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AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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NATIONAL NEWSLETTER

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EDITORIAL

It has been a hectic last couple of months, what with the build up to the Annual Board Meeting and the National Swim in Darwin, and all of a sudden the next National Newsletter is due.

For those who didn't make it to Darwin, all I can say is, start saving now for next time. Our newest Branch really did us proud. Of course, they did have ideal weather conditions and a beautiful outdoor pool, but they had worked so hard to make it such a success that they really deserved the wonderful result. It's going to be a hard act to follow.

Also included in this issue is the winner of the 1992 Coach of the Year, and the criteria which you need to address when you put in a nomination for your Club Coach.

There are also articles on pool courtesy and a gem from the Platypus Press entitled 'So! You've been disqualified?'. Brian Palmer also submitted an article on 'AUSSIs are Different' which is quite thought provoking.

Our profile this issue is on Bren Catchpole, Director for Membership Development from Queensland, and in future issues you can meet the new Director of Programmes from Tasmania, Pauline Samson, as well as the new Director Assisting Planning from Victoria, Doug Tantau.

We are now well into Winter (except for those lucky people in North Queensland, Darwin and the Arnhem Salties), and perhaps into our longer swims for the Aerobic Trophy. Keep up the regular swimming and remember our motto: 'Fitness and Fun'.

Editor



Bren Catchpole

PROFILE BREN CATCH- POLE

DIRECTOR OF MEMBERSHIP DEVELOPMENT

Bren Catchpole from Queensland is aged 54 and has two married daughters, 4 grandchildren with another due in November. She left New Zealand in 1964 with her architect husband and two young daughters, travelled and worked overseas, arriving in Queensland 15 years ago after five years in Papua New Guinea.

Always keen on sports with wide participation, Bren was school swimming champion, but didn't swim again for 30 years. She joined Sunshine Coast AUSSI Masters 10 years ago after a mastectomy and the debilitating treatment following the operation, for health/medical and social reasons. After developing lymphoedema of the right arm she was restricted to breaststroke

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

and backstroke, but Bren will cheerfully tell you that AUSSI has helped save her life in many ways. Masters swimming helped her overcome being self-conscious about her appearance and now, having lots of incentives, she's back to being very positive about life. Bren also stresses that she is very much the average swimmer---rarely in medal contention. She's just in it for the fitness and fun.

Five years ago Bren moved to Brisbane and joined Brisbane Westside Masters. She has been Publicity Officer in both clubs and is also on the Branch executive. She's been Director of Membership Development for the past 3 years, and was responsible for the development of the New Members Kits.

Bren is an asset to her Branch in other ways too, as she was involved in the '88 World Masters Swim and the organisation for the 1990 Nationals in Brisbane. She was also the Swim Coordinator for the '91 Australian Masters Games, liaising between the Games Office and the organising committee, and has recently been appointed to the 1994 World Masters Games as Sports Liaison Officer for Swimming and Diving.

However, the real love of her life is sailing, which she's enjoyed for over 35 years, both dingys and ocean going boats. She is also a keen racer, including ocean races, e.g. the Brisbane to Gladstone Yacht race. She has sailed the Western Pacific extensively and

until a few years ago owned a 42' cruising yacht based at Mooloolaba.

Bren has physically built her own home 12 years ago on acreage on the Sunshine Coast, and this included bricklaying and welding!! To the other extreme, she loves silver jewellery making and all other crafts. As well, Bren is involved in a number of charities and enjoys organising large scale events---presently she's on the Lord Mayor's Community Welfare Fund.

As Editor, all I can say is that it is wonderful to have you on the team, Bren. AUSSI is run by volunteers, and these volunteers are all AUSSI members who are simply putting something back into the sport that has given (and is giving) them so much. Thank you, Bren. With your health problems which I know are still current, and your positive outlook on life, it gives the rest of us greater incentive to keep going.

18th AUSSI NATIONAL SWIM AND CLUB CHAMPION- SHIPS

DARWIN, 1993

Just a few results to whet your appetite. More in the next issue.

