



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE

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NATIONAL NEWSLETTER

Vol 3, No. 1,

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EDITORIAL

Welcome to all AUSSI members and to a brand new year. I hope your swimming improves and you get everything from your club that you joined it for. However don't forget to put something back into your club in recompense for all it has done for you.

It seems our National Newsletter is getting to be more widely read. I have had feedback from Darwin Stingers, Gold Coast Masters and the New South Wales Branch. **THANK YOU!!** Keep up the good work and be sure to circulate the newsletter as widely as possible throughout your club. Have you got a system? Do you photocopy it so there are more copies available? That certainly is permissible and saves AUSSI considerable cost for both paper and postage.

Our National Newsletter should be available for all members of each club to read. With more information on the structure of AUSSI as well as its policies and day to day business, we are not

only keeping our members better informed, but helping to train them for a future role in their Club, Branch or at a National level. All members of Branch or National committees or Boards have joined a club and come up through the ranks just like you.

In this issue there is information on a variety of topics as well as a reminder about the Certificate of Membership Currency. I've included an article from the US Masters which I hope you find interesting. Although the comments in it are from top competitive swimmers, I feel we can all relate to them, as regardless of what times we swim, we are eventually going to swim more

slowly as we age.

This time the profile is of AUSSI rather than a member of the Management Committee, Board, or sub-committee of AUSSI. With so many new members I'm sure you will be interested in how AUSSI (Masters Swimming) began in Australia. Also included are the current member registrations with Queensland being way in the lead, as well as a survey on Club activities which was carried out by NSW Branch.

I continue to welcome feedback—comments, constructive criticism, suggestions, even articles, cartoons, etc., and look forward to hearing from you after you've read this latest issue.

PROFILE

AUSSI MASTERS SWIMMING IN AUSTRALIA INC., was originally constituted as the Australian Union of Senior Swimmers International (known as A.U.S.S.I.) in Sydney on 22nd September, 1975.

The first "Masters" style meet in Australia was con-



*Boards are really
representatives of
their members.
Clubs tend to
forget this.*

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

ducted at the Harbord Diggers' club in May 1971. On 30th March, 1974 a 45 member team of the US Master Swimmers visited Australia for a competition which was held at the Hefron Park Pool, Sydney. It was attended by swimmers from South Australia, Victoria, Queensland, NSW Country and Sydney. On 18th October, 1974 a meeting was held which formed the Australian Masters Swimming Association. The first Australian Masters Swimming Championships were held on 8th March, 1975. This became AUSSI in September, 1975.

Sixteen annual National Swims have been conduc-

ted and AUSSI is an active supporter of the Australian Masters Games.

AUSSI played a major role in the formation of M.S.I. (Masters Swimming International) in 1983, and is still a prominent contributor to this body. There are six Australians holding office in M.S.I.

AUSSI has conducted three International Swim Meets. The first Pan-Pacific Masters Championships were held in Sydney in September 1981, the second in 1983 and the 2nd FINA/MSI World Masters Swim at which 4,000 swimmers competed (3,000 from overseas) was held in Brisbane in October 1988. It

was the largest Swim Meet conducted anywhere in the World!

AUSSI Masters Swimming in Australia Inc., (incorporated in S.A. in 1986) has 154 Clubs affiliated with 8 Branches, one in each State and Territory in Australia. It is administered by a Board made up of three elected Members: President, Coaching Director and Finance Director, plus 8 Directors, each with a specific portfolio. Each of the 8 Branches appoints a Director.

The Board meet in person twice each year and the day to day administration is under the control of a paid Executive Director. AUSSI



For complete information and entry forms:

IV WORLD MASTERS SWIMMING CHAMPIONSHIPS

901 West New York Street, Room 204

Indianapolis, Indiana 46202 USA



IV WORLD MASTERS SWIMMING CHAMPIONSHIPS

June 25 – July 5, 1992

Indianapolis, Indiana USA

Official Schedule of Events

Thurs., June 25	Water Polo	Mon., June 29	Synchronized Swimming
Fri., June 26	Water Polo		Long Distance Swimming
	Diving		Bounce Back Pasta Party
	All American Welcome Picnic	Tue., June 30	Swimming Events
Sat., June 27	Water Polo	Wed., July 1	Swimming Events
	Diving	Thurs., July 2	Swimming Events
	Synchronized Swimming		Speedo's All American Summer Party
	Beat the Heat Skating Party	Fri., July 3	Swimming Events
Sun., June 28	Diving	Sat., July 4	Swimming Events
	Synchronized Swimming	Sun., July 5	Swimming Events

maintains a computerised National Registration system, is autonomous in its operation and has been praised by many, including the Australian Sports Commission (ASC) and Australian Swimming Incorporated (ASI), for its professional management. AUSSI is a member of the Confederation of Australian Sport (CAS).

