



# AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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## NATIONAL NEWSLETTER

Volume 6 No 2 MAY 1995

In this Edition we cover the Male & Female Swimmers of the Nationals, the Coach of the Year, the Medals Referendum, and some other interesting articles.

Male And Female Swimmers of the BE ACTIVE 20th AUSSI MASTERS NATIONAL SWIM.

### FEMALE SWIMMER OF THE MEET

75 year old Judith Drake-Brockman of Claremont AUSSI enjoyed an outstanding success rate at the National Swim.

50m Free	39.06	State/National/World Record
100m Free	1.33.86	. . . . .
200m Back	4.00.88	. . . . .
100m Back	1.48.86	. . . . .
50m Back	40.02	State & National Record

Judith has been a member of Claremont AUSSI almost since its inception and regularly enjoys Club Aerobic sessions. Judith enjoys travelling and tries to compete interstate and overseas whenever she has the opportunity.

### MALE SWIMMER OF THE MEET

Victor Paul is 51 years old, a long time member of AUSSI and currently belongs to Carine AUSSI. Vic has just returned from competing in the Surf Titles held in Queensland, where he also achieved success.

400m Free	4.52.00	State & National Record
400m I/M	5.52.08	. . . . .
100m Free	1.03.08	. . . . .
200m Free	2.18.14	. . . . .

1st in the 3000m Open Water Swim at Port Beach.  
A member of the 200+ Men's Medley Relay Team which set a State Record in the time of 2.21.78.

Both Judith and Vic are dedicated swimmers and extremely fit looking people. They are an inspiration to all who know them. Both epitomise just what can be achieved with regular training.

### NATIONAL HEART FOUNDATION TROPHY

Presented to RON COOPER of Somerset AUSSI, at the Be Active 20th AUSSI Masters National Swim.

This is a summary from the nomination form submitted by the Club, courtesy of Leonie Gaston.

Ron Cooper has been a member of Somerset for 11 years. He constantly sets little goals for himself and works diligently to achieve them. He never forgets to encourage other Club members with their own goals.

Ron regularly attends Tuesday and Thursday training sessions and his most recent goal was perfecting Butterfly so he could compete in individual Medley events.

Because Ron is always first to arrive at training, he puts all the necessary equipment out for each program and locks it away afterwards. This is very helpful to the coach. Also Ron always attends to any little chores eg. equipment failure or missing parts without being asked. He puts the urn on so everyone can enjoy a cuppa afterwards.

Ron is a true club person and surely encompasses all the criteria of the Award, ie., steady progress over the past 12 months, diligent attendance at training sessions and an interest in helping others improve their fitness.

It was most difficult to come up with just one winner. All of the other nominees were highly respected and helpful members within their own particular Club. Congratulations to the following hard working Club members.

Keith Bower	Claremont AUSSI
Carolyn Bourke	Westcoast Masters
Lee Caldwell	Maida Vale AUSSI
Len Cambell	Gosnells AUSSI
Dixie Criddle	Geraldton AUSSI
Perc Edwards	Claremont AUSSI

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



Julian Keys      Superdrome Snappers  
 Kathy McLeod    Mandurah Mannas AUSSI  
 Bonnie Millard   Perth City AUSSI  
 Kevin Porter     Westcoast Masters  
 Fred Van Andel   Inglewood AUSSI

Thank you to Leonie for that information.

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### COACH OF THE YEAR

Elly Flieg is this years Coach of the Year. The Adelaide Masters Coach for the past 8 years, has spent 3 hours a week plus stretching sessions, with 50 swimmers.

As well as holding a Bachelor of Applied Science in Recreation Planning and Development, Elly has attended many courses in her role as the principal coach for the benefit of the Club.

All the coaching programs are prepared in advance with allowances for the different groups. These vary during the year for competition, and tapering for major events.

Mastering Swimming is used as a basis for coaching techniques relevant to Masters swimmers. The regular attendance of 40 - 50 members each session indicates the acceptance of these programs, and the stroke correction/technique lanes are also well attended.

Elly has attended many seminars and lectures to keep up with the ever changing role of the Coach, and she has also arranged similar courses to assist new coaches.

