



# AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE

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## NATIONAL NEWSLETTER

**Vol 3, No. 6**

**November, 1992**

### EDITORIAL

Lots of information in this edition. I just hope you don't get too bogged down.

Our profile this month is on the Director of Technical Development, Michele Schofield from NSW.

There's news of members Joseph Walker from Hunter, Penny Bond from Townsville and Graham Middleton from Corryong, as well as news from Joan and Hans Wehrens of a Swim Meet they attended in Holland.

Also there's news of some of the more important decisions taken at the recent Mid-Year Board Meeting held in Sydney. You'll certainly be right up-to-date.

Unfortunately there's no "What's Your Problem" column this edition. It seems that no one has any problems. If you do, just write to the address on

this newsletter and we'll answer them (if we can) as soon as possible.

Cheers and have a very merry Christmas and happy New Year.

Editor.

### PROFILE

#### MICHELE SCHOFIELD - DIRECTOR OF TECHNICAL DEVELOPMENT

Michele has a long history of service to Amateur Swimming at Club, District, Zone, State, National and International level from 1974 onwards.

Since joining the Ettalong Pelicans Adult Swimming Club in New South Wales, Michele has continued to work hard for swimming—Masters swimming this time. Michele was elected Club delegate in 1990 and has continued in this position.

As a member of the NSW Branch Management Committee, she coordinates the Branch Technical Committee. Michele is also the NSW delegate

on the AUSSI Board and is Director of Technical Development, coordinating the National Technical Committee. During the past eighteen months they have been redrafting the Rules of AUSSI to present to the Board. She has had the AUSSI Handbook scanned and it is now completely on computer so that all alterations made at National Board Meetings can be updated immediately.



Michele Schofield

With the assistance of the Technical Committee she has produced four Technical Officials Lecture Notes, Examination Papers and Marking Papers for Timekeepers (incorporating Chief Lane Timekeeper and Chief Timekeeper), Starter, Check Starter and

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

Marshal. The other two, Recorder and Referee, will be finished within the next twelve months. These are to be printed commercially and then Michele will be travelling to most Branches to "educate" AUSSI members to become Technical Officials.

At most Club Swim Meets (i.e. fortnightly carnivals) she has either assisted the Referee or has been the Referee for the meet. Michele was requested by Victoria Branch to be Chief Referee, at the recent National Swim. She was Chief Timekeeper in 1991 and Chief Recorder in 1992 for the National Swim Long Distance/ Open Water Swims.

Michele's aim is to educate as many members of AUSSI as possible to become qualified Technical Officials within the next five years, so that AUSSI is completely independent of the Amateur bodies and so that AUSSI will be able to conduct successful International Meets with AUSSI qualified officials.

Michele has many other voluntary involvements including President of the Gosford District Sport & Recreation Committee, now known as the Gosford City Sports Council. She was a member of the Gosford City Bicentennial Community Committee from 1985 to 1988 and Sports Delegate on the Gosford City Council Sister City Committee in 1991 and 1992.

In 1988 Michele was awarded the Gosford City Council Australia Day Award for Sports Achievement and Contribution to the Sport of Swimming and in 1989 she was invited by the Gosford City Council Mayor, Pat Harrison, to be part of a delegation to the Sister City Exchange to Edogawa, Japan, and represented Sport from the Gosford City Council.

Michele is also a Member of the Australian Society of Sport Administrators Inc.

Well done, Michele!

## THE DUTCH OPEN MASTERS CHAMPIONSHIPS

This letter was held over from the last issue, due to lack of space.

Joan and Hans Wehrens from Diamond Valley Masters, Melbourne had the opportunity to attend for 2 days of this event, as part of their European holiday.

The Kristalbad in Apeldoorn, is a large open air (heated to 26°C) 9 lane 50m pool, surrounded by a large expanse of lawn, children's playing area and mini golf, covering some 30 acres.

The weather was unbelievable, blue skies and temperatures between 22 - 35°C. We were issued with a very handsome program listing the 30 officials, a large number of Dutch Master Clubs (by our standard very small clubs) and the clubs from 9 other countries including Ukraine.