Conducting Swim Meets is only part of AUSSI's activities, as a large number of members do not compete in races. Most members, however, participate in an aerobic activity through the year to gain points for their club and to compete for the National Aerobic Trophy. AUSSI has a number of other non-racing activities too.

AUSSI's stated purpose is:

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

CERTIFICATE OF MEMBERSHIP CURRENCY

Now you have all just received and read your latest copy of MSI News, no doubt you are planning a trip to the 4th FINA/MSI World Masters Swimming Championships in Indianapolis in June/July 1992, or the 5th Pan Pacific Masters

Championships in Hamilton, New Zealand in March 1993.

However, remember that to enter any of these overseas events, you must have a certificate of membership currency which is obtainable from the National Office (address on the front of this newsletter). On page 4 of the entry booklet for the Indianapolis meet it states:

"2. A photocopy of your proof of age (either birth certificate, passport or drivers license), and, a photocopy of your Masters registration card issued by your national Masters swimming organization for each sport discipline in which you are entering."

Be sure to leave plenty of time to arrange for your certificate of membership currency/registration card.

Australian Airlines is a Sponsor of Masters Swimming in Australia. Use Australian Airlines if you have a choice. Evidence of flights will be appreciated so we can show our support. Send used tickets to your club secretary or to the Secretary.

EXERCISE AND KEEPING FIT

It was interesting to note in the latest Recreation Participation Survey published by DASETT that exercise and keeping fit were the most common in-home recreational activities. Outside the home, for women aerobics came first. **THIS HIGHLIGHTED THE FACT THAT EXERCISE AND NOT SPORT WAS THE MOST POPULAR ACTIVITY.**

We all need to keep this in mind when we are promoting AUSSI, whether at a Club, Branch or National level---i.e. swimming is great **EXERCISE**.



Certificate of Membership

This is to certify that Joseph Blaggs
is a registered member of Aussie Masters Swimming until September 30, 1987

His/Her registration number is 0410E

His/Her date of birth is 25/12/00

Jan 14 1992

Agali
National Executive Director

MEMBERSHIP

Queensland Branch is way in the lead of the membership stakes with a total of 1226 members in just the first three months! Other Branch totals are as follows: Western Australia 821; New South Wales 792; Victoria 368; South Australia 272; Tasmania 188; Northern Territory 76; Australian Capital Territory 63.

Branch Registrars/Treasurers please keep sending in your registrations on a regular basis.

CLUB SURVEY

NSW Branch recently completed a survey detailing the various activities undertaken by clubs. A short summary is included and this may give you some ideas to try out in your own Club. The percentages refer to the number of clubs who returned the survey.

(21 out of 35)

* Swimming Activities

Over 90% have a coach who sets the program on club night, and have coaching and stroke correction. 80 - 90% have timed swims, compete in carnivals, vary their program from week to week, and have coaches who swim with the swimmers. (This last point is NOT a good

idea). 70 - 80% perform long distance swims; 60 - 70% perform aerobic swims. Less than 30% run learn-to-swim lessons. (It is generally felt that learn-to-swim lessons should not be a major part of AUSSI as there are numerous other avenues for people wishing to learn to swim.)

* Social Activities

80 - 90% have a non-club night social activity at least once per year. These include: picnics, BBQs at member's home, restaurant outings, BBQs at pool, bush dances, progressive dinners, dinner/dances, presentation nights, camping weekends, car trials, champagne breakfasts, games nights, cabaret nights, bushwalks, tennis nights, video nights, sailing days, children's Christmas parties, carols by candlelight, theme dinners (Chinese, German, Soup & Stew, Port & Pizza, mid-year Christmas dinner).

Between 60 - 70% have a club night social activity, including tea or coffee at the end of the night, brunches, Christmas hamper or chicken for closest to nominated time, going to the pub.

Between 60 - 70% would like to foster a smaller club and organize activities with them. However, currently less than 20% of clubs organize social activities with another club.

PRESIDENT'S REPORT

The following is a short excerpt from the most recent President's Report by John Busby, President of ACT Branch. He stated:

"AUSSI provides the environment and support that many of us need to keep ourselves in shape but this, of course, does not come free. I am sure you all are aware that the exceedingly modest fee we pay each year covers only the direct costs to AUSSI of providing various services. It certainly does not fully support the running of the organization, the balance comes from the efforts of members, generally all too few of us."

This applies equally to National, Branch and Club. Volunteers are the lifeblood of most associations—certainly AUSSI.

