

**AUSSI
MASTERS SWIMMING IN AUSTRALIA
INC.**



FOUNDED 1975

ANNUAL REPORT

1993

AUSSI
MASTERS SWIMMING IN AUSTRALIA (INC)
FOUNDED IN 1975

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Office Bearers - 1993

MANAGEMENT COMMITTEE

PRESIDENT

Glenys McDonald

EXECUTIVE DIRECTOR

Ivan Wingate

DIRECTOR OF FINANCE

David Forsyth

DIRECTOR OF COACHING

Anita Killmier

BOARD MEMBERS

A.C.T. Judy Ford - Director of Communications

N.S.W. Michele Schofield - Director of Technical Development

Vic. Doug Tantau - Director Assisting Planning

W.A. David Cummins - Director of Planning

S.A. Peter Gillett - Director of Recording

TAS. Pauline Samson - Director of Programmes

QLD. Bren Catchpole - Director of Membership Development

N.T. Rick Barnes - Director Assisting Membership

AUDITOR

Flor-Hanly & Associates

LIFE MEMBERS

Gary Stutsel

Glenys McDonald

Peter Gillett

INDEX

Page No.

President's Report	5
Executive Director's Report	7
Finance Report	10
Statement of Income and Expenditure	11
Balance Sheet	12
Coaching Report	13
Programmes Report	15
Communications Report	15
Planning Report	16
Membership Development Report	17
Queensland Branch Report	18
New South Wales Branch Report	19
Western Australia Branch Report	21
Victorian Branch Report	22
South Australian Branch Report	23
Tasmanian Branch Report	25
Northern Territory Branch Report	26
Australian Capital Territory Branch Report	27
Swimmers of the Meet - National Swim - Darwin	29
Coach of the Year	30

PRESIDENT'S REPORT

This is my first report to our membership through the forum of our Annual Report. It is now nearly eight months since I took up the role from Graeme McDougall. My sincere thanks to Graeme for his assistance and advice in the early changeover period, and his willingness to continue his contribution to our wonderful organisation.

I was initially concerned, before taking on this role, that living in an isolated part of Australia I would be out of touch. This concern was ill-founded, and for this I have to thank our Executive Director, Ivan Wingate, and the invention called a fax machine. Ivan has carried out his role as Executive Director, with total commitment, attention to detail, concern for the membership, and a positive outlook.

I said in my report to our Mid Year Board meeting in October that one of my goals as President was to change the title "AUSSI NATIONAL" into a title which inspired in our Branches and members, thoughts of competence, innovativeness, understanding and assistance; not thoughts of "them and us" set up to block all ideas. I feel we are well on the way to realising this aim. I feel that this year Branches have acknowledged that National does listen to their concerns and takes steps to implement their ideas.

Our Northern Territory Branch achieved a milestone in 1993 by conducting their first AUSSI National Championships. Those of us who have been involved in conducting such an event know how much work is involved. For this to be achieved, and so successfully, by such a small Branch, deserves all our congratulations.



Glenys McDonald - National President

Our October Board meeting finalised the adoption of our Rules document and this is now at the printers ready for distribution. At that meeting a Task Force was appointed to consider concerns raised with our current structure. Whilst this was working, there were areas identified for attention. The Task Force called for submissions and finalised their report by the end of 1993. Their proposals have been widely circulated within our Branches, and I am confident that the best formula for our organisation will be implemented at the AGM.

After striving for funding recognition by the Australia Sports Commission it was gratifying to receive \$9,000 as a grant for the implementation for one of our programmes - the Technical Officials Development. Courses have been conducted, and officials accredited in Queensland, Tasmania, Northern Territory and South Australia. Victoria, New South Wales and Western Australia are planned for 1994.

It would be fair to say that in the implementation of this officials course, we have had endorsed, our opinion that

we are different to main stream swimming, and that our needs, as Masters swimmers and officials must be considered.

Whilst we are very grateful to the Australian Sports Commission for funding through its Masters initiative for this programme, it really is very little, very late. The costs of running AUSSI Masters Swimming Inc have been borne by the membership. We employ a full time Executive Director because of the workload, and his salary is paid from members registration. The other Board Directors, and the Management Committee, like so many other sports, volunteer their time and commitment. However, in an organisation such as ours which does not warrant funding for our National Executive Director and National Coach or Development Officers, like other National Sports bodies, we place a far greater burden on our voluntary officers.

This burden became too great this year for our National Coach, and led to the resignation of Anita Killmier. How Anita managed the workload for so long, one can only marvel at. She has our thanks and eternal appreciation, and we wish her well. Anita has offered to carry on the Coaches Newsletter and the updates on our wonderful book "Mastering Swimming" which has been an undivided success.

I was pleased to welcome Kay Cox as our new National Coach. Kay is no stranger to AUSSI, having been a foundation member of AUSSI in Western Australia. Shortly after taking up her position on our Management team, Kay was honoured by Australian coaches as a recipient of the prestigious Eunice Gill award. AUSSI is very proud of her.

In his report to you last year, Graeme

McDougall expressed concern for our future independence as an autonomous body governing masters swimming, in the light of FINA activities towards Masters Swimming International. Indeed some early interchange of correspondence mid year between AUSSI and ASI might have indicated some reason for concern. However, I assure our members that our relationship with ASI continues to be excellent. We have had it reaffirmed by ASI President - Mrs. Evelyn Dill Macky, that we are considered an autonomous organisation looking after Masters swimmers in Australia, in the same light as Diving and Water Polo Etc.

We appreciate this, and see many ways where our two organisations can assist each other in the years ahead. Circumstances and swimming rules at the time forced Masters Swimming to evolve as a separate organisation. We have grown from strength to strength and can stand on our own two feet in any sport forum anywhere in the world. I see us working well with ASI in the future, and only wish FINA had taken such a common sense approach.

One of the highlights of the year for me was attending the "Playing on Forum" jointly hosted by the Australian Sports Commission and the Confederation of Australian Sport. Whilst I have been critical that AUSSI has not had access to funds like other National Sports bodies, the work currently being undertaken by the Commission and Confederation warrants high praise.

From informed sources, there is a growing awareness that independent Masters sports should have access to funds for administration. As this is our most pressing financial need, we hope their views find support where it counts.

I thank all Board members for their assistance in these past few months. I am amazed at the workload some of them have taken on, on behalf of AUSSI. I would like to thank the retiring members of the Board, particularly Bren Catchpole, Bren was responsible for the introduction of many initiatives within her portfolio, particularly the Membership Kit which has been an outstanding success.

Overall, I see 1993 as a successful year. I see no reason why we cannot achieve all our planning goals in 1994.