The **FOUNDERS TROPHY** for the Champion Club:

- **DARWIN STINGERS, NT**

The **ST. LEONARDS TRAVEL TROPHY** for the Top Visiting Club:

- **POWERPOINTS, VIC**

LEVEL 1M BRIDGING COACHING COURSE

This was held in Darwin in conjunction with a Level 1M Masters Coaching Course, during the National Swim.

The Bridging Course only has a 10 hour lecture component, (as well as the on deck component and examination), but it is imperative that Level 1 ASI coaches are encouraged to avail themselves of the opportunity to up-date their knowledge as coaching adults is certainly different to coaching children.

One of AUSSI's objectives is to have an AUSSI accredited coach on deck at every Club. Many Clubs have coaches who are simply interested Club members who have gained a lot of expertise in the area of coaching. Please encourage them to take advantage of AUSSI's Level 1M Coaching accreditation course.

Contact your Branch Secretary or the National Coaching Director to find out when the next Level 1M Coaching accreditation course is to be held, as Bridging Courses are held at the same time.

AWARDS

Award Badges were mentioned in the last National Newsletter. This is simply a reminder as more club members are attempting the longer swims for the Aerobic Trophy Award. Don't forget that these swims qualify for Award Badges. There are now Award Badges for all distances and strokes except the 1/2 hour and 3/4 hour swims.

For the newer swimmers, there are *Award Certificates* beginning at 25m. For more details on these, contact your Branch Secretary. Award Certificates are free, but the cost of postage must still be paid.



MASTERS SWIMMING COACH OF THE YEAR 1992

NEROLI NIXON

**DONCASTER
DOLPHINS AUSSI**

The result of all the submissions for Coach of the Year was announced at the Presentation Dinner at the conclusion of the National Swim in Darwin by the National Director of Coaching, Anita Killmier.

She said that perhaps the strongest point in Neroli Nixon's favour was that the Dolphins lost their pool for 12 months while it was being rebuilt. During that time they found lane space at other pools, but, rather than being adversely affected, the club actually grew in size and increased their number of sessions!

Neroli is a Level 1 Masters swimming coach, Level 2 swimming coach, Level 1 Lifesaving coach, holds an AUSTSWIM certificate and a HALLIWICK (Disabled) certificate.

She caters for all levels of master swimmer in her sessions. She has the capacity to recognise the ability and merits of all her swimmers, pinpoints faults and corrects them, and gives the swimmers the chance to improve and gain fitness. She imparts stroke techniques, aerobic and anaerobic skills easily and competently and is able to guide her charges both in the water and on land. All her swimmers have improved.

Neroli is Social Secretary for the Club so there is plenty of fun as well as fitness. Outside swimming hours she

will devise, watch and monitor land programs (being talented also in the gym fitness scene), diets and stress control. She also plans seasonal strategies for individuals and her land programs are aimed at other sports than swimming.

Neroli has also been responsible for the introduction of transplantees and a spina bifida swimmer to the group. She willingly gives her time to enable all club members to achieve their goals, and was instrumental in enabling two of her charges to achieve times necessary for inclusion in the World Disabled Games team for Canada in July 1993.

Well, this is just a short insight into the work that Neroli Nixon has done for her club as Club Coach over the calendar year 1992. Maybe you should begin thinking about what your Club Coach does for all the members in your Club, with a view to nomination for 1993. Elsewhere in this Newsletter you will find the list of criteria that you need to cover when writing your submission for Coach of the Year.

Congratulations, Neroli Nixon!!



1994 WORLD MASTERS GAMES
(BRISBANE) LIMITED

1994 WORLD MASTERS GAMES

The Games are to be held in Brisbane with the swimming at the Chandler Aquatic Centre of the Sleeman Sports Complex, the venue for two AUSSI National Swims and the 1988 World Masters Swimming Championships. Shuttle buses will run out to Chandler. The dates for the swimming are 28-30th September and 2-3 October.

