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AUSI

MASTERS SWIMMING IN AUSTRALIA (INC.)

NATIONAL NEWSHEET

Vol. 1, Number 2, July 1990

Masters Swimming Coach of the Year

At the Australian Swimming Coaches Conference Annual Awards Dinner on 12th May 1990, Graeme McDougall (AUSI President) announced that the 1989 Masters Swimming Coach of the year is

KAY COX
of
Western Australia

AUSI Mission Statement

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

Coaches Liability Insurance

This insurance is an extension of the AUSI 'Legal Liability' policy which is specific to authorised AUSI activities only. Hence it covers the coaching of AUSI groups, but NOT non-AUSI squads.

Branch Registrations - as at 25th May 1990

NT	79	WA	997	NSW	1083
SA	541	QLD	1246	VIC	758
TAS	186	ACT	91		

TOTAL: 4981

Questionnaire

This should be received by 50% of AUSI members in the very near future. Please encourage all recipients to complete and return their copy as soon as possible.

Attention Publicity Officers

a. Media Booklet

A most informative booklet "Sport and Recreation and the Media Information Booklet" has come to my attention. It contains concise information in a dozen pages and costs \$6.50 from Sport and Recreation Victoria. It is well worth the investment for all clubs (and Branches) and could well form part of a 'New Club' pack.

b. Branch Brochures

Enclosed are two from Victoria and ACT. Maybe you can glean some ideas from these. If your Branch already has one, why not send me 15 or 20 for distribution to the other branches. Let's all pool our good ideas.

Australian Veterans Games

These are to be held in March 1991 in Wagga Wagga, NSW, in direct conflict with the AUSSI National swim in Devonport. There was no attempt at consultation with either AUSSI or the Australian Sports Directory before setting the dates. The AUSSI Board of Directors considered changing our dates, but with National Swims being planned 3 years in advance and firm bookings made two years in advance, that just wasn't possible.

Hence, the swimming at the Games will NOT be a sanctioned Masters event (as are the Central Australian Masters Games and the Australian Masters Games) and so no times will be accepted as records or for the Top Ten.

The Man Who Started It All (courtesy Masterscrawl, 1 June 1990)

The death occurred late last year of Dr. Ransom J Arthur, the man who introduced Masters swimming to the world. Dr. Arthur died in Lisbon while on holiday, of an airborne virus infection.

During the 1950's and 1960's, Dr. Arthur had considerable experience in coaching and training people in the United States Navy and continued to compete himself past the age of 40. The Navy team had swimmers of various ages and it was clear to Dr. Arthur that, with appropriate training methods, it was possible for adults to compete without undue danger. It was also obvious that the prospect of actual competition provided a goal and a framework for continuous daily practice which would otherwise have become tedious and boring. Adults did not have to potter around living on memories. If they still had health and the taste for matching strokes with people of their own age, there was no reason why they should not.

There was initially a luke warm reception to this idea, but in 1970 the first U.S. national meet was held in Amarillo, Texas. Not so many competed but a second meeting was held a year later and a scientific study showed that healthy older people could compete without adverse effects. The Masters fever, which now involves thousands of people throughout the world, was born. The year 1990 will bring the second decade of Masters swimming to a close. It is fitting that Dr. Ransom J. Arthur is this year to be inducted into the U.S. International Swimming Hall of Fame. He will be the first Master swimmer to be so honoured.

States/Branches

Please note that referring to a "State Branch" is repetitious. AUSSI Masters Swimming is administered by a National Executive and Board of Directors, and eight Branches are affiliated with it. These Branches are found in each of the six states as well as the two territories.

AUSSI Historian

Would all Branches please add the AUSSI Historian to their mailing list:

Peg Wilson
52 Upper Street
Tamworth NSW 2340

for Annual Reports, Newsletters and any other information which may be of interest.

New Members Kit (courtesy Brisbane Northside club)

Provide every new member with a kit of the following items in a plastic bag:

Recent Club newsletter
Recent Branch newsletter
Club information brochure/sheet
Fun & Fitness leaflet
Aerobic swims record sheet
Aerobic points score sheet
Medical fitness in Masters Swimming leaflet
Club survey form for interests and needs (for the new member to comment for the Club Coach and social events planning).

Any program for upcoming meet(s)
Any other current information sheets

Drugs in Sport

The Australian Sports Drug Agency has established a Hotline to provide an information service to the Australian Sporting community about Drugs in Sport. Up-to-date and accurate information is available on a variety of topics e.g. which cough medications contain banned substances. If you have any questions regarding Drugs in Sport, phone the Hotline on 008 020 506.

Calendar of Events

1990

7-12 August 3rd FINA/MSI World Masters Championships, Brazil
11 August Masters Festival (50m), Malmo, Sweden
24-27 August USMS L.C. Championships, Texas
6-7 October Swedish and Nordic Masters (50m)
28 October Level 1M Coaches Accreditation Course (Bridging Course only) Contact: Ted Tulburg (Vic)
Oct/Nov NSW Branch is also planning a Level 1 Coaching Accreditation Course. More details next issue.
17-25 Nov Vic Health Masters Games, Mornington Peninsula, Victoria.
1-2 December 2nd Open Masters ASPTT Paris. See enclosed notice for further details.

1991

5-10 Feb New Zealand Masters Games, Wanganui
12-16 March AUSSI National meet, Devonport, Tasmania
16-19 May USMS S.C. Nationals, Nashville, TN
12-17 July 4th Pan Pacific Masters Swimming Championships Yoyogi olympic pool, Tokyo, Japan
22-25 August USMS L.C. Nationals, Elizabethtown, KY

1992

27 June/5 July 4th FINA/MSI World Masters Championships, Indianapolis, USA