Yours sincerely,

GLENYS MCDONALD

EXECUTIVE DIRECTOR'S REPORT

On 25 May 1993, Glenys McDonald became AUSSI's fifth President. Who would have predicted a decade ago when the National administration was firmly entrenched in our largest capital city, that in ten years we would have a female President located in a small fishing village in mid-north Western Australia, the National Office in Adelaide, our financial management controlled in mid-north Queensland (nearly 4,000 km from the President) and the Coaching Director in Melbourne (3,000 km from the President and 2,000 km south of the Finance Director)?

FAIR REPRESENTATION

It has its draw-backs of course: the phone calls are more expensive and face to face meetings are limited to two a year. The benefit however, is that with today's communication technologies, distance is not a limiting factor in choosing Officers of an association. AUSSI's Management Committee are now truly national in

thinking and as the rest of the Board is made up of one representative from each of Australia's States and Territories, all our Members must feel satisfied that their needs are being considered. Full gender equity was also reached this year in the Management Committee and the Board, being 50:50 male and female. Our Membership statistics also show about 50:50.

BOARD MEETINGS

Two Board Meetings were held: 1-3 May in Darwin and 30-31 October in Melbourne. The Darwin Meeting was preceded by a mini-search conference which revealed a number of key areas/issues to address. Something new was tried in Melbourne too, where guests were allowed to sit in on the Board Meeting. A number of the Victorian Branch Executive joined the Board Members for dinner on Saturday night, which all augurs well for closer understanding of common objectives.

THE UNDER 25s

Glenys has mentioned in her President's Report how a Task Force Committee was formed to address a perceived need. Similarly, because of concerns expressed by people outside AUSSI about our 20-24 year age group, we ran a further survey of this age group. The result almost mirrored that of the previous one conducted in 1987. It showed that perceptions and realities can be quite different. The concerns expressed about AUSSI poaching swimmers from amateur swimming clubs was ill-founded. More than 50% of those surveyed had not been a member of a swimming club, although 55% had swum in competition at school. One person in the survey transferred directly from a swimming club to AUSSI,

whereas most had left their clubs at age 15-16. Fitness and exercise followed by social then competition were the reasons why this group joined AUSSI. 98% said that AUSSI fulfilled their needs.

AUSSI COACHES

AUSSI's Coaching Accreditation scheme is continuing to gain momentum and it is evident from the number of coaches joining the coaches indemnity scheme (112 in 1993) that more clubs are developing their own coaching practices instead of using services provided by others.

COMPUTING

The Registration computer software is now in use by all Branches and in some Clubs. All Clubs in SA are now using it. The National Top Ten software was released this year and is in use by most Branches. We are not yet in a position to be able to press a button at the end of the year to compile all our results, but much progress was made in 1993.

GOVERNMENT GRANT

After a five (5) year drought, we received a grant on 16 August from the Australian Sports Commission. It was a special purpose grant to develop our Officials training and accreditation scheme. As reported elsewhere, because of the grant we have been able to train a considerable number of officials but have found that some of the concepts we tried to transfer over from mainstream swimming, need further modification to suit our needs.

MAJOR MEETS

Endeavours to extract the tourist dollar from our Members were made for:

- Pan Pacs - Hamilton N.Z.
- 10 April 1993

- Australian Masters Games - Perth W.A.
- 26 April 1993



Ivan Wingate - Executive Director

- AUSSI National Swim - Darwin N.T.
- 4 May 1993

Next year will be even more competitive with bodies trying to attract our Members to Wagga, Adelaide, Devonport, Montreal, Maryborough, Brisbane, Alice Springs and a few other regional Masters Games and State Swims. Obviously our people cannot get to them all so it is often our AUSSI conducted events that suffer.

MASTERS PROFILE

As professional promoters of these high profile multi-sport events use elite, household-name athletes, the image of Masters within the general community suffers. It is common now for potential members to ask: "How good do I have to be to join Masters"? and "No, I won't join AUSSI because I don't want to go in races" or "you're too competitive for me".

I fail to understand why promoters think that they will increase participation by featuring ex-Olympians.

THANK YOU

I have considered in this Report to explain how busy we are as I usually do, but am pressed for time this time to include it. However, I would again like to thank the Adelaide Aquatic Centre for providing the facility for the National Office and UNISYS SA for their support and consideration. Thank you also goes to Zedar for their support of many of our swims around Australia.

IVAN WINGATE
EXECUTIVE DIRECTOR



Adelaide Masters' "Brass Monkey" team after completing a Henley-Grange winter solstice (1993) swim in preparation for their 1994 English Channel relay swim.

DIRECTOR OF FINANCE REPORT ON THE YEAR ENDED 31ST DECEMBER, 1993

It is my pleasure to report that after allowing \$2,617 for depreciation, we achieved a surplus of \$8,697 of income over expenditure, for the year.

Total income for the year increased by a net \$8,127, due, in the main, to an increase in registration fees receipted and the excellent result of the National Swim held in Darwin.

There was a net saving in expenditure of \$2,409. The saving of \$8,678 for FINA/MSI Conference fees was offset by our own increase in the cost of the Darwin AGM and Play On Conference, etc.



David Forsyth - Director of Finance

SOURCES OF OUR FUNDS FOR THE YEAR WERE:

Special Purposes Grant	\$9,000
Sundry Creditors	\$2,309
Capital Adjustment	\$ 100
Surplus (Net of Depreciation)	\$11,314
	<u>\$22,723</u>

THESE FUNDS WERE APPLIED TO:

Purchase of New Equipment	\$4,342
Increased Debtors and Prepayments	\$1,159
Increase in Stock	\$ 741
Increase in Cash, Bank Credit and Investments	\$16,481
	<u>\$22,723</u>

Our financial position as at the 31st December, 1993 as per the balance sheet, is satisfactory and is expected to remain so for the 1994 year.

