



....S.I. NEWS

The official Newsletter of
MASTERS SWIMMING - INTERNATIONAL

Number 17

JANUARY/FEBRUARY 1994

Editor's Note

Hello everyone. It is hard to believe that this is the 17th MSI Newsletter since I took up the position at MSI's meeting held in conjunction with our Pan Pacific Masters Championships in Indianapolis, October 1989. Our first newsletter went to print in January 1990, and has appeared regularly, four times per year since then.

There have been times I have wished for a computer, instead of having to get it right first time on the typewriter etc. There have also been times when I have wished for more input. However I feel we have covered a range of issues for Masters Swimmers to ponder and I feel we have given a fair representation of the 'growing pains' of the rise of the Masters discipline.

Some of the issues covered over the past four years have included.

- ☐ MSI Objectives
- ☐ FINA/MSI Relations
- ☐ Will you be allowed to swim in future World Championships?
- ☐ Championship Meet Reports
- ☐ MSI Meeting Reports
- ☐ Proposed Masters Rule Changes
- ☐ Countrywide segment detailing how other Countries do it
- ☐ Medical Cover for Swim Meets
- ☐ MSI World Records
- ☐ Report on the first FINA Masters Congress
- ☐ Drug Testing for Masters?
- ☐ The Masters Athlete
- ☐ Masters Swimming - Who is Responsible?
- ☐ World Masters Games Phenomenon
- ☐ Personalities within Masters
- ☐ Successful Programmes within Masters
- ☐ Age Determination Debate
- ☐ What Motivates Masters Swimmers
- ☐ Recreational Fitness
- ☐ Entry Restrictions
- ☐ Who is a Masters Official?
- ☐ Calendar of Events

Considering MSI have circulated this Newsletter worldwide on a shoe string budget, I believe we have achieved our objectives. These were to communicate, inform, challenge and assist Masters swimmers and administrators,

to ensure the best possible decisions and outcomes for our members.

There has been a great deal of interest in issue No.16. Firstly my apologies in printing that the Montreal Olympics were 1968. 1968 was Mexico City, and Montreal was host in 1976.

I will reply to those who indicated an interest in learning more about the forum on Mature Aged Sport conducted by the Australian Sports Commission and Australian Confederation of Sport.

June Krauser, well known Masters Swimmer from Fort Lauderdale, and member of the FINA Masters Committee wrote that she was so pleased to hear that she wasn't the only one having trouble with her backstroke events in the Montreal pool. "When I swam in the Canadian National masters Championships last June I thought, great - an indoor pool - I'll swim the three backstrokes so I can see where I am going. (Otherwise I have to swim outdoors and watch the sun and clouds go by.) Well, what a surprise when I got in the pool and looked at the ceiling! It's the windows. They are at a very odd angle and none are straight like the lanes. I am glad to learn that others have trouble on backstroke."

Obviously the ceiling at Montreal will be a great equaliser for all backstroke competitors. Will there be a home town advantage? We will have to wait and see.

I hope you enjoy this issue. My greetings to those of you in those parts of the world like Lillehammer who are experiencing minus 15C. "Here in my midwest coastal position in Western Australia we have just had a week of 40C."

I look forward to meeting you all in more moderate temperatures in Montreal in July. Make yourselves known to me during the Meet.

Unfortunately due to space problems the Calendar of Events is deferred to the next issue.

Glenys McDonald, Editor

Who Is A Masters Official?

This article in the last issue has generated some concerns. With both the USA and Australia currently organising certification for Masters swimmers who pass technical officials courses modified for Masters events, it does need a common sense approach.

If Masters swimmers can provide the technical requirements for interclub, State, national and International events, have experience and their countries certification to that fact, why then should they be excluded from, for example, officiating at the FINA World Masters Championships.

Currently, they are excluded, because FINA call for only those officials from the FINA list. Persons on this FINA list, have devoted many years to officiating at elite age group swimming in their countries. Their practical requirements for experience have come from this same restricted age group. Most Masters swimmers who have become involved in officiating may have had some background from this sphere, but as their level of interest is with Masters, they usually do not find themselves on any FINA list.

Our argument is that, experienced and accredited Masters technical officials, should have the opportunity of officiating at World Masters Meets.

