



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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NATIONAL NEWSLETTER

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EDITORIAL

Welcome to the almost Christmas edition of the National Newsletter. With the festive season approaching, don't neglect your training in amongst the whirlwind round of social occasions.

It is even more important than ever to keep to the training routine especially as our diet may take a bit of a thrashing just now.

There are lots of titbits of news in this edition with a major article on how to outsmart your fat cells. Also there are excerpts from two papers presented by Anita Killmier, National Coaching Director and Ivan Wingate, National Executive Director.

Our membership is increasing and we are looking at a target of 8000 for this year, so spread the word and bring along a new member to your club.

Profiled this edition is Gary Stutsel, foundation member of AUSSI and first Life Member, as well as President of MSI.

Don't forget to copy this newsletter for as many members of your club as you can. Lets keep our members informed of just what National is achieving for them.

Good reading and keep on swimming (maybe the February Fitness Challenge may be something new to try).

Editor

PROFILE

GARY STUTSEL -

LIFE MEMBER

The subject of this issue's profile has a distinction which can never be matched within AUSSI. Gary Stutsel is the only foundation member of AUSSI to have retained continuous membership from 1975 till today.

Before AUSSI was constituted, Gary compiled the first Australian Masters Top 10 and then in 1975 after writing both the National and NSW Constitutions, he became the first secretary of

both organisations. Meantime, he added the "International" to the proposed "Australian Union of Senior Swimmers" to make the acronym AUSSI. Perhaps this was a sign of what was to come years later.



In NSW Gary was Branch Secretary from 1975-77 and again from 1979-81 to ease the way for the first joint National/State Office which was established over his then pharmacy. Gary was Branch Treasurer in 1985, President in 1986 and then served for many years as a Committee member

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

before making room for new blood.

National Secretary from 1975-81, Gary soon introduced club membership to replace AUSSI membership, to ease the burden of contacting the then 300 members. He designed the format for the first of our distance awards, the 1500m, and later suggested the 400m and 800m awards. He was Editor of the first and second AUSSI Year books in 1976 and 77 and co-Editor with Carol Davis in 1978.

Gary's efforts have not gone unrecognised. He became the first Life Member of AUSSI (1985), and in June 1987 was awarded the Order of Australia (OAM) for services to swimming. The NSW Branch presents the Gary Stutsel Award to "the person who has achieved most to advance AUSSI-NSW during the year". In March 1988 Val Dorrington, NSW Publicity Officer, wrote "his foresight, drive and dedication developed the structure on which our organisation AUSSI is based."

A World Top 10 breaststroker, Gary has been just as active in the international arena, playing a major role in the introduction of World Records, Top 10s and uniform Rules for Masters Swimming. He directed the first Pan Pacific Masters in Sydney in 1981 and was Chief Recorder at the second in 1983, which was directed by Brian Hird. At this latter meet he was elected first President of the newly formed Masters Swimming International (MSI) and has since been re-elected in 1984, 86, 88, 90 and 92. His present term expires in July 1994.

Gary was appointed a member of the six person FINA/MSI Masters Commission in 1985, which drafted the

Pasadena Agreement. This paved the way for FINA involvement in Masters and opened entry to swimmers from all countries. He was appointed chairman of the first 12 person FINA Masters Committee which introduced the other aquatic disciplines, but refused to renominate in 1988 when the FINA Bureau reversed the Committee's decision to award the 1992 World Championships to Montreal.

Gary attributes his achievements to the enthusiasm and support of others and notes that Australians have played a major role in MSI activities especially Carol Davis (foundation Secretary), Judy Ford (S/C Recorder and Minutes Secretary), Peter Gillett (L/C Recorder), Glenys McDonald (Publicity Officer, Editor and Minutes Secretary) and Graeme McDougall (Championship Chairman). He cautions that whilst we must continue to introduce and encourage new people we should not discard the "wisdom" and experience of those who served before. He also advises that his work in Masters Swimming is far from over.

