



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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NATIONAL NEWSLETTER

Volume 6 No 1 FEBRUARY 1995

Welcome to the first newsletter of the year. I hope the standard will continue to be high, and a lot of interesting articles printed. If you have any item that you want to be printed in the newsletter please send them in.

I happened to be talking to a person the other day and was reminded that breaststroke is not spelt breastroke, as quick as a flash I blamed the spell checker for not picking it up. You will be pleased to know that the spell checker has been punished and further errors from it will not be tolerated.

In this edition:-

Hawaii Masters Festival

A profile from the new National Recorder.

VII World Masters Swimming Championships bid.

Interesting letters to the Editor.

Some exercises for a common shoulder problem. Rotor Cuff Injury.

Thank-you Betty Grant

The New South Wales Branch of AUSSI wish to thank Betty Grant and Family for their generous bequest of a large sum of money. Betty was an avid supporter of AUSSI, and the ways it offered older people encouragement to be involved, keep fit, and have a lot of fun.

Betty wished to give AUSSI something for all the pleasure and friends it gave her in her years of swimming. NSW AUSSI has been entrusted with a sum of money to establish an annual encouragement award for AUSSI swimmers 60 years old and above. The family of Betty has also offered to donate a small trophy to be used for the award for the first year, as well as offering to donate a larger trophy for any perpetual award as the Branch may see fit.

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

To the family of the late Betty Grant, you can be assured that the NSW Management Committee are most gracious that your mother would think to bequest a sum of money to them, and they will be discussing the criteria for the award at their next meeting.

HAWAII MASTERS FESTIVAL CANCELLED

Subsequent to the correspondence you read in the December National Newsletter, the following was received:-

22 December 1994

Dear Friends and fellow swimmers

I regret that I have to advise you that the 1995 Hawaii Masters Festival has been cancelled.

I have taken this action as a direct consequence of the FINA memo dated 4th November which advised that the meet *has not been sanctioned* by USMS and that any swimmer participating in the swim meet faced a suspension from all competition for one or two years.

There has been considerable correspondence and negotiations over this matter since that date, but negotiations have been concluded by a fax from the FINA Honorary Secretary dated 21 December in which he points out that the .Recognition Certificate. granted by USMS applies only to approval of the results of USMS swimmers and does not cover swimmers from other countries.

I cannot ask any swimmer to risk a two year suspension, therefore the swim meet has been cancelled.

Yours sincerely
Gary Stutsel
President MSI

We have been advised that Travelworld Events Management is refunding all deposits.

VII World Masters Swimming Championships

At the Mid-Year Board Meeting in Brisbane, it was decided to investigate and bid to hold the 1998 World Swim. After some powerful negotiating by our President Glenys McDonald, to gain a financial guarantee from the W. A Government and assurances of a fair deal for AUSSI, a bid has been submitted on our behalf by Eventscorp WA for the VII FINA World Masters Championships to be held in Perth in 1998

This is only the beginning. We are confident to date that we will be successful with the bid, so we will be following up with diligence and care. If (when)? we are successful, a plan of action will be put into place to involve AUSSIs from all over Australia to capitalise fully on this great opportunity.

MEMBERSHIP FACTS AND FIGURES

During 1994, there was an increase of 5.9% in the membership of AUSSI Masters Swimming, with membership passing 7000 for the first time and reaching 7336. Queensland recorded an increase of over 200 members, due no doubt to the World Masters Games publicity, with all of the larger Branches also recording increases.

Registrations for the past five years are as follows:-

Branch	1990	1991	1992	1993	1994
QLD	1309	1450	1715	1705	1931
NSW	1293	1245	1281	1434	1486
WA	1165	1331	1377	1351	1367
VIC	900	1161	1187	1215	1326
SA	672	705	624	610	665
TAS	257	311	319	350	331
NT	105	113	127	179	144
ACT	94	78	91	85	86
TOTALS	5795	6394	6721	6929	7336

Clubs at the end of Jan 1995

QLD	45
NSW	42
VIC	38
WA	30
SA	10
TAS	6
ACT	4
NT	3
TOTAL	178

WORLD MASTERS GAMES 1994

Sue Harris has just completed a painstaking project in identifying the non-AUSSI Australians who entered the swimming at the WMG.