Spirited enthusiasm on and off the pool deck has led to coaching swimmers from other clubs, with new members encouraged to try competition. One particular swimmer has gone from being a beginner to swimming long distances, and being a part of organising and swimming the successful English Channel relay swim and also the Cottesloe - Rottnest marathon swim. ***Congratulations*** to Elly Flieg, the 1995 AUSSI Coach of the Year

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### The Dreaded National Capitation Fee

As of 1st October this year, the National component of the Membership fee will be \$20.00. Wow!!!

Ah!!, but it is to carry through to 31 December 1996, that's fifteen (15) months. In real terms, it is therefore still at the same rate as we have had for the last two years and only a dollar (\$1.00) a year more than set in 1991.

The unknown poet. in Junes National Newsletter pointed out how the \$16.00 covered only about three quarters the cost of running the business. With the CPI on the increase again, our investment in AUSSI will be excellent value through 1996.

(With AUSSI conforming to FINA'S age determination date of 31 December, AUSSI's registration season is to change to a calender season too - hence the 15 months for 1996. 1997 will be a normal 12 month period).

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### NATIONAL SWIM MEDAL REFERENDUM

We thank all members who showed their interest in AUSSI by answering and returning the questionnaire about the national swim meet medals. Over 1500 have been returned so far and they are still trickling in.

Please advise your colleagues that we are still accepting them and all replies will be included in the assessment. Please also note that we are particularly interested in the .Comments. column and all comments will be read by many and considered. We want to keep this Organisation driven .bottom up. so feed back is always welcomed. The National Newsletter is an ideal vehicle for you to have your say.

It is too early at this stage to give a valued judgement of the consensus of opinion although a trend is starting to emerge from the data entered so far. Hopefully we will be in a better position to present an analysis in the next Newsletter.

We sincerely apologise for the tight time frame we gave to respond. For some, it was received after the closing date set which caused some consternation. It was very effective though, a thousand were returned at around the closing date. This was not by design - the original draft was for it to go out on 1 January to be in by 31 January. When we could see that it would not be met we set what we thought was a comfortable date of 24 March. Once it was printed, we were locked in - sorry!

Again - we thank everyone for their interest.

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### **VI WORLD MASTERS SWIMMING CHAMPIONSHIPS .SHEFFIELD 96. -22nd June - 3rd July 1996**

There are a quantity of Entry Booklets available from the National AUSSI Office. Please direct inquiries to the Office and the booklets will be mailed out to those interested.



The AUSSI Office has a new postal address.  
**P.O. BOX 207**  
**MARLESTON S.A 5033**  
**PHONE (08) 344 1217.**  
**FAX (08) 344 1217.**

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### **DRUG TESTING**

#### **AUSTRALIAN MASTERS GAMES**

If you enter for the Vic Health 5th Australian Masters Games, you will have to acknowledge that you may be required to submit a drug test sample.

If you have a concern - a copy of the Drug Policy is available from the Games Office.

Included in the policy are specific allowances for participants on medication. It is particularly important that such participants bring with them to the Games a medical certificate which sets out the condition being treated, the prescribed medication and the prescribed dosage rate.

Additional information which the medical practitioner and the participant deem necessary for the attention of the tribunal in a positive testing hearing may also be included. Please note that any such certificate will only need to be produced when a positive test is returned, and only if the participant chooses to do so.

Our advice is that if you are on prescribed medication, performance enhancing or not, you continue to take it as prescribed and carry with you the appropriate documentation.

Should you wish to know if your medication is on the list of banned substances, we suggest you ring the ASDA (Australian Sports Drug Agency) Hotline 008 02 0506. Its a free call and you can remain anonymous.

AUSSI has lodged a protest with the Games Office and advised that it is opposed to drug testing for Masters Swimming. (Note - this must not be misconstrued to mean that AUSSI condones the use of performance enhancing drugs - it does not!!.)

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### **AWARD OF DISTINCTION PETER GILLET**

**Past National Director of Recording**

The Confederation of Australian Sport makes special awards each year under its Fellowship program which recognise outstanding service to the Confederation or its members. Recipients of the awards are nominated by members organisations or the Confederations Board.

