



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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NATIONAL NEWSLETTER

Vol 3, No. 2

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EDITORIAL

Hopefully everyone is settling down to some good solid training after the National Swim in Melbourne and the State Cups in the various Branches. I believe some excellent times were swum in Melbourne---one of our club members did four PB's out of five swims!

Now is the time to begin your assault on the Aerobic Trophy if you haven't already started. Remember you must begin your 400m and 800m swims in May at the latest if you are to get your five swims in five separate months. All these swims qualify for National Awards and you can apply for patches. Don't forget to write all those metres down on your Million Metre Award card and keep totalling them up. There's a Three Million Metre Award now, too, so keep up the swimming.

This edition has the usual update of membership numbers---they're certainly growing at a great rate---as well as an article on our new coaching manual, Mastering Swimming, edited by Director of Coaching, Anita Killmier. There's also news of the new Top Ten policy, supersets, the new member kit, what to do if, and a profile of the Director of Communications.

If you think the newsletter is too boring, why not send in an article to be included? Your contributions will be most welcome.

Looking forward to hearing from you
...

PROFILE

JUDY FORD

Director of Communications, ACT

Judy originally heard about AUSI in 1975 when she was asked to swim by invitation at an Interclub meet held by Como Ladies at the Caringbah pool. This club was the

forerunner of Cronulla-Sutherland AUSI.

A meeting was held in Canberra in October 1976 to begin an AUSI club which was subsequently called the Canberra Adult Swimming Club. Judy was one of the foundation members and has held a position at Club level ever since. However, that Club was later



combined with another, and, based on the AIS pool, became the ACT AUSI Masters Swimming Club in 1982. This Club was divided in two in 1986 with Belconnen Wests AUSI

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

Adult Swimming Club being formed on the northside of Canberra, and the Tuggeranong Vikings on the southside. Judy was the foundation President of the new Belconnen Wests club.

The ACT Branch was formed in 1981 and Judy served as Secretary for three years until she became Meet Secretary for the 1985 National Swim meet held in Canberra. Since 1981 she has often been ACT delegate to National Council and Board meetings, and in 1989 she was made a Life Member of the ACT Branch of AUSSI Masters Swimming.

In 1984 at the MSI Meeting during the International Meet at Christchurch where Judy was AUSSI's delegate, she was asked if she would be interested in compiling World Short Course Records at some future date. As a result, she has been doing this since November 1986, with new listings being published on 1 May and 1 November of each year.

In 1989, Judy became ACT's Director on the Board of AUSSI with responsibility for the Communications Portfolio. The aims of this portfolio are:

- * To facilitate communication between National administration and members; and
- * To promote AUSSI to the general public.

The objectives are:

- * To increase member awareness of AUSSI at a National level; and
- * To raise the profile of AUSSI by increasing the use of the media by Clubs, Branches and

National through publicising events, articles and results.

Judy currently edits the National Newsletter, is Race Secretary for her Club, is acting President of the Branch as well as Director of Communications and is World Short Course Records recorder for Masters Swimming International. As well as this, Judy teaches full time at a local Government College and is assistant Administrator of the Academic Evening College there. Now that it's all written down, it's no wonder she has difficulty finding time to swim.

1991 AUSTRALIAN MASTERS GAMES

Heard all about the terrific time the Gippsland Flippers AUSSI Club recently had at the Australian Masters Games in Brisbane. Nine of their members travelled to Brisbane (courtesy of Compass Airlines) and came back with 41 medals! I'm including a photo of their coach, Otto Ford (age 65), having a word with Dawn just after she had beaten him by half a second in the 50m freestyle.

MASTERING SWIMMING

This is the name of the new publication edited by our own Anita Killmier, Director of Coaching for AUSSI Masters Swimming in Australia, and has only just been released.

It is a self-help guide for coaches and swimmers and has been written not only with the AUSSI member in mind, but also the lap swimmer who has not as yet joined an AUSSI club. Anita also has her eye on the international market as this is the first book of its kind which has been written especially for master (adult) swimmers.

