



# AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE  
P.O.Box 207  
COWANDILLA S.A. 5033  
Telephone (08) 344 1217  
Facsimile (08) 344 1217

## NATIONAL NEWSLETTER

Vol 5, No. 1

January, 1994

### EDITORIAL

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We have further information on the World Masters Games in Brisbane in September/October 1994 (I hope you've already written this one in your diary), the presentation of the Eunice Gill Award and an Administrator of the Year award, as well as information from NSW Branch about White Card entries and how they seed relays at interclub meets.

Other articles include the benefits of exercise, not disqualifications again and six quick fixes. New publications come from SA on Women in Sport and from ASI as the manual for their Level 0 Coaching Course.

I hope there is sufficient information to keep you interested for a short time, anyway. Send all feedback and articles to the address on the front of this Newsletter.

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Editor (Judy Ford)



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Peg has been NSW Branch President, Technical Committee member, Promotion Officer, Committee member and delegate to Branch, National and International conferences on various occasions. She was also the National Top Ten Recorder and recorder for Club, Branch and National Swim Meets before computerisation, and introduced the card entry system which is still in use today.

Having many great memories of competition, trips and social activities, the highlights for Peg are being listed in all 18 possible events in one year (12 of them as No. 1); being the first NSW swimmer to complete the 3000m and 5000m swims and, of course, making No. 3 in the World Top Ten.

As the only foundation swimmer left in the Tamworth Club, Peg has held almost all positions including 12 years as President, and is a Life Member. She is currently AUSI Historian, a position she has held since 1989, but may have to extend her home to house the burgeoning collection of AUSI memorabilia.

Peg wholly believes in 'Fun, Fitness and Friendship' in any order you like, and endorses Gary Stutsel's words:

*"We must continue to introduce and encourage new people and ideas, but should not discard the 'wisdom' and experience of those who served before."*

As a postscript, Peg says: "I've been reading through the archives---WOW!! have we (AUSI) changed!"

*(Editor's note: Peg would like to thank all those who have sent items of interest for the archives. However, not all Branches send her their Branch Newsletter and as yet she hasn't received the results of the Darwin National Swim. It is important that AUSI keep good historical records of its activities and everyone can help by sending items of interest to*

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52 Upper Street

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## GLORY, GLORY FOR THE OLDIES

(This is a copy of a letter printed in a Sydney newspaper on September 12 1989. I think it still applies. What can we, you, do about it?)

"Sir: Is there an age barrier to sporting glory? In the myopic view of our media it would seem so. Last month, some 6,000 competitors from 71 countries went to Denmark for the World Masters Games - a veterans' Olympics. Among them were 150 Australians up to the age of 83.

"How did our teams fare? It would be wonderful to know. My search of sports pages rewarded me with such trivia, relatively, as English county cricket scores and results of local golf matches, fourth-grade Rugby and junior sailing races. But the successes of Australian Masters on a world stage are apparently not worth a mention.

"I met one returning swimmer who won four gold and two silver medals against the world's best in her age group. In the Olympics, that would have been front-page news. Yet, is it less commendable to be a world champion at 60 than to win an Olympic title at 16? I wouldn't have thought so. Olympic champions are, after all, only the best of their age group.

"At a time when we are spending millions on health and fitness, these veterans are inspiring examples of Australians with lifelong enthusiasm, not just youthful - and often fleeting - passion."

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POSSIBLE, BUT NO  
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## FINA MASTERS COMMITTEE

A few snippets of information in the minutes from their latest meeting which may be of interest:

- "Liability Certificate" - The Masters Committee recommended that "a Liability Certificate be added to the standard entry form for the Masters Swimming World Championships".
- "Unattached Swimmers" - Mr Shaw reported that the Committee had decided that "all Masters swimmers must be members of a swimming club. Unattached swimmers will not be allowed to participate at Masters competition".
- Mr van de Pol pointed out that "the effects of swimming in warm water need to be further researched. The FINA Handbook states a minimum temperature, but there is no maximum temperature. The Bureau agreed to pass this matter on to the Medical Committee for further investigation".

