



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE
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NATIONAL NEWSLETTER

Volume 5, No 3. JUNE, 1994

PLEASE NOTE !!!!

The National Office Fax Number is
(08) 344 1217

For two years we have been able to receive
faxes automatically on our phone number
and it has been on our letter head for 18
months.

Editorial Comment

It seems that my first Newsletter was well
received, thank you very much for the
feedback. A lot of comment was mentioned
about the item "How to kill your Club in Nine
easy ways". Please do not be offended by the
article as it was only placed in to satisfy my
sense of humour, but at the same time if it did
create discussion as it seems it did, that means
people are reading the Newsletter.

Please remember that in 99.99% of cases'
people in voluntary positions, whether it be the
local club, State Body, or the National Body,
are devoting part or all of their spare time.
These bands of dedicated volunteers may not
receive the thanks or the recognition that they
deserve, and I believe they should.

It is a shame that we still have a few people
around who are too willing to knock the efforts
of others without coming forward to volunteer.

Hans Wehrens, the State Recorder from
Victoria has provided a rough breakdown on
his volunteer time that will enable people to
see how much time is devoted to carry out his
responsibilities as a Recorder so we can enjoy
our swimming.

Doug Tantau. Editor of the Newsletter.

Also in this Edition.

A profile of Beryl Stenhouse is included.
Beryl represents NSW and is the Director of
Membership Development.
More information about the World Masters
Games.
Overseas Swim Meets.
Bits and pieces of general information.

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

PROFILE

OF

BERYL STENHOUSE

It was at the NSW Harbord Diggers Club in 1975 when the first AUSSI National Swim was held. At this swim meet Beryl competed as an individual, because in the early days of AUSSI all information was sent out to the individual rather than to the Clubs.

1975 was a good year for AUSSI, because Beryl's career with AUSSI began. Since joining the Cronulla Sutherland Club when it was first officially formed in 1978, Beryl has been a tireless worker for the Club, NSW, and AUSSI Nationally. Currently Cronulla Sutherlands assistant secretary and newsletter editor, Beryl's commitment to the Club is fantastic. Here is some of these.

Joined in 1978

Club Secretary 1980 - 1991

Club Recorder

Fitness and Coaching Director

Married to Neil, another AUSSI competitor, Beryl was originally a high school science and maths teacher before working for many years for the Education Departments Special Swimming Scheme. Teaching swimming to infants and primary school children became a passion, but strangely enough her two son's have no interest in swimming at all.

Judy Ford from the ACT, past Editor of this Newsletter, and extremely active AUSSI member also happens to be Beryl's sister. It was Judy who nominated Beryl for the AUSSI National Treasures job back in 1983, and Beryl held that position for 3 years.

In 1989 when NSW decided to make the position of office administrator, you can guess who was appointed to the job. That would be enough for anyone, but Beryl could not refuse another challenge, and consequently became NSW'S Branch Secretary too. That was in 1991, and she still holds that position.

I am sure you will all agree with me that Beryl Stenhouse is a remarkable achiever, but I also believe that by being a member of a club like Cronulla Sutherland, it seems to be a breeding ground for people who have contributed for all AUSSI members Australia wide. The names of Gary Stutsel, Carol Davis, Jack Brownjohn, and Sue Johnstone are just to name a few.



If you add up all the time Beryl is spending on AUSSI matters, it is hard to believe time is still available to be spent teaching Sunday school, and being a church warden.

Congratulations to you Beryl on behalf of all of us.

M.S.I. NEWS SUBSCRIPTION FORM

The official publication of
Masters Swimming International.
Published four times per year.

NAME _____

ADDRESS _____

CITY _____

COUNTRY _____

Subscription fees \$10 AUST per year.

Monies in Australian Currency please
and payable to
MASTERS SWIMMING INTERNATIONAL
P.O. BOX 142
NORTHAMPTON WA 6535
AUSTRALIA

Courtesy of the Dutch Master "SPRINT" magazine,

This is a story of 4 people, named
**One and All, Somebody, Everybody, and
Nobody.**

Some important work had to be done, and **One
and All** was sure **Somebody** would do it.

Now **Somebody** became angry because it was
a job for **One and All**.

One and All thought that **Everybody** would
do it, but **Nobody** realised that **One and All**
would not do it.

The end of the story is that **Everybody** blamed
Somebody because **Nobody** did what
Everybody could have done.

