



# AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE

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## NATIONAL NEWSLETTER

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### EDITORIAL

I hope you've all recovered from the Festive Season and are back at work or play and in full training. (All those extra pounds (kilos) being left in the pool.)

I must plead lack of time concerning the putting together of this issue as I've been out of the country for most of the past two months. However, there is a bit of this and a bit of that included, so I hope you'll find something of interest to you.

There's the Coaches Course in Darwin and information about the World Swim in Montreal in 1994, as well as further news of Penny Bond's remarkable success in open water swimming.

Keep your letters rolling in and good swimming!

Editor

### PROFILE

RICK BARNES - N.T.  
DIRECTOR

Rick is the Director who assists with the Portfolio of Membership Development on the Board of AUSI.



He has been a member of AUSI since joining the Darwin Stingers in 1988, and was elected Branch Recorder at the inaugural Branch Annual General Meeting in Alice Springs in October 1988, a position which he still holds. At Club level he was President in 1991 and 1992 as well as being Club

Recorder. Rick is Chairman of the 18th National Swim Organising Committee and is also Meet Director for this swim, i.e. the 1993 Nationals to be held in Darwin in May.

Rick is married with three children, was educated in Melbourne (born in New South Wales)---he sure gets around---and works for the Northern Territory Government as a Contracts Officer.

As well as swimming, Rick played baseball and basketball, and ran cross countries at High school. Since then he's played Lacrosse

and Australian Rules, and has participated as the team's runner in a Triathlon and won a gold medal at the Central Australian Masters Games. He currently holds a B grade basketball referees licence and regularly officiates in all grades at least twice per week in the Darwin Basketball Association's fixtures. Since 1986 he has been accredited as a Level 1 Basketball Coach.

Rick swam competitively in his first two years at High School, but only returned to the sport in 1987 which his youngest son joined the Casuarina Swimming Club in Darwin. He says that as he was spending a lot of time

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



beside the pool watching Nathan swim, he might as well have a go himself. Rick now swims regularly with both the amateur club and AUSSI. He has enjoyed some success, winning a gold medal at the 17th National Swim in Melbourne for the 400m Individual Medley in his age group.

Rick is involved with the activities of his children and is also keenly interested in Genealogy (tracing the history of his family ancestors). To this end he is a member of the Northern Territory Genealogical Society as well as the Society of Australian Genealogists.

## UP-DATE

### “Mastering Swimming”

\* The Management Committee are looking at ways for this book to be sold through the US Coaches Association.

\* I hear a number of people received a copy for Christmas. You’ve had plenty of time to read it by now, so I look forward to improved stroke technique and tumbling times at future meets.

\* Quite a number of these books were sold at the Masters World Swim in Indianapolis and USMS is selling the balance.

\* At the Board Meeting at the beginning of November, we were informed that the Queensland Branch only had 12 copies of “Mastering Swimming” left. They had five boxes, which means that they’ve sold 158 books. Congratulations!

\* The Norwegian Masters Committee has purchased two copies of the book.

\* “Mastering Swimming” is the recommended text for the Level 1M Coaches course.

\* All Branches and the National Office have copies of “Mastering Swimming” available for sale, and all have contributed to the marvellous success of this

## WHAT’S YOUR PROBLEM?

My View on One Arm Fly with M.D.  
(by Alan G. Davis)

Let me first say I have been associated with AUSSI Victoria for about 15 years and have seen rules change officially and unofficially over the years as AUSSI has developed.

I have seen one arm Fly done at other swim meets and once at a Branch AUSSI Championships some years ago, which raised questions that were unfortunately left unanswered.

So I did a much closer study on this stroke with several swimmers and applying the rules of Fly to within an accepted tolerance. The conclusion being that there are very few swimmers who could do this without being disqualified. Assuming that the Medical Certificate indicates the arm or shoulder could not be used, this is not sufficient reason to have the shoulder low. The difficult part is to swim Butterfly with one arm and keep the shoulders level with the general water line. The shoulder will be lower on the side that the arm is not in use, therefore disqualification should occur.

