throughout Queensland. Few of our members would disagree that Masters Swimming in Queensland is on the move.

Our State Committee developed a flyer and poster promotion while our publicity man David Mackay produced, at the right price, a video advertisement which was aired on late

night television. I know it has raised awareness and gained us members.

We also undertook to take on the services of a professional merchandiser — one of our swimmers from Westside Club, Bren Catchpole. Bren's enthusiasm and professionalism has produced a range of products from car stickers to dress shirts, with Queensland Masters Swimming receiving five percent of the gross. Again, this has contributed to our image and raising awareness of our sport.

A Level 1 Masters coaching course will have been run by Stephen Cornelius at the magnificent Sanctuary Cove. The objective is to have qualified persons on deck to raise the level of fitness and stroke development within our movement.

The National Titles have been hosted by my branch this year. AMP and Zedar Swimwear were secured as sponsors by David Lawson from Powers Masters to guarantee its financial success. A hard core group of Miss World Rhonda Searle, Max Gillespie, David Lawson, David Haley, and dynamo Bren Catchpole with help from Robyn Beard has bought a great team together to produce a Nationals to remember.

I personally feel the time has come to look at the Nationals viability — could it be combined with a Masters Games, be run by paid professionals, be located in the middle (e.g. Sydney/Canberra/Melbourne). Whatever the outcome, I feel a summit needs to be held by interested parties to review its function and need.

It would be remiss of me to thank what has indeed been a committed team. Vice President Max Gillespie has acted as a new member contact and tempered my youthful zeal. Rhonda Searle — totally efficient and the reason why we have achieved so much. My wife Claire for her professionalism in the bookkeeping area. Registrar Sandra Pugh and recorder Rosemary Bourke for their thankless hours of toil. David Lawson for his work in achieving sponsorship, David Mackay for his media contacts and efforts, newly married Ken Theodore for looking after the aerobic swims, Steve Cornelius for looking after Coaching accreditation, Gil Porter for our first class Newsletters and Mary Sweeney, Ed Milligan and Pat Wright for their assistance.

Finally, to all the Club Administrators in Queensland Clubs — thank you sincerely for your efforts, like me, the more you put in, the more you get out. Good luck to you all.

PETER REABURN PRESIDENT

MANAGEMENT COMMITTEE DUTY STATEMENTS

PRESIDENT

Preside over all Board Meetings and teleconferencing Management Committee meetings

Uphold the AUSSI Constitution, By-laws and Rules (where practicable)

Guide other Officers in the commission of their duties

Represent AUSSI officially when available

EXECUTIVE DIRECTOR

Implementation of policies and activities

Office management and control

Support staff control

Federal Government liaison and grants

Marketing and nurturing of sponsors

Branch liaison and identification of needs

International requirements

Liaison with kindred associations

Office financial management

Assist Director of Finance with preparation of financial statement and budgets

Preparation of reports

Administration — correspondence, meeting procedure etc.

Computerisation as directed

Control and distribution of stock

Surveys, postal ballots etc

Liaison and overview of Board of Director portfolios

Be answerable only to the President between Board of Director meetings.

DIRECTOR OF FINANCE

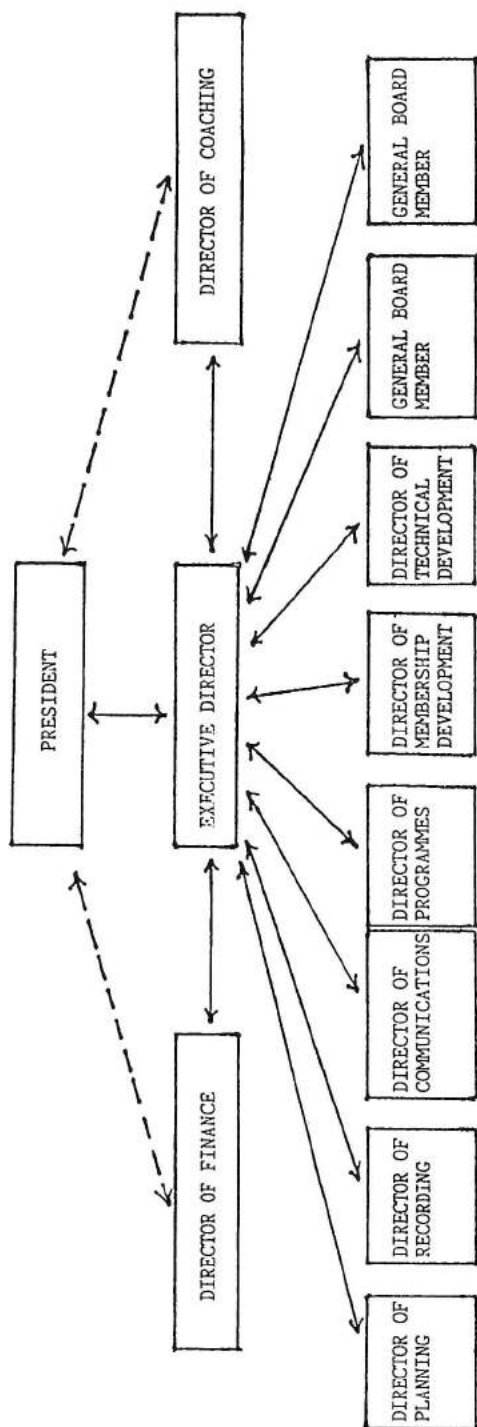
Financial design and planning

Financial statements for all meetings

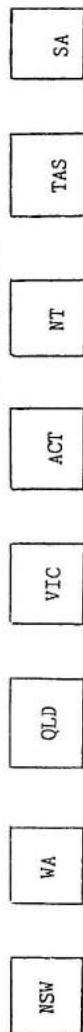
Financial control

Budget preparation in liaison with Executive Director

BOARD OF DIRECTORS



BRANCHES - EACH APPOINT A BOARD MEMBER



... CLUBS - ESTABLISHED THROUGHOUT AUSTRALIA ...

Annual Financial Report and audit statement

Liaison with Directorships re budgets

DIRECTOR OF COACHING

Continued implementation of Level 1 Accreditation

Investigation of Level 2

Education seminars — fitness, sports injury, motivation etc.

Coaching seminars — stroke correction, starts, turns, rules Dissemination of information — resource centre

Direction on Research projects for AUSSI

Update AUSSI Coaching Manual as required

Full details of the duties of Office Bearers are contained in the BY-LAWS 14 to 17.