Most Masters clubs in Europe are offshoots of amateur clubs and only have a few members. The largest club at the meet had 13 members. However, they seem to have quite a number of swim meets during the summer.

We were made very welcome by Rob Hanou, the Meet Director and MSI Area Director for Europe, Henk and Evelien Wisselo and a number of officials who did a fantastic job. The whole Meet went like clockwork as it was so well organised.

The program listed current World, European, Dutch, Belgian, French, German and UK records after each event. It was a long distance (and long course) meet with events of from 200m to 1500m.

Swimmers we met were amazed at the

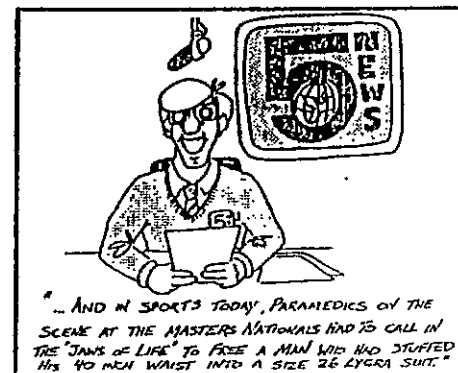
number of clubs, swimmers and swim meets we have in Australia and were eager to find out more about AUSSI. It was very difficult to speak with a Russian swimmer who did not speak English. We found a German "interpreter" and the conversation went like this. The German asked me in German about AUSSI. I know a little German and told him in Dutch (which he understood a little), then the German spoke in Polish to the Russian, who understood a little Polish, and answered the question. With hand signals and much laughter, in the end we understood each other.

Joan was awarded a silver medal in the 400m freestyle and bronze in the 200m breaststroke. Hans won a bronze also in the 200m breaststroke. They had rather large medals, 7cm in diameter with nice red, white and blue ribbons. All three placegetters in each age group and for each event received a medal.

After the swim, they held a poolside BBQ with hamburgers, sausages, salads, wine, beer and soft drinks. Tables had been set up and all swimmers and officials sat around and ate, drank and talked. During the evening we were entertained by the local DE DIKSIE STREET JAZZ BAND, which was fantastic.

My "Russian friend" came over and we had to drink "vodka toasts" which resulted in more talk and more laughter. It was a very appropriate ending to a fantastic swim meet which we will not forget.

Congratulations again to the Dutch Masters AZC, TALEN BV KNZB.



# PENNY BOND DOES IT AGAIN

Penny Bond is at it again. At the end of September, at the ripe old age of 30, she swam 10,000m in 3hrs 11mins 20.38secs, an average of 1:18.80 per 100m. During the swim she did:

400m 5:01.52  
800m 10:09.80  
1500m 19:08.86  
3000m 38:41.02  
4600m 1 hour  
5000m 64:55.85

This swim is an entry in the annual US Masters Swimming World 10km Postal Swim. Penny's time cuts six minutes off the previous record for women aged 30-34, a time which has stood since 1985.

Unless someone else does better, this swim together with her earlier swim as a 29 year old, will give her the win and the record for the event in two age groups in the same year.

Penny is training to compete in the Australian long distance championship 25 kilometre swim in Perth next year.

Good luck and congratulations,

# GRUELLING SWIM SCHEDULE EARNS GOLD FOR WALKER

This was the headline in the newspaper recently. The article went on to say:

"Nights spent sleeping in the back of

his parents' car to ensure he got to regular 5am training sessions were the secret behind Joseph Walker's nine swimming gold medals at the Games for Intellectually Disabled Athletes in Madrid.

"The 21-year-old lives on a rural property 26 kilometres from the Junction Pool at Newcastle and as he does not drive, often gets alift when his father goes on night duty.

"But the gruelling two-hour sessions each morning and afternoon paid off at the Games when Walker became the most prolific medal winner at any international swim meet."

This is only part of the article and you're probably asking why I'm including it. Well, you guessed it, Joseph Walker is a member of HUNTER AUSSI.

