



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE

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NATIONAL NEWSLETTER

Vol 4, No. 5

Sept, 1993

EDITORIAL

In this edition I've included lots of little snippets of information which I hope you'll find interesting.

Our profile is of the new Director Assisting Planning, Doug Tantau, from the Gippsland Flippers in Victoria. Welcome, Doug.

Also included is some feedback on the article on medals in the last edition, the WA Citizen of the Year, the first recipient of the 'Three Million Metre' Award, an interesting article on 'What Motivates Masters Swimmers', and some information on the up-coming Women and Sport Awards, as well as National Sports Service Awards.

Tasmania Branch is advertising their Open Postal Relay Competition and will send clubs further information in November, so look out for it.

Hope you find this edition interesting

and informative.

Editor (Judy)

PROFILE

DOUG TANTAU - DIRECTOR ASSISTING PLANNING

Doug is a member of the Gippsland Flippers AUSSI club in Victoria and when asked his age, volunteered that he would reach the big 40 on the Friday of the National Swim in Adelaide in March 1994.

He is an Assistant Unit Controller at the huge Hazelwood Power Station run by the S.E.C. in Victoria, and is also a part-time Security Guard with Armaguard---he says this helps to pay for his swimming.

Married to Pauline for 16 years, Doug has a son, Mark who is 11, and a daughter, Kaila who is 9 years old.

Doug began swimming 32 years ago with the Morwell Swimming Club and was made a Life Member in 1977. He still swims with the club and trains with the kids, though this is slowly

becoming harder. He also coached the club, but now a Level 2 coach has that position.

When told about Masters, Doug had been slowly losing interest in swimming, and this provided renewed motivation. He joined North Lodge AUSSI



and swam with them for two years. Then he and Otto Ford decided to start an AUSSI club in their own area, and so Gippsland AUSSI was born. This was 12 years ago, and the club is going from strength to strength.

Doug has been involved with coaching and officiating for a number of years both with AUSSI and in the local amateur district. He is currently qualifying for his Level 1 coaching accredi-

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

tation and will convert that to an AUSSI accreditation when finished. He has also been involved in Swim Victoria's Country Development Program for the past seven years. This involves going to Melbourne once per month for the weekend, five times per year (during the season), and helping country swimmers and their supervisors learn the four strokes, starts and turns. The supervisors and kids are instructed by the top state coaches during this time and his role is to assist the coach, the supervisors and the kids.

On top of Doug's already full life of work, family and swimming, he also finds time to play competition Darts and play with his computer. How he manages to fit in training two to three times per week with his AUSSI club as well as the same again with the local swimming club, I'm yet to work out. He is also going to train for his Officials Accreditation with AUSSI.

Good Luck, Doug!

1994 PRIME MINISTERIAL WOMEN AND SPORT AWARDS

The Awards recognise exemplary initiatives and programs which provide special support for the participation of women and girls in all facets of sport.

The Minister for Sport, Ros Kelly, invites you to nominate a group or organisation that you believe has taken special measures to increase the level of participation or enhance the status of women in Australian sport. You may wish to nominate your sporting organisation's special initiatives for women and girls, but she urges you to also take the opportunity to acknowl-

edge, through nomination, your sponsors, or perhaps media coverage which has supported women's sport during 1993.

Nomination forms and information brochures are available from the National Office or the Australian Sports Commission, and nominations should be submitted no later than 5 November 1993 to Awards Officer, Prime Ministerial Women and Sport Awards Scheme, Women and Sport Unit, Australian Sports Commission, PO Box 176, BELCONNEN ACT 2616. Phone (06)252 1720 or (06)252 1522. Fax (06)252 1649.

MASTERING SWIMMING

Of course, everyone has their own copy by this stage, or, should I remind you to contact your Branch Secretary and buy one ASAP.

However, I'd just like to let you know that the book is selling far and wide. AUSSI has recently received an order from Oslo, Norway!!

It is a great honour for Anita and all those connected with the writing, editing and publishing of this excellent book on Masters swimming.

AUSSI CALENDAR

No, we're not going to produce a calendar for 1994. I'm just referring to the calendar at the back of this Newsletter.

I received some feedback that one Branch would like to see Branch's major meets included in the calendar.

So, Branch Secretaries, if you'd like your Branch meets included, please let me know.

Last edition I included a list of Branch

Secretaries. However, I haven't received any feedback. Is it a good idea, or just a waste of space? The aim of the calendar and Branch secretary's addresses and phone numbers is to aid you, the member, when you are travelling round Australia. Then there's no excuse for not keeping up with your training and making lots of new friends.