A good butterfly swimmer can swim faster with a conventional fly stroke; some can swim marginally faster with one arm fly if swum with one shoulder in the water (disqualification position); but a swimmer cannot swim one arm fly faster with the body in the correct position in the water.

I hope my comments throw some light on the question.

Yours in swimming

(signed) A. Davis

Extract from Butterfly stroke rules.

“SW7.1 The body must be on the breast at all times, except when executing a turn. The shoulders shall be in line with the water surface from the beginning of the first armstroke, after

the start and after each turn, and shall remain in that position until the next turn or finish. It is not permitted to roll onto the back at any time.”

(Ed. It’s the old story---comply with the Rules or be disqualified.

Remember, to be able to write M.D. on an entry card you must have a registered Medical Disability Certificate--that is, filled in by a Doctor or Physiotherapist and registered with your Branch and National. You must also still comply with the rules for the stroke concerned, i.e. shoulders must remain level with the surface of the water when swimming one arm butterfly.)

## WHAT ARE RULES FOR?

Would you get out of the pool and have a cup of coffee during a 5km swim? Perhaps you might even stop the watch while you go to the toilet? People have tried this in AUSSI aerobic swims.

If you had a medical disability in breaststroke which affected your arms, would you swim sidestroke in a breaststroke event? People have tried this at AUSSI race meets.

If you were at a relay meet, and one of your co-competitors failed to show up at the starting line, would you invite somebody else to take their place swimmers have tried this also!

Just how seriously should we take the Rules of Swimming? Should we follow every rule in the book, or are we just a fun and fitness crowd, so it doesn’t matter?

Just remember, if you make out our events are “Mickey Mouse”, then you put down the efforts of all those swimmers who DO follow the rules, and who break State, National and World records. And, you white ant the efforts of those who are going to the Australian Government for Sports assistance on your behalf.

(Courtesy ‘Platypus Press’)



## INTERNATIONAL NEWS

The FINA Masters Swimming Committee met in Montreal 30 Oct-1 Nov. The main purpose of the meeting was to finalise arrangements for the **5th World Masters Swimming Championships** to be held in Montreal 4-11 July 1994. Site inspections of the main venues were carried out and the unanimous verdict was that the facilities available were outstanding.

The swimming is to be held at the magnificent **Parc Olympic Swimming Centre**, the venue for the 1976 Olympic Games Swimming. The Diving, Synchronised Swimming and Water Polo will be held concurrently at the **Centre Claude Robilliard**, another impressive complex that provided the Olympic back-up facility in 1976. The Long Distance Swimming venue will be the **Olympic Rowing Basin** which again is an ideal venue. All hotels, student type lodgings, competition and training pools for the Championships are located along the Montreal underground metro system. Metro trains are scheduled every three minutes during the rush hours and every 7 minutes throughout the rest of the day, and a weekly access ticket will be available to all competitors.

The Island of Montreal is located at the junction of the Saint Lawrence and Ottawa Rivers. Montreal enjoys a continental climate with the average daytime high of 20.90 C during July. It is the second largest French city in the world, is renowned as the gastronomic headquarters of North America and has night life without equal. During the week of the Championships there will be a major **International Jazz Festival** in Montreal so there will be no want of evening entertainment. It is hard to imagine any facilities anywhere in the world that could match those

available in Montreal. The 1994 Masters World Championships is all set to become a really memorable event.

## COACHES COURSE AT NATIONALS

Anita is intending to hold a Level 1M Coaches course at the Nationals in Darwin in May 1993. If you are interested in attending, please fill in and return the form (on the second back page) by 1 March 1993. Further details will be mailed to you after this date.

Candidates will have the option of doing the complete course (Level 1M) if they have NOT got their Level 1 ASI Coaching certificate, or attending the shorter Supplementary course if they are currently accredited with ASCA as a Level 1 coach.

NOTE: All aspects of the course must be completed within the given time frame for accreditation status to be granted. This includes compulsory attendance at all lectures and completing assessments and assignments satisfactorily. Costs have not been decided, but will be determined by numbers, i.e. the more people attending, the cheaper the course.