# THE OXFORD COMPANION TO AUSTRALIAN SPORT

This publication has been edited by a panel of five people for The Australian Society for Sports History with assistance from The Australian Sports Commission.

Under "A" you will find, on page 22, an entry headed "AUSSI Masters Swimming"! We have really come of age. I quote:

"AUSSI Masters Swimming, originally constituted as the Australian Union of Senior Swimmers International (AUSSI) in September 1975, has as its purpose the encouragement of adults, regardless of age or ability, to swim regularly in order to promote fitness and improve general health. The first 'masters'-style event in Australia was conducted at the Harbord Diggers' Club in May 1971. In March 1974 a

45-member team of US Masters Swimmers visited Australia for a carnival which was held at the Heffron Pool in Sydney. In October that year a meeting was held which formed the Australian Masters Swimming Association (AMSA), and the first national championships were held in March 1975. National swims have been held annually and AUSSI is an active supporter of the biennial Australian Masters Games. AUSSI played an important part in the formation of Masters Swimming International (MSI) in 1983 and many Australians have held, and currently hold, office in this international organisation. AUSSI has conducted three international swim meets: the Pan Pacific Masters Championships in Sydney in 1981 and 1983; and the second FINA/MSI World Masters Swim at which 4000 swimmers (3000 from overseas) competed in Brisbane in 1988. This event has the record of being the world's largest swimming meet. AUSSI has 6300 members in 154 clubs affiliated with eight branches in each State and Territory in Australia. Its management and operation have been acknowledged by the Australian Sports Commission and Australian Swimming. AUSSI is a member of the Confederation of Australian Sport."



# MID-YEAR BOARD MEETING NOTES

The Mid-Year Board Meeting was held on 31 October/1 November in Sydney. On Friday night 30th, the Management Committee met representatives from NSW Clubs and the Branch Executive. After dinner questions were fired at them and hopefully the NSW members learnt a lot more about what "National" is doing for them.

The Board meeting ran from 8.30am to 6.45pm on Saturday and from 8.30am to 8.15pm Sunday, with only short breaks for coffee and lunch. The evening meal was very late on Sunday. In fact, some delegates had to leave prior to that time.

Some of the more notable decisions are as follows:

## 1. Public Relations Consultant

A brief is to be drawn up and will cover membership retention and growth as well as the perception of AUSSI both by the public and AUSSI members themselves. This will be circulated throughout Australian to interested persons and the results will be discussed at the Annual Board meeting, and a decision made.

## 2. World Masters Games, Brisbane, October 1994.

AUSSI has formally recognised these and it is hoped to run the swim as a 'fun' meet, i.e. men and women in together and swimming from slowest to fastest—just as we do in AUSSI meets (but contrary to what is done at World Masters Swims or Pan Pacifics).

## 3. Medical Disability

There was much discussion on this point. Remember, if you have a certificate for a non-manifest medical disability, you still have to conform to the remainder of the rules for that stroke. e.g. if you cannot do the breaststroke kick correctly due to a non-manifest disability, you **CANNOT** do side-stroke. You still must keep your shoulders level or you **SHALL** be disqualified for this infringement.

## 4. National AUSSI Computer System (NACS)

This is to be used by all Branches, and clubs may also arrange to use it by liaising with their Branch. The license fee will be reduced to \$10 for Clubs and will be payable to their Branch.

## 5. Computer Committee

After almost 10 years of excellent service, the Computer Committee has resigned. This committee has been based in WA and has done sterling work with very little outside help, under the able guidance of Geoff Upton. We have this committee to thank for the National AUSSI Computer System on which we can do registrations, Top Tens, etc. **CONGRATULATIONS AND THANK YOU.**

The new committee will be headed by Geoff Larkin (NSW) with Alan Green and Andrew Carter (WA), David Ryan (QLD) and Peter Gillett (SA and Director of Recording). They will coopt others as necessary, so if you have something to offer, please do so.