LIFE MEMBER

Well done to David Cummins of WA Branch on being awarded Life Membership of that Branch.

CONGRATULATIONS!!

FINA TOP TEN

The National Office has just received 40 copies of the FINA Top Ten Tabulation. They are available to members for \$13 each (including postage) from the address on the front of this Newsletter.

MASTERS GAMES

You'll see a variety of logos in various parts of this Newsletter, advertising upcoming Masters Games. Entry forms for all of them are now available from the National Office.

AUSTRALIAN SURF LIFE-SAVER

A new magazine with the above name is being launched. It will cover all aspects of Surf Lifesaving in Australia, including the Kelloggs and Uncle Toby series.

The magazine will be available nationally through newsagents and the first issue will be launched on 1 December.

There will be a swimming column in each issue, so if you have any information or an article you would like to submit, or know of a freelance journalist who could something in our interest, please contact

Paul Oliver

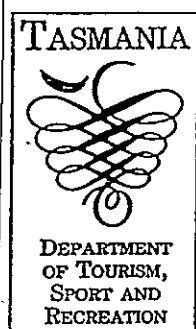
Editor, Australian Surf Lifesaver

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TASMANIAN MASTERS GAMES

North West Coast - Tasmania April 15-17, 1994



"COACHING AND MATURE AGED SPORT"

This is the title of a paper presented by Anita Killmier to a national forum on mature aged sport called "Playing On", held in Brisbane from 9-11 November 1993. Over 100 delegates participated and the highlight of the forum - we believe - was the very last speaker, Anita. She did us proud.

The following issues were covered in her paper, which is available in full from your Branch Secretary, Board Member or the National Office.

"The distinction between coaching mature aged swimmers and their younger counterparts as well as outlining the growth and development of AUSSI Masters Coaching Accreditation Scheme.

"The fact that masters swimmers and coaches often lack credibility within the sporting community at large.

"Risks associated with not recognising the distinction between coaching adults and children. For example, masters athletes may be at risk in programs operated by non accredited coaches. Also, pool management may be taking on commercial risk by not employing/ensuring that coaches are appropriately qualified.

"Many commercially operated pools are running adult fitness swimming programs which do not cater for the broader age and ability range of adult swimmers. In addition, these programs are often run to the exclusion of accredited masters clubs that can meet these needs.

"There are a large number of user groups competing for limited facilities. Due to the low profile and lesser financial return associated with masters sport, adult athletes are often deprived of the requisite facilities.

"Masters coaches do not have an appropriate career path. This reflects the fact that many masters swimmers



MASTERS GAMES, ALICE SPRINGS October 15-23 1994

adopt the view that coaches should be volunteering their time for the love of the sport. Also, the sport is not, as yet, large enough to support the development of specialist masters coaches.

"At present government funding for masters sport is primarily directed to various masters competitions (e.g. Australian Masters Games). Funding at this level does not necessarily promote fitness and general health in the community. Supporting the various organisations which develop the sport at its grass roots level may be more appropriate."

REACHING FOR THE FUTURE

This was the title of the SA State Recreation Conference held on 25-26 October 1993. Ivan Wingate, our National Executive Director, presented a paper titled "Adult Sport Has A Big Future" during Session 6, and I include a short excerpt from it here.

"Too often adult sport is seen as old 'has-beens' trying to re-live former glories at the Masters Games. This does happen and is quite exciting, but as with elite sport, it is that other 80% that makes it all worthwhile. Contrary to media perception, the majority of participants in Masters sport have not played the game in their youth - it is all new, exciting, and a beneficial experience.

"There have been pockets of 'adults

only' sport around for decades but for most sports it is a new experience, forced upon them since the advent of the multi-sport festivals for the mature aged known as 'Masters Games'. The first was held in Alice Springs in 1986 and has been repeated every two years since - growing bigger each time. There have now been four Australian Masters Games and approximately 12 regional Masters Games. Brisbane will host the third World Masters Games. The significant feature of Masters Games is that everyone, regardless of ability, is encouraged to participate - there are no qualifying limitations.