From the Confederation of Australian Sport
Magazine, "SPORT REPORT".

Olympic dates confirmed.

The Board of the Sydney Organising
Committee for the Olympic Games (SOCOG)
recently confirmed the dates for the 2000
Olympic Games in Sydney.

**The Games will begin on Saturday,
September 16 and end on Sunday, October
1, 2000.**

The SOCOG Board also agreed to seek
approval of the International Olympic
Committee to hold the Opening Ceremony of
the Games on Friday, September 15, 2000,
thus allowing 16 full days of competition.

Here is a copy of an article I found in the
Queensland Masters Swimming Newsletter
in the June/July issue of 1993

Helpful Hint - Overtraining

You may be overtraining if you are
experiencing any of the following:-

1. Extremes in muscle soreness and stiffness.
2. Inability to complete training sessions.
3. Higher than normal resting heart rate.
4. Greater susceptibility to colds and other illnesses.
5. Unexplained weight loss.
6. Loss of appetite.
7. Higher than normal resting blood pressure.
8. Depression.
9. Anaemia.

**BY-LAW and RULE CHANGES
as at MARCH 1994 BOARD MEETING**

By-law 27.4.2 be altered to include:

" that the pro rata fee for the last three months of the registration year be applicable to former members whose registration was not current in the previous registration year ".

R8.13 be altered to read:

" With due notification, the Meet Director may direct two (2) competitors to swim per lane, provided that they do not swim form strokes and there are at least two (2) time keepers or electronic timing available for each competitor. The start must be staggered and swimmers must remain on the nominated side of their lane ".

(see SW6.2)

SW7.5 be added:

" If an error by an official follows a fault by a swimmer, the fault by the swimmer is expunged ".

Rule SW6.1 be extended to include:

after "age ", "with the exception of relays, which may be seeded in age groups".

SW4.3 becomes SW4.3.1 and a new rule added:

SW4.3.2 " The Meet Director may seed relay teams in age groups. Where there are more nominations for an age-group than the number of lanes the pool can swim as one heat, then the total number may be equally divided so as to run two or more heats of that age-group ".

The **SUNRICE HIGH PERFORMANCE EATING STRATEGIES VIDEO** is now available for only **\$25.00**

The video features Karen Inge, B Sc Dip Diet F.ASMF, and a group of leading Australian sports people to discuss how to maximise performance through proper nutrition management.

Karen's seven strategies for high performance eating for training as well as the special considerations for strength and endurance competitors, sprinters and female athletes are covered, along with tips on eating before, during, and after competition.

You will receive a free copy of the Sunrice High Performance Eating Strategies Booklet when you order your video.

To order, enclose a cheque or money order for **\$25.00**, made payable to Sunrice Australia and send it to **Sunrice Country Visitors Centre**

PO Box 561, LEETON NSW 2705.

Postage and handling is included in the \$25.00 fee. Fax 069 534733 for further information.

A note came from the **Victorian Registrar, Hans Wehrens**, commenting on his 1993 workload which I found interesting, and also some interesting snippets.

Yes, what is the State Registrar doing? From some of the statistics kept, here is a list.

Registration letters <u>received</u> by mail	197
General and Masters info letters received	59
Registration confirmation, reports and general communication <u>letters sent</u>	223
Phone calls <u>made</u> to clubs, individuals ECT	170
Photocopies made	1702
Phone calls <u>received</u>	105
New Member Kits made up	500
Swim entry cards and Welcome Kit <u>mailings</u>	15
New Club information Kits <u>made up and mailed</u>	8
Computer hours <u>spent</u> for :- registrations, statistics, name and address changes, reports ECT	+450 hours
Monthly State, National and Swimmer reports	40
Kilometres driven to :- attend monthly State committee meetings, trips to Post Office and photocopy premises ECT "rough guesstimate"	3500 Km
Hours spent on " the job " On average per week	10 - 15 hrs
Per Year	650 hrs plus

Victorian Growth

1984	398 members	20 Clubs
1994	1300 expected	35 Clubs
	1183 at 23/4/94	

4 Life Members

Barbara Brooks	North Lodge
Danny Smith	North Lodge
Ted Tullberg	Syndal Sharks
Hans Whereans	Kilmore

Unusual Names

Chanchai Traisuravanit	VPP
Peter Perfect	VPP

Also included was a quote from Rob Hanou, the European MSI Director.

One does not stop with swimming because one gets older,
One gets older because one stops with swimming.