TECHNICAL CONGRESS AT WORLD MASTERS CHAMPIONSHIPS

The 1994 Masters Technical Congress is to be held in Montreal at the time of the Vth World Masters Swimming Championships.

A Technical Congress for each of the Swimming disciplines is held every four years at the time of the World Swimming Championships. At these meetings changes to technical rules are ratified.

The historic first ever Masters Technical Congress was held at the 1991 World Swimming Championships in Perth.

At the FINA Bureau meeting in December 1992, the decision was made to allow Masters to hold their next Congress in conjunction with their own World Championships rather than at the World Swimming Championships.

This is a step forward for Masters and a recognition of the unique position held by Masters among the disciplines. It will do much to assuage the fears among Master swimmers that as newcomers to the international scene they would be dominated by the more established disciplines.

WA CITIZEN OF THE YEAR

This prestigious Award has five categories, one of which is SPORT.

Congratulations to DAVID CUMMINS, the WA Director of Planning on the Board of AUSSI, on being chosen as:

WA Citizen of the Year in the category of SPORT.

It is a great honour for him personally as well as a boost for Masters Swimming. The WA Branch nominated David for this honour.

MEDICAL COVER AT SWIM MEETS

by Dr David Pullen (Panellist)

The New South Wales (NSW) Branch of AUSSI Masters Swimming in Australia has around 1400 members. Throughout the year the Branch conducts 20 half-day meets and two two-day meets which each attract up to 300 competitors.

Since the Branch was formed in 1975, there have been a small number of deaths and several accidents which drew attention to the need for organised medical cover at the competitions.

Today the Branch has a panel of four fully trained resuscitators which covers all the competitions on a rostered basis. The facilities they use at the poolside are intended to cover problems from minor cuts and bruises to full blown cardio-respiratory arrest.

The facilities needed are:

- A separate room with an examination couch dedicated to First Aid use.
- A selection of bandages, dressings, etc.

- A source of administering oxygen under pressure such as an Ambu bag.

Equipment to be provided by the attending doctor should be relevant to the doctor's skill and training. In NSW the fully trained panel provide:

- Full intubation setup such as laryngoscope, range of endotracheal tubes etc.
- Intravenous fluids with cannulae.
- Selection of cardio-respiratory drugs such as adrenalin (epinephrine), salbutamol etc.
- A cardiac monitor with screen, defibrillator and recording facilities.

The extent and seriousness of problems at Branch meets remains undocumented. However, impressions are that two to four serious accidents can be expected to happen each year. This may not seem many when there are over 16,000 individual swims each year, but even one can be too many especially when it is you who is involved.

What is done poolside is only First Aid. For serious events ambulance intensive care and hospital services will be required.

(Courtesy MSI News)

SWIMMERS AND RUNNERS: WHO HAS TO WORK HARDER?

A New Jersey swimmer claims he now knows who works harder: swimmers or runners. According to the April 21, 1993 *New York Times*, Educational Testing Service statistician Dr. Howard Wainer compared world record times for the two sports, and found that male runners went 3.75 times as far as male swimmers in the same amount of time (the ratio was 3.5:1 for women).

Knowing who goes farther and by how much, and then factoring in some oxygen consumption measurements, Dr. Wainer, the Times reports, concluded that minute for minute, champion swimmers burn 25% more calories than champion runners.

Want to identify your more efficient sport? Statisticians say just divide your best running speed by your best swimming speed. If the ratio is less than those above, you're a better swimmer than you are a runner. Higher, you're more efficient when you're running.

MASTERING SWIMMING

Anita Kilmier (Ed) \$26.95 0 9588384 6 1

The complete guide to swimming for coaches and swimmers, this excellent and comprehensive book deals with all facets of training and workouts, swimming strokes and how to be better at them, nutrition, common errors, safety, competition swimming, and so much more. First-class book for physical education courses.

OPEN 4 x 100m POSTAL RELAY COMPETITION.

All Clubs in AUSSI are invited to participate in the Open 4 x 100m Postal Relay Competition in January 1994.

The competition is sponsored by AUSSI Tasmania Branch.

There are 6 events, womens, mens and mixed freestyle; womens, mens and mixed medley.

Age groups do not apply as each Club may enter one team only in each of the relay events.

Medals will be awarded to each member of the winning team in each event and all participants will receive a certificate.

Further details will be sent to each Club in November.