"There is a need for sport administrators to provide for growth in adult participation for those who want to play with their own peer group. The good news is that sports can be self-funded, self-administered as well as contribute greatly to mainstream competition.

"Adults have different social needs and pressures, as well as the ageing process to contend with. They usually have less time to train and more interruptions to their training timetables. In lower grade team competition, adults often have superior skills to their younger team mates, but need longer rests. Adults needs are often not compatible with younger people on the way up and they would enjoy it much more with their own peer group.

"Health aspects will be discussed as well as current activities to develop co-ordination of future multiple Master Sports activities and the promotion of adult participation."

MASTERS SWIMMING COACH OF THE YEAR

It's that time again. The Executive Director has called for nominations for Coach of the Year. Response in the past has been disappointing (in quantity, not in quality), so this reminder is to give you plenty of time to get your submission together.

Clubs owe or have a duty to their Coach to spend time and prepare an appropriate standard of submission in keeping with the many hours of quality work their coach has given to the Club - paid or not.

Nominations close with the Executive Director on 1 March each year, so take the time and do a good job on your submission.

Presentation of the Award will be at the AUSSI National Swim and when applicable, the ASCA Conference too.

CRITERIA for judgement are:

- accredited Masters Swimming coach.
- current AUSSI member, for at least twelve months.
- demonstrates a proven capacity to improve the level of performance of Masters Swimmers.
- practices and espouses a

philosophy of fair play.

- presents a positive image of coaching and the role of the coach.
- demonstrates concern for the development of Masters Swimmers in and out of the sporting arena.
- demonstrates the application of relevant coaching theory.
- outstanding contribution in coaching and/or towards the development of coaching at Club, Branch or National level.

The judgement will be made essentially for the achievements during the previous calendar year, but if this is the culmination of an extended period of activity, the preceding contributions will be part of the consideration too.

Branches may nominate more than one candidate.

The Coaching Panel, being the most qualified to make a decision, will do so if practical, but any member who is a nominee, obviously cannot participate in the selection process. The endorsement and/or final judgement will rest with the Management Committee.

Notes for "Coach of the Year" nominations:

Winners to date are high profile coaches and certainly have made meritorious contributions to Masters Swimming coaching, but an extraordinary contribution/application above and beyond the call of duty at Club level

will be equally considered---if the judging panel knows about it.

Submissions need to be well documented and related to the criteria for judging. It is a "coach" we are looking for, not just a popular personality.

"Performance" referred to in criterion 3 can mean an improvement in times, technique, greater distance and/or a higher level of fitness.

It is a Coach of the *Year* award. Some submissions in the past barely related to the good work done in the year under consideration.

The criteria and above notations are from the Coaching Directors' workshops held in Adelaide in April 1992. A recommendation from the Workshop is that Branches should consider a Branch Coach of the Year, too.

"We trained hard.... but it seemed that every time we were beginning to form up into teams we would be reorganised.... I was to learn later in life that we tend to meet any new situation by reorganisation; and a wonderful method it can be for creating the illusion of progress while producing confusion, inefficiency and demoralisation!"

PETRONIUS (65AD)
Roman Scholar and Military Leader



MEMBERSHIP

We didn't quite reach our target of 7,000 members for 1993, but present indications for 1994 suggest that 8,000 is not out of the question---it's only a 14% increase and we've done better than that before.

Most Branches are already showing an increase on last year's figures to date---but look at *Queensland!*

Queensland Branch has registered 1021 members (and 230 of them are **NEW!!**)

OUTSMARTING THE FEMALE FAT CELL

by Debra Waterhouse, M.P.H., R.D.

from Good Housekeeping Magazine
(via Wave Lengths)

When I first opened my nutrition-counselling practice, a couple came to see me. They were both about 20 pounds overweight and wanted to lose weight together. I put them on an exercise program and helped them change their eating habits. A month went by, the man lost seven pounds and the woman gained one pound. They were eating the same foods and exercising together. Another month went by, the man lost another six pounds and the woman lost one pound. She was depressed and ready to give up exercise for chocolate.