697 out of the 1561 Australians were not currently registered. That's 44.65%. Of those, 137 had previously been registered. That's 19.66%. There were more in the lower age groups, particularly in the male area. For example - 60% of the 25-29 and 65% of the 30-34 Australian males were non-AUSSI.

For those who love the facts and statistics, here are the Male and Female facts.

FEMALE

Age Group	Total Entered	Australian	Non-registered	% Age Non-Reg Australians
25-29	62	50	25	50.0%
30-34	109	97	41	42.3%
35-39	139	124	57	46.0%
40-44	137	122	46	37.7%
45-49	92	75	22	29.3%
50-54	86	70	12	17.1%
55-59	56	47	7	14.9%
60-64	47	39	14	35.9%
65-69	34	29	7	14.9%
70-74	19	15	5	33.3%
75-79	10	6	3	50.0%
80-84	5	4	-	-
85-89	1	1	-	-
100+	1	1	-	-
TOTAL'S	798	680	239	35.1%

MALE

25-29	57	45	27	60.0%
30-34	126	108	70	64.8%
35-39	156	141	72	51.1%
40-44	182	161	91	56.5%
45-49	173	149	78	52.3%
50-54	127	107	60	56.1%
55-59	82	65	24	36.9%
60-64	53	39	18	46.2%
65-69	41	32	8	25.0%
70-74	20	15	5	33.3%
75-79	11	8	3	37.5%
80-84	11	5	-	-
85-89	6	6	2	33.3%
TOTALS	1045	881	458	52.0%

Profile of Darryl Hawkes- National Recorder

The South Australian Branch is totally computerised, including the registrations, largely due to the efforts of Darryl Hawkes.

Darryl started his involvement with AUSSI when damage to his achilles tendon in 1982 sent him off to the local pool to have a rest from running. It was not long before he was asked to join the relatively new Marion Swimming Club. When he was growing up it seems that in what ever sport he was involved in it always led to Darryl becoming involved in the management side of things. This occurred in tennis, the church youth group, and later in golf where he spent time as the handicapper, vice-captain, captain, and then vice-president of the Westward Ho Golf Club.

Prior to joining AUSSI, Darryl had been involved in amateur swimming when his children became interested in the sport. He has helped out and been a member of many committees of local clubs as he followed his children's progress through the many sports they chose. His first competitive swim was in a relay at a SA Amateur Interclub Meet.

At this time his contribution was as an official to help assist in the running of the swim meets. From becoming a qualified timekeeper in 1978 he moved through the various positions when in 1980 he became a qualified referee. It was in this year that Darryl became a board member of the SA Amateur Swimming Association after being invited to become the Carnival Director.

As Carnival Director, Darryl had his first involvement with AUSSI when he organised the Amateur Officials at the 1981 State Cup. He continued as Carnival Director until 1983 when he stepped down to become a member of the Technical Committee, which he contributed to for another 3 years. The Marion Club used Darryl's services as the Club Recorder, and it was here that Darryl started to use his computer skills. With the purchase of a new IBM compatible computer for the 1992 Nationals in Adelaide, Darryl had the time consuming task of transferring data and converting programs from the old system. He also accepted the task of changing the Branch and Club registration procedures to incorporate the computerised system.

Having retired from ETSA, at the young age of 55, this year Darryl was looking forward to having time to pursue a long running hobby of restoring a 1955 Hillman Minx. However in August he became the National Recorder and yes it's started again, computerisation of the National Recording. Darryl is married with 3 children. He joined the Marion Club in 1982, and the Club Recorder from 1983 to 1994. State Recorder from 1989 to 1994, and finally National Recorder 1994. He was an Electrical Draftsman with the following hobbies:- computer programming, car restoration - 1955 Hillman Minx, fishing, and gardening. His best stroke is backstroke, but career highlight is 1st place in the 45-49 100m butterfly at the 1984 Nationals, and the lowlight of his career is walking into the ladies change rooms at the same Nationals.

Well done Darryl.

** Congratulations to DR David Pullen NSW for receiving a National Sports Service Award for being a dedicated sports medicine volunteer. **

TECHNICAL DEVELOPMENT CERTIFICATES OF MEDICAL DISABILITY

A few months ago Pauline Sampson, the Director of Technical Development, was given the folder of Certificates of Medical Disability from the National Office. Since then she has summarised these forms for each of the Branches listing them as either permanent or temporary disabilities.

