



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE
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Telephone (08) 344 1217
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NATIONAL NEWSLETTER

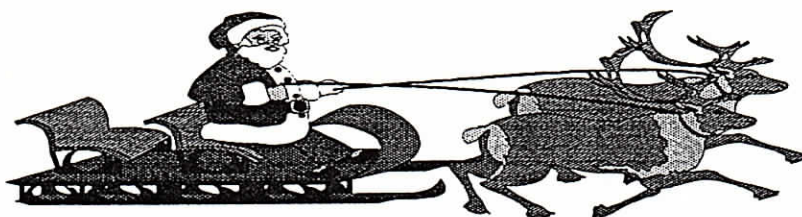
Volume 5, No 6, DECEMBER 1994

Please note, any contributions for the newsletter can now be faxed direct to me

Doug Tantau

051-339424. Or by mail to

59 The Avenue
Morwell Vic
3840



A Christmas Message from Glenys McDonald. National AUSSI President

As 1994 draws to a close, we have a chance to reflect on another excellent year within AUSSI. It has been an exciting year with our South Australian Branch staging a great National Swim, and our Queensland Branch doing such a fine job in hosting the swim section of the World Masters Games. At last too, we saw our Technical Officials and Coach Accreditation Level 2 courses come to fruition.

As I am in the midst of selling my Caravan Park and purchasing a house, Christmas for us is going to be a wonderful family time. As I organise things for my own family, I cannot help but think of our wider AUSSI family. I wish you also each and everyone of you, all the joys of the season, a happy Christmas and a very prosperous New Year.

Glenys McDonald

The **AUSSI** Purpose is: "To encourage adults, regardless
to swim regularly in order to promote fitness and improve ge.

ability,
health."

Letters to the Editor

The Editor
National Newsletter
Mr Doug Tantau
59 The Avenue
Morwell
Vic 3840

Dear Doug

re: World Masters Games Brisbane

I wish to praise the work of the Queensland Branch of AUSSI and in particular the Organising Committee for the WMG. The only criticism I have heard regarding the swim was the lack of overseas competitors but I feel this was directly due to the Head Office staff of the WMG not accepting advice on how to promote the Games overseas.

I am also critical of the value of these and other "Games" to the AUSSI organisation and intend to explore this in some depth in the December issue of MSI News. However it is believed that one of the major benefits is the opportunity to attract new members to AUSSI from the ranks of the unregistered participants. Knowing this the organisers provided prime space to our National Body to mount a display and promote AUSSI. This was separate to a Queensland Branch display which sold Branch TShirts when it was manned and an MSI display which promoted the 1995 Hawaii Masters Festival throughout the meet.

I understand that the National Executive director went to Brisbane equipped to mount a display but things went astray and the space which eventually housed two willing volunteers never achieved its proper purpose.

If AUSSI is to continue its involvement in these open "Games" and we agree that they offer opportunities to attract new members, then we need to:

- invest in the purchase or hire of attractive display material.
- make sure the area is manned by personnel who have been shown how to explain AUSSI activities and the benefits in being a member.

For much of the Brisbane meet the only person available to give such information was Angelika Schluch of Germany who was on the MSI stand.

Regards
Gary Stutsel

Editor's Note:

Thankyou Gary for your observations regarding the missed opportunity to promote AUSSI. Too few Board Members stayed on for the swim, and those who did, inherited other duties pertaining to the conduct of the Meet. We are indebted to Angelika. No doubt the matter will be raised at the next Board Meeting.

FROM POM TO AUSSI

KEN SARSON is a "POM" who migrated to Australia during 1927 at the age of 15 and a bit. At 83 years of age is the oldest AUSSI in South Australia, and he is a member of the Marion Club. His involvement in swimming, and in AUSSI in particular, is a very good example of those who practise AUSSI objectives, and in doing so earn great benefits without being widely recognised as great swimmers.

He learnt to swim as a child, but did not take it seriously until he retired from the workforce during 1976. He then started to take his daughter to early morning training at the local Amateur Club. It was from this activity that Ken's swimming career started. He decided that if he took to the water he could improve his health and lifestyle - a Fitness Fun goal. So, on 15th March 1977, at the age of 65, Ken became a serious swimmer. Fifty metres on the first day was all he could manage, but from then on it became easier and his interests spread.