"Mastering Swimming" is a complete guide to swimming for coaches and swimmers. It deals with all facets of training, from nutrition to planning a season's workouts. Programs are outlined for sprint and distance work, both for the novice and experienced swimmer. There is a large section on swimming strokes for those who want to improve their techniques---the many drawings clearly show correct strokes and common



errors.

Growing old doesn't mean sitting on the sidelines and watching. Swimming is one of the safest forms of exercise, so what better escape as age catches up. While ageing can be seen as inevitable, the effects it has on quality of life and swimming performance can be modified by a well-planned regular swimming program.

"Mastering Swimming" is a book for anyone who wants to know more about swimming--coaches, swimmers and teachers alike. It is for both young and old; those who train in a group and those who train alone; those who are experienced swimmers and those who are just starting out; but most importantly it is for those who want to gain more from their chosen sport--swimming.

But I hear you say, who stands to gain most from the sales of our new coaching manual "Mastering Swimming"? AUSSI does! That means AUSSI members and all who read and learn from it.

Anita and all contributors gave their time and talent "free" to bring this excellent publication to you. In Anita's case, it was about three years of consistent hard work (as well as producing the Australian Masters Swimming Coaches Newsletter four times per year). Lisa Saad, the Photographer; Marijke Alderson, Word processor; and Jenny Harrison, Illustrator, also all gave their time free of charge. Please help to "scotch" any rumours that someone may "get rich" from this publication and please show gratitude to

the tremendous contribution Anita has made to AUSSI.

Well, how much profit will AUSSI Masters Swimming make? Hopefully, a fair return on investment which will benefit all AUSSI's. AUSSI has purchased the first 1,000 of a print run of 2,000. That, I feel sure you will agree, is a considerable commitment. It was done to enable a quality product to be produced and this has been successfully achieved.

If you wish to purchase your copy (bulk orders from Clubs would be a good idea), it is very reasonably priced at only \$26.95. Interstate postage costs between \$6.65 and \$8.15 per book (from Adelaide). So, the National office has a special offer. "Mastering Swimming" is now available to Branches and large Clubs in boxed lots of 34 at 10% discount.

$34 \times \$26.95 - 10\% = \$824.67.$

As a further incentive, AUSSI will pay the postage too.

For smaller orders, from 1st April Australia Post has "Express Post Satchels" at \$5.80 each. Five copies of "Mastering Swimming" weigh less than 3kg (upper weight limit for these satchels) so this cuts postage costs down considerably. Australia Post guarantee next day delivery within major cities/centres, within Australia.

So, get your orders in as soon as you can as we'd like to make as big a dent as possible in the 1,000 copies just as soon as we can.

Forward your orders to the Director of Coaching, Anita Killmier at 44 Warnclyffe Road, East Ivanhoe, Vic, 3079 or telephone Anita on 03 499 3737. In this way the books can be sent from the source and there will be no double handling.

"PERCY THE PLATYPUS"

CARINE AUSSI have copyrighted their famous logo "Percy" and he cannot be used without their authorisation. Percy is appearing in various publications, a practise Carine wishes to put an end to. Carine's new postal address is PO Box 182, Greenwood, WA 6024.

The copyright statement in the Club Guide (where it is used with permission from Carine) states:

"Percy" the platypus cartoon character, is registered and owned by CARINE AUSSI and may not be reproduced in any form without the written permission of that club.

Please do the right thing--you cannot use a copyrighted logo.



P.S.

"National" has ongoing permission and has paid for the considerable registration fees.

MEMBERSHIP

Queensland is still way in the lead of the membership stakes and I'm beginning to wonder whether some of the other Branches have been a little lax sending in their new registrations. Please keep them coming in on a regular monthly basis, even in the last three months when the National component is reduced.

The current tally is as follows: Queensland 1500; New South Wales 979; Victoria 970; Western Australia 935 (no change); South Australia 471; Tasmania 233 (no change); Northern Territory 103; Australian Capital Territory 80.

