



# MSI NEWS

The official Newsletter of  
**MASTERS SWIMMING - INTERNATIONAL**

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SEPTEMBER/OCTOBER 1994

## Gary's Gazings

In edition 18 our Editor of the past 5 years, Glenys McDonald, indicated that she might be resigning. Well she has and now you have me (Gary Stutsel) until we appoint a Secretary-General who will be responsible for MSI News.

Edition 19 sees us looking at what Glenys is doing now; offers some advice to Sheffield, hosts of the 1996 World Championships; Drug Testing at World Masters Games; the new Masters Rules; a fitness program for the average swimmer; discusses motivation and fitness objectives; urges care with recording all times; lists Postal Events for the fitness swimmer; and opens the discussion on the No False Start Rule.

Next issue we will review the World Masters Games; have more information on the Hawaii Masters Festival; look at Open Water Swimming; ask what Masters Swimming Associations can offer the fitness swimmer and print your contributions on these and other issues which will help us all enjoy our swimming more.

**Gary Stutsel**  
Editor

## Glenys McDonald Today

Glenys is currently President of AUSSI Masters Swimming in Australia- a very demanding position. For the past five years Glenys has had to take what at times have been conflicting positions, one for MSI, the other for AUSSI - a situation I can relate to from the days when I was both President of MSI and Chairman of the FINA Masters Committee.

Glenys lives in a very isolated community 550km north of the Western Australian capital of Perth. She and

husband Vic run a Caravan Park and General Store. She is President of the local St John Ambulance, and as a registered nurse is on call for emergency midwifery and nursing problems. In her spare time Glenys is studying History by correspondence at University and has a special interest in Maritime History. This gives her a close connection with our Dutch friends who visited her coast in the early 1600's. Just to add to her interests, Glenys is on the State Executive of a political party.

I have no doubt that we will see and hear more from Glenys over the coming years but now we thank her for her contribution to MSI as Editor of MSI News since October 1979.

## Letter to Sheffield

Dear Sirs

Montreal has shown us that there is more to running a perfect championships than a good pool, even though the pool is essential- see Hawaii, this issue.

Please seek then listen to and learn from the experience of those who have done it before. It is not good enough to have committees re-inventing the wheel every time there is a new meet. Such actions result in wastage of time and money which in the end affects every swimmer. Honest, hard working officials get burned out and the contributions of their efforts are then lost to your Association for at least the following several years.

Inflated costs, often unnecessary, are passed directly to future swimmers whilst less than achievable cash surpluses mean that the host country is not able to fund new programs for its swimmers. One thing that we will never regain is the time which was lost sitting around the pool in Montreal when it should not have been necessary.

It has been calculated that almost 20 hours could have been saved during the Montreal swim if the advice to start events from both ends of the pool had been listened to when it was offered. This was not a revolutionary idea but one which has been used successfully at previous meets. Think how many more dollars could have been pumped into the Montreal economy if all those swimmers who were stuck at the pool had had an extra 20 hours available in which to spend and enjoy themselves.

Another lesson which needs to be learnt is that the standard of refereeing has to be consistent for all our swimmers regardless of age or experience. Many of us have sacrificed a great deal to ensure that we have one set of Rules for the whole world, so now we have them please ensure that they are applied equally to all. If we don't like the Rules then we should change them but we need to know before the event what rules we will be swimming to in the meet and how they will be interpreted. It is not right that the whim of one person can bend the rules as seems to have happened in the past two World Masters Championships.

Please look carefully at the layout of the pool and organise the swimmers' route to the marshalling area so that you avoid high traffic areas and congestion. The actually marshalling area in Montreal was excellent, but having to walk through the warm-up pool was a recipe for a disaster. It would have been so much better to have been able to walk through the display area.

Finally on the most serious matter, I refer you to the article in this issue on the MSI Safety Policy Guidelines. It has been known for at least 8 years that serious health incidents can occur during these events.

Please ensure that both the people and the equipment you put in place are able to provide the utmost safety and good health for our swimmers.

Best wishes for a successful meet. GS

22 June to 2nd July 1996

## Fitness Motivation

Whether we are conscious of it or not, most of us swim for fitness. For some it is only physical fitness but I am sure that most of you will agree that we also derive mental and emotional benefits from regular exercise.