Proposed Outline:

### Level 1M

Mon 3rd - All day

Tues 4, Wed 5, Thurs 6, Fri 7 - lunchtime lectures

Sat 8, Sun 9 - All day

### Level 1M Supplementary

Tues 4, Wed 5, Thurs 6, Fri 7 - lunchtime lectures

Sat 8 - All day

Recommended text: "Mastering Swimming"

## 3RD WORLD MASTERS GAMES

The organisation of the World Masters Games took a step forward with the recent appointment of the International Board of Governors. The Games, planned for Brisbane in September/October 1994, will involve over 15,000 participants (that's more than the Olympics!) in more than thirty separate sports. Masters Swimming International (MSI) and AUSSI have sanctioned the conduct of the swimming section of the Games and a programme has been approved.

Swimming will be held from Wednesday 28 September to Monday 3 October inclusive---five days of swimming events with Saturday 1 October being a lay day when the Games Opening Ceremony will take place.

The Games will be held in conjunction with Brisbane's Warana Festival and other planned city activities including international Sports Medicine and Business conferences and, of course, plenty of socially oriented events. Organised by The Queensland Events Corporation, the Games are being promoted extensively and enthusiastically overseas to ensure a highly successful international sports gathering.





# NATIONAL NEWSLETTER

It seems that it is gradually getting recognition, bit by bit, and I'll record a little of the feedback.

\* One Club copied it for each of their members so they would know what the National executive are up to. (Hopefully more Clubs will do this. ED)

\* One Branch Secretary has started receiving more requests for AUSSI products---due to the list on the back of the National Newsletter.

\* Some Clubs are writing in to the National Office on a regular basis with news to be included in the National Newsletter.

\* Someone wrote in to "What's Your Problem" and we have an answer in this edition. (I look forward to more letters.)

The Newsletter is not only to inform members of National matters, but is a forum for discussion and also for circulating newsworthy items of interest to all AUSSI members.

## PENNY BOND LONG DISTANCE SWIM CHAMPION

Thirty year old Townsville mother of three, Penny Bond, won the NSW Open Long Distance Swimming Championship in the Nepean River at Penrith near Sydney on 17 January 1993.

Penny swam the 24 km course in 5 hrs 42 mins 49 secs to beat all comers in a starting field of six men and six women. Four of the men and two women failed to finish. The four remaining women took the first four places.

Susy Moroney, last year's conqueror

of the English Channel, swam fourth, in 6 hrs 10 mins 16 secs, 28 minutes behind the Queenslander. In second place was the highly regarded Tammy Van Wisse, 13 minutes behind Penny, recording 5 hrs 55 mins 36 secs.

The first man to finish was Scott McRae in 6 hrs 29 mins 42 secs, 47 minutes behind the winner.

Penny's time represents a speed of 1 min 25.7 secs per 100m, 5 mins 42 sec per 400m or 4.2 kph.

Penny hopes to compete in the Australian Championships and selection swim in the Swan River, Perth in March. There she expects to meet, for the first time, Australian World Champion Shelley Taylor-Smith.

## USMS 10km POSTAL SWIM

A number of Queensland clubs entered this Postal event and the results have recently come to hand.

You will remember that Penny Bond entered in both the 25-29 and 30-34 age groups. Well, she won them both and set new records in each. In fact she swam the fastest time EVER by a woman. Only one man this year swam a faster time than Penny. The organisers called her the outstanding swimmer of the event. Her time for the 30-34 age group was 2 hrs 11 mins 20.38 secs and for the 25-29 age group 2 hrs 15:53.92. Penny received her two medals and patches at the end of December.

Queensland Branch Registrar Geoff Robinson won the 50-54 age group and set a new record in the 5 km swim with a time of 1 hr 29 mins 34.00 secs.

Brisbane Southside swimmers also did very well. Harry Redpath 70-74 was second in the 10km and a record setting 1st in the 5 km with a swim of 2 hr 4 min 51.99 secs. Alison Worrall 65-69 set a record in the 5 km swim

with 2 hr 18 min 10.65 sec. Royce Jackson 65-69 and Russell Dunn 75-79 both won their age groups in the 10 km, Russell setting a new record of 3 hr 29 min 12.19 secs, a great swim for a 75 year old. Ian Wakeling won the mens 30-34 5km event.