Grand Total: 5271.

(Which Branch is going to be next to break the 1000 barrier?)

WHAT TO DO IF

You have a query.

AUSSI's organisation is such that it should be easy for you to get help when you need it. It's just a matter of going through the correct channels.

1. Telephone your Club executive---President, Secretary, Coach, etc., or look in the "Club Guide", or ask them to do this for you.
2. If no one at Club level can help you, try a nearby well-established Club, or telephone/write to your Branch Secretary or Administrator. Almost all queries can be answered in this way.
3. Only extremely rarely should

it be necessary for you to write/telephone the National Executive Director (NED) in Adelaide. It is difficult for him to work with constant interruptions as he doesn't have full time office support.

The diplomatic way is to go through established channels, which are from member to Club (preferably at a meeting), Club writes to the Branch. If it needs to go to a higher authority, the Branch will forward it on to NED.

Hopefully, the extra time NED will have free from interruptions will enable him to gain increased sponsorship (however, I feel it has almost all dried up in these harsh economic times).

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 Warncliffe Rd., IVANHOE
EAST VIC 3079

SUPERSETS

Has your Club got a copy of the new "Supersets" program which has been distributed to all Branches. This is another idea of Anita Killmier's which she dreamt up in all her spare time in between working for a living, editing "Mastering Swimming", producing the "Australian Masters Swimming Coaches Newsletter", getting married, etc. etc. Maybe she did

dream it up while she was asleep!!

The objective of the Supersets program is to produce a training set that:

- * provides a challenge for all age groups and abilities;
- * elicits a training effect that will improve cardiovascular endurance;
- * provides motivation and encouragement for people to train regularly;
- * is easily managed and can be integrated into any program.

Clubs, coaches and self-coached swimmers can all fit it into their programs with minimum organisation. Swimmers are on an "honour" system, i.e. cheating may occur but it will be minimal because 'you are only cheating yourself'. Lapcounters and timekeepers are unnecessary.

The aim is to swim at a steady speed a series of 100m swims, that have 10 different levels (times) for each 5 year age group. The number of repetitions in the superset increases the faster you swim and the younger you are, so that all swimmers swim for a period of between 12-16 minutes. Some swimmers are **NOT** disadvantaged by having to swim for a longer time.

The 10 time intervals, therefore, should provide a challenge to **every** swimmer irrespective of their skill or fitness level.

Our Club coach has incorporated Supersets into our training program once per month and it has been most successful. Why don't you get your Club to try it too?

1992 TOP TEN POLICY

From 1992 onwards, Top Ten results will only be accepted by the National Recorder in a format compatible with the National Top Ten Recording program.

The Director of Recording, Peter Gillett, will notify Branches of his requirements in due course. Clubs will need to liaise with their Branches to see if the Branches have any special requirements for the reporting of Club Top Ten results to the Branch.

It is very pleasing to see that this aspect of the National Computer System is coming along so well.

3 MILLION METRE AWARD

There has been lots of interest in the new **Three Million Metre Award** and there have been queries about what forms to use. Just use the same form you'd use for the 1 Million Metre Award and simply use more of them and staple them together when you send them in. **Good Luck Everyone---**(I think I'll be in at least the 95+ age group before I get to 3 million metres.)

AUSTRALIA DAY AWARDS

Congratulations to Western Australia Branch's past Vice President, John Pickering, on being awarded the Australian Public Service Medal in this year's Australia Day Awards.

NEW MEMBER KIT

I've just seen the **NEW MEMBER KIT** and it is an outstanding contribution by the Director of Membership Development, Bren Catchpole. The kits will be going to Branches in the very near future and the Branches will decide how they are going to distribute them to new members. In fact, some Branches may wish to make up more kits so they can distribute them to all existing members too, and not just to those members who have registered for the first time in 1991/92.

There's plenty of space in the kits for extra items specific to your Branch and/or Club. Get your thinking caps on so you'll have these inserts ready when the new kits arrive.