Over 30 sports will be represented with over 12,000 competitors expected. The Opening Ceremony on Saturday 1 October will be televised, and will be held in conjunction with a food and wine frolic. There will be free entertainment every night at Southbank, the venue for the highly successful Expo '88.

The Closing Ceremony will be spectacular and include fireworks. Other entertainment to be held in conjunction with the Games are a Mardi Gras, the Warana Festival, Bush dances, and a Gala Ball.

If you would like further information, please contact the Games Office on (07) 405 0958 and ask for Bren Catchpole.

NATIONAL VIDEO LIBRARY

Anita Killmier will have a new address as from 20th June 1993. It is as follows:

27 Johnston Street

MALVERN VIC 3144

Until Anita, John and Lachlan have settled into their new home, the Video Library will not be available.

AUSSI ARE DIFFERENT

by Brian Palmer

AUSSI Masters are different. I don't mean that we have webbed feet, or that we are in any way better or worse than swimmers in the 'Amateur' (?) ranks. It is just that we swim for different reasons and view our sport from a different perspective. However, I am convinced that we have the *RIGHT* motivations.

AUSSI swim for 'fitness and fun'. It's our declared objective. We aim to encourage as many people as possible to swim regularly, not just the very good swimmers. We try to provide a wide variety of incentives and motivations in order to keep all our members interested. Our members' prime motivations are fitness, good health, fun and personal improvement in swimming. Eighty per cent of our members rarely go to swim meets.

The prime motivations, for swimmers in the ASI ranks, are winning events, breaking records and maybe one day, swimming in the Olympic Games. We can no longer call them "amateurs" either, since it is clear that once at or near the top, our swimmers consider swimming to be their 'career'. This professional outlook must filter down to all the junior swimmers to some extent.

That is not necessarily bad, though it is not a motivation that pleases me personally. Once it becomes professional, sport ceases to be sport. It then becomes business in the entertainment field. This attitude also discourages those who cannot reach high levels of performance and they 'drop out'.

We may well ask why sport is encouraged by governments, schools and parents. Do each of these bodies have the same reasons? I think not. Schools and parents (most of them)

encourage sport because it is healthy and it develops young minds and bodies in the right way---bodies that are strong and healthy, and minds that seek self-improvement and admire fair play.

People gain pleasure and a sense of self worth from achievement even at a fairly low level of performance.

I am sure that State and Federal Governments have quite different motives. They seem to have two motives: the prestige of spending money (our money) and the prestige of having winning athletes in the country.

As a result, government support for sport is skewed. It is aimed at identifying talented youngsters and bringing them to a peak of excellence so that they can win international laurels for the country. I am not suggesting that Governments should stop doing this, just that their efforts should not be so concentrated to this end.

This attitude 'drips down' through the National and State sports bodies to the clubs.

I believe the parents and schools are right and the 'government' attitude is wrong. Sport should be about healthy minds and bodies, about pride in achievement not prestige or profit.

Sport should be a part of our lifestyle throughout our life. It will keep people healthy longer, reduce the nation's health care bill, and keep people out of 'old folks homes' till much later in life, also reducing costs.


Looked at this way, governments should aim their sport support more at getting the maximum number of people out playing sport throughout their lives rather than at finding and training gold medallists.

Are we AUSSI the only organisation with this viewpoint? Certainly not. Schools do try to involve all the children. The Rugby Union have their 'Golden Oldies' competitions. 'Aussie Sport' was on the right track, but I

don't know if they are still at it. There may be others but I don't know of them.

This difference in attitude crystallises in the inability of officials in FINA and ASI to understand Masters Swimming. The FINA attitude is affecting masters swimmers in some countries. It was manifested in the 'Lumberjacks' team from USA at the '88 World Masters Swim in Brisbane.

They measure success by gold medals. We measure success by how many people are swimming and enjoying their personal achievements however small they might be.

