



M.S.I. NEWS

The official Newsletter of
MASTERS SWIMMING - INTERNATIONAL

Number 15

JULY/AUGUST 1993

Editor's Note

Welcome to this issue of MSI News, I hope you enjoy the contents, and I hope we can entice you to Montreal, Canada in July 1994 and Brisbane, Australia at the end of September 1994. A busy year, so start planning and saving now.

I have two requests this issue. One is for lots more information, letters and comments from you all, especially on any of the items which appear in MSI News. Do you agree, do you disagree? This is your forum to let us know. Secondly, I would ask for more subscribers to MSI News. The AUS\$10 is not a great expense for four issues per year, and it helps to keep you up to date on what is going on amongst Masters swimmers.

Glenys McDonald

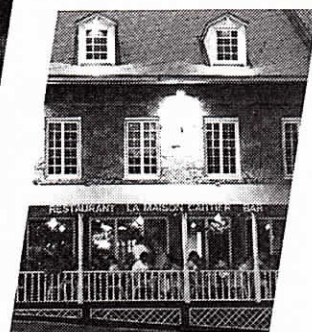
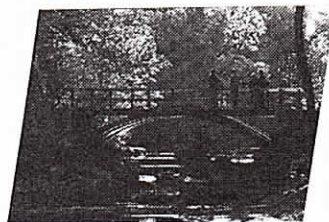
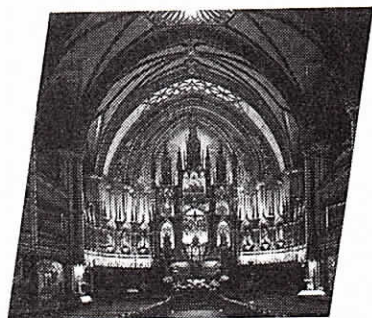
Rendez-Vous 94

Montreal, Canada
Vth World Masters Swimming
Championships

Word of Welcome from the Organising Committee

The Organising Committee of Rendez-Vous 94 Montreal, the V World Masters Swimming Championships, is doing everything to ensure the success of this grand event. All competition sites selected were built for the 1976 Summer Olympics and should allow you to perform to the highest of your expectations.

(Continued on page 2)



soothe swimmers eyes
PREFRIN DROPS

Montreal, a unique blend of the old and the new, will truly charm you. Many of the festivals and cultural events for which the city is renowned, including the International Jazz Festival, attract hundreds of thousands of visitors each year and will be featured on the social calendar of Rendez-Vous 94 Montreal.

Championship Headquarters

The headquarters of Rendez-Vous 94 Montreal, the V World Masters Swimming Championships, will be located at the Swimming Centre in the Olympic Park Complex. The offices will be open from 0900 to 1900 throughout the competition and during registration on 2-3 July 1994.

Eligibility

Participants must provide proper identification, as well as proof of age and registration as a Masters athlete. Age limitations are as follows: swimming and long distance swimming (25 years at 10 July 1994); synchronised swimming and diving (25 years at 31 December 1994); and, water polo (30 years at 31 December 1994).

Swimming

All swimming events will take place at the Swimming Centre in the Olympic Park Complex from 4-9 July 1994. The order of events will be as follows: 4 July - 200m back, 50m breast, 400m free. 5 July - 200m butterfly, 100m free, 50m back, 200m mixed free relay. 6 July - 400m IM, 50m free, 100m breast, 200m medley relay. 7 July - 100m back, 200m free, 50m butterfly, 200m free relay. 8 July - 200m IM, 100m butterfly, 200m breast, 200m mixed medley relay. 9 July - 800m free.

Long Distance Swimming

The 5km open water event will take place 10 July 1994 at the Olympic Basin on Ile Notre-Dame, site of the canoe-kayak events of the 1976 Summer Olympics.

Synchronised Swimming

All synchronised swimming events will take place from 3-6 July 1994 at the Claude-Robillard Sports Complex. The order of events will be as follows: 3 July - practice with music, technical meeting. 4 July - warm-up, figures. 5 July - solos, trios. 6 July - teams, duets.