Peter was nominated by the SA Branch of AUSSI Masters Swimming and endorsed by the National Management Committee.

Peter received the Confederations Award of Distinction in recognition for outstanding contributions to the development of swimming and Masters swimming over many years

All of us at AUSSI congratulate Peter for being a recipient of this award, and to quote from the letter Congratulations on this well-deserved recognition and on behalf of the Board of the Confederation, congratulations on this richly-deserved award.

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### **LETTERS TO THE EDITOR**

This Edition has 2 letters about the Aerobic Trophy and Point Score, one is from the National Director of Programmes, David Cummins, clarifying a rule misunderstanding from Qld and the other is from Don Bloomfield, Club Recorder, from the Twin Towns Services Masters Swimming Club

#### **From David Cummins to Peter Emery, Newsletter Coordinator of the Swimmers News.**

As the National Director of Programmes, one of my tasks is the coordination of the National Aerobic Trophy. On page 4 of Swimmers News under .From Hervey Bay. your statement about split times being required for the 400m event at your State Swim isn't correct. I refer to page 6 of the National Aerobic Trophy rule book under .Conditions for awards/points allocation Section 4 which states:-

.100m split times are to be entered on the forms, except for times swum at State, National and International meets etc..

This I hope will clarify the rule and should take the worry from your State Swim officials and swimmers alike to have splits recorded.

#### **From Don Bloomfield on the Aerobic Point Score**

To the Editor

Dear Sir

Contrary to the view expressed in the February Newsletter, I believe the graded point score system is an essential part of the aerobic program and that other factors have a much greater influence on the participation rate.

At the end of February our Club had 46 registered members. Of these, 29 or 63% participate actively in the aerobic program. Levels of achievement last year varied from a maximum of 390 points for 1 member to



a minimum total of 6 with an individual swim minimum of 1 point. No one ever mentioned to me they were discouraged by the low level of points achieved. Rather, there seemed a determination by many, including myself, to at least try to make it to the next level.

Agreed, getting to maximum points is not necessary an achievable, and in some instances even a desirable goal. Some swimmers are quite content to just swim the distances without the concern for time or points. However, for motivated people at any level there is a need for goals which are achievable. That is precisely what the graded point score provides.

I suggest that participation in the aerobic program is much more dependant on the following factors. The comments in brackets show how our club relates to these factors and may help explain why our participation is relatively high.

1. The fitness director's, or coaches attitude to aerobic swimming. (Ours leads by example and competes all aerobic swims)
2. The committees attitude and participation. (All actively participate)
3. The effectiveness of the aerobics officer. (Communicates with, organises and encourages all members)
4. The ability, individual goals, and motivation of members
5. Predominant age group. (83% are over 50, and 56% are over 60)
6. Time and lane space available for aerobic swims. (Fortunately not a major problem for us but may well be for some clubs.)
7. Individual time available for aerobics as well as stroke correction and squad training. (Not a problem for most of our swimmers but may well be for busy working people)

Our committee has read this letter and endorses the opinion that a graded point score is necessary to provide achievable goals for swimmers at all levels, especially those who cannot aspire to records, top tens, or to outstanding carnival performances.

Yours in Masters Swimming,  
Don Bloomfield, Club Recorder

**Also from Gordan Metcalf from Cottesloe WA.**

Dear Sir

I read with interest the letter from Gary Stutsel to FINA Hon Sec (dated 28 Nov 1994) published in the National Newsletter Vol 5, No 6, Dec 1994, in which Gary points out that under strict FINA rules Relay Teams must represent Clubs.

Personally I find that one of the attractions of Masters Games (in contrast to Masters Swims) is the freedom to team up with other loners from small clubs, or no club, in relay events, having fun and making new friends.

I hope FINA never restricts us to Club Teams at Masters Games  
Regards  
Gordan Metcalf.

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## CANCER BATTLE SPARKS UNDERSTANDING OF LIFE

Its taken 36 years but Jannice Thoroughgood has learned how to live. The St Hubert's Island based single mother of two says breast cancer taught her the lesson. Determination kept the spark alive and now she's not only collecting new experiences, she's collecting wins in the AUSSI Swimming competition.

