



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE

P.O. Box 207

COWANDILLA S.A. 5033

Telephone (08) 344 1217

Facsimile (08) 269 7150

NATIONAL NEWSLETTER

Vol 4, No. 4

July, 1993

EDITORIAL

Welcome to the mid-winter edition of the National Newsletter. I hope your training is in full swing and that you're not spending extra time between the blankets because it's too cold to go for a swim. You can read later on about the hardy Adelaide Masters members who like to swim in freezing water. However, not all of us like cold water.

There's lots for you to get your teeth into this issue without suffering from hypothermia. Our Profile is on Pauline Samson, the new Director of Programs from Tasmania. I used to think my life was busy---wait till you see how much she fits into hers!

There is also a message from the President, a note about visitors to Board Meetings, a list of the latest Masters Level 1 coaches, and Doc's Spot which is a summary of an excellent talk given at lunchtime dur-

ing the NSW State Cup in April. (I know---I was there).

There's more on medals, always a contentious issue, news of open water swimming, news from South Africa and news of AUSI members and Challenges.

Keep the information coming in and also the feedback. Remember this is your Newsletter as well as being the National Newsletter. We all like to hear what is going on at Club and Member level too, so keep me informed and I'll include as much as I can.

Cheerio until next edition,

The Editor (Judy)

PROFILE

PAULINE SAMSON

DIRECTOR OF PROGRAMS

Pauline joined AUSI Masters in April 1989. Until about 6 months before she had been a non-swimmer. She took up swimming so as not to be outdone by her young daughter who was learning to swim. She joined a new Club in Hobart, Talays AUSI, and swam in her first competition in July 1989. The

first 50m she swam without stopping was probably the most daunting thing she has ever done.

Talays asked her to be their Club Recorder and that's the position she has had since August 1989.



In 1990, Pauline organised the recording for the Branch Long Course Championships and was asked by the Branch Recorder to complete the Tasmania Top 5 in that year. It seemed inevitable that she would then take over as the Branch Recorder at the AGM in Febru-

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

ary 1991. She had already been involved with the Branch as observer and delegate for her Club.

In May 1991, Pauline assisted with the planning of the Tasmania Masters Games, producing the program, certificates and finalising the recording for the swim section.

At Club level, Pauline has been the driving force with the Aerobic Trophy, completing as many of the swims as possible herself and also persuading others to get involved and usually taking on the bulk of the timekeeping. This means that she doesn't often miss a Club swim session.

Pauline has conducted interclub meets in the south of Tasmania acting as Meet Director, Starter and Recorder. At the moment she is working deck hours to complete her Level 1 Coaching qualification as well as Level 1M.

Over the past few months Pauline has also been involved with TSI in all aspects of Refereeing and Judging. She is keen to see other AUSSI members on the pool deck at swim meets so that AUSSI can be independent in conducting their own swim meets.

When not at the pool, Pauline teaches high school students at Rokeby High, a suburb of Hobart. She specialises in Foods, Textiles and Child Studies. She is also involved in the administration of the school as head of her department, and as supervisor of the senior students. Due to her involvement in swimming she has been able to take groups with water activities on a regular basis.

During her 'spare' time, Pauline enjoys leisure activities such as embroidery, quilting, reading and playing with her computer.

OPEN WATER SWIMMING

The first FINA World Series of Marathon Swimming successfully concluded with the 57km river swim in Argentina in February of this year.

The Series is a test of endurance for 30-40 of the world's elite open water swimmers in conditions that are not likely to be experienced in a world championship or other FINA events. Swimmers are chosen for their ability to cope with water temperatures varying from 16 C in the lakes of Canada to 30 C in the rivers of South America and to be able to swim distances from 26km to 88km whether competing in lakes, rivers or the open sea.

The final rankings at the end of the first series were:

Women:

- 1. Taylor-Smith (AUS)
- 2. Cassidy (USA)
- 3. Kovacs (HUN)
- 4. Dyke (CAN)
- 5. Grandisson (CAN)
- 6. Dalotto (ARG)
- 7. Cabanero (ESP)
- 8. Franzeres (BRA)

Men:

- 1. Degano (ARG)
- 2. Streppel (CAN)
- 3. Wandratsch (GER)
- 4. Fleitas (ARG)
- 5. Orioabala (ARG)
- 6. Terrilli (ARG)
- 7. Molnar (HUN)
- 8. Plit (ARG)

Many people will recognise some of the swimmers as those who also participated in the first world championships held in Perth in 1991. It is also interesting to note that Shelley Taylor-Smith's points (1516) at the

end of the series were higher than Diego Degano's (1506) as the leading male swimmer. Shelley retained her outright number one world ranking in marathon swimming, a feat hardly any women in any sport would have accomplished previously.