## THE ULTIMATE TROPICAL TRAINING CAMPS

Should you be heading off to the US in the very near future, Judy Bonning of Billabong Aquatics is holding some weekend and week long training camps at Coral Springs, just minutes from Fort Lauderdale in February and March 1994.

Judy was the 1991 United States Masters Swim Coach of the Year and has more than 15 years experience coaching Masters swimmers and triathletes, and running swim camps.

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Also in attendance to see Kay presented with her award were Anita Killmister and her husband John Iossifidis, and Clyde McMillan (President of Victoria Branch) and his wife Betty.

The Eunice Gill Coach Education Merit Award is awarded to an individual who has made an outstanding contribution to coach education over one or several years.

CONGRATULATIONS, KAY!!

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(courtesy Geraldton Guardian)

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"For Mrs McDonald, 1993 had been a culmination of 17 years involvement with the sport.

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"Her appointment came after a three year break from the sport when she was asked by Branch presidents to nominate for the two year position."

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## WHITE CARD ENTRIES

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Remember, good sport administrators are "thieves", always looking around for a good idea to pinch. Have a look at this one and try it if you wish, and if you have another idea which is successful in your Branch, don't keep it under lock and key, let's all have a look at it too.

Beryl said about the "White Card" that they virtually 'fill in the holes' where people have withdrawn. Very few people use them, but those who do appreciate the opportunity.

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1. These cards are to be used for entries made on the day of the swim. They must not be sent in with regular entries.
2. They are to be used by swimmers who wish to enter additional events to those allowed for pointscoreing purposes.
3. White card entries may only be accepted until 10 minutes before the first event.
4. White card entries may only be submitted by swimmers who have already paid to enter the carnival at the normal time.
5. White card swims do not score points, but are eligible for records and Top Ten. They are not included in the placings of their events.
6. If, due to time constraints, it is impossible to accept white card entries, the host club should, if possible, inform competitors on the program they send out inviting swimmers to compete.
7. White cards are available from the NSW AUSSI office, and any unused

cards should be returned to the office after the carnival.

It sounds an interesting concept which other Branches might like to try out.

## RELAYS

I realise that all Branches have their own methods for organising relays at swim meets, but it is often a good idea to review what other Branches may be doing and benefit from any new ideas which are being used by them.

Listed below are the methods used by the NSW Branch who generally have a swim meet approximately every two weeks throughout the year.

(P.S. I recently heard of a Victorian swimmer at a NSW swim meet who commented on the fact that the results came out so quickly. I guess it's a result of years of experience at lots of interclub carnivals and the input of lots of swimmers.)

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3. Sort the teams into heats, preferably each age group in a separate heat. If more than one age group is in the same heat (due to time constraints), try to leave a lane between age groups.
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5. When the race is about to start, identify the teams over the loudspeaker so that all competitors and spectators are aware of the location of their team and those teams they are competing against.

## SIX QUICK FIXES

This is a great article by Terry Laughlin in "MastersSports" on how to swim faster with no additional training! I sure can relate to that.

Under the heading of "Get Out of Your Own Way" are 1. making your body longer; 2. improve your hull design; 3. cut the water on your side. Under the heading of "Stop Squandering Energy" are 4. use your power source; 5. anchor your hands; and 6. keep your stroke length as you build speed.

