



# AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE  
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## NATIONAL NEWSLETTER

Volume 5, No 2. APRIL, 1994.

Welcome to this edition of the National Newsletter, my name is Doug Tantau. As a result of the 1994 Annual General Meeting in Adelaide, Victoria now has the responsibility of producing this Newsletter. The Meeting decided to implement some of the Task Force recommendations, while the major recommended re-structure of the National Board was placed on hold to allow more thought and State Branch discussion, this will be reviewed when the Board next meets. In keeping with the recommendations, the portfolios were allocated as follows :-

Marketing	-	Queensland
Technical Development	-	Tasmania
Planning	-	Australian Capital Territory
Recording	-	South Australia
Programs	-	Western Australia
Membership Development	-	New South Wales
Swim Meet Policy	-	Northern Territory
Communications	-	Victoria

I hope that the newsletter will be as interesting as Judy Ford's was, although it will be a hard act to follow. Judy must be congratulated on all her work for the National Board, her State the ACT, and her work for AUSSI members in general. Although she has decided to step down from all her positions, we will still see her cheery face at the pool. Judy, thank you on behalf of all AUSSI members for your contribution.

If anybody would like to contribute an article to the Newsletter, please send it to,

Doug Tantau  
59 The Avenue  
Morwell. 3840. VIC.

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

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## New State Delegates

At the AGM there were 2 new Delegates who will represent their state for the next 2 years.

They are;

Geoff Robinson from Queensland, who replaces Bren Catchpole, and Beryl Stenhouse from New South Wales who replaces Michele Schofield. We wish them well in becoming their States voice on the National Board and are quite sure they will be able to make positive contributions to ensure the smooth sailing of AUSSI in Australia. We wish the retiring Board members all the best for the future.

## National Coach

Also Kay Cox from Western Australia was appointed as the new National Coach. Anita Killmier sadly resigned from the Coaches position at the Mid-Year Board Meeting, and Kay was approached to carry on the work until the AGM. A foundation member of AUSSI in WA and a recipient of the Eunice Gill Coach Education Merit Award, Kay will be an asset for all AUSSI members.

Over the next months, a profile of these new Board Members will be in the Newsletter.

## FEES for 1994/1995

Our Director of Finance, David Forsyth was pleased to announce that there would be no rise in the Registration Fees this year, and the Branch Affiliation Fees would also stay the same. Registration fees are to remain at \$16.00, while the Branches Fees to affiliate stay at \$150.00. It is very pleasing to see that although costs in general will be increasing, shrewd budgeting has allowed the cost structure to remain the same.

ONLY TEN  
SEATS  
REMAINING.

Canada



Escorted Tour to



## **WORLD MASTERS SWIMMING CHAMPIONSHIPS**



VE CHAMPIONAT MONDIAL,  
DES MAITRES-NAGEURS

RENDEZ-VOUS 94 MONTREAL

VTH WORLD MASTERS SWIMMING  
CHAMPIONSHIP

**Monday 4th to Sunday 10th July, 1994**

Gullivers Sport Travel, the Sports Travel Specialists and tour operator for the 1990 World Championships in Rio de Janeiro and the 1992 World Championships in Indianapolis invite enquiries for their "Montreal '94" tour packages.

**NOTE:** Costs based on current prices and will be subject to review in the event of airfare increases or increased costs in land content.

NORTHWEST  
AIRLINES



Approved Tour Operator

### **TOUR 1 — HIGHLIGHTS**

- See the great Canadian cities of Montreal, Ottawa, Quebec, Edmonton and Vancouver.
- See the world famous Niagara Falls.
- Six day coach tour of the mighty Canadian Rockies including a 2 night stop over at the renowned Chateau Lake Louise at Banff Springs.
- Return to Australia via Los Angeles or Hawaii (or both) as optional stopovers.

**TOUR COST PER PERSON — \$3870 TWIN SHARE  
ACCOMMODATION**

Tour departs Vancouver Thursday, 21 July.  
Options to extend are available.