The problem for many of us despite knowing the benefits is motivation. Whilst others can support and encourage us motivation has to come from within. This is a topic which I invite you to write to me about as we can all learn from one another and of course the best ideas will be published. It is also a topic which will be featured in the seminar section of the 1995 Hawaii Masters Festival (6-14 August). I will take Editor's privilege and offer my own experience.

As I am restricted by other demands I started swimming during my lunch break. I cover around 1km with my pulse rate ranging from 120 to 156 (I am 55). I soon found that this was enough to make me brighter and more productive for the rest of the day and that I was able to stop drinking coffee to keep me going.

By doing this 4 to 5 days a week I have found that my body although bulging is certainly firmer and that my clothes continue to fit me.

I have also found that it is essential for me to set myself goals whether they be times or distances. I am constantly reminded by the stop watch that I can only achieve them when I am both fit and healthy. This is a point I am very wary of having been caught myself having watched so many others get caught. I avoid training like a 25 year old because I believe that it is better to be 90% fit for the rest of my life than 100% fit until the first germ comes along and then not able to swim for months after.

If you have any other ideas for self motivation please share them with us.

## History of MSI

In 1993 MSI commissioned me to produce a History of MSI 1983-1993. After considerable letter writing and the deliberation as to how this should be done and with very little response from those who had been asked to contribute I decided on the following format. The History is being written around the Minutes of the Meetings which were held during the period and also dating back to 1978. The Minutes have been reproduced in full and around this has been written both comment and editorial to give clearer meaning to the official words. A draft of the first six of twelve chapters was distributed at the MSI Meeting in Montreal. The format was accepted by the meeting and it is hoped that the draft will elicit further commentary. The finished product will be available for purchase at the Hawaii Festival 6-14 August 1995.

# MSI Meeting Montreal

Highlights of this meeting were the adoption of a new Constitution, Procedures for Events and Safety Policy Guidelines. MSI will now be managed by a committee of 3 which for the next two years is Gary Stutsel, President (Australia), Gordon Knowles Vice President Programs (Canada) and Louise Pallet, Vice-President Development (South Africa). The Committee will appoint a Secretary-General and sub-committees for specific projects such as the Hawaii Masters Festival.

Under the Constitution the activities and projects for each two year period will be determined by the General Meeting of member Associations and carried out by the Committee and sub-committees. Members present and voting in Montreal were Argentina, Australia, Canada, Germany, Japan, Netherlands, New Zealand, South Africa and USA. Barbados and Denmark did not attend. Any federation or association wishing to be involved in the activities in Hawaii or the next General Meeting in Sheffield in 1996 is invited to write to the Secretary-General MSI, c/- 15 Merino Place, Sylvania 2224 Australia.

The new **Procedures for Events** has attempted to cover all those items involved in running a meet which are not detailed in the FINA Handbook. They can be used as a checklist for any Masters organisation which is already or wishes to conduct a major meet. Copies are available from the Secretary-General.

## MSI Safety Policy Guidelines

Copies of this two page document are available from the Secretary-General. It suggests standards of safety and medical cover for activities ranging from club training sessions to International Meets and urges the collection of Medical Data. The introduction to the Guidelines reads:

**Aim:** \* To develop broad based Safety Policy Guidelines and to distribute them to members. To assist in formulating a coordinated policy for all MSI members.

Strategies: \* To develop a minimum standard of medical cover for competition at all levels.

\* To develop a health and safety policy for the purpose of recreation and training.

\* To develop a Medical Data collection procedure that can be coordinated by all members to enhance the knowledge of the effects of Masters Swimming.

\* To encourage all members to have a First Aid Policy at club level.

## Drug Testing at WMG

We learnt in Montreal that drug tests were to be conducted during the World Masters Games which were held in Brisbane Australia at the end of September. However Swimming was able to escape the ordeal. It is not known whether this was due to the rapid reaction opposing drug testing for Masters Swimming which was initiated by AUSSI Masters Swimming in Australia and followed up by its branches and other members of MSI or whether the limited number of tests was focused on the power sports which had requested them. Biggest concern amongst the members of MSI is that swimmers may stop taking their prescribed medications if they are on the "banned" list without proper consultation with their physician.

