



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE
P.O. Box 207
COWANDILLA S.A. 5033
Telephone (08) 344 1217
Facsimile (08) 269 7150

NATIONAL NEWSLETTER

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EDITORIAL

Welcome from Canberra in mid-winter--Australia's coldest capital city. I really do envy our members who live in warmer climes. Thinking of them, we have news of Darwin '93 and an article on Penny Bond of Townsville Masters.

Also included is a timely reminder about how to represent AUSSI to the media.

Actually, this edition has quite a few articles sent in by members and I really welcome these. A special thank you to "Talays" for their kind words about the Newsletter.

Also, final news of Graham Middleton's marathon swim as well as news from the Masters Swimming International (MSI) Congress and the World Masters Swim, both held at Indianapolis in June/July.

Our profile this edition is Ivan Wingate, our hard-working Executive Director.

I noticed an excellent review in Master-scrawl (the newsletter of New Zealand Master Swimmers Inc.) of "Mastering Swimming" by Pic Parkhouse, a professional coach. Unfortunately it was a bit long to include in this edition, so look out for a copy of their Newsletter.

Well, there's only two months left of the Aerobic and Top Ten years, so keep up the training and try to do a few P.B.'s before 30 September. Good luck!

Editor.

PROFILE

IVAN WINGATE

Executive Director of AUSSI

Whilst Ivan swam his first race as an under 10, it was at the age of 16 that he joined Renmark Club and started training, much of it in the River Murray. He held the SA Country 110 yards title for 5 years and all the freestyle and breaststroke titles in his

last two years before moving to Adelaide. At the State Championships (at which he competed for 11 years) he managed only bronze medals.

For eight years Ivan was active in SAASA in a number of areas including: the Executive, Carnival Director,



Referee and Coaching Coordinator. He stopped competing at age 30 when he turned to professional coaching. He started dabbling in "masters" with the Old Time Swimmers League in 1973 but didn't start doing laps again until he joined AUSSI in 1980 prior to the National Swim in Adelaide. The infam-

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

ous statement was: 'I'll join AUSSI as long as I don't have to get involved.' That agreement was short-lived: he is now a Life Member of Atlantis AUSSI, has held positions of Branch Treasurer and President and was AUSSI's National President for four years prior to taking up his present position of Executive Director.

Proud grandparents, Pauline and Ivan met through the Renmark Swimming Club, although she stopped swimming when he started. Pauline is now a keen AUSSI and has performed creditably at many National Swims and Masters Games.

Most of Ivan's working life was as a salesman under a variety of fancy titles. Products included: electrical, used cars, industrial scales, microfilm, computers, construction and labour hire. He has been inside almost every office and factory in South Australia.

Ivan has been on numerous committees including: the Council of the Employers Federation, National Council for ASSA (Australian Society of Sport Administrators), ten years in Jaycees, was the National Secretary and is now a Life Member of AIIM (Association for Information and Image Management) and was a Director on the 2nd Australian Masters Games Board. Present committees include: CAS (Confederation of Australian Sport) Masters Committee and ASI (Australian Swimming Inc.) Long Distance Swimming Committee.

Ivan's mission is to keep swimming for the rest of his life.

DARWIN '93

I've just received details of the Darwin trip organised by Bren Catchpole and Associates in conjunction with Travelworld, Brisbane, to coincide with the 1993 Nationals in Darwin.

The 18th AUSSI National Swim and Club Championships is planned for Darwin during the first week of May 1993. Why not continue on to Singapore after the Meet in Darwin?

Suggested Itinerary:

Monday 3rd: Morning flight from your capital city to Darwin.

Tuesday 4th - Friday 7th: Swimming (Casuarina pool)

Saturday 8th: Open Water Swim and Presentation Night

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER \$16 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

Sunday 9th: Day tour to Kakadu National Park

Monday 10th: Dept Darwin mid afternoon for Singapore

Tuesday 11th: Afternoon tour

Wednesday 12th - Thursday 13th: Optional tours (e.g. Malaysia)

Friday 13th: Day use of room till late flight departure

Saturday 14th: Arrival in your capital city

Tour Cost: \$1590. This includes return economy class air fare from your capital city to Singapore with a stopover in Darwin; four nights twin share accommodation at the Plaza Hotel in Singapore including breakfasts; Return coach transfer between Singapore air-

port and hotel; Half day sightseeing tour of Singapore.