Diving

All diving events will take place from 6-10 July 1994 at the Claude-Robillard Sports Complex. The order of events will be as follows: 6 July - warm up, technical meeting. 7 July - 1m men 25-29 and 35-39, 1m women 30-34 and 40-49, 3m men 30-34 and 40-49, 3m women 25-29 and 35-39. 8 July - 1m women 50+, 3m men 50+, platform women and men 25-49. 9 July - 1m men 40+, 3m women 40+. 10 July - 1m men 30-34, 1m women 25-29 and 35-39, 3m men 25-29 and 35-39, 3m women 30-34, platform women and men 50+.

Water Polo

All water polo events will take place from 6-10 July 1994 at the Claude-Robillard Sports Complex. The order of events will be as follows: 6 July - registration and technical meeting. 7-10 July - water polo competition.

Accommodation and Transportation

All hotels and competition sites are easily accessible by Montreal's underground metro network. Weekly passes will be offered for sale in the registration package.

Canadian Airlines International

Canadian Airlines International has been chosen as the official

carrier of Rendez-Vous 94 Montreal. When booking seats, ask your agent to mention our special registration number "4716" to qualify for preferential rates or contact Clubtour-SAT, our official agent in Montreal. Telephone 1-514-844-2551 or Facsimile 1-514-844-2621.

FINA Officials

All recognised FINA officials are invited to submit applications for Rendez-Vous 94 Montreal, the V World Masters Swimming Championships. As indicated in Fina News Vol XX, No.7, the deadline for submitting applications to the FINA Bureau has been set at 15 October 1993. Although the organisers of Rendez-Vous 94 Montreal will be unable to offer financial support for officials, they will endeavour to make their stay in Montreal as enjoyable as possible.

Information

Rendez-Vous 94 Montreal
4545, avenue Pierre-de-Coubertin
PO Box 1000, Station M
Montreal, Quebec
CANADA H1V 3R2

Telephone 1 514 252 3095
Facsimile 1 514 252 3232

Recreational Fitness

- The dominant attraction to Masters swimming

In my 17 year involvement with Masters swimming, I am more than ever convinced that it is fitness, rather than competition, which motivates people to join us. Don't get me wrong - there is a very important place for competition in our organisations, but it would be wrong to envisage that this is what Masters is all about.

From experience, I would say that swimmers first join because they wish to get fit; they then absorb as much coaching advice as they can get; they become interested in the safety aspects of their sport, for their own well being and those of other participants; and finally, they wish competition in order to gauge their progress along the way.

It would be remiss of MSI if we focussed solely on International Swim Meets and World Records. The function of Masters is much more than that. Many countries have evolved a number of programmes to keep people swimming for "fitness, fun and friendship", all year round - not simply during the competition months. Also, it must be remembered, it is downright dangerous to encourage swimmers into our ranks to immediately participate in a competitive meet, even exceptionally good swimmers. If someone has not been swimming, or participating in sport regularly, it takes many weeks for them to gain a basic level of fitness. Therefore "how fit" should be the catch cry when joining Masters, not "how good or how fast".

Therefore the needs of those motivated more by fitness, must be addressed by all Masters Swimming countries, and this is being done. Coaching of Masters swimmers has been going from strength to strength. In Australia, the Australian Coaching Council has approved a Masters Coaching stream of the Level 1 swimming course, and a Level 2 is being piloted. With representation from AUSSI Masters Swimming, the Coaching Council agreed that coaching children and young elite swimmers was different to coaching the older Masters age group. In fact, some coaching principles applied across the board from the

children to adults, could be dangerous in many cases. So now coaches in Australia have a Level 1 M Swimming, or a Level 2 M etc. Coaches who are interested in coaching Masters, have been committed to doing these courses.

Masters swimmers have been voting with their feet lately, trying to tell swimming organisers what their needs are. Numbers in World and International Meets have been declining rapidly since the 4000 peak in 1988. We have not needed all the restrictive implementations which were envisaged after that 1988 meet. There has been no need for the introduction of qualifying times and cut off number of swims etc in either the World Championships or the Pan Pacifics. However, Masters swimmers have been turning up to the less elite, more participation based, Masters Games in various countries.