If any person wishes to contribute any interesting articles for everyone's reading, please send them to me,

Doug Tantau, 59 The Avenue, Morwell, Victoria, 3840.

THIRD INTERNATIONAL WORLD *masters* GAMES

Saluting the age of sport

Brisbane Australia



26 Sept to 8 Oct 1994

The time is drawing nearer if you are considering the chance of participating in this spectacular event. Having competed in the 2nd FINA/MSI World Masters Swim in 1988 at the same pool, I can say that it was the highlight of my swimming career, not only for competing, but just to be involved in the atmosphere generated by such an event. Ask anyone who swam and they will tell you what it was like. Do not think that these swims are just for the elite, they are not! I happened to be lucky enough to be seeded in some really fast heats, but I was only swimming against myself as where other people who had a time similar to mine. They in fact helped me to bring out my best so I can say although I was not a medal winner, I was a winner because I was there.

ACCOMMODATION

Mary Sweeney who is the Convenor of the Swimming section of the Games sent me a note/press release, saying accommodation is not a problem now because the block bookings from the travel agents are now being released. All agents were to free up unrequired accommodation bookings by the end of March, and at this stage more accommodation should be available or will continue to become available.

Buses will be running to the Chandler Aquatic Centre from various centres at regular intervals throughout the time of swimming.

If you have been unable to obtain accommodation in Brisbane or surrounding areas, the Queensland Travel Corporation in your State or their Brisbane office will only to happy to help you. You can also phone CAMERON at the World Masters Games Office on (07) 405 0958

For those of you who need information on the program the following pages will help you. See you at the Games and we wish all the competitors the best of luck, and we know you will enjoy the occasion.

**ENTRIES CLOSE 5 PM, 15TH JULY. WORLD MASTERS GAMES OFFICE.
LOCKED BAG 1994 . GPO BRISBANE 4001. QUEENSLAND.**

Swimming

Competition Details

COMPETITION DATES AND EVENTS

SEPTEMBER 28

- 200M BACKSTROKE
- 50M BREASTSTROKE
- 400M FREESTYLE

SEPTEMBER 29

- 200M BUTTERFLY
- 100M FREESTYLE
- 50M BACKSTROKE
- 200M MIXED FREESTYLE RELAY

SEPTEMBER 30

- 400M INDIVIDUAL MEDLEY
- 50M FREESTYLE
- 100M BREASTSTROKE
- 200M MEN'S MEDLEY RELAY
- 200M WOMEN'S MEDLEY RELAY

OCTOBER 2

- 100M BACKSTROKE
- 200M FREESTYLE
- 50M BUTTERFLY
- 200M MEN'S FREESTYLE RELAY
- 200M WOMEN'S FREESTYLE RELAY

OCTOBER 3

- 200M INDIVIDUAL MEDLEY
- 100M BUTTERFLY
- 200M BREASTSTROKE
- 200M MIXED MEDLEY RELAY

STARTING TIMES

Estimated start time for each day of competition is 8.30am.

PROOF OF AGE

Proof of age will be required to collect any medals or verify any records. Proof could be asked for at any time during the competition, both individual events and relays; ie passport, drivers licence, masters swimming membership card.

COMPETITION FORMAT

All swims are time based finals, meaning that you shall have only one swim per event.

COMPETITION RULES

FINA swimming rules as modified for masters shall apply.

WARM - UP TIMES

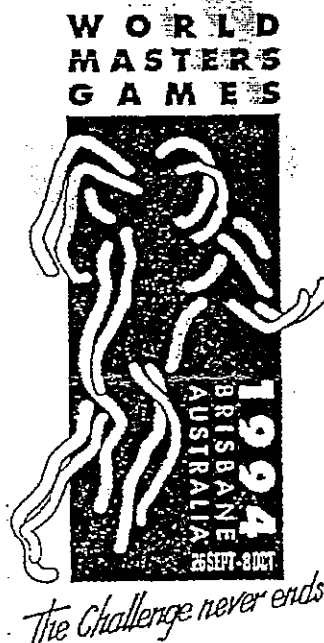
The Chandler Pool will be open exclusively for competitor's training on 27 September from 8.00am to 6.00pm.

Warm - up swimming will be for 1 hour on each day prior to competition. A 25m warm - up pool will be available at all times during competition.

Public pools around Brisbane will be open also.