DIRECTORS PORTFOLIOS and DUTY STATEMENTS

DIRECTOR OF COMMUNICATIONS

AUSSI Year Book/Newsletters

Branch news co-ordination

Articles for "International Swimmer"

Reading and relevance of International swimming newsletters

V.I.P. protocol

Life membership protocol Volunteers — gaining, training and retaining

Publicity for results

Historian

DIRECTOR OF TECHNICAL DEVELOPMENT

Assist National Technical Committee and report for them

Oversee conduct of National Swim Meet

Review every two years of National Swim Meet programme

Review officials courses, FINA rule changes, appropriate AUSSI rule changes

Update technical publications as necessary

Update National Swim Guide as necessary

Review of Swim Meet medical procedures

Sanction of Swim Meets

DIRECTOR OF PLANNING

Assist National Computer Committee and report for them

Annual update of 5 Year Plan

Investigate innovations and new directions

Facilities planning when and if required input into proposed swimming pool complexes to see they meet our needs Think Tank Recording of data for future planning

Updating resource information

DIRECTOR OF RECORDING

Top Ten compilation and publication

Input into World Top Ten

Update of National Long Course & Short Course records and publication

Control of Record Applications and forms

DIRECTOR OF PROGRAMMES

Aerobic Trophy Recording and Results

Review of Trophy as required

Updating booklets and forms as required

Continuation of Award badge and certificate programmes

DIRECTOR OF MEMBERSHIP DEVELOPMENT

Monitor membership numbers

Recruiting and retention planning

Update of Club Guide and usage promotion

Education Seminar information to Branches

Membership safety — recording of accidents/illness during participation

Medical aspects for consideration

Production of brochure listing AUSSI benefits and programmes

Promotional videos

AUSSI-MASTERS SWIMMING IN AUSTRALIA

NATIONAL RECORDS

LONG COURSE

WOMEN

CURRENT AT NOV. 1st. 1989

EVENT		FREESTYLE					
AGE		50M.	100M.	200M.	400M.	800M.	1500M.
20-24	TIME	28.71(88)	1:04.90(88)	2:23.90(86)	4:51.73(89)	10:20.75(89)	20:35.05(87)
	NAME	B.MCKENZIE	B.MCKENZIE	S.JEWELL	S.PALMER	W.MILNER	W.MILNER
	CLUB	TOWNSVILLE	TOWNSVILLE	TOWNSVILLE	ADELAIDE	INGLEWOOD	INGLEWOOD
25-29	TIME	28.97(82)	1:03.01(85)	2:16.50(88)	4:43.69(89)	9:38.11(89)	18:37.60(88)
	NAME	D.FOSTER	H.GRAY	S.BRISTOW	S.PALMER-WHITE	S.PALMER-WHITE	S.TAYLOR-SMITH
	CLUB	INGLEWOOD	TOWNSVILLE	NTH.SYDNEY	ADELAIDE	ADELAIDE	OSBORNE PK
30-34	TIME	28.46(88)	1:02.82(88)	2:15.25(88)	4:50.35(89)	10:02.78(88)	19:50.81(88)
	NAME	J.COSSTICK	J.COSSTICK	J.COSSTICK	C.FERGUSON	C.FERGUSON	S.SCARFE
	CLUB	RYDE	RYDE	RYDE	ARMIDALE	ARMIDALE	SOMERSET
35-39	TIME	29.40(88)	1:05.97(88)	2:19.61(88)	4:50.29(88)	11:13.26(89)	22:07.02(87)
	NAME	T.MACDONALD	L.WATSON	L.WATSON	L.WATSON	A.GILROY	A.GILROY
	CLUB	BRISB. SOUTH	NTH.SYDNEY	NTH.SYDNEY	NTH.SYDNEY	BELCONNEN	BELCONNEN
40-44	TIME	30.00(86)	1:09.20(85)	2:32.12(88)	5:27.35(88)	11:19.70(88)	22:46.71(87)
	NAME	R.WILMORE	A.WYATT	G.CORLIS	G.CORLIS	G.CORLIS	C.CLARKE
	CLUB	LEISURE EST.	BAGDAGINNIE	TOWNSVILLE	TOWNSVILLE	TOWNSVILLE	CARINE
45-49	TIME	31.51(85)	1:09.86(85)	2:40.89(88)	5:42.15(86)	11:35.82(88)	23:22.19(89)
	NAME	D.FRASER	D.FRASER	J.WATSON	D.FRASER	J.CROFT	C.CLARKE
	CLUB	WEST. SUBS.	WEST. SUBS.	WARRINGAH	POWER PTS.	BRISB. SOUTH	CARINE
50-54	TIME	32.77(89)	1:16.29(89)	2:52.05(85)	6:03.14(86)	12:31.94(86)	23:55.54(83)
	NAME	D.FRASER	D.FRASER	B.WILSON	B.WILSON	B.WILSON	B.WILSON
	CLUB	POWER PTS.	POWER PTS.	NTH.LODGE	NTH.LODGE	NTH.LODGE	NTH.LODGE
55-59	TIME	36.45(83)	1:20.56(88)	2:56.34(88)	6:12.00(88)	12:42.71(88)	24:51.60(89)
	NAME	E.WALLIS	H.EVANS	H.EVANS	H.EVANS	H.EVANS	B.BROOKS
	CLUB	WARRINGAH	CRO/SUTH.	CRO/SUTH.	CRO/SUTH.	CRO/SUTH.	NTH.LODGE
60-64	TIME	35.02(89)	1:18.28(89)	3:00.16(89)	6:22.52(89)	13:10.98(89)	24:59.01(89)
	NAME	M.CUNNINGHAM	M.CUNNINGHAM	M.CUNNINGHAM	E.WALLIS	E.WALLIS	E.WALLIS
	CLUB	DONCASTER	DONCASTER	DONCASTER	MANLY	MANLY	MANLY
65-69	TIME	37.64(86)	1:28.26(86)	3:22.11(86)	7:11.89(86)	15:43.06(86)	31:06.74(89)
	NAME	J.DRAKE-BROCKMAN	J.DRAKE-BROCKMAN	P.DOWN	B.ANDERSON	B.ANDERSON	N.ROWE
	CLUB	CLAREMONT	CLAREMONT	ETTALONG	NTH.LODGE	NTH.LODGE	CRO/SUTH
70-74	TIME	39.22(87)	1:30.37(87)	3:24.61(87)	7:19.34(87)	18:14.55(86)	32:21.99(89)
	NAME	B.ANDERSON	B.ANDERSON	B.ANDERSON	B.ANDERSON	D.JONES	P.RAE
	CLUB	NTH.LODGE	NTH.LODGE	NTH.LODGE	NTH.LODGE	WHITFORD	WHITFORD
75-79	TIME	44.53(85)	1:42.42(88)	4:39.84(89)	9:16.00(87)	22:18.60(85)	46:41.31(89)
	NAME	M.WRIGHT	M.WRIGHT	D.NICOL	M.WRIGHT	B.JONES	J.KENNEDY
	CLUB	OSBORNE PK.	OSBORNE PK.	GOLD COAST	OSBORNE PK.	INGLEWOOD	BELMONT
80-84	TIME	46.62(89)	1:49.27(89)				
	NAME	M.WRIGHT	M.WRIGHT				
	CLUB	OSBORNE PK.	OSBORNE PK.				
85-89	TIME	1:54.04(87)	4:28.23(84)				
	NAME	V.FERNANCE	V.FERNANCE				
	CLUB	BLACKTOWN	BLACKTOWN				
90-94	TIME	2:01.32(88)	4:38.22(88)				
	NAME	V.FERNANCE	V.FERNANCE				
	CLUB	BLACKTOWN	BLACKTOWN				
95+	TIME						
	NAME						
	CLUB						