Jannice competed in a carnival at Gosford pool, and despite tumours in her pelvis which have numbed feeling in parts of her legs, hopes to swim butterfly at then Homebush Pool at the State Titles in March. .I found in the water I don't care about being ill., the former Woy Woy High School Sportsman of the Year said this week.

.I can go flat out and not feel any strain on my bones. It makes me feel free and you meditate while your going along.. She said her attitude wasn't always so positive. When she was diagnosed with breast cancer at age 30 she was shocked. Only one year earlier, one doctor had told her not to worry about the lump in her breast.

.Young women don't realise it's not just an old women's disease. I had no idea about breast cancer, it was quite a shock.. Jannice had a total mastectomy, followed by reconstructive surgery. A family breakdown followed and she was left with her two sons Scott and Brent, now aged 8 and 11.

Then 18 months ago, the cancer came back as tumours in her bones. .I took it for granted it was all gone. Now I've learned you've got to totally change.. The shock of the recurrence changed her whole outlook on life.

.It's a terrible thing to say but it's probably the best thing that's ever happened to me. I've had two years of defying death. I've been hot air ballooning, bungi jumping and parasailing. You have that child-like attitude and you try to do something special everyday. It's actually a wonderful way to live

As a mother, she admits she worries. .If I didn't have the kids I don't know if I'd get as scared. But it's a mothers place to get them to where they can cope in the world. .They get scared but they're very protective. But if you really get depressed and get into feeling

sorry for yourself you can have a rotten time. I would just tell women if you have a lump and you're worried about it, get it checked..

Jannice will have treatment for her tumours over the next few weeks but hopes to be back in the water immediately after her treatment to train for Homebush. She swims for the Ettalong Pelicans and her achievements with the team have included an Australian Record in the Relay at Forster last Year.

\* Ed note - We have not heard how Jannice went in the March Championships, but I know I speak for all of us in wishing her all the best.

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### GRANNIES CATCH SUPERFISH OUT OF WATER

This is the heading of an article by Michael Koslowski of the Sydney Morning Herald March 31, 1995

Kieren Perkins or one of Australia's superfish was supposed to win a \$25,000 prize for being the first to break a World Record at the new Olympic Pool at Homebush - but four grandmothers have beaten them to it. With a combined age of 280, the women's relay team from Cronulla is claiming the Telecom-sponsored prize.

But Telecom is refusing to part with the cash saying it is for top class events and not mainstream participants such as Masters or Disabled swimmers.

Nancy Mitchell, 72, Betty Stern, 75, Barbara Rose, 69, and Helen Evans, 64 - the Cronulla Sutherland Clubs Relay Team in the NSW Masters Championships - smashed the existing World Record for the Women's Masters 4 x 50 Freestyle Relay last Saturday.

The previous record in the 280-plus category (the combined age of the four swimmers must be at least 280 years) was 3 09.01 seconds, set by the Holmes Lumberjacks, at the 1988 World Masters Games in Brisbane.

In the finest tradition of glory for Australian relay teams, the Cronulla women - dubbed the Groovy Grannies - lowered that mark by almost 19 seconds after a swim of 2.50 79 seconds. They also added a second World Record for the Medley Relay on Sunday, the only two World Records broken at the three day championships.

The Grovey Grannies now believe that they qualify for the prize offered by Telecom at the pool's opening in January.

While the money was expected eventually to be grabbed by one of the big names of World Swimming, such as Australia's three current World Record holders - Perkins, Rebecca Brown and Samantha Riley - the Cronulla foursome have a legal representative looking into the matter.

The Secretary of the NSW Branch of AUSSI Masters Swimming in Australia, Mrs Beryl Stenhouse, said the Masters Swimmers took their sport very seriously. We would hope that Telecom recognise the record in some way, she said.

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### PERSONAL PROFILE WARWICK DUNCAN

Warwick is a 36 year old father of four children. Until July 1989 Warwick was a healthy 30 year old. He was working as a marketing manager full time as well as studying. Sport had always played an important role in his social aspect of life.