RELAYS

You would like to swim in relays but do not know anyone else who is attending? Then present yourself at the relay desk between 10.00am and 4.00pm on the day prior to the event and every effort will be made to put you in a team with others.



WORLD MASTERS GAMES

BRISBANE · AUSTRALIA

26 SEPTEMBER - 8 OCTOBER, 1994

Also received in the mail this month was a little gem from the unknown Poet

Question

I'M NOT TRYING TO BE FUNNY
BUT I WANT TO ASK ABOUT MY MONEY
WHERE WAS MY 16 DOLLARS SPENT
PLEASE TELL ME WHERE IT WENT ?

\$16.00

Answer

WELL, THE CENTRAL CONTROLLING OFFICE GOT THE MOST
BUT THEY WORK VERY HARD IN THERE, SO THEY BOAST
AND TO KEEP ALL INFORMED FROM COAST TO COAST
THE COST OF THE PHONE, PRINTING ECT. AND POST

\$ 9.46

WE PAID FARES AND BOARD FOR A MEETING OR TWO
FOR THE BRANCH DIRECTORS TO REPRESENT YOU
TO KEEP UP TO DATE WITH ALL THINGS NEW
LIKE COACHING AND SAFETY, JUST TO MENTION A FEW

\$ 3.39

THE PORTFOLIO COSTS WERE NOT MUCH YOU KNOW
AEROBIC RESULTS AND TOP TEN ARE ALL OUT ON SHOW
AND THE NEW MEMBERS KITS ARE WELL ON THE GO
FOR THE RESULTS ACHIEVED THE COSTS ARE QUITE LOW

\$ 2.45

INSURANCE WAS PAID TO PROTECT OUR WEALTH
IT COVERS BROKEN GEAR AND MAYBE A SHELF
AND ALSO COVERS YOU, IN CASE YOU HURT YOURSELF
I HOPE ITS NOT NEEDED AND YOU STAY IN GOOD HEALTH

\$ 2.07

IT COST QUITE A BIT TO BUY SOME NEW GEAR
BUT COMMUNICATIONS NOW ARE PERFECTLY CLEAR
AND WE TUCKED SOME AWAY FOR THE FORTHCOMING YEAR
AND I CANT THINK OF A LINE TO PUT IN HERE

\$ 3.28

\$20.65

YES, WE SPENT MORE THAN YOU GAVE US, THAT'S PERFECTLY CLEAR
"DON'T YOU WORRY ABOUT THAT" FOR ITS NOT REALLY QUEER
CAUSE GRANTS, INTEREST ECT, AND SWIM MEETS BOOSTED THE YEAR
RAISED BY YOUR BOARD OF DIRECTORS WHOM I KNOW YOU HOLD DEAR

SO THERE YOU GO, IT CAN BE DONE
\$1.29 RETURN FOR AN OUTLAY OF ONE
YES, ITS TRUE, I CHECKED THE SUM
AND ITS ALL SPENT TO PROMOTE, AUSSI FITNESS AND FUN

SWIMMING IN COLD WATER

In this abridged article by Diddo Clarke we learn some surprising facts about acclimatising to cold water.
Everything about acclimatising to cold water is surprising.

Swimming In The Low Range.

San Francisco Bay is so cold in the winter that if I dip my wrist in I can't keep it in for more than an minute. When I'm acclimatised I can swim in it for 40 minutes before I feel cold and my body can tolerate it for an hour. Bay water temperatures range from above 5 deg C in January up to 20 deg C in September. During the three years that I swam throughout the winter in the Bay and in a 27 deg C outdoor pool, the Bay was the more comfortable.

At the pool, the primitive back part of my brain that regulates body temperature tried to keep my whole body warm but it couldn't because 27 deg C is lower than body temperature and the air temperature was even lower. My body temperature dropped slightly and I shivered and shook. At the Bay, when I jumped into 10 deg C water, that primitive part of the brain said *"Forget it! There is no way we can keep the whole body warm under these conditions. We aren't even going to try."* So, it shut off circulation to the skin and the extremities. I became semi-amphibious. My core temperature didn't change for 40 minutes and I didn't feel cold until after I got out.

Acclimatising is so specific that 10 deg C can feel fine for 40 minutes, 11 deg C is balmy, but water in the region of 7 deg C for 20 minutes is such intense pain that I never want to swim in it again.

Swimming In The Medium Range.