As most of you will know swimmers who have a disability and are unable to conform to the rules of swimming in Breaststroke and Butterfly and still wish to enter and compete in such events, may lodge a duly signed form with the National Office.

Of course the swimmer does have some responsibilities regarding the use of the form.

- be sure that your Club Coach has checked that you are unable to perform the stroke correctly. (Please do not use this as a licence form to cheat)
- contact the Branch Secretary if you require a form - make sure the form is the updated form (December 1994)
- the Branch Recorder will need a copy of the form.
- the original form is sent to the National Office.
- if your disability is permanent, make sure that this is indicated on the form.
- entry cards for competitions have to be marked MD, so that the officials are aware that you are swimming with a medical disability. Usually the officials programs are also marked accordingly by the Meet Director

Specific movement of the arms and legs in both Breaststroke and Butterfly are covered on the form.

- Please be aware that if the legs are the main problem (e.g R foot cannot be turned out - R leg might be lower in the water) then this may also affect the shoulders in the water.

On completing these lists for each, it was pleasing to note that considering the membership of AUSSI, less than 1% require a Medical Disability Certificate.

RIVER SWIM EPIC - NOW A BOOK

If any proof was needed Graham, at 56, swam the Murray - all 2366.3 klm (in breaststroke) to keep a promise he made 15 years earlier. The incredible feat has been listed in the Guinness Book of Record, and must rate as one of the greatest sporting achievements in Australia's history. On average he swam six hours a day, seven days a week, for 138 consecutive days from November 30 1991, untill April 15 1992.

Graham kept a daily log/journal of the marathon swim. Only now has the journal been transformed into a book, titled *Beyond Endurance - One Man's Quest To Swim Australia's Greatest River*.

Buy the book for \$19.95, plus delivery, from the Anti Cancer Council of Victoria, or from Graham, PO Box 143 Corryong Victoria. 3707.

All proceeds are divided between child cancer research and the Australian Rotary Health Fund

LETTERS TO THE EDITOR

Dear Editor,

Patience is a virtue.

With AUSSIs 20th birthday in sight (22/09/1995), I thought we should have a little taste of the 10th. It was like liquid gold.

As fortune would have it, several cases of the 10th Anniversary vintage port remained unsold, so ended up in my garage (at my cost of course). Over the years, some have gone off - bottle by bottle, but a few have survived the temptations.

It is a Richard Hamilton vintage port and was arranged through his brother, an Adelaide Masters member at the time - Hugh Hamilton. Hugh of course, now has his own label and is doing very well - too busy to swim.

I would be interested to know if any other AUSSIs had the fortitude to keep a couple to savour at this time

IVAN WINGATE SAT 104398

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A letter from Mary Sweeney, Convenor - World Masters Games PAULS TRIM Swim Meet.

Dear Doug,

I read with interest the letter in the last National Newsletter from Gary Stutsel (MSI) regarding the lack of membership promotion of AUSSI Masters Swimming at the World Masters Games. I feel that I must comment on his remarks.

A Membership Information Desk was set up only about 15 metres from the MSI Hawaiian Promotion Stand and this was manned for 4 1/2 days of the 5 day swim meet by Geoff Robinson (QLD National Delegate), Jenny Mack (Promotions, QLD Branch), and Jackie Walkington (S.E Qld Vice-president), and other helpers. It was only on the last afternoon, when all those involved were otherwise engaged, that the desk was unmanned. Peter Emery (Administrator, Qld Branch) had a desk next to this selling Qld Branch merchandise, and although he was willing to answer questions, he was not manning a separate Queensland Membership desk as Gary suggests.

As well as this 3 - 7 people manned the general Information/Registration Desk on warm up day and for the 5 days of the swim meet (right next to the MSI Hawaiian Promotional Stand) and they answered questions on general membership of AUSSI Masters Swimming.

As 1050 swimmers came from Queensland and only 511 from other States, those manning the Membership Information Desk coped very adequately answering all questions. Queensland swimmers were given information on their nearest home clubs and contact numbers, whilst interstate swimmers were given the name and contact number of the Branch secretaries/administrators. Mastering Swimming. was also sold from this desk.

We did under-estimate the literature we made available, and most flyers and leaflets were given out in the first few days, (before MSI set up their stand on the third day of the meet I think), but all those swimmers who enquired were given general information verbally. Certainly we could and should have more leaflets on AUSSI Masters available, but this is easy to say after the event.