You might say that there is not much difference to the rules of swimming between the elite World events and our Masters World events, so there is no need for such an animal as a "Masters Official". After witnessing many International Masters Meets, I am not so sure that this is a statement of fact. I have seen many occasions where the starter has not given the elderly time to access the blocks before starting an event. We have had experiences of doping tests which are totally inappropriate for the old age group members, we have had officials not enforce the rules for the very old amongst our competitors.

The FINA Masters Committee have discussed this issue, and favour the establishment of a FINA list of Masters Officials. Unfortunately so far the Bureau have turned down their request. Let us hope they reconsider. As one official put it, "We don't even have any test questions on masters at Masters meets".

Coach Accreditation

Following on from the above topic, the Technical Officials scenario should follow along the lines of the introduction of Coach Accreditation. In some countries development has occurred of a separate stream of coach accreditation for Masters. This evolved because many of the training practices and course content for Level 1 Swimming accreditation were inappropriate to coaching Masters swimmers. The wide age range, the wide degrees of fitness and ability, the health aspects of a large age group, were not covered in a basic Level 1 Swim Coach course. As was the variety of swimming goals Masters swimmers wished to achieve.

In Australia for example, you can gain a Level 1 swimming coach accreditation, and do all your practical requirements with age group swimmers. Or you can gain a Level 1 M swimming coach accreditation with all your practical requirements achieved with Masters swimmers. Each deals with his or her own specialist field, unless you do a bridging course in either field which enables you to coach either adults or children and the elite.

This has been achieved with little fuss, works well, and the well being of Masters swimmers is sufficiently addressed. It would be so simple to incorporate something similar for Technical Officials, what do you think?

FINA Masters Technical Congress

The Congress will be held at the following address

Auberge Ramada Universal
5000, rue Sherbrooke Est
Montreal (Quebec) CANADA H1V 1A1
Phone: 514 253 33 65
Fax: 514 253 99 58

The meeting will be held on 2 July 1994, and each FINA Member Federation may appoint two delegates.

This means that some Masters organisations in some countries who are not affiliated or part of their member Federation, will have no voice and will be represented by other than Masters swimmers making decisions on issues solely affecting Masters swimmers.

One would hope that each FINA Member Federation has either recognised the organisation representing Masters in their country or established a Masters Committee. In either case, it is hoped that the delegates to this very important FINA Masters Congress will be current Masters swimmers or administrators.

The first FINA Masters Congress in Perth, Australia, January 1991 promised so much, let us hope that Montreal in July 1994 continues that promising trend. In 1991 I was an invited guest representing MSI, and with our President Gary Stutsel and Director of Finance Steve Gosse, we sat up at the top table jointly with FINA for this historic occasion. This time I will be a delegate for my FINA affiliated Member Federation and I hope our other MSI member countries will also be represented.

In addition to debate on the Age Determination date, other issues include:

- ☐ The order of swimmers being optional in mixed free-style relays.
- ☐ Individual entries shall only be accepted from persons representing clubs. No swimmers or team may be designated as representing a country or Federation.
- ☐ Raising the upper older age group level for both individual and relays.
- ☐ False starts.
- ☐ The inclusion of 400m relays in Masters events.
- ☐ World Masters Records timeframe for application etc.
- ☐ Open water events.

SWIMMING INDIVIDUAL

OFFICIAL ENTRY FORM

• Entry Due Date:

Entries must be received on or before 25th May 1994.

Late entries will NOT be accepted.

Confirmation will be mailed to all entrants following receipt and verification of entries.

Please complete in BLOCK CAPITAL letters using a ball-point pen or typewriter.

V World Masters Swimming Championships

Surname:		Given Names		Male	Female
ADDRESS		Apt.	City	Province/State	
Country	Post/Zip Code	Club		Club Code	
DATE OF BIRTH	Age as of 9 July 1994	Registration No.			