D.C. FORSYTH
DIRECTOR OF FINANCE

AUSSI MASTERS SWIMMING IN AUSTRALIA (INC.)
STATEMENT OF INCOME AND EXPENDITURE
FOR THE YEAR ENDED
31 DECEMBER 1993

INCOME

1992		1993
\$ 1,350	Branch Affiliations	\$ 1,200
104,457	Members Registrations	110,368
8,273	Interest Received	6,891
1,686	Swim Meets	6,631
400	N.A.C.S. Licence Fee	NIL
240	Coaching Accreditation Fees	820
4,949	Profit on Stock Sales	3,572
<u>\$121,355</u>		<u>\$129,482</u>

EXPENDITURE

\$ 895	Audit Fees	\$ 544
47,160	National Executive Directors Fees	48,869
6,495	Printing and Stationery	5,783
3,981	Postages	5,819
4,565	Telephone	3,348
16,142	AUSSI Conferences and Meetings	23,521
8,678	FINA/MSI Conferences and Meetings	NIL
4,524	Coaching and Technical Expenses	3,525
6,249	Planning and Development Expenses	5,647
3,337	Recording and Programmes Expenses	3,241
1,762	Affiliations and Subscriptions	2,317
14,774	Insurances	14,371
240	Bank Charges	147
1,775	Sundry Repairs and Administration	
	Expenses	1,036
3,823	Depreciation	2,617
<u>124,400</u>		<u>120,785</u>
3,045	Deficiency	
	Surplus	8,697
<u>\$121,355</u>		<u>\$129,482</u>

AUSSI MASTERS SWIMMING IN AUSTRALIA (INC.)

BALANCE SHEET AS AT 31 DECEMBER 1993

ASSETS

1992		1993
	CURRENT	
\$ 2,712	Cash Floats	\$ 1,000
33,996	Bank Credit	49,873
130,181	1988 World Swim Investments	132,497
840	Prepayments	2,000
311	Sundry Debtors	310
7,967	Stock on Hand	8,708
<u>\$176,007</u>		<u>\$194,388</u>
	FIXED	
	Trophies and Cases	\$1,034
	Plant and Equipment	<u>7,864</u>
7,173		8,898
<u>\$183,180</u>		<u>\$203,286</u>

LIABILITIES

NIL	Sundry Creditors	\$2,309
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MEMBERS ACCUMULATIONS

	Balance 1/1/1993	\$183,180	
	Addition Special Grant	9,000	
	Capital Adjustments	100	
	Surplus Income Over		
	Expenditure	<u>8,697</u>	
183,180			200,977
<u>\$183,180</u>			<u>\$203,286</u>

AUDIT REPORT TO THE MEMBERS OF THE AUSSI MASTERS SWIMMING IN AUSTRALIA INCORPORATION

We have audited the attached Financial Statements in accordance with Australian Auditing Standards. It was not practicable for us to establish control over memberships and sales prior to their initial entry in the accounting records, nor was it practicable for us to circularise members to confirm that all subscriptions have been received and recorded. Our audit relating to these transactions was therefore limited to the amounts recorded in the books of account.

Subject to the above, in our opinion the financial statements present fairly the financial position of the AUSSI Masters Swimming in Australia Incorporated at 31st December, 1993 and the results of its operations for the year then ended, and are in accordance with the requirements of the Associations Incorporation Act 1985 (As Amended).

Yours faithfully,
FLOR HANLY & ASSOCIATES

NATIONAL DIRECTOR OF COACHING

It is with regret that I have resigned as National Director of Coaching. Work and family commitments have increased to the degree that I no longer feel able to perform my duties effectively. Kay Cox has stepped into the breach and will no doubt make her mark as she has in the past.

In resigning I made the following recommendations:

- That the Board make funding a priority to turn the job of N.D.C. into a paid part or full time position. I believe that the role *should* be expanded from a voluntary position as there is much to be done if AUSSI is to play a more active role in developing coaches and raising our profile in the sporting world in general.
- That to alleviate some of the workload from the incoming N.D.C. I continue to produce the Australian Masters Swimming Coaches Newsletter in its present form, and to continue with the



Anita Killmier - National Director of Coaching

Resource Centre until such time as funding became available for the N.D.C.

Despite my inability to do much in the past 12 months I am happy to report on a number of areas relating to my portfolio.

ACCREDITATION

A number of accreditation courses were held around the country making this our most successful year to date.

- National Anita Killmier May 1993
Darwin
- SA Elly Fleig May 1993
Adelaide
- QLD Chris Parsons July 1993
Brisbane
Rod Porteous July 1993
Gladstone
- VIC John Ornsby October 1993
- WA Kay Cox November 1993
Perth

Kay Cox also completed the first pilot of the Level 2M. Interest has been strong around the country for the 2M and it has been agreed that Queensland be allowed to run the Level 2M pilot to help Kay streamline the course for general release. It should be noted that participants may not achieve full accreditation status unless it is fully approved by the A.C.C.

Disappointingly the course planned for N.S.W. fell through.

The A.C.C. has now asked that all courses be updated every 4 years and this will need to be done in 1994.

MASTERING SWIMMING

Supplies of Mastering Swimming are dwindling and National will need to purchase last stocks from the publisher if we want an on going supply for our courses. If we decide to go to a second edition, certain parts of the book need to be tidied up, and this could take 6 months to complete. I am prepared to see this project through to its completion.

MASTERS COACH OF THE YEAR

It was pleasing to see the high standard of the coaches nominated for this award by branches. The award was presented to Neroli Nixon from the Doncaster Dolphins in Victoria for outstanding contributions to her club at the

presentation night at AUSSI Nationals in Darwin.

RESOURCE CENTRE

Due to 2 office address changes in the first 6 months I closed the resource centre for a time. It has now reopened at my new address. This year I would like to review all videos for distribution to clubs. Requests for hire are erratic but I still think it fills a valuable need.

AQUATIC EDUCATION NOW!

On October 2nd and 3rd Vicswim in conjunction with Royal Life Saving Society of Australila (Vic. branch) hosted a weekend workshop for swimming teachers and coaches. I was invited to lecture, and conducted 2 sessions on Teaching Adults to Swim.

As a result we had many inquiries about AUSSI and had books available for sale.

Furthermore, Vicswim in conjunction with AUSSI, are keen to run the *Teaching Adults to Swim* course piloted by the WA Branch. Two such courses are now in the planning stages in Victoria in collaboration with me.

EUNICE GILL AWARD

It was with great pleasure that AUSSI nominated Kay Cox for this prestigious award for her contributions to AUSSI and coaching. We were pleased that others in the sporting world supported our nomination. Kay Cox was presented her award as part of the ACC Australian Coach of the Year Awards in front of many of Australia's sporting heroes.

Congratulations from all of us Kay!

I have enjoyed my time with the AUSSI Management Committee and the Board of Directors who have always supported

and had confidence in me. At some stage in the future I would like to resume the position as I still feel I have more to contribute to the coaching fraternity.

1994 IS THE YEAR OF THE COACH

ANITA KILLMIER

DIRECTOR OF PROGRAMMES

As this has been my first year of direct involvement at National level, it has been both busy and interesting.

This year has seen the new point score tables being used in the Aerobic Trophy competition. With the inclusion of the 1/2 hour and 3/4 hour swims, it might be expected that the number of competitors would increase. This hasn't been the case and although all Branches were represented, many Clubs were not and only about 1/3 of the AUSSI membership took part. Maybe this should be a goal for 1994 to increase the participation rate. As the 3000m and 5000m swims were withdrawn from scoring points in the Aerobic Trophy, there was not significant increase in the number of competitors with either Top Point Scores and/or Completed all Swims.