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LONG COURSE

WOMEN

CURRENT AT NOV. 1st 1989

EVENT		BACKSTROKE					
AGE		50M.	100M.	200M.	400M.	800M.	1500M.
20-24	TIME	33.91(88)	1.14.54(82)	2.41.12(88)	6.51.22(86)	14.04.18(87)	27.01.25(87)
	NAME	S.DILL-MACKY	A.BILBOUGH	H.WHITFORD	R.MALONEY	S.DUNNING	S.DUNNING
	CLUB	WARRINGAH	FRANKSTON	ADELAIDE	MELVILLE	TOWNSVILLE	TOWNSVILLE
25-29	TIME	32.96(88)	1.11.09(88)	2.37.56(88)	5.51.12(89)	12.28.71(89)	23.48.85(89)
	NAME	M.DAVIES	S.MORGAN	S.MORGAN	S.TULLY	L.ANSELL	L.ANSELL
	CLUB	COO/RAND.	WARRINGAH	WARRINGAH	CLAREMONT	MAIDA VALE	MAIDA VALE
30-34	TIME	34.42(82)	1.16.44(88)	2.42.89(86)	6.12.40(87)	12.34.04(87)	24.03.46(87)
	NAME	S.ANDERSON	C.RILEY	S.ANDREW	S.ANDREW	S.ANDREW	S.ANDREW
	CLUB	GOLD COAST	BALLARAT	REYNELLA	REYNELLA	REYNELLA	REYNELLA
35-39	TIME	35.71(89)	1.17.94(81)	2.51.86(81)	6.43.94(87)	13.51.63(89)	27.13.77(87)
	NAME	K.VALLANCE	E.BISHOP	E.BISHOP	K.COX	P.SOMERVILLE	R.PAYNE
	CLUB	SOMERSET	LANE COVE	LANE COVE	CARINE	HILLS	TOWNSVILLE
40-44	TIME	35.91(88)	1.19.50(88)	2.55.17(88)	6.30.87(89)	13.09.00(89)	30.13.83(87)
	NAME	M.TOPPEL	M.TOPPEL	G.CORLIS	G.CORLIS	G.CORLIS	L.BURCH
	CLUB	POWER PTS.	POWER PTS.	TOWNSVILLE	TOWNSVILLE	TOWNSVILLE	TOWNSVILLE
45-49	TIME	37.79(89)	1.24.24(82)	3.04.39(89)	7.14.81(87)	15.00.23(89)	28.17.06(87)
	NAME	C.MUNNS	C.MUNNS	C.MUNNS	C.GREENE	J.FORD	C.NEWBY
	CLUB	BLACKTOWN	BLACKTOWN	BLACKTOWN	WEST COAST	BELCONNEN	TOWNSVILLE
50-54	TIME	39.91(88)	1.30.95(89)	3.16.28(88)	8.44.09(85)	21.10.65(89)	40.24.71(89)
	NAME	A.KINNAIRD	A.KINNAIRD	A.KINNAIRD	R.LAW-DAVIS	E.MACKENZIE	E.MACKENZIE
	CLUB	FRANKSTON	FRANKSTON	FRANKSTON	MELVILLE	BELCONNEN	BELCONNEN
55-59	TIME	43.03(82)	1.32.73(89)	3.38.01(83)	8.08.33(88)	16.48.09(89)	32.06.16(88)
	NAME	H.DAVIES	D.WANGEL	E.WALLIS	M.HILL	M.HILL	M.HILL
	CLUB	GEELONG	ADELAIDE	WARRINGAH	SOMERSET	SOMERSET	SOMERSET
60-64	TIME	43.83(81)	1.39.73(81)	3.49.28(83)	8.06.26(89)	17.58.61(89)	34.26.04(89)
	NAME	J.DRAKE-BROCKMAN	J.DRAKE-BROCKMAN	J.DRAKE-BROCKMAN	P.BRUCE	B.ROSE	B.ROSE
	CLUB	CLAREMONT	CLAREMONT	CLAREMONT	OSBORNE PK.	COO/SOUTH.	COO/SOUTH.
65-69	TIME	44.40(84)	1.39.33(86)	3.37.55(86)	8.21.04(89)	17.41.58(87)	33.30.11(87)
	NAME	P.DOWN	B.ANDERSON	B.ANDERSON	J.DRAKE-BROCKMAN	B.STERN	B.STERN
	CLUB	ETTALONS	NTH.LODGE	NTH.LODGE	CLAREMONT	COO/RAND.	COO/RAND.
70-74	TIME	45.21(87)	1.39.85(87)	3.47.52(87)	8.19.53(89)	21.17.24(89)	40.32.38(89)
	NAME	B.ANDERSON	B.ANDERSON	B.ANDERSON	P.RAE	M.GARTON	M.GARTON
	CLUB	NTH.LODGE	NTH.LODGE	NTH.LODGE	WHITFORD	HILLS	HILLS
75-79	TIME	51.07(86)	1.56.89(85)	4.14.64(85)	9.12.59(85)		
	NAME	M.WRIGHT	M.WRIGHT	M.WRIGHT	M.WRIGHT		
	CLUB	OSBORNE PK.	OSBORNE PK.	OSBORNE PK.	OSBORNE PK.		
80-84	TIME	53.73(89)	2.01.87(89)	4.30.46(89)	9.18.92(89)		
	NAME	M.WRIGHT	M.WRIGHT	M.WRIGHT	M.WRIGHT		
	CLUB	OSBORNE PK.	OSBORNE PK.	OSBORNE PK.	OSBORNE PK.		
85-89	TIME	2.00.44(87)	4.43.81(84)				
	NAME	V.FERNANCE	V.FERNANCE				
	CLUB	BLACKTOWN	BLACKTOWN				
90-94	TIME	1.58.21(88)	3.59.89(88)				
	NAME	V.FERNANCE	V.FERNANCE				
	CLUB	BLACKTOWN	BLACKTOWN				
95+	TIME						
	NAME						
	CLUB						