Proof of Registration is Essential: Please attach a photocopy of your Association Registration Card or a signed statement of registration from your Association secretary. **Proof of Age is Essential:** Please attach a photocopy of your passport identification details or your certified birth certificate. **Photo is Essential:** Please attach two photos, one for the Identification Card, and another for the entry form. Photo size : Standard passport format.

try to Events:

- Please indicate your estimated time in the box applicable to the event you wish to enter. (See back)
- A swimmer may enter a maximum of five (5) individual events and no more than two (2) events per day, plus the 5 km Open Water Swim.
- Pool length: 50 metres

Release from Liability:

I hereby declare that I exonerate of all responsibility, the FINA, its affiliates, the Organizing Committee, Sponsors, and any other persons that participate in the Masters events, in respect to all and every action or claim about accident that may occur.

I understand how risky the competitions in which I am going to participate are, and I hereby certify that I am in very good physical condition in order to participate in these events and that I am in very good health, suitable to the efforts I am going to submit myself.

Date: _____ Signature: _____

WARNING: Only well prepared and medically fit swimmers should enter the swimming individual events.

IMPORTANT : To avoid any problems, please contact the Canadian Consulate in your country respecting VISA requirements.

Event	Women	EVENT	Men	Event
	Entry time	4th July 1994	Entry time	
1	: .	200 m Backstroke	: .	2
3	: .	50 m Breaststroke	: .	4
5	: .	400 m Freestyle	: .	6
		5th July 1994		
7	: .	200 m Butterfly	: .	8
9	: .	100 m Freestyle	: .	10
11	: .	50 m Backstroke	: .	12
13/14	: .	200 m Mixed Freestyle Relay	: .	13/14
		6th July 1994		
15	: .	400 m Individual Medley	: .	16
17	: .	50 m Freestyle	: .	18
19	: .	100 m Breaststroke	: .	20
21	: .	200 m Medley Relay	: .	22
		7th July 1994		
23	: .	100 m Backstroke	: .	24
25	: .	200 m Freestyle	: .	26
27	: .	50 m Butterfly	: .	28
29	: .	200 m Freestyle Relay	: .	30
		8th July 1994		
31	: .	200 m Individual Medley	: .	32
33	: .	100 m Butterfly	: .	34
35	: .	200 m Breaststroke	: .	36
37/38	: .	200 m Mixed Medley Relay	: .	37/38
		9th July 1994		
39	: .	800 m Freestyle	: .	40

ELIGIBILITY:

- Any swimmer 25 years of age or over as of 9th July 1994, who is a registered member of a FINA Member Federation
- No qualifying times have been fixed for entries.
- A swimmer shall represent his/her club and shall not represent his/her country or a group of clubs.

FEES:

- The fees stated below must be paid at the time of entry.
- Any entry form received without payment will not be accepted.

Gold medal sponsor (optional : U.S. \$25. fee)

Registration fee : per person U.S. \$30

Entry fee : number of events entered X U.S. \$6.

TOTAL AMOUNT OF FEES

U.S. \$25. (CAN \$33.) U.S. \$30. (CAN \$40.) U.S. \$6. (CAN \$8.)

Make cheque payable in US Dollars to: **V World Masters Swimming Championships**

All bank charges relating to the purchase of a bank draft are to be paid by the competitor.

THERE SHALL BE NO REFUND OF REGISTRATION AND ENTRY FEES.

Address entry form and fees to:

V World Masters Swimming Championships
 4545, avenue Pierre-De Coubertin
 C.P. 1000, Succursale M
 Montréal (Québec)
 CANADA H1V 3R2

**NO FAXED
 ENTRIES
 WILL BE
 ACCEPTED**

Masters Swimming International

Taking advantage of our get-together in Montreal, MSI have called a meeting of the MSI Congress. The Congress will be conducted over two sessions, on Sunday 3 July and Saturday 9 July.

The Agenda for this meeting is not yet available. However items will include the following:

- ☐ Technical Officials
- ☐ The adoption of the draft Constitution and By Laws and Rules
- ☐ Safety Policy adoption
- ☐ Marketing and Promotion
- ☐ Clearing House for Masters information
- ☐ History of MSI
- ☒ The Hawaii Pan Pacific Swim Festival

1998 World Swimming Championships

Interesting to note that FINA have extended the date for applications to host this event by ONE YEAR. Expressions of interest must now be into the FINA Permanent Office no later than 31 December 1994. Does this mean that Masters Swimmers have seen a copy of the FINA contract with its financial obligations to FINA?

