



# AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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## NATIONAL NEWSLETTER

Vol 4, No. 2

March, 1993

### EDITORIAL

This edition of the Newsletter has lots of little snippets of information and only a couple of longer articles.

Our profile is of Glenys McDonald, Life Member of AUSSI, and President elect. This will take effect 21 days after the Annual Board meeting to be held in Darwin on 1,2,3 May, 1993.

There's news of members, a Swim Camp in Townsville, an up-date on Award Badges, National Records, Women in Sport Pamphlets, and so the list goes on:

The major article is aimed at demystifying weight training and it certainly did that for me.

With 2 1/2 days set aside in Darwin for the Annual Board meeting, look for lots of feedback in the May edition of the National Newsletter.

Keep up the training whether for fitness, competition or enjoyment and good luck to all those attending the

Darwin Nationals.

Editor

### PROFILE

#### GLENYS MCDONALD - LIFE MEMBER

If one reviews all the achievements and positions held in the AUSSI movement by Glenys McDonald, it is very obvious that she has had experience at every level, i.e. club, Branch and National, and with every facet of our activities. In the 16 years that Glenys has been a member of AUSSI she has worked diligently and tirelessly for the ideals of the organisation.

She is a person of many talents, but perhaps those that stand out in her contributions to AUSSI are her administrative and planning skills, her forward thinking and the ability to get

the idea off the drawing board into AUSSI clubs for all to benefit.

Glenys was a foundation member of the first AUSSI club in WA---Carine---which began in April 1977. She became the foundation secretary of the club, which also acted as WA Branch. Glenys was one of the members involved in the setting up of the WA Branch of AUSSI, and in 1979 became Branch Secretary.

Since then, Glenys has held a variety of positions, as follows:

Club: Secretary, Vice President, committee member, assisted in conducting State swims;

Branch: Secretary, Recorder, Registrar, Delegate to National Council meetings, National Swim organising committee, Life Member, Administrator;

National: Aerobic Recorder, Review Subcommittee Chairperson, Secretary, Life Member.



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



As well as this, Glenys has served as Secretary and Chairperson of the Veterans' Sports Steering Committee, and has served on the committee of the WA Sports Federation and the Task Force.

International: Glenys has also served Masters Swimming International (MSI) extremely well and is regularly Australia's delegate to their Council meetings. She is currently Publicity Officer and edits the MSI Newsletter, as well as being Area Director for Oceania.

Glenys was instrumental in obtaining Government support for funds for projects and for the employment of an Administrator in WA. She also negotiated with the government for a Learn-to-Swim program for adults.

Glenys has been involved in various projects that have benefited all AUSSI members, for example:

- \* the promotion of the Aerobic awards and Aerobic Trophy
- \* the printing of the Basic Conditioning Booklet
- \* the Review of AUSSI activities, 1982 and yearly update
- \* writing and printing the AUSSI Club Guide
- \* writing and printing the Swim Meet Guide
- \* various reviews and updates of the constitution
- \* negotiation and promotion with ASI and Australian Coaching Council for the Coaching Accreditation Course
- \* instrumental in helping with the initial world swim bid and planning
- \* prepared a submission and was invited to represent AUSSI at the Australian Government and Lifestyle Conference 1989.

Glenys's enormous capacity for work, sense of duty, fairness and unrelenting drive for high standards of performance have allowed her to make an

outstanding contribution to AUSSI Masters Swimming.

Since taking up residence at Port Gregory in country WA five years ago, Glenys has formed an AUSSI Club there and they hold annual Swim Thrus (open water swim). She has also been involved in other exciting activities. See the article on "Max and 99 of Port Gregory" elsewhere in this edition.

## BIRTH

Our National Director of Coaching, Anita Killmier and husband John, are the proud parents of a baby son named LACHLAN GREGORY, born on Sunday 14 February 1993. He weighed in at 7lb 2oz and measured 19.8 inches. (and I thought we'd gone metric!)

On the front cover of the latest edition of the Australian Masters Coaches Newsletter, Anita says, and I quote:

"Lachlan Gregory Iossifidis was born at 3.50pm on Valentines Day, after a nine hour labour. Labour was more difficult than anything I could imagine and no amount of training could ever prepare you fully for the day. However, my recovery was quite surprising. I was back to my pre-pregnancy birth weight within a week and was up and about within a few hours. I can only give credit to all the swimming I was doing during my pregnancy."