MEDALS

As a follow-up to the article featured in the last edition of the Newsletter, I have received one letter in reply. This is rather surprising as I thought medals were a very contentious issue. However, I will quote portion of that letter, and hope for further input.

"In paragraph 4 you state 'the answer is simply about money', which is pure nonsense. For example, it cost me \$750 just to travel to Darwin. Do you really believe that another \$6 would have kept me at home? As to 'most swimmers will be paying to benefit the few who win', AUSSI swimmers don't look at it that way. They go to participate, and it's what is happening at present anyway, particularly as we persist in giving out the aggregate medal. This medal, 'won in a game of chance' as you put it, is no longer the head to head contest it used to be before restriction to 5 swims came in. It just donates another medal to those who already have medals.

"By the way, 'selecting the event with the fewest entrants' is an unfair state-

ment. Put another way, the more difficult the event, e.g. 200m fly or 400m I.M., generally means fewer contestants, whereas easy events like the 50m free do attract larger numbers."

The correspondent sums up with "Briefly, the State and Club to which I belong plus a majority of Nationals participants I believe would be in favour of medals for 1st, 2nd and 3rd.

1. It would increase numbers going to Nationals (it certainly wouldn't decrease numbers).

2. The aggregate medal should go.

3. The extra cost is so trifling it is almost irrelevant, remember it will be self funding and no cost to the National coffers.

4. A National event should be a National event in all respects.

5. A survey of ALL participants at the next two Nationals would be a fair way to decide the matter in preference to having the National Board trying to make the decision.

6. The medals should be of good

quality and design."

What do you think about the above comments. Why not have your say? Write to the Editor at the address on the front of the Newsletter and see yourself in print in the next edition.

USA VISITS

Are you intending to visit the USA either for business or pleasure in the near future? Well, please take note of the following excerpt from a letter from the Executive Secretary, Dorothy Donnelly, of US Masters Swimmers.

"And, as you know, we're always pleased when your swimmers take the trip over for our Nationals. We've also had some inquiries from your swimmers regarding workout opportunities when they travel to America on business or vacation. Any of them are free to write or FAX this office, and we'll provide contacts all over the United States."

Contact: USMS Inc., 2 Peter Avenue, Rutland, MA 01543 USA. Ph. (508) 886 6631; FAX (508) 886 6265.

3 MILLION METRES Award

To chalk up three million metres is more than some of us could do in a lifetime, whereas LIBBY HASSELL of CRONULLA/SUTHERLAND AUSSI achieved it since October 1991. What's more, I understand that it was in June when Libby actually reached the "milestone"---and we didn't have a badge! However, the badge is now ready and it looks great. I'm sure you'll wear it with pride.

CONGRATULATIONS,
LIBBY!!

SWIMMING UP AND DOWN, UP AND DOWN, UP AND DOWN

by Robin Robertson (Tasmania)

If you want to swim faster than other people, you must train. Several times a week---whether you want to or not---you must visit your local swimming pool and swim up and down, up and down. After weeks, months, or even years, you might become faster.

Until then, you swim lap after lap, with only you to cheer yourself on. It gets lonely, doesn't it?

If the truth be told, swimming 20, 30, 40 laps is dead boring...you just swim and swim and never arrive. It's like

running on the spot. And you can't entertain yourself by chatting to passing swimmers. Nor can you listen to your pocket radio, because waterproof earphones haven't been invented yet.

Furthermore, there's nothing interesting to look at. All you see through your goggles is the inside of a swimming pool. It's pretty but you know it off by heart...straight black lines, pale coloured tiles set in even rows up the side, the occasional plug hole. This clinical starkness is relieved by signs of human habitation left lying on the bottom: band-aids, ear plugs, gum leaves, two cent pieces, bikini tops. Anything worth diving to the bottom for---diamond rings and dollar coins---have been sucked into the filter.

Sometimes the swimmer in the next lane is of interest. As he swims by, you can peer under the water and see how he kicks, and then try it yourself.

Or, unbeknownst to him, you can race him to the other end. If you give yourself a few strokes start, you might even win. Of course, you have no way of knowing whether he's swimming at his hardest, but never mind, you are. And, if all else fails, you can think. In fact, you may wonder why you didn't try thinking before.

But, you soon discover why. The effort of swimming seems to drain your brain to half power, and you are left with the half that thinks up excuses to stop swimming right now.

