



AUSI

MASTERS SWIMMING IN AUSTRALIA (INC.)

NATIONAL NEWSLETTER

**Vol 2, No. 4, JULY,
1991**

PROFILE

TRISH BEVERIDGE

NATIONAL DIRECTOR OF PROGRAMMES

Trish first learned of AUSI in 1981 from Dr. David Gerrard (who is now an active member of Dunedin Masters in New Zealand) and joined Launceston AUSI which was at that stage the only club in Tasmania.

In 1982 she swam at her first Nationals in Sydney and was also the Tasmania Branch delegate to the National Council meeting held at the swim. It was the first of seven Nationals Trish has competed in and her introduction to the AUSI format—one that convinced her of the long term viability of the AUSI movement.

On her return from these Nationals Trish set about founding a second club, the Devonport Devils, of which she became inaugural secretary. Trish also assumed the position of Branch

PO Box 207
COWANDILLA, SA 5033

Secretary and is seen by many as the driving force that got AUSI rolling in Tasmania.

Since then Trish has held numerous positions at both the Club and Branch level. They are too many to enumerate, suffice to say she has been working for the benefit of AUSI Masters



Trish Beveridge - Director of Programmes
Secretary, Tasmanian Branch

Swimming ever since. Her involvement has extended from administration to coaching. She has been Fitness and Coaching Director at both Club and Branch levels and recently completed a Level 1M Coaching Accreditation Course held in Victoria. Trish considers good training advice

of paramount importance to all AUSI members, and as part of her ongoing objectives for AUSI in Tasmania, wants to see the next generation of 1M accredited coaches being educated within the State.

It should be noted that Trish's interest in swimming did not start with her exposure to AUSI. She has also given many years service to the Devonport ASC, dating back to 1975 when she conducted a Learn To Swim campaign upon her arrival from Queensland. Once again her main roles, at different times, were those of Secretary and Coach. She received her Level 1 ASI Accreditation in 1980 and has been continually studying to upgrade this to Level 2 but has been unfortunate in fulfilling the practical components of the accreditation.

Trish undertook a course at the Don Matriculation College in Devonport, successfully passing Sports Science III as well as the Department of Sport and Recreation General Coaching Principles Level 2 in 1988.

For the past seven years Trish has been Manager of the Devonport Olympic Pool which was the

venue for both the First Australian Masters Games swim meet and the recently held 16th AUSSI Nationals. It comes as no surprise that Trish was Secretary to both events.

Trish has been the Tasmania Branch delegate on the Board of AUSSI Masters Swimming since its creation in 1988 and is currently Director of Programmes. In that capacity she is preparing a submission on the National Aerobic Trophy format. It is her aim to have every club in Australia participating in this and the Awards. In an effort to promote these she has been encouraging clubs to make up a display board of the award patches. (See elsewhere in this newsletter for a photograph of this)

Although Trish originally joined AUSSI to get back into shape after her second baby, she finds time fairly limited and rarely gets the chance to swim as often as she would like. She claims that it's only when she travels to remote places like Alice Springs that she has any medal success with her swimming. However, she was pleased with her efforts at the last Nationals and is justifiably proud of having been actively involved in hosting a National swim not only in her home town, but in the pool she manages.

Trish is the first to admit that all this involvement in swimming could not be possible without the help and understanding of her family.

If you have any ideas for new AUSSI programmes or comments or suggestions on any of our current programmes (including the Aerobic Trophy) please contact Trish c/- the National Office (address at the top of this newsletter)

WA TO HOST FOURTH MASTERS

The Confederation of Australian Sport recently announced that Western Australia will be hosting the Fourth Australian Masters Games in 1993.

The decision made by the Board of the Confederation, follows great interest from a number of States and the ACT in hosting the event.

The WA Minister for Sport and Recreation, Mr. Graham Edwards, says that the State Government is looking forward to working closely with the Confederation to achieve a highly successful event.

The WA Branch of AUSSI will be organising and running the swimming section of the Games.

APOSA FESTIVAL

Difficulties in obtaining sponsorship have caused organisers to cancel the planned APOSA Festival of Sport which was to be held in conjunction with the Third Australian Masters Games.

Preparations for the Masters Games, which has the full support of the Brisbane City Council, are unaffected.