I was preplexed, so I did some research on women's fat metabolism. Then I asked the wife if I could experiment by changing her exercise program a bit and modifying her eating habits. Two months later, she was catching up with her husband. Within six months, they had both reached their goals. Thanks to that couple, I came to realise the female fat cell is *different* from the male fat cell---and makes weight loss tougher for women than for men.

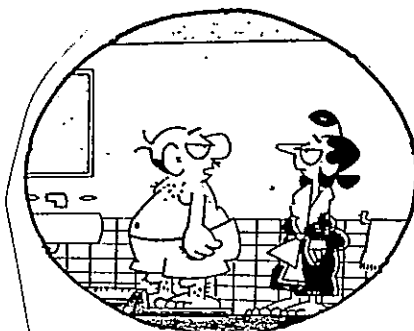
A fat cell's purpose is to store calories when you don't need them and to release them when you do. The storage of fat is called *lipogenesis* ("lipo" means fat; "genesis" means formation). The release of fat is called *lipolysis* ("lysis" means breakdown). The enzymes that help store fat are lipogenic enzymes; the enzymes that help release fat are lipolytic enzymes.

The difference between male and female fat cells lies in the enzyme systems and the size of the fat cells. You guessed it! Women have more lipogenic enzymes for the storage of fat, and the more you can store, the bigger the fat cell. Men have more

lipolytic enzymes for the release of fat and, therefore, smaller fat cells. Because of these differences, women store fat quickly and lose it slowly; men store fat slowly and lose it quickly.

If you are wondering why women got the fat end of the deal, the answer lies in the reason women are women: Oestrogen, the female sex hormone, activates and multiplies the lipogenic enzymes. (This explains increased body fat during puberty and pregnancy and when women are on oral contraceptives or oestrogen replacement therapy). The male sex hormone, testosterone, activates the lipolytic enzymes for the speedy release of fat.

Oestrogen not only stimulates the



"I can't lose weight. I'm such a great guy. the fat cells don't want to leave me!"

storage of fat but also directs where most of it will be stored. Oestrogen concentrates its storing effort in, the buttocks, hips and thighs. (This is why the average woman has a size 10 top and a size 14 bottom).

No matter how hard you try, you cannot starve fat cells. A built-in protective mechanism ensures their survival. Thousands of years ago, periodic food shortages---the result of famine, drought, catastrophe---were a way of life. The people most likely to survive were those with more body fat and bigger fat cells and thus more calories stored to withstand the food shortage. Famines were followed by feasting times. The body came to realise that the more efficiently it stored fat during feasting times, the fatter it would be and the more likely to survive during a famine.

Hence, the "*survival of the fittest*" theory. And (wouldn't you figure) this survival mechanism is stronger for women than for men. A man's body wants to protect itself for a couple of months of famine. A woman's body instinctively wants to protect itself for *nine* months of famine---just in case she's pregnant.

The famine/feast cycle of yesterday is the diet/binge cycle of today. When you go on a diet, the red warning lights flash and the biochemical changes begin. One of the first changes that occurs is the activation and multiplication of the fat storing lipogenic enzymes---so that you will be better equipped to store plenty of fat after the diet (the "famine"). Women already have more storage enzymes than men, and dieting *doubles* them. Worse, your fat cells become less efficient at losing fat. Research has shown that dieting can reduce fat-releasing lipolytic enzymes by 50 percent!

When you go on and off diets, the effect is *cumulative*. You have even more storage enzymes and fewer releasing enzymes after every diet cycle. That's why, each time you go on a diet, you lose the weight more slowly and gain it back more quickly.

