



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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NATIONAL NEWSLETTER

Volume 5, No 4, AUGUST, 1994

In this edition we will cover:-

- A few interesting items on sports injuries.
- A profile of Geoff Robinson from Queensland, the Director of Marketing.
- A summary of the Technical Development Workshop held in Adelaide.
- Some other bits and pieces that might be interesting to all.

A new addition to the newsletter called **Around the States**, I hope this column will be an informative piece of news on what is happening in each State. It might be of interest for those lucky enough to be travelling around, and would like a place to swim.

A profile of :-

Geoff Robinson
Director of Marketing
Queensland Delegate to the
National Board



Geoff spent his early life in Sydney and was educated at Sydney Boys High School and then University.

In his younger days he was a member of the Coogee Surf Lifesaving Club, and the ocean was where he did most of his swimming. He moved to Mackay in 1972, and in 1983 for health reasons began to enter triathlons. One of seven swimmers who registered with Queensland Masters in the first season of Mackay Masters Swimmers, he is proud to be a foundation member of the club.

Geoff joined the committee as Registrar and apart from one season he has been in an administration type position up until 1993 when the club honoured him with Life Membership. With his dedication to AUSSI swimming Geoff has assisted the building of the Mackay Club to where it is today. He has spent many hours at the poolside encouraging and coaching members plus countless long hours behind the scenes in the administration area.

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

A great ambassador for Mackay Masters he has represented the club at every Queensland State Titles since 1983, seven National Meets, and four World Meets in New Zealand, Japan, Australia, Brazil, and will be competing in Montreal this month. He has held various Queensland records in the long distance events and at present is the title holder for the 10,000 freestyle and the USA 5k postal swim in the 50/54 age group.

Geoff's other accomplishments include attaining the Masters Level 1 and Junior Level 1 coaching accreditations plus a Sports Medicine Trainers Level 1, and the Sports Administration Level 1. In 1990 Geoff was elected to the position of Queensland Registrar, a position he has held for 4 years.

The assistance given by Geoff in the formation of new clubs in the mining towns around the Mackay area has seen the sale of over a

hundred copies of the Mastering Swimming Handbook being sold. To achieve this Geoff visited the local towns of Glendon, Tieri, Dysart, Emerald and Clermont.

He is also an active member in Surf Lifesaving. A first aid officer for 8 years in the Mackay Club and also on their Management Committee. This has led Geoff to be an active member in Masters Surf Lifesaving and he has competed in the last 2 World Masters Lifeguard Championships in New Zealand. A taxi owner driver for 22 years in Mackay Geoff is assisted in all his endeavours in AUSSI and the Surf Lifesaving by his loyal soul-mate Jennie Mack.

As you can see by this Geoff has been a very busy person, not only competing but also devoting many hours in the administration areas of his chosen sports.

NEW NAME :-

SPORTS MEDICINE AUSTRALIA

The Australian Sports Medicine Federation, (ASMF) has recently decided to adopt a new corporate image with a new logo and business name. The new name is **SPORTS MEDICINE AUSTRALIA**, and this will have already been publicly launched in July by the time you read this.

While the ASMF will still remain the legal name, over the next twelve months its public use will disappear and the new Sports Medicine Australia will appear on all correspondence, educational resources and materials.

NEWS FLASH !!!!!!!

The Adelaide Masters Relay Team, consisting of Andrew Martin, Noel Heritage, Suzette Petrick, Max Thompson, Chris Ford and Geoff Moffatt have been successful in conquering the mighty English Channel. In close to ideal conditions on the 19.7.1994 the team completed the swim in a time of 12hrs 15min. Quoted as saying it was a brilliant and unforgettable experience despite some severe seasickness, it was a memorable event in their lives.

On behalf of all AUSSI members, including some of us who will no doubt be extremely envious of such an honoured achievement,

CONGRATULATIONS!

TECHNICAL DIRECTORS WORKSHOP ADELAIDE 30.4.94 - 1.5.1994

The Workshop covered a brief review of the current AUSSI Officials Accreditation Scheme.