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EVENT		BREASTSTROKE					
AGE		50M.	100M.	200M.	400M.	800M.	1500M.
20-24	TIME	36.76(86)	1.22.42(89)	3.00.82(86)	6.20.74(89)	13.04.55(89)	24.59.29(89)
	NAME	M. SHERWOOD	M. SHERWOOD	M. SHERWOOD	B. GILES	M. SHERWOOD	M. SHERWOOD
	CLUB	TOWNSVILLE	TOWNSVILLE	TOWNSVILLE	CLAREMONT	TOWNSVILLE	TOWNSVILLE
25-29	TIME	36.20(83)	1.20.85(89)	2.50.64(87)	6.52.82(87)	13.51.40(87)	27.06.18(87)
	NAME	K. GIBSON	L. LEHMANN	L. LEHMANN	T. SUMMERS	T. SUMMERS	T. SUMMERS
	CLUB	ROCKHAMPTON	ADELAIDE	ADELAIDE	MELVILLE	MELVILLE	MELVILLE
30-34	TIME	35.37(86)	1.18.88(86)	2.54.28(88)	6.28.90(87)	16.10.01(87)	30.30.90(87)
	NAME	K. GIBSON	K. GIBSON	K. GIBSON	K. GIBSON	L. JOYNSON	L. JOYNSON
	CLUB	ROCKHAMPTON	ROCKHAMPTON	ROCKHAMPTON	ROCKHAMPTON	TOWNSVILLE	TOWNSVILLE
35-39	TIME	37.26(89)	1.21.65(89)	2.55.60(89)	6.34.92(89)	13.41.84(89)	25.42.24(89)
	NAME	K. GIBSON	K. GIBSON	K. GIBSON	K. GIBSON	K. GIBSON	K. GIBSON
	CLUB	ROCKHAMPTON	ROCKHAMPTON	ROCKHAMPTON	ROCKHAMPTON	ROCKHAMPTON	ROCKHAMPTON
40-44	TIME	37.59(88)	1.28.89(88)	3.23.49(84)	7.05.53(89)	14.44.44(89)	29.50.34(89)
	NAME	J. MACLEOD	J. MACLEOD	G. ROBINSON	J. ATTERBURY	J. ATTERBURY	G. CORLIS
	CLUB	ROCKHAMPTON	ROCKHAMPTON	NTH. LODGE	FAR SOUTH CST.	FAR SOUTH CST.	TOWNSVILLE
45-49	TIME	41.59(86)	1.32.32(85)	3.22.43(85)	7.33.53(87)	16.41.50(89)	31.32.33(89)
	NAME	G. ROBINSON	G. ROBINSON	G. ROBINSON	R. HENZE	J. FORD	J. FORD
	CLUB	NTH. LODGE	NTH. LODGE	NTH. LODGE	LEISURE CST.	BELCONNEN	BELCONNEN
50-54	TIME	43.65(89)	1.37.29(89)	3.33.23(89)	7.44.36(89)	15.40.09(89)	33.28.14(89)
	NAME	R. HENZE	R. HENZE	R. HENZE	R. HENZE	R. HENZE	B. HALL
	CLUB	LEISURE CST.	LEISURE CST.	LEISURE CST.	LEISURE CST.	LEISURE CST.	RYDE
55-59	TIME	44.67(83)	1.45.78(85)	4.03.21(88)	8.34.15(88)	18.45.85(89)	
	NAME	J. SANSON	J. SANSON	T. MULDER	V. GREEN	V. GREEN	
	CLUB	ADELAIDE	ADELAIDE	NTH. LODGE	TRINITY	TRINITY	
60-64	TIME	44.39(87)	1.45.45(87)	4.04.01(83)	9.15.32(89)	22.52.88(89)	
	NAME	J. SANSON	J. SANSON	M. DUTTON	N. KEMPTON	M. CAREY	
	CLUB	ADELAIDE	ADELAIDE	NTH. LODGE	BELMONT	WARRINGAH	
65-69	TIME	50.49(83)	1.55.49(81)	4.17.20(85)	9.23.66(87)	19.26.28(87)	36.57.97(87)
	NAME	B. BARRIE	B. BARRIE	M. DUTTON	E. WATSON	E. WATSON	E. WATSON
	CLUB	COO/RAND.	COO/RAND.	NTH. LODGE	CRO/SUTH.	CRO/SUTH.	CRO/SUTH.
70-74	TIME	53.23(86)	2.00.51(87)	4.26.05(86)	10.56.05(88)	20.08.85(89)	
	NAME	F. VORRATH	F. VORRATH	F. VORRATH	M. GARTON	P. RAE	
	CLUB	POWER PTS.	POWER PTS.	POWER PTS.	HILLS	WHITFORD	
75-79	TIME	59.01(85)	2.27.27(85)	5.40.28(85)	14.41.70(88)	29.30.37(89)	
	NAME	M. WRIGHT	M. WRIGHT	M. WRIGHT	S. OKKER	M. TROMP	
	CLUB	OSBORNE PK.	OSBORNE PK.	OSBORNE PK.	GOLD COAST	SOMERSET	
80-84	TIME	1.04.78(89)					
	NAME	M. WRIGHT					
	CLUB	OSBORNE PK.					
85-89	TIME						
	NAME						
	CLUB						
90-94	TIME						
	NAME						
	CLUB						
95+	TIME						
	NAME						
	CLUB						

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WOMEN

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EVENT		BUTTERFLY					
AGE		50M.	100M.	200M.	400M.	800M.	1500M.
20-24	TIME	31.52(87)	1:11.00(89)	2:34.06(89)	7:48.69(89)	15:34.70(89)	28:55.91(89)
	NAME	L.MCNELIS	S.PALMER	S.PALMER	M.BECK	M.BECK	M.BECK
	CLUB	RYDE	ADELAIDE	ADELAIDE	TOWNSVILLE	TOWNSVILLE	TOWNSVILLE
25-29	TIME	31.00(81)	1:09.34(88)	2:33.21(86)	6:10.87(88)	17:18.88(89)	33:08.15(87)
	NAME	L.MCKENZIE	S.MORGAN	K.MAIDMENT	M.HENNIG	T.COLYER	T.COLYER
	CLUB	OSBORNE PK.	WARRINGAH	POWER PTS.	MELVILLE	BELCONNEN	BELCONNEN
30-34	TIME	31.75(82)	1:12.87(86)	2:40.31(88)	7:21.10(86)	15:28.42(86)	29:31.91(86)
	NAME	L.MCKENZIE	D.RENNIE	J.COSSTICK	L.SHARPE	L.SHARPE	L.SHARPE
	CLUB	OSBORNE PK.	TOWNSVILLE	RYDE	ESPERANCE	ESPERANCE	ESPERANCE
35-39	TIME	31.62(87)	1:12.70(87)	2:39.63(88)	7:48.75(87)	20:04.75(89)	29:10.84(87)
	NAME	L.MCKENZIE	L.MCKENZIE	L.WATSON	L.MITCHELL	S.JOHNSTONE	L.SHARPE
	CLUB	OSBORNE PK.	OSBORNE PK.	NTH. SYDNEY	TOWNSVILLE	CRO. SOUTH.	ESPERANCE
40-44	TIME	33.37(88)	1:18.23(85)	3:10.36(88)	8:09.08(87)		
	NAME	M.TOPPEL	B.LUSCOMBE	G.CORLIS	B.BYERS		
	CLUB	POWER PTS.	NTH. LODGE	TOWNSVILLE	CARINE		
45-49	TIME	35.46(88)	1:25.96(89)	3:34.13(89)	8:19.23(88)	17:27.83(87)	
	NAME	A.WYATT	E.FLEIG	P.FLETCHER	V.HEAD	V.HEAD	
	CLUB	BADDAGINNIE	ADELAIDE	COFFS H&R	WARRINGAH	WARRINGAH	
50-54	TIME	39.40(87)	1:41.31(87)	3:42.08(87)	9:30.86(85)	21:01.81(89)	39:53.03(89)
	NAME	N.WHITENALL	N.WHITENALL	N.WHITENALL	B.JONES	J.MACK	J.MACK
	CLUB	BADDAGINNIE	BADDAGINNIE	BADDAGINNIE	OSBORNE PK.	MACKAY	MACKAY
55-59	TIME	42.56(83)	1:45.48(89)	4:02.09(89)	8:38.45(89)	18:26.34(89)	35:06.75(89)
	NAME	J.SANSOM	D.WANGEL	B.BROOKS	V.GREEN	V.GREEN	V.GREEN
	CLUB	ADELAIDE	ADELAIDE	NTH. LODGE	TRINITY	TRINITY	TRINITY
60-64	TIME	43.71(89)	1:40.33(88)	4:49.65(89)			
	NAME	M.CUNNINGHAM	M.CUNNINGHAM	L.WALLIS			
	CLUB	DONCASTER	DONCASTER	MANLY			
65-69	TIME	49.60(81)	2:02.73(88)	4:45.07(88)	9:46.25(88)		
	NAME	B.BARRIE	M.DUTTON	E.PRICE	E.PRICE		
	CLUB	COO/RAND.	POWER PTS.	BELCONNEN	BELCONNEN		
70-74	TIME	59.45(86)	2:52.44(85)	6:18.07(85)			
	NAME	B.BARRIE	M.BOASE	E.MCKENZIE			
	CLUB	COO/RAND.	ADELAIDE	BRISB. SOUTH			
75-79	TIME						
	NAME						
	CLUB						
80-84	TIME						
	NAME						
	CLUB						
85-89	TIME						
	NAME						
	CLUB						
90-94	TIME						
	NAME						
	CLUB						
95+	TIME						
	NAME						
	CLUB						

