



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL NEWSLETTER

Vol 2, No. 5,
September, 1991

EDITORIAL

I am rather disquieted by the undercurrent of dissatisfaction I feel against AUSI National.

AUSI National is not some big ogre sitting up on the hill, dictating policy to the poor underlings down below--the Branches. AUSI National is made up of the Branches. In fact, it **IS** the Branches. The Annual and Mid-Year Board meetings are the forum for the Branches, just the same way as Branch meetings are the forum for the Clubs.

The Branches make AUSI. If the Branches are constantly bickering you cannot expect the National Board to move along swimmingly. If we don't help each other to build a better organisation, just what are we hoping to achieve?

I would also expect Branches to **HELP EACH OTHER**. Surely every Branch doesn't have to reinvent the wheel? It never ceases to amaze me when I

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hear that one Branch has developed some item or policy, but is sitting back to wait and see what another Branch comes up with as it is **THEIR PORTFOLIO!!** I find this attitude so narrow and short-sighted that it is almost verging on the contemptible. Why can't we share our expertise for the good of AUSI? Big Business may thrive on a "dog eat dog" attitude, but surely AUSI can rise above this?

I realise Australians are referred to as 'knockers' and are supposed to subscribe to the 'tall poppy syndrome', but surely we can use a little common sense, thoughtfulness and consideration and think positively for a change.

Why not ask "What can I do to help--either at a Club, Branch or National level?" Another significant question could be "What are the consequences for AUSI of my action, letter, etc.?"

Let's all pull together for the betterment of AUSI and not fall into the all too common mould of 'Aussie knockers'.

Editor

PROFILE

GEOFF UPTON

CHAIR OF THE COMPUTER COMMITTEE

Geoff Upton from Claremont AUSI in Western Australia, is married to Lyn and has two children aged 19 and 17 years. He works as a computer programmer with Woodside, Australia.

Geoff has belonged to AUSI for about 10 years and is an active member of his Club, joining in with training, club nights, social events, aerobic swims, etc.

For several years both he and his wife have been the backbone of the running and controlling of the computerisation of Branch swims. This included the Perth hosted National Swim and Club Championships in 1987.

Geoff has served on the National

The **AUSI** Purpose is: "To encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve general health."



Computer Committee (often standing on his own) for several years. His input includes program writing for

Branch and National swims

Branch and National registration systems

Branch and National Top Tens

Apart from these areas, Geoff has contributed at both National and Branch levels (several - not just WA) in many other less significant advisory roles.

Suffice to say that without him and the myriad of hours put in, who knows where we would be in our quest to become computerised—probably nowhere!

OFFICIALS

ACCREDITATION

The Lecture Notes, examination and marking papers, as well as the procedures have now all been approved by the Board of AUSSI. This means that we can now begin accrediting our own officials.

Why should we want to accredit our own officials?

The rules for Masters swimming are different to those under which members of ASI swim, and hence officials need to be

conversant with them. We also run our meets slightly differently as we are dealing with adults rather than children.

Our aim is to be self-sufficient and we may even be able to help ASI in our own area after all the help they have given us up until now.

The courses which will now be run will be for Timekeeper (including Chief Lane Timekeeper and Chief Timekeeper), Marshal, Starter and Check Starter. Recorder and Referee will be available after the Annual Board Meeting in March 1992.

If you are interested in becoming accredited officials please contact the Director of Technical Development, Michele Schofield, through your Branch, to organise mutually suitable dates as soon as possible.

AUSSI NATIONAL SWIMS

Do you remember the article in the last edition of the National Newsletter listing the National Swims for the past five years or so, as well as the numbers of entrants, surplus, etc? Well, I've just received the figures from the Devonport meet.

They had 347 entrants, had a surplus of \$11,130.50 which adds up to (or divides down to) \$32.08 per head.

Tasmania Branch are certainly to be congratulated, especially in gaining so much sponsorship. Victoria Branch will have a hard act to follow.

SAFETY POLICY

AUSSI is working on a National Health and Safety policy. As part

of this policy it has been decided that known epileptics will not be allowed to enter open water swims. This does not apply to normal swim meets as help is usually just the width of a lane away.