I agree with Gary that a fully equipped attractive AUSSI display stand would gain more attention, and certainly we could have made the Membership Information Desk more attractive, but with the strong winds from the bush fires it was hard to keep anything intact in that area of Chandler.

To say that Angelika Schluch (Germany), from the MSI Hawaiian Promotion Stand, (who is not a member of AUSSI Masters Swimming) was the only person available to answer questions regarding AUSSI Masters membership is totally incorrect and I feel an insult to all the willing workers who gave generously of their time to man the Membership Information Desk, The Queensland Branch Merchandising display and the Information/Registration Desk, to the best of their abilities and for the advancement of AUSSI Masters Swimming in Australia.

Yours sincerely

Mary Sweeney

Convenor - World Masters Games PAULS TRIM Swim Meet.

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From Beryl Stenhouse, Secretary NSW Branch of AUSSI

Dear Doug,

I am submitting this letter for the National Newsletter in the hope that it will stimulate debate on the whole Aerobic Point Score concept, which I feel is not fulfilling its stated aims.

This is the year when the scheme comes up again for review, so it would be timely to get people thinking about it.

THE AEROBIC POINT SCORE

The time has come for us to all think again about the Aerobic Point Score - does it fulfil its aims or do we need to modify it again?

The first paragraph of the Introduction in the National Aerobic Trophy Rules and Point Scores book states:-

.The National Aerobic Trophy is offered as an alternative to competition, to encourage all swimmers to improve their fitness and endurance.

As it stands, the aerobic scheme does not succeed in doing this for the following reasons:-

- The very presence of a graded scale of points makes the scheme a competition. The awarding of trophies to individuals and clubs re-inforces this.
- There is an underlying premise that swimmers can improve their times and eventually gain maximum points if they train hard enough. We all know that this is not true.

- What encouragement is there for a swimmer who has been in AUSSI for ages, trains and does aerobic swims regularly, but still scores points in one of the lowest categories? /such a person knows he/she is not going to get more points, no matter what effort is expended, so decides to forget about aerobic swimming.
- A club may encourage newer swimmers to do their first 400m freestyle swim. They succeed and then do it four more times. They then find out they have gained the grand total of 1 or 2 points when others have gained 10 for far less effort. What encouragement does this give them?
- If a club is trying to do well in the competition, all members need to feel that they are contributing. This is difficult if they score only 1 point for five 400m swims

The Aerobic Point Score needs to be re-vamped so that it offers encouragement to all members, not just top swimmers. To put it succinctly, the graded times and points need to be eliminated. Every swimmer who completes a swim should receive the same points. People receive their personnel reward when they improve their times.

Let's give this a trial and see if we can encourage more people to do aerobic swims. The very elimination of all those pages of tables may get more people to find out what it is all about instead of storing what looks like a very daunting book in the bottom drawer.

In NSW during 1994, only 17.79% of our members took part in the Aerobic Point Score -263 out of 1478. It is therefore obvious that we must do something to make this programme more attractive to our members. The whole concept needs major surgery, not just a minor face lift.

Beryl Stenhouse.

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From Betty Stern. Cronulla Sutherland AUSSI

As a club recorder of many years and a competitive swimmer of 67 years, I am unable to find a rational reason for the new rule on ages. The rule in Australia of age at date of swim was the finest method I have encountered, and it did not pose any difficulties with recorders at any level even without the use of computers. I can understand, while not agreeing with the arbitrary birth date for everyone which theoretically can give some swimmers nearly 12 months advantage every year, could give some relay's - especially from larger clubs - 3 or 4 years advantage.

What I fail to understand is the legality of a swimmer competing in an event and possibly breaking a World Record in an age group when they have not yet attained that age legally on their birth certificate.

I always thought that the rules of the World Governing body of any sport were mandatory, right down to the grass root's. I now find that the 1995 USMS 1 hour postal swim, sanctioned by USMS No. 455-501 conducts this swim as per the old Australian rule of Age on date of swim. The British 1 Hour Postal - as usual - their age is taken as from January 1. The New Zealand swim conducted 1 November 1994 to 31 January 1995 takes the age at the date of the swim.