## Masters Games In Brief

The Swimming events which were held over five days with a break between the third and fourth day attracted 1843 competitors who entered for 7202 swims that is 3.9 swims each.

Three swimmers broke World Records; Swimmer of the Meet Barry Young NZL 55+ 200m backstroke 2.37.70, 100m back 1.12.33 and 200m I/M 2.40.01. Brad Cooper AUS 40+ 400m freestyle 4.21.94 and 50m backstroke 28.51 and the oldest of the 23000 competitors in the Games Mary Maina AUS 101 50m freestyle 5.10.84.

Female Swimmer of the Meet was Jen Thomasson (AUS) who broke 5 Games records.

The relays were very popular as it was not necessary to all be from the one club. Of course these times have not qualified for Top 10 or World Records but I also believe that they should not have received medals. It would have been better to give them a novelty memento

Due to the proximity of the World Masters Championships and poorly planned promotion there was a disappointingly low number of overseas competitors. Of the total 1843, 1561 were Australians and 57 New Zealanders. The balance were Africa 2, Americas 56, Asia 50, Europe 112, other Oceania 5.

FINA Honorary Secretary Gunnar Werner who is a member of the WMG Board of Governors participated in the golf with his wife much to the regret of his feet. He advised that the next WMG will be held in Portland, Oregon in 1998 and it has been stipulated that 50% of the contestants must be foreigners.

In the December issue we will look at the role of the World Masters Games and the multiplicity of other such events and how they help or hinder both swimmers and Masters Swimming organisations. If you have any strong thoughts on these topics please write as soon as possible.

## Need for Care

We have been made aware of two people whose results wrongly appeared in the 1993 World Top 10.

Mark Hines 79 was recorded as first place in the Short Course 50m and 200m freestyle and 100m I.M. but unfortunately was really only 46 whilst Francelle Stork 34 had her 200m Long Course I.M. time recorded as a 400m I.M.. Walt Reid has been advised and hopefully those who placed 11th will be notified as they are eligible to purchase World Top 10 patches.

## Hawaii Seminars/Displays

A feature of the 1995 Hawaii Masters Festival (6-14 August) will be the seminars and display area at the Sheraton Waikiki Hotel.

Any association or club wishing to promote a postal fitness event or their group's fitness activities which they feel other groups could benefit from participating in or adapting for their own use is asked to write to MSI Vice President Programs Gordon Knowles, 5424 Bd Plamondon Saint-Lambert, Quebec Canada J4S 1Y7. There will be no cost for participating in the display however those wishing to travel to Hawaii will be required to book through the approved agents. Their names are available from MSI News.

Likewise the Seminars will feature talks on nutrition, the medical aspects of swimming, pool safety, flexibility, exercise, objective setting, club management, group activities and swim session formats. Any person or group wishing to present a 10 to 20 minute talk on these subjects is asked to write to Gordon Knowles at the above address, stating your topic, your qualifications and or experience and your Masters affiliation.

The Festival will also feature a 4km open water swim, a 4 day pool meet, a golf competition, and beach events plus lots of opportunities to relax and socialise. More details will be given in the December issue of MSI News.

## Calendar of Events

MSI has long included a list of coming events but there are now so many events and so many people asking to be listed that we do not have the space to cope.

Rather than cause any disappointments or make choices which would favour one association over another beginning in this issue we will be printing a list of contacts and newsletters who are in touch with all events in their country or area and who can be of help to you. To make their job as simple as possible you are asked to be very specific about what you want to know, i.e. what time, which city, towns, what type of events or activities you are interested in. We have only supplied fax numbers. If you do not have access to a fax machine many Post Offices are able to send faxes for you.