**Gullivers Sport Travel**

Gullivers Sport Travel Pty Ltd, 8th Floor 283 George Street,  
Sydney NSW 2000  
Tel 267 8655 • Fax: 261 4361  
Lic No 2AT001303 A.C.N. 001 439 685



As you know the 19th NATIONAL SWIM and CLUB CHAMPIONSHIPS were held in Adelaide on the 22nd - 26th MARCH 1994. Here are some of the results.

### TROPHY RESULTS

#### FOUNDERS TROPHY

ADELAIDE MASTERS

#### RUNNERS UP TROPHY

NORTH LODGE NEPTUNES

#### VISITORS TROPHY

NORTH LODGE NEPTUNES

#### NATIONAL HEART FOUNDATION AWARD

LOESJE LOUCH - TEA TREE GULLY

#### SWIMMER OF THE MEET

##### FEMALE

LESLEY GOUGH - COFFS HARBOUR

##### MALE

FRANK GRIFFITHS - GLADSTONE

#### RELAY TROPHIES

80 +

ADELAIDE MASTERS

120 +

POWER POINTS

160 +

ADELAIDE MASTERS

200 +

ADELAIDE MASTERS

240 +

ADELAIDE MASTERS

280 +

ADELAIDE MASTERS

320 +

INGLEWOOD

#### ZEDAR RELAYS

##### FEMALE

EASTERN DISTRICTS

##### MALE

POWER POINTS

#### AEROBIC TROPHY

TOOWOOMBA MASTERS

### WORLD RECORD BROKEN

Congratulations to FRANK GRIFFITHS from the Gladstone Gropers, who set a new world record in the 400m Individual Medley in the 85 - 89 year old age group. Frank's time of 10m28.43s was set in the first event of the meet, and I am sure this set the tune for the rest of the carnival for him, as you can see by the 5 National Records broken as well. To be named the Male Swimmer of the Meet on to top of these results caps off an excellent Nationals for Frank.

Not to be forgotten is the superb performance by the Female Swimmer of the Meet, LESLEY GOUGH from Coffs Harbour. Lesley set 5 National Records in her age group.

Congratulations to all record breakers, here is a list of that successful record breaking achievers.

### WORLD RECORD

Men 85 - 89

FRANK GRIFFITHS QGS

400m Individual Medley 10m28.43s

### NATIONAL RECORDS

Women 80 - 84

ELIZABETH JONES WIW

400m Freestyle 12m27.27s

Women 70 - 74

NANCYE MITCHELL NCS

800m Freestyle 16m18.56s

Women 65 - 69

ELIZABETH WALLACE NML

800m Freestyle 13m52.03s

Women 60 - 64

DENISE WANGEL SAM

400m Individual Medley 7m23.91s

200m Butterfly 3m54.04s

200m Individual Medley 3m29.45s

Women 50 - 54

CAROLYN FLEMING STT

100m Freestyle 1m12.22s

Women 55-59

ROBIN HENZE NLS

100m Breaststroke 1m44.02s

200m Breaststroke 3m47.74s

Women 45 - 49

LESLEY GOUGH NCH

200m Butterfly 2m53.79s

400m Freestyle 5m23.96s

200m Freestyle 2m35.62s

100m Butterfly 1m17.38s

200m Individual Medley 2m56.77s

### NATIONAL RECORDS

Men 85 - 89

FRANK GRIFFITHS QGS

400m Individual Medley 10m28.43s

100m Breaststroke 2m26.31s

800m Freestyle 18m36.35s

100m Backstroke 2m17.58s

200m Freestyle 3m59.21s

Men 70 - 74

KEVIN VICKERY NET

400m Individual Medley 7m40.54s

800m Freestyle 13m24.03s

400m Freestyle 6m14.73s

200m Freestyle 2m53.98s

Men 60 - 64

DIETER LOELIGER SAM

100m Breaststroke 1m26.85s

200m Individual Medley 2m55.36s

400m Individual Medley 6m23.79s

Men 35-39

RUSSELL FLETCHER VPP

400m Individual Medley 5m06.81s

800m Freestyle 9m12.01s

400m Freestyle 4m25.94

### MEDLEY RELAYS

Womens 160 +

DONCASTER DOLPHINS 2m25.29s

### FREESTYLE RELAYS

Womens 160 +

DONCASTER DOLPHINS 2m07.49s

I have included the Top 10 Clubs from the Meet and their point scores; sorry all the 63 club results cannot be published.