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Australian Masters Swimming Coaches Newsletter

27 Johnstone Street

MALVERN VIC 3144

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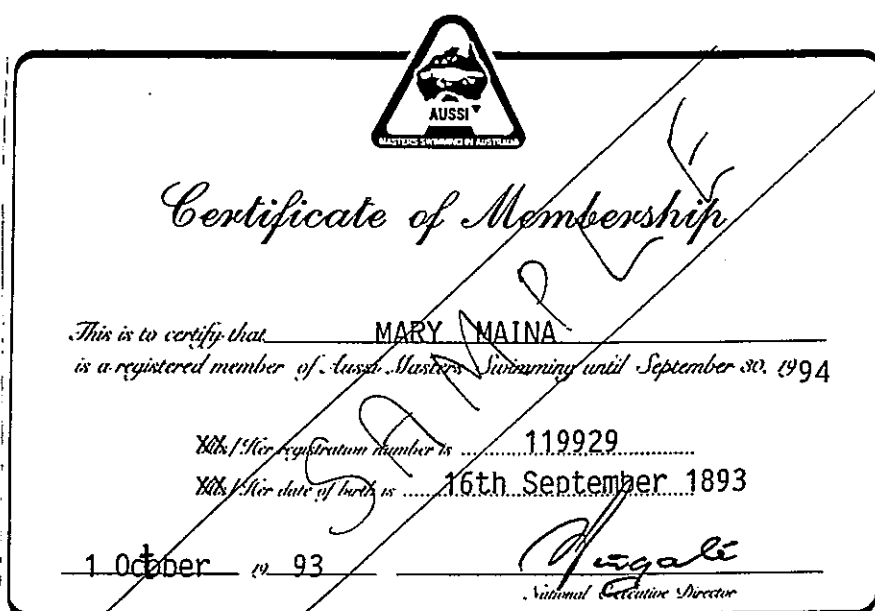
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MASTERS SWIMMING IN AUSTRALIA

*Certificate of Membership*

This is to certify that MARY MAINA  
is a registered member of Aussi Masters Swimming until September 30, 1994

Her registration number is 119929  
Her date of birth is 16th September 1893

1 October 1993  
National Executive Director

# 27 COUNTRIES LINE-UP FOR WORLD MASTERS GAMES SWIMMING COMPETITION

The swimming competition of the World Masters Games is shaping up to be a truly international competition with 27 countries registering interest to date.

As at the first week of November more than 500 expressions of interest had been received from as far afield as Belgium, Brazil, Ireland and Italy.

World Masters Games General Manager Lois Appelby said the response to the Games was tremendous.

"Swimming is going to be one of the biggest events in the Games program. It's certainly going to be a great competition," she said.

As well as great international competition, an array of entertainment is being planned for the two weeks of the Games. This includes an Aussie Bush night, a black tie ball, business breakfasts, mardi gras and the Welcome Ceremony, on 1 October which will be telecast live by ABC television around Australia. The ceremony will include a spectacular parade of competitors.

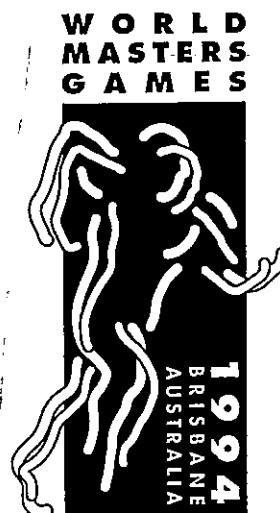
The World Masters Games will run from 26 September to 8 October 1994 and the swimming competition will run from 28-30 September and 2-3 October 1994 at the Chandler Aquatic Centre.

Entries close on 15 July 1994, however, entries received before 1 March 1994 could win an Early Bird prize of a four night holiday for two on a Great Barrier Reef Island, including return air fares from Brisbane.

For more information please contact

the Swimming Liaison Officer on 07 405 0958 or write to World Masters Games, Locked Bag 1994, Brisbane QLD 4001.

For media information please contact: Adrienne Costin, Manager - Promotions, 07 405 0920.