Already there have been some minor changes to the Aerobic Trophy with the inclusion of the 1/2 and 3/4 hour swims in the National Top 10 for 1994, and the release of the results before the National Swim. There are no award badges for the 1/2 and 3/4 hour swims and as yet no Branches or Clubs have requested these.

The 3 Million Metre badge was introduced as from October 1991 and already 1 swimmer has achieved that award.

This year also saw a number of Postal



Pauline Samson - Director of Programmes

Swims Competitions being offered for all AUSSI members, hopefully filling the gap for some Clubs where competitions are few and offering members incentives and new goals.

For AUSSI to grow in membership there must be encouragement to swim for fitness and fun over the entire swim season for all levels of ability.

PAULINE SAMSON

DIRECTOR OF COMMUNICATIONS

The heading on this report is anomalous as the ACT relinquished the portfolio of communications some two years ago. However, as no other Branch has taken up the challenge, we have continued to fulfil part of the portfolio, namely the National Newsletter. Hopefully, with the pending restructure of the AUSSI administration, this dilemma will be overcome. Perhaps the report should be headed:

DIRECTOR OF NATIONAL NEWSLETTER

The National Newsletter has continued to be issued through the National Office



Judy Ford - Director of Communications

every second month (odd months). I complete the layout and send the originals to the National Office where they are copied, collated and sent to Branch and Club Secretaries, the National Management Committee, Board Members, Life Members and the AUSSI Historian. I hope that Club Secretaries make many copies of it and hand it out to all their members.

The purpose of the National Newsletter is to keep individual club members better informed about AUSSI at a National level, as well as containing snippets of information on the international scene. Without clubs assisting in getting it into the hands of all members, this purpose won't be achieved in the current format.

The layout has remained essentially the same for the past four years, and is unlikely to undergo any radical change until an editorial committee become responsible for it. Hence I look forward to Victoria Branch taking up the gauntlet in the very near future.

I welcome all input received, especially articles, cartoons, information, etc., to help fill the pages. It is always pleasing to be able to ascertain from a passing comment that someone has actually read the Newsletter.

JUDY FORD

DIRECTOR OF PLANNING REPORT

Our three year document concludes its present term at the end of 1994. Prior to this the responsibility to update and formulate a new document to take us through to the end of 1997 rests with the new 'Director of Planning Branch'.



David Cummins - Director of Planning

With any organisation predominately run by volunteers a plan as comprehensive as our existing one will never be able to boast that all of its concept will have been met. However it is pleasing to be able to report that whilst not all our aims have been achieved we can look at the past two years and say "We have accomplished at least 75%-80% of our intent". We should feel pleased and grateful to have attained this high success rate.

Having implemented this original document I confidently pass the portfolio on in the knowledge that its inception has had an impact on the path and growth of our great organisation.

DIRECTOR OF MEMBERSHIP DEVELOPMENT

During 1993, AUSSI Masters Swimming's membership almost, but not quite, reached the 7000 mark. Whilst most Branches maintained their numbers, it was good to see New South Wales and Victoria's growth rate rising. Tasmania continued its trend of the past few years in being the Branch with the greatest percentage membership increase - well done! It was interesting to see a change in age group participation with a greater number of new AUSSI members in the twenty and thirty year age groups.

In a move to increase membership numbers, community swimming pools throughout Australia that are without AUSSI clubs are being identified and will be the target of a comprehensive promotional campaign. There are tens of thousands of adult recreational and lap swimmers throughout the country totally unaware of the advantages AUSSI has to offer and it is these people that we must target, inform and encourage to join the ranks of AUSSI members.

Registrations for the past five years are as follows:

Branch	1989	1990	1991	1992	1993
QLD	968	1309	1450	1715	1705
WA	1134	1165	1331	1377	1351
NSW	1236	1293	1245	1281	1434
VIC	725	900	1161	1187	1215
SA	597	672	705	624	610
TAS	208	257	311	319	350
NT	89	105	113	127	179
ACT	78	94	78	91	85
Totals	5035	5795	6394	6721	6929



Bren Catchpole
Director of Membership Development

The New Members' Kits distributed to Branches now number 7000. There has been encouraging feed-back from members. In addition, a pleasing aspect has been the interest shown in the concept by other sports and overseas masters swimming groups who have commented on the Kits and requested samples.

With the new format established for the production of AUSSI Masters Swimming Rules, work has commenced on upgrading the Club Guide in similar loose-leaved format which will facilitate the updating of material.

The National Safety Policy is slowly evolving and, once in place, will undoubtedly be regularly updated. AUSSI Masters Swimming's Drug Policy will be reformulated in the light of FINA's recent ruling that Master Swimmers shall not be subjected to drug testing.

As I approach the end of my second two-year term as Director of Membership Development and prepare to hand over to my successor, I thank my fellow Directors for their support over the past four years and, in particular, National Executive Director Ivan Wingate for his ever-ready and willing assistance. It has

been a pleasure to contribute to AUSSI Masters Swimming at the National level.

QUEENSLAND BRANCH REPORT

1993 was a good year. It was our first year of State Government funding which allowed us to undertake projects we would not otherwise have been able to think about and we thank the Department of Tourism, Sport and Racing for this funding. It was also a year of learning and adjustment for us in the area of funding.

Our first step was to purchase a much needed photocopier for our hard working administrator Peter Emery to make his task a little more manageable.

Funding also became available in the areas of coaching and technical development. Rod Porteous (North Qld coach) and Chris Parsons (South Qld coach) and their willing helpers travelled to many centres to undertake coaching workshops which proved very popular and educational. They also conducted three Level 1 Coaching Courses during 1993 in Gladstone, Brisbane and Townsville. Plans are underway for a Level 2 Masters pilot course in Queensland.

The technical courses were commenced in June with a visit by the National Technical Director. The courses were subsequently undertaken by Robin Sweeney (Branch Technical Director) and he has attempted to visit most larger centres around the State. These courses were often held in conjunction with the coaching workshops. This worked well and resulted in a lowering of costs involved and a sharing of expertise and

personnel. Unfortunately problems in the National Technical arena has meant no results have been received in Queensland in seven months.

Our State Swim 1993 was held at Miami and hosted by Miami Club. This event was the best attended State Swim ever. Extra interest was achieved by the addition of two new trophies. The first was the "Max Gillespie Trophy" for the club with the highest average points. The second was "The Best of the Rest" for top average points for smaller clubs which met certain criteria. The highest aggregate points Club Trophy was awarded as usual.