We *are* different. Our attitude *is* a more beneficial one. I believe it  the attitude that should be the driving force in sport.

PRESIDENTIAL CHANGE OVER

As at 25th May 1993, GRAEME McDOUGALL is no longer President of AUSSI. Graeme, from Queensland, has given us four years of dedicated service and I would like to take this opportunity to publicly thank him for all the work and effort he has put in over these four years.

THANK YOU, GRAEME!

I would also like to welcome GLENYS McDONALD, from Western Australia, as the incoming President of AUSSI. Congratulations, and I hope your term in this position will be a rewarding and positive one.

WELCOME, GLENYS!

SO! YOU'VE BEEN DIS- QUALIFIED?

Rest assured that you're not the only one and won't be the last.

As with all sports, there are rules to ensure that there is a fair competition for **ALL**. When records are being broken, they are only credible if the rules have been adhered to.

An official's function is to protect the interests of **ALL** swimmers. The integrity and impartiality of the official is most important.

It should be noted that an official does not in reality disqualify, *the swimmer disqualifies himself*: the official has only observed the infraction and informed the Referee.

Rules are there as standards and are enforced as much as is practicable and reasonable. Disqualifications are for clear cut infractions of the Rules.

For example:

Broke on the second start;

Freestyle kick in butterfly;

Touched with one hand (breaststroke);

Wrong stroke in medley.

Even the 'elite' swimmers get disqualified so you are in good company. The World Breaststroke Champion was disqualified in Madrid for freestyle kicking off the wall at turns. The officials weren't sure at the first turn, but he did it again at 150m...what's more, he knew he was breaking the rule!

(Courtesy of Platypus Press)

POOL COURTESY

This is from an article by David Samuelsohn who swims for Connecticut Masters. He has been struggling to train during lap swimming hours for more than a decade.

It's been a quarter century since a man first set foot on the moon. Since that time, miracles have become commonplace. We can flash messages halfway around the world in a millisecond. Laptop computers are far more powerful than the gigantic military computers of just a few decades earlier. The United States and Russia are planning a joint manned mission to Mars early next century. So why is it so difficult to find a pool where people can circle swim in harmony?

Why do men in shower caps want to swim in my lane and then push off right in front of me? And why does Mrs. Doe with the chin strap stand in front of the pace clock and ask me questions when I've only got two reps left in my descending set? Lord, give me strength!

Since many of us have run into these and similar problems while trying to train during recreational swimming, let's take advantage of the power of the press and publish some conventions of courtesy for lap swimming. Cut out the conventions printed here and have them posted at your pool.

CONVENTIONS OF LAP SWIMMING

1. Swimming pools are usually set up with certain lanes reserved for faster swimmers and others for use by medium speed and slower swimmers. These are usually indicated with signs at the end of each lane or posted on a bulletin board. Most often the middle lanes are reserved for the faster swimmers and the outer lanes for the slower

swimmers.

2. The terms 'faster' and 'slower' are relative. Check out the speed of the other swimmers and select a lane that is appropriate for you. Then notify the swimmers in that lane that you will be joining them.

3. With two swimmers per lane, swimmers may opt to keep to one side or the other of the lane.

4. Three or more swimmers in a lane must circle swim, keeping to the **LEFT** at all times.

5. If there is a workout set in progress, a swimmer may enter that lane only as a part of that set.

6. Swimming within a lane is by agreement of the majority. Swimmers should arrange themselves in speed order, fastest to slowest.

7. Slower swimmers should yield to faster swimmers.

RULES OF COURTESY

1. Don't stand in front of the pace clock.

2. Don't interrupt a workout set.

3. Warm up in a slower lane.

4. At all times, be aware of what is going on in your lane! If a swimmer behind you looks as though he or she may overtake you on the next lap, stop and wait at the wall. Let that swimmer pass first. (If this happens frequently, then you are probably in the wrong lane.)

5. If you need to stop, squeeze into the right hand corner of the lane (when facing the end of the pool from the water) so that the other swimmers have ample room for turns. Likewise, at the end of a set, squeeze into the right so that other swimmers can swim into the wall.