## ODE FOR A MASTER SWIMMER

(courtesy Wave Lengths, Canada)

I'd like to swim in the Olympics

And then work for CTV

And advertise for lots of dough

For things like Red Rose Tea

But I have this problem with my kick

And I've buggered up my back

And our coach makes us do the Fly

Which really makes me sick

So I'll just swim in Masters  
For the Ebbside swimming team  
And stick to Freestyle, it's the milk  
But Breaststroke is the cream  
I love to swim the Breaststroke  
I do it rather well  
I'd practice it in bed at night  
But my wife has said 'Like Hell'

So I have to go to Beban Park  
And swim in chlorine soup  
In a public pool with lots of hair  
And bits of babies' poop

I don't begrudge the monthly fee  
For going to the pool  
Because women all love Breaststroke  
It's a paradise for me

And when I need a boost  
For my flagging, aging corpus  
And groan and moan, and pine and whine  
After swimming comme la porpoise

I only have to look around  
And feast my weary eyes  
Through all the worn out bathing suits  
And wildly thrashing thighs

For then I know why I still go  
It's not the thought of winning  
No, what I really go for  
Is the social side of swimming

by Wayne Jones

## WOMEN IN SPORT

The Women's Consultative Committee to the Minister of Recreation and Sport (in SA) has sponsored the production of two new booklets aimed at improving the situation for women in sport.

One is a book covering the stories of 14 elite women athletes focussing on their hormonal influences on their sport and the other a specially designed training diary.

They were recently launched in Adelaide by Raelene Boyle and have received tremendous support from athletes, coaches and doctors all round the country.

The two books, 'Information on Women, Hormones, and Sport' and 'The Training Diary for Women' are available from

Recreation and Sport Resource Centre  
PO Box 1865  
ADELAIDE SA 5001  
Ph. 08 226 7373  
Fax 08 226 7399

They cost \$5 plus \$1 postage, each.

### WHY A WOMEN'S DIARY?

This diary has been developed for use by female athletes who are interested in keeping an accurate record of their training and competition, as well as the impact of their hormonal status on that performance.

Because all women are different, the daily individual recording is the best way to ensure that both the athlete and her coach can plan for the best possible outcome.

A recent survey of athletes throughout Australia showed that very few

actually kept any record of the hormonal influence on their sporting performance, (but then the training diaries do not make any provision for this!) However, these same athletes did indicate that their hormonal status did influence their performance, but instead of taking notice and either adjusting the training or the cycle, they tried to ignore it. Frequently, the male coaches and doctors did not appreciate the significance of this aspect of sporting performance.

"We have developed this diary after years of frustration at making adjustments to the standard training diaries available, say Wendy Ey and Judy Daly (having been competitive athletes for over thirty years). The advantages of this diary are to:

- Recognise the pattern of the menstrual cycle.
- Identify any symptoms that might impact on performance.
- Provide an awareness of any problems that should receive attention.
- Assist the coach with developing and adjusting training programs.
- Give access to precise information to assist with medical problems.
- Create open discussion with the coach.
- Adjust the menstrual cycle for

important competition.

Further information can be obtained from Wendy Ey at the address and numbers listed above, or from Judy Daly, Sportsearch, 81 Onkaparinga Road, Bridgewater 5155. Tel. 08 339 5445, Fax 08 370 9522.

## SELF-DEVELOPMENT

### with AUSSI

The following are some excerpts from the Victoria Branch Annual Report:

"Although it seems like ages, when in fact it is only 10 months, I am still a newcomer on the block so to speak, in my job. It has been a real eye opener to me and I can say my typing, letter writing, communication and filing skills have all benefited."

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"I have learned a lot over the year and I feel I have made a contribution to the organisation and with this in mind I have offered my services for the coming year."

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## WOMEN IN SPORT

The Women's Consultative Committee to the Minister of Recreation and Sport (in SA) has sponsored the production of two new booklets aimed at improving the situation for women in sport.

One is a book covering the stories of 14 elite women athletes focussing on their hormonal influences on their sport and the other a specially designed training diary.