20 interclub carnivals were held in 1993 and 4 open water swims. 13 Queenslanders attended the Australian Masters Games in Perth and 52 attended the Darwin National Swim with excellent results. In Darwin all the hard training for Queensland members Gerda Williams and Frank Griffiths paid dividends when they became the male and female swimmers of the meet. In Toowoomba celebrations continued for many weeks after the announcement that Toowoomba Club had won the National Aerobic Trophy.

Whilst we were pleased to welcome our first 100 year old member in 1993, at the opposite end of the scale we are equally pleased to note our 20-30 age groups in Qld are increasing in numbers. These younger members bring fresh ideas and new needs to our organization. We need to ensure our minimum age stays at 20 and we should not succumb to any pressure to raise this minimum age.

The number of Clubs in 1993 reached 44 and membership totally 1705. Several small clubs closed but others commenced and continue to prosper. Most members

from these disbanded clubs joined nearby clubs. Our system of vice presidents (North, Central & South) liaising with new (and old) clubs and offering support and encouragement has helped the new clubs settle into the organization more easily.

A sub-committee of the Branch was formed in early 1993 to organize the swim component of the 1994 World Masters Games. Planning is progressing well with emphasis not only on competition but on enjoyment.

During the year our Branch became a member of the Sports Federation of Queensland and more recently a member of Austswim.

Conferlink meetings every second month continue to give a voice to all corners of our scattered Branch. On alternate months a meeting is held in Brisbane to handle any necessary business. Our newsletter "Swimmers News" is our link with the bulk of our members.

As Queensland Masters Swimming has expanded so has the work load. In 1993 we were fortunate in having a hard working executive who cheerfully undertook the ever increasing work load of recording, aerobics, registrations, financial affairs, funding forms, national issues, club liaison, publicity and newsletter, technical and coaching direction, administration and computing and I thank them

To achieve the professionalism necessary today in sports administration four members of the Branch Committee obtained their Level 1 Sports Administration accreditation with ASSA during 1993 and some of these will upgrade their accreditation to Level 2 during 1994.

The future looks bright and I have no doubt that 1994 will be an excellent year.

MARY SWEENEY
President

NSW BRANCH REPORT

1. MEMBERSHIP

The membership of this Branch, in the 1992-93 season, has reached an all time high of 1434, this total being 153 higher than last year's. In this total are 503 new members, which means that 930 of last year's members re-registered and 351 did not. We have encouraged clubs to follow up members and try to get them to re-register, and we can thank those clubs who did this for our increased retention rate.

New clubs are the major source of new members, so every effort is made to encourage their formation. During 1993, new clubs formed at Narooma and Leichhardt, together with a new Sydney club, the Wett Ones.

2. MAJOR CARNIVALS

Our State Cup had fewer swimmers than last year, prompting us to carry out a survey of members to determine changes needed. The results were examined by the Management Committee, who followed the members' opinions and made several changes. Their success will be evaluated after the next State Long Course Championships in April.

One innovation appreciated by members was the talk by our doctors during the lunch break at the State Cup. Dr. David Pullen's talk on when not to swim and when to stop was very informative and later appeared in "Splash" and the National Newsletter. Dr. Russell Spinks'

demonstration of the equipment the medical team brings to all carnivals was very re-assuring. We are grateful to all members of our medical panel for their attendance at our carnivals.

The Short Course Championships, by being held at Forster, over 300 km from Sydney, attracted fewer entrants than in the previous two years. However, the weekend was a great success, both socially and competitively, the highlight being a World Record set by Mark Morgan.

3. OTHER CARNIVALS

A full programme of carnivals was held during this year, with two meets having been held in most months. Attendance at these meets has increased considerably, possibly due to the efficient computer recording provided by Brett Larkin and his team of helpers.

4. SWIMATHON

In September 1993, we ran a swimathon to raise funds for the Cancer Council. A total of \$11,376.85 was raised by the 17 clubs who participated or sent donations. A date has been set for a similar event in 1994.

5. PUBLICITY

Our Publicity Officer, Lyn Stanley, has gained us regular coverage on both ABC and Commercial radio, with the coverage on Mike Bailey's "High Tide" on 2KY being limited only by the amount of material clubs can provide.

In the print media, we are having more success in local papers than in the major Sydney dailies. The Cancer Council provided copy to some local papers after the Swimathon.

6. PROMOTION AND SPONSORSHIP

Our President, Roger Johnston, has

approached many companies with sponsorship proposals, without success. He is currently seeking sponsorship for a teepee tent to use on beaches during open water swims to advertise the presence of AUSSI.

The NSW Government has again given us a grant of \$4000.

7. BRANCH RECORDS AND TOP TEN

Our computer system now encompasses records, with Branch records as well as Top Ten listings being updated after each carnival. A print-out of records can be made at any time. Carnival result print-outs include State, National and World records above the results of each age group, with record holders being highlighted. Our state Records Recorder, Harry Schofield, has again been kept busy providing certificates for our many record breaking swimmers.

8. NEWSLETTER

Brian Hird, "The Phantom", continued to produce our Branch Newsletter, "Splash", until his resignation in October. Our new editor, "Charlie's Wife", will remain anonymous until she chooses to reveal her identity.

9. DEATHS

Our Branch is saddened to record the deaths from cancer of two prominent members - John Hawthorne, a foundation member of Hunter, and Peter Bent of St George, better known as our travel organiser with Gullivers Sport Travel. Both will be greatly missed.

In closing, I would like to thank all members of the NSW Management committee for their support during 1993, and also Ivan Wingate. I'd also like to thank all members of the National Board for their countless hours of work on behalf of the members of AUSSI.

BERYL STENHOUSE
Secretary

W.A. PRESIDENT'S REPORT

This is my first report as State President and to try to write in a page telling all AUSSI members what we have achieved this last year is a hard task.

The beginning of the year saw the Executive involved in updating our 3 Year Plan; a document which is our means of advising the Ministry of Sport & Recreation of our objectives for 3 years. If we continue to meet their criteria, we can hopefully receive a grant which pays for our Administrator. Part of the grant requires someone from the Executive to visit country clubs and this has become a priority for us.

Our Crowning Glory this year was the very exciting 4th Australian Masters Games event. Our association has been commended for its outstandingly well run and successful competition. This is a credit, not only to the masters Sub-Committee, run by David Cummins and Lynne Malone, but to every member of AUSSI who made this event so successful. Everyone thus deserves a bit **THANK YOU**. It is events like this, that can only help in promoting our sport and association within the community and thus see us grow.

