



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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NATIONAL NEWSLETTER

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EDITORIAL

I began wondering just how I was going to fill the pages for this issue, thinking that at least I would have the results of the Mid-Year Board Meeting to fill the November edition. However, as usually happens, everything mushroomed and now I'm wondering just what I can leave out, and hope that it will not be out of date by November.

This issue sees the profile of David Cummins, President of WA Branch and Director of Planning on the Board of AUSSI. We haven't many directors left to tell you about but we have lots of other 'identities' in AUSSI to fill in the space should I ever run out of people to profile.

This issue also sees the beginning of a "WHAT'S YOUR PROBLEM?" column which I hope will fill a need. Other than this, there simply seems to be lots of little snippets of information

which I hope you'll find interesting and useful. Unfortunately, I've had to omit a letter from Joan and Hans Wehrens who went to the Dutch Open Masters Championships in Apeldoorn in June. I will definitely include it in the November issue.

So here goes. Let me know if I'm missing out vital information you'd like to see in the Newsletter. My brief is to keep members informed about matters of National importance---communication. Which reminds me, don't forget to read the NSW Branch memo to Clubs which I've included in its entirety. Good reading.

Editor.

PROFILE

DAVID CUMMINS

President WA Branch

David is the Branch Sales Manager for a local metropolitan weekly newspaper in Perth and has held this position since 1986. He has been married to Lynette since 1977 and his interests are swimming, jogging, fishing and golf.

Along with an associate, David founded the Claremont AUSSI club in 1979 and drafted its Constitution. Since then, the Club has enjoyed rapid growth and has become the biggest in WA. Its success competitively can be gauged from the following:

State Swim Champion Club 1983-1991

State Aerobic Trophy Champions 1981-1991



National Aerobic Trophy Champions 1982-1991 (omitting 1989)

David has been instrumental in engendering enthusiasm and coordinating the organisation necessary for these wins and has held the positions of Secretary, Captain, President, Coach, Aerobic Recorder and Treasurer at various

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

times. He also introduced and conducted the first Ravenswood Swim-Thru (1600m) in 1983. This has since become an Annual event run by the club.

David has also been a member of the Cottesloe Crabs Winter Swimming Club since 1974. Again he has held many executive positions and has achieved much for the club. Assisted by a handful of members, he planned, organised and conducted every Swim-Thru Rottneest since its inception in 1977. This event is the most popular of its kind in WA and has National Recognition. There were 587 competitors in 1991!

At a Branch level, David has been President since 1987. He has been involved in organising Branch swims with 1986 seeing several changes in recording and marshalling with the introduction of computerisation. He was Branch Recorder in 1980-81 and 1981-82.

As Chairman of a Sub-committee, David was responsible for organising all aspects of entries, programs, recording and results for the 1987 National Swim conducted in Perth.

David has been the Branch Delegate and member of the National Board of AUSSI, as well as Branch President, for the past five years. He is currently the Director of Planning and is responsible for the compilation of the AUSSI Strategic Plan.

David is another example of the many volunteers we have in AUSSI, who have willingly served for the good of the movement. David has also been involved in founding a Surfboard Riding Club in WA in the 1960's, is active in the Winter Swimming Association of Australia and the WA Winter Swimming Association. It seems that those with lots on their plate achieve a great deal.

Keep up the good work, David. AUSSI can't do without you.

SPORT WINS ANOTHER \$293 MILLION

As a result of the wonderful effort by our elite athletes at the Olympic Games at Barcelona, Australia's sporting stars will benefit from \$293 million in grants to help them bring home gold medals from the 1996 Atlanta Olympic Games.

The four year funding program is a 35% increase on the \$230 million spent training and preparing athletes for the Barcelona Olympics.

Although the bulk of the Federal Government funds will be directed to elite Olympic athletes, grassroots competitors also will benefit.

More than \$30 million will be spent on 700 community projects to encourage general sporting participation. And, \$17.5 million will be given to 100 national sporting organisations and umbrella bodies each year.

"To maintain the momentum we will need to be at the cutting edge of world developments in sports science, sports medicine, sports education information and research" said Mrs Kelly.

Mrs Kelly also said that *masters sport* would be given more money as it was the fastest growth area. It is estimated that, by the end of the decade, 12 million Australians will fall into the masters category. However, recent research has indicated that 23 percent of adults do no exercise at all.