Proliferation of Masters Events

This Newsletter has commented previously on the impact of Masters Games on our Federation's Masters Swimming events. In some countries National Masters Championships are directly competing with Government run and organised Masters Games events which include a Master swimming programme.

Masters organisation are asked to run these events in addition to their own National and State Championships. The workload is thus increased, little or no return to the memberships is achieved, and the swimmer is often confused at the choice he is presented with.

On the positive side, the swimmer does have this choice, and that choice will indicate to us which event is meeting the needs of the majority of Masters swimmers.

The Masters Games concept was originated by Dr Maureen O'Brien and Canada and Denmark learned a lot from this association. Dr O'Brien has now moved on, under the name of Dr Maureen Johnson to involvement with the World Corporate Games.

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This year we have a close clash between the V World Masters Swimming Championships in Montreal in July, and the 3rd World Masters Games swimming events in Brisbane, Australia in September.

We will have to analyse the numbers achieved at both these events, and see what they tell us about our swimmers needs.

MSI feel our members have already indicated their needs to us regarding Masters events. This knowledge will be going into the next Pan Pacific Festival. If this is a success MSI may consider an Indian Ocean area festival.

The MSI Hawaii Festival 1995

Venue: University of Hawaii, 8 lane 50m pool
Entry Forms: Will be available in Montreal

PROGRAM - AUGUST

Monday 7th - Warm-ups, Registrations, Cocktail reception.

Tuesday 8th - Pool Swim Day 1 plus Happy Hour

Wednesday 9th - Pool Swim Day 2 plus Happy Hour

Thursday 10th - Pool Swim Day 3 plus Happy Hour

Friday 11th - Pool Swim Day 4 plus Happy Hour

Saturday 12th - Open Water Swim, Beach events, Luau

Sunday 13th - Golf Competition

Safety Aspects for Masters Swimming

This is an interesting topic for Masters. Where is the line drawn between an individual's right as an adult to do what he wishes, enter any event or distance he chooses, and the responsibility of the organisation for his safety.

Many countries, my own included, are currently adopting a Safety Policy for our affiliated clubs. MSI has a draft Safety Policy as an agenda item at the Montreal meeting. The FINA Medical Committee are considering and have recommended that "a Certificate of Fitness be required in order to compete" (in Masters events).

Where does this leave us, the members.

I personally feel that we must be accountable to our membership. We MUST have standards of safety, particularly standards of Medical Cover at our swim meets. These could be graded according to the level and number of participants at our swim meets.

We must also educate our membership regarding fitness. We must devise programs to enable our membership to obtain this fitness. We must actively discourage any person from competing until they have reached, and maintained a suitable level of fitness.

But can we stop a person swimming 1,500m butterfly in a training session if they so choose? Can we stop a person swimming 100m Freestyle the morning after a night of beer and vodka chasers?

We certainly can try by education, safe coaching practices, adequate medical cover. Do we need to progress to a "Certificate of Fitness". Is this the same as a Medical Certificate, and will the membership bear the costs?

Some time ago I was involved in a Masters swim group who made a like suggestion, bought about by our con-

cerns that some people were competing when they were in ill health or simply not fit.

After investigation, we placed it in the "too hard basket".

We thought to introduce a Medical Certificate requirement for all competitors. This would involve all our membership visiting their local doctor to gain such a certificate. This could possibly be issued with a pulse, blood pressure and urine test, and would not necessarily identify persons at risk during training and competition.

What was required was a full exercise stress test. In our particular country, these are quite expensive, and not covered by any health benefits etc. Because of these inhibitive costs we shelved the idea, and continued with our education program.

If a "Certificate of Fitness" is to be introduced, it must be meaningful, it must be cost accessible, and even then, it gives no guarantees.

V World Masters Swimming Championships

The Official Entry Booklet for this Championship is now available. Age for swimming events is 25 years as at 9 July 1994.

Entries Close: Midnight 25 May 1994.

What an exciting program of swimming and social events the Canadians have lined up for us. The Opening Ceremony and BBQ, the ALL Canadian Party, the Night at the Casino, the Montreal Jazz Festival, the International Fireworks Competition.

The Official entry form for individual swimming events included in this issue of MSI NEWS. For the relay forms and 5km open water event please contact the organisers.

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