THIRD AUSTRALIAN MASTERS GAMES - BRISBANE

The Third Australian Masters Games WILL STILL BE ON reports Bren Catchpole, Director of Membership Development for AUSSI and one of the major forces behind the organising committee running the swimming section of the Games for AUSSI Queensland Branch.

The closing date for entries is 31st August 1991. Entry forms

and details can be obtained from the Masters Hotline (07)221 1890

Program of Events:

- Friday 11th October

Afternoon Masters Diving

Evening (6pm) Registration Welcome Function

200m Choice of Stroke

- Saturday 12th October

Morning (10am) Ceremony and March of Athletes

Afternoon (20m) 50m Freestyle; 100m Breaststroke;

100m Backstroke; 50m Butterfly;

200m Mixed Freestyle Relay

200m Womens Medley Relay

200m Mens Medley Relay

- Sunday 13th October

Morning (8.30am) 100m Freestyle; 50m Breaststroke;

50m Backstroke; 100m Butterfly;

200m Mixed Medley Relay

200m Womens Freestyle Relay

200m Mens Freestyle Relay

Happy Hour Function to be held after the swim in the early afternoon.

1990 SPEEDO/MSI WORLD TOP TEN L/C and S/C

This publication is now available at \$US 5.00, and back copies of the 1989 tabulation are also available at \$US 5.00. A Speedo/MSI Top 10 Patch is \$US 3.00.

Make cheques payable to Walt Reid, PO Box 8800A, Steilacoom, WA

98388, USA.

AUSSI NATIONAL SWIMS

YEAR	CITY	ENTRANTS	SURPLUS (\$)	PER HEAD (\$)
1984	Melbourne		6700	
1985	Canberra	459	9585	20.90
1986	Adelaide	656	11061	16.90
1987	Perth	844	15017	17.80
1988	(Postal)		-497	
1989	Sydney	585	2878	4.90
1990	Brisbane	473	493	1.09
1991	Devonport	?	?	?

We've been going downhill since 1985. Why? Could it be because other Masters sporting games are dividing the potential AUSSI dollar? There have been the Central Australian Masters Games in Alice Springs in 1986, 1988 and 1990 and the Australian Masters Games in 1987, 1989 and 1991 as well as various other veterans games.

The National Swim is the only regular source of income for AUSSI Masters Swimming other than registration fees. Sponsorship is very difficult to obtain in these times of recession, and cannot be relied upon.

This could well be a discussion point at Club and Branch level. Any constructive suggestions would be welcomed by our Executive Director, Ivan Wingate, at the address on this newsletter.

MASTERS SPORT SURVEY

As part of the Confederation of Australian Sports's Masters Sport Project (funded by the Australian Sports Commission) a questionnaire has been circulated to all national sporting organisations and other relevant agencies regarding their Masters (or Veterans) Sport programs.

The Director of the Masters Sport Project, Ron Burns, says he would appreciate those surveyed taking the time to complete and return this questionnaire. "I know that sports administrators are busy people who receive a plethora of questionnaires, but I believe this is a significant project for sport that requires the

broadest possible input."

Ron welcomes comment from anyone else with an interest in Masters sport and can be contacted at the Confederation's office on (06) 285 1887.

(Ivan Wingate, our National Executive Director, is a member of the Masters Sport sub-committee which is connected with the Masters Sport Project)

MURRAY RIVER SWIM

Graham Middleton, 55, of the Corryong (Victoria) AUSSI club intends to swim the length of the Murray River!!

Last January he spent 5 days testing the water, covering 111km. He was escorted down the river by a team of local

canoeists who helped him negotiate the hazardous white water of the upper reaches.

"I just swam with the canoes to see if it was feasible and it was," Mr Middleton said. "It is always exciting to do something no one has done before."

Starting at the Bringenbrong Bridge near Corryong, he said he intended to average six hours a day in the water, covering a distance of about 20 kilometres. At least two support boats will follow Mr Middleton down the river, probably manned by his sons Heath 23, and Dean 25.

Mr Middleton said swimming clubs along the way were being asked to join him as he swam past their section of the river.

He is planning to begin his four month watery odyssey down 2500kms of Australia's longest river in December 1991.

Mr Middleton said the journey would be used to raise money for the bone marrow registry and child cancer research.