"Every part of Australian sport will play a part in the delivery of this policy; from gold medallists in the Olympics and Paralympics to children

in Aussie sport," Mrs Kelly said.

Maybe we should be thinking about ways that we can encourage some of the 23% of adults doing no exercise at all, to learn to swim and enjoy the benefits of fitness and camaraderie to be gained by joining an AUSSI club.

Just by the way, I noticed something in the profile on Steve Haynes, Chief Executive of the Australian Sports Drug Agency, in the Winter 1992 edition of "Sport Report".

I quote:

"Interestingly, Haynes expresses some disappointment that the Senate Inquiry did not go even further. In Canada, the Dubin Inquiry led to a re-examination of the real values of sport and government support. Haynes is concerned that Australia has yet to come to grips with why it is investing in sports development and believes that we must be clearer about our motivation.

"For instance, he suggests that if we are only concerned about promoting health through sport then it is absurd to be spending a great deal on elite sport, given that it is clearly not healthy for athletes to train to the extent required and sustain the resultant injuries. Haynes regards elite sport as being about national pride."

Just a little more food for thought.

ZEDAR MEMBERSHIP APPLICATION FORM

This form is now officially out of stock, though some Clubs and/or Branches may still have a few available.

At the moment we are still looking for a sponsor, so in the meantime, please keep one original on hand to photocopy, and use photocopies until future notice.

WHAT'S YOUR PROBLEM?

This column is a new idea which we hope will fill a need in a previously untapped area.

It is to encourage individuals as well as coaches, referees, etc., who have a problem, question, etc. on any subject (relevant to AUSSI of course) to raise them.

I will guarantee to pass them on to an appropriate authority for answer and will print them as soon as possible.

Some things that come to mind are "one arm fly" with an M.D. certificate; what is and isn't permissible under the new backstroke turn rule; how to cope with an enthusiastic bottom-drawer secretary; new ideas for social events, etc.

What do you think? I look forward to your letters.

(By the way I'm glad to hear that Claremont AUSSI appreciated receiving their copy of the National Newsletter).

NT WELCOMES ITS FIRST FEMALE JUDGE

CONGRATULATIONS TO OUR SALLY!

"Pomp, ceremony and tales of admiration welcomed Justice Sally Thomas, the first female judge to be appointed to the NT Supreme Court.

"A ceremonial sitting was held at the Supreme Court before the full bench of judges and a packed audience of

dignitaries and well-wishers.

"Speakers paid tribute to Justice Thomas and her reputation for fairness, objectivity, extensive involvement in community affairs and love of challenges.

"From riding a motor-cycle through the jungles of East Java, through taking on scores of extra humanitarian and civil tasks, to presiding over countless matters in civil and criminal jurisdictions, stories of Justice Thomas's aims and achievements were told as evidence of her energy, ambition and ability. Justice Thomas said she felt "somewhat of a fraud" being welcomed and congratulated as the first female to take to the bench.

"I just happened to be in the right place at the right time," she said.

"She applauded Territory life as being dynamic and developing in reflecting on her 14 years' experience in the Territory as a magistrate.

"Justice Thomas was first admitted to legal practice in New South Wales in 1963.

"She worked in partnership with her husband, Mr Ted Rowe, in Sydney for 15 years.

"She moved to the Territory with her family in July, 1978 to take up an appointment as a stipendiary magistrate.

"She was appointed chief stipendiary magistrate in April, 1986."

If you're wondering just why I've included this article on Sally Thomas, you guessed it, Sally is a member of the Darwin "Stingers". She has successfully participated in events such as the Honda Central Australian Masters Games, the Australian Masters Games, a National AUSSI Swim and local carnivals, and is a very enthusiastic club member.

Sally is congratulated most warmly by all NT AUSSI members for her achievements...both in and out of the water. The rest of us AUSSI's send our congratulations to her too.

STOP PRESS

Australia won the toss at the Masters Swimming International Congress at Indianapolis for the position of AREA DIRECTOR - OCEANIA.

CONGRATULATIONS

GLENYS MCDONALD

who was AUSSI's nominee for the position, appointed by the Board of AUSSI Masters Swimming.