Long distance swimming is now officially 'Open Water Swimming'. FINA have appointed a 12 member technical committee to oversee the development and technical matters of the event. ASInc's Board member Berry Rickards is Australia's representative on that committee.

Three nominations have been called for from each Federation for Open Water Swimming Referees. ASInc have nominated John Koorey (NSW), Chris Guesdon (TAS) and Kevin Holtom (WA) as their representatives.

The next Open Water Swimming World championships are scheduled for Rome from 1 - 11 September 1994.

Olympic representation may be just around the corner for Open Water swimmers. FINA have indicated that the event is now 2nd/3rd in line for promotion to olympic status.

The FINA medical committee have been asked to look at the effects of Open Water swimming events in cold water and the effects it has on swimmers and their performance. The present minimum limit of 16 C may be under review depending on their findings.

FINA is calling for bids by September 1993 for the 1996 Open Water Swimming World Cup event. NSW and Victoria have indicated their interest in conducting the swim on ASInc's behalf---WA has withdrawn its bid.

Note: Australia's LDS PAN PAC Team members for Hawaii in September of this year are Shelley Taylor-Smith, Mellisa Cunningham and Penny Bond. With any luck, our team can go 1-2-3 and we wish them all every success.

Remember, Penny Bond from Townsville and Shelley Taylor-Smith from WA are AUSSI members.

FROM THE PRESIDENT

From time to time we hear the question in AUSSI, 'Why don't we have an AGM which can be attended by every financial member?' The current status is that our AGM is attended by a Branch Director on behalf of each State and Territory.

The problems of having an AGM open to all, with voting rights for all, does pose a great many problems:

PROS

Every AUSSI member would have a say in all policy decisions.

The AGM could be held in conjunction with the National Swim for greater participation.

CONS

Only a small percentage of our 7,000 registered members would be able to attend any meeting held at one venue.

The logistics of getting through the current two day AGM agenda with 7,000 possible participants with the right to speak would be horrendous.

An AGM making policy decisions and attended by mainly National Swim participants would be:

- only a small percentage of overall members
- perhaps biased towards the competition side of our organisation

The cost of running such a meeting would be enormous, with venue hire, circulation of information, etc.

The National Executive and Board have discussed this concept many times over the past 19 years. Like most National Organisations we decided on a Branch delegate representation system for our AGM and Mid-Year Board meeting.

The format currently is for clubs to put forward their ideas to their Branch. The Branch forwards these, if agree-

ment is received by all their clubs, to the National Executive Director for inclusion on the Agenda.

Prior to the AGM and the Mid-Year Board meeting, the Agenda is circulated to Branches. This then enables the Branch to decide how it wishes its Board member to vote on all issues and agenda items.

It is up to the Branch to determine how its clubs input into this decision-making process. Some forward the agenda to each club for comment; some have a council of clubs meeting to decide; others are satisfied if their elected Branch executive decides on their behalf.

In an endeavour to hear what the individual in AUSSI had to say, we did adopt an AGM format some years ago, which could be attended by the largest possible number of financial members. Within our then constitution, they had a voice but no vote.

This was held for a number of years in association with a function at the National Swim Championships. It did not work. Most people surveyed wanted to get on with the Opening Ceremony, the Presentation Dinner, Happy Hour or whatever, and were not interested in the AGM concept. It became a forum for one or two individuals to pursue their own pet subject in AUSSI, often not with access to full information.

The AGM was then separated from the mainstream National Swim programme and listed on a day during the Meet. The maximum number we had attending at any one AGM was about 10-12 people, so AUSSI disbanded the concept.

It resurfaced again in recent years as the Members Forum as per the Nationals in the Northern Territory. The aim was for the Executive Director to introduce the Board Members and give a summary of items of interest from the Annual General Board meeting, and also to provide a forum for swimmers to raise issues they wished to see addressed by the

Board.

This system, too, has its detractors.

It is important in any organisation for the members to feel an ownership of the policy decisions made. I personally feel this can be achieved by the current method of management. However, any Branch proposing a concept of a convention style AGM attended by all financial members, must be aware of the full ramifications such a change would bring to the financial and decision-making status of AUSSI.