The Australian Sports Medicine Federation has recently produced a booklet called "*Safe Veterans Sport*". This is a great booklet and is not very expensive. It is excellent reading for all club members and I recommend that each Club invests in one.

Some of the chapter headings are: The normal ageing process and the benefits of sport; General guidelines for safe sport; Medical conditions and the veteran athlete; Drugs and the veteran athlete; First Aid; Management of specific sports injuries; Guidelines for specific sports (and, of course, swimming has an excellent coverage).

Need I say more? Either buy this booklet through your AUSSI Branch, your local ASMF Branch or direct from the ASMF National Office at PO Box 897, Belconnen, ACT, 2616.

INSURANCE

AUSSI National has taken out both a Public Liability policy and a Members Accident policy. So long as your club is incorporated and is registered with a Branch, you do not need separate insurance. However, if your club is not incorporated, please contact your Branch Secretary urgently and complete the incorporation process as soon as possible.

When dieting, TO ERR
IS HUMAN BUT IT
FATTENS THE BEHIND!

STOP PRESS STOP PRESS STOP PRESS

National Swim and Club Championships

Melbourne, March 11 - 15, 1992

- * All individual entries should go through your Club so that relay cards and summary sheets can also be included.
- * You may only enter **ONE** of the individual medley events and only **THREE** of the freestyle events.

Try to get your entries in before November 30 to take advantage of the **EARLY BIRD PRIZE!!**

COACHES

REACCREDITATION

The National Coaches Council now requires that *ALL* coaches, regardless of the sport, must be reaccruited at four yearly intervals.

The Director of Coaching has sent each Branch (via the Fitness and Coaching Director) information and policy on Coaching Accreditation Updating. This information belongs to the *BRANCH*. It is up to the Branch to keep track of it. Also, a portion of the kit has gone to each accredited coach.

Branch Fitness and Coaching Directors will be making provision for clinics, seminars, etc., so that coaches can get reaccruited. The seminars held at the National Swim can also be used for reaccruited purposes.

MEMBERS' FORUM

A Members' Forum was held at the National Swim in Devonport with more than 50 people in attendance. This was a great opportunity for members to meet the Management Committee and Board of Directors and ask any questions they wished.

One question that seems to crop up regularly is: "are we catering too much for the young?"

On referring to the 'Membership Attitude and Opinion Survey' I found that the average age of our members is 43 years and that our membership is skewed to the older age groups. In fact, the consultant's comment was: "Again the findings suggest that there may be an opportunity for AUSSI to build its membership among young people in particular." Maybe we really do need to do more work in this area.

CERTIFICATE

Are you intending to swim in an INTERNATIONAL meet in the near future, e.g. the World Swim in Indianapolis in 1992, or a meet in Europe or the United Kingdom?

Well, if you intend to do this, you must apply to the NATIONAL AUSSI OFFICE for a *Certificate of Membership Currency*. It is not sufficient to send a copy of your membership card as it is not dated for the current year.

Don't forget. Whether you are intending to swim at a meet in New Zealand or Alaska or even the Dnieper Cup in Russia, you must obtain a Certificate from Ivan (National Executive Director) for the current year.

RESULTS

I have just received the results of the 4th Pan Pacific Masters Swimming Championships which were held in Tokyo in July. For this I must thank AUSSI's good friend Mr. Kusuo Kitamura.

The results are as follows:

LORI WATSON from Miami Masters, QLD. 3 gold (800 free, 200 IM, 200 Breast).

GARY STUTSEL from Trinity, NSW. 1 gold (100 breast), 1 bronze (200 breast).

GORDON COZINS from North Sydney, NSW. 4 silver (100 and 200 breastd, 100 and 200 back)

JOHN MORRISON from Peninsula. 1 silver (400 free), 1 bronze (800 free)

BIDDY HALL from Warringah, NSW. 1 silver (200 free)

LIBBY HASSALL from Cronulla-Sutherland, NSW. 1 bronze (400 free)

CONGRATULATIONS!