Various percentages have been bandied about over the years, of just how many of our members are interested in International competition and World Records. Obviously many are, and these are an important element for the elite amongst our membership, and those who strive to join them. Also those who have enjoyed the friendship and tourism aspects of travelling to other countries. However, there is a groundswell of Masters membership who are not in a position to travel internationally, or simply do not wish to compete at such a level. Masters must evolve programmes to keep these swimmers interested and participating.

What is happening in some countries, and recently experienced by New Zealand, is that swimmer registration numbers are dropping. In New Zealand this has gone from over 2,000 to 1,487 financial members in 1993. However, swimming numbers at club level appear constant. This means that some masters swimmers do not think they need to become financial, if they do not intend to participate in competition.

However, all club swimmers are enjoying the benefits of Masters, and all should contribute financially to the movement, not leave this on the shoulders of the competitive swimmers. However, it is a warning for us to ensure that the needs of the fitness swimmers are met too, so that they see that all their needs are met, and become more willing to become financial members of the organisation.

In some countries Masters swimming has evolved as only for the "elite" and competitive swimmer. Some have a separate organisation for the "participation" swimmer. In Japan and Australia for example, Masters has always been for all adult

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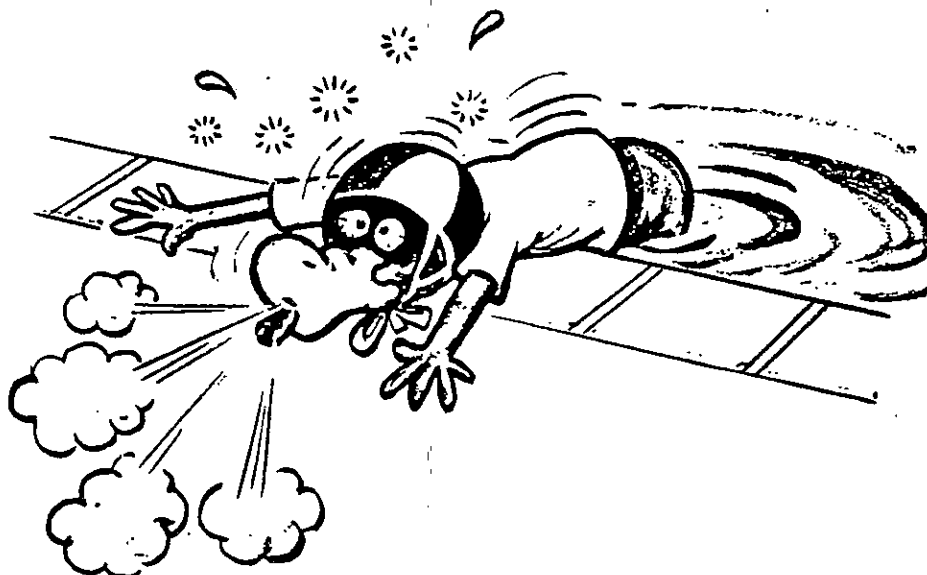
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AUSTRALIA

swimmers. This mix of competitive and fitness swimmers has not been to the detriment of Masters swimming. On the contrary, it has been a healthy mix, and has certainly more fully followed our motto of "Fitness, friendship and understanding through swimming".

An example of an innovative programme for swimmers interested in fitness, is AUSSI Masters Swimming's "National Aerobic Trophy". This swimming programme is open to all Masters swimmers; can be swum at club level; can be swum, and is, indeed swum, all year round; the swimmer is able to gauge progress; and is also able to measure progress against the top level of their age group; they are able to gain reward for effort; points for their club; and can strive to be the best overall fitness swimmer in the country.



Aerobic Trophy

The Aerobic Trophy was offered as an alternative to competition, to encourage all swimmers to improve their fitness and endurance. It was devised for swimmers along similar lines to Coopers Aerobics for Runners. Back in 1981/82 when it was first evolved in Australia, the word aerobics was a very new phenomena.

The programme lists a range of swims from 400m to 5000m and one hour. For each Masters age group, a timeframe is evolved for each distance and stroke, which gives an indication of the persons fitness. A point allocation is made for the time achieved comparable to this timeframe. Each 400m and 800m swim must be swum five times, with the average time being taken for points. The aim of the programme is to provide an incentive, in the form of club and individual points, for the swimmer to swim longer distances. In this way, due recognition is given to the aerobic fitness aspect of swimming, as points are awarded according to the relative degree of fitness.