I note that Anita now signs herself "Anita Iossifidis (nee Killmier)". I'll have to try and remember. Ed.



## SPORT REPORT

This is the journal of the Confederation of Australian Sport. One of the Confederation's objectives in publishing "Sport Report" is to 'service' their members. While providing relevant and accurate information is a large part of this service, there are other 'services' the magazine offers to their members as outlined below.

Publicising your organisation's views on sporting issues.

This can be done through "letters to the editor". While space restrictions mean that preference is given to shorter letters, they attempt to publish all letters received.

Publicising your sport

While event previews are not included in "Sport Report", there are numerous opportunities for photos of your sport to be included in the magazine. Many of the articles published are 'issues-based' articles that can be supported by generic sporting photos. If your sport would like to provide some duplicate action photos for our photographic library there is an excellent chance that they will be used in "Sport Report" at some stage.

Providing copies to your national board and state affiliates

The Confederation will send "Sport Report" at no charge to the national boards and state affiliates of its members. If your sport has not yet provided us with the relevant name and address details of these people, I urge you to do so now.

(Any feed back on "Sport Report", photos, etc., should be sent via our Executive Director, Ivan Wingate, at the National Office)



## SWIM CAMP TOWNSVILLE

Townsville coach Brian Palmer is organising a combined holiday and swim training camp for AUSSI Masters swimmers in September 1993.

Staying at the Sheraton Casino, training in the famous Tobruk Pool, with day trips to the Reef, Magnetic Island and Charters Towers, the camp will also include lectures, stroke correction, videotapes of your style and a new 'slant' on fitness training.

For more details, contact Brian at 24 Killara Street, Cranbrook QLD 4814.



A philosophical Lucy says to Charlie Brown: "Life, Charlie Brown, is a lot like swimming in a pool. Some people love the fast lane, others are content to stay in the slow lane. Some can't resist passing other swimmers, others are content to drag off the one in front."

"In the swim pool of life, Charlie Brown, where are you swimming?"

"I think I should have gotten out ten laps ago!!". says Charlie.



## HUMU INTER- NATIONAL MASTERS SWIMMING CHAMPION- SHIPS

### HONOLULU, HAWAII

These championships will be held in July (exact dates on last page) at the Duke Kahanamoku Swimming Pool, University of Hawaii Lower Campus, except for the open water swim.

For further information, contact the AUSSI National Office by phone, fax or mail (see front page).

## AWARD BADGES

Have you forgotten about Award Badges? These are available to all members via their Clubs who can purchase them from their Branches.

Award Badges are available for all strokes and distances listed under Rule 16. (Note that 1/2 hour and 3/4 hour swims are not "Award" swims, so there are no badges.)

Recently we have come to realise that ribbons or 'flashes' are not at all popular with members, so have recently placed an order with J & J Cash for another supply of Award Badges to replace the flashes.

Please alert your members, especially your newer members, that Award Badges are NOW AVAILABLE.

## WOMEN IN SPORT PAMPHLETS

The Australian Sports Medicine Federation Ltd. has produced a series of pamphlets on Women in Sport. They are well-designed and informative and importantly, very cheap.

The topics covered are: Exercise in Pregnancy, Nutrition for Sportswomen, Weight Training for Sportswomen, Exercise and Osteoporosis, Menstrual Irregularities in Sportswomen.

These pamphlets are of significant importance and AUSSI asks that you make them freely available within your Branch and/or Club. At 5c. each plus postage, they are available from the ASMF. Head office is at PO Box 897, Belconnen ACT 2616, Ph. 06 251 6944 and fax 06 253 1489, with Branches in most states.

## SWIM MEET PRIZES

Brisbane Northside have come up with an innovative new idea for prizes at their Swim Meet.

Instead of ribbons for 1st, 2nd and 3rd they gave gold drink coasters stamped with their Club emblem. This seemed to be such a hit that they will continue to use coasters as prizes in future years.

As a lecturer once told Ivan Wingate, "Good Sport Administrators are thieves---they go around stealing good ideas and use them themselves."