Place	Club Name	Code	Points
1	Adelaide Masters	SAM	2745
2	North Lodge Neptunes	VNL	1079
3	Power Points	VPP	1051
4	Marion Marlins	SMR	933
5	Doncaster Dolphins	VDC	926
6	Tea Tree Gully	STT	689
7	Atlantis	SAT	665
8	Eastern Districts	SED	570
9	Western Districts	SWD	418
10	Cronulla Sutherland	NCS	387

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### MEDALS AT THE NATIONALS

Once again the medal issue has arisen. In Victoria I conducted a survey to gauge the feeling of the membership on the issue of medals at the National Titles, the results being tabled at the AGM. Tasmania also did a similar exercise with their results also tabled. To summarise Victoria's answers,

Yes, we do want medals for 1st, 2nd & 3rd in both the individual events and relays.

Yes, we do want to keep the Aggregate Award, but still have medals for the individual events and relays.

Yes, we are willing to pay an increase in entry fees to cover the extra cost.

As a result of this, the Management Committee is going to work out a way to canvass all members of AUSSI to finally put the matter to rest conclusively.

Consideration was given to canvassing swimmers from the last 3 National Titles, but at the Members Forum it was requested that a referendum paper be sent to all registered members.

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### ARE YOU HITCHING A RIDE

Many of us are aware of the controversy of drafting - slipstreaming another swimmer in the lane alongside. There are many reports and claims of swimmers obtaining an unfair advantage of drafting off the swimmer in the lane next door. However, there have not been scientific studies to determine whether in fact there is an advantage.

A recent study reported in the Journal "Medicine and Science in Sport and Exercise" (vol 23, No.6) examined whether an advantage could be gained by swimming behind another swimmer. They tested freestyle swimming over a distance of approximately 500 meters at 95% effort and studied the energy needed to perform this under normal circumstances, and when a person swam closely behind another swimmer in the same lane.

The results showed that when swimmers drafted, the amount of energy used was significantly lower, the blood lactate levels (the substance that makes the muscles feel like lead in heavy exercise) were lower, the heart rate was also lower.



## 20th NATIONAL SWIM. PERTH 1995

The swim meet will be held over the Easter period at the Perth Superdrome, which is a World Class venue. It has a 50m pool & diving pool, plus 2 x 50m outdoor pools that are also heated.

### THURSDAY 13th April - 8.30am

1. 400m Freestyle

#### OPENING CEREMONY

4 x 50m Womens Zedar Challenge Relay

4 x 50m Mens Zedar Challenge Relay

2. 50m Freestyle
3. 100m Butterfly
4. 4 x 50m Mixed Medley Relay

### FRIDAY 14th April - 8.30am

5. 400m Individual Relay
6. 100m Freestyle
7. 200m Backstroke
8. 100m Breaststroke
9. 200m Butterfly
10. 4 x 50m Mixed Freestyle Relay

### SATURDAY 15th April - 8.30am

11. 200m Freestyle
12. 50m Butterfly
13. 200m Breaststroke
14. 100m Backstroke
15. 4 x 50m Womens Medley Relay
16. 4 x 50m Mens Medley Relay

### SUNDAY 16th April - 8.30

17. 50m Breaststroke
18. 200m Individual Medley
19. 50m Backstroke
20. 4 x 50m Womens Freestyle Relay
21. 4 x 50m Mens Freestyle Relay

### MONDAY 17th April - 8am

Open Water Swim - Indian Ocean

## 1993 COACH OF THE YEAR

At the National Swim presentation dinner in Adelaide, it was announced that ED PETERS from the Western Australian AUSSI Club of LEEMING is the 1993 Coach of the Year.