Warwick was literally struck down with a deadly form of hepatitis, which caused severe damage to his liver. His only chance of survival was a liver transplant. Fortunately for Warwick, a liver became available and his transplant took place in October 1989

After a twelve hour operation, Warwick awoke in intensive care to a surgeon telling him he now qualified for an exclusive club, Transplant Sports. From that moment Warwick was determined to improve his health and fitness. Five weeks after his operation he was back in the pool trying to build up his badly depleted muscles. As he had swam when he was younger, the return to swimming seemed natural.

Twelve months later Warwick competed in his first National Transplant Games in Toowoomba. His training was successful and he had medals and a position in the World Transplant Games

He has successfully competed in three National Games and also represented Australia in two World Transplant Games. In September 1991, Budapest hosted the Games and Canada had their turn in July 1993. Canada was a success with Warwick coming home with three medals for swimming.

In 1994 Warwick joined Ted Tulberg's Squad in Sydnal Victoria, and the training schedule lifted from 3-4 hours a week to 10-12 and six days a week. With



this training behind him Warwick has completed the 1994 8k swim at the Hazelwood Pondage, the 1995 16k swim at the Mitchell River. The final major swim for this season was the 25k swim at Lake Hume.

Warwick has been selected to swim at Manchester, England in August. After these World Transplant Games he will go to Dover to do some long distance swimming in the cooler waters and the English Channel. The drive that helped Warwick survive his terrible illness, has him training for an attempt on the English Channel. In July 1996 after another long hard training season hopefully his dream will become reality.

The reason behind this enormous effort is to promote organ donation. To make people aware of what can be achieved with a second chance at life. To show how appreciative transplantees are and make people more aware of the concept of organ donation. It is a long hard road from here and across the treacherous channel, but we do know that Warwick will give it everything he has got.

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#### Did you Know!!

That within one week we had 1525 different AUSSI'S competing around Australia. Victoria's Long Course had 563, NSW State Championships at Homebush had 612, and the QLD State Titles at Hervey Bay had 350 Not a bad effort.

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#### MEMBER TRANSFERS

There seems to be some confusion about members transferring from one Club to another. I hope that this copy from the AUSSI Handbook will refresh everybody's memory on the role they have to play to ensure that the rule's of AUSSI are adhered to and there is no grey area.

- R6.1 Swimmers are free to transfer from one club to another at the end of the season
- R6.2 Swimmers may transfer from one club to another during the season provided that they have the written approval of the club with which they were first registered for the season and that this approval is forwarded to the Branch with an application for registration with the new club.

*Note: If a member transfers from one club to another in the same Branch no further registration fee*

*is payable for the remainder of that year.*

*Where he transfers to another Branch an extra Branch registration fee may be payable, but his registration number remains the same*

- R6.3 In the event of disputes, the Branch Committee with which the clubs are affiliated shall arbitrate. No person who is a member of either of the clubs involved in the dispute shall arbitrate in the matter. Where only one or two clubs are involved in a Branch, the national Management Committee shall arbitrate.

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#### SIX GUN SHOOTOUT

The Six Gun Shootout recently run by the Adelaide Masters represented a slightly different slant on mail-in events. Clubs were challenged to put their best six swimmers into the water for a six by 1000m relay. The only stipulation was that the team consist of three male and three female members.

The closing date for postal entries was Wednesday March 8. South Australian teams were invited to gather at Burnside Swimming Centre on Saturday March 11 to swim as one in an attempt to overhaul the interstate achievements. Three SA Clubs, Atlantis, Tea Tree Gully and hosts, Adelaide Masters took up the challenge.

The advantage of running the event in this way was that any clubs achieving a place in the competition could receive medals and certificates on the night of the event. It also facilitated the rapid collation of results so interstate clubs could be punctually notified of the outcome, which has been a drawback of postal competitions in the past.

Adelaide Masters emerged winners with an aggregate time of 85min 36 seconds. Second place was secured by Tea Tree Gully in 91min 28 seconds, and the Queensland Club, Yepoon Masters provided the third place in a time of 99min 28sec.

It was gratifying to see entries from the length and breadth of the Australia but it would have made for more exciting competition had the number of entries exceeded the eleven received. I believe the concept has merit and will encourage the club to promote this as an annual event so teams from around the country can trot out their best and toughest in future years.

David Richards. Adelaide Masters

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