With this in mind, I hope everyone will help wherever possible, on the 1995 Nationals Sub-Committee, which is being chaired by David Cummins so that we can show the rest of AUSSI Australia, what the WA Branch can achieve.

This year has seen the completion of the Level 2 Coaching Course, successfully run by Kay Cox. AUSSI is committed to ensuring that all Clubs have suitably qualified coaches and I would urge all

Clubs to assist members whenever possible in obtaining their Coaching Certificates.

At this year's AGM it was with great pleasure that we were able to bestow Branch Life Membership to David Cummins for the way he has worked tirelessly for AUSSI WA and the organization as a whole, over many many years. Earlier in the year David received the Citizen of the Year Award for Sport in WA, which was a wonderful achievement for him and AUSSI Masters Swimming.

Another worthy winner was Kay Cox of the Eunice Gill coach Education Merit Award. This very prestigious Award is made by the Australian Coaching Council for outstanding contributions to coach education in Australia and was well deserved by Kay.

AUSSI Masters Swimming is renowned for the number of dedicated and hard working volunteers within its organization.

I would like to **THANK** my very hard working Executive for their tremendous energy and support this year. I have really enjoyed my year as State President.

I hope 1994 will be an even better year of "Fitness and Fun".

ALISON HOLLINGWORTH
President

WA ADMINISTRATOR'S REPORT

Since taking up my appointment in March, it has been a steady learning process all the way. My AUSSI background helped enormously, but it was still a "new job" with plenty to learn and lots of challenges.

Installing Word Perfect 5.1 on the office computer has made our administrative

workload operate more efficiently. It was pleasing for me to create a new document for State Records to allow easy updating twice per year to then be sent to Clubs.

We are also in the process of creating a Year Book from the beginning of AUSSI Masters in WA. This will be completed



Leonie Gaston - Administrator W.A.

early in '94 hopefully and should make interesting reading. It contains information relevant to all Clubs on how they have performed over past years.

I was given the opportunity to attend the Level 1 Administrators Course in May, which proved very worthwhile. I look forward to participating in the Level 2 Course. This also gave me a chance to meet many staff from the Ministry of Sport & Recreation, and ensure communication links are established and maintained with the Government.

Total membership was slightly down on last year, and this is disappointing. It is encouraging though that new clubs were formed in Geraldton and Manjimup.

LEONIE GASTON
Administrator

VICTORIAN BRANCH REPORT

During 1993 the Victorian AUSSI Masters Swimming consolidated its membership, increased the number of clubs by four and finished the year looking forward to an even better one in 1994. The competitive side of AUSSI is very healthy with about half the membership consistently entering the two major meets. In addition we have been well represented in open water swims. The fun side of AUSSI is also well with most clubs having well developed social programs for their members.

The major achievements for the year for the branch were:

1. A successful long course meet was held at Warnambool.
2. A part-time administrative assisstant was appointed.
3. An outstanding short course meet which has a record 560 plus competitors was held.
4. Four new clubs were created.
5. A membership growth of 30 (2 1/2%).
6. A level 1 M coaches course was conducted.
7. A start was made on the analysis of the branch's strengths, weaknesses, opportunities and threats with a view to developing a five year plan.

For the first time, a long course meet was held away from the State Swim Centre. The meet was run by Warnambool (some 300+ km from Melbourne), was a financial success and was a "fun" two days. Running such a successful meet is demanding in terms of human resources and requires a good swimming pool complex, so the branch has left the inititative for proposals to hold future

meets in the country with the clubs. Hopefully, Warnambool have started a trend.

The short course was well run by the Sunshine club and attracted a record number of entries - over 550. Again this event was popular and shows that many AUSSI members are keen on competition. Running the branch remains a voluntary activity which requires a dozen or so elected office bearers. The amount of administration has been steadily increasing. To relieve the load on elected people, we appointed a part-time administrative assistant, Jan Morrey, Some six months ago. Jan has taken "overflow" work from the secretary, treasurer and others and provides a focal point for people wishing to contact the branch. So far this arrangement has worked well, and will continue throughout 1994. However, finding sufficient hands to "man all the pumps" is becoming increasingly more difficult. It may well be a product of these straitened times as other voluntary organisations have similar difficulties. This is an issue which no doubt confronts all branches and may be worthy of National debate.

It was pleasing to see that the number of clubs increased by four - Preston Aquabears, Hawthorn Aquahawks, Kew Y Wreckers and Northcote. We also had a modest increase in individual membership of about 2.5%. Both events auger well for the future of the branch.

Towards the end of the year, we managed to run a level 1 M course. The state underwrote part of the cost to encourage people to attend. It is important that courses such as this be supported as there is a large need for competent qualified coaches. This activity will also be a priority in 1994.

This year, the branch carried out a SWOT analysis using the same conceptual bases as the National Board. The results of this analysis, which was the aggregate input of all clubs, will be used to develop long term plans for Victorian AUSSI Masters Swimming.

In closing, it remains to say that AUSSI is fit and well in Victoria and is providing a fun and fitness medium for many people. There are some new faces amongst our office bearers and 1994 promises to be a good one. Finally, thanks to all those clubs and individuals who supported the various activities throughout the year. Your continued help will be needed.

CLYDE MCMILLAN
President

S.A. BRANCH REPORT

The past year in South Australia has seen new activities on several fronts, foremost being preparations for the 1994 Nationals. A sub-committee headed by Peter Gillett has been responsible for the organisation of this event and even though the number of entrants is below expectations we are anxious that the Nationals be as fulfilling for participants as the last Adelaide Nationals in 1986. Sponsorship funding has been provided principally by Zedar and Foundation SA, the later being a South Australian government backed body chiefly known for its QUIT anti-smoking campaigns. State Government funding of Organisations such as AUSSI is comparatively rare in South Australia and we are anxious to explore further opportunities in 1994.

Membership numbers were virtually static in 1993 (610 compared with 624 a year earlier) and one new club (Henley and Grange) affiliated. One cannot help but be impressed by the large numbers of fitness and triathlon swimmers competing for space in our pools and wonder why we have difficulty in attracting many of them to our ranks. Additional numbers of coaches at club swims may help; whilst there are obvious cost implications, stroke-correction classes seem to be increasingly popular at public pools.

The Branch AGM in May 1993 was well attended and resulted in the election of several "new faces" to the Branch Executive. This is gratifying as it signifies that we can continue to attract members who are prepared to assist in the running of the Branch as well as undertaking ongoing Club responsibilities. We were unable to fill two portfolios however, including the vital one of Carnival Director and thank Ivan Wingate for his assistance in that role, as well as for his provision on an enquiry service for general Branch matters. It seems inevitable that a part-time State Administrator will be required within the next year or so, the dilemma being how do we obtain the necessary funding (approximately \$15.00 per existing member to fund a part time position).