So if dieting doesn't work, what does? How do you permanently lose weight and outsmart your female fat cells? Through a series of six logical and realistic strategies---which I call the **OEF** plan, standing for "Outsmarting Female Fat"---that focuses on how you eat (not what you eat) and how you live.

Strategy #1: *Aerobicise your fat cells.*

Exercise is the first strategy because it is an ongoing strategy. It is also the *only* one that effectively releases fat from the fat cells (all the other strategies simply prevent fat storage).

To become a true fat-burner, you must change both your fat and your muscle physiology. In order for you to lose fat, it must be transported to a muscle cell. The muscle cell contains important structures called mitochondria that burn the fat. The more muscle you have, the

more mitochondria you have and the more fat you will burn. Exercise increases muscle mass and doubles the efficiency of the mitochondria in your muscle cells!

Men immediately lose fat with any exercise program. They already have lipolytic enzymes, more muscle mass and more mitochondria, so they don't have to make them. Men can exercise for 15 to 20 minutes and their fat cells will release fat.

Men can also exercise at a higher intensity than women because they have a more efficient oxygen delivery system. Women cannot exercise as hard and must exercise for a longer time to see comparable results.

For these reasons, aerobic exercises--walking, running, biking, swimming, skating, stair climbing, etc.--are the only way women can outsmart their female fat cells. By slowly increasing the number of days and the time spent exercising, at the end of three months, you should be doing it three times a week for 45 minutes--enough to condition your stubborn female fat cells to release fat . . . and to shrink.

Note: Your fat-releasing enzymes will be stimulated only if your exercise is of moderate intensity. To find out, take this test: While you're exercising, try singing the first line to Old MacDonald ("Old MacDonald had a farm, E-I-E-I-O"). If you can sing the whole line without taking a breath, you are not exercising hard enough to deliver the necessary oxygen to your fat cells. If you have to take a breath after every syllable, you are exercising too hard.

Strategy #2: *Stop dieting and start eating.*

Trusting yourself to eat may be a terrifying step into the unknown. But you have to eat regularly to lose weight. The problem is that most people eat in response to hunger only about 20% of the time: they eat when

they are not hungry 80% of the time. If you eat when your body doesn't need food, that food goes straight to your fat cells. If you eat when your body does need food, your body uses the calories and they bypass the fat cells. You can and should eat when you are hungry.

Strategy #3: *Eat what you want--just don't overeat.*

Pizza is my favourite food in the world. In my days of deprivation I would deny myself pizza and, instead, make the perfect diet meal of skinless chicken breast, cottage cheese and carrot sticks. Later that night, I would be grazing through my kitchen cupboards. Another 600 calories later, I would have a pizza delivered at midnight and eat the entire pie. Now, when I want pizza, I have it. I don't overeat it, and I am completely satisfied.

I'm not suggesting that you eat nothing but high fat, high sugar or nutrient free foods. You may find that if you allow yourself to eat the things you want when you want them (if you stop thinking of them as "forbidden"

foods)--surprise!--you won't want them as often. And if you are truly listening to your body, you will discover that it "wants" a variety of foods; not just fat, sugar and salt, but also fruits, vegetables, starch and protein.

The key is not to overeat. When you overeat, excess calories are fat-cell calories; it does not matter where they come from. Any food--whether oranges or ice cream--will be stored in your fat cells if you overeat it. I have a client who used to binge on cookies, cakes and pies. She thought if she changed her binging foods to low fat crackers, French bread and non-fat frozen yoghurt, she'd lose a lot of weight. She didn't lose much weight at all--because she was still overeating.

Strategy #4: *Shrink and multiply your meals.*

How many times have you heard that "snacking is bad" and causes weight gain? How many times have you been told to eat three balanced meals a day?

We have equated snacking with junk food. But a snack can be any food. Snacking between meals will cause weight gain only if you snack when you are not hungry or you overeat your snack.

The four food group approach to balanced meals was designed to ensure that we get all the vitamins and minerals important to good health. Somewhere along the way, this theory took on the meaning that each meal should contain all four food groups.