Glenys McDonald

President

WHAT IS YOUR MHR, REALLY?

Masters athletes planning their training around the venerable "220 minus your age" formula for maximum heart rate have probably been getting off easy, say researchers at Ball State University. According to the November-December, 1992 issue of *Running Research News*, a study of over 2000 people from 14 to 77 years old found that the commonly used calculation tends to give younger people a higher-than-accurate figure, while underestimating MHR for older folks. Age does gradually lower MHR, of course, but the researchers concluded it's responsible for not much more than a third of the variation. More accurate results, says RRN, come from the following calculations:

men:

$$MHR = 214 - (0.8)(\text{age in years});$$

women:

$$MHR = 209 - (0.7)(\text{age in years}).$$

JUST A LITTLE EXTRA EFFORT

Courtesy Swimming World and Junior Swimmer, May 1993.

Most of us do the job that is assigned to us. We generally do what it takes to get by. If we are in school, we do our homework, go to class, take our tests--we get by.

If we hold a 9-to-5 job, we punch in on time, do our thing and leave at 5. This is what is expected of the average person, young or old. Do your job, don't rock the boat and you'll get by.

We can accept these kinds of actions as average, or they can be measured as a "C" performance. If we fall below the accepted norm or average, we end up with a "D" or even an "F". The sad part of this system is that one has to try to fail, in most cases to get a "D" or even an "F". It's often a deliberate lack of effort that causes our deficiencies or failures. We can rationalise and make all kinds of excuses as to why we should be average or below average.

This type of planning and thinking takes effort and energy, even though it is negative and non-productive. Why not direct that effort? We can rise above the average by directing just a little more effort into positive actions.

Most of us in the swimming world are over-achievers; as such, we are not satisfied with "C" performances. We exert extra effort to rise above average performances in most every area of our lives. In most cases, this just takes a little extra effort. It is important that we channel that extra effort in a positive way toward greater success.

My point in this article is that if one is to be involved in an activity, just a little extra effort will bring much more satisfaction and enjoyment. Let's not just get by---let's go for the "A+".

The opportunity for greater success is

present in any and all activities in which we are involved. In a sport like swimming, there are countless ways that extra effort will pay off. One can work on starts, turns, different strokes, refine techniques, endurance, pace speed, etc. One should work on a weakness until it becomes a strength.

Oftentimes, it's the extra effort that will win the race. All things being equal, extra effort by one contestant will make the difference.

We must first know ourselves, recognise our own accomplishments, know our past experiences, know our strengths and weaknesses, and then determine where we must place our extra effort.

Then we must develop a plan of action. What do I hope to accomplish? What is my goal? What will the extra effort do for me? And if the motivation and enthusiasm is there, the extra effort is easy and powerful.

The difference between average and good is extra effort. The difference between good and great is extra effort. Even if one is blessed with great natural ability and talent, extra effort is needed to reach one's fullest potential.

To be average is to be complacent. To be average is to be satisfied with the status quo and accept things as they are. To accept being average leaves one close to the point of easily falling below average. To be average does not involve much effort, so it's easy to get the bad habit of doing less and less--and eventually falling below average.

Regardless of where one starts a task--be it "D", "C" or even an "A" level, extra effort can start in a very small way and very likely should.

Simply having the desire to change for the better will initiate the extra effort. The extra effort will begin to build one step at a time.

As the change begins to develop, new extra effort will emanate from the new position. Once you have reached the "B" level, extra effort should help

reach the "A" level and so on.

In swimming, extra effort wins gold medals at the Olympics. I have never seen a champion who did not apply extra effort. The real trick is to apply that extra effort in positive areas that need to be addressed.

We continually observe champions continuing to practice skills that they already have mastered--be it starts, turns, explosive power, pace.

The true champion knows that he or she has arrived at the top because of extra effort and they can only remain on top as long as they continue to make extra effort their credo.

Any task worth doing is worth extra effort. Extra effort will guarantee success, enjoyment and peace of mind. The interesting part of extra effort is that it attracts more extra effort. Once you form the habit of putting forth extra effort, it becomes a way of life.

NATIONAL SPORTS SERVICE AWARD

Dr Russell Spinks, a member of AUSSI's National Safety Committee, one of the Association's Honorary Medical Officers and a regular member at NSW Branch swim meets in that capacity, recently won an inaugural "National Sports Service Award" presented by the Australian Sports Medicine Federation. Dr Spinks has given hours of voluntary service to both swimming and rugby league.