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MEN

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EVENT		BACKSTROKE					
AGE		50M.	100M.	200M.	400M.	800M.	1500M.
20-24	TIME	29.57 (89)	1.06.07 (86)	2.20.69 (87)	6.03.69 (88)	12.25.65 (89)	23.42.83 (88)
	NAME	S. CLARK	N. WOODS	P. LEMMON	I. GILLOTT	A. PECK	I. GILLOTT
	CLUB	WAHOOOS	REYNELLA	ETTALONG	TOWNSVILLE	SPEARWOOD	TOWNSVILLE
25-29	TIME	29.15 (83)	1.01.56 (83)	2.13.69 (86)	4.55.62 (87)	12.29.67 (88)	
	NAME	B. COOPER	B. COOPER	R. DILL-MACKY	R. DILL-MACKY	C. BARBOUR	
	CLUB	GOLD COAST	GOLD COAST	RYDE	WARRINGAH	CLAREMONT	
30-34	TIME	29.14 (88)	1.03.46 (88)	2.15.32 (88)	5.59.87 (89)	12.16.09 (89)	25.09.47 (87)
	NAME	M. MORGAN	R. DILL-MACKY	R. DILL-MACKY	S. LINNET	S. LINNET	J. WILLIAMS
	CLUB	WARRINGAH	WARRINGAH	WARRINGAH	TRINITY	TRINITY	KIAMA
35-39	TIME	29.93 (88)	1.08.96 (82)	2.34.11 (89)	5.46.00 (85)	12.24.75 (89)	23.22.80 (86)
	NAME	N. ROGERS	G. JAMES	G. ARMSTRONG	J. ALLEN	P. GEDDES	J. ALLEN
	CLUB	UNI. OF N.S.W.	POWER PTS.	POWER PTS.	SOMERSET	GOSFORD	SOMERSET
40-44	TIME	31.28 (84)	1.10.53 (84)	2.33.25 (88)	5.40.99 (88)	14.55.77 (89)	25.20.80 (88)
	NAME	G. JAMES	G. JAMES	J. COVACEVICH	B. SEYMOUR	R. RACKLEY	R. CORAM
	CLUB	POWER PTS.	POWER PTS.	CAIRNS	WARRINGAH	TRINITY	ESPERANCE
45-49	TIME	33.46 (87)	1.14.53 (87)	2.48.31 (86)	6.30.64 (89)	13.38.37 (87)	25.46.40 (89)
	NAME	D. CAMINSCHI	D. CAMINSCHI	D. CAMINSCHI	D. STENHOUSE	C. BELL	D. STENHOUSE
	CLUB	CARINE	CARINE	CARINE	OSBORNE PK	TOWNSVILLE	OSBORNE PK.
50-54	TIME	31.84 (88)	1.11.70 (88)	2.45.20 (86)	6.32.98 (88)	13.40.81 (89)	25.48.01 (89)
	NAME	D. THEILE	D. THEILE	B. BARRY	A. GREGSON	A. GREGSON	A. GREGSON
	CLUB	WAHOOOS	WAHOOOS	LEISURE CST.	HILLS	HILLS	HILLS
55-59	TIME	34.51 (89)	1.15.25 (86)	2.44.49 (88)	6.00.58 (88)	14.28.01 (89)	31.00.96 (89)
	NAME	P. BENT	B. BARRY	B. BARRY	B. BARRY	P. BENT	R. LINDSAY
	CLUB	WARRINGAH	LEISURE CST.	LEISURE CST.	LEISURE CST.	WARRINGAH	CAMPBELTOWN
60-64	TIME	39.94 (81)	1.28.67 (82)	3.15.36 (88)	7.44.80 (85)		30.04.88 (88)
	NAME	K. LITTLE	R. CARLON	K. JONES	B. GASTON		R. COOPER
	CLUB	COO/RAND.	MANLY	RYDE	CLAREMONT		SOMERSET
65-69	TIME	39.66 (83)	1.29.73 (83)	3.23.42 (88)	7.23.07 (86)	15.50.59 (89)	31.11.16 (89)
	NAME	D. JEFFREY	D. JEFFREY	J. JENKINS	D. JEFFREY	B. GASTON	B. GASTON
	CLUB	CLAREMONT	CLAREMONT	MANLY	CLAREMONT	CLAREMONT	CLAREMONT
70-74	TIME	41.34 (87)	1.34.37 (87)	3.27.30 (87)	7.25.52 (88)	22.09.58 (89)	
	NAME	D. JEFFREY	D. JEFFREY	D. JEFFREY	D. JEFFREY	H. REDPATH	
	CLUB	CLAREMONT	CLAREMONT	CLAREMONT	CLAREMONT	BREISB. SOUTH.	
75-79	TIME	49.11 (84)	1.55.87 (84)	4.20.34 (87)	9.12.84 (88)	20.42.41 (88)	40.46.49 (88)
	NAME	F. GRIFFITHS	F. GRIFFITHS	R. JEFFREY	R. JEFFREY	R. JEFFREY	R. JEFFREY
	CLUB	ETTALONG	ETTALONG	CLAREMONT	CLAREMONT	CLAREMONT	CLAREMONT
80-84	TIME	55.44 (81)	2.07.99 (85)	4.50.27 (89)	11.26.47 (88)		
	NAME	F. LOUGH	H. FOWLER	F. GRIFFITHS	F. GRIFFITHS		
	CLUB	MANLY	SUMNERLAND	ETTALONG	ETTALONG		
85-89	TIME	1.09.25 (89)	3.39.75 (79)				
	NAME	L. SPARRIUS	B. BROWN JOHN				
	CLUB	SUNSHINE EST.	WOOLLAHRA				
90-94	TIME						
	NAME						
	CLUB						
95+	TIME						
	NAME						
	CLUB						