Here's a good idea worth pinching.



# WEIGHT TRAINING

Thought you might find this article as interesting as I did. It's reprinted from "Wavelengths" the Canadian Masters Swimming newsletter.

"Get Stronger Swim Faster - Debunking 3 Myths about Weight Training"

by Richard A Winett, Ph.D.

Every athlete, from recreational to world-class, is looking for a legitimate edge. Swimmers are no exception. Fortunately, for swimmers there is one



addition of their training which, if done systematically, will greatly increase their strength, give them an extra boost in hard workouts and races, strengthen joints and ligaments, and prevent injuries. Moreover, all swimmers can gain this edge with only one hour of additional training per week.

The edge, however, won't be found in more time in the pool. Rather, the edge will come from some brief, focused time in the weight room.

There's no doubt that a stronger swimmer is a faster swimmer, which is why virtually every world-class swimmer weight trains. Why, then, is there still reluctance among the vast numbers of fitness and competitive Masters swimmers to systematically lift weights? Part of the reason is because

there is still a good deal of misinformation about weight training. This article demystifies weight training for swimmers by examining three common misconceptions.

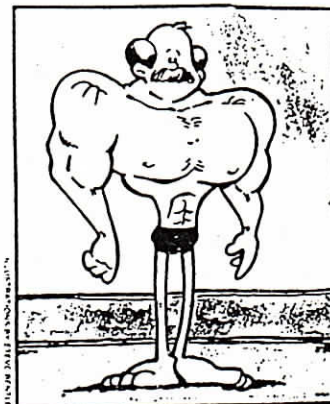
1. **"I will get too muscular and bulky."** This is a fear many swimmers have, particularly female swimmers. Too much bulk might hurt your performance in the pool, and could result in a rather atypical appearance for a swimmer as well. But, if you have this fear, here is some information you should know.

Very few people are capable of adding considerable muscular bulk to an already lean, athletic build. Just as the very best swimmers are "genetic freaks" for their sport, so too are the top bodybuilders seen in magazines, TV shows, and movies. The truth is that even with extremely dedicated training, very, very few men, and far fewer women, have the genetic potential to build very large muscles. It just won't happen!

Furthermore, even if you have the genetic potential to develop muscular bulk, it simply won't happen unless you reduce your swimming to a very modest level (not more than 3 times a week for 40 minutes) and you eat a diet with an excess of at least several hundred calories a day in order to gain weight.

Instead of becoming very large and bulky, most swimmers who systematically weight train will become stronger, leaner, and more flexible.

2. **"Weight training takes too much time and will detract from my real training and personal life."** A common misconception about weight training is that it's only effective if several hours per day are spent in the gym. In fact, even at the highest levels of weightlifting, powerlifting, and bodybuilding, the most contemporary approaches emphasize short, focused training sessions. For example, at the highest levels, training two hours a



day, five times per week, if more than sufficient.

But what if you are using weight training simply as an adjunct to your swimming? What are your requirements? The answer may surprise you. Very effective training, with large benefits, can be obtained in two 30-minute sessions per week. That's right. The total weekly training time should only be about one hour per week. Why?

Weight training is not an endurance sport. It's been shown over and over again that with weight training it's not how long you do it or how much you do. What's most related to a beneficial outcome is how intensely you train. Furthermore, if you train intensely, it's counterproductive to train frequently. Those of us in weight training sports have found "intensity is the name of the game." The object is gradually to get stronger and over time lift heavier weights. It's this gradual, progressive overload that yields the best gains.

3. **"If I weight train for swimming, I only need to focus on a few upper body movements. Also, since swimming involves endurance and I don't want to build bulky muscles, I should use light weights and do many repetitions."**

Weight trainers have long advocated



the idea of balanced development--both from aesthetic and functional perspectives. It's certainly not very good to have powerful shoulders and arms with a weak lower back and legs, particularly by adding a few more minutes in each workout you can have an equally powerful lower back and legs. The best approach is always to develop overall body strength and then learn how to apply your new strength in the water.