For further information contact Bren Catchpole and Associates, PO Box 398, Kenmore, Qld 4069 or Travelworld, 289 Queen Street, Brisbane, Ph. (07)229 0149

NT MATTERS

AUSSI Darwin has just completed a 12 Hour Marathon Swim which was the "Kick off" function for the '93 Nationals. Further details and a photo are in the article from the Northern Territory News included elsewhere in this Newsletter.

I believe Helen Murphy ably undertook a 15 minute chat show with the ABC Darwin FM station on AUSSI and the '93 National Swim. Though terrified, she came through with flying colours. She's certainly started off the right way by getting lots of publicity for the '93 National Swim.

Little sleep for Masters

By ANGELA WADE

Not many people would contemplate swimming non-stop through the night for any reason.

But Darwin AUSSI Masters swimmers, along with Navy, Army and Air Force teams, will lap Casuarina Pool for 12 hours from 7 pm tonight to promote next year's AUSSI Masters in Darwin.

The "Kick Off Function" was designed to draw attention to the AUSSI Masters National Swim from May 4-8 next year.

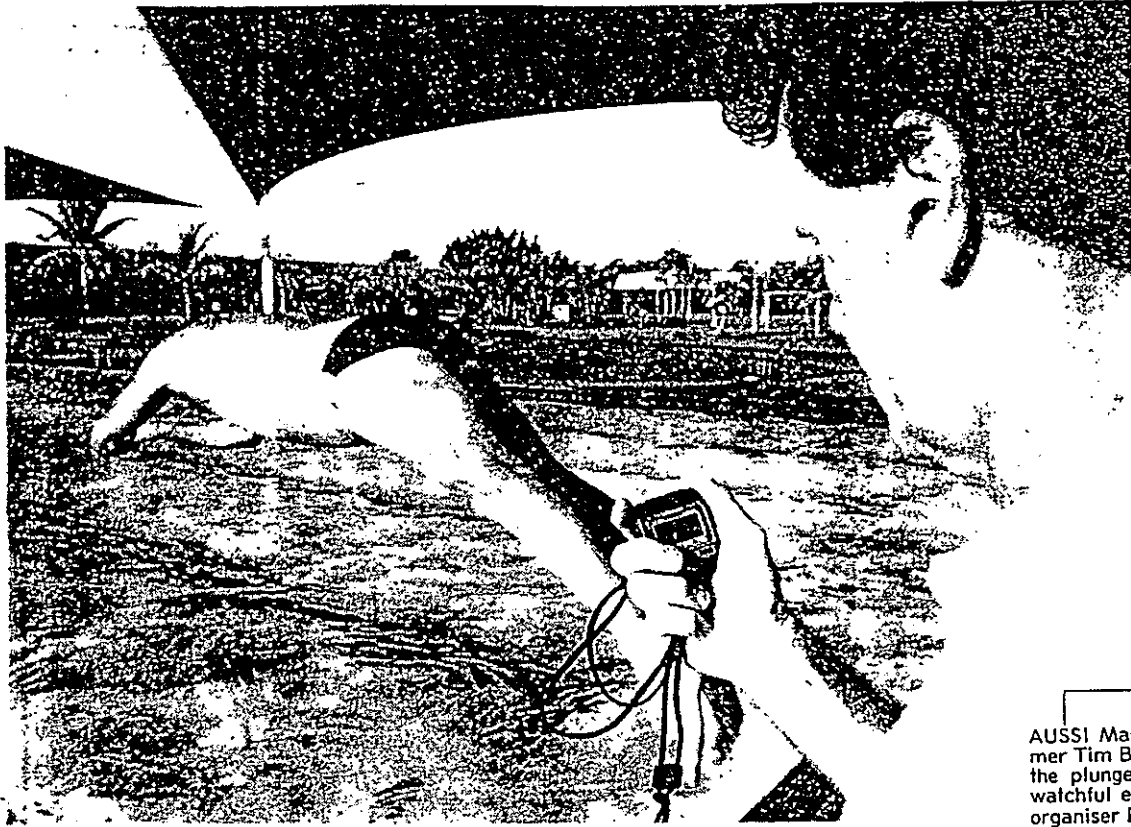
1993 titles organiser Rick Barnes said tonight's function will start promotions for the titles.

One swimmer from the 12-24 strong team will be in the water for the full 12 hours.

The team to complete the most laps within the 12 hours is the "Kick Off Function" winner.

Darwin and Casuarina Pool were confirmed as next year's host and venue at this year's titles in Melbourne.