Here is an extract from his nomination form:-

Ed Peters is a respected coach of the Leeming AUSSI Club in WA. He is sensitive and respects club members as individuals. Together with his technical expertise, he has a pleasant personality and possesses the ability to show warmth and enthusiasm with a sense of humour and fair play. He realises that as a coach it is important not only to build the competence of a swimmer, but their confidence and self esteem.

His positive image of coaching is encompassed in planning, instructing, motivating, and supporting his swimmers

Ed demonstrates a thorough technical knowledge, and knowledge of individuals techniques and personalities. He has made all swimmers aware of measuring Basal Pulse Rate for safe and effective training. He is always able to answer swimmers queries and readily refers to theoretical background knowledge. Sport psychology is a major concern in his coaching, and he also gives advice on nutrition before major swim meets and also for general good health.

He treats his swimmers consistently, forever mindful not to pay most of the attention to the "best" swimmers. Time is also shared with swimmers of all abilities. He makes all the swimmers feel they are important to him as a coach. Ed ensures pool etiquette is adhered to so that training sessions are fair for all participants.

Congratulations to Ed on receiving this award.

## WHAT'S IN A NAME?

Our name is AUSSI - which sets us apart from all the other Aussies.

However, many a journalist, sign writer, letter writer or whoever can get it wrong - gets it wrong from time to time. But - is it always their fault? One suspects that it may be complacency on our part, rather than their ignorance.

In with this Newsletter, is yet another copy of "Information for the Media". Media people love it, because it covers just about all they need to know about AUSSI, but alas, it is no guarantee that the "e" won't sneak in by the sub-editor. You will find however, that if you adopt the practice of always writing AUSSI in upper case as it should be, you will have a much better chance of it staying that way.

"Info. for the Media" is handy for other applications too: people making a speech at an AUSSI function, prospective new members and so on. Don't be afraid to use it.

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### **SHEFFIELD TO HOST THE 1996 WORLD MASTERS CHAMPIONSHIP**

At the FINA Bureau Meeting held in Taipei, Sheffield was awarded the V1 World Masters Swimming Championships. It will be the first time that the event has been staged in Europe. Swimming, Diving, Water Polo and Synchronised Swimming will be held at the magnificent Ponds Forge International Sports Centre. This attractive venue and the magnificent facilities available, promises to make the Championships a memorable event. The Open Water 5km will be staged in the regatta lake of the Holme Pierrepont National Water Sports Centre. Situated close to the city of Nottingham, the centre is one of the most comprehensive water sports facilities in the world.

#### NATIONAL TOP TEN

A pair of National Top Tens (Long Course and Short Course) has just been delivered to all AUSSI Clubs.

A limited number of additional copies are available from the National Office at \$10.00 a pair - including postage.

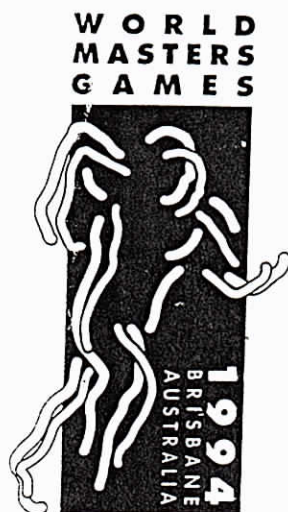
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### **AUSTRALIAN MASTERS GAMES MELBOURNE 1995.**

The Swimming component of the Games will be held from the 6th - 8th of October inclusive. There will be a full AUSSI style program plus 1500m and 800m Freestyle events. The Victorian AUSSI Masters Swimming Branch is running the swimming component of the Games. At this stage 500 plus entries are expected, and the entry fee will be approx \$70-\$80 (\$50 base fee plus the swimming add on)

#### **WORLD MASTERS GAMES BRISBANE - SWIMMING**

The closing date for entries is slowly creeping up on us. Not so long ago it seemed like ages before the closing date, but it is drawing nearer. Entries close on the 15th JULY so please do not become complacent, send entries off now, or you might forget!