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MEN

CURRENT AT NOV. 1st. 1989

EVENT		FREESTYLE					
AGE		50M.	100M.	200M.	400M.	800M.	1500M.
20-24	TIME	24.89(81)	54.72(85)	2.00.59(89)	4.22.08(85)	12.53.02(89)	17.56.48(89)
	NAME	A. WADDELL	M. PHILLIPS	S. CLARK	M. PHILLIPS	J. WEYMAN	S. CLARK
	CLUB	BRISB. NORTH	TOOWOOMBA	WAHOOS	TOOWOOMBA	NTH. SYDNEY	WAHOOS
25-29	TIME	24.35(85)	53.45(86)	2.03.58(88)	4.19.77(82)	9.07.70(88)	20.01.67(86)
	NAME	J. MARSHALL	M. MORGAN	S. MEARES	B. COOPER	A. GRAY	P. BORN
	CLUB	HUNTER	WARRINGAH	WARRINGAH	TWIN TOWNS	NTH. SYDNEY	ROCKHAMPTON
30-34	TIME	24.98(88)	54.51(88)	2.00.37(88)	4.28.96(89)	9.20.13(88)	18.46.38(86)
	NAME	M. MORGAN	M. MORGAN	M. MORGAN	R. BUTCHER	S. FRY	G. PHIPPS
	CLUB	WARRINGAH	WARRINGAH	WARRINGAH	POWER POINTS	BRISB. SOUTH	PARKES
35-39	TIME	25.39(88)	56.22(88)	2.10.39(89)	4.30.67(87)	9.38.04(86)	18.35.39(88)
	NAME	N. ROGERS	N. ROGERS	G. ARMSTRONG	G. PHIPPS	G. PHIPPS	S. MARTIN
	CLUB	UNI. OF N.S.W.	UNI. OF N.S.W.	POWER POINTS	PARKES	PARKES	CLAREMONT
40-44	TIME	25.96(83)	59.13(89)	2.11.86(88)	4.44.08(87)	10.06.27(88)	19.36.08(87)
	NAME	J. RYAN	G. ROGERS	J. COVACEVICH	P. JOY	P. JOY	P. LACEY
	CLUB	CLAREMONT	WARRINGAH	CAIRNS	WARRINGAH	WARRINGAH	MIAMI
45-49	TIME	26.85(88)	59.01(88)	2.12.71(88)	4.54.01(88)	10.10.29(88)	20.33.52(84)
	NAME	T. STRAHAN	T. STRAHAN	T. STRAHAN	D. CAMPION	D. CAMPION	A. GREGGON
	CLUB	DONCASTER	DONCASTER	DONCASTER	POWER PTS.	POWER PTS.	HILLS
50-54	TIME	27.38(86)	1.02.28(86)	2.23.65(86)	5.02.44(88)	10.25.86(88)	21.14.88(85)
	NAME	J. MCDIARMID	J. MCDIARMID	J. MCDIARMID	J. CRISP	J. CRISP	R. ROSS
	CLUB	WARRINGAH	WARRINGAH	WARRINGAH	MIAMI	MIAMI	MARION
55-59	TIME	28.15(86)	1.03.83(86)	2.24.75(86)	5.15.97(88)	11.20.37(86)	23.03.71(87)
	NAME	J. BROWNJOHN	B. BARRY	B. BARRY	B. BARRY	J. BROWNJOHN	J. WILLIAMS
	CLUB	LEISURE CST.	LEISURE CST.	LEISURE CST.	LEISURE CST.	LEISURE CST.	TAMWORTH
60-64	TIME	30.69(83)	1.08.98(81)	2.40.47(81)	5.27.67(87)	11.24.49(87)	21.43.00(87)
	NAME	K. LITTLE	K. LITTLE	K. LITTLE	R. HARTLEY	R. HARTLEY	R. HARTLEY
	CLUB	COO/RAND.	COO/RAND.	COO/RAND.	CARINE	CARINE	CARINE
65-69	TIME	31.99(82)	1.12.44(88)	2.44.43(88)	6.01.09(88)	12.39.01(88)	24.09.59(86)
	NAME	G. WILLIAMS	K. VICKERY	K. VICKERY	K. VICKERY	K. VICKERY	B. HARRIS
	CLUB	INGLEWOOD	ETTALONG	ETTALONG	ETTALONG	ETTALONG	BRISB. SOUTH
70-74	TIME	32.27(88)	1.15.49(87)	2.55.44(81)	6.16.76(87)	13.47.84(81)	26.18.36(81)
	NAME	D. JOY	G. WILLIAMS	E. WILLIAMS	G. WILLIAMS	E. WILLIAMS	E. WILLIAMS
	CLUB	WARRINGAH	INGLEWOOD	CLAREMONT	INGLEWOOD	CLAREMONT	CLAREMONT
75-79	TIME	35.42(84)	1.21.54(84)	3.14.53(83)	7.23.86(84)	16.22.21(87)	31.06.55(84)
	NAME	F. GRIFFITHS	F. GRIFFITHS	F. GRIFFITHS	F. GRIFFITHS	R. JEFFREY	J. ROGERS
	CLUB	ETTALONG	ETTALONG	ETTALONG	ETTALONG	CLAREMONT	NTH. LODGE
80-84	TIME	38.47(88)	1.29.22(89)	3.36.75(81)	7.34.12(81)	22.28.65(88)	
	NAME	F. GRIFFITHS	F. GRIFFITHS	F. LOUGH	F. LOUGH	R. WILLIAMS	
	CLUB	ETTALONG	ETTALONG	MANLY	MANLY	HUNTER	
85-89	TIME	49.29(88)	3.14.48(88)				
	NAME	L. SPARRIUS	G. EDWARDS				
	CLUB	SUNSHINE CST.	MELVILLE				
90-94	TIME						
	NAME						
	CLUB						
95+	TIME						
	NAME						
	CLUB						