According to the rules - if I swim for one hour any time in January 1995 for the US swim I am age 75, for the British swim I am age 74, and for the New Zealand swim, I am aged at 75.

All this for the same swim under the same World Body. My birth date is the 2nd of January 1920, so this has naturally made me more aware of these anomalies.

NEW NATIONAL PORTFOLIO

SWIM MEET POLICY

As you are no doubt aware that at the 1994 Annual General Meeting in Adelaide, the National Board endorsed the Task Force Recommendation that two new portfolios be created to better balance the workload of the National Directors and to serve the membership by putting more emphasis on issues that generate concerns within the Branches.

The two new portfolios were:

Marketing	allocated to Queensland
Swim Meet Policy	allocated to Northern Territory

The portfolio of Swim Meet Policy encompasses the National Safety Policy, the draft of which was endorsed at the AGM, together with a liaison role for the National Swim with the host Branch and a review of the National Swim Meet guide booklet.

Other areas of responsibility are Review Swim Meet Medical procedures, suggest personnel for a medical sub-committee and report for them, and review as required the National Swim Meet Programme.

Most Branches conduct a number of major swim meets together with numerous minor ones each year in accordance with the rules of AUSSI, as well as being host for the National Swim and Club Championships on rotation. Branches are therefore encouraged to have a say in how the National policies are developed and presented.

As the Northern Territory Branch delegate I am therefore seeking input on the issues covered by the new portfolio and would be pleased to receive feedback on the following questions.

1. SWIM MEET POLICY.

- a) Do you consider it appropriate that a policy be established that allows for the formality under which a Swim Meet is organised at the various levels similar to the safety policy?
ie. Club Championships, Inter Club swims, Branch Championships, National Swim & Club Championships?
- b) What do you see as the minimum content, ie areas to be covered by such a policy? A policy must be seen as a guideline document, not hard and fast rules, and should cover critical areas in the organisation and conduct of a swim.
- c) Do you see that such a policy should cover the conduct of all swims sanctioned by AUSSI including: Open Water swims, Postal swims, ie 3.000/5,000 mtrs, Top Ten long swims and the like?
- d) Do you already have a Branch swim meet policy? If you do have an existing policy would you be prepared to make a copy available?

If you do not currently have one, do you intend developing one? or would you intend developing one? or would you wait for a National policy to be produced?

2. SAFETY POLICY.

- a) Have you appointed a Branch Safety Officer? If so please advise your representative's name and contact phone/address.
- b) If you have not taken steps to appoint your Safety Officer what are your plans/timetable for advertising for one from within the Branch?
- c) Now that you have had time to read the Draft Policy, do you have any comments as to where it may be improved or updated?
- d) Do you consider it appropriate for the Branch representative, in a) above, should the Safety committee be responsible for medical issues? Alternatively as questions on medical disabilities are addressed under the Technical portfolio is that a more appropriate area for a medical sub-committee to be convened?

3. NATIONAL SWIM MEET GUIDE - UPDATE.

From experiences with the running of swim meets at a number of levels those particular ideas that make a swim meet work better or more efficiently should be reflected in the National Swim Meet Guide.

If you have some definite ideas which you feel should be a part of the National document and available to all, then please forward those ideas to me so that the guide will reflect the majority of ideas on the organisation and running of the National Swim and Club Championships.

I would be pleased to receive your input on the above as well as any suggestions you may have on these and other policy issues covered by this portfolio.

Yours in swimming,

Rick Barnes,
Director Swim Meet Policy, Northern Territory Branch.
40 Copeland Crescent, Nakara, N.T. 0810.
Ph (089) 825924 Fax (089) 825935 B/H. (089) 275804 A/H.

CHANGES FOR THE V1 WORLD MASTERS SWIMMING CHAMPIONSHIPS SHEFFIELD 22/6 - 2/7/1996

At the FINA Bureau Meeting held in Rome, on the 28th August 1994 approval was given to measures to reduce the programme for the V! World Masters Swimming Championships to be held in Sheffield 22 June to 2 July 1996.

In making recommendations for the changes, the FINA Masters Committee faced the difficult task of making a substantial reduction in the running time of the swimming programme without encroaching on the basic Masters concept that the World Championships should be open to all Masters wishing to participate. The next World Championships is to be held for the first time in Europe, and it is anticipated that there will be large entries. It was imperative that effective measures be taken to ensure that the excessively long daily programme of Swimming events be reduced to allow those attending, including the overworked officials, to participate in at least some of the .Fun and Friendship. aspects of Masters Swimming.