CONGRATULATIONS

Russell, we're proud to have you on our team.

MESSAGE FROM SOUTH AFRICA

A letter was received by the National Office from a South African master swimmer who recently attended the Pan Pacific meet in New Zealand, followed by the Australian Masters Games in Perth.

As well as having a marvellous time at both events, he was most interested in something that he had never seen anywhere else and that we all take for granted.

Interested? What could it be? Well, it is the way we seed our swimmers at meets. He had never seen a seeding system in which both sexes and ages were mixed, swimming from slowest to fastest. After experiencing it, he decided it was great, not only for the swimmer, but also for administration, programming and incorporating late entries.

As well as hoping to implement this system at home, he is also working on a South African Top Ten. Perhaps we can export some of our other excellent AUSSI innovations, e.g. the Aerobic Trophy, supersets, etc.

Terry Downes is already making plans to come back to Australia for the World Masters Games in Brisbane in October 1994. Let's hope he brings a large contingent from South Africa with him.

FAMOUS GIPPSLAND FLIPPER

The Gippsland Flippers AUSSI club have a famous member. She is the well-known local triathlete and dual Traralgon marathon winner, Georgann McEwan, who will represent Australia at the 1993 World Triathlon Championships in Manchester, England in

August.

After a first class performance in last year's Australian Ironman championships in Forster, NSW, where she completed the 3.8km swim, 180km cycle and 42km run in just over 11 hours, Georgann has this year concentrated on Olympic distance events.

The shorter events seem to suit the gutsy 40-year-old who has placed first in her age group at Shepparton and Canberra, and second at both St Kilda and Patterson Lakes Olympic distance triathlons. She was also highly placed at the prestigious Queensland Isle of Palms race and the Australian championships at Geelong.

The world championships in Manchester are raced over the Olympic distance of 1.5km swim, 40km cycle and 10km run, and Georgann is hopeful of completing the course in about two hours and 15 minutes.

Her schedule is a busy one leading up to the championships. While working full-time as sister/midwife at the Latrobe Regional Hospital, Moe campus, she will be honing her training in all three disciplines. Her training program includes swimming seven to 10 kilometres a week as well as cycling 200km and running 40km.

IRISH MASTERS CHAMPION- SHIPS

Should you be off overseas in the near future, the IASA Centenary 2nd Irish Open Masters Swimming Championships will be held on 24th and 25th September 1993 at the Churchfield pool (25m) in Cork, Ireland.

The events include 50m, 100m in all strokes, 200m freestyle, all age groups + I.M. + relays.

For further information contact the AUSSI National Office.

MEDALS bloody medals!!

At our recent National Swim there were 391 results---355 individual and 36 teams. This meant that 499 gold medals were given out during the Swim. (that's an average of 1.25 medals per swimmer who participated).

There was considerable feedback and disappointment at the quality of the aluminium medal and that it didn't have a ribbon on it. Also, and to quote another swimmer: "I've worked my guts out for twelve months and all I get is this . . . little ribbon" (for a place).

To soften the criticism and to perhaps gain some positive suggestions, the following was put in the daily National Swim Newsletter:

"Something for you to think about---

Many have commented about the quality of the medals, and why can't we have medals for 2nd and 3rd? The answer is simply about money. A National Swim costs a lot more to run than the entry fees cover. The deficit is made up by sponsorship. The medals are a major cost item. About 400 gold medals will be given out during the Meet, so over a thousand would be required if we had silver and bronze too. Entry fees would have to increase by about \$4.00 per person (or \$6.00 if the medals had ribbons). Most swimmers will be paying to benefit the few who win, many of whom don't care much about a medal anyway. What would you like to see at future National Swims?"

The question was also raised at the 'Members' Forum (poorly attended as usual).

To date there has been no response.

NED spoke to a couple of our older prolific medal winners about the idea of giving ribbons for 1st, 2nd and 3rd with an option to buy medals at a token fee if they so desired. They all thought that the idea had merit.

Medals should be won for being the best and they should be earned. How people can return home and brag about something they won in a game of chance (i.e. selecting the event with the fewest entrants in it and maybe winning it in a much slower time than normal) and then complain about the medal not being good enough, is very disappointing.

Perhaps you might like to have your say. Send your thoughts and comments to the Editor at the address on the front of this Newsletter.

As well, if you and your friends feel strongly about this topic, why not contact your Branch and frame an Agenda item for the next Board meeting?