Club members, keep an eye open for the new kits, and ask your Club secretary if they haven't arrived in the next month or two.

1992 NATIONAL SWIM

The free seminars held at lunchtime at the Melbourne Nationals proved a great success and were well attended. (Perhaps people just wanted to escape to an air-conditioned room!)

Buddy Portier, an exercise physiologist with the Victorian Institute of Sport, provoked many questions with his topic "Defining Workloads". He outlined the types of training sets swimmers should be incorporating into their programs and the reasons why.

Victoria's Branch Coaching Director Ted Tulberg set people to work with pens and paper to find out different approaches to introducing the new swimmer into the club.

Tasmania's Trish Beveridge (Director of Programmes) gave an overview of the 4 strokes and drills to improve them. She kept us amused with some of her catch phrases and one swimmer noted an instant improvement with her "squeeze the boobies" breaststroke drill.

Swimmers and coaches found these seminars a great way to pass the time and Level 1M coaches had the added bonus of gaining valuable points towards their reaccreditation.

*"It's people
having fun,
being fit
and seeing
how they
do..."*

NEW MEMBERS

Each year AUSSI attracts new members, but some members fail to renew their registration. What can we do about this? We can all try to make the other members of our Club feel welcome and wanted at all times. As well as nurturing our existing members we should also encourage them to talk to others. Although prospective members may hear or read about AUSSI in the media, it is word of mouth that results in most of them actually arriving on Club night. A friendly welcome by as many members as possible will help them to feel part of the Club and hence, they will be only too happy to renew their registration for the following year.

MIGHTY MARATHON SWIMMER - GRAHAM MIDDLE- TON

Received this note from the Victoria Branch Registrar, Hans Wehrens, subsequent to the last edition of the National Newsletter.

"On Sunday January 26th 1992, Diamond Valley Masters members Joan and Hans Wehrens and Shirley McFarland from

Baddaginnie Masters made the trip to Robinvale to see if they could find Graham swimming down the river, and give him support and encouragement. After travelling along the

river and a dusty bushtrack, we saw something white moving down the river. It was the floating "ESKY LID", Graham with his white floppy hat!!

In short, we got a lift via the escorting dinghy and houseboat and jumped into the river and swam with Graham for some miles (the distances on the river map are in miles not km) and got ashore at the pumping station at the 711 mile mark (from the head of the river) just outside Robinvale near BUMBANG island. What a

name!!!

Graham was very pleased to see us, we chatted as we swam along. The water temperature was rather good, it was estimated to be about 24°C. The river was flowing at about 3-4 knots.

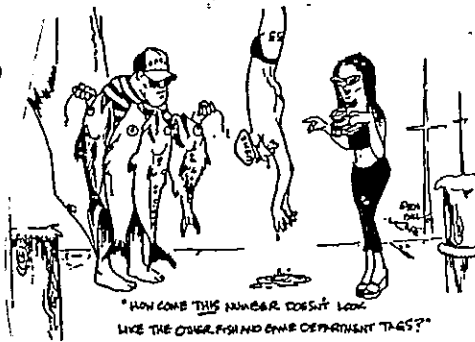
Graham was in very good physical and mental condition after 58 days in the river. We took some pictures on the bank of his land crew and Toyota 4 wheel drive and had some "refreshments". We chatted for a while, then Graham had to be off to the masseur to have a good rub down, after that a large dinner and

off to bed on the houseboat for a good sleep and next morning start at 8 o'clock for another 20km and reception at Robinvale. The three of us hope that you will keep track of Graham via the various Rotary Clubs, and ensure a fairdinkum AUSSI Masters

welcome at the end of his swim.

A most rewarding and enjoyable weekend was had by the three of us."

In the latest newsletter received: "Middleton's Mighty Murray Marathon" dated 12th March 1992, Graham had less than 400km to go. The cooler weather conditions had slowed his progress somewhat as he had to wear a heavier wetsuit which makes swimming more difficult. He was nearing Morgan, the northern most town on the River.