The changes approved were as follows:

- 1/ The current programme for swimming events is to be extended from six days to seven
- 2/ The 400m Freestyle and the mixed 200m Medley Relay events are to be eliminated from the programme
- 3/ Qualifying standards for the 400m Individual Medley and the 800m Freestyle events are to be introduced. The standards will be based on established world records plus a margin of 40%. No medals will be awarded for those who do not meet their qualifying times and the referee will have the authority to withdraw a competitor who is excessively delaying the meet.
- 4/ Competitors may compete in five individual events plus relays, but will be restricted to one individual event per day.

It is hoped that, by adopting these measures, each day's programme will be able to be completed by 5.30pm and that the evenings will be free for all to enjoy. The changes are not necessarily permanent and, should numbers attending World Championships show evidence of decline, the situation will be reviewed

Printed from the FINA Masters News December 1994

There have been two comments about this, one from MSI, and one from Lyall Mortimer, President New Zealand Masters, which are reprinted from the MSI News

From MSI:

No doubt point 2 will have the desired effect of eliminating a lot of entries from a lot of our social swimmers as there is no way they would want to sacrifice 5 days of their annual leave sitting around a hot pool. With an extra day for swimming, why eliminate the 400m freestyle? With our emphasis on fitness and health surely the 400m freestyle is a better distance than the 200m freestyle or even the 50m and 100m? If the action I suggested in my article on Relays was taken there would be extra free time.

To follow up with the last point on relays, here is the article.

RELAYS

After the Toronto World Masters Games in 1985 the Swimming Chairman Kay Easun said that .relays as we know them should not be a part of international events.. There is a lot to be said in supporting this view as whilst it is often possible for the leading individual to attend the World Championships how much harder is it for a club to get it's four best swimmers there?

Then we have situations like the Brisbane 88 World Swim where Holmes Lumberjacks fielded the best teams that money could sponsor. The Organising committee of the Montreal 94 World Swim has been advised of at least 8 teams which contained swimmers who at the time were not all members of the same club. These teams won, no were awarded 3 gold medals, one silver, 2 thirds, and 2 fifths.

Perhaps this could have been avoided by requiring federations to certify all entries, but this would have been an enormous task for USMS(USA) and JMSA(Japan). We now read that the FINA Bureau has endorsed the elimination of the 200m mixed medley relay from the 96 World Swim in Sheffield. Many have asked why the mixed relay when it is far easier for a club to get 2 men and 2 women to travel the world than it is to get 4 swimmers of the same sex.

Maybe we should ask .why have any relays?.

World Records can be broken in domestic meets and as I said above, many teams which win medals at World Swims have been formed just for that purpose. Once the medals have been won, the swimmers go back to their individual clubs, or worse still just drop out of the Masters program.

From Lyall Mortimer. New Zealand Masters President to Andrew Matthews, Events Manager, Sheffield 1996 (abbreviated) 23 November 1994

I have just read the latest minutes of the FINA Masters Committee and the Bureau confirmation, and we are a little disturbed at some of the recommendations. For our part we would like to submit that there are alternative points of view which I hope you can see your way clear to consider before making a final decision. (If it is not too late already)

Qualifying times for the 400IM and 800m

We are against qualifying times for any events because it is going to be impossible to enforce. The slow swimmers are unlikely to be medal winners, so threatening to not give them a medal if they don't swim up to the qualifying will not be effective. We can agree however to the suggestion of giving the referee the authority to withdraw a competitor who is delaying the meet excessively. We suggest that you include this prominently in the entry form and swimmers who know they are slow and likely to offend will not enter to save themselves the embarrassment.

Deletion of the 400m Freestyle

Many Masters will find this disappointing and if you look at past meets you will find this is a very popular event. If it can be retained we will support this.

Deletion of mixed relays

This is one of the most disappointing recommendations. Many clubs have a small group of swimmers attending the meet, particularly those that travel long distances. Many may be able to field a mixed relay whereas they will not have four males and four females for other relays. Once again the popularity of this event is highlighted- it is the most popular relay event at most meets.