Endurance athletes are starting to debunk the myth that they should only use light weights with very high repetitions---30 to 50 reps for each exercise. The major purpose of lifting weights is to get stronger. Lifting only light weights makes no sense. If you want to increase your strength, you should use weights that are heavy for you. This does not mean you need to lift "megatons." The principle is simple: the weights must be heavy for you!

Furthermore, if you continue to swim and watch your diet, lifting relatively heavier weights will lead to a toned and leaner look.

By debunking these myths, I hope I've "lifted" some psychological barriers to weight training.

## NOMINATION OF OFFICERS

At the close of nominations for Officers for AUSSI Masters Swimming, the following had been received in writing by the National Office.

President - Glenys McDonald  
(endorsed by the WA Branch)

Director of Finance - David Forsyth  
(endorsed by the QLD Branch)

Director of Coaching - Anita Killmier  
(endorsed by the VIC Branch)

As there is only one nomination for each position, there will be no postal ballot.

The following By-Laws will now apply:

12.5 Where candidates are unopposed and there is no objection from the floor they will be declared elected at the Annual Board Meeting.

12.15 Changes to the Management Committee shall become effective twenty one (21) days after the Annual Board Meeting.

12.16 Incoming Members of the Management Committee may attend the Annual Board Meeting but have no vote.

Congratulations! David and Anita are continuing in their current positions for a further term. Glenys, a life member of AUSSI and previous National Secretary as profiled in this newsletter, is welcomed as the new President of AUSSI.

## NATIONAL RECORDS

Resulting from a statement by the NSW Branch at the 1992 Sydney Mid-Year Conference, that they had declared that National Records could only be set in AUSSI meets, it was decided appropriate that a memo

should be circulated concerning where Records can be set. They are:

\* At any AUSSI Swim meet involving two or more clubs, which has been sanctioned by the AUSSI Management committee or any of its affiliated Branches.

\* At any official ASI Meet, including those conducted or sanctioned by affiliated State Associations.

\* At FINA World Masters meets.

\* At MSI Pan Pacific meets.

\* At any Masters Meet which has been sanctioned by FINA or any of its affiliated members, subject to approval by the AUSSI Management committee.

\* At Swim Meets that have been sanctioned by FINA or any of its affiliated members, subject to approval by the AUSSI Management committee.

The following points should be made:

a) The conditions of AUSSI Rules 11 and 12 must be adhered to for recognition of a record.

b) Records cannot be set in any form of handicap event.

Peter Gillett

Director of Recording



## Max and 99 of Port Gregory



Move over James Bond and Maxwell Smart. Complete with her letter box lookout, shoe phone and dark glasses Glenys McDonald and husband Vic. of Port Gregory AUSSI and owners of the towns caravan park, were the only locals aware of the police presence and played their part in what was W.A.'s biggest drug bust. A twin engined aircraft, a yacht and ammunition was seized in the raid.

Glenys booked the police contingent into their caravan park under the imaginative nome de plume of "Smith," putting them "up the back." The police followed the suspects disguised as holiday makers.

It was probably the most exciting happening in the small towns 140 year history; apart from the Port Gregory Swim Thru.



# OUTSTANDING MEMBERS

## Ken Sarson - Adelaide

Ken is 81 and took up swimming in 1977 to relieve pain. He swims with AUSSI and swam in his first national championships in 1984 at the age of 73, winning a gold medal in the 50m butterfly as well as two bronze medals.

He said that swimming was part of his philosophy to keep himself mentally and physically healthy after retirement. Ken swims 500m five days per week, but aims to return to the 1000m a day he was swimming a few years ago. "Most swimmers would be surprised to see how far they swim in a season," he said.

According to "Play On" (mentioned in a previous article), mature-aged sport is the greatest growth area in overall sports participation. By the year 2001, there will be 8.5 million people in Australia over 40 compared with only 5.25 million in 1989---hence AUSSI member registrations should rise accordingly.

