



AUSSI
MASTERS SWIMMING IN AUSTRALIA (INC.)

NATIONAL NEWSHEET

Vol. 2, Number 3, May 1991

COACH OF THE YEAR - 1990

Congratulations to Anita Killmier our AUSSI Director of Coaching, on being selected as Masters Swimming Coach of the Year. She was presented with the award at the Australian Swimming Coaches Conference in front of 200 of her peers.

Anita's contribution to Masters Swimming in Australia in 1990 included:

- * Duties involved in being Director of Coaching
- * Principal Coach for Power Points club, which recently won the Founder's Trophy at the Nationals in Devonport.

Power Points recently made Anita a Life Member of the Club.

- * Developed and published four issues of the Australian Masters Swimming Coaches Newsletter, which now has wide readership in Australia and overseas.

- * Completed writing and editing the coaches manual entitled "Mastering Coaching" which will be published shortly.

- * Established and maintained the National Lending Library

- * Coordinated coaching accreditation courses throughout Australia.

- * Conducted a Level 1M accreditation course.

- * Arranged and chaired a Coaches Panel meeting in Adelaide.

- * Organised seminars and clinics and lectured at most.

- * Developed future coaching accreditation courses and incentive schemes.

- * Established excellent rapport with the coaching scene in general within Australia and overseas.

- * and ...

MASTERS GAMES UPDATE

A record 15,000 competitors are expected to compete in the Third Australian Masters Games in Brisbane from October 8-12.

Brisbane from October 8-12.

An "early bird" competition is being conducted for Games entries received before June 30. The winner of the competition will receive a holiday for two

to the Gold Coast including five nights accommodation, two return airfares, entry to Seaworld, Dreamworld and Warner Brothers' Movie World, a lunch cruise aboard the Kookaburra Queen and a Hertz rent-a-car.

Participants will be able to use the world class sporting facilities put in place for the 1982 Commonwealth Games.

The Masters swimming will be run by AUSSI Queensland Branch at the Chandler Swimming Centre.

PAST PRESIDENT

Past President of AUSSI, Peter Jackson, was recently awarded Life Membership of his Club, Warringah Masters. Congratulations on this great honour, Peter, you thoroughly deserve it.

MSI NEWS

Five (5) free issues of MSI News have gone to all AUSSI Clubs. Thankfully some (very few I might add), now subscribe and will continue to receive further issues. The others will not.

Please advise all Clubs in your Branch of this. We would be grateful if you could encourage them to take out a subscription. It's only \$10. See elsewhere in this Newsheet for a subscription form.

MSI News contains details of coming events and anecdotes of those past. A large number of AUSSI's travel to World Swims and Pan Pacs, so would probably enjoy their own subscription—if they know about it. There is much more of interest too: impending rule changes, those already passed, history, new ideas, etc. Some of the recent changes to the FINA Masters Rules came from the ordinary (?) AUSSI pool member. Please don't let this valuable

**ANITA
KILLMIER**

resource "dry" up.

SWIM TO HAWAII FOR FITNESS AND FUN

This was the title of an article in the March edition of Masterscrawl (the NZ newsletter). It seems a group of Californian Master swimmers were going to organise a relay swim to Hawaii, but ended up doing it on paper instead. It generated enthusiasm and club spirit and motivated everyone to swim regularly so they could add to the Club yardage.

On reaching their goal they had a great party with a Hawaiian theme—they even came to the conclusion that most of them kept swimming so they could eat what they liked! Sound familiar...?

They're off to Japan next. I'm sure there's a message in this for us. It would be a great incentive scheme for Clubs to begin.

DRUG TAKING IN MASTERS SPORT

Drug taking within Masters Sports is potentially a very difficult matter to monitor and control. The present attitude by ASDA (Australian Sports Drug Agency) is to implement an educational programme about the dangers associated with drug taking, as opposed to the conducting of drug testing.

It would be of immense value to know if any Masters Swimmers are experimenting with drugs to enhance their performance, but of

Commitment is habit forming, a way of life. Most committed people reach their goals and don't even realise it. By that time, they've upgraded their goals to even bigger ones and they're off and running.

course they are unlikely to admit to it. However, rumours about such matters may circulate from time to time and if we collect and document these, it may serve as a guide as to what direction of education we should concentrate on.

Will you please forward any hearsay of drug taking or experimentation with medication (obviously without names or any form of identification), to:

Ivan Wingate

Executive Director

AUSSI Masters Swimming

PO Box 207

COWANDILLA SA 5033

so that we'll know if we might have a problem.

INFECTIOUS DISEASES POLICY

The Australian Sports Medicine Federation Ltd. has produced a pamphlet entitled: "Infectious Diseases Policy with Particular Reference to HIV (AIDS) and HEPATITIS B" in March of this year. The policy is regularly reviewed and updated and should be brought to the attention of our members. Copies of the pamphlet and further information may be obtained from:

ASMF Ltd

PO Box 897

BELCONNEN ACT 2616

Phone: (06) 251 6944

Fax: (06) 253 1489

SAFETY POLICY

This idea was initiated by Tasmania Branch and interest was expressed in it at the Annual Board Meeting of AUSSI in Devonport in March. The policy is reproduced below:

Aims

- * To make all masters swimmers aware of the safety facilities and procedures at all swimming venues;
- * To protect the clubs and branch against the consequences of unfortunate accidents;
- * To provide first aid facilities at all club meets;
- * To formulate and implement a code of safety conduct for swimmers.

Awareness Programme for Clubs and Swimmers

This could include:

- * Appointing a safety officer to each club committee;
- * Regular instruction of all swimmers as to the safety and first aid facilities (including emergency telephone) available at their pools;
- * Encouraging and assisting swimmers in obtaining lifesaving awards;
- * Recording all accidents or near accidents and reporting these in newsletters as a caution to other swimmers.