The meeting was attended by :-

Pauline Sampson	Tasmania, National Director of Technical Development		
Sue Johnston	NSW	Judy Ford	ACT
Keith Bower	WA	Robin Sweeny	QLD
Alan Davis	VIC	Bill Stevens	SA
Kay Cox	Management Committee	Ivan Wingate	Executive Director

Pauline has been kind enough to supply the following information for all of us

TECHNICAL ACCREDITATIONS

As many of you may be aware, there has been a complete overhaul of the accreditation scheme for Technical Officials in AUSSI. At the Board Meeting in March this year, a reshuffle of portfolios enabled the Tasmania Branch to accept the Technical Development Portfolio. At the end of April, representatives from Branches met in Adelaide for a Workshop to discuss the accreditation process and to set up requirements for officials for ease of administration within the Branches by their appointed Technical Director

The following papers are now available for distribution to the Branches who wish to conduct Technical Accreditation Courses for Timekeeper, Marshall, Check Starter, Starter:-

- Application for Technical Officials Accreditation Courses (to be on Branch letterhead)
- Guidelines for Accreditation of Technical Officials
- Course Requirements for each position
- Lecture Notes for each position
- Log Sheet for each position
- Examination Paper for each position (available on application by Course presenter)

The lecture notes for Recorder and Referee are still being formulated.

AUSSI National encourages all Branches to appoint a Technical Director and conduct courses to accredit officials. It is desirable that AUSSI uses their own officials where possible so that the interests of our members are well looked after. Also having completed an officials course allows the swimmer to have a better understanding of the running of a swim meet and hopefully a clearer understanding of the Rules. Friends and relatives (who are non-AUSSI) can also take an active part in a swim meet, as we need all the help we can get!

I have found that being involved on the Technical side, swimming has given me another interest in swimming apart from competing and just watching from the sidelines

At the end of the Workshop in Adelaide, the National Technical Committee was appointed with Keith Bower (WA), Robin Sweeney (QLD), and Steven Lamy (NSW). It is expected that the Committee will convene via a telephone hook-up as Technical matters are raised by Branches

Pauline Sampson
Director of Technical Development
AUSSI Masters Swimming.

AROUND THE STATES

As mentioned this is a new idea to give members who are travelling around our great country a list of swim meets from other States, so that they may still participate in a competition while on holidays. Also it is hoped that States may contribute articles which will be of interest to other States so we can improve and provide a higher level expertise for our members.

New South Wales has provided a summary of how they organise Carnivals in their State. New South Wales work on a centralised system where all carnival dates must be approved by the State Management Committee and they try to finalise the next season's dates 6 months in advance. In general, carnivals are held on the first and third Saturdays of the Month, but exceptions are considered.

Clubs holding carnivals must submit their draft flyer several months before the carnival for approval and they are then sent out a set of sticky labels of all the club secretaries in NSW and ACT to use to send it out.

All clubs must use the branch computers (they have two notebook computers and a printer for carnivals as well as the office one), for which they pay \$50 hire plus \$50 for consumables if they have an operator trained in the use of the system. Otherwise, if Brett Larkin or one of his assistants attends the carnival, the cost is from \$1.50 to \$3.00 per swimmer depending on the range of services provided, which clubs build into their carnival fee, usually \$8 - \$10. This includes computer hire and consumables, and full results of the carnival are provided plus certificate labels. A well organised club can have the certificates ready for distribution by the end of the post carnival meal.

The carnival computer system lists World, National and State records and highlights any record breaking swims, as well as printing a list of these for the records recorder at the end of the meet. It can print a list of records at any time and also updates the Top Ten at the conclusion of the meet.

A recent innovation is recording the names of relay team members in the results and also in the Top Ten. In the recent World Top Ten, where 32 NSW teams were listed, the names of team members from NSW were listed for the first time. They recorded names of team members manually last year, but now the computer does it. No other AUSSI Branch had team member names recorded in the World Top Ten. The relay system also checks that the team is in the correct age group and that all members are in the same club.