COMMUNICATIONS

Ivan Wingate, Executive Director of AUSSI, says:

Communication is vital to any organisation and was highlighted as a weakness of ours in the Members Survey a couple of years ago. I believe that we have improved dramatically since, and I was particularly struck with the enthusiasm shown in a memo from Beryl Stenhouse to all NSW Clubs. (Ed. This is included elsewhere in the Newsletter)

Membership growth and probably more importantly, membership participation, has increased significantly in the last two years and I feel that interaction between all levels has been a big contributor to this healthy sign. Enthusiasm is contagious---see if you can catch some yourself and spread it around.



MASTERS SWIMMING IN AUSTRALIA
N.S.W. BRANCH

29 July 1992

10 AUG 1992

MEMO TO CLUB REGISTRARS

Enclosed is a print-out of registered members in your club, as sent by the National Office, and dated July 6. This includes registrations received by the NSW Office up to May 12 - our next batch arrived after their print-out was done.

Please check the list and notify me of any errors or omissions.

Also enclosed is a list of all AUSSI clubs in NSW with the number of registered members in 1991 and to 29 July 1992.

Congratulations to the clubs who have achieved increases in registered members, especially North Sydney with an increase of 17 and Blacktown, who have gained 12 new members against the recession-hit trend in most clubs. The new clubs - Glen Innes, Shoalhaven, Narrabeen and Tuggerah Lakes have all made a good start with membership well into double figures.

This brings me to the rest of the clubs - check this year's membership against last year's - it may be a shock. Then go back through your last year's list and find out who hasn't renewed - do you know why? This would be a good time to contact them and encourage them to join next season.

Is there an AUSSI poster at your pool telling potential members of your existence? Is there one at the local Sports Store, Sports Medicine Clinic, Shopping Mall etc? Posters are available from the office for \$1 plus postage (I can bring them to carnivals to save this).

Are there AUSSI pamphlets at the pool and other places where potential members can pick them up? These are also available from the office.

When did you last contact the local newspaper and receive any publicity?

Are you making it clear that AUSSI is not synonymous with competition and elite swimmers? AUSSI is for everyone who enjoys swimming, and the social side of AUSSI and the opportunity to become fitter are very important to most of our members.

Is your club making good use of AUSSI's resources such as videos, coaching newsletters and courses etc? Does your club have an interesting programme on club nights, or are you bogged down in a boring routine? Please ask for help and information if you need it.

Does the social side of your club help to make members enjoy being part of your club?

Are all of your swimmers registered? Social members are not permitted since AUSSI is for all swimmers, not just carnival competitors.

Looking forward to a surge in membership numbers in 1992-93.

Yours sincerely
Beryl Stenhouse
Secretary

THE PLEASURES OF BEING CLUB SECRETARY

Many of you will remember this excellent article from a few years ago, which Ivan Wingate (Executive Director of AUSSI) has thoughtfully circulated again recently.

You might be interested in a letter sent to Ivan in reply, from the Secretary of Tea Tree Gully AUSSI in Adelaide, *Loesje Louch*. I quote:

"I did see the "secretary" document. I previously wrote to you about it. To "do a little often" is very important as when I haven't done it I've spent several days sorting, typing, writing, etc. Writing down "documents received" as I receive them is also useful on a short list on top of register. One problem Tea Tree Gully has is no noticeboard as we are in 3 different places during winter training, and passing on information can only be as fast as our newsletters. In summer it's OK. I bring a mobile board twice a week. For now, I pass notices around with notes saying "pass it to the next member to read when finished", please. I need to have my papers next to my chair, as if it's out of sight, it's out of mind, as I've no office. I have gained from it, in that when someone asks for something, I've usually read it somewhere and feel a more useful part of the club.

"I've also learnt to delegate work to others which gets the committee more involved.

"Thanks for your advice. I had no secretarial experience. I got the job because I was interested as I was already President. I frantically searched

the library for information on how meetings had to be held. I was quite "panicky". The "Club Guide" came to me later but is by far the best guide to have helped me."

I think you can all relate to the problems all of us have when landed with a new and unfamiliar job. It's just a shame that Loesje didn't have the Club Guide available earlier. If you haven't seen the Club Guide, ask your Club Secretary for your Club's copy to have a look at. If it can't be located, buy another ASAP from your Branch Secretary.

SEX SURVEY

Have I caught your attention? (No centrefold in this newsletter though, so no need to look any further).