To distract yourself, you can try short thoughts---plan your television viewing for the night, chant your times tables...nothing more complicated because you can't finish a thought. You keep forgetting where you're up to, so you can't mentally calculate how much your \$400 investment will earn at 11 3/4%, or speculate on how the Egyptians built the pyramids.

In fact, your concentration will be so tenuous, you'll probably forget which lap you're up to, unless you repeat the

number with every stroke: 'five...five...five', and remember to change the number at the end of the lap.

There is a reason for this loss of brain power. It's nature's way of telling you to give in. You weren't meant to swim lap after lap, day after day. Nature intended you to lie in the sun, sip cool drinks and relax with your friends...yet still have a taut swimmer's body, ready at any time, to swim faster than everyone else.

NEW SPORTS MEDICINE RESEARCH FOUNDATION

The Australian Sports Medicine Federation and Syntex Australia have responded to the \$2 billion a year cost of sports injuries to Australians by launching the ASMF-SYNTEx Research Foundation in Sports Medicine.

ASMF National Director, Terry Sanders, said the Foundation will provide grants for clinical research on a variety of sports medicine issues and will improve the potential for the prevention of injury, treatment and care not only for athletes but the whole community.

Grants of up to \$10,000 are available for clinical or applied research and General Practitioners are particularly encouraged to submit applications. Interested parties may obtain grant criteria and application forms by contacting the ASMF on (06) 251 6944 or Syntex on (02) 922 7688.

It is said of Master Swimmers:

**"The older we get, the
faster we were."**

CHALLENGES - OBSTACLES - GOALS

You will often find that those who seem to get ahead, who are seen to be "achievers" in the sporting or corporate environment, have clearly established personal strategic objectives or goals. They are organised in that they know where they want to go and they also know how they are going to get there.

Often, however, when pursuing personal goals, somewhere along the line the individual will undoubtedly encounter obstacles which will test his or her resolve.

The challenge then lies in the individuals' ability to overcome these obstacles to keep things moving forward, to

keep their sporting or professional career on track. The individual may need to rethink strategies for achieving their set goals---to be able to regain and control the environment they are operating in, rather than succumbing to twists of "fate".

Successful people are often seen as selfish, or described as single-minded. However usually these traits are merely symptoms of being goal directed and committed. The most difficult facet of working towards achieving a goal is maintaining a positive outlook and believing that the goal can be achieved despite the onslaught of unpredictable barriers which arise along the way. Goal-directed people are able to do this. Some key words which apply in this area are commitment, passion, desire, zeal, hunger, purpose and belief. All of these words share a common factor---a definite emotional connection with achieving against all

odds.

Actually achieving the goals we have set ourselves can be extremely satisfying. However the satisfaction often comes from the fact that having achieved the set goals, the individual has managed to survive and overcome all of the obstacles along the way. The journey has enabled the individual to discover more about him or herself. This can be as rewarding for the individual as the actual outcome of the process itself.

In business or sport, the goal-directed personal who can overcome challenges in a positive manner is able to demonstrate to all that he or she has the qualities within to be in there for the long haul---invaluable traits that employers and coaches both will appreciate in the competitive environment that we live in today.

(courtesy Sports Link)

NATIONAL SPORTS SERVICE AWARDS

In 1992 the Australian Sports Medicine Federation launched an award scheme aimed at recognising sports medicine professionals working voluntarily for community level sport. The National Sports Service Awards (NSSA) scheme recognise the work of sports medicine professionals who devote many hours, voluntarily assisting in the care of local level athletes and teams.

To be eligible for the award sports medicine professionals must be nominated by a club official, e.g. coach, team manager who provides details about the nominee's involvement with that club or athlete. The main criteria to be used in assessing nominations will be:

Extent of the nominee's involvement

Extent to which the work is voluntary

The level of sport that the service is provided i.e., local and regional support is preferable to state or national level

Professional activity within the community e.g. giving sports medicine lectures etc.

Award winners will receive local and national recognition through publicity in the Sport Health magazine. An engraved plaque and one years complimentary membership to the Australian Sports Medicine Federation will also be awarded.

Application forms are available from: **Australian Sports Medicine Federation**
PO Box 897, Belconnen ACT 2616
Phone (06) 251 6944
Fax: (06) 253 1489

Applications will close 30 October 1993. Winners announced 1 February 1994

WHAT MOTIVATES MASTERS SWIMMERS

Congratulations to New Zealand Masters, and Mel Tantrum and Ken Hodge, for their work on Motives for Participating in Masters Swimming. The primary purpose of their study was to identify the participation motives of a group of 40 New Zealand Masters Swimmers. The study was also designed to determine whether these motives differed between individuals on a number of variables such as gender, age, Masters experience, marital status, competitive swimming background, perceived competence and perceived ability.