Argentina	Nestor Estevez	54 342 2242
Australia	Ivan Wingate	61 8 344 1217
Brazil	Marlene Mendes	55 21 717 0415
Canada	Beth Whittall	1 519 538 5087
Germany	Angelika Schluch	49 261 64825
Japan	Japan Masters	81 33 811 5240
Netherlands	Rob Hanou	31 85 812 001
New Zealand	Jan Fulton	64 626 6396
South Africa	Louise Pallett	27 117 043 212
Ukraine	Sergey Fessenko	7 44 224 3385
United Kingdom	Geoff Stokes	
	c/- Andrew Bolton	44 563 72720
USA	Dorothy Donnelly	1 508 886 6265
Venezuela	David Morrill	58 62 2944

# Angelika Schluch

Angelika the well known Editor of DFSS News made a last minute visit to the World Masters Games in Brisbane and although this meant she was too late to enter for the swimming events her visit was rewarding to a number of people.

Angelika stayed at the home of Alayne and Graeme McDougall (Chairman of the 1995 Hawaii Masters Festival) during the Games and spent much of her time working in the Hawaii promotion booth. Whilst in the booth Angelika signed a up a number of new subscribers to DFSS News which is printed in German. Whilst most of the new subscribers were European there were several from Australia and the USA who wanted to both practice their German reading and keep abreast of swim events in Germany and Europe.

A pleased with Angelika's presence was the 20plus member Rostock Team which was able to make use of both her experience and superb English language. Most of the club's members had swum for the former East German national team, whilst their manager passed his time promoting Rostock, the Baltic Sea port which would have hosted the yachting events for the 2000 Olympics had Berlin won the bid. As we all know the winner was Sid-en-knee.

Speaking of which, Angelika spent her last five days in Sydney with Gary and Audrey Stutsel. Highlight of these days was a guided tour of the recently completed and as then not opened Sydney Olympic Swimming Complex with its 5 pools and facilities for simultaneous competition and recreation activities. The complex has already been booked for two Masters events, the North Sydney meet in early February and the News South Wales State Branch Championships in March.

## Letter to the Editor

Suggestions for consideration of ways of inducing our more mature and slower swimmers to participate in aerobic swims.

We suggest that a 10,000 m certificate be issued. Swimmers are to swim - any stroke, any time during the year without being timed. The 10,000 metres to be comprised of the following swims:-

10 x 200 = 2000

10 x 400 = 4000

5 x 800 = 4000

total 10000

Perhaps certificates could be awarded for each stroke providing all swims were done in the same stroke.

This obviates timekeepers, just a note kept by the club of the distances completed. This may induce some swimmers to participate in the original aim of AUSSI (Australian Masters Swimming)- keeping fit. There are many people to whom 800 seems like a Channel Swim and some tangible reward for their efforts ought to be given.

We feel that with all pressure to try for times removed we may encourage more participation.

Betty Stern, Coogee Australia.

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MASTERS SWIMMING INTERNATIONAL

15 MERINO PLACE, SYLVANIA 2224

AUSTRALIA

## 1995 Hawaii Masters Festival

6-14 August

Pool swim, open water, seminars, golf and beach events. For details fax: 61-7-846-5988.

# Postal Events

If you can't or don't like to attend meets you might like to test yourself in your home pool. Postal events are a great way to do this as they can be used as goals to give yourself motivation to get and keep fit without the involvement of airfares, accommodation and time away from home.

Thanks to the efforts of our previous Vice President Programs tiger-suit Joe Kurtzman we are able to advise you of the following events.

If your group has an event you would like added to the list then write to the Editor.

**Contact Ivan Wingate fax 61 8 344 1217 for details of the following;**

5000m	Western Suburbs Swim	Oct thru Feb	4x100 Relay	Tasmania	January
K0.5	Cronulla Swim	Oct thru Apr	3/4 hour	Adelaide	September
Animal	Baddaginne Postal	Jan thru Dec	3000/5000m	Carine	October
1/2 Hour	Coogee	Jan thru Feb	1000m	Twin Towns	Oct thru Nov

**Jan Fulton New Zealand Masters fax 64- 626-6396 re ✓**

Oceania One Hour Postal                      Nov thru Jan

**Scott Rabalais USA fax 1-504-928-5596 re:**

February Fitness Challenge	February	Postal Pentathlon	Sept 15 - Dec
Fitness 500	year round	2000 Fitness Challenge	Apr thru May

**Dorothy Donnelly USA fax 1-508-886-6265 re:**

1995 One Hour Postal	January	6000 yard Postal	Sept thru Nov
10km Postal	May thru Sept		