A couple of months ago our Executive Director, Ivan Wingate, sent out a memo to all Club Secretaries asking whether the executive members of their club were males or females. This was no doubt in response to a feeling many of us have that Presidents tend to be male and Secretaries female. The results were compiled by Sue Harris at the National Office from the 93 forms returned. (171 were sent out--i.e. a 54% return)

President:

- Males 74.19%
- Females 25.81%

Secretary:

- Males 21.51%
- Females 78.49%

Treasurer:

- Males 41.57%
- Females 58.43%

Head Coach:

- Males 60.47%

● Females 39.53%

At least our Club flies in the face of these statistics with a female President and a male Secretary!! However, we do need to encourage more men to be Treasurers and women to be Head Coaches it seems. Let's share the jobs around equally.

THE SECRET TO FREE-STYLE SPEED

Read a most interesting article in the "Australian Masters Swimming Coaches Newsletter" on making greater use of the large hip and trunk muscles in order to increase your freestyle speed. I tried it out and found a few extra muscles to ache, but I took fewer strokes to the lap, got my off breathing side arm out of the water much better and felt much less strain on my shoulders (which have been quite a problem to me over the past few years).

You, too, can benefit by reading the Australian Masters Swimming Coaches Newsletter. It is not just for Coaches---I'm not a Club coach, just someone who likes to keep fit by swimming, and is always looking for ways to improve my stroke and make it more efficient. Why don't your subscribe? You get four large and really informative issues for just \$16, posted to your home address. Why not also get your Club to subscribe, too? The address is as follows:

AMSCN,

44 Warncliffe Road

East Ivanhoe VIC 3079.

Makes cheques payable to "AUSSI".

FINA EXPANDS LAUSANNE OFFICE

FINA is pleased to announce that it has expanded its staff at the FINA Permanent Office in Lausanne to adequately handle Masters.

In addition, Walt Reid (USA), whom many know, has agreed to produce World Rankings and manage the Masters World Records. Certificates for what were the current long and short course records have been produced and many were distributed in Indianapolis. All those that did not find their way to their owners will be mailed to the FINA Member federations. We ask for your understanding, however, as the Barcelona Olympics are upon us. It may be that the certificates will not be sent to the federations until some time this autumn. Certificates for new records will be produced and distributed to Member federations at the same time.

To obtain a complete listing of the Masters World Records please contact the FINA Permanent Office, Avenue de Beaumont 9, 1012 Lausanne, Switzerland.

The comprehensive set of final results for each sport discipline of the IV Masters World Championships are available by sending a check or draft in the amount of US\$14.00, drawn on a U.S. bank, to Heidi Neuburger, Administrator, IV World Masters Swimming Championships, 901 West New York Street, Room 204, Indianapolis, IN 46202, USA.

A sample of the new Masters World Record certificate is included elsewhere in this newsletter for your information.

ADVANCE AUSSI FAIR

I don't know just what the South Australia Branch of AUSSI gets up to, but I hear they've written a new anthem to serenade the winners at their Branch Interclub presentation night recently. It goes like this:

"AUSSI's all let us unite,
For we are young and old,
With clear blue lanes and fun for all,
Our home is pool and sea.
Our clubs abound in body gifts,
Of beauty rich and rare,
At interclubs let every swim,
ADVANCE SOUTH AUSSI FAIR.
In joyful strokes then let us sing,
ADVANCE SOUTH AUSSI FAIR.
Beneath our radiant president,
We'll toil with heart and hand,


To make this AUSSI state of ours,
Renowned over all the land.
For those who've swum across the seas,
We've boundless lanes to share,
With swimming let us all combine,
To ADVANCE SOUTH AUSSI FAIR.
In joyful strokes then let us sing,
ADVANCE SOUTH AUSSI FAIR.
Masters of the swimming strokes,
We'll toil with fly and breast,
To make these interclubs of ours
A mighty gruelling test.
Freestyle swimmers forced on their backs,
To gather points so rare,
As smaller clubs take on the best,
To ADVANCE SOUTH AUSSI FAIR.
In joyful strokes then let us sing,
ADVANCE SOUTH AUSSI FAIR.

A COACH'S LEGAL RESPONSIBILITIES

There is some interesting information in an article in "Sports Coach" pages 26 and 27 of the April-June 1992 issue. I will simply summarise the article to whet your appetite.

Legal Responsibilities of the Coach.