## UNDER 25's - DO WE NEED THEM?

This is not really a question or an answer, it is a topic for discussion.

AUSSI carried out a survey on this age group in 1987 and will repeat it in very near future.

The question has arisen due to comments on page 52 in "Play On", the Report of the Masters Sport Project on Mature Aged Sport in Australia released in October 1992 and compiled by Ron Burns. These comments finished with the recommendation: "perhaps AUSSI should look at progressively raising their age limit to at least the internationally accepted age." i.e. 25 years.

This is a point we need to address and would like as much input as possible.

Please address your comments, suggestions, points for and against, to the AUSSI National Office (address on front of this Newsletter).

## MEMBER REGIST- RATIONS

As at 1 December 1992 (i.e. after only two months), Queensland had topped the 1000 mark with 1,028 member registrations.

CONGRATULATIONS!

## DID YOU KNOW?

Funnily enough, I hear rumblings again about vast hikes in fees charged to be a member of AUSSI.

Your fees are divided into three parts: the Club, Branch and National components.

The National component of your fees has risen from \$15 to only \$15.50 in line with the C.P.I. rise.

Club and Branch fees vary from Club to Club and Branch to Branch. Further investigation on your part will be needed to ascertain these components.

Remember, all members of your Club pay the same National fee. Social membership is NOT ALLOWED.

## SAFETY IN THE POOL

As swimmers, we are all placing ourselves in a situation of risk. The more we know about swimming, and the fitter we are, the less the risk. But can you say that the person swimming in front of you at the pool has the same degree of safety? You may be

the one who is required to help him/her in an emergency!

If you are the one called upon to help a swimmer in difficulty, do you know how? Can you move a person safely to safety? Can you get a person out of the pool? Do you know how to administer Expired Air Resuscitation?

If not, you should aim to get your Bronze Medallion **THIS YEAR!** You never know when you might need it!

(Courtesy Platypus Press)

(Ed. Remember Safety is important, and an on-going issue. Has your Club elected its Safety Officer and notified your Branch? The National Safety Policy will be launched at the National Swim in Darwin in May and National wishes to know the names of all Club Safety Officers prior to then.)

## NORM'S NO LONGER THE NORM

Norm, of Life. Be In It fame, will be a very happy couch potato if he has read the latest survey on a wide variety of sports conducted by research firm Brian Sweeney and Associates.

The research investigates sporting par-

ticipation, attendance, TV viewing and sponsorship-awareness of people 16 years of age and over in six capital cities. It has been regularly updated for the past five years.

Importantly for Norm, hundreds of thousands more Australians were involved in some kind of sporting activity in 1991 than in 1987.

Two extreme examples of more participation are snow skiing and swimming. By 1991 more than 1.5 million additional participants had actively involved themselves, to greater or lesser degrees, in each of these sports compared with 1987.

(Ed. Swimming is No. 1 for Participation and No. 9 for TV Viewing).

## SEX SURVEY

Harking back to this survey, 109 Clubs eventually responded, and of all those with Female Presidents, only six (6) have Male Secretaries.

Or, expressed differently, 5.5% of AUSSI Clubs have a Female President and a Male Secretary.

(Another interesting piece of trivia? Ed.)

### LEVEL 1M COACHING COURSE

Yes I am interested in attending the coaching course to be held in Darwin 1993.

NAME : \_\_\_\_\_

ADDRESS : \_\_\_\_\_

POSTCODE \_\_\_\_\_

PHONE NO. (WORK) \_\_\_\_\_ (HOME) \_\_\_\_\_

Please tick the appropriate box :

I am currently accredited as

An Austswim Teacher ☐

A Level 1 ASI Coach ☐

or I have no current coaching qualifications ☐

Further details will be mailed after March 1 1993.

## 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

Supersets: No charge

## CALENDAR OF EVENTS

### 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

4-11 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

March?? 21st AUSSI National Swim, Canberra, ACT

?? FINA World Masters Swim, England

## 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