



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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NATIONAL NEWSLETTER

Vol 3, No. 3

May, 1992

EDITORIAL

Here we are again at National Newsletter time. I've had a very busy two months and I hope you have too, with lots of swimming included, of course.

In this edition there is a profile of the Director of Finance and also the winner of the Masters Swimming Coach of the Year for 1991 is announced. There's some information on preparing a newsworthy news release as well as details on volunteers. Are you 'an active member'? Read all about it in an excellent poem gleaned from the Queensland Masters newsletter.

Did you know the new Aerobic Trophy Rules and Pointscores booklet is almost finished? Also there's news of World Top Ten rankings, World Record certificates and information about your AUSSI I.D. card.

Remember, I'd love to include letters from members, so keep them coming in.

Keep up the training. I know there are lots of Interclub meets coming up, as well as Winter championships---and---lots of

long distance aerobic swims to fit in before the end of the aerobic year. Good swimming!

PROFILE

DAVID FORSYTH

Director of Finance

David was born in Mackay, Queensland, on 3rd April, 1932 and has spent most of his life there. He and his wife, Barbara, have three married sons and four grandchildren.

Until his retirement in 1989, David was a senior partner in a firm of Accountants and Tax Agents. He became interested in swimming on a regular basis in 1986 and it was then that he joined the local AUSSI club, Mackay Masters. He swam for them in the 1st FINA/MSI World Swim at Tokyo in 1986 and was Treasurer of the Club for two years and President for two years. During this period the Club grew from 27 members to become the largest Club in Queens-

land with 135 members.

David currently holds three Queensland Masters records for long distance backstroke events and has been placed in the latest "Top Ten" listings nine times.

Swimming commitments, fishing, golf, travelling, etc., keep David busy in his retirement. He is currently training with a group of Mackay Masters attempting to qualify for the Surf Lifesaving Bronze Medalion.

What David has omitted to say thus far is that he has looked after AUSSI's finances on a National basis for the past few years and has done an excellent job. It is volunteers like this that keep

AUSSI on a sound financial footing and help it to go from strength to strength.

Thank you, David, and thank you also to all the other volunteers in AUSSI at all levels, whether that be at a National, Branch or Club level. We can't do without you!



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

AUSSI I.D. CARD

"What happened to the laminated AUSSI I.D. card?" you may ask, as many have. More will be produced, but not in the immediate future.

Our current priority is to bring the Registration system accurately up-to-date so that it may be issued to the Branches. This will be done in the foreseeable future. Then we will look at issuing more I.D. cards.

At this point, the cards will be the same as previously issued. There have been suggestions for change (not all constructive) but it is thought that the present card will continue to serve the purpose. It is not meant as proof of current membership. It is to be retained by the Member so that their number is accurately included on all swim entries, change of address forms, club lists, etc.

The card we have at present is mass produced and costs around 40c each. The pocket type, as some have advocated, would be around 85c each. Multiply that by 7,000 members and you have an expenditure of around \$6,000. No! We won't be doing that each year.



COACH OF THE YEAR - 1991

On Friday 24th April at a banquet at the Hilton Hotel Ballroom in Adelaide, Ivan Wingate (Executive Director of AUSSI) had the honour and pleasure of announcing to a gathering of many of the World's eminent coaches, Australia's Masters Swimming Coach of the Year for 1991.

The Award was presented to:

ANITA KILLMIER

The citation for the Award reads:

"FOR A YEAR OF OUTSTANDING CONTRIBUTION TO COACHING MASTERS SWIMMERS IN AUSTRALIA"

The significant contribution was to edit and publish "Mastering Swimming", which over the three days of the Coaches Conference, Ivan ensured that all of the 200+ delegates knew about.

Ivan also had the pleasure of announcing Anita's many other contributions-which included the Coaches Newsletter, coaching clinics conducted in other Branches and the supersets concept. He emphasised that AUSSI's coaching accreditation up-date policy and procedures manual was completed and put into action prior to Christmas. (ASI only just got theirs out a couple of weeks ago).

To further demonstrate Anita's coaching success, Ivan spoke particularly of the achievements of Mike Moloney at the recent National Swim, and of Power Points' domination. Anita certainly practices what she preaches as she was undefeated in her own age group.

The selection of the Masters Swimming Coach of the Year was made by a gathering of Branch Coaching Direc-

tors in Adelaide for the AUSSI coaching workshop and the "Masters Stroke" seminars which formed part of the Australian Swimming Coaches Conference. Anita was scheduled to present one of the papers at the Conference, but had to do a second when one of the scheduled speakers was delayed at Hawaii en route from the USA. Anita acquitted herself with honours.

Please join me in congratulating

ANITA KILLMIER - COACH OF THE YEAR

SPORTSWOMEN JOIN BOARD

Canberra: Two champion sportswomen will be appointed to the board of the Australian Sports Commission today to bolster female representation in sport.