My first swim in 14 deg C water was so traumatic I was in shock, physiological panic. I couldn't talk. I could barely breathe or move. I felt as if this lasted for 10 minutes but I'm sure it was more like one to two minutes. Cold water distorts the perception of time. Then I felt cold for 10 minutes and comfortable for about 10 minutes. The next day I was in shock for half as long cold for half as long and comfortable for twice as long. On day three I swam from the Bay Bridge to the Golden Gate Bridge, six miles with the currents, in 67 minutes. I was uncomfortably cold and my muscles made mini-convulsions on day four I swam back from the Golden Gate Bridge to the

Bay Bridge. The currents are not as favourable in this direction. It took me more than 2 1/2 hours, but felt less cold because I was more acclimatised. On days five and six, I swam in the Bay for half an hour each day without feeling cold at all.

Swimming In The Upper Range.

The first time I swam around Manhattan island, the water was 20 deg C but I wasn't acclimatised so the lower half of my body was numb with cold for the last half of that 9 1/2 hour swim. That was okay with me because everything else hurt. Afterwards, it took about 45 minutes to thaw out. There were no after-effects. Cold is a preservative and hypothermia is the most recoverable serious condition. (We open water swimmers take it seriously and train our boat crews thoroughly.) Before my third Manhattan swim, I didn't have cold water to train in, so I sat in my bathtub, turned on the cold water, added ice cubes, and read a magazine for half an hour a day for nine days before the swim. My third Manhattan was two degrees colder than my first one, but I was comfortable with the temperature the entire time. If it had been colder, I would have felt cold. If it had been warmer, it would have hurt more. When our muscles work hard, cold reduces inflammation, lactic acid, and swelling.

The Reward.

Acclimatising is not for everyone, but many swimmers will be pleasantly surprised at how comfortable they will feel in a cold swim after they have spent time acclimatising to that water for a few days.

*Diddo Clark had broken women's records for swimming around Manhattan Island and between the Golden Gate Bridge and the San Francisco Bay Bridge. She competed in the 1987 US Masters nationals at Stanford, where she swam the last length of her butterfly with a six foot inflated iguana hitching a ride on her back! *Courtesy of Mastercrawl, the New Zealand Masters Swimming Magazine.*



IMPORTANT NOTICE

FOR ALL HOLDERS OF

MASTERING SWIMMING


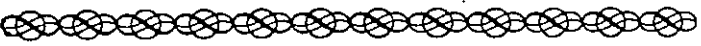

A SELF HELP GUIDE FOR COACHES AND SWIMMERS

FIRST PUBLISHED 1992 by FRASER PUBLICATIONS

'EDITOR'S NOTE

Chapter 29 was incorrectly attributed to Jenny Murray of the Epilepsy Foundation of Victoria and accordingly the views expressed in that chapter are not those of either Jenny Murray or The Epilepsy Foundation of Victoria. Moreover, what the Editor did in compiling part of this chapter was to draw on some earlier material prepared by various epilepsy groups, here and overseas. Since the Editor first compiled the manuscript, it should be noted that a number of changes in thinking have occurred: (1) It is no longer the view that people with epilepsy necessarily have to be seizure-free for two years before they can obtain a driver's licence. It depends on the type of epilepsy and other circumstances, and may be much less than two years in some cases. Whether or not a person with epilepsy is able to obtain a driving licence is not recommended as a guideline for swimming. (2) As well it is the case that, for some people, physical exercise and stimulating activities may reduce the frequency of seizures'.

'For the latest information on epilepsy and swimming, please contact the epilepsy association in your state or talk to your doctor'.



MASTERS SWIMMING INTERNATIONAL (MSI)

Masters swimming International (MSI) was formed in 1983 as the culmination of a series of events dating back to 1974.

In that year, a party of US and Canadian Masters swimmers led by Dr Richard Rahe of the US Navy visited New Zealand and Australia. They competed against a group of Australians at Heffron park in Sydney. As a result of this visit, Australian Masters Championships were held at Harbord in 1975 and then in September, AUSSI was formed. The first President was Bill Lough of RSL swimming fame, the Secretary was Gary Stutsel, and the Publicity Officer was Jack Brownjohn, who had tried for many years to stimulate interest in Masters Swimming.

It is history that Gary Stutsel after six years as National Secretary moved that a Pan Pacific Championship be held in Sydney in September 1981. In organising that meet, Gary met Margaret (George) Sampson, a South African-born US citizen, who proposed the formation of an organisation to be named Masters Swimming International.