The full article is published in the New Zealand Journal of Health and Physical Education and Recreation.

Of the 40 swimmers, two were pre-masters, and they ranged in age from 22 to 70 years. There were 18 males and 22 females.

The full study and its results are important for coaches and administrators wishing to structure swimming programmes designed around their swimmers' needs. We must always keep in mind what motivates our swimmers. The last few World Championships and Pan Pacifics have had lower than expected numbers. Since Indianapolis in 1989 we have blamed the world economy, or too many swims, the high cost of entries and travel, the emergence of multi masters sports events, etc. It is studies such as this one which gives us guides to whether we are on the right track, or are diverting in the wrong direction in fulfilling Masters Swimmers needs.

This study showed that Masters swimmers have multiple motives for participating, with over half the motives

receiving a mean rating of 3.0 or above (out of 5). It also showed that the swimmer rated staying in shape, having fun, being fit, improving skills, and being active as the most important reasons for participating. The highest being 4.40 for "I want to stay in shape" and 4.33 for "I like to have fun". Improving and learning new skills scored highly. "I like to compete" scored 3.20 and "I like to win" scored 2.63.

Anyone wishing a copy of the full article should write to Mel Tantrum, Assistant Lecturer in Sport Psychology at the School of Physical Education, University of Otago, New Zealand.

(Courtesy MSI News)

ANOTHER WEEK ENDS

All tasks completed

All systems working

All directors satisfied

All staff eager and
enthusiastic

All pigs fed and
ready to fly

Canada Escorted Tour to **WORLD MASTERS** **SWIMMING CHAMPIONSHIPS**

V^e CHAMPIONNAT MONDIAL DES MAITRES-NAGEURS
RENDEZ-VOUS 94 MONTREAL
Vth WORLD MASTERS SWIMMING CHAMPIONSHIP

Monday 4th to Sunday 10th 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 airfare increases or increased costs in land content.


**NORTHWEST
AIRLINES**



Approved Tour Operator

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

Gullivers Sport Travel

Gullivers Sport Travel Pty Ltd, 8th Floor, 283 George Street, Sydney NSW 2000
Tel 261 8555 • Fax 261 4361
Lic No 214001303 A/C No 001 439 985

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

BRANCH CONTACTS	
ACT	ALICE SPRINGS NT 0871 (089) 52 1596 (h)
Tanya Colyer	QLD
PO Box 335	Peter Emery
JAMISON ACT 2614	PO Box 17
(06) 254 5345 (h)	COTTON TREE QLD 4558
(06) 203 7462 (w)	(074) 44 7354 (h)
NSW	(074) 43 2370 (w)
Beryl Stenhouse	SA
PO Box 580	Neil Baron
CRONULLA NSW 2230	PO Box 219
(02) 523 2361 (h)	NTH ADELAIDE SA 5006
(02) 544 1383 (NSW Office)	(08) 274 1492 (h)
NT	TAS
Madeline Wright	Pauline Samson
	PO Box 659

CALENDAR OF EVENTS

1993

22-23 October NSW S/C Championships, Forster, NSW

23-24 October North Island SC Champs, Whangarei, NZ

1994

23 January NSW Open Water Champs, Penrith, NSW

5-13 February New Zealand Masters Games, Dunedin, NZ

11-13 February Nth Island Masters l/c Meet, Cambridge, NZ

26-27 February AUSSI Tasmania l/c Meet, Devonport, TAS

12-20 March 3rd Australian Veterans Games, Wagga NSW

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

15-17 April 3rd Tasmania Masters Games, Devonport, TAS

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

22-24 April New Zealand l/c Meet, Christchurch, NZ

4-11 July FINA World Swim, Montreal, CANADA

28 Sept/3 Oct 3rd World Masters Games, Brisbane, QLD

15-23 October Honda Masters Games, Alice Springs, NT

21-23 October Nth Island SC Meet, Hastings, NZ

11-12 November Sth Island SC Meet, Invercargill, NZ

1995

March?? 20th AUSSI National Swim, Perth, WA

October?? 5th Australian Masters Games, VIC

1996

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

July?? FINA World Masters Swim, Sheffield, England

ROSNY PARK TAS 7018 (03) 802 6014 (h)

(002) 43 6746 (h) or (03) 691 3729 (w)

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