Barnes said around 400 competitors are expected to be in Darwin for the event.



AUSSI Masters swimmer Tim Byrnes takes the plunge under the watchful eye of event organiser Rick Barnes yesterday. Photo: KIRSTEN BARTLETT

THE BEST DRESSED CLUB IN AUSSI

The distinctive gear of Cronulla Sutherland AUSSI is well known at New South Wales carnivals and has attracted notice further afield.

Cronulla's colours of sky blue, black and white and the shark symbol have been used in a wide range of gear.

The black costume with blue and white highlights is printed with the familiar logo of waves with shark fins and the club name. The black cap has a blue shark and the club name. The shark fin and waves are also used on the cap for the Cronulla K.5 Challenge Postal Swim.

As well, there is a blue T-shirt with the waves and fins in black and white. The

same print is used on the sloppy joe and a short dress for the women.

A polo-style dress T-shirt in sky blue has the club name printed in a circle. There is also a track suit with a blue jacket embroidered with the shark and the person's name.

Many members also have hats and badges from the local rugby league football club in the same colours, and we are looking for a supplier of a bag to complete the outfit.

MEMBERSHIP NUMBERS

The latest update, as at 30th June, is as follows:

Queensland 1636

WA 1203

NSW 1138

VIC 1113

SA 571

TAS 290

NT 113

ACT 90

Total: 6154 Are we going to make the magic 7000?

Male: 3009 49.64%

Female: 3053 50.36%

(Male/Female statistics as at 9 July 1992 - 6062)

After reading the article: "*It's women or no money, Kelly tells sports groups*" and perusing the above member registrations, at least AUSSI is not going to miss out on any grants to which it is entitled.

PENNY BOND - MARATHON SWIMMER

Penny Bond is a 29 year old swimmer from Townsville AUSSI club in Queensland. She has a penchant for the longer swims and has done a number of 10km swims in pools, rather than in open water, as is more usual for these longer swims.

Her purpose is to enter the US Masters Annual Postal 10km swim firstly in the 25-29 age group and later in the year in the 30-34 age group.

Penny began training only about 6 - 7 weeks before her first swim and completes 65 - 70km per week! On Sunday 7 June she swam a time of 2hours 12minutes 19.85 (short course), averaging approximately 1:19 for each 100m. This compares more than favourably with Tracy Wickham's 100m times of 1:25 in a 15km swim.

Eleven days later, Penny repeated the swim in colder water and long course, in a time of 2hours 15mins 53.92 (averaging 1:21.5 per 100m). This time should give her the record in her age group in the US Masters Postal event.

As if the above isn't achievement enough, Penny did her swims without pausing from her heavy training schedule and while still breast feeding her baby, Nicole.

DID YOU KNOW? . . .

That AUSSI has an Awards Incentive Scheme to cover ALL swimmers from the rank beginner to the ex-olympic swimmer? In not, read on.

There are certificates to acknowledge

achievement for swims of

- ✓ 25m
- ✓ 50m
- ✓ 100m
- ✓ 200m

Then there are badges for

- ✓ *400m
- ✓ *800m
- ✓ 1500m
- ✓ 3000m
- ✓ 5000m
- ✓ 1 Hour
- ✓ 1 million metres
- ✓ 3 million metres

* For a 400m and/or 800m badge, the distance must be swum on five (5) separate occasions in five (5) separate calendar months. These awards may be swum in freestyle, backstroke, breaststroke, butterfly or individual medley.

By the time the beginner has improved sufficiently to swim 400m (or 800m) over five separate months, they will no doubt be fairly aerobically fit, and should work towards the 1500m award.

The 1500m award involves swimming the distance in 50 times your best 50m time for that year (1 Oct - 30 Sept) or less.

e.g. Best 50m time is 1 minute. Therefore, time for 1500m is 50 minutes or less.

This award can only be swum in freestyle, backstroke and breaststroke.

The 3000m, 5000m and 1 Hour awards can also only be swum in freestyle, backstroke or breaststroke.

The 1 million metres and 3 million metres Awards are cumulative, i.e. you note down all distances you swim in training and competition on the appropriate form, and keep a progressive total. (If you're anything like me, even

1 million metres is a very long term project.) Stick at it and you'll achieve it in the end. Forms for 1 and 3 million metres are available from your Club Recorder or Branch Secretary. Your Club Recorder can also arrange to obtain any Awards you achieve by sending details to your Branch Recorder on the correct forms together with the appropriate fees.

Good luck with your swims!