MSI was formed at the 2nd Pan Pacific Masters Championships in Sydney in March 1983, and went on to organise five World Masters Championships, three more Pan Pacific Championships, World Records for 25m and 50m pools, World Top 10s, and through FINA, uniform rules for Masters (Perth 1991)

AUSSI both as an organisation and through the individual efforts of many of its members, including Carol Davis (NSW), Judy Ford (ACT), Peter Gillet (SA), Glenys McDonald (WA), Graeme McDougall (QLD), and Gary Stutsel (NSW) who is now in his sixth term as President of MSI, has played a leading role in MSI.

In January 1991, MSI agreed to allow FINA to take control of all the elite aspects of Masters Swimming, that is World Records, Top 10, and World Championships. MSI then met in Hamilton, New Zealand in April and voted to pursue the following objectives.

1. **To ensure that FINA Rules remain fair to all Masters Swimmers, especially in the area of Drug Testing, and Age Determination, and to lobby for change when necessary.**
2. **To act as clearing house in assisting countries to exchange programs, ideas, successes and failures.**
3. **To ensure liaison between countries (initially USA and Australia) to foster programs for Officials Accreditation.**
4. **To prepare guidelines for a Safety Policy to be applied to club activities and all competitions.**
5. **To compile a world-wide list of places to swim.**
6. **To develop festival-style International Swim Meets open to all Masters regardless of ability (no time standards) on a first to enter basis. The first of these is planned for mid 1995.**

Thus the role of MSI has changed from serving the elite swimmers to one of supporting and encouraging all Masters swimmers. This move has the full support of all member countries.

Written by Gary Stutsel, and copied from the SPLASH, Journal of NSW Master Swimmers Inc.

PRODUCTS AVAILABLE FROM THE NATIONAL OFFICE

HANDBOOK

\$10.00

A very smart hard vinyl covered two ringed binder - containing the AUSSI Constitution, By-Laws and Rules. The Guidelines for "Referees" is designed to be included as well. A must for every Club.

CLUB GUIDE

\$10.00

Eighty (80) pages of vital information for the effective running of an AUSSI Club. It's written by informed AUSSI Members and is delightfully illustrated with "Percy" the whimsical platypus role-playing the activities under discussion.

Chapters include:-

What is AUSSI?
Forming a Club.
Sample Constitution.
Club Night activities.
Aerobic Trophy.
Public Relations, Sponsorship.

Other sporting clubs could use this booklet too.

"MASTERING SWIMMING"

\$26.95

The complete guide to swimming for coaches and swimmers, this excellent and comprehensive book deals with all facets of training and work outs, swimming strokes and how to be better at them, nutrition, common errors, safety, competition swimming and so much more. A First Class book for physical education courses.

AEROBIC TROPHY

Rules and Point Scores

\$5.00

An A4 size booklet which describes the purpose and history behind the Aerobic Trophy. It contains the Rules and how to go about it, all the Point Scoring Charts, sample recording sheets are included too.

AWARD BADGES **\$3.00**

Triangular badge - with stroke and distance **\$3.00**

Triangular badge - plain **\$2.00**

Million Metre badge **No charge**

Three Million Metre badge **No charge**

Award Certificates **No charge**

The "Three Million Metre" and "Million Metre" badge is larger than the others and is supplied at no charge to the Swimmer completing the task, as a reward for achievement. It is supplied on presentation of a properly completed Million Metre Card.

The AUSSI Awards are described in Rule 10, the Aerobic Trophy Book, and on the Million Metre Card.

L1 UPDATE LOGBOOK **\$.50cents**

A 12 by 8cm booklet designed by the Australian Coaching Council. Used for up-dating the requirements completed over a four year period following the issue of their ACC accreditation.

POSTER **\$1.00**

"Swim into Fitness, Friendship and Fun. Laminated for resistance to moisture, this attractive full colour 320mm by 240mm poster is a must for every pool in Australia.

BROCHURE **\$.10cents**

The new 8 page fold out brochure on quality art paper features photos of "real AUSSI's" having fun. It has space on the front for your sponsors name and a place on the back for your local contact.