The truth is that as long as you get items from all four food groups throughout the day, it doesn't matter when you eat them, in meals or in snacks. But the traditional meal of meat, potato, vegetable, bread and salad is overeating--feeding your fat cells more than feeding your body.

How do you plan five meals a day instead of three? Simply take the



National Mutual

NEW ZEALAND MASTERS GAMES

Entry Form

FEBRUARY 5 - 13

same food you'd eat in two or three meals and distribute it more evenly throughout the day. Many of my clients who eat sandwiches for lunch find that they can easily save half for a mid-afternoon snack---and then eat less for dinner.

Strategy #5: *Become a daytime eater.*

Most people find it much easier to control their eating behaviour during the day. You're busy, you may be away from home, you're not around food. At night you're home, TV commercials remind you of food, and the kitchen is right around the corner.

The typical American eats about 70% of her calories after 5pm. The typical American is **overweight**. That's because metabolism is lowest at night---just when calorie intake suddenly soars.

Your metabolism is highest during the first 12 hours you are awake. If you wake up at 6am and your body needs about 2000 calories a day, it will burn about 75% of these calories (or 1500 calories) from 6am to 6pm and only 25% of these calories (or 500 calories) after 6pm. So you should eat 75% of the day's food before 6pm. If you cannot eat your dinner that early, try to make that meal as small as possible. Doing so will be easier if you've been eating small, frequent meals throughout the day.

(Incidentally, many other cultures eat their largest meal at midday---and it's no surprise that these cultures do not have the weight problem ours does. They burn instead of store. It's the way your grandparents ate. Lunch used to be called "dinner" and dinner used to be called "supper". Supper was their smallest meal of the day. As the dinner meal became larger, we became larger people.)

Strategy #6: *Fatproof your diet.*

Any food will cause weight gain if you eat it when you are not hungry or you overeat it. Now that I've said that again, I must qualify it; if we rate foods based on their likelihood of becoming stored fat, high fat foods would be at the top of the list.

The reason: Fat is already in its storage form. It is effortless for your fat cells to store the fat you just ate in the cheeseburger and fries. With carbohydrates and protein, however, your body must use energy to convert them to fat that can be stored.

That's the first reason to reduce your fat intake. Here's the second: Fat is not the preferred energy source for your body to function at its most efficient capacity; **carbohydrates** are. Most people still believe that carbohydrates (often called starches) are fattening. Bread, potato, pasta, rice and all other starches are not fattening if you don't overeat them and you don't add other fat (margarine, butter, sour cream, cream cheese).

My program is a **slow process**, but it has **permanent effects**. Once you've reached your goal, it will be much easier for you to maintain your weight loss than if you'd been on a diet. You will have changed your muscle and fat physiology with natural lifestyle changes. And **your body will want to keep the weight off**. I hope that these eating and exercise strategies will help you outsmart your female fat cells---so

**SUCCESS IS
NEVER FINAL
AND FAILURE
NEVER
FATAL. IT IS
COURAGE
THAT
COUNTS.**

**WORLD
MASTERS
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1994 WORLD MASTERS GAMES
(BRISBANE) LIMITED

FEBRUARY FITNESS CHALLENGE

FITNESS FROG says: *"Count every yard, 'cause every yard counts!"*

The aim of the event is to promote fitness through swimming and to encourage athletes to track their distance over a monthly period. Scott Rabalais of Baton Rouge, LA, USA says that they had great success in their inaugural event last year with 606 participants completing 18,000+ miles. This year his goal is 1000 swimmers going a **trip around the world--24,072 miles!!!**

The February Fitness Challenge '94 is sponsored by Southern Masters Swimming, United States Masters Swimming Fitness Committee, SWIM Magazine, Speedo America, American Lap Swimmers Association.

For entry forms contact your Branch Secretary or the National Office. Entries must be received by Scott no later than 21 March 1994.