The incentive is offered on two levels:

- (i) on the individual level where swimmers are encouraged to train for and attempt the distances and strokes within the programme.
- (ii) on the club level, where swimmers improving their aerobic fitness score more points for their club. The top point scoring club in Australia takes out the prestigious National Aerobic Trophy.

The point scoring system assumes the person has an average level of swimming efficiency and technique. A person with poor technique may swim slower times than another for the same award, even though they may be of similar fitness. It may appear that such a person is disadvantaged, however there is the added incentive for them to improve their swim stroke by coaching techniques.

Over the ten years or so that the trophy has been operational in Australia, it has become very popular. Nearly every State/Region has their own level of the competition, culminating in the National Award. So a swimming club can gain recognition as the fittest club in the nation. Added to this, we have individuals who complete all possible distances and strokes and gain maximum points in their age group for those distances.

MSI News would be pleased to hear from other countries who have developed swimming fitness incentives, as an alternative, or "off season" compliment to competitive swimming. We would be pleased to share these programmes with our members.

We have so many talented people in Masters, with many bright ideas. Let us have a forum for sharing these with Masters worldwide. Each of our countries can assist each other. As Angellika Schultz of Germany suggests, "Let us document our literature so that it is available for all to share".



Club Mascots

We have some very fine artists in our Masters swimming clubs, and they have developed a number of characters to enhance the Masters swimming message. "Koro" the famous New Zealand mascot, caused much fun and frivolity at the Hamilton Pan Pacific Championships recently.

In this edition are examples of the Australian AUSSI club - Carine, and their mascot Percy the Platypus. A platypus is a distinctly Australian animal, and a great swimmer. If you care to share your mascot and how he gets your message across, please send us some copy. Clubs should remember however, that many of these mascots are protected by copyright.

Drug Testing Update

As previously mentioned, the FINA Medical Sub Committee has recommended that there be no doping test in Masters Competition. A questionnaire is being considered, to be prepared by the Medical Sub-committee, and to be completed by each competitor on a voluntary basis. The questionnaire would be an independent survey of the drugs currently being taken by swimmers, and the swimmer would not need to be identified.

In the interim LEN has said that Masters will be drug tested. Therefore if you travel to a European Meet you must be prepared for this.

In some countries the organisers are obligated by the rules of the country, where the Government has decreed that competitors are drug tested. This demand, of course, is linked to the funding arrangements by the Government to the sport. LEN has requested the FINA Bureau to publish guidelines for Masters Dope Control.

Meanwhile should a competitor be selected for dope control, and be on medication, that competitor should present a medical certificate/copy of description of medication, to the doctor before testing starts.

Caffeine - The Truth

Caffeine is a stimulant and has the potential for abuse. Caffeine is present in coffee, tea, chocolate and coke. Coffee, tea and cola drinks have roughly equivalent amounts of caffeine, while a family size chocolate will contain twice the amount.

The effect of caffeine commences within a few minutes of ingestion and reaches its peak after about 30 minutes.

In sport, caffeine is banned if found in excessive amounts in the urine and an excessive "banned" level would be equivalent to having eight cups of regular coffee or ten cans of cola or three

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family bars of chocolate or various combinations of each.

Caffeine will decrease the sensation of fatigue and drowsiness and this is the main reason for people taking it. But remember it will increase your blood pressure and cause stomach irritation, and the long term use of caffeine may cause insomnia, anxiety, depression and withdrawal symptoms.

By all means continue to have your cup of coffee or chocolate bar during competition, but do be careful about overdoing it because it does have deleterious effects.

News from Canada

Alex Herman, President of Masters Swimming Canada reports that his country's Masters programme has come through an extensive review process. During this review they looked at their Board structure; its programmes; its membership; its international affiliations and representation etc all were put under the magnifying glass.

Because of this process, the administrators of Masters Swimming Canada have a clearer picture of "Where they are at", and "Where they are going". The review has been termed "a healthy exercise" although initially feared by some members.