6. Push off underwater to avoid making waves for oncoming swimmers.

7. Keep your fingernails and toenails trimmed.

8. Make sure that your sidestroke kick stays in its own lane.

ANNUAL BOARD MEETING MATTERS

The Annual Board Meeting was held in Darwin prior to the National Swim and ran over 3 1/2 days. The extra half day was devoted to a mini 'Search Conference' which covered such areas as current position, trends and changes, mission statement, key areas/issues. There was a good deal of brainstorming and the results will be available from the National Office in the near future.

Snippets from the Board Meeting:

* A sanction fee of \$500 has been requested from QLD Branch to hold the 1994 World Masters Games. (This is the same as was requested from WA Branch for the 1993 Australian Masters Games.)

* The Level 2M Coaching accreditation course has been piloted in WA by Kay Cox. As further evaluation and trialling is needed it will not be available before the end of 1994. Note that you must be a Level 1M coach before you can attempt the Level 2M. There will not be a bridging course.

* National Swim Rotation. A suggested rotation system well into the next century has been approved in principle. Branches will hold the Nationals on a regular 8 yearly cycle, but this may be interrupted or altered upon request to the Board.

* The Coaches Video Library will not be available until July as Anita Killmister (Director of Coaching) is moving. New address will be: 27 Johnston

Street, Malvern VIC 3144.

* Officials Accreditation Courses. Each Branch is to let Michele Schofield, NSW Branch, know of that Branch's requirements (and copy NED). A submission will then be made to the Australian Sports Commission for funding.

* Aerobic Trophy Submissions. Some submissions went to the Director of Programmes late and still had errors in addition in them!! Not only should clubs check that there are no errors in their Aerobic Trophy results, but Branches must check them too. Also, each member's actual age in whole years (NOT AGE GROUP) must be included on the summary sheet.

* Postal Events. These MUST be sanctioned by the National Office prior to going ahead.

* TOP TEN. In future, men will be in one book and women in the other. (What a good idea!)

* National Identification Cards. These will be discontinued as they are too costly and the logistics of supplying them from the National Office each year are mind-boggling. We also found that a number of the larger clubs printed their own cards. Some Branches intend to use the old National ID cards and produce their own sticky labels to go on them. In this way, the year of membership can be included on the card but it needs to be replaced every year.

NOTE: If you are going to compete OVERSEAS, you MUST obtain a 'Certificate of Registration' from the National Office to send with your entries. A Branch or Club membership card is not valid.

* Note that Beta blockers and codeine are no longer on the FINA List of banned performance enhancing drugs.

* National Registration Fees for the year 1 October 1993 to 30 September 1994 will be \$16. This is an increase of 50c. and is in line with the CPI.

Remember that your Club and Branch add their fees to the National fee.

* National Swim, Adelaide, 1994. The committee has obtained sponsorship of \$10,000 from Foundation SA. Congratulations!

* National Swim, Perth, 1995, will be held at the Perth Superdrome.

* There were 517 swimmers in the Australian Masters Games in Perth in April 1993.

* The 1996 World Masters Swim will be held in Sheffield, England.

The next Board Meeting will be held in Melbourne in October 1993.

If you want any further information on any of the above, either contact your Branch Secretary (who even now has a copy of the Minutes), or as a last resort, the National Office.

SPORTS MEDICINE

The Australian Sports Medicine Federation in conjunction with the New Zealand Federation of Sports Medicine are holding their National Annual Scientific Conference in Sports Medicine.

Under the umbrella of 'Sports Medicine in Oceania', the conference will be held at the World Congress Centre in Melbourne from 26th to 31st October 1993.

MEMBERS' FORUM

A members' forum is always held in conjunction with the Annual Board Meeting and this year it was held at lunchtime on the first day of the National Swim in Darwin at the Casuarina pool. It provides for members to meet their Management Com-

mittee and the Directors from each Branch who are on the Board of AUSSI. Information is given and questions answered.