DOC'S SPOT

Courtesy "Splash"

Herewith is a summary of the talk given at the State Cup by Russell Spinks and myself. The talk was divided into three sections:

1. When not to swim

Any acute infection, be it bacterial or viral, should be a reason not to swim. Very occasionally acute heart problems can arise on exertion, especially from viral infections.

Chronic ear infections, particularly infection in the external ear canal, are aggravated by water and hence swimming should be avoided.

Swimmers are liable to joint strains, very often in the shoulder joint, and these strains need rest.

A good basic rule is "if it doesn't hurt it's OK." Swimmers may be able to swim all strokes except butterfly without pain; that is satisfactory.

Swimmers should be properly prepared for the entered events. Generally, swimmers should be able to swim the distance easily in training before entering for that event in a carnival. So, don't enter in the hope that you might

get there; most times you will not.

Plan your carnivals so that an adequate recovery time is available between events, remembering that some events take longer than others. Always have a good warm-up.

2. When to stop.

The question of "stopping" during a swim is a very vexed question as many AUSSI swimmers consider it a sign of weakness to stop. My personal view is that "stopping" is a sign of strength. The reason for this is that to continue swimming when all is not well is to put yourself and the people who will look after you, if and when things go wrong, at considerable risk. If in doubt about your ability to continue, STOP!

What symptoms and signs tell you that all is not well?

a) Disorientation.

If, when you are swimming, you lose your sense of where you are going, which stroke you should be doing, or develop a feeling of unreality, then you are becoming disoriented. These symptoms are very hard to describe but are very real once you have experienced them. They mean that the brain is not getting enough oxygen.

Being unable to keep off the lane ropes, swallowing water and generally "floundering" are all symptoms of oxygen lack or "hypoxia" and should be treated seriously by swimmers and officials. A swimmer falling behind his usual performance is a warning sign that all is not well. Inhaling even small quantities of water will rapidly and seriously aggravate hypoxia.

b) Exhaustion

Exhaustion during an event is a danger sign. We have felt, on many occasions, that the finishing wall is the most beautiful sight in the world. This is quite normal after a hard swim. If, however, the task of getting to the end seems too difficult, then several options are available. A short pause at pool's end may be enough to allow you to complete the event. A change of

stroke during a freestyle event may be all that is required.

c) Cramps

Cramps are a sign of inadequate oxygen supply to the affected muscles. Severe cramping is an absolute indication to stop. Minor cramping which is relieved by rest, change of stroke or by gentle stretching is an indication to be careful and if recurring, an indication to stop.

d) Chest pain

Chest pain is an absolute indication to stop. There are no exceptions!

e) Breathlessness

Again this is an indication to stop. Many asthmatics swim without any problems when properly treated. However, any increase in breathlessness or any sudden onset of breathlessness is an absolute indication to stop.

In any facet of life prevention is better than cure. Proper attention to training, careful selection of events, warming-up, diet, etc. will lessen the need to stop during an event. My own philosophy is that it is better to stop than put yourself at risk. If you have any health problems, these should be assessed and treated before you undertake serious swimming.

It has been stated that some AUSSI swimmers need to be protected from themselves. Remember, AUSSI swimming MUST BE FUN, FITNESS & FRIENDSHIP.

David Pullen

MIAMI CLUB BREAKS RECORD

A team from Miami Masters Club has again broken the record for the "Sheraton Townsville Swim 24", a 24 hour long relay for a mixed team of twelve masters swimmers totalling 500 years of age.

On 9/10 May 1993, the Miami team set a new long course and overall record for this event, swimming a total of 99,050 metres in the 24 hours, an average of over 8250m per swimmer. This is a truly stunning effort considering the restrictions of the rules.

The club raised over \$2000 for the Salvation Army Appeal* during the weekend. Raising money for charity seems to be a popular adjunct to the event. Townsville did it at the start. It also gets the local media interested.

The event was started by Townsville Masters in 1989 and sponsored by the Sheraton Townsville Breakwater Island Casino Hotel. The Townsville team set the first mark at 90,275m in a short course pool. Miami then set the long course and overall record in May 1992 swimming 91,550m. In June 1992, Cronulla/Sutherland set a new short course and overall record with 94,625m.

The Cronulla/Sutherland team included Channel swimmer Baden Green, Kevin Neilson, Australian Surf Life Saving Team coach, and Libby Hassall, once Australian Marathon swimming champion.

Who will be the first to pass 100,000 metres? The team will have to average 8350m per swimmer.