As part of this internal review, a full review of Canada's involvement with MSI was conducted, and a questionnaire was sent by Canada to MSI countries and others. The results were discussed on 17 June at the Masters Swimming Canada's semi-annual Board Meeting, and they were:

"The MSC Board considered MSI to have an excellent track record and was very supportive of its future directions - programs for recreational fitness swimmers - increasing participation at Pan Pacs etc. By resolution of the Board - it was voted that Masters Swimming Canada continue its membership in MSI. The Board is looking forward to seeing MSI's future programs take effect."

Entry Restrictions

As mentioned, after the massive number of participants in the Brisbane World Masters Swimming Championships, various entry restrictions were looked at by MSI. However, these have not yet been required at the following World or Pan Pacific Championships.

However, some countries, due to large numbers of registered swimmers wishing to compete in National Championships and open events, still have a problem with large numbers of participants.

These have been handled in a number of ways, as detailed in earlier issues of MSI News. The most popular is to restrict the number of swims a competitor might enter, or to restrict the number of events a "home town" competitor might enter.

This has evolved to time standard limitations for fourth, fifth and sixth event choices, with no time standards for the first three choices. The difficult policing of this aspect has not proved a problem. A list of qualifying standards is produced and the swimmer is asked to confirm that he/she has swum those times within the last two years.

Germany has for many years had a process of strict qualifying times for entry into competition. Fines are imposed on swimmers who enter and do not achieve the times expected. Swimmers are also fined if they enter, and do not turn up to swim. Many organisers I know would be pleased at this disincentive to empty lanes, which plague many swim meets, and the revenue it would bring in.

World Masters Games

Brisbane, Australia

26 September-8 October 1994

Australia's Sunshine State of Queensland invites you to enjoy the sporting and personal challenge of a lifetime, at the World Masters Games. You can be a social swimmer or a champion, and still feel part of this great event.

Experience the thrill of international competition, march in the fabulous Welcome Ceremony Parade, and join in the fun and camaraderie of this tribute to mature aged sport.

It is anticipated that 15,000 competitors will participate in more than 30 separate sports. The Swimming will be held from Wednesday, 28 September, to Monday, 3 October inclusive. Five days of swimming, with Saturday, 1 October being a lay day when the Games Opening Ceremony will take place.

Great social events are planned, and if you are good at sports other than swimming, why not participate in those too. Archery, Athletics, Badminton, Baseball, Basketball, Canoeing, Cycling, Diving, Field Hockey, Football, Golf, Indoor Cricket, Judo, Lawn Bowls, Netball, Orienteering, Rowing, Rugby Union, Shooting, Softball, Squash, Surf Life Saving, Tenpin Bowling, Tennis, Touch Rugby, Triathlon, Volleyball, Water Polo, Weightlifting.

An international Sports Medicine Conference will be held in conjunction with the Games. The sports facilities are world class. See you there.

Calendar of Events

1993

SEPTEMBER

2nd-5th

6th French Championships, France

9th-12th

European Masters, Sindelfingen, Germany

24th-25th

2nd Irish Open Masters Championships, Cork, Ireland

26th

11th Open Dutch Long Course Masters, Amsterdam, Netherlands

1994

FEBRUARY

11th-13th

NEW ZEALAND NORTH ISLAND LC CHAMPIONSHIPS, Cambridge NZ
Eileen Rimine, 6 Wilson St, Cambridge

MARCH

22nd-26th

19th AUSSI MASTERS CHAMPIONSHIPS, Adelaide, South Australia
Florence Walker, PO Box 418, Elizabeth SA 5112

26th-27th

DEAUVILLE INTERNATIONAL MASTERS, Deauville, France
Cercle des Nageurs de Deauville, Piscine Olympique, 14800 Deauville, France

APRIL

14th-17th

SOUTH AFRICAN NATIONAL MASTERS CHAMPIONSHIPS, Cape Town
PO Box 277, Bellville 7535 South Africa

22nd-24th

NEW ZEALAND MASTERS LC CHAMPIONSHIPS, Christchurch

JULY

2nd-10th

RENDEZ-VOUS 94, V World Masters Swimming Championships, Montreal, Canada

SEPTEMBER-OCTOBER

26 September-8 October

WORLD MASTERS GAMES, Brisbane, Australia

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