At the end of the season, the only additional work needed to produce the Top Ten is the entry of non-carnival swims such as aerobic swims and club time trials. A form has been designed for the submission of these so race cards are not used.

Another advantage of their system is that the Branch registration database is used and they do not have unregistered swimmers competing in carnivals. An updated disk from Beryl's office is sent to Brett Larkin prior to each carnival, and Beryl is notified of any unregistered swimmers who have entered. The clubs are notified and they can either register the swimmers immediately or withdraw them.

The larger Sydney carnivals attract over 300 swimmers, and with meets having 3 or 4 individual events plus 1 or 2 relays, an efficient computer recording system is essential.

Some other interesting features of the system include :-

- A listing at the beginning of the program of each swimmer, alphabetically within their age group, and the events they have entered - useful for checking one's opposition. The nominated times of all swimmers are listed in the program
- An estimate of the time each event will take - which is useful for the carnival organisers.
- A print out of the results of the interclub point score, highest average points per swimmer point score, total relay points per club, carnival attendance, and of course the individual points place listings. These are all produced as soon as the protest time for the last event has expired.
- Print outs of event results, which are posted a few minutes after the conclusion of each event.

Beryl and New South Wales are very happy with their system, and are only too pleased to pass on any information or answer any queries regarding the system. They have payed for the programming and it has been developed considerably since it was used in the 1989 Nationals.

If you are lucky enough to be passing through NSW before or after the World Masters Games and feel like a swim, please contact Beryl Stenhouse on Sydney (02) 544 1383 for further information on the following carnivals.

August 20	Manley
August 27	Blacktown Long Distance
September 3	Ettalong
September 17	Ryde, and Mid Year Conference
October 8	Cambelltown
October 22,23	Short Course Championships, Singleton
November 5	Hills
November 26	Raymond Terrace & Coffs Harbour
December 3	Western Suburbs.

For those of you who are lucky enough to be in Western Australia between now and the 1995 Easter Nationals, a list of carnivals provided by Leonie Gaston is provided , and they will be updated in the next newsletter. For further information please ring Leone on Perth (09) 441 8249.

September 11	Superdrome Snappers Interclub Meet 9am - 12 noon, at the Superdrome.
October 2	Port Gregory Mile Swim Thru. 10.30am at Port Gregory
October 22-23	AUSSI Winter Swimming Championships at the Superdrome, 9am - 4pm both days.
October 30	Geraldton Mile Swim Thru at Geraldton
All October	Carine AUSSI Masters Swim, 3000m & 5000m Postal Event

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.

BRANCH SECRETARY'S as at the 11th MARCH 1994

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COMING EVENTS

<p>October 15th - 23rd</p> <p><u>1995</u></p> <p>January 28th-29th</p> <p>February 4th</p> <p>March 23rd-25th</p> <p>April 13th - 17th</p> <p>June 1st - 4th</p> <p>August 7th - 14th</p> <p>October 6th - 8th</p> <p><u>1996</u></p> <p>March 21st</p> <p>June 22nd - July 2nd</p>	<p>Honda Central Australian Masters Games</p> <p>Spanish Winter Championships</p> <p>Finnish Super Masters</p> <p>Sth African Masters Swim</p> <p>20th AUSSI National Swim</p> <p>HUMU International Masters Swimming Championships</p> <p>The MSI Hawaii Festival</p> <p>5th Australian Masters Games</p> <p>AUSSI National Swim</p> <p>World Masters Swim</p>	<p>Alice Springs</p> <p>Andorra La Vella</p> <p>Espoo Finland</p> <p>Nels Pruitt Sth Africa</p> <p>Perth</p> <p>Honolulu Hawaii</p> <p>Honolulu Hawaii</p> <p>Melbourne</p> <p>Canberra</p> <p>Sheffield England</p>
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SIX QUICK FIXES

* Swim faster on no additional training.*

This article was written by nationally ranked masters swimmer Terry Laughlin, Director of Total Immersion Adult Swim Swimmers and a consultant to Texas America.