They were recently launched in Adelaide by Raelene Boyle and have received tremendous support from athletes, coaches and doctors all round the country.

The two books, *'Information on Women, Hormones, and Sport'* and *'The Training Diary for Women'* are available from

Recreation and Sport Resource Centre  
PO Box 1865  
ADELAIDE SA 5001  
Ph. 08 226 7373  
Fax 08 226 7399

They cost \$5 plus \$1 postage, each.

### WHY A WOMEN'S DIARY?

This diary has been developed for use by female athletes who are interested in keeping an accurate record of their training and competition, as well as the impact of their hormonal status on that performance.

Because all women are different, the daily individual recording is the best way to ensure that both the athlete and her coach can plan for the best possible outcome.

A recent survey of athletes throughout Australia showed that very few

actually kept any record of the hormonal influence on their sporting performance, (but then the training diaries do not make any provision for this!) However, these same athletes did indicate that their hormonal status did influence their performance, but instead of taking notice and either adjusting the training or the cycle, they tried to ignore it. Frequently, the male coaches and doctors did not appreciate the significance of this aspect of sporting performance.

"We have developed this diary after years of frustration at making adjustments to the standard training diaries available, say Wendy Ey and Judy Daly (having been competitive athletes for over thirty years). The advantages of this diary are to:

- Recognise the pattern of the menstrual cycle.
- Identify any symptoms that might impact on performance.
- Provide an awareness of any problems that should receive attention.
- Assist the coach with developing and adjusting training programs.
- Give access to precise information to assist with medical problems.
- Create open discussion with the coach.
- Adjust the menstrual cycle for

important competition.

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## 27 COUNTRIES LINE-UP FOR WORLD MASTERS GAMES SWIMMING COMPETITION

The swimming competition of the World Masters Games is shaping up to be a truly international competition with 27 countries registering interest to date.

As at the first week of November more than 500 expressions of interest had been received from as far afield as Belgium, Brazil, Ireland and Italy.

World Masters Games General Manager Lois Appelby said the response to the Games was tremendous.

"Swimming is going to be one of the biggest events in the Games program. It's certainly going to be a great competition," she said.

As well as great international competition, an array of entertainment is being planned for the two weeks of the Games. This includes an Aussie Bush night, a black tie ball, business breakfasts, mardi gras and the Welcome Ceremony, on 1 October which will be telecast live by ABC television around Australia. The ceremony will include a spectacular parade of competitors.

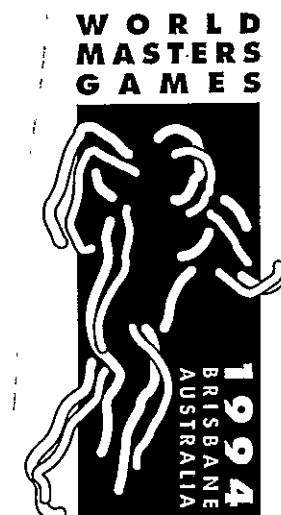
The World Masters Games will run from 26 September to 8 October 1994 and the swimming competition will run from 28-30 September and 2-3 October 1994 at the Chandler Aquatic Centre.

Entries close on 15 July 1994, however, entries received before 1 March 1994 could win an Early Bird prize of a four night holiday for two on a Great Barrier Reef Island, including return air fares from Brisbane.

For more information please contact

the Swimming Liaison Officer on 07 405 0958 or write to World Masters Games, Locked Bag 1994, Brisbane QLD 4001.

For media information please contact: Adrienne Costin, Manager - Promotions, 07 405 0920.