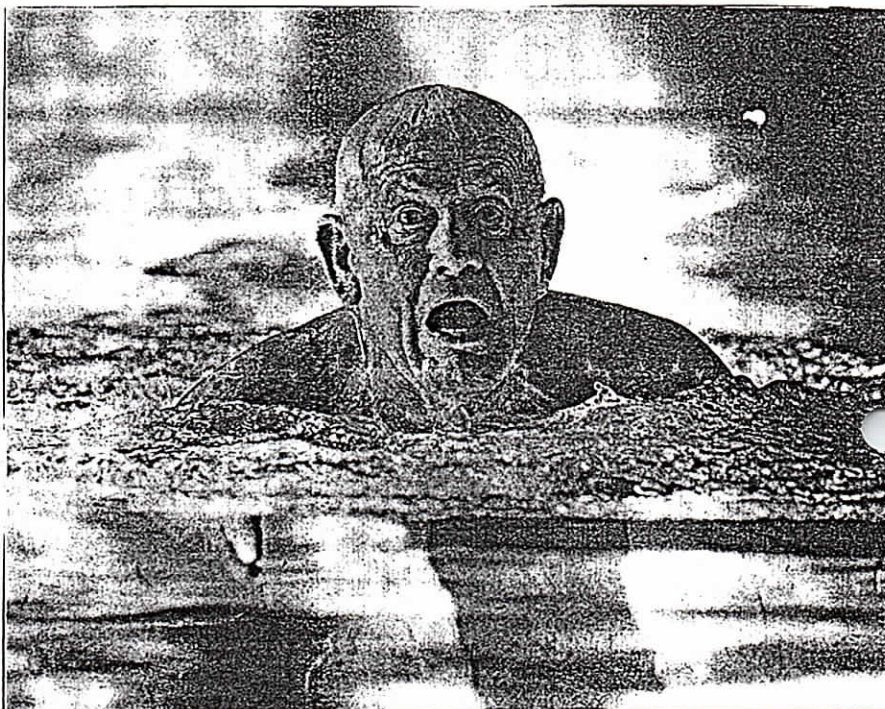
Ken Sarson has swum 5085km or 102,000 laps of an Olympic pool since beginning swimming in 1977 to relieve back and shoulder pain. "The swimming got rid of the pain" he said.

Keep up the good work, Ken.

## John Wilson - Power Points

As a swimmer "Big John" has always been strong---evidence is his win in the inaugural 50 and over Pier to Pub swim in the open sea at Lorne, Victoria in 1981. Plus his efforts in the Power Points Masters Swimming Club, where he's won many medals and State titles in the National Championships in his various age groups.

But John Wilson or "Wilo" also plays water polo. On 19th November at the



Ken Sarson, who took up swimming in 1977 to relieve back pain.

Picture: DAVID HIGHET

State Swim Centre in Melbourne, he reached the milestone of playing in his 1000th water polo match!!

To have played from 1947 through to 1992---he's still playing in "B" grade in 1992---as well as in recent years in the Seniors ranks every Sunday morning at the Hawthorn Aquatic Centre, shows the stamina "Big John" still retains to this day.

Not a bad effort for a 61 year old who has been an asthmatic all those years.

## WHAT NATIONAL DOES FOR US

An article with a similar theme to this has been run in a previous issue of the National Newsletter.

Do you know what AUSSI National

does for you? What have you done to find out?

You could always look through the back issues of this newsletter, where a long list was included, but let's stop and think about this. What do you want or expect AUSSI National to do for you?

What have you done about your needs and expectations? Have you written to your Branch committee or Director? Do you regularly read this newsletter? (It comes out every two months.) Have you read the Annual Report of AUSSI?

AUSSI wants its members to be better informed. Well-informed members support our association and no longer fall into the 'Aussie knocker' category.

All AUSSI programs have come from member requests. Let us know WHAT YOU WANT from AUSSI.

# RENDEZ-VOUS 94 MONTREAL

Just a reminder of the up-coming 5th World Masters Swimming Championships to be held in July 1994 in that exciting Canadian/French city, Montreal. Montreal...bridge between the tradition of the Old World and the vitality of the New, such is the charm and personality of Montreal. An exhilarating blend of North American energy and European flair, Montreal is renowned for its distinctive elan. Stylish shops, gourmet restaurants, Olympic sporting facilities and grand cultural events have captured the hearts of travellers the world over.

Out of concern for the environment and for the convenience of both participants and spectators, all hotels, campus lodgings, competition and training pools, as well as the venues for the opening and closing celebrations of Rendez-Vous 94 will be accessible by metro.