On the computing front, several advances were made in 1993 including Branch adoption of the National Registration Programme and its use by nearly all of our clubs, the adoption of the Western Australian swim-meet program and its successful trialing at the 1993 State Cup, the development of software by Darryl Hawkes for Branch records and certificate preparation and finally the development of top-ten software (again by Darryl) and

its subsequent adoption by most Branches.

A Technical Accreditation course was conducted by Michele Schofield prior to the 1993 State Cup. This was attended by a number of members keen to gain formal qualifications prior to undertaking Carnival related tasks and we thank Michele for her involvement and inspiration.

The 1993 Carnival Programme did not attract quite as many swimmers this year, the implication being that more than half our members are more interested in achieving fitness objectives than competition-related goals. This may well be a long-term trend but undeterred, we plan to stage an expanded competition programme in 1994 including new 25m and 800m events in the Interclub Programme. A very successful long-swim pool carnival in which competitors participated in 800m or 1500m events was held, and this will now be a regular feature of our competition calendar. The open water long swim programme continues to attract between 80 and 130 enthusiastic swimmers to each event, with two smaller swims (1 and 2 km) being open to general public admission. We plan to continue this experiment in 1994, the aim being to attract new AUSSI members as well as to provide competition opportunities for non-AUSSI swimmers. Finally, a thank you on behalf of the Branch to all members of the State executive for their dedication and contribution in 1993. The year ahead presents obvious challenges (principally to attract increased membership as well as more active participation in Branch events) and we look forward to the continuing support of all South Australian AUSSIs in meeting these and other

challenges, as well as continuing to swim for fitness and fun as only AUSSIs know how.

RUSSELL CLARKE
President

TASMANIAN BRANCH REPORT

AUSSI Tasmania has had a successful year with 3 major championships and a number of inter-club events. Although the distance to travel would be considered great, it is more difficult for the northern clubs to meet regularly, however the 4 southern clubs are within 30 mins of Hobart and are able to compete on a more regular basis.

So early into the season, the membership within the Branch has shown a steady increase. Although we have 'lost' members, there are always new ones to take their place.

In 1993, the Branch conducted 5 formal meetings - some of the outcomes of the meetings were:

- Special SWOT analysis as a basis for a strategic plan and budget
- a three year roster for state championship meets
- a document of swim meet guidelines
- the appointment of a delegate to attend TSI meetings
- technical training sessions for officials in Hobart and Launceston
- a coaching clinic in Hobart
- a policy for the acceptance of trophies for swim meets
- a decision to review and revise the Branch Constitution
- a decision to host the swimming element of the Tasmanian Games

It was agreed that the Branch priorities

for the years 1995 - 1997 would be:

- to increase the number of accredited Level 1 Masters coaches in the Branch by at least 1 per Club per year
- to train and qualify AUSSI members to officiate at swim meets
- to acquire essential items of equipment needed for administration and to service Clubs;
- to approach 'non' traditional sponsors for funding.

I have undertaken to convert the strategic plan into a business plan as a basis for seeking sponsors, and a three year budget.

The major championships conducted within the Branch were efficiently run and enjoyed by all. On the financial side, host clubs have been asked to cover all operating costs from entry fees and not to subsidise from sponsorships. Sponsorships should accrue to enable the Branch to achieve priorities identified in the Strategic Plan.

Technical Accreditation Courses and a coaching clinic have been conducted within the Branch and a Level 1 Coaching Course is being planned for 1994. Branch members are kept informed of events, swim results, coaching notes and newsworthy articles through the quarterly edition of the 'Platypus Press'.

The Branch has available a list of the AUSSI Clubs within Tasmania (as requested by WA), their location and a contact number for visiting members of AUSSI. This list is available on request for other Branches.

With the proposal for the construction of the Aquatic Centre to be accepted at the end of the summer season, the National Swim planned for 1997 is looking more promising with an indoor venue for those

who regard Tasmania as slightly on the cool side.

JOHN PUGH
Branch President

N.T. BRANCH REPORT

As expected the 1993 Season was indeed a very busy but most exciting one for swimming in the Top End, due to the hosting of the 18th National Swim last May.

Rick Barnes of course has covered this event, in depth, in his Report to the National Directors and was duly rewarded for all his efforts for AUSSI in the N.T. by being nominated and receiving the National Heart Foundation Trophy at the Annual Nationals Presentation Night.

Other Trophies which came to the Territory that night were the Founders Cup and the 200+ Aggregate Relay Point Score.

Whilst most of us agree eight years will be soon enough until the next one, those who became involved in its operations felt thoroughly rewarded at the end of the day when we received so many letters of appreciation. This was most gratifying and something to remember for future events, a moment spent writing a note of thanks to the Branch seems to make all things worthwhile.

We renewed acquaintances and made many more and for the newcomers to AUSSI in the N.T. who attended, it provided inspiration to attend more of these type of events.

Other highlights included the visit by Michele Schofield prior to the Nationals to conduct accreditation courses for various Officials. So often the N.T. is

placed in the 'too far, too expensive' tray in the sports training area and this visit was greatly appreciated. The added bonus of course being the extension of the trip to include our very keen members of Nhulunbuy and this well and truly paid off by the smooth running of our Meet because of their Marshalling efforts.

The other major effort was in the conduct of a Promotional Swim to the town of Katherine (300 k 'down the track from Darwin and one heck of an expense from Nhulunbuy). It was conducted over Saturday afternoon/Sunday morning in October and the organisers were delighted with the final entry tally - well over fifty. Tho Salties of course being the most vocal..as usual. It was thanks to the C.O. of the Base Squadron, RAAFTindal, that such a beautiful venue was provided. The end result is also very pleasing as it activated the formation of a new Club in Katherine, from which you all will be hearing more in the future, Sandy Spears (an ex-Salty) being one of the prime-movers. Therefore it was a mission accomplished!

Two other targets are in the 'sights' - Jabiru and Palmerston.

AUSSI numbers in the Territory boomed because of the Nationals but hopefully we can keep them at the same level in the coming season.

The Aerobic Swims and Postal Swim Entries are definite favourites as the involvement with these activities, removes the feeling of isolation. The Top 10 Booklets are well worn by the end of each season and it is with good reason, many Territorians secured worthy mention in those rankings - particularly, Dirk Krause of Nhulunbuy.

Enthusiasm is high and many Territorian swimmers will be turning up in Adelaide,

Brisbane, Alice Springs and possibly Montreal, in the coming season and those taking holidays are now more aware of planning visits to Clubs within their itinerary.