BOARD MATTERS

The most recent Board Meeting was the Mid-Year Conference held in Melbourne over the weekend 30/31 October. Your Board worked hard for you, putting in ten hours of meeting time on each of the two days.

Some of the many decisions were:

CONSTITUTION & BY-LAWS - These were adopted with minor alterations.

RULES - These were also adopted although three are subject to a postal vote which will be returned to the National Office by the end of November.

Hence, the Constitution, By-Laws and Rules will be reprinted early in the New Year.

TECHNICAL OFFICIALS COURSES - The guidelines approved by the Board in 1991 are to be adhered to and the National Office will oversee that everything goes according to plan. ***NO FEES ARE CHARGED FOR THESE COURSES.*** Any charges have been levied by Branches and have been retained by them. (Should lecture notes and/or exam papers be professionally printed in the future, fees may be applied then.)

REFEREES - The following members were ratified: Brian Hird, Sue Johnstone, Michele and Harry Schofield, Kay Cox, Gary Hoff, Ivan Wingate, Darryl Hawkes.

TASK FORCE - this was set up to conduct a full portfolio review and make recommendations on a preferred structure. The timeline is short as the recommendations are to be prepared by 7 January 1994 in time for them to be put in place at the Annual General Meeting in March. It is also to look at the structure to incorporate the possibility of a paid Coaching Director.

Further, the Task Force is to review

the structure of the National Executive Director's contract arrangements, to be reported to the Mid-Year Conference in 1994.

The Task Force comprises Glenys McDonald, Graeme McDougall, Judy Ford, Rick Barnes and Doug Tantau.

NATIONAL NEWSLETTER - To continue to be mailed to Branch and Club Secretaries. Branch Secretaries should be copying it for all Branch executive, and Club Secretaries for their members.

MEETING OF BRANCH RECORDERS - SA will host a meeting of these during the National Swim in March 1994.

CERTIFICATE OF REGISTRATION - This must be obtained from the National Office ***BEFORE*** entering any overseas swim meet. It ***MUST*** accompany your entries.

MEDALS FOR RELAY WINNERS AT NATIONAL SWIMS - The rule "medals shall be presented to the four (4) members of each of the six winning teams in each of the above age groups" was deleted from the Rule book.

LEVEL 1M COACHES - People seeking accreditation need to be members of AUSSI.

REGISTRATION FEES - The pro-rata membership fee for the last three months of the registration year will now be applicable to former members (as well as new members) **PROVIDED** that the former members have not belonged for at least 21 months.

1993 NATIONAL SWIM - NT Branch presented an excellent report on the National Swim held in May 1993 and made a very handsome profit, sending a cheque for \$6531 to National.

CONGRATULATIONS!!!

MARATHON MARVELS!

Nearly 24 hours of ploughing through the waters at the Adelaide Aquatic Centre has paid dividends for a band of hardy souls.

Adelaide Masters club members recently broke the 24 hour endurance record by chalking up 98.4km to beat the old record of 94.6km. But members believe they may have set a world record in the category they competed in--one of the requirements being that the total age of the 12 person team had to be at least 500 years.

The team, consisting of six men and six women with an average age of 42, began its tough test at 6pm on the Saturday and finished at about 6pm the next day, breaking the record with about an hour to spare.

Club president John White said the swimmers had pulled up virtually unscathed from their venture.

"Everything went well--we pretty well kept to our plan and worked out when we hoped to pass the record," he said.

"Everyone had to swim for two hours which worked out well although there might have been a few sore people for a few days after.

"We believe we've set a world record but we won't know for sure until we send all the paperwork off for checking."

The swimmers were Dave Richards, Gillian Jean, Gordon King, Dieter Loeliger, Elly Fleig, Stephanie Palmer-White, Grant Simpson, Alastair Will, Joanne Sutcliffe, Kathy Heenan, Laurie Potter and Harvey Green.

The club also used the event as a fundraiser for the SA Asthma Foundation but as yet are unaware of just how much money was raised.