1. Provide a Safe Environment
2. Activities must be Adequately Planned
3. Athletes must be Evaluated for

	HEREBY CERTIFIES THAT THE PERFORMANCE OF
	IN THE _____ LONG COURSE AGE GROUP
	IN THE TIME OF _____ SET BY _____
	IS A MASTERS World Record <small>CONFIRMED IN COMPLIANCE WITH THE RULES OF THE FEDERATION INTERNATIONALE DE NATATION AMATEUR</small>

Injury and Incapacity

4. Young Athletes should not be Mismatched
5. Safe and Proper Equipment should be Provided
6. Athletes must be Warned of the Inherent Risks of the Sport
7. Activities must be Closely Supervised
8. Coaches should know First Aid
9. Develop Clear, Written Rules for Training and General Conduct
10. Coaches should keep Adequate Records

Some of the above do not seem to apply directly to Masters Swimming, but they are certainly food for thought. Have all you Coaches and Trainee Coaches kept your *insurance* up-to-date? If not, see your Club and/or Branch Secretary ASAP. It will cost you \$15 from 1 October to 31 December 1992; the cost of the 1993 premium will be notified as soon as details become available.

EFFECTS OF CLOTHING AND WATER TEMPERATURE ON SWIM PERFORMANCE

This is the title of a paper in The Australian Journal of Science and Medicine in Sport, June 1992 edition. I will copy here some of the abstract and the conclusions. If you want more details, you will need to obtain a copy of the Journal.

"The effects of three types of clothing, typically worn in the swim leg of triathlon competitions, on swim time and selected physiological and psychophysiological assessments were evaluated in three water temperatures. Thirteen trained male triathletes attempted nine all-out 1500m swims in cool (17.0°C), mild (21.3°C) and warm (29.5°C) water wearing a swimsuit, lycra suit and a wetsuit in each water condition."

The conclusions reached were as follows:

"(i) in 1500m swims, times were faster when wearing a wetsuit than a lycrasuit or swimsuit irrespective of water temperature;

(ii) the swimmers gained no advantage by wearing a lycrasuit compared with wearing a swimsuit;

(iii) at the completion of the 1500m swim, the swimmer who had completed the swim in a wetsuit was in a better condition to commence additional exercise;

(iv) subjects with low body fat exercising in mild/cool water for a long duration and wearing minimal clothing appear to be at risk of hypothermia; and

(v) subjects with higher body fat appeared to have a heat maintenance advantage in cool and mild water swims.

Because of the effect of clothing on core temperature of males in fresh water pool swims of 1500m, and because of the prevalence of athletes with low body fat and the duration of immersion of competitors, it is recommended that the rules governing open water swim events address firstly the safety of the athletes and then the advantages of the swim clothing worn."

This is certainly food for thought for

all those who participate in open-water swims. It think the article would be well worth the trouble taken to access

MASTERS GAMES

For those who didn't know, or who had forgotten, the NEW ZEALAND MASTERS GAMES will be held in Wanganui from 6-14 February 1993.

Closing date for entries is 15th January 1993, and should be sent to NZ Masters Games, Box 500, Wanganui, New Zealand. You may also contact this address for further information.

There is also a DUBBO MASTERS to be held in Dubbo from 16-22 November 1992. Entries close on 23rd October and should be sent to PO Box 979, Dubbo, NSW 2830. Swimming is on 20th November (the same date as the ACT Branch Meet!), and there's also squash, tenpin bowling, tennis, touch, volleyball, as well as, no doubt, lots of others.

LONG DISTANCE SWIMMING

It is with pleasure that I announce that the AUSSI Management Committee has confirmed the appointment of Ted Tullberg as the AUSSI member on the Long Distance Swimming Committee of Australian Swimming Inc.

Ted's address is 5 Buller Drive, Glen Waverley, Vic 3150 and can be contacted by phone on (03) 802 3900 (w) or (03) 803 5451 (h). Ted is a Life Member of AUSSI Victoria, is the Branch Director of Coaching and is well experienced in Long Distance Swimming matters.

We are confident that you will add value to the Committee and represent AUSSI well.

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

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

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

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

16-22 November Dubbo Masters Games

Nov-January Expozay Oceania One Hour Swim (Postal)

1993

6-14 February 4th NZ Masters Games, Wanganui, NZ

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

23-24 October North Island SC Champs, Whangarei

1994

22-26 March 19th AUSSI National Swim, Adelaide, SA

2-11 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

November 5th Australian Masters Games, VIC

1996

?? FINA World Masters Swim, Europe

- Branch Newsletter Editors Peg Wilson
 - Club Secretaries 52 Upper Street
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