1993 DARWIN NATIONALS

There's been lots of interest in the forthcoming tour to Darwin /Singapore. If you require further details before the next Newsletter in March, please contact:

PO Box 389

Kenmore QLD 4069

SEE YOU THERE

INFORMATION

The following is from the Committee Members Handbook which is really very interesting:

"Information is often referred to as the 'life-blood' of any organisation.

"Information comes into an organisation from various sources. It is processed, applied, altered, added to and often discarded through a series of procedures and processes by many different people. If it circulates easily and well, knowledge and understanding will increase.

"If it is stifled, circulated in a way that ensures a negative use of power and authority, or deliberately misinterpreted and misquoted. . then we have a war-zone mentality and severe abuse of the 'life-blood' of the organisation. The effect can be tragic. The organisation can destroy itself from within.

"It takes courage to demand information which you know should be freely available. It takes courage to challenge people who are using information as a tool of war. Use and abuse of information is one of the primary tools of war, as it is a primary tool of peace.

When information flows freely, regularly and in sufficient understandable and relevant detail, people at all

levels of the organisation develop greater confidence in the organisation and an increased commitment to the cause."

MIDDLETON'S MIGHTY MURRAY MARATHON

I've just received a December and a January newsletter with information concerning Graham Middleton's marathon swim of the length of the Murray River to raise money for '*Kids 'n Cancer*'.

In the 19 days that have followed Graham's entry into the Murray at Bringenbrong near Corryong he has averaged more than 20km per day! No doubt the cold water both at the very beginning and later, below the Hume Weir Dam, have been the most trying sections. The determination typical of the man has not been daunted, fitness is not a problem and spirit remains high.

Graham arrived in Albury on Monday 9th December where he was met by a number of local swimmers a few kilometres upstream. A local councillor was sponsored at the rate of \$250 per kilometre and made a healthy contribution to the appeal. Rotary, Bowling, RSL and Swimming clubs are all holding fund raising events for the

appeal. At Corowa/Rutherglen Graham was met by members of the AIS, Coach Terry Gathercole and swimmers Linley Frame and Emma Everingham.

Day 30...Over one quarter of the Mighty Murray now upstream, 700km at an average of 23 kilometres per day at over 3km per hour...what a remarkable effort..."doing it easy" Graham says.

What is also remarkable is the spontaneous response of the ordinary people holidaying along the river, beckoning the boat to shore to make a donation towards the appeal "*Kids 'n Cancer*", offering encouragement and demonstrating their concerns by playing their part in this program that will be to the benefit of the Anti Cancer Council and the Australian Rotary Health Foundation Fund, hopefully to the future health of all.

Water Sportsmen and women taking time to acknowledge the effort, waving words of encouragement, keeping the waterway clear. The Red Cross Marathon Canoists labouring past..."good on yer mate"...these are the little pieces of human respect and understanding that strengthens the team's efforts, that helps create a more sensitive and responsible feeling for the Mighty

Murray and its resources.

Many AUSSI members know Graham and the Corryong AUSSI club and have read about his swim in this newsletter. I'm sure the organisers could handle further letters of encouragement and/or money if you, your Club or your Branch felt so inclined.

Contact: Campaign Manager—Don Grant (060) 76 1177, 76 1197 (A.H.) FAX 060 77 1820. Promotions Officer Don Haberecht phone or fax (060) 77 1295 (24 hours)

SWIMMERS AND AGING, OR WILL I STILL ENJOY COMPETING IN 30 YEARS?

by Nancy Ridout

I've wondered over the years about what happens when a swimmer starts slowing down, having not just a bad meet here and there, but experiencing enough years of no best times that the reality hits home that there will be no more PR's (personal records). Will Masters still be fun? Will meets still be fun? Actually, this question seemed more important when I was younger than now that I am closer to that stage in life (I'm 49). One's outlook on life does change as one aspect of life leads into another and another. Having been a part of Masters swimming for 20 years

and believing fully in its purpose, I think this question is of interest to both our younger members who have taken on a commitment of life-long fitness, and to our older swimmers.

I wrote to several Masters who have been long-time successful competitive swimmers and asked them to comment on the effects, both physical and emotional, of aging on their competitive careers. Some answers were very surprising, such as **June Krauser's** (only) 4.85 seconds decline in the 1650 yard (1500m) freestyle over 20 years! Many of us decline more than that from month to month! Others were very touching in their support of the Masters programme. The following may show many of us just what our organization is all about.

Across the board, the respondents extolled the health aspects of swimming. Those who have had health problems report their training lessened the severity of the problem or prevented more severe consequences, and aided in a faster recovery. "Listen to your body" was another recurring theme. This is applicable to everyone! What may heal in a couple of weeks in a younger swimmer may take months in an older one. Being aware of when to take it easier becomes acute

when the alternative is a long period of inactivity.