Sports Minister Mrs Kelly will appoint Commonwealth Games swimming gold medallist Suzie Dill-Mackie (formerly Landells) and champion netballer Anne Sargeant.

Mrs Kelly said the changes reflected the major contribution women and young Australians had made to sport.

Former Carlton and United Breweries chief and Commonwealth Games cycling gold medallist, Peter Bartels, will also join the ASC Board.

Suzie Dill-Mackie won the Commonwealth Games 1986 gold medal for the 400m individual medley and was a 1984 Olympic silver medallist in the same event.

Anne Sargeant was a member of the Australian netball team from 1978 to 1988 and captained the team from 1983 to 1988.

The new commissioners replace David Prince, Michael Wenden and Barbara Worley on the board.

Stephen Sealey.

PREPARING A NEWSWORTHY NEWS RELEASE

Of course the information in your news release is important. Now all you have to do is convince busy editors that it's important. For an effective news release, observe the following guidelines.

Double space the copy and indent each paragraph. Leave a margin of about 4cm down the left side of the sheet. Type on only one side of the paper.

Create a professional look. Organisation letterhead is appropriate for a news release. Or, if you disseminate enough releases to warrant it, create a custom news release letterhead.

Tell the reader it's a news release. Near the top of the page, clearly label it as a news release. Add a release date nearby and below that, list the organisation contact along with an address and phone number.

Keep it short. In fact, the shorter the better. One to one and a half pages is considered ideal. Two to two and a half pages is the recommended maximum. On releases longer than one page, indicate there's more to come; the word "more" at the bottom right hand of the first page in parentheses is standard. After the last paragraph of the release, or centred at the bottom of the last page,

place the word (ENDS).

When you include artwork or photographs, say so somewhere on the manuscript. The simple statement "Artwork (or photo) enclosed" is fine.

Include a headline. Every news release needs one. Use this statement to tell your reader the topic of your release.

Get to the point. Present your information in a straightforward manner. This is, after all, a "news" release, so compose your copy with the urgency, brevity and relevancy that characterise a good news story.

VOLUNTEERS

Just a few short points on the subject of Volunteers from The Committee Members' Handbook.

They need clear instructions, sensitive direction and adequate support.

They need to be given tasks for which they have the skills and confidence, or for which the skills and confidence can be obtained.

They need recognition for their commitment.

They need to be able to feel proud of the organisation to which they donate their time.

They need stimulating work, and often they need variety...particularly when their tasks are challenging or stressful.

AN ACTIVE MEMBER

Are you an active member?

The kind who would be missed

Or are you just content to see

Your name upon the list?

Do you attend each Club night

And mingle with the flock?

Or do you stay away

Then criticise and knock?

Do you take an active part

To help the Club along?

Or are you satisfied to be

The kind to "just belong"?

Do you push the cause along

And make things really tick?

Or leave the work to others

And talk about the clique?

There is quite a programme scheduled

That means success, if done

And it can be accomplished

With the help of everyone.

Think this over, Member,

Are we right or are we wrong?

Are you an Active Member?

Or do you - "just belong".

ANON

(Courtesy Queensland Masters

'Swimmers News'.



WHAT DO YOU THINK?

It's on again. A number of people are transferring clubs so they can be a member of a "good" relay team at the up-coming Branch, National, International, etc. etc. swim meet. Within a week or so of returning from the meet, they transfer back to their original club.

What do you think about this? It's quite legal according to AUSSI rules, but is it morally correct? It does smell a bit like the "Holmes Lumberjacks" fiasco at the 1988 World Swim. The USMS officials were very upset that their members were put in such a bad light by one "Club" which was formed with members from all over the country specially brought together with the express purpose of winning relays at the World Swim.

I hear that some AUSSI members have belonged to three or four clubs in the space of a year or so, without having ever changed their address!!

Perhaps Townsville Club have got it

right. In the rules for their Swim 24 relay event, each team must consist of 12 members, all registered Masters swimmers and members of the same club for 12 months or more at the time of the swim.

We do swim for our Club whether it be at Interclub, Branch, National or International level. I would expect members to show a bit more loyalty to their Club, though that seems to be too much to ask of some.

NEW AEROBIC TROPHY POINTSCORE AND RULES BOOKLET

The Director of Programmes, Trish Beveridge from Tasmania Branch, has completed the redraft of the above booklet and has sent it to the National Executive Director, Ivan Wingate, for final proof reading and printing.

You will recognise it as it has "New Edition 1992" on the front cover. Once it is received by your club, please dispose of all previous booklets as they will be out of date as at 1 October 1992. There will be a moratorium on changes to the Rules for a number of years, the exact number to be set by the Board.

Please join me in congratulating Trish (and Hector) on the successful completion of a truly mammoth task. Well done!