He became an Amateur Official in the capacities of Timekeeper, Marshall and Starter. He was one of the Amateur Starters who officiated in the March 1980 AUSSI National Championships that were held in Adelaide, and it was that experience that motivated Ken to become an AUSSI.

Ken's AUSSI membership has been fruitful. Not only in Fitness and Fun, but also in those more tangible rewards of National and State records, Gold and Silver medals, PB's and certificates galore. Ken's age groups have been 65-69, 70-74 and 75-79, and is currently 80-84, and he has held records in each of those groups in Breaststroke, Backstroke, and Freestyle (swimming Breaststroke) in distances up to 1500 metres. He had learnt Breaststroke only as was the custom in his much younger days, and he never really got into the more sophisticated strokes, although he claims that his techniques were good for as long as he could hold his breathe.

His first AUSSI swim was in the State Cup on 2 August 1980, and he started off with two records - 50 and 100 metres Breaststroke in the 65-69 age group. Those records stood for the seven or eight years that it took Ted Geary to break them.

He keeps meticulous records, and can show that from March 1977 to % October 1994 he has swum 5,305,200 metres, and that at the age of 70 (give or take a few months) in one year alone he covered about 750,000 metres at a daily average of over 2000 metres. That is not at all bad for an "oldie"

Ken has been good for swimming, and swimming has been good for Ken, and he intends to retain his active involvement for as long as he is able. His experiences show that one does not have to be young, or a great and accomplished swimmer to achieve the AUSSI goal of swimming regularly to promote fitness and to improve general health.

Kens philosophy for retirement:-

**SWIM REGULARLY, NO MATTER WHAT DISTANCE.
DO THE THINGS THAT YOU LIKE TO DO
DO EVERYTHING IN MODERATION**

Ken's philosophy for AUSSI:-

IF YOU CAN'T BEAT THEM, OUTLIVE THEM

Memorabilia

Has any body found or kept early AUSSI memorabilia that is unwanted. By this I mean old award patches for the distance achievements, old ribbons ect. If you have and would like to help out would you please send them to the National Office so they may be sent to the keeper of our archives

COACHES INDEMNITY INSURANCE

Its that time of the year when everything seems to be upon us. The present Coaches Indemnity Insurance arrangement that AUSSI has with IEA expires on the 31st December 1994

We have however, renewed the policy for 1995 with no increase in the premium. the terms and conditions will remain the same as is was for this year

**ALL AUSSI COACHES TO MAINTAIN THEIR INDEMNITY COVER,
NEED TO RENEW THEIR INSURANCE THIS MONTH.**

The policy will commence on January 1 1995 and we ask you to send a cheque for \$30.00 made payable to:

**AUSSI MASTERS SWIMMING
P.O Box 207
Cowandilla S.A 5033.**

**PLEASE NOTE: PERSONS CURRENTLY HOLDING LEVEL 1 OR LEVEL 1M
COACHES ACCREDITATIONS MAY APPLY DIRECT. NON
ACCREDITED CLUB COACHES OR ASSISTANT COACHES MUST
APPLY THROUGH THEIR CLUB, AND THE CLUB MUST
PROVIDE A STATEMENT THAT THE PERSON IS ACTIVE IN
CLUB COACHING.**

-
Yes, I wish to join the coaches indemnity policy for 1995, and am enclosing my cheque for \$30.00

NAME: _____ Please Print

ADDRESS: _____

CLUB STATEMENT: _____ if applicable

SIGNED: _____

HAWAII MASTERS FESTIVAL

6-13TH AUGUST 1995

By now most of you are aware of the problems between FINA and MSI over the proposed Hawaii Masters Festival. I feel it necessary to print the two letters concerned, so everyone is up to date on the situation.

1/.

MEMORANDUM

TO: FINA BUREAU
FINA MASTERS COMMITTEE
ALL FINA FEDERATIONS

FROM: FINA, Lausanne

DATE: 4th November 1994

RE: HAWAII MASTERS FESTIVAL

Please be informed that the Hawaii Masters Festival, to be held from 6-13 August 1995, has not been sanctioned by United States masters Swimming and United States Aquatic Sports, Inc.

Due to this, and according to FINA Rule GR 3.2, no competitors from the FINA Member Federations can take part in this Event.

We would kindly request you to inform all the participants from your Federation on this matter.