NOTE: Although the 3000m and 5000m swims will no longer be in the Aerobic Trophy as from 1 October 1992, they are still AUSSI Awards, and will still be listed in the *TOP TEN* times booklet.

“THE PROBUS GARDEN”

The following article was recently received and I'm sure you'll find it interesting:

PLANT 5 ROWS OF PEAS -

Patience, Promptness, Preparation, Prudence and Perseverance.

3 ROWS OF SQUASH -

Squash gossips, squash criticism and squash indifference.

4 ROWS OF LETTUCE -

Let us be faithful to duty

Let us be loyal and unselfish

Let us be faithful to obligations

Let us respect each other

NO GARDEN IS COMPLETE WITHOUT TURNIPS -

Turn up for meetings

Turn up with a smile

Turn up with determination to make everything count for something good and worthwhile.

MARATHON MAN SAGA

Although this is a little behind the times, I feel it should be published to provide a finale to the previous articles which traced Graham Middleton's achievements at the beginning and along his arduous journey.

On 5 April 1992 a group of five Tea Tree Gully AUSSI swimmers and spouse support met at Mannum on the Murray River, in great anticipation of swimming along with Graham in his history making venture.

After some initial difficulty in locating him and waiting until after his lunch and one hour rest ritual (well-deserved, I might add), we were met by the support group several kilometres upstream from Mannum.

Whilst we were waiting for instructions from the support boat we chatted with the land crew and made our club's donation to the 'Kids N Cancer' appeal.

Then around the bend came this magnificent white cabin cruiser to collect the enthusiastic group. We were taken back up river a few hundred metres to join Graham. After some chatting from the back of the boat with no one volunteering to go first, we all took the plunge together into the icy water. No wonder Graham had on a full wet suit and hood—it sure took our breath away for a few seconds. When it did return, we chatted constantly with Graham who was extremely pleased to have some company.

Even though only 3 - 4 days away from the end of his epic journey, Graham was not focussing any further ahead than the next willow tree or next bend in the river. We had been warned not to ask him anything about when or

where he may finish.

We accompanied Graham for approximately 2km and would have liked to have gone further except the banks gave way to swamp land and we would have had difficulty getting out to join our very supportive spouse group. Mind you, 2km of breaststroke was quite a marathon for most of us.

At the conclusion of our swim with Graham we presented him with a TTG AUSSI cap which we know he will treasure along with all the other memorabilia he has collected along the way. We were then all presented with a certificate to commemorate our achievement. It was now around 4pm and getting cooler and overcast, and at this stage we did not envy Graham another couple of hours in the water with the prospect of facing it all again in the morning.

As we know now, Graham did complete his swim at Wellington 3 days later and all we can say is congratulations on a fantastic effort. Thank you once again for giving us the opportunity to be a part of it.

Jenny Mulqueen

John Pagett

Dan Metcalf

Jan Weber

Joanne Foreman

(Editor's note: Eight swimmers from Adelaide Masters joined Graham shortly after at Taillem Bend. They all swam between four and five kilometres with him.)

WINTER SOLSTICE SWIM

Nine slightly crazy Adelaide Masters

AUSSI swimmers took to the water on the Winter Solstice (Sunday 21 June) to swim from the Henley jetty to the Grange jetty. Eight finished. The air temperature was 17 C and the water 13 C. Henley to Grange is a 'traditional' swim of 2000m and has been contested for 75 years---in January, not June!

WORLD MASTERS TOP TEN

You may have heard that the World Top Ten recently published, had the Australian swimmers missing from the Women's Long Course.

This has now been rectified, so copies available from the AUSSI office (\$5 inc. postage) are complete.

SUBSCRIP- TIONS TO THE NATIONAL NEWSLETTER

I'm very pleased to hear that some AUSSI members wish to subscribe to the National Newsletter. Please send all subscriptions and donations to the address on the front of the newsletter.

Owing to the current quality and standard of the newsletter, it was decided simply to photocopy it at the National Office in Adelaide and send it out to all Clubs along with a normal mailing. Club Secretaries have been asked to make further copies of it and circulate it to their club members.

The aim of the newsletter is to increase member awareness of AUSSI at a National level. All correspondence to AUSSI should go to the Executive Director at the National Office, who

either deals with it or sends it on to the relevant person. So, in order to be consistent, it was decided to use this address for the Newsletter as well. It makes even more sense when one realises that the Editor may change with monotonous regularity, and so we don't have to keep changing the address too.