A case in point was the request for the Relays at the National Swim to be seeded differently. The Rules say they are to be seeded from slowest to fastest. However, at Interclub and Branch meets it is more usual to seed them in Age Groups from oldest to youngest. Although this request involved the Swim Meet committee in lots of extra work in altering their computer program, they did it willingly. This was a good example of just how obliging the Northern Territory Branch were. They bent over backwards to make the meet as enjoyable, friendly and memorable as possible, and succeeded admirably on all counts.

It was also pleasing to hear that more and more members have heard of the National Newsletter and have actually read it! I realise it is sent out to each club rather than to each member, (due to the cost) but it is the main vehicle for keeping individual Club members informed about AUSSI at a National level. I would again request that **ALL CLUB SECRETARIES COPY THE NATIONAL NEWSLETTER FOR EACH OF THEIR MEMBERS** if at all possible. Simply putting the only copy on the Club noticeboard is really opting out.

NATIONAL AEROBIC TROPHY

The winners for 1991/1992 are TOOWOOMBA club from Queensland. Congratulations! They had a grand total of 6784 points with Claremont from Western Australia coming a close second with 6606 points. Syndal Sharks from Victoria again came third, with a total of 6051 points.

The Club with the greatest average

number of points per registered member is CAMPBELLTOWN from New South Wales and they have won the Tassie Award. They averaged 104.52 points per registered member. Syndal Sharks were second with 77.58 points and Arnhem Salties from Northern Territory came third with a very creditable 67.97 points.

There were 20 swimmers who gained maximum points (12 female and 8 male) and 36 swimmers who completed all swims (25 female and 11 male).

It is good to see this Award being spread around most of the Branches. One of the ACT Clubs came 7th in the Tassie Award and had one member who completed all the swims, and Tasmania and South Australia Branches also had entrants in the Trophy. A grand total of 79 Clubs took part throughout Australia.

As more and more Long Distance swim meets are being run at Interclub and Branch Level, don't forget to include any 400m, 800m and 1500m swims in your log of Aerobic Swims for the year. A number of Branches have commented that Clubs often forget to do this and consequently their Club total is lower than it should be.

A request from the Director of Programmes: Please would Branches get their Aerobic Results in on time. Now, Branches can only get this done if Clubs cooperate and get their results into Branches on time. Hence, it goes back to the individual members to pitch in and lend a hand so their Club Recorder can get all the results written out, CHECKED, and sent off on time. Branches must also thoroughly CHECK Summary Sheets, as these are still getting to the National Aerobic Recorder with errors in the additions!! Be sure to fill in the AGE of the person on the day they swam. An age group is not good enough. When you see the Results booklet you'll be able to see the Clubs who didn't fill in the age correctly.

Results booklets were handed out at the National Swim Presentation Night in Darwin on the basis of two per Club. Those not collected have been posted.

CRITERIA FOR MASTERS SWIMMING COACH OF THE YEAR

The criteria for judgement are:

1. accredited Masters Swimming Coach
2. current AUSSI member, for the past twelve months
3. demonstrate a proven capacity to improve the level of performance of Masters Swimmers
4. practice and espouse a philosophy of fair play
5. present a positive image of coaching and the role of the coach
6. demonstrate concern for the development of Masters Swimmers in and out of the sporting arena
7. demonstrate the application of relevant coaching theory
8. outstanding contribution in coaching and/or towards the development of coaching at Club, Branch or National level.

If you feel you haven't the expertise in your Club to put together a good submission, i.e. you feel you can't do justice to your coach who deserves nothing but the best, ask your Branch for help. You could even get started now.

There are some notes that go with the criteria to give you a bit more help. However, I've run out of room, so you will have to ask your Branch Secretary for **ALL** the details.

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

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

Supersets: No charge

CALENDAR OF EVENTS

1993

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

October Honda Central Australia Masters Games

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, Sheffield, 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