Yours sincerely

Gunnar Werner
Honary Secretary

2/. From MSI to FINA

Date: 28 November 1994

To: Gunner Werner
FINA Honorary Secretary fax: 46 54 21 21 61

copy: Mel Goldstein USMS
Ross Wales US Aquatic Sports

from: Gary Stutsel
President MSI Fax: 61-2-428-0092

Dear Gunnar

Further to the Hawaii Masters Festival and your fax dated 15 November.

I have today received a fax from Mel Goldstein in which he writes

"After considerable discussion, the House of Delegates of USMS voted to "Recognize" the Hawaiian Festival. This "Recognition" status is tantamount to a sanction. Such "recognition" does not include the benefits of USMS liability insurance....The fact that the meet conflicts with our National Championships is a non-issue at this time....We have explained to FINA through Ross Wales, President of United States Aquatic Sports, that the recognition designation meets all of FINA's rules and the word "recognition" is synonymous with the word sanction. By taking the action we did, we effectively gave MSI a legal contract to run the meet."

As you can see this clearly spells out that the **USMS has sanctioned the 1995 Hawaii Masters Festival but its rules do not allow it to use the word "Sanction"** as this would mean that the meet would have to be covered by USMS Insurance.

This is the same situation as the World Masters Games which were organised, promoted and insured by a body which has no connection with Australian Swimming. The meet was officiated and conducted by local officials who were contracted to the organisers. If the WMG had been held in the USA then USMS would have had to "Recognise" the swimming not "Sanction" it as they would have organised or insured it.

The major difference between the 1995 Hawaii Masters Festival and the World Masters Games is that Hawaii is being conducted strictly to FINA Rules and this is being ensured by USMS who have appointed an official observer to the meet. No swimmer may compete unless he is registered with a Federation and shows proof of same. Relay teams must represent clubs. Both of these rules were overlooked in the Brisbane World Masters Games.

Because of the above I ask you to advise all Federations that you are withdrawing your memo of 4th November and to publish the approval of the Hawaii masters Festival in both FINA news and FINA Masters News

Yours sincerely

Gary Stutsel

MSI UPDATE

1995 HAWAII MASTERS FESTIVAL

Dear Members and friends

By now you should have seen or heard of the FINA memorandum dated the 4 November 1994 which states in part:

" Hawaii Masters Festival, to be held from 6-13 August 1995, has not been sanctioned by United States Masters Swimming and United States Aquatics Sports, Inc.

Due to this, and according to FINA Rule GR3.2, no competitors from the FINA Member Federations can take part in this Event "

I have in my files a Certificate of Recognition issued for this event by the Hawaii Local Masters Swim Committee at the direction of USMS, however it seems that this is not acceptable to FINA

Negotiations are now proceeding to obtain a full sanction which will allow all registered swimmers 25 and over to compete.

These arrangements are expected to be completed by Saturday 10th December.

You will be advised of the outcome no later than 10 days after that date

**Gary Stutsel, President MSI
for the Organising Committee**

As you can see FINA has thrown a cat amongst the pigeons in respect to the Hawaii Masters Festival.

We understand that the Hawaii Masters Festival has been "recognised (a regulation defined by USMS) so that the times of USMS registered swimmers may be considered for Top Ten and Records. "Recognised" is the term used for events run by others for the benefit of USMS swimmers eg YMCA and in this case MSI. Their "sanctioned" events requirements have much greater constraints and insurance considerations and are solely under USMS management.

Negotiations are continuing, so more information will be out shortly.

If you have any further inquiries please contact your Branch Secretary or the National Office.

AGE DETERMINATION DATE

Our last Newsletter advised AUSSI's adoption of the new FINA age determination date of 31 December each year. ie whatever age you will be on 31 December 1995, you will use for the whole of 1995.

HOWEVER, please note that this will not apply at the Australian Masters Games in Melbourne. The Games "Age Policy" will apply for the Swimming in that the determining age will be as at 5 October 1995 - the first day of the Games. Members turning -0 or -5 after 5 October will be in a younger age group for the Games than for an AUSSI event.

Aerobic Trophy Age Determination Date

In the memo dated 25 November NED meant to say "stop calculations for the 1995 Aerobic tabulation - not 1994".