Restricting to one event a day plus a relay

We consider this recommendation the most alarming and will have considerable effect on those competitor' from afar. Many organise to swim their events over two or three days leaving the other days free for local sight-seeing. This rule would certainly cut down on events swum by individuals, but will also discourage swimmers from attending.

Extend the event by one day

The most positive recommendation. We also suggest that with every careful attention to cutting down on time wastage between heats, considerable time can be saved. Losing even 20 seconds each heat will have a significant cumulative effect. Japan ran the 1991 Pan Pacific with an attendance of 3500 and an average of 3 swims per entrant by starting at 8.30am and finishing at 6pm. We understand you are going to place a cap on entries at 4000. We do not have a problem with this providing it comes on a first come first served basis.

In summary we feel that some of the recommendations are not realistic and go against the spirit of Masters Swimming

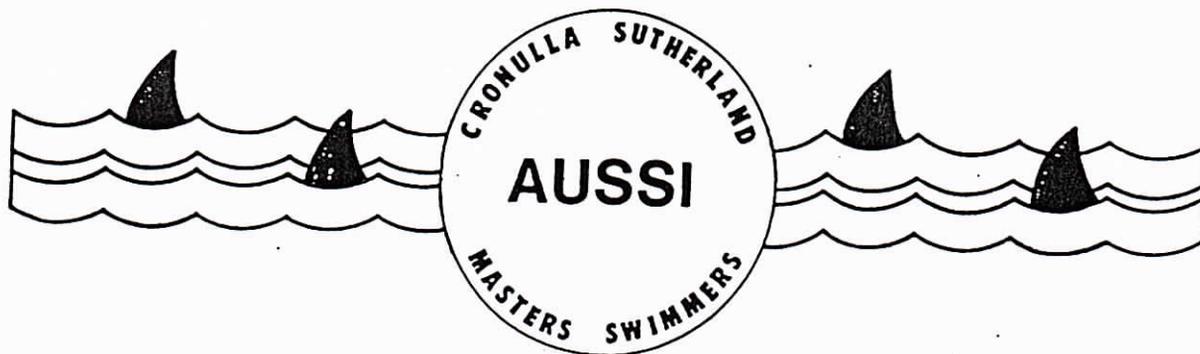
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10 Minutes to a Healthy Shoulder Keeping the rotor cuff strong

Do each exercise once or twice a day, one arm at a time, for 50 repetitions with 11 - 33 kilo's of weight. If you can't complete 50 steps, it is better to reduce the weight and not the repetitions. Even a soup can is better than nothing. Most important - lower the weight slowly in all exercises.

1. Bicep curls - Do them standing up and to full extension.
2. Reverse bicep curls - Same as above, but turn the hand in the opposite direction (palm out).
3. Front lift - Arm straight down, palm forward, raise to front until parallel to floor.
4. Reverse front lift - Same as above, but start with palm facing back.
5. Out to Side - Same as above, but start with palm facing in and lift out to side.
6. Abduction - Bend forward at waist, arm hanging straight down and palm facing in. Raise arm across body until inside of forearm crosses the chest. Lower slowly to starting point.
7. Adduction - Same as above, but raise arm out to side parallel to floor, then lower slowly
8. Side Lift - Lying on your side, top arm against your body (elbow lying on your rib cage in the handshake position, rotate arm so knuckles point to ceiling, then lower slowly.

Reprinted from the Masters Swimming Canada Newsletter.



THE CRONULLA K.5 CHALLENGE

POSTAL SWIM 1995

Here again is the postal swim with a difference:-

- * The top value swim, where each participant receives a cap and a certificate, for a cost of only \$5 - no price rise for 1995.
- * The swim where the winner may not be the fastest swimmer - everyone has a chance of coming first.

We challenge you to swim 1.5 Km (1500m) in less than 50 times your best 50m time this season for the same stroke.

WHEN: Between October 1, 1994 and April 30, 1995.

WHERE: Any 25m, 33 1/3m or 50m pool.

CLOSING DATE: May 20, 1995. Send entries to:-

Beryl Stenhouse

84 Burraneer Bay Road

CRONULLA NSW 2230

Phone 02 523 2361.

COST: \$5 - cheques payable to Cronulla Sutherland Adult Swimming Club.

AWARDS: Special commemorative cap and certificate to each swimmer.
Blue cap - K.5 ratio less than 0.8.
Gold cap - K.5 ratio 0.8 or more.