Nhulunbuy have now taken on the responsibilities of the N.T. Branch and I wish them well.

HELEN MURPHY
Past N.T. Secretary

ACT BRANCH REPORT

1. CLUBS

The ACT Branch finished 1993 on a good note, with the addition of a new club, Ginninderra AUSSI in October. 1993 was a slow year, with membership decreasing from 91 in 1992 to 80 in 1993 (as at 31st July).

2. BRANCH DEVELOPMENT

2.1 Government Grant

The Branch received a grant from the ACT Administration under their Sport's Development Programme which assisted with expenses associated with Branch administration, coaching and conduct of swim meets.

2.2 Sponsorship

The ACT Division of the National Heart Foundation continues to support us by publicising our aims and objectives and by providing their board room for Branch meetings.

2.3 Constitutions

Some hard work has been done on club and Branch Constitutions to meet the new requirements of ACT Legislation for Clubs and Societies.

2.4 ACT Sports House

ACT AUSSI continues its membership of this organisation which, through its ACTSPORT arm, supports and represents all affiliated ACT sporting organisations on matters affecting sport development, sporting policies, facilities, funding from the ACT Government, promotions etc.

2.5 Branch Newsletter

TIDAL continued to be produced during the year. The frequency was less than in previous years, but was still enjoyed by members, ex-members and others. David Mortlock, as editor provided Club news, forthcoming events and interesting fitness and health information. Elinor Mackenzie housed the Branch photocopier and did a wonderful job of photocopying "TIDAL" (and other Branch documents). Angelika Erpic maintained the TIDAL address list.

2.6 Branch Executive Meetings

There were seven meetings spread over 1993. Some of these were also attended by several non-executive ACT AUSSI members whose contribution and interest in the Branch and National affairs is most appreciated.

2.7 Publicity

Branch Promotional activities in the year included:

- contribution to the ACT Sports Calendar, produced 6 monthly by the ACT Office of Sport, Recreation and Racing for distribution to the public, sporting and tourist organisations.
- use of AUSSI National posters and flyers.
- entry in the TELECOM white and yellow pages.
- entry on the NICAN database which provides information on organisations

involved with sport for the disabled.

2.8 Camp Quality

In March a group of ACT AUSSI swimmers took part in a relay event for Camp Quality. The relay consisted of a hot air balloon pilot, the Camp Quality child (who rode in the balloon), a runner, a cyclist and a swimmer.

2.9 National Heart Foundation Swim for Heart

AUSSI again played a role in the 30 hour Swim for Heart held in August. AUSSI swimmers co-ordinated teams at ADFA (Australian Defence Force Academy) pool and new Tuggeranong pool. Carmen Carlon from the Canberra AUSSI Masters Swimming Club was the highest female fundraiser. Overall, more than \$30,000 was raised.

3. NATIONAL

The Branch continued to be responsible for the National Newsletter with Judy Ford editing the newsletter. Judy was also the Delegate who represented the Branch at the National AGM held in Darwin in May and the National mid-year Board meeting in Melbourne in October.

4. SWIM MEETS AND EVENTS

4.1 Lake Swim

ACT AUSSI assisted Telopea ASC with the conduct of the 4km/8km lake swim in March. The lake swim was conducted as part of the Canberra Festival.

4.2 ACT Long Distance Swim Meet

This event was held at the AIS pool on 10 and 11 July 1993. About 100 swimmers from ACT clubs and NSW clubs competed in 400m, 800m and 1500m events. Numerous national records were broken.

4.3 Interstate Meets

ACT swimmers participated in the

National Swim in Darwin, the NSW State Cup, Short Course Championship, other NSW meets and open water swims in NSW, SA and NT.

4.4 National Swim

At present we are considering running the National Swim Meet in 1996. A successful National Meet should provide a favourable climate for raising the profile of AUSSI and increasing our membership.

5. COACHING

During the year Ann Robinson of Belconnen Wests and Peter Bell of Tuggeranong obtained their Level 1M Coaching Accreditation. The accreditation of our own swimming officials is likely to occur during 1994.

6. DES MCCORMICK MEMORIAL TROPHY

Judy Ford was awarded the Des McCormick Memorial Trophy for 1993. She is a very deserving recipient of the award and has contributed greatly to the ideals of AUSSI.

7. SOCIAL EVENTS

Social events continued to be organised by clubs, some on a monthly basis. In closing I wish to thank everyone who has contributed to the success of the ACT Branch and on behalf of the ACT Branch wish all AUSSI members a healthy and successful 1994.

TANYA COLYER

Secretary A.C.T. Branch

SWIMMERS OF THE MEET NATIONAL SWIM - DARWIN

WOMEN - GERDA WILLIAMS

Gerda, who swims for the Cairns Mud Crabs was undefeated in the 50-54 year age group and broke the following National Records.

200m Breaststroke	3:26.89
200m Backstroke	3:07.15
200m Individual Medley	3:08.39

MEN - FRANK GRIFFITHS

Frank, in his new age group of 85-89 and now swimming for the Gladstone Gropers set six new **WORLD** standards. He set the 100m fly record on his way to a world time in the 200m, then broke the 100m time in the 100m fly on the following day. Frank's impressive tally of World records are:

200m Backstroke	4:56.29
200m Individual Medley	4:40.15
200m Butterfly	5:24.28
100m Butterfly	2:37.20
100m Butterfly	2:33.63
50m Freestyle	41.53



Multiple World record Holder - Frank Griffiths

1992 COACH OF THE YEAR - NEROLI NIXON

Neroli is a person who is always on pooldeck with programs prepared, a friendly face and warm personality. A person with all your answers to why this went right or wrong with your strokes, swims, etc. She achieves and gets the best out of people even though they have doubts about their own ability. Her programs and techniques are not queried.

Neroli has attended and will attend seminars and meetings which will give her greater insight into her coaching. She continually updates information and qualifications, and the adaptation of theory to suit individuals. Because she is a swimmer and lay person herself, she aims to translate the technical jargon to laymans terms.

She prepares swimmers for all different competitions - Club, National and International level - Masters of Transplant Games or Disabled Olympics. Her latest venture is the conditioning of Triathletes in their swimming, all under the Masters banner.

Neroli has in her coaching been able to expand and extend her sessions for all levels of swimmer. She has the capacity to recognise the ability and merits of all her swimmers, to pinpoint faults and correct them, giving the swimmers their chance to improve and gain fitness. She imparts stroke techniques, aerobic and anaerobic skills easily and competently and is able to guide her charges both in the water and on land. Not one swimmer has gone backwards. Medals and Ribbons are proof.



"In the hands of the Starter"