It is now OK to proceed with the 1995 calculations for the Aerobic Trophy. Under the Boards decision on age determination ie for swims in the rest of this calendar year, you use the age as at the date of the swim and from 1 January, you use the age as at 31 December 1995 for the whole of 1995 - for Aerobic Trophy, that means January to September. Yes - someone turning fifty in November will be in the 50-54 age group, even though they are only 49 for the duration of the Aerobic Trophy year. Simple isn't it

Several individuals have put forward good arguments about synchronising the Aerobic Trophy (and Top Ten) year with the calendar year. Such a proposal would need to be put forward as an Agenda item to the Board Meeting in Perth, together with careful consideration to the practicalities of such a move and to the rewording of the AUSSI Rules.

P.S If considering change - think of the Registration year too.

CALL FOR NOMINATIONS for the MANAGEMENT COMMITTEE

In accordance with By-Law BL12, nominations are called for the following positions:

**PRESIDENT
DIRECTOR OF FINANCE
DIRECTOR OF COACHING**

Nominations are to be in writing, endorsed by the Branch and must be received in the National Office by January 10th 1995. Only registered members of AUSSI may be nominated.

Should there be more than one candidate nominated for any position, a postal ballot will be mailed to each Branch Secretary by 9 February 1995. Each ballot will contain a list of candidates nominated for the position and will be supported with personal details and background information.

Elections will be declared at the Annual Board Meeting in Perth on 10-11th April 1995

Changes to the Management Committee will become effective on 2 May 1995. The term of office is two years. Incoming members of the Management Committee may attend the Annual Board Meeting but have no vote. Attendance will be at their own cost.

**Thomas
Cook**

OFFICIAL TRAVEL AGENT

For all your flight requirements to Perth
For all your hotel arrangements whilst in Perth

please call

Thomas Cook Travel Management

25 Barrack Street

Perth WA 6000

Tel: (09) 268 3500

Contact **ALLISON HOLLINGWORTH**

for best deals on hotels/flights

also

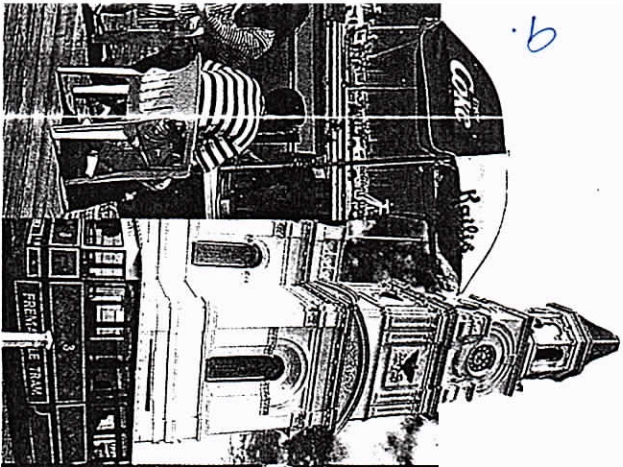
Whilst in Perth stay at the Perth Travelodge,
centrally located and excellent rates available
via Thomas Cook.

Single/Twin/Double from \$90 per room per night

Good rates also at Parkroyal



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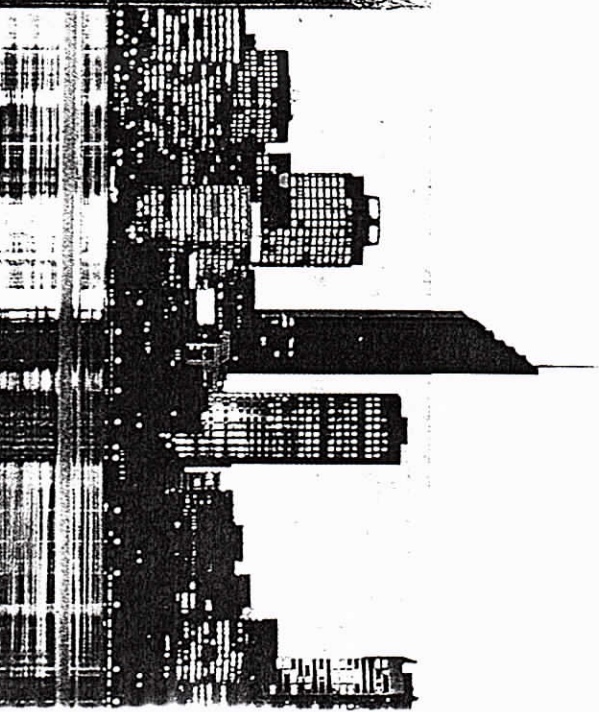
and