## 6. Aerobic Trophy

Lots of congratulations for Trish Beverage (Director of Programmes) for the new Rules and Point Scores booklet. There will be a moratorium for two years (till 30 September 1994), then a further 6 months for discussion. Decisions re alterations etc. to be made at the Annual Board Meeting in March

1995, so that a new edition (if necessary) can be printed and ready for 1 October 1995.

## 7. Safety Policy

This was tabled by Dr. Russell Spinks. It will be officially launched at the National in Darwin in May 1993.

## 8. Masters Level 1 Coaching Course

It is quite probable that one will be run in conjunction with the Darwin Nationals. Contact Anita/National Office for further details.

## 9. 1994 World Swim, Montreal

Gullivers Sport Travel has been given the right to use the AUSSI logo on tour brochures and overprint them with "approved tour operator". In return, a royalty of \$20 per swimmer who travels on the tours will be donated to AUSSI.

## 10. Pan Pacific Swim, Perth 1995 cancelled

Since AUSSI's successful bid to stage the 1995 MSI Pan Pacific Masters Swimming Championships, two other major Masters events have been introduced to Australia which will detract from the proposed Pan Pacific Meet in Perth in 1995. One is the World Masters Games in Brisbane in October 1994 and the other is the Australian Masters Games in Melbourne in October 1995. Each of these is within six months of the Pan Pacific meet. As a result of this crowded calendar, AUSSI has decided that it is no longer practical for it to run the Pan Pacific event.

Well, the above were just a few of the many decisions made during the marathon two days of the meeting. Now you have a little more insight into just what your Branch delegate does at Board Meetings, a weekend which many unkindly refer to as a 'jaunt'.



## GRAHAM MIDDLETON'S MIGHTY FEAT

There is a write up on Graham's Murray River swim in the latest edition of Dick Smith's magazine, "Australian Geographic" on page 28. I'm really glad to see that he's getting such widespread publicity. I quote:

"Graham Middleton has become the first person to swim the length of the Murray River, a distance of 2367km. His marathon, from his home town of Corryong, in north-east Victoria, to Wellington in South Australia (where the river flows into Lake Alexandrina), lasted four months and 16 days. It raised more than \$100,000, mainly for the Anti-Cancer Council of Victoria but also for the Australian Rotary Health Research Program.

"Graham, 56, who was Australian open butterfly champion in 1954 and 1955, began his swim on 30 November 1991, at Bringenbrong Bridge near Corryong. Swimming breaststroke, he maintained a daily average of a little over 17km, staying in the water for 6-8 hours a day.

"Water temperatures as low as 10 C made some sections difficult. "Swimming west meant the sun was in my eyes each afternoon," he said, "and at times I had half-metre waves slapping me in the face." He was surprised at the overall quality of the water: "I soon learnt that the river is healthiest where it's muddy and free-flowing." Graham reached Lake Alexandrina on 15 April."

We hear that Graham received a Tattersall award for achievement and promptly donated the \$2500 to 'Kids with Cancer'.

## MASTERING SWIMMING

Have you got your own copy now? Or, has your Club/Club Coach bought a copy? If not, don't delay any longer. Contact your Branch Secretary, the National Office or Anita Killinier. It would make a great Christmas present, a 'Thank You' for a job well done for one of your volunteers, etc. etc.

If you have any swimming friends in New Zealand, there is now a distributor of "Mastering Swimming" there. Tell them to contact:

Mr Ron Simpson

Manager

Educational Distributors Ltd

Publishers Representatives

1/153 Hepburn Road

Glendene 1207

New Zealand

Tel/Fax: 09-818-4473

The New Zealand price is \$NZ 34.95. This would certainly be cheaper than you posting a friend in New Zealand a copy.

## HOW TO ATTRACT ENTRIES TO YOUR SWIM MEETS

'Gippsland' Victoria, hold a 'Sauna Swim' (1km and 3km) in a man made heated lake (discharge water from a power station) at Hazelwood Pondage, each year.

Swimmers emerge looking pretty dirty, but there's only one shower room at the local yacht club so the room is

clearly marked "unisex showers".