# HOW TO KILL YOUR CLUB IN NINE EASY WAYS.

1. Don't go to meetings.
2. If you do go, arrive late and talk above the chairperson.
3. Don't go to events if the weather doesn't suit you.
4. Find a fault with other members.
5. Don't accept a position. It is easier to criticise the others who do.
6. If asked by the President for your opinion, say that you have none, then after the meeting tell everyone how it should have been done.
7. Do nothing more than is absolutely necessary, but when other members roll up their sleeves and use their ability to help things along, say the club is being run by a clique.
8. Hold back your subs, or better still do not pay them at all.
9. Don't on any account write anything for your Club or National Newsletter, someone might criticise you.



## Participants Wanted

### Masters Clinic at Montreal Championships.

The FINA Masters Swimming Committee, in co-operation with the FINA office and the organisers of the 5th World Masters Swimming Championships in Montreal, 4 - 11 July, plan to conduct a Clinic covering medical and training matters pertaining to Masters during the Championships. The proposed program for the Clinic is as follows:

#### 1st Day.

Physiological & medical problems of age swimming and participation of "Masters" swimmers in competition.

#### 2nd Day.

Methods of preparation of "Masters" swimmers.  
    planning of preparation  
    structure of annual training cycle  
    structure of training session  
    training loads

#### 3rd Day.

Swimming techniques of different strokes  
Starting techniques  
Relay swimming  
Competition regulations  
Special devices used in training of "Masters"

Athletes and coaches wishing to speak or present papers at the clinic should contact:

Sergey Fesenko,  
St Burmestinko 9/10, Ap .27  
252040 KIEV  
UKRAINE

Papers must be written in English on A4 paper in the following format:

Name or report  
Main questions for discussion  
Ways and methods of their solution  
Explanation of results achieved  
Conclusions

Papers may be tabled or presented by speaker as desired.

*Sergey Fesenko is a member of the FINA Masters Swimming Committee and lives in Kiev. His specialty is Buoyancy and he was a gold and silver medalist at the 1980 Olympic Games. He has a Bachelor Degree in Physical Culture and a Ph.D in Pedagogics and has extensive coaching experience.*

## INCORPORATED CLUBS PLEASE NOTE

The Corporate Affairs Office advises that:-

The registered name of the Association must always be used exactly the same way as it is registered and is printed on the Certificate of Incorporation.

This includes any official correspondence from the Association, any publications, advertisements, receipts, etc. The Association name cannot be abbreviated, shortened, nor can the word order be changed. Should the members of the Association wish to amend the registered name of the Association, an application to change the name of the Association must be lodged at this office with the appropriate forms and accompanied by the appropriate fee within one month of the request. The Public Officer is the only person who can sign these forms.



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## GENERAL INFORMATION FOR THE MEDIA

AUSI is an Australia-wide Association of adult swimming clubs, whose members are aged from 20 years up to 100 years and swim regularly to keep fit and have fun. AUSI is also a member of the world-wide Masters Swimming International Organisation.

## PLEASE USE OUR NAME CORRECTLY.

AUSI Must always be in upper case, without full stops between each letter, and there is no "E" on the end.

Masters Swimming  
or  
Masters Swimming in Australia (Inc.)

can be in capitals for each word or all upper case.

We are a body of senior or mature age swimmers and have chosen to use the term "Masters" (and please! - not "Veterans") as is universally adopted. e.g. World Masters Games, World Masters Swimming Championships, Australian Masters Games etc.

AUSI has over 7,000 swimmers. Age concentration generally is between 30 and 50 years and there is about the same number of males and females. There are eight Branches, (one in each State and Territory) and about 200 Clubs which conduct swimming events and competitions. There is a National Swim held each year.

Whilst AUSI maintains records of fastest times and awards medals at competitions, equal importance is placed on everyone who participates regardless of ability. Competition is an important activity as it serves as a monitor to an individuals progress, and is a incentive to swim regularly. However many of our Members do not compete at all.

Clubs conduct other activities, such as Learn to Swim, squad training and aerobic swimming. Of equal importance is the camaraderie established through regular social events.

For further information, please ask for our pamphlet "Swim into Fitness, Friendship and Fun".

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