NATIONAL DIRECTOR OF COACHING

With regret, the Board at its recent meeting accepted Anita Killmier's resignation as Director of Coaching. Under an arrangement however, Anita will continue to produce the Coaches Newsletter and remain involved with "Mastering Swimming" particularly if it is to be reprinted.

As directed by the Board, and in keeping with By-Law 22.3, the Management Committee is pleased to announce that the "caretaker" Director of Coaching is:

KAY COX

Kay is well known to you all and we are very pleased that she has consented to fill the position and we welcome her onto the Management Committee and the Board. Nominations will be called for in due course, for a postal ballot to elect a Director of Coaching in time for the next AGM, for a period of 12 months. Kay, of course, can be a nominee if she so desires.

AUSSI ACCREDITED COACHES

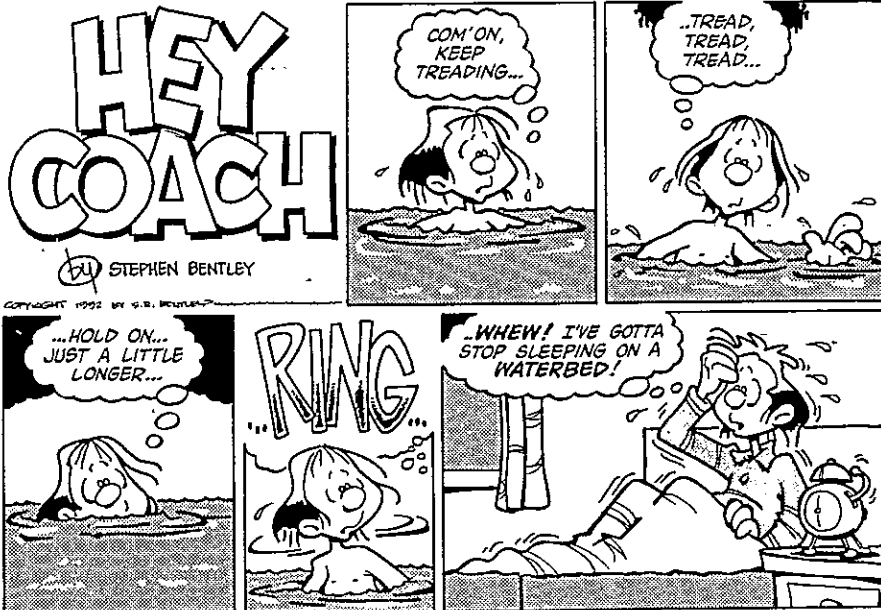
The importance of having an accredited coach, and more importantly, an AUSSI accredited coach who understands the importance and differences between coaching adults and children, was brought home in the National Office just recently.

Ivan had an enquiry from a woman about joining AUSSI. She was appalled at a recent incident during an adult fitness squad training session. One older man in the group was very red in the face and hyperventilating. She asked the coach (?) if he could do CPR and he said no. He then raced to the two other staff on duty and neither had CPR qualifications either. She did have CPR training, but fortunately the guy recovered naturally.

The pool management advertises "qualified coaches" whatever that might mean, and charges \$8.25 per session. They kicked the AUSSI club out about three years ago.



"We're not getting older, we're getting better. No, wait...we are getting older!"



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

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CALENDAR OF EVENTS

1994

- 23 January NSW Open Water Champs, Penrith, NSW
- 5-13 February New Zealand Masters Games, Dunedin, NZ
- 11-13 February Nth Island Masters I/c Meet, Cambridge, NZ
- 26-27 February AUSSI Tasmania I/c Meet, Devonport, TAS
- 12-20 March 3rd Australian Veterans Games, Wagga, NSW
- 22-26 March 19th AUSSI National Swim, Adelaide, SA
- 15-17 April 3rd Tasmania Masters Games, Devonport, TAS
- 15-17 April NSW State Cup (I/c), Blacktown, NSW
- 22-24 April New Zealand I/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

- Easter?? 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

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