PRODUCTS AVAILABLE FROM THE NATIONAL OFFICE

Handbook (incl. Rules, Constitution) \$10.00

Club Guide \$10.00

Guidelines for Referees \$ 5.00

Aerobic Trophy Rules and Point Scores \$ 5.00

Award Badges \$ 3.00

Triangular badge with stroke and distance \$ 3.00

Triangular badge plain \$ 2.00

Flash (or ribbon) with stroke and distance \$ 1.00

Million Metre Badge No Charge

Million Metre Record Card No Charge

Award Certificate No Charge

AUSSI Lapel Badge \$ 3.00

Membership Application Forms No Charge

AUSSI Coaching Manual \$ 5.00

Poster \$ 1.00

Brochure \$ 0.10

DONATION RECEIVED BY AUSSI

AUSSI has just received a donation of \$AUS100 from the Oceania One Hour Swim account as a donation.

CALENDAR OF EVENTS

1991

5-19 October 3rd Australian Masters Games, Brisbane, QLD
26-27 October NSW Short Course Swim, Campbelltown, NSW
26 Oct - 8 Nov Dnieper Cup - 91, Kiev, Ukraine, USSR

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
4th Australian Masters Games, Perth, WA

1994

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

1995

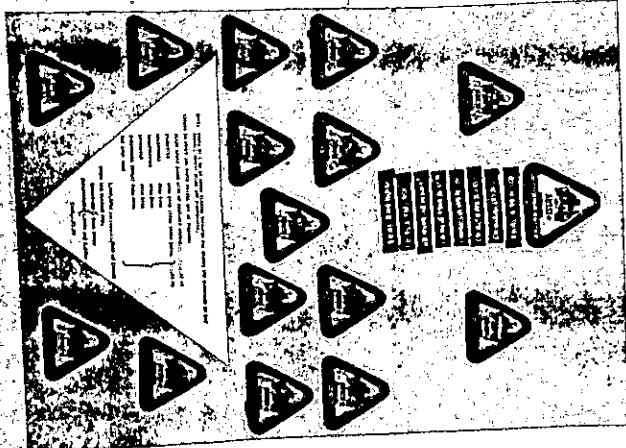
20th AUSSI National Swim, Perth, WA
6th Pan Pacific Swim, Perth WA

CIRCULATION

Life Members
President
Management Committee
Board of Directors
Branch Secretaries

Branch Newsletter Editors
Executive Director
AUSSI Historian:
Peg Wilson
52 Upper Street
Tamworth, NSW 2340

AUSSI AWARDS



Trish's "AWARDS" Board

(see page 2)

Encourage your Branch to make one too.

AUSSI ACHIEVEMENT AWARDS

The Aussie Awards acknowledge progress from the "learn to swim" beginner to the distance swimmer. There are Certificates from 25 metres to 200 metres and Badges from 400m upwards. All awards have been adopted as stimuli to strive for greater fitness and are open to all registered members of AUSSI.

CERTIFICATES

Any registered member of AUSSI who completes a non-stop 25m, 50m, 100m or 200m swim is entitled to a Certificate for the distance achieved.

BADGES

Any registered member of AUSSI who completes a non-stop swim as listed below is entitled to a Badge for the distance achieved.

*400M AND 800M

Completion of a 400M or 800M swim on five separate occasions, each occasion in a different month, shall be eligible to register for the respective awards. The Award can be gained once each year in each of the four strokes and Individual Medley. Each of these separate strokes may be swum in the same month. (N.B. odd distances such as 440 yards and 500yards or 880yards or 900yards are acceptable for these awards e.g. they may be swum in a 20yard pool).

*1500M

Completion of 1500M (as 60x25m, 30x50m, or 30x55yards) in 50 times or less than their best 50M time for the whole of the season in the stroke (if the stroking is mixed in the 1500M then it is classed as freestyle). Badges available for freestyle only.

*3000M AND 5000M

Completion of 3000M or 5000M. As a check for distance, lap times are required on the form. Badges available for freestyle only.

*1 HOUR AWARD

Completion of as much distance as possible in exactly one hour. Distance shall be credited to nearest 50M completed in that hour.

*1,000,000M

Completion of 1,000,000M. The member logs on the Record Card the distance achieved at each swim. All distances swum are accumulative. There is no requirement of style or speed and it is the member's own responsibility to record the distance swum. The integrity of the member cannot be in doubt.

APPLICATION FOR AWARDS MUST BE ON THE CORRECT FORMS AND BE FORWARDED TOGETHER WITH THE DESCRIBED FEE TO YOUR BRANCH RECORDER.