THE K.5 RATIO: is calculated by dividing the 1500m time by 50 times the best 50m time for that stroke recorded by the swimmer between October 1, 1994 and April 30, 1995.

PLACINGS: These will be from the lowest K.5 ratio in each age group and stroke.

ELIGIBILITY: All registered AUSSI members.

This challenge can be entered in different strokes by the same swimmer on payment of the appropriate entry fees. If no cap is required, the fee is \$3 per entry.

ENTRIES: Please submit your entries on the enclosed summary sheet. Split sheets should be retained by the club.

THE CRONULLA K.S CHALLENGE 1995 - SUMMARY SHEET

CLUB NAME _____ **CODE** _____

Name and Address for sending certificates and caps:- _____

Phone _____

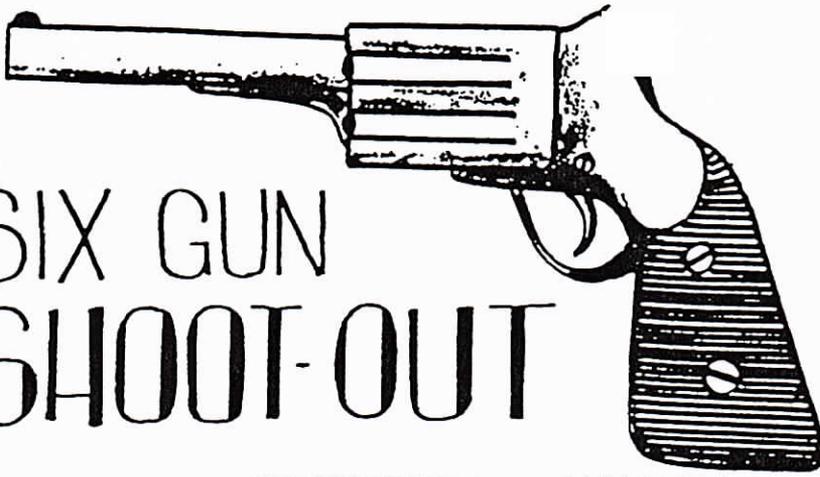
Please use an AUSSI 1500m form, found in the Aerobic Trophy Pointscore book, to record the splits for each swimmer. However, these should be retained by the club. Send in only this summary sheet together with payment. The age is as at December 31, 1995.

I certify that the times entered for the swimmers listed below are accurate and that the 50m time is that swimmer's fastest time for that stroke between October 1, 1994 and April 30, 1995.

Signed: _____ Position in club: _____

	NAME	SEX	AGE	STROKE	1500 TIME	50M TIME
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						
15						
16						

SIX GUN SHOOT-OUT



THE SECRETARY

MASTERS SWIM CLUB

Dear .Secretary.....,

Adelaide Masters invites your club to participate in a unique postal event.

THE SIX GUN SHOOTOUT is a relay event for teams of six swimmers who are each to complete a distance of one kilometre continuously.

There is no minimum age for the team but it must be composed of three male and three female swimmers.

Medals will be awarded to each member of teams achieving first, second or third place. Certificates will be awarded to all participants.

There is an entry fee of \$30 per team. A club may enter results for more than one team should it so desire.

Results detailing each 1km split in addition to total time must reach the organiser by no later than Wednesday March 7, 1995.

We undertake to have full details posted with any medals and certificates by March 20 1995, as we feel that delayed feedback is one of the largest drawbacks to postal events.

Entries should be marked SIX GUN SHOOTOUT , and addressed attention Mr D A Richards 21 Guilford Avenue Prospect 5082.

Cheques should be made payable to Adelaide Masters Swim Club and marked not negotiable.

Enquiries should be directed to.....DAVID RICHARDS

08 3449910

JOANNE SUTCLIFFE

08 2351365

The ADELAIDE MASTERS

SIX GUN SHOOTOUT

TEAM RECORD SHEET

CLUB.....

DATE.....

SWIMMER.....

SWIMMER.....

SWIMMER.....

SWIMMER.....

SWIMMER.....

SWIMMER.....

minutes	seconds
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

TOTAL TEAM TIME

TEAM RECORDER'S NAME.....SIGNATURE.....

nb Postal entries must reachDavid Richards
21 Guilford Ave
Prospect 5082

by WEDNESDAY MARCH 7 1995



Adelaide Masters