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MEN

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EVENT		BREASTSTROKE					
AGE		50M.	100M.	200M.	400M.	800M.	1500M.
20-24	TIME	32.32(87)	1.11.08(87)	2.44.14(89)	6.52.13(86)	14.34.28(87)	
	NAME	M. LANE	M. LANE	C. DAVIES	R. JOHNSON	S. ALTRIA	
	CLUB	OSBORNE PK	OSBORNE PK	ARMIDALE	CLAREMONT	MELVILLE	
25-29	TIME	32.33(86)	1.09.99(88)	2.36.55(88)	6.59.11(87)	14.19.97(89)	27.14.98(89)
	NAME	D. ROYALL	M. SMEDLEY	M. SMEDLEY	G. SENDER	P. CLAUSSEN	J. RISK
	CLUB	TRINITY	TEATREE GULLY	TEATREE GULLY	OSBORNE PK	RATS OF TOBRUK	GUILD FORD
30-34	TIME	32.69(88)	1.13.69(89)	2.49.65(88)	6.31.06(89)	13.37.68(89)	25.57.99(89)
	NAME	P. KIRKWOOD	J. SCHAUENBACH	N. GYNTHAL	S. LINNET	S. LINNET	S. LINNET
	CLUB	CHANDLER	ADELAIDE	WAHOO'S	TRINITY	TRINITY	TRINITY
35-39	TIME	32.97(89)	1.16.07(88)	2.45.63(87)	6.52.66(89)	13.51.93(89)	26.43.16(89)
	NAME	N. GYNTHAL	N. GYNTHAL	T. FISHER	D. KING	D. KING	D. KING
	CLUB	POWERS	WAHOO'S	COO/RAND.	RYDE	RYDE	RYDE
40-44	TIME	33.60(88)	1.15.53(88)	2.45.45(88)	6.41.07(85)	15.30.70(87)	29.51.02(87)
	NAME	T. FISHER	T. FISHER	T. FISHER	A. NEILL	B. HYDE	B. HYDE
	CLUB	COO/RAND.	COO/RAND.	COO/RAND.	MELVILLE	KENWICK	KENWICK
45-49	TIME	34.58(84)	1.19.04(85)	2.52.29(84)	6.22.27(89)	15.38.41(87)	29.29.84(87)
	NAME	M. WITHERS	M. WITHERS	M. MOLONEY	A. NEILL	K. HERRON	K. HERRON
	CLUB	WARRINGAH	WARRINGAH	POWER PTS	MELVILLE	ROCKHAMPTON	ROCKHAMPTON
50-54	TIME	35.35(88)	1.20.69(89)	2.54.62(89)	6.51.45(89)	14.07.45(89)	27.04.70(89)
	NAME	M. WITHERS	M. MOLONEY	M. MOLONEY	R. RICHARDS	R. RICHARDS	R. RICHARDS
	CLUB	WARRINGAH	POWER PTS.	POWER PTS.	BRISB. SOUTH.	BRISB. SOUTH.	BRISB. SOUTH.
55-59	TIME	39.24(82)	1.26.76(88)	3.12.46(88)	8.17.81(87)	17.50.59(87)	35.23.03(89)
	NAME	J. BERENDES	D. LOEUGER	D. LOEUGER	R. LINDSAY	R. LINDSAY	B. PURNELL
	CLUB	SOMERSET	ADELAIDE	ADELAIDE	CAMPBELLTOWN	CAMPBELLTOWN	BELCONNEN
60-64	TIME	41.63(87)	1.36.29(84)	3.34.99(81)	8.27.34(88)	17.51.52(89)	33.45.58(89)
	NAME	J. VIDAL	B. MCCABE	B. MCCABE	B. IRESON	B. IRESON	B. IRESON
	CLUB	MANLY	NTH. LODGE	NTH. LODGE	GUILD FORD	GUILD FORD	GUILD FORD
65-69	TIME	43.58(86)	1.40.26(86)	3.43.70(86)	8.30.14(89)	18.03.91(89)	34.19.76(89)
	NAME	S. KRASEY	B. MCCABE	B. MCCABE	J. CAREY	J. CAREY	J. CAREY
	CLUB	NTH. LODGE	NTH. LODGE	NTH. LODGE	WARRINGAH	WARRINGAH	WARRINGAH
70-74	TIME	46.26(88)	1.47.34(88)	3.59.45(87)	8.16.62(88)		
	NAME	D. JEFFREY	D. JEFFREY	D. JEFFREY	D. JEFFREY		
	CLUB	CLAREMONT	CLAREMONT	CLAREMONT	CLAREMONT		
75-79	TIME	53.60(83)	2.02.91(83)	4.25.33(84)	12.01.45(86)	27.02.02(87)	50.17.63(87)
	NAME	F. GRIFFITHS	F. GRIFFITHS	F. GRIFFITHS	R. JEFFREY	K. SARSON	K. SARSON
	CLUB	ETTALONG	ETTALONG	ETTALONG	CLAREMONT	LARGES	LARGES
80-84	TIME	56.53(88)	2.11.31(88)	4.40.35(88)			
	NAME	F. GRIFFITHS	F. GRIFFITHS	F. GRIFFITHS			
	CLUB	ETTALONG	ETTALONG	ETTALONG			
85-89	TIME	1.26.97(88)					
	NAME	L. SPARRIUS					
	CLUB	SUNSHINE EST.					
90-94	TIME						
	NAME						
	CLUB						
95+	TIME						
	NAME						
	CLUB						

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EVENT		BUTTERFLY					
AGE		50M.	100M.	200M.	400M.	800M.	1500M.
20-24	TIME	26.58(87)	1.00.06(89)	2.15.83(85)			
	NAME	A. WADDELL	S. CLARK	M. PHILLIPS			
	CLUB	BRISB. NORTH	WAHOOOS	TOOWOOMBA			
25-29	TIME	25.99(86)	57.98(86)	2.16.72(88)	7.16.04(88)		
	NAME	M. MORGAN	M. MORGAN	T. FORD	S. BOWERS		
	CLUB	WARRINGAH	WARRINGAH	WARRINGAH	RYDE		
30-34	TIME	26.48(88)	58.74(88)	2.26.17(89)	6.23.79(89)		
	NAME	M. MORGAN	M. MORGAN	A. HUNTER	P. HOUWEN		
	CLUB	WARRINGAH	WARRINGAH	NTH. SYDNEY	SOMERSET		
35-39	TIME	26.50(88)	59.48(88)	2.25.18(86)	5.43.73(86)	17.06.53(87)	32.08.37(87)
	NAME	N. ROGERS	N. ROGERS	J. COVACEVICH	J. COVACEVICH	J. BUSBY	J. BUSBY
	CLUB	UNI. OF N.S.W.	UNI. OF N.S.W.	CAIRNS	CAIRNS	BELCONNEN	BELCONNEN
40-44	TIME	29.09(88)	1.03.68(88)	2.25.54(89)	6.11.18(88)		
	NAME	J. COVACEVICH	J. COVACEVICH	J. COVACEVICH	G. WILLIAMS		
	CLUB	CAIRNS	CAIRNS	CAIRNS	MAIDA VALE		
45-49	TIME	30.04(88)	1.06.70(88)	2.35.16(88)	7.03.94(87)	17.53.32(89)	34.39.57(89)
	NAME	P. GILMOUR	P. GILMOUR	P. GILMOUR	P. WATSON	E. MILLIGAN	E. MILLIGAN
	CLUB	LANE COVE	LANE COVE	LANE COVE	TAMWORTH	TOWNSVILLE	TOWNSVILLE
50-54	TIME	30.58(88)	1.12.83(88)	3.01.30(83)			
	NAME	P. JACKSON	P. JACKSON	J. WILLIAMS			
	CLUB	WARRINGAH	WARRINGAH	TAMWORTH			
55-59	TIME	33.38(89)	1.18.30(88)	3.14.92(88)	8.23.64(86)		
	NAME	P. BENT	J. WILLIAMS	J. WILLIAMS	G. ROSS		
	CLUB	WARRINGAH	TAMWORTH	TAMWORTH	GOLD COAST		
60-64	TIME	38.12(88)	1.38.03(84)	3.47.10(84)	9.29.45(85)		
	NAME	R. BUTTON	B. MCCABE	B. MCCABE	F. JOHNSON		
	CLUB	HUNTER	NTH. LODGE	NTH. LODGE	MELVILLE		
65-69	TIME	41.64(89)	1.43.37(87)	3.55.75(88)	9.01.24(85)		
	NAME	R. ROBERTS	B. MCCABE	B. MCCABE	D. JEFFREY		
	CLUB	SOMERSET	NTH. LODGE	NTH. LODGE	CLAREMONT		
70-74	TIME	40.84(88)	1.35.69(88)	3.38.48(87)	8.16.95(87)		
	NAME	D. JEFFREY	D. JEFFREY	D. JEFFREY	D. JEFFREY		
	CLUB	CLAREMONT	CLAREMONT	CLAREMONT	CLAREMONT		
75-79	TIME	52.21(84)	2.07.42(86)	4.57.56(85)			
	NAME	F. GRIFFITHS	F. GRIFFITHS	F. GRIFFITHS			
	CLUB	ETTALONG	ETTALONG	ETTALONG			
80-84	TIME	1.01.94(88)	2.21.97(88)	5.09.05(88)			
	NAME	F. GRIFFITHS	F. GRIFFITHS	F. GRIFFITHS			
	CLUB	ETTALONG	ETTALONG	ETTALONG			
85-89	TIME						
	NAME						
	CLUB						
90-94	TIME						
	NAME						
	CLUB						
95+	TIME						
	NAME						
	CLUB						