The programme is as follows:

## 4th July:

200m backstroke, 50m breaststroke, 400m freestyle, Diving.

## 5th July:

200m butterfly, 100m freestyle, 50m backstroke, 200m Mixed freestyle relay, Synchronized swimming, Water Polo.

## 6th July:

400m IM, 50m freestyle, 100m breaststroke, 200m medley relay, Diving, Water Polo.

## 7th July:

100m backstroke, 200m freestyle, 50m butterfly, 200m freestyle relay, Diving, Synchronized swimming, Water Polo.

## 8th July:

200m IM, 100m butterfly, 200m breaststroke, 200m Mixed medley

relay, Diving, Synchronized swimming, Water Polo.

## 9th July:

800m freestyle, Synchronized swimming.

## 10th July:

Synchronized swimming, 5km open water swim.

# 'POLLY' WANT A CRACKER??

A Press Secretary is said to know a

little about a great deal and keeps knowing less and less about more and more until he knows practically nothing about everything. On the other hand, a Politician is said to know a great deal about very little and goes along knowing more and more about less and less until finally he knows practically everything about nothing.

A Prime Minister starts out knowing practically everything about everything but ends up knowing nothing about anything due to his association with Press Secretaries and other Politicians.

(courtesy 'Swimming News', Queensland Masters Swimming newsletter)

# Canada Escorted Tour to WORLD MASTERS SWIMMING CHAMPIONSHIPS

V<sup>e</sup> CHAMPIONNAT MONDIAL DES MAITRES-NAGEURS  
RENDEZ-VOUS 94 MONTREAL  
V<sup>III</sup> WORLD MASTERS SWIMMING CHAMPIONSHIP

Monday 4<sup>th</sup> to Sunday 10<sup>th</sup> July 1994

Gullivers Sport Travel, the Sports Travel Specialists and tour operator for the 1990 World Championships in Rio de Janeiro and the 1992 World Championships in Indianapolis invite enquiries for their "Montreal '94" tour packages.

TOURS DEPARTING EX SYDNEY, MELBOURNE AND BRISBANE - TUESDAY 28 JUNE 1994  
TOUR 1 - HIGHLIGHTS

- See the great Canadian cities of Montreal, Ottawa, Quebec, Edmonton and Vancouver.
  - See the world famous Niagara Falls.
  - Six day coach tour of the mighty Canadian Rockies including a 2 night stop over at the renowned Chateau Lake Louise at Banff Springs.
  - Return to Australia via Los Angeles or Hawaii (or both) as optional stopovers.
- TOUR COST PER PERSON - \$3870.00 TWIN SHARE ACCOMMODATION  
Tour departs Vancouver Thursday 21 July. Options to extend are available.

## TOUR 2 - HIGHLIGHTS

- See the great Canadian cities of Montreal, Ottawa and Quebec.
  - Return to Australia after the Swim via Los Angeles or Hawaii (or both) or other options to extend.
- TOUR COST PER PERSON - \$2980.00 TWIN SHARE ACCOMMODATION

All costs include return economy airfares, accommodation and transfers. Swim package not included. Prices for triple and single supplements on request.

NOTE: Costs based on current prices and will be subject to review in the event of airline increases or increased costs in land content.

NORTHWEST  
AIRLINES



Approved Tour Operator

For further enquiries and full brochure, please contact Peter Bent or Debbie Schofield at:

# Gullivers Sport Travel

Gullivers Sport Travel Pty Ltd, 8th Floor, 283 George Street, Sydney NSW 2000  
Tel: 267 8555 • Fax: 267 4361  
Lic No 274001303 A/CN 001 431 685





## 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

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

This is a story of four people, named  
**ONE AND ALL, SOMEBODY,  
EVERYBODY and NOBODY.**

Some important work had to be done  
and **ONE AND ALL** was sure that

**SOMEBODY** would do it.

Now **SOMEBODY** became angry  
because it was the job for **ONE AND  
ALL.**

**ONE AND ALL** thought that  
**EVERYBODY** would do it, but  
**NOBODY** realised that **ONE AND  
ALL** would not do it.

The end of the story is that **EVERY-  
BODY** blamed **SOMEBODY** because  
**NOBODY** did what **ONE AND ALL**  
could have done.