Take a pool full of cross-training masters athletes, and ask them why they're there. You'll get all the usual reasons: injury-free workouts, year-round exercise potential, better overall fitness, sticking a toe into triathlon. It's only later that they stumble onto the best one of all, the one no one likes to talk about. Namely, you can get much faster without getting much fitter. In swimming, a lot of speed comes from *how*, not *how much*. That's because the single most important factor in fast swimming isn't brute force or iron lungs, it's a long stroke. The farther your body travels with each stroke, the faster you'll swim. A computer-aided study at the 1988 Olympics showed conclusively that in every event, the fastest swimmers took the fewest strokes per pool length. Make your own strokes longer, and you'll also swim faster and easier. Fine. How? Two ways. The first, *eliminating* resistance to the water; the second, *creating* more propulsion by identifying your power source and using your hands more effectively.

Get out of your own way

The three eliminating skills are:

1. **Make your body longer.** It's a fact of naval architecture: Longer boats go faster. Same with you. The longer your body *during all phases of all strokes*, the better you'll hold your speed during the slight pauses between strokes. Some simple applications In freestyle, the stroke most fitness swimmers use exclusively, extend your head a little farther after it enters the water, and leave it there just a moment longer before pulling back. That

keeps your body longer while your other hand completes its stroke and takes the front position. Longer body, faster body.

2. **Improve your hull design.** You didn't get to choose the body you were born with, but you can design the hull you ride the water with. Improve your body position and alignment (sleekness). Before working on your power or propulsion technique to swim faster, take the easier way: Make sure you've done everything to eliminate drag (resistance). "Round off" all edges; eliminate sharp body angles the water otherwise has to fight. Imagine yourself swimming in a very narrow culvert as opposed to, say, a large pipe.. Make your stroke and recovery more compact (but not shorter!), to fit the narrower space. Eliminate head wagging and hip/leg fishtailing. And most importantly...

3. **Cut the water on you side.** Ever notice how fish cut the water compared with humans? When you get into the more fishlike sidelying position in freestyle and backstroke, the water passing across two surfaces of the body, chest and back, has to travel only half as far to get out of your way as it does when you're chest down with almost all of it flowing under you. That reduces drag by as much as 50 percent. Instead of lying on your stomach in freestyle, or your back in backstroke, pass quickly through those positions while rolling from one side to the other.

Stop squandering energy

Now that you've eliminated ways your body fights the water, there are three ways you can create more forward motion.

4. **Use your power source.** Rolling your hips in freestyle and backstroke is good for something beside drag reduction - it helps you tap the power in your torso, or core, muscles. Ever notice how a baseball pitcher throws, a tennis player serves, a golfer drives? None gets his power from the arms. All stand sideways to the direction in which they want to launch the ball, then start their movement by bringing the hips through first, followed by the

shoulders. The arm come last, basically cracking the whip. Same thing in freestyle and backstroke. Power originates with a brisk hip roll on each stroke, then moves through your torso muscles to the arm. Your hands are simply the point where hip rotation power is applied to the water.

5. Anchor your hands. Don't pull you hands back through the water. Anchor them on each stroke, leave them there, and use chest and back muscles to pull you past that point. Two good ways to work on this: Swim with fists clenched, the open, to feel how to hold water better.

Match the speed of your hands pulling back to the speed of you body moving forward.

Don't spin you wheel. Imagine there's a rung in the water that you're grabbing. When you can feel yourself doing this well, try it with your fists closed.

6. Keep your stroke length as you build speed. To swim faster first get as much distance per stroke as you can. Next add hip power. Only at the end do you speed up your stroke tempo and when you do, don't lose distance per stroke as many swimmers do. If you can cover pool in 18 strokes, but find you take 20 when you try to swim faster, you've sacrificed efficiency, even if you have gained a little speed. So try to swim faster at 18 strokes instead. It's making better use of the training you've already done.