1994 AUSSI NATIONAL SWIM

The news is hot off the press. The 19th AUSSI National Swim and Club Championships will be held at the Adelaide Aquatic Centre from Tuesday 22nd to Friday 25th March 1994, with the open water swim being held at West Lakes on Saturday 26th March.

You can start your long range planning now. I believe the Adelaide Festival will be on at that time, so maybe you can arrange a couple of weeks off work to take in the Festival as well as the National Swim.

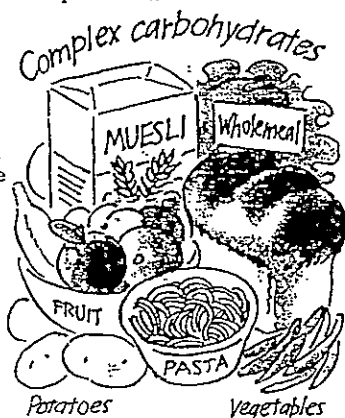
No doubt, there will be more details in future newsletters. See you there!!

Where do you get your energy?

Active individuals should derive most (more than 50%) of their daily energy needs from complex carbohydrates during training or exercising. For long and hard training or conditioning, you can increase your exercise endurance by drawing on carbohydrates for 55-60% of your daily energy intake. Carbohydrates are stored in the body as glycogen, which is a readily available energy reserve for the body. These stores can be depleted during repeated bursts of intensive exercise or endurance events.

A reduction of daily fat intake to less than 30% of total calories or kJ is desirable for athletes. Some people may have to reduce this figure even further to allow for increased consumption of complex carbohydrates.

Although fat is an energy source, it is a less readily available reserve of energy, and it is also less efficient than drawing on glycogen stores. So, physically active individuals should depend on carbohydrate, rather than fat, for most of their energy requirements.



MASTERING SWIMMING

How many of you now have your own personal and/or Club copy of "Mastering Swimming"? I know many of the Branches have bought copies in bulk from the National Office at the special rate of 10% off per box and postage free. (I think there are about 34 books per box, but don't quote me).

How about a bit of feedback on the book? I have heard many verbal accolades, but so far have seen little in writing. If you think the book is great and have found it very helpful, why not write to the Editor, National Newsletter, c/- the address on the front, and we can let everyone else hear about it (including Anita!).

MASTERS SWIMMING WORLD RANKINGS

I've just received a copy of the 1991 SPEEDO Masters Swimming World Rankings, LCM (50m) and SCM (25m), which have been compiled by Walt Reid for Masters Swimming International (MSI). Information was received from 37 different countries! These rankings are in fact the World Top Ten for Masters Swimming.

The 1989, 1990 and 1991 Rankings are available at \$5 US each from

Walt Reid, PO Box 8800A, Steilacoom, WA, USA. If your name appears in one of these yearly rankings, you may apply for a SPEEDO/MSI Circle Patch (\$3 US) and also a

numeral patch for the appropriate year, 1989, 1990 or 1991 at \$1 US per patch. Make cheques payable to Walt Reid. Walt is the MSI Top Ten Recorder.

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

WORLD RECORD CERTIFICATES

The news is that World Record Certificates are hot off the press. I believe the President of Masters Swimming International (MSI), Gary Stutsel, has sent them off to the World Recorders. They will be sent to all World Record holders as at July 1991 (the date of the Tokyo Congress) plus any person and team who break World Records after that date.

If you held a World Record prior to July 1991, (i.e. your name did not appear in the 1 May 1991 listing), you can apply for a Certificate through AUSSI's National Recorder, Peter Gillett, but must also enclose US\$5 for each certificate, to cover administrative costs.

YOU KNOW YOU NEED A WORKOUT WHEN...

You walk past a cemetery and two guys with shovels come running after you

You are at the zoo and kids start feeding you peanuts

You go to a horse show and win

You go swimming and get hit by a harpoon

You get stuck between the "Golden Arches"

Your photographer needs a wide-angle lens

Your office chair has developed stretch marks

You go to a weight reduction program and the instructor immediately orders a new mercedes

You get winded playing "Pac-Man"

You go sky-diving and the parachute doesn't slow you down

Your idea of aerobics is heavy breathing

The chair gets up when you do

Your insurance agent offers you a group rate

You're on top of the Empire State Building and planes start to attack you

Your designer jeans are by Orson Welles

You stand in front of a Microwave oven and yell "hurry"

You're lying on the beach and two guys from Greenpeace try to throw you back in

PRODUCTS AVAILABLE FROM AUSSI

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

Handbook (including Rules, Constitution): \$10

Club Guide: \$10

"Mastering Swimming" \$26.95 + p.p.

Judelines 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

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

14-15 August Stockholm Masters Championships, Sweden

20-23 August US Masters LC Meet, Seattle, USA

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

22-26 March 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

AUSSI Historian:

Peg Wilson

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Branch Newsletter Editors

Club Secretaries