In the future, we aim to further upgrade the Newsletter with regard to quality, and have it printed professionally and distributed to all members. At that stage it may have to either go on subscription, or have the cost of the subscription included in the National fee. However, this is still some way off.

However, in the mean time, the current editor's name is Judy Ford. (Please send all brickbats to the National Office and bouquets to my home address.)

AUSSI AND THE MEDIA

AUSSI is an Australia-wide Association of adult swimming clubs, whose members are aged from 20 years up to 90 years and over, and who swim regularly to keep fit and have fun. AUSSI is also a member of the world-wide Masters Swimming International organisation.

PLEASE USE OUR NAME CORRECTLY

AUSSI Must always be in upper case, without full stops between each letter, and there is no "E" on the end.

Masters Swimming

or

Masters Swimming in Australia (Inc.)

can have each word beginning with a capital letter, or be in upper case.

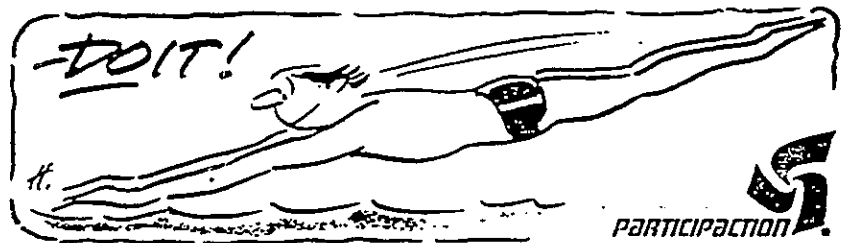
We are a body of senior swimmers and have chosen to use the term "Masters" (and please! - not "Veterans") as it is being universally adopted. e.g. World Masters Games, World Masters Swimming Championships, Australian Masters Games, etc.

AUSSI has over 7,000 swimmers. Age concentration generally is between 30 and 50 years and there are about the same number of males and females. There are eight Branches, (one in each State and Territory) who conduct swimming events and competitions, and there is a National Swim each

MSI CONGRESS - INDIANAPOLIS

This news is hot off the press from the Masters Swimming International Congress held at Indianapolis prior to the World Masters Swim in early July.

The big news is that FINA has taken over total control of World Masters Swims, and also World Masters Records and World Top Ten as from 1 May 1992. This was a unilateral move, though FINA did finally agree a joint winding up of the Pasadena



year.

Whilst AUSSI maintains records of fastest times and awards medals at competitions, equal importance is placed on everyone who participates regardless of ability. Competition is an important activity as it serves to monitor an individual's progress. However, 50% of our membership do not compete.

Clubs conduct other activities such as Learn to Swim, squad training and aerobic swimming. Of equal importance is the camaraderie established through regular social events.

For further information, please ask for our pamphlet "Swim into Fitness, Friendship and Fun".

Agreement by both FINA and MSI. By taking over in this way, MSI has probably been strengthened rather than being wound up.

We will have to wait and see what FINA has in mind for future World Swims. There have been rumours of changes to the method of age determination and to the introduction of qualifying times. However, these will not affect the majority of AUSSI members, only those who swim at World Swims or break World Records.

MSI will to continue to operate and develop as an International Swimming Organisation:

- (i) to evaluate masters swimmers needs;
- (ii) to promote and service those needs;

(iii) to educate masters swimmers and organisations;

(iv) to award and control Pan Pacific and other regional masters championships.

The upcoming Pan Pacific meets are to be in New Zealand in March 1993 and in Perth in 1995. MSI also sanctioned the 3rd World Masters Games to be held in Brisbane in October 1994.

WORLD SWIM - INDIANAPOLIS

AUSSI had almost 100 swimmers enter in the IV FINA-MSI World Masters Swimming Championships in Indianapolis in early July. There were a total of 2731 competitors--2470 being swimmers (500 of these from outside the USA). 45 different countries were represented. The oldest swimmer at the meet is 98 years old and swam 3:19.14 for 100m Back!! The 91 year old swam 4:56 and 92 year old 5:04. Approximately 300 swam in the Open Water swim. By the end of the meet, 81 World Records had been broken.

Glenys McDonald, a life member of AUSSI and one of our two delegates to the MSI Congress, kept us up-to-date with the results, some of which I'm including here. I'm omitting the age groups as I'm sure if someone is from your Club or an acquaintance, you'll know which age group they're in. I'll simply include the placings.