For the Miami team, each swimmer swam an even distance close to 15 minutes per session for seven sessions, and then finished off with whatever time was left in the two hour limit per swimmer. Their swimmers were Marg Watts (49), Marg Warson (46), Lori Watson (40), Leanne Brown (39), Claire Reaburn (34), Terri Taylor (32), Jim Fountain (58), John Crisp (57), Peter Lacey (47), Peter Reaburn (38), David Taylor (35), Gary Brinkman (28).

Congratulations, Miami Masters!

The relay is run by Townsville Masters Club. It limits the team to registered AUSSI members all from the same club. The team must have six men and six women and the total of all ages must be at least 500 years. No member

may swim more than two hours but it may be split into a maximum of eight sessions. For full details contact the convenor, Brian Palmer, 24 Killara Street, Cranbrook QLD 5814, telephone (077) 79 0734.

GUESTS AT BOARD MEETINGS

The Management Committee of AUSSI has decided to trial the concept of allowing invited guests to attend Board Meetings.

Interested AUSSI members are to make application to the National Office. These applications will, in turn, be handed on to the President for consideration.

Invited guests will not be able to sit at the Board Room table, nor speak unless invited to do so, and will be there at their own expense. Numbers will be limited to a manageable level, so discretion as to whether or not an invitation will be extended, will be left solely to the President. Guests may be requested to leave the room from time to time during sensitive confidential debate, or if the Meeting goes "in camera".

The Mid-Year Board Meeting will be held in Melbourne on the weekend of 30/31 October 1993.

THE WINTER SOLSTICE SOCIETY SWIMMERS

The Winter Solstice Society swimmers is what this hardy bunch of Adelaide Masters swimmers have dubbed them-

selves and I wonder if they are just a little mad.

According to the Adelaide Advertiser of Monday June 28, 1993, this bunch of 10 swimmers are training for a relay attempt on the

English Channel. It seems their training involves a 2km run along the beach (on Sunday mornings) between Henley and Grange jetties and then a return swim. On the Sunday in question, the water temperature was just 11 C!!! which the newspaper kindly informed us was less than the Channel's summer temperature of 12 - 15 C!!!

The group, who first met at the Adelaide Masters AUSSI club, say that their challenge is in deadly earnest. They have already booked their pilot boat to guide them on the 27km crossing and will later on whittle their group down to six hardy souls, brave enough to swim the freezing waters in hour long relay legs.

The newspaper failed to mention either the club or AUSSI in the article which was a half page spread with two large colour photos. Well, maybe it was just as well---people might wonder.

MASTERS COACHES

This is a quick welcome to the following AUSSI members who have recently qualified as Level 1 Masters Coaches:

Kayleen Dunkley

Sharon Green

Norman Jarvis

Russell Ogden

Brian Palmer

Matthew Pedrazzini

Patrick Riley

CONGRATULATIONS!!

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

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

BRANCH CONTACTS

ACT

Tanya Colyer

PO Box 335

JAMISON CENTRE ACT 2614

(06) 254 5345 (h)

(06) 203 7462 (w)

NSW

Beryl Stenhouse

PO Box 580

CRONULLA NSW 2230

(02) 523 2361 (h)

(02) 544 1383 (Branch office)

NT

Madeline Wright

PO Box 8835

ALICE SPRINGS NT 0871

(089) 52 1596 (H)

QLD

Peter Emery

PO Box 17

COTTON TREE QLD 4558

(074) 44 7354 (h)

(074) 43 2370 (w)

SA

Neil Baron

PO Box 219

NORTH ADELAIDE SA 5006

(08) 274 1492 (h)

TAS

Pauline Samson

PO Box 659

ROSNY PARK TAS 7018

(002) 43 6746 (h) or

(002) 43 6665

VIC

Bruce Ripper

10 Hilton Street

MOUNT WAVERLEY VIC 3149

(03) 802 6014 (h)

(03) 691 3729 (w)

WA

Leone Gaston

PO Box 564

CLAREMONT WA 6010

(09) 441 8249 (Branch office)

CALENDAR OF EVENTS

1993

24-25 September 2nd Irish Open Masters, Cork, Ireland

22-23 October NSW S/C Championships, Forster

23-24 October North Island SC Champs, Whangarei

1994

23 January NSW Open Water Champs, Penrith

22-26 March 19th AUSSI National Swim, Adelaide, SA

15-17 April NSW State Cup (I/c), Blacktown

4-11 July FINA World Swim, Montreal, CANADA

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