National Aerobic Trophy

Many of you may not be aware of the history of the Aerobic Trophy, so this is copied from Pauline Samsons article in the May '94 edition of Platypus Press, originally taken from an early edition of the equivalent of the National News Letter.

The article was originally written by Glenys McDonald who was at the time the National Aerobics Recorder. At present Glenys is National AUSSI President.

The National Aerobic Trophy began as an idea from Carine AUSSI Club of Western Australia. Jan Driessen, himself a club coach, wanted an alternative to competition to encourage all swimmers to improve their fitness.

His idea was taken up by the Western Australia Branch, and a committee was formed to look at ways this could be achieved. The chairperson was Kay Cox, (our present AUSSI National Director of Coaching).

The AUSSI National Awards were used as a basis for the trophy. The rules were adapted slightly to provide for maximum aerobic improvement.

Times and point scores were developed to provide incentives. These scores were based on Coopers (1977) Aerobics system where 1 point is given for every 7ml of oxygen consumed per kg. of body weight per minute. Times were based on available Masters Swimming and AUSSI times for different distances and strokes.

The system allocated points for swims based on the time taken to cover each distance. As a persons level of fitness improves, then their time for each distance should decrease and hence earn more points.

As fitness increases, a swimmer is able to put in more effort to achieve faster times. Points, therefore, are allocated according to the amount of effort expended to swim these times.

The point scoring system does assume a swimmer has an *average* level of swimming efficiency and technique. Allowances in the tables are made for the decrease in aerobic fitness which occurs with age, and the fact that women have a lower aerobic power than men.

Rules, point scores and tables were printed and the WA Branch launched the idea on its own clubs. The reaction was encouraging, as swimmers who normally just plodded up and down the pool between competitions began to tackle aerobic swims to compare their efforts with the point score tables.

Swimmers who lacked the confidence to swim at Interclub, State or National Swims were happy to tackle the 400m events. Country clubs which were often restricted in competition due to travel, were now able to participate in the Aerobic Trophy.

The aim was to widen the promotion of fitness by providing incentives for longer distance swims. It worked well for 3 years in WA with many of the minor problems being sorted out during that period.

In August 1981, the Aerobic Trophy was presented to the then National Council as an agenda item. Since then there have been some minor alterations made to the point scores, 1/2 and 3/4 hour swims have been added, and 3000m and 5000m swims have been withdrawn.

Aerobic Badges are available for all distances and strokes (except the 1/2 and 3/4 hour swims) and these swims will be included in the National Top 19 for 1994.

The 3000m and 5000m swims can still earn the award badges, and although no points are awarded, they are still included in the National Top 10.

Individual points are awarded as well as Club points. Certificates are awarded to the swimmers who achieve Top Points (It is possible to gain 390 points) and also for those swimmers who "Complete all Swims".

The Club with the highest point score wins the National Aerobics Trophy and Club with the highest average (ie. total points divided by number of registered members at the end of the Aerobic season) wins the "Tassie Award". Tasmania Branch provides a stopwatch for the winning club each year.

How many swims have you completed? Does your Club have a special Aerobic swim session?

LARGE INTERNATIONAL CONTINGENT ENTERS WORLD MASTERS GAMES

A large international contingent will ensure first class competition at the World Masters Games swimming events.

Swimmers from Austria, Canada, Czech Republic, Denmark, England, Germany, Ireland, Japan, Luxembourg, Mexico, New Zealand, New Guinea, Philippines, Russia, Scotland, Sri Lanka, Sweden, Switzerland, USA, are all set for a world class competition.

More than 1500 competitors have entered the swimming to be held at the Chandler Aquatic Centre from 28-30 September and 2-3 October.

Included in the line-up are former Olympians and world champion masters athletes, such as Cairns masters swimmer John Covacevich, who recently broke his own world record for the 200m butterfly, and is out to smash more records in Brisbane.