Males are allowed in 'topless'---but we're not sure about the females---the mind boggles. But, there always appears to be more male entries than female!!!

ANON

## BILLABONG AQUATICS

For anyone travelling to the US in the near future, Judy Bonning, Head Masters Coach at Coral Springs, is offering Masters swim camps for both adult fitness and competitive swimmers. Coral Springs is an aquatic complex located 30 minutes north west of Fort Lauderdale and 40 minutes north of Miami, Florida.

### Camp Dates

Three day camps:

February 13-15, 1993

March 13-15

March 27-29

One week camps:

December 14-19, 1992

January 23-29, 1993

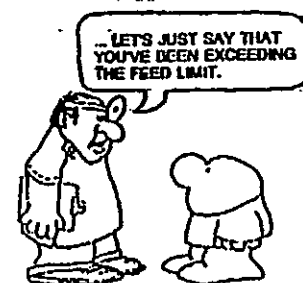
February 20-26

Swim Meet Dates:

December 11-13, 1992

June 25-27, 1993

For further details phone USA 305/ 345-5370



# DIRECTOR'S PORTFOLIOS

As you already know, AUSSI has a Management Committee consisting of the President, Director of Finance, Director of Coaching and Executive Director. Then, there are eight Directors on the Board of AUSSI, one from each BRANCH, who are responsible for the various areas listed in their portfolio. This doesn't mean they have to do all the work. They are simply responsible, and coopt various members from their Branch to assist them in carrying out their responsibilities.

I'll list below some of the areas covered by each Portfolio. Some have already been completed, and others have since been added to the list. Like AUSSI'S STRATEGIC PLAN, responsibilities are constantly being updated.

## ● Director of Recording (Peter Gillett, SA):

- \* Top Ten compilation and publication
- \* Input into World Top Ten
- \* Update of L/C and S/C National records and publication
- \* Control of Record Applications and forms

## ● Director of Programmes (Trish Beveridge, TAS):

- \* Aerobic Trophy Recording and Results
- \* Review of Trophy as required
- \* Updating booklets and forms as required
- \* Continuation of Award badge & Certificate programmes

## ● Director of Planning (David Cummins, WA):

- \* Assist Nat. Computer Committee and report for them

- \* Coordinate update of 3 year Strategic Plan

- \* Investigate innovations and new directions

- \* Facilities planning when and if needed

- \* Think Tank

- \* Recording of data for future planning

- \* Updating resource information

## ● Director of Membership Development (Bren Catchpole, QLD):

- \* Monitor membership Numbers

- \* Recruiting and retention planning

- \* Update of Club Guide and usage promotion

- \* Membership Safety/Medical aspects

- \* Promotional videos

- \* Production of brochure listing AUSSI benefits and programmes

- \* New Member Kits and New Club Kits

## ● Director of Technical Development (Michele Schofield, NSW):

- \* Assist Nat. Tech. Committee and report for them

- \* Oversee conduct of National Swim Meet

- \* Review every two years of Nat. Swim Meet programme

- \* Review officials courses, FINA rule changes, appropriate AUSSI rule changes

- \* Update technical publications as necessary

- \* Update National Swim Meet Guide as necessary

- \* Review of Swim Meet medical procedures

- \* Sanction Swim Meets

## ● Director of Communications (Judy Ford, ACT):

- \* AUSSI Year Book/Newsletters

- \* Branch news coordination

- \* Articles for swimming magazines

- \* VIP/Life Membership protocol

- \* Volunteers - gaining, training and retaining

- \* Publicity for results

- \* Historian

- \* Reading and Relevance of international swimming newsletters

## ● Director Assisting Membership Development (Rick Barnes, NT)

## ● Director Assisting Planning (Don Coupe, VIC)

# AUSSI PUBLICATIONS

(or What AUSSI "National" has done for you!)

By now your Club should have received a copy of the new Rule and Point Scores booklet for the National Aerobic Trophy. Doesn't it look great? The way Trish has organised the times is a big improvement on the previous edition. Preparation of the point scores and text for the new edition involved many, many painstaking hours by Trish Beveridge, our Director of Programmes, and her husband, Hector. I feel sure that any expression of gratitude would be gratefully received.