Harry Rawstrom of Delaware is a case in point. He joined Masters in 1973 at the age of 56. After his first meet he was "hooked". He continued improving, and in 1977 won all his age group's freestyle events at SC and LC Nationals. In 1980 at SC Nationals, he noticed a dramatic slowing in his longer races (500 and 1650), which he attributed to normal aging, and he subsequently concentrated on the shorter ones. Several years later it was determined that he had suffered a slight, silent heart attack in 1980. In 1989 he sensed another change. His 50 free was O.K., but his other events were a lot slower. Arterial fibrillation was diagnosed and he was advised to give up racing. He accepted this advice, but still trains six days a week.

Ray Taft, another long-time national champion and record holder, cites shoulder and elbow problems and a quadruple by-pass (from high cholesterol) as interruptions to his swimming career which began at age 13. He is now 71, swimming daily, still competing---and listening to his body.

Dr Paul Huting, who has long been a liaison with the medical community for Masters swimming and has

given us statistics on the effects of aging, (he also holds several national records), cites studies showing the expected rate of decline due to aging as approximately 1% per year after age 25. In his own case, between 1971 and 1986 (ages 46 through 62) his performances fell off an average of 1% every 5 years! Interestingly enough, he contends that injury and disease will affect your performance before aging will. In his own case, rheumatoid arthritis and its effects have contributed to his inability to train and compete as regularly as he would like. Before the onset of the disease, aging had much less effect on his ability to train and compete.

Dot Donnelly, who has been a national champion both in her youth and as a Master, seems to add credence to this theory. She started Masters at age 50 and continued to achieve PR's for 14 years. *"Then the piano fell (a severe thyroid problem, major abdominal cancer surgery, and an angioplasty for a blocked artery may have had something to do with it)."*

All the respondents cited good health and fitness as a result of participation in the Masters program. But, what about the emotional side of the aging process in a competitive swimmer? It

was in this area that there was unanimity. Rather than feeling let down, "old", or "over the hill", the general feeling was that of thankfulness for the opportunity to compete, do the best possible time, and go for the records in a new age group! **Dot Donnelly** cites 'good health' and being able to eat anything and everything, and notes that *"it certainly preserves your sanity"*.

June Krauser, the age-defying miler cited earlier, notes the changes in her swimming career, which include being a national champion in her youth and as a Master: *"In my youth, it was to win. Now it is for health, exercise, sociability, relaxation, etc. I swam my best in Masters around age 50, and then the times kept getting slower each year. It was frustrating until I figured out a way to be satisfied with my times. There are 53 individual events for our 3 courses and I swim almost all of them. I keep a list of my best times from the previous year and if I better just one of those 53 times I feel like a real winner! It gives me a goal to work for and I have a lot of chances to succeed."*

Kelley Lemmon, 80, is a retired U.S. Army general who captained his United States Military Academy swim team in 1937, and as

a Master is a multiple national and world record holder and All Star Team member. A few of the effects of aging as he sees them are: slow times, proneness to injury and illness, decreased body flexibility and sense of balance, decreased vision, limited energy, and changing priorities. He notes that *"the golden years bring a realization that we are in fact destructible and there are many priority things to be done in the brief time remaining"*, and accordingly his zeal to sacrifice all to his swimming performance has waned.

Ray Taft may have said it for all of us when he noted, *"Mentally I have never felt 'old' . . . swimming enhanced my recovery and now I have new goals to conquer. I know it's going to be worth the continuing effort, but listen to your body and, of course, swim for fun, health and friendship. You can't lose!"*

(Copied from U.S.M.S. Newsletter)

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER \$12 p.a

30 pages per quarterly issue.

Really good value- Cheque (to "AUSSI") - c/- Australian Masters Swimming Coaches Newsletter — 44 Warr Cliffe Rd., IVANHOE EAST VIC 3079

PRODUCTS AVAILABLE FROM AUSSI

Contact your Branch Secretary if you want any of the following:

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

CALENDAR OF EVENTS

1992

11-15 March 17th AUSSI National Swim, Melbourne, VIC

27-29 March Swedish Open Masters Swimming, Gavle, Sweden

26 June - 5 July 4th FINA/MSI World Swim, Indianapolis, USA

18-22 October Honda Central Australian Masters Games (Swimming)

1993

14-21 March Wagga Wagga Veterans Games

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

24 April-2nd May 4th Australian Masters Games, Perth, WA

4-8 May 18th AUSSI National Swim, Darwin, NT

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

Executive Director

Board of Directors

Branch Secretaries

Branch Newsletter Editors

Club Secretaries

AUSSI Historian:

Peg Wilson

52 Upper Street

Tamworth, NSW 2340