Action Programme for Clubs

- * Ensure that a doctor (non-entrant), St. John's or Red Cross person is present at all interclub meets;
- * Provide an annual report to Branch summarising the club safety policy, accidents and any recommendations.

All clubs in Tasmania reacted positively to the policy and now have a Safety Officer and some kind of awareness programme for club members is underway.

The Tasmania Branch is appointing a Safety Policy Coordinator to act as a point of contact for the Club officers, to assist them in the implementation of their programmes, to disseminate ideas from clubs and to report to the Branch on the effectiveness of the policy.

Let's make this excellent Tasmanian idea into an AUSSI Policy and implement it in all Branches and Clubs.

MASTERS SWIMMING IN FRANCE

Masters Swimming is still a relatively new and developing idea to the French. It started about five years ago, but there are not many "teams". Many of the Masters Swimmers train on their own. The Racing Club of Franch has a Masters team in Paris that practices four evenings a week for an hour from 8.30 to 9.30 for those of you with travel plans for Paris.

(Courtesy Swim-Master, Mar-Apr 1991)

1991 NATIONAL HEART FOUNDATION TROPHY

This is presented each year to a member of the Branch running the National Swim. The following is a profile of Alwynne McMahon, the recipient of the award, from Launceston AUSSI.

Alwynne has been an active member of Launceston AUSSI since its inception in 1981. She has swum in all State Championships, most Relay Championships and the National Swim in Melbourne in 1984, as well as the National Postal Swim. Participation in aerobic swims has also been above average, being amongst the three highest points scorers for the Club nearly every year. Her attendance at Club nights and other activities is also well above average.

Alwynne has swum times, mainly in longer distance events, which have qualified for Top Ten inclusion.

As a founding member of the Club, Alwynne was appointed Club Captain and has served on the Committee ever since. In this time she has served as Club Captain, Treasurer and is presently Recorder. She is also the Club delegate to Branch Meetings.

In the mid 1980's Alwynne assisted at Adult Learn-to-Swim classes and encouraged adult swimmers to join AUSSI. She still encourages adult 'social' swimmers to given AUSSI a go, and some enjoy their visit so much that they stay.

Alwynne is generally the most reliable and relied upon member of the Club.

Australian Airlines is a Sponsor of AUSSI Masters Swimming in Australia.

All members are asked to use Australian Airlines when they have the choice. Evidence of flights in the form of tickets etc. may be sent to your Branch Secretary or direct to the National Executive Director whose address appears in a previous column.

Let's demonstrate our support for Australian Airlines.

Cardiologist lists benefits of exercise

Dr. Paul D. Thompson, a cardiologist at Miriam Hospital, says that exercise can benefit the heart in these ways:

- It strengthens the heart muscle, so that each contraction pumps more blood. The well-conditioned heart beats more slowly at rest and consumes less oxygen, enabling you to do physical tasks with less strain.
 - It can relax the arteries supplying the heart, so they won't constrict with physical activity.
 - It lowers blood pressure and improves the cholesterol balance in your blood, thus lowering the risk of heart disease from those factors.
 - It makes your blood thinner, and therefore less likely to clot. Exercise also releases chemicals that help dissolve blood clots.
 - It can stabilize the heartbeat, preventing abnormal rhythms.
 - It may help build "detours" around blocked arteries.
 - In animal studies and in anecdotal reports on humans, exercise seems to enlarge the coronary arteries. So even if cholesterol deposits thicken the artery walls, exercise may keep the passageway large enough for an adequate blood flow.
- Thompson also offers a few words of caution.
- Go slowly.
- Don't pretend that you're 25 if you're 45.
- If you experience any heart discomfort that comes with exercise and goes away with rest, talk with your doctor.



In a move to promote realistic swimming trophies, a small group of Masters swimmers are suggesting that trophy designers attend a Masters swim meet now and then. The just-about-to-go-off the block figures at the top of trophies are impressive. But how about looking at the swimmers who have just finished a 200 fly or 400 IM and who are themselves, just about finished?

A Gil Spear of Vero Beach, Florida, a member of the Indian River Community College Masters Team and an enthusiastic swimmer, has designed a special trophy. Who knows - it might start a trend!

CALENDAR OF EVENTS

1991

- 12 - 17 July 4th Pan Pacific Masters Swim, Tokyo, Japan
 20 July 4th Pan Pacific Open water swim, Guam
 5 - 19 October 3rd Australian Masters Games, Brisbane, QLD
 26 - 27 October NSW Short Course Swim, Campbelltown, NSW

1992

- 11 - 15 March 17th AUSSI National Swim, Melbourne, Vic
 26 June - 5 July 4th FINA/MSI World Swim, Indianapolis, USA

1993

- 10 - 15 April 5th Pan Pacific Swim/Dive, Hamilton, NZ
 16 - 18 April 5th Pan Pacific Open Water Swim and Water polo, Auckland, New Zealand
 May 18th AUSSI National Swim, Darwin, NT

1994

- 19th AUSSI National Swim, Adelaide, SA
 June/July 5th FINA/MSI World Swim, Montreal, Canada

1995

- 20th AUSSI National Swim, Perth, WA
 6th Pan Pacific Swim, Perth, WA

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Note: To all Branches

Please put the AUSSI Historian,

Peg Wilson,
52 Upper Street
TAMWORTH NSW 2340

on your Branch mailing list for:

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etc.

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The official publication of
 Masters Swimming International.
Published four times per year.

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Subscription fees \$10 AUST. per year.

Monies in Australian currency please
 and payable to
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