On 8th March, Graham celebrated 100 consecutive days swimming and believes this to be a Guinness record.

Good luck, Graham, and keep up the good work. Donations may be made to the Kids n' Cancer Appeal in either of two ways:

1. To the Rotary Club of Corryong, PO Box 143, Corryong 3707.
2. The Anti-Cancer Council of Victoria Kids n' Cancer Appeal, Keogh House, 1 Rathdowne Street, Carlton South 3053.

Donations to the Australian Rotary Health Research Fund should be forwarded directly to the Rotary Club of Corryong.

1993 NATIONALS IN DARWIN

Rick Barnes, the Delegate to the AUSSI Board from the Northern Territory, presented a most professional report on the progress of the National swim, which will be held in the first week of May, 1993.

It's going to be a wonderful week with lovely sunny weather, no rain, an open air pool and lots to see and do in the Top End. Have you organised your club members and booked your accommodation yet?

One question that I keep getting asked, that maybe NT AUSSI could answer for us, is where is the open water swim to be? I did hear it was to be in a dam somewhere not far from the coast, but don't crocodiles travel overland???

There has been lots of interest

in the tour to include a day in Kakadu National Park and approximately 4 days in Singapore after the swim as well as return air fares from your home capital city. More details of this in the next few months. It is difficult to cost it too far in advance.

For further details on the trip, you can contact: PO Box 389, Kenmore, QLD 4069.

SEE YOU THERE

DELEGATES TO THE AUSSI BOARD

The Annual Board Meeting was held in early March in Melbourne just prior to the National Swim.

The members attending the Board Meeting were:

* Management Committee - consisting of the President (Graeme McDougall, QLD); Director of Finance (David Forsyth, QLD); Director of Coaching (Anita Killmier, VIC) and the National Executive Director, NED (Ivan Wingate, SA)

* Directors - one from each State and Territory to act as delegates of their Branches.

* Life Members - Glenys McDonald and Peter Gillett. (Peter is also Director of Recording and delegate for SA). Unfortunately our other Life Member, Gary Stutsel, was unable to attend due to work commitments.

Considerable work was done in the two days. Monday's schedule started at 8.30am and

with half an hour for lunch, went on till 6.30pm. Tuesday began at 8am and went on till 7.30pm. You can see that your Management Committee and Directors put in two good days of work for the benefit of AUSSI.

The Directors on the Board each have a Portfolio for which they are responsible. They delegate portion of their work load to Branch members with suitable expertise

make a suitable decision in the light of round table discussion.

If you wish to help AUSSI as a member of the Board or in an executive position, firstly you need to help out in your Club to gain information and experience about AUSSI and either become your Club delegate at Branch meetings, an observer, or nominate for a position on the Branch.

Exactly the same pressures are applied to winners and losers, and yet some people are destroyed by the very pressures on which others thrive.

An ordinary day can either be partly cloudy or partly sunny---it is your choice.

Successful, busy people are under pressure in the world today. Being able to manage stress effectively benefits all aspects of health and longevity.

Managing stress is your key to survival and success.

who report back to them on a regular basis.

Directors are also delegates for their Branch at both the Annual Board Meeting and the Mid-Year Board Meeting. Hence, each Branch directs their delegate how to vote on various agenda items and/or they give them latitude to

With experience at Club and Branch level, your expertise will be sought after for the benefit of AUSSI at a National level.

PRODUCTS AVAILABLE FROM AUSSI

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

Handbook (including Rules,
Constitution): \$10

Mastering Swimming: \$26.95

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

CALENDAR OF EVENTS

1992

21-24 May US Masters SC Meet, North Carolina

5-7 June 6th Great Britain Open Masters

12-14 June Casparië Dutch Open Masters, Apeldoorn

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

20-23 August US Masters LC Meet, Seattle

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

24-25 October North Island Masters Meet, Tauranga, NZ

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

Branch Newsletter Editors

Club Secretaries

AUSSI Historian:

Peg Wilson

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