We learnt from our Membership Survey in 1990 that most members were unaware of what was happening at

'National' ---that nebulous monster. We have taken a number of initiatives to try to rectify such perceptions. The National Newsletter is now well established and recently you received the New Members Welcome Kit, In recent months you received Super Sets, the 1991 Aerobic Trophy Results booklets, the Top Tens and the Annual Report. Your National Records are impeccably maintained and hundreds of our 'gun swimmers' would be grateful for the beautifully hand prepared Record Certificates they have received. You now have the new Aerobic Trophy booklet and hopefully your Club has one or more copies of that magnificent publication Mastering Swimming. Four Branches are now using NACS (National AUSSI Computer System). These have ALL been produced by AUSSI members just like you and me. We sometimes receive letters for what we haven't done, but rarely do we see anything to recognise what has been done.

Have you thought what it takes to put stickers on and stuff 2,000 wallets for the New Member Kits---let alone preparing all the printing, shipping, etc.? I hear that the Brisbane Westside Club members say "never again". I thought that Bren did a super job in getting it together with limited finances and resources. If you feel that it has been worthwhile, how about dropping her a line? We'll probably never know how many "domestics" have been invested in the Aerobic Trophy results, rules and points, but an expression of gratitude may be a good investment if you want to see the results published for this year. Have you thought what professional expertise has been "given" to AUSSI in the publication of "Mastering Swimming"---especially from Kay (Cox) and Anita (Killmier). Peter (Gillett) has now been keeping the National Records for ten years and most Top Tens have been prepared manually. Last year Darryl Hawkes (also from SA) put the Top

Tens together. Geoff Upton and his committees in WA have also given AUSSI hundreds of professional hours to produce the NACS. Do you like Judy's Newsletter? How about the Super Sets put together by Anita and Trish---does your club use them? Michele (Schofield) and the Technical Committee in NSW will soon be showing you the results of their countless hours and there are good things to come on Safety from a committee involving four Branches. etc. etc.

Communication with any of our "workers" can be made via the National Office (address on this newsletter).

P.S. There are major things happening on the international scene which I feel your Club ought to know about. The National Newsletter will cover it, but if you would like to know more, you should subscribe to MSI News - it is only \$10 per year. It's produced by an AUSSI too---Glenys McDonald, Life Member of AUSSI.

## DARE

It's not the critic that counts

nor the one that points out how the strong person stumbles,

Subscribe to  
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or whether the doer of deeds  
could have done them better.  
The credit belongs to the one  
who is actually in the arena; Who's  
face is marred by dust  
and sweat and blood;  
Who strives valiantly;  
Who errs and often comes up short  
again and again;  
Who knows the great enthusiasms  
and the great devotions of  
spending oneself in a worthy cause:  
And who, if at best in the end,  
knows the triumph of higher treatment  
and achievements,  
And who, at worse, if they fail,  
at least fail while daring greatly  
so that their soul shall never be  
with the cold and timid one  
who knows neither victory nor defeat.

Courtesy: SA Branch Newsletter

### M.S.I. NEWS SUBSCRIPTION FORM

The official publication of  
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and payable to

MASTERS SWIMMING INTERNATIONAL  
P.O. BOX 142  
NORTHAMPTON WA 6535  
AUSTRALIA



## 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

## CALENDAR OF EVENTS

### 1992

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

28 Sept/3 Oct 3rd World Masters Games, Brisbane, QLD

### 1995

March?? 20th AUSSI National Swim, Perth, WA

October?? 5th Australian Masters Games, VIC

### 1996

?? FINA World Masters Swim, Europe

## CIRCULATION

- Life Members
- President
- Management Committee
- Executive Director

- Board of Directors
- Branch Secretaries
- Branch Newsletter Editors
- Club Secretaries

### AUSSI Historian:

Peg Wilson

52 Upper Street

Tamworth, NSW 2340