## ODE FOR A MASTER SWIMMER

(courtesy Wave Lengths, Canada)

I'd like to swim in the Olympics

And then work for CTV

And advertise for lots of dough

For things like Red Rose Tea

But I have this problem with my kick

And I've buggered up my back

And our coach makes us do the Fly

Which really makes me sick

So I'll just swim in Masters  
For the Ebbtide swimming team  
And stick to Freestyle, it's the milk  
But Breaststroke is the cream

I love to swim the Breaststroke  
I do it rather well  
I'd practice it in bed at night  
But my wife has said 'Like Hell'

So I have to go to Beban Park  
And swim in chlorine soup  
In a public pool with lots of hair  
And bits of babies' poop

I don't begrudge the monthly fee  
For going to the pool  
Because women all love Breaststroke  
It's a paradise for me

And when I need a boost  
For my flagging, aging corpus  
And groan and moan, and pine and whine  
After swimming comme la porpoise

I only have to look around  
And feast my weary eyes  
Through all the worn out bathing suits  
And wildly thrashing thighs

For then I know why I still go  
It's not the thought of winning  
No, what I really go for  
Is the social side of swimming

by Wayne Jones

# NOT DISQUALIFICATION AGAIN?

(courtesy Platypus Press, Tasmania Branch newsletter)

You read about them in a recent issue of the newsletter and now they have come home to haunt some of you!

At the recent Short Course Winter Championships, there were a number of disqualifications. A few muttered that perhaps the Judges and Referee were a bit too hard on the old folks!

However, when it comes to the crunch and being beaten by someone who should have been disqualified, most people will stop muttering. Remember the swimmer disqualifies him/herself and ignorance of the rules is no excuse.

Swimmers are asked to consider carefully---are you aware of how or why you were disqualified?

It is the responsibility of the swimmer who has entered a swim meet to check with the Club Coach that the stroke and turns are being performed according to the rules.

Also, if a Medical Disability Form is required, make sure the sections are filled out to cover the exact nature of the disability. e.g. if the left leg can't kick properly and drops slightly, then the left shoulder will also drop, therefore both areas need to be covered.

We know that it can be very disheartening for a swimmer to go to the expense of travelling, competing and then not have their swims counted. Club coaches, you should also be noting which swimmers need this help.

Pauline Samson.



high can strike anytime.

Researchers at Arizona State University in Tempe, had subjects do relaxed 20 minute runs at 8am, noon, 4pm and 8pm. The runner's mood was assessed before exercise and again 10 and 20 minutes after exercise. They reported less anxiety and anger both times after exercising compared to their pre-exercise moods. This highlights what almost every exerciser knows--working out induces a wonderful sense of calm and is one of the best stress-relievers around. Improved mood was equal following the four test exercise times. The researchers had speculated that the post exercise boost would be greater following the evening run, because bad moods are most common after wrestling with the day's responsibilities.

Perhaps the most significant relationship of time to exercise is fitting it in. Pre-work exercisers often meet their work-out goals more frequently than those that try to squeeze it in later in the day. Work out whenever your schedule allows and know that a better mood is only 20 minutes away!

## THE BENEFITS OF EXERCISE

Get Your High Anytime

(courtesy Running & Fitness News/Masterscrawl)

Do you like to work out in the morning because doing so makes you feel better all day? Or do you prefer post-work exercise as a way to get rid of the day's stress? Whether you are a morning or an evening person you'll perform better later in the day, but how does your exercise affect your mood? A recent study found that runner's

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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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JAMISON ACT 2614 Peter Emery

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(06) 283 4240 (w) COTTON TREE QLD 4558

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CRONULLA NSW 2230 Justin Graham

(02) 523 2361 (h) PO Box 219

(02) 544 1383 (NSW NTH ADELAIDE SA 5006 Office)

(08) 261 2001 (h)

NT TAS

Trevor Webb The Secretary

PO Box 396

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October?? 5th Australian Masters Games, VIC

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PO Box 659 (03) 802 6014 (h)

ROSNY PARK TAS 7018 (03) 691 3729 (w)

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(002) 43 6665 WA

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"Leisure? I've tried golf, walking, bowling, swimming, skiing and dining out—I prefer dining out!"

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