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EVENT AGE		INDIVIDUAL MEDLEY					
		WOMEN			MEN		
		200M.	400M.	800M.	200M.	400M.	800M.
20-24	TIME	2.40.17(88)	5.50.74(88)	14.37.07(89)	2.17.80(89)		
	NAME	S. DILL-MACKY	J. MOHR	M. BECK	S. CLARK		
	CLUB	WARRINGAH	OSBORNE PK.	TOWNSVILLE	WAHDOOS		
25-29	TIME	2.36.68(81)	5.30.43(89)	12.48.95(89)	2.19.78(88)	4.56.94(88)	
	NAME	D. HANDLEY	S. PAULER-WHITE	K. NAVARA	S. MEARES	M. SMEDLEY	
	CLUB	VALLEY	ADELAIDE	TUGGERANONG	WARRINGAH	TEATREE GULLY	
30-34	TIME	2.40.76(86)	5.43.14(88)	16.38.94(87)	2.22.99(89)	5.04.07(88)	
	NAME	M. GRANT	A. CLARK	S. JOHNSTONE	R. BUTCHER	R. DILL-MACKY	
	CLUB	ROCKHAMPTON	UNI. OF N.S.W.	CRCO/SUTH.	POWER POINTS	WARRINGAH	
35-39	TIME	2.43.30(88)	5.38.42(88)	13.00.12(87)	2.29.37(89)	5.27.75(88)	13.28.04(89)
	NAME	L. WATSON	L. WATSON	A. GILROY	G. HENRY	S. MARTIN	D. KING
	CLUB	NTH. SYDNEY	NTH. SYDNEY	BELCONNEN	MIAMI	CLAREMONT	RYDE
40-44	TIME	2.55.08(88)	6.58.53(83)	15.35.18(88)	2.29.63(88)	5.20.57(88)	15.47.18(87)
	NAME	G. CORLIS	A. WYATT	L. BURCH	J. COVACEVICH	J. COVACEVICH	E. MILUGAN
	CLUB	TOWNSVILLE	BADDAGINNIE	TOWNSVILLE	CAIRNS	CAIRNS	TOWNSVILLE
45-49	TIME	3.08.86(89)	6.56.60(88)	15.40.57(89)	2.40.48(88)	5.48.68(88)	15.31.93(89)
	NAME	E. FLEIG	P. FLETCHER	J. FORD	T. STRAHAN	D. CAMPION	E. MILLIGAN
	CLUB	ADELAIDE	COFFS HBR.	BELCONNEN	DONCASTER	POWER PTS.	TOWNSVILLE
50-54	TIME	3.15.40(89)	7.18.17(85)	20.14.92(89)	2.47.12(84)	6.07.06(84)	13.57.42(89)
	NAME	D. FRASER	B. WILSON	J. MACK	D. LOELIGER	D. LOELIGER	A. GREGSON
	CLUB	POWER PTS.	NTH. LODGE	MACKAY	ADELAIDE	ADELAIDE	HILLS
55-59	TIME	3.29.89(89)	8.07.54(88)	17.15.45(89)	2.52.41(88)	6.34.84(87)	16.59.20(89)
	NAME	D. WANGEL	V. GREEN	V. GREEN	B. BARRY	J. WILLIAMS	R. LINDSAY
	CLUB	ADELAIDE	ETTALONG	TRINITY	LEISURE CST.	TAMWORTH	CAMPBELL TOWN
60-64	TIME	3.32.92(89)	7.51.65(89)		3.16.32(84)	7.18.85(85)	
	NAME	M. CUNNINGHAM	M. CUNNINGHAM		K. VICKERY	K. VICKERY	
	CLUB	DONCASTER	DONCASTER		ETTALONG	ETTALONG	
65-69	TIME	4.02.94(86)	9.16.26(88)	19.41.35(87)	3.22.79(89)	7.18.43(88)	
	NAME	M. DUTTON	B. STERN	E. PRICE	K. VICKERY	K. VICKERY	
	CLUB	NTH. LODGE	COO/RAND.	BELCONNEN	ETTALONG	ETTALONG	
70-74	TIME	4.39.87(81)	10.07.86(89)		3.28.97(88)	9.24.67(88)	
	NAME	V. CHERRIHAN	P. RAE		D. JEFFREY	L. CAMPBELL	
	CLUB	MELVILLE	WHITFORD		CLAREMONT	HUNTER	
75-79	TIME				4.00.66(84)	9.01.37(85)	
	NAME				F. GRIFFITHS	F. GRIFFITHS	
	CLUB				ETTALONG	ETTALONG	
80-84	TIME				4.20.72(89)	9.47.72(88)	
	NAME				F. GRIFFITHS	F. GRIFFITHS	
	CLUB				ETTALONG	ETTALONG	
85-89	TIME						
	NAME						
	CLUB						
90-94	TIME						
	NAME						
	CLUB						
95+	TIME						
	NAME						
	CLUB						

From the Paper
"PHYSIOLOGY OF NUTRITION AND ATHLETES"

**presented by Judy Meyer
at the Coaches Symposium
World Masters Swim
Brisbane, October 1988**

EXERCISES FOR OPTIMUM LIFESTYLE

There appears to be a unanimous agreement among all exercise physiologists that regular exercise is essential for optimum function of the human body. Physical training for the mature adult does not appear to differ very greatly from the young. The rate of adaptation, the recuperation from intense training is slower. Consequently, the risk of injury and overstress is greater.

PHYSICAL TRAINING FOR ALL AGES

- A. Has positive effect on insulin-carbohydrate metabolism interactions which can be important for patients with diabetes or individuals with potential to develop diabetes.
- B. Can increase blood concentration of high density lipoprotein and the ratio of HDL/LDL, which may reduce the risk of developing atherosclerosis.
- C. Releases and elevates the level of beta-endorphins. These neurohormones have an effect resembling certain opiates and play an important role in general physiological stress reactions, reduce pain, and enhance the feeling of well being.
- D. Helps regulate metabolism and control weight gain.
- E. Has regulatory effect on blood pressure.
- F. Helps prevent loss of bone mass.
- G. May lower concentration of fatty substances in blood that causes atherosclerosis.
- H. Encourages people to follow rules of good health, i.e. eating nutritiously, not smoking.
- I. Usually has a positive psychological impact which gives a person a higher sense of self-esteem.

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"Receiving some tips from the Master."



Adelaide Masters acting as though they won!