Other competitors worth looking out for include The Mean Machine relay team, Tracey Stockwell (nee Caulkins), Justin Lemberg and the oldest swimmer in the Games, 100 year old Mary Maina.

The highlight of the World Masters Games will be the Welcome Ceremony on Saturday, 1 October at ANZ Stadium. Thousands of spectators are expected to attend the Ceremony with their national flags to welcome many of the events 20,000 or so competitors who will have travelled from more than 60 countries.

Tickets are available from Ticketworld and prices are available as follows:

A Reserve:	Western stand	\$14.00 Adult \$7.90 Concession
B Reserve	Eastern stand	\$12.90 Adult \$6.90 Concession
C Reserve:	Northern stand	\$8.90 Adult \$4.90 Concession

For more information please call the World Masters Games hotline on 07 405 0999

Queensland

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departs **Tuesday 27th September** returns **Friday 30th September**

departs **Tuesday 4th October** returns **Friday 7th October**

departs **Tuesday 11th October** returns **Friday 14th October**

Moreton Island

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View the whales, dolphins, and turtles in the wild.

Two or three day tour from \$175.00 per person (all inclusive)

Tour departs **Saturday 24th September** and returns **Sunday 25th September**

departs **Saturday 1st October** returns **Sunday 2nd October**

departs **Saturday 8th October** returns **Sunday 9th October**

departs **Saturday 15th October** returns **Sunday 16th October**

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GAMES FOR ALL

If you are active in one of the many participating sports of the VicHealth Fifth Australian Masters Games - or could be encouraged to become active - here is a wonderful opportunity to experience all the excitement and fun of a major multi-sport games . . . as a participant.

Masters Games are a celebration of sport, presenting a unique way to compete at any level . . . as a serious sportsperson or as a beginner. The challenge is not just to win, but to compete!

And when sport is the occasion, Melbourne really knows how to put on a show. The Games, to be held in early October 1995, will be one of the biggest multi-sport events ever to take place in this city, when an estimated 8000 participants will compete in a broad range of sports using Melbourne's world class sporting facilities.

MELBOURNE AT ITS BEST

The Games are ideally placed between the AFL Grand Final in late September and the Spring Racing Carnival in mid-October, when Melbourne's sporting spirit is in full flight.

Competitors staying on after the Games will also have the opportunity to catch a show at one of Australia's premier cultural events, the International Festival of the Arts.

THE TOTAL EXPERIENCE

The VicHealth Fifth Australian Masters Games will be an opportunity for competitors to renew friendships from previous Games, make new friends and enjoy the total Games experience . . . the competition, social activities and making the most of Melbourne's unique springtime sporting and cultural happenings.

An integral part of the Games experience will be the welcoming celebration and march past, closing ceremony, the Masters Mile, a dinner and a full program of evening entertainment.

Olympic Park is the official home of the Games, where many of the social activities will take place, as well as some of the competition. Every effort is being made to locate sporting activities as close to Olympic Park as possible, so that all competitors can enjoy the atmosphere and hospitality of the festival.

If you would like further information call us now, or complete the attached mailer and forward to:

VicHealth Australian Masters Games
GPO Box 2392 V
Melbourne, Vic 3001
Phone: (03) 666 4214
Fax: (03) 666 3111.

We will send you a Games information package, including travel and accommodation options to suit every budget, venue locations for the sports and an entry form.

TAKE THE FIRST STEP NOW. Using this mailer you can express your interest in the VicHealth Australian Masters Games to be held in Melbourne in October 1995. Send the mailer to us and we will give you priority status in all our communica-

tions about this celebration of Masters sport, including a regular newsletter update on activities and events associated with the Games, as well as an entry form, details of travel and accommodation packages and news about participating sports.

☐ YES, I would like to be placed on your mailing list for information about the VicHealth Fifth Australian Masters Games, to be held in Melbourne, 5-14 October, 1995.



Name: _____

Address: _____

Postcode _____

Phone: _____ (h) _____ (w) _____ (fax)

Sport(s) _____