**ZEDAR
SWIMWEAR**



BE ACTIVE 20th AUSSI MASTERS NATIONAL SWIM
**PERTH
1995**

PERTH'S SUPERDROME
13th - 17th April,



AUSSI NATIONAL SWIM - PERTH

PROGRAMME

THURSDAY 13TH – 8.30am

1. 400m Freestyle

OPENING CEREMONY

4 x 50m Zedcar Women's Challenge Relay

4 x 50m Zedcar Men's Challenge Relay

2. 50m Freestyle

3. 100m Butterfly

4. 4 x 50m Mixed Medley Relay

FRIDAY 14TH – 8.30am

5. 400m Individual Medley

6. 100m Freestyle

7. 200m Backstroke

8. 100m Breaststroke

9. 200m Butterfly

10. 4 x 50m Mixed Freestyle Relay

SATURDAY 15th – 8.30am

11. 200m Freestyle

12. 50m Butterfly

13. 200m Breaststroke

14. 100m Backstroke

15. 4 x 50m Women's Medley Relay

16. 4 x 50m Men's Medley Relay

SUNDAY 16th – 8.30am

17. 50m Breaststroke

18. 200m Individual Medley

19. 50m Backstroke

20. 4 x 50m Women's Freestyle Relay

21. 4 x 50m Men's Freestyle Relay

MONDAY 17th – 8.00am

22. 3000m Open Water Swim - Indian Ocean

CONDITIONS

1. Individual entries limited to 5 events. The long distance swim, NOT INCLUDED.
2. No swimmer may enter more than 3 FREESTYLE POOL events.
3. Relay entries limited to one team per age group in each event per club.
4. Age is in years on 31st December, 1995.
5. AUSSI rules as at 28th February, 1995 will apply.
6. Event 1 will be deck seeded. Other events may be deck seeded if numbers warrant.
7. Entry is open to registered AUSSI Masters swimmers only. Registered overseas Masters Swimmers may compete by invitation.

WARM UP & COOL DOWN FACILITIES

Main pool available 30 minutes prior to commencement of each session. Indoor and outdoor facilities also available during each session.

ENTRY FEES

\$35 per person - \$5 per relay team

CLOSING DATE

28th February, 1995

ENTRIES ACCEPTED FROM CLUBS ONLY

Summary sheets must be completed and returned with entries.

AWARDS

CLUB

- Founders Trophy - Top Scoring Club
- Runners Up Trophy - Second Highest Scoring Club
- Visitors Trophy - Top Scoring Visiting Club
- Age Group Relay Trophies
- 80+ 120+ 160+ 200+ 240+ 280+ 320+ 360+
- National Aerobic Trophy

INDIVIDUAL

- Aggregate Medals - 1st, 2nd & 3rd in each age group
- Medals to 1st placegetter in each event
- Ribbons to 2nd & 3rd placegetters in each event
- Swimmers of the Meet Trophies both Male and Female
- National Heart Foundation Trophy

ENQUIRIES

AUSSI Masters Swimming WA Branch (Inc.)

PO Box 564, Claremont WA 6010

Tel: (09) 441 8249

ENTRIES

Alan Green - Programme Controller

Nationals 1995

7 Aussat Drive

Morley WA 6062

SOCIAL

WELCOME FUNCTION

- PASTA ORIENTED BUFFET BANQUET
Wednesday 12th April, 1995 from 5.30pm
at the Surf Club Fish Cafe, Leighton Beach

Cost \$13.00

WELCOME PACKS AVAILABLE

HAPPY HOURS

Commencing after final event each day
in Club Supertrome

PRESENTATION LUNCHEON

17th April at 12.30pm for 1.00pm
in ARENA ONE Perth's Supertrome
Stephenson Ave, Mt Claremont

Cost \$38 per head

Includes - Drinks on arrival, Buffet Banquet,
Music and Entertainment

SPECIAL BBQ FUNCTION

Saturday 15th April - further details later

COACH OF THE YEAR NOMINATION

1994

Details in the Coaches Newsletter or as follows:-

This award has been in operation for several years now. It provides the opportunity for members to recognise the very valuable contribution that coaching makes to AUSSI Swimming. Clubs should make the effort and take the time to consider their coach for this award. Often coaching is taken for granted. This should not be the case. If you have a coach who meets the criteria you should consider nominating them

Nominations for "Coach of the Year" close with the National Executive Director on:-

1st March each year.