**ORDER FORM
AWARD BADGES**

SUPPLY

400M	FREESTYLE
400M	BACKSTROKE
400M	BREASTROKE
400M	BUTTERFLY
400M	INDIVIDUAL MEDLEY

800M	FREESTYLE
800M	BACKSTROKE
800M	BREASTROKE
800M	BUTTERFLY
800M	INDIVIDUAL MEDLEY

1,500M	FREESTYLE
1,500M	BACKSTROKE
1,500M	BREASTROKE

3,000M	FREESTYLE
3,000M	BACKSTROKE
3,000M	BREASTROKE

5,000M	FREESTYLE
5,000M	BACKSTROKE
5,000M	BREASTROKE

Please put number in for \$3.00 Badges

@ \$3.00 = _____

AUSSI Patch

Please put number in for \$2.00 Badges

@ \$2.00 = _____

Three Million Metre Badge
Million Metre Badge

No Charge
No Charge

Cheque / Money Order / Cash _____

**ORDER FORMS
PUBLICATIONS**

SUPPLY

_____	HANDBOOKS WITH INSERTS	\$10.00
_____	INSERTS ONLY	\$ 5.00
_____	VINYL COVER ONLY	\$ 5.00
_____	CLUB GUIDE	\$10.00
_____	"MASTERING SWIMMING"	\$26.95
_____	AEROBIC TROPHY RULES and POINT SCORES	\$ 5.00
_____	L1 UPDATE LOG BOOK	\$.50
_____	POSTER	\$ 1.00
_____	BROCHURE	\$.10cents
_____	MILLION METRE CARDS	no charge
_____	AWARD CERTIFICATES	no charge

= _____ @ _____ = _____.

Cheque / Money Order / Cash : _____

BRANCH SECRETARY'S

as at the 11th MARCH 1994

AUSTRALIAN CAPITAL TERRITORY

Ms Tanya Colyer
P.O. Box 335
JAMISON CENTRE ACT 2614

Home Phone (06) 254 5345
Work Phone (06) 203 7462
Fax (06) 203 7362

NEW SOUTH WALES

Mrs Beryl Stenhouse
P.O. Box 580
CRONULLA NSW 2230

Home Phone (02) 523 2361
Branch (02) 544 1383

NORTHERN TERRITORY

Mr Trevor Webb
P.O. Box 396
NHULUNBUY NT 0881

Home Phone (089) 87 3591
Work Phone (089) 87 0272
Fax (089) 87 2421

QUEENSLAND

Mr Peter Emery
P.O. Box 17
COTTON TREE QLD 4558

Home Phone (074) 44 7354
Work Phone (074) 43 2370
Fax (074) 43 8793

SOUTH AUSTRALIA

Mr Bill Stevens
P.O. Box 219
NORTH ADELAIDE SA 5006
Home Phone (08) 352 6806

TASMANIA

Dorothy Armstrong
P.O. Box 659
ROSNY PARK TAS 7018
Home Phone (002) 44 6789

VICTORIA

Mrs Lynne Chesire
36 Enterprise Avenue
CHELSEA HGHTS VIC 3196
Home Phone (03) 776 0226
Work Phone (03) 487 1481

WESTERN AUSTRALIA

Miss Leonie Gaston
"Administrator"
P.O. Box 564
CLAREMONT WA 6010
Home Phone (09) 386 5212
Branch Phone (09) 441 8249
Fax (09) 441 8254

IF ANYBODY IS PLANNING AN
INTERSTATE TRIP, OR HOLIDAY AND
WOULD LIKE TO KNOW THE NAME
OF THE NEAREST AUSSI CLUB IN
THAT AREA, PLEASE GIVE THE
SECRETARIES OR ADMINISTRATORS
A RING, AND THEY WILL PROVIDE
YOU WITH ALL THE NECESSARY
INFORMATION.

COMING EVENTS ON THE SWIMMING CALENDER.

1994

July 4th - 11th	Fina World Swim	Montreal	Canada
August 25th - 28th	French Masters Championships	Brive	France
September 10th - 11th	Swiss Masters Championships	Thun	
Switzerland 28th - Oct 3rd	World Masters Games	Brisbane	
October 15th - 23rd	Honda Central Australian Masters Games	Alice Springs	

1995

April 13th - 17th	20th AUSSI National Swim	Perth	
June 1st - 4th	HUMU International Masters Swimming Championships	Honolulu	Hawaii
August 7th - 14th	The MSI Hawaii Festival	Honolulu	Hawaii
October 6th - 8th	5th Australian Masters Games	Melbourne	

1996

March	21st AUSSI National Swim	Canberra	
June 22nd - July 2nd	World Masters Swim	Sheffield	England