5km Open Water Swim

3rd - Virginia Head, Kevin Vickery; 7th - Alan Dufty; 8th - Biddy Hall, John Morrison; 15th - Rob McCartney; 19th - Graham Annear; 35th - Bob James.

200m Back

2nd - Gaynor Corlis, Pam Hutchings,

Irene Hedges, Bob Barry; 3rd - Alice Kinnaird; 5th - Chris Bell; 8th - Brian Hayes; 9th - Elizabeth Captein.

50m Breast

3rd - Neroli Nixon; 5th - Irene Hedges; 10th - Gary Stutsel, Alan Dufty; 12th - John Vidal.

400m Free

4th - Georg McKenzie-Hicks; 5th - Kevin Vickery; 7th - Neil Hickey; 8th - Dorothy Dickey, Beryl Grace; 9th - Dawn Fraser, 12th - Liz Burch.

100m Free

1st - Pam Hutchings; 2nd - Bob Barry; 4th - Russell Vance; 7th - Georg McKenzie-Hicks, Kevin Vickery; 10th - Suzanne Higgs, Dawn Fraser, Dorothy Dickey, Beryl Grace.

200m Fly

3rd - Neroli Nixon, Judith Clarke, Gaynor Corlis; 8th - Ailsa Duncan; 9th - Liz Mitchell, Greta Nixon, Chris Bell, John Vidal; 10th - Suz. Higgs, Virginia Head, Alan Dufty; 11th - Russell Smith.

50m Back

2nd - Pam Hutchings, Bob Barry; 3rd - Alice Kinnaird; 4th - Irene Hedges; 7th - Dawn Fraser; 8th - Peter Bent; 9th - Ailsa Duncan; 10th - Brian Hayes.

Mixed Free Relay

4th - 240+ Warringah(NWG); 17th - 160+ West Side (QWS).

200m Breast

1st - Neroli Nixon; 10th - Gary Stutsel; 11th - Pauline Benjamin.

400m IM

2nd - Chris Bell; 3rd - Gaynor Corlis; 4th - Alice Kinnaird; 5th - Greta Nixon; 7th - Ailsa Duncan; 9th - Russell Smith, Kevin Vickery; 10th - Alan Dufty, Virginia Head.

100m Breast

3rd - Neroli Nixon, Irene Hedges; 10th - Gary Stutsel.

50m Free

1st - Pam Hutchings; 4th - Irene Hedges; 6th - Dawn Fraser; 8th - Russell Vance, Bob Barry; 10th - Peter Bent.

100m Back

2nd - Pam Hutchings, Bob Barry; 3rd - Gaynor Corlis, Alice Kinnaird, Walter Schober; 9th - Brian Hayes, Chris Bell.

50m Fly

2nd - Judith Clarke; 5th - Neroli Nixon; 6th - Alan Dufty; 7th - Ailsa Duncan; 9th - Penny Dunn, Beryl Grace; 10th - John Vidal.

200m IM

5th - Gaynor Corlis, Chris Bell; 6th - Dawn Fraser; 10th - Penny Dunn.

100m Fly

3rd - Judith Clarke, Gaynor Corlis, Ailsa Duncan; 6th - Neroli Nixon, Virginia Head, Beryl Grace, Alan Dufty; 7th - Penny Dunn, Chris Bell; 9th - Biddy Hall; 10th - John Vidal.

200m Free

1st - Pam Hutchings; 3rd - Bob Barry, Kevin Vickery; 4th - Georg McKenzie-Hicks; 5th - Dawn Fraser; 6th - Russell Vance; 7th - Dorothy Dickey.

Mixed Medley Relay

5th - 240+ Warringah (NWG); 11th - 200+ Warringah (NWG).

800m Free (no men's results available)

7th - Dorothy Dickey; 10th - Beryl Grace.

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.

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

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, NSW

10-15 April 5th Pan Pacific Swim/Dive, Hamilton, NZ

16-17 April 5th Pan Pacific Water Polo, Auckland, NZ

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

2-10 July FINA World Swim, Montreal, CAN

?? October 3rd World Masters Games, Brisbane, QLD

1995

?? 20th AUSSI National Swim, Perth, WA

?? 6th Pan Pacific Swim, Perth, WA

1996

?? FINA World Swim, Europe

Branch Newsletter Editors

Club Secretaries



REMEMBER WHEN OUR LIPS WERE RED
AND OUR EYES WERE BLUE?

AUSSI Historian:

Peg Wilson

52 Upper Street

Tamworth, NSW 2340