THE BASIC CRITERIA FOR EVALUATION WILL BE :-

- accredited Masters Swimming Coach.
- current AUSSI Member, for at least 12 months.
- demonstrated a proven capacity to improve the level of performance of Masters Swimmers.
- practices and espouses a philosophy of fair play.
- presents a positive image of coaching and the role of the coach.
- demonstrates concern for the development of Masters Swimming in and out of the sporting arena.
- demonstrates the application of relevant coaching theory.
- outstanding contribution in coaching and/or towards the development of coaching Club, Branch or National level.

Other criteria include any innovative ideas to improve coaching or extra activities related to coaching will enhance the application contribution in other areas and may be assessed only if they relate to coaching.

The evaluation on the above criteria will be made essentially for the achievements during the previous calendar year, but if this is the culmination of an extended period of activity, the preceding contributions will also be part of the consideration.

Branches may nominate more than one candidate.

Please complete the nomination forms :- **PART 1** and **PART 2**

If possible include a photo of the nominated coach.

Selection process

The National Coaching Panel, being the most qualified to make such a decision will do so if practical, but any member who is a nominee, obviously cannot participate in the selection process. The endorsement and/or final judgement will rest with the Management Committee.

Notes for "Coach of the Year" Nominations

- Some "Coach of the Year" recipients to date have been high profile coaches and certainly have made meritorious contributions to Masters Swimming coaching, but an extraordinary contribution/application above and beyond the call off duty at Club level will be equally considered.
- Submissions need to be well documented and related to the criteria. It is a "coach" we are looking for, not just a popular personality.
- "Performance" referred to in the third criterion can mean an improvement in times, technique, greater distance and/or higher level of fitness.
- It is a coach of the Year award. Some submissions in the past have barely related to the good work done in the year under consideration.
- It is recommended that Branches should consider a Branch Coach of the year too.

REMEMBER

NOMINATION DATE : 1 MARCH 1995

Send nominations to :- National Executive Director
PO Box 207
COWANDILLA SA 5033

MEDALS AT THE NATIONAL SWIM MEET

At the Adelaide Board meeting and confirmed in the members forum, it was decided to put a referendum to all AUSSI members the question of medals at the National Swims. In January each registered member of AUSSI will receive a Reply Paid envelope to put your answers in. To finally put this matter to bed we ask that you take some time to ensure that your vote will be registered.

The closing date is the 31st of January, so please fill out the forms and send them in.

Points for having more and better medals

- its what our members want
- its our National event, which is special
- if you win or gain a place in a National event, you deserve a better token of recognition than what we have at present
- first time medal winners gain immense pleasure and AUSSI is supposed to be about having Fun

Points against

- Cost. The entry fee will need to go up considerably or capitation fees must increase
- the majority have to pay more to benefit the few
- winners and place getters are not always true representatives of the award
- many who win medals are indifferent about them

Coming Events

1995

January	28th-29th	Spanish Winter Championships	Andorra La Vella
February	4th	Finnish Super Masters	Espoo Finland
March	23rd-25th	Sth African Masters Swim	Nels Pruitt Sth Africa
April	13th - 17th	20th AUSSI National Swim	Perth
April	28th-30th	New Zealand Long Course	Auckland NZ
May	18th-21st	USA Short Course	Ft Lauderdale Florida
May	19th-22nd	Canadian Masters Championships	Victoria Canada
June	1st - 4th	HUMU International Masters Swimming Championships	Honolulu Hawaii
June	9th-11th	Dutch Open Championships	Apeldoorn Holland
July	27th-30th	Herning Veteran Games	Herning Denmark
August	7th - 14th	The MSI Hawaii Festival	Honolulu Hawaii
October	6th - 8th	5th Australian Masters Games	Melbourne

1996

February	3rd-11th	New Zealand Masters Games	Dunedin NZ
April	5th-8th	AUSSI National Swim	Canberra
June	22nd-2nd July	V1 World Masters Swim	Sheffield England