MASTERING SWIMMING

This is the name of our new AUSSI Coaching Manual developed by the Director of Coaching, Anita Killmier. It is in the throes of being published and will cost less than \$30!

"Mastering Swimming" will be launched at the National Swim and Club Championships in Melbourne in 1992. If you're quick, you may even be able to get Anita to autograph it for you.

If you don't make it to the National Swim, don't forget to order your copy through the National Office. However, you will then need to pay for the postage, too.

NEW MEMBER KIT

The Director of Membership Development is developing a *New Member Kit*. This is going to be launched at the National Swim and Club Championships in Melbourne in March 1992.

The Kit will contain items from AUSSI National. Each Branch may then add relevant Branch information and Clubs may do the same.

In the first year, it is intended that the Kit will be given to all registered members so everyone is equally well-informed. From the beginning of the next registration year, 1 October 1992, the kit will only be given to new registrations.

NEW PRODUCTS

a) Supersets.

This concept is for everyone. It is all about anaerobic threshold training—the type of training you need to do if you are going to improve.

The supersets are in five year age groups (up to 80+), for both men and women, and there are ten graded categories labelled A to J.

Regardless of whether you are a beginner or a top competitive swimmer, you will need about 15 minutes to complete the superset. It is something you do maybe a couple of times per month—certainly not every day.

Intrigued? This concept has been developed by the Director of Coaching, Anita Killmier and is being produced and distributed to you by the Director of Programmes, Trish Beveridge. Keep an eye out for it in the coming months and keep asking your Club Secretary or Coach whether it has arrived.

b) 3 Million Metre Badge

This one, at least, is self explanatory. For those people who seem to complete a million metres of training just about every year, here is a new challenge for you. Begin to accumulate those metres from 1 October 1991 and see who is the first to achieve this new and coveted badge.

ONE HOUR SWIM AWARD

There seems to be some confusion over the way you determine the distance swum for this award. This is a National Award and is different from the One Hour Aerobic swim.

See page 35 in your Rules, Rule 16 (d). This states: "A swimmer shall cover as much distance as possible in exactly one hour. Distance shall be credited to nearest 50m completed in that hour."

The important point is: "nearest 50m **COMPLETED**" (my

emphasis). Hence the distance is rounded DOWN to the nearest 50m.

Would Club and Branch Records please take note of the above when sending in distances for Top Ten and Records.

SPONSORSHIP

AUSSI does not accept tobacco industry sponsorship. Hence we do not support the Rothman's Foundation. AUSSI has had a resolution on its books since about 1983 to this effect.

HELP NEEDED

I am again requesting help for the AUSSI National Computer committee. You have already read the profile of Geoff Upton who has led the Computer Committee for so many years.

Geoff needs help from AUSSI members to continue the work of the computer committee. He needs people with expertise in the area of computer programming. As the AUSSI computer software is already partly finished, Geoff needs people who are willing to help him with the existing job. It is no good if you wish to do your own thing—we need people to CONTINUE a job already partly done.

If you think you can help, or simply wish to get more information to see whether you can help, please contact the Executive Director, Ivan Wingate, at the AUSSI National Office. The address and phone number are at the beginning of this newsletter.

DRUG TAKING IN MASTERS SPORTS

We have been requested by the National Executive Director to pass on any information or hearsay of drug taking or experimentation with medication that our members may be aware of—obviously without names or any form of identification—so that the National Office can evaluate whether there is any problem within Masters swimming. The following is an extract from the Executive Director's memorandum:

"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 program about the dangers associated with drug taking, as opposed to the conduct 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 course they are unlikely to admit to it. However, rumours about such matter 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."

You can contact the Executive Director, Ivan Wingate, at the address and phone number on the front of this Newsletter.

ASDA has also 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 medicines contain which banned substances. If you have any questions regarding drugs

in sport, phone the Hotline on
008-020-506.

SWIM MEETS

An interesting idea has been put forward by NSW Branch which may help take some of the headaches out of the marshalling for other Branches or Clubs. The message is as follows:

"At our last two long course carnivals, Bob Dorrington and Sue Johnstone have been trialling a method of ensuring that the race cards go to the timekeepers as efficiently as possible in 50m events:-

1. The event is marshalled at the finishing end of the pool.
2. Swimmers are given their cards and told to sit in order on a row of chairs.
3. As their cards are collected, they are handed a card with their heat and lane number on it. These are written out before the carnival and can be re-used in

different events.

4. The race cards are handed to the timekeepers by the runners.
5. When the swimmer reaches the starting end of the pool, he/she goes to the correct lane and leaves the card in an ice cream container at that lane.

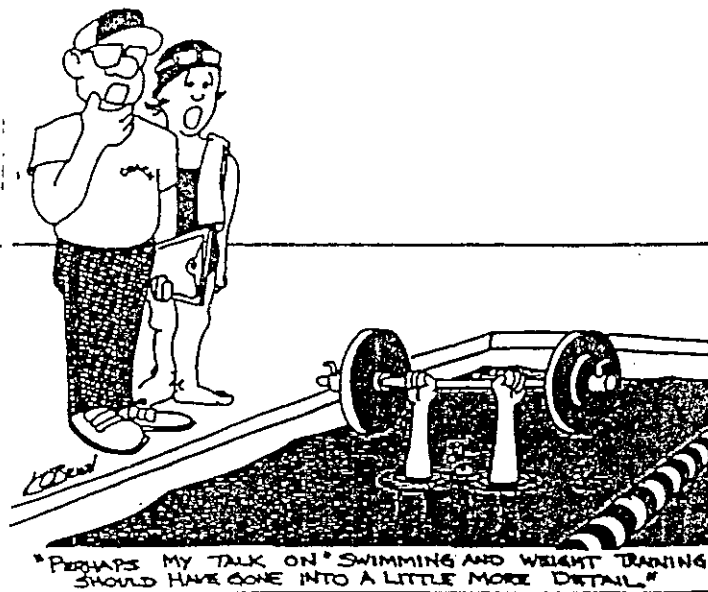
This method is an improvement over previous ones because:

1. The race cards are collected at the same end of the pool as the timekeepers are at, eliminating a lot of unnecessary walking by the runners.

2. The swimmers have a card to show which lane to go to eliminating the confusion which can happen when someone swims in the wrong lane.

If I haven't made this clear, please phone me for clarification."

This was written by Beryl Stenhouse, Secretary, NSW Branch. She can be reached at the NSW AUSSI Office on 02-544-1383.



"PERHAPS MY TALK ON 'SWIMMING AND WEIGHT TRAINING' SHOULD HAVE GONE INTO A LITTLE MORE DETAIL."

PRODUCTS AVAILABLE FROM THE NATIONAL OFFICE

Handbook (including Rules,
Constitution) \$10

Club Guide \$10

Guidelines for Referees \$5

Aerobic Trophy Rules and Point
Scores \$5

Award Badges :

Triangular Badge with stroke
and distance \$3

Triangular badge plain \$2

Flash (or ribbon) with stroke and
distance \$1

Million Metre Badge No charge

Million Metre Record Card No
charge

Award Certificate No charge

AUSSI Lapel badge \$3

Membership Application Forms
No charge

AUSSI Coaching Manual \$5

Poster \$1

Brochure \$0.10

CIRCULATION

Life Members

President

Management Committee

Executive Director

Board of Directors

Branch Secretaries

Branch Newsletter Editors

Club Secretaries

AUSSI Historian:

Peg Wilson

52 Upper Street

Tamworth, NSW 2340

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

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

1995

20th AUSSI National Swim, Perth, WA
8th Pan Pacific Swim, Perth, WA

NATIONAL SHIRTS

AUSSI MASTERS SWIMMING has a snazzy new national marketing logo (pictured). The T-shirt is white, shaded blue under the lane ropes which are red, black and white, and the words AUSSI MASTERS SWIMMING in red, a very eye catching logo, so you can be a PUBLIC RELATIONS PERSON for AUSSI and wear a NATIONAL T-SHIRT. These are priced at \$15.00 while stocks last.



AUSSI MASTERS SWIMMING