



M.S... NEWS

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The views expressed in this newsletter are those of the writers and not necessarily those of the members of Masters Swimming International Inc.

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Gary's Gazings

This issue we review Phil Whitten's "Complete Book Swimming", travel to Casablanca, pass on travelling tips for competitors, congratulate two FINA leaders, glance at the FINA Masters officials list, tell you the latest on where to swim in the USA, drop in on Baja and Hawaii and finish with my favourite area, Letters to the Editor, where I reply to one of my very special people, swimmer Dot Donnelly of the USA.

Travel

Casablanca 1998

Casablanca, Morocco's largest city, is 33.36N of the Equator, which is much the same as Charleston, San Diego and Osaka. Buenos Aires, East London, Perth, Sydney and Auckland are about the same distance south of the Equator.

At 7.36W Casablanca is on GMT year round and does not adjust for summer time. It is a thriving metropolis, the major seaport of Morocco and the arrival point for most overseas flights. Today Casablanca is home to almost 3 million people which is remarkable when in 1907 there were only 20,000 inhabitants.

Formerly the Berber settlement of Anfa (a suburb of modern Casa) it became a pirate port between the 13th and 15th centuries, preying on Portuguese ships. After several attempts at discouraging the pirates the Portuguese finally occupied the area and built a fort they called Casa Branca. Following an earthquake in 1755 they abandoned the town.

It stagnated for many years and in 1830 had just 600 inhabitants. Casa prospered in the late 1800's as new

trade opened with Europe. Then in 1912 after invading the town on the pretext of protecting their interests the French replaced the sultan and declared the area a French dependency.

The first resident-general. General Lyautey, was a visionary who laid the foundations of a city of wide boulevards, parks, fountains and fine civic buildings. Examples of these, built in the Mauresque style, (a French interpretation of Arabo-Andalusian design) exist today in the Post Office, Law Courts and Police Headquarters in the new town just outside the medina (old town). Lyautey won much support by not destroying the medinas of Morocco.

Both the medina and the recently completed (1993) Hassan II Mosque are must-sees for the visitor. As a city Casablanca is reminiscent of southern Europe and here the men and women mix more easily than in other parts of Morocco. The veil is seldom seen and the locals are particularly fond of their beaches at Ain Diab to the west and Mohammedia to the east (at this point the coastline runs east/west rather than north/south).

There is much more to see in Casablanca and beyond and those thinking of visiting in 1998 should invest in a copy of Morocco the lonely planet travel survival kit (ISBN 0 86442 249 0) published in April 1995 and at USD15-95 a must investment. It contains practical advice on visas, health, accommodation, transport, restaurants, culture, arts and crafts, and much more.

The other asset worth having when visiting Casablanca is a command of French. Although Morocco gained its independence in April 1956, and is now a kingdom ruled by King Hassan II, Casablanca still retains a strong French influence, especially in commerce.

Travel & Swimming

Laurie Smith, a former Qantas steward, a top swimmer and a practising coach offers this advice:

We all handle travel differently, however, two good points to keep in mind are:

1. Spend as much time in the new time zone as you can before your meet, and
2. Be particular about your food.

The more days you have in a new location before competing the better, however this adds to the cost of the exercise, so have you tried changing your sleeping routine while still at home for a week or two? Providing this doesn't cause any other problems it can give you a jump on jet-lag.

Of course once you get to your destination do not train hard! Just have easy sessions to loosen up, preferably both in the pool you will compete in and at the time you expect to compete.

Food can be a wonderful experience when travelling, but it can also ruin both your swimming and holiday. Try not to change your diet greatly and drink plenty of fluid, but not tap water! Bottled water will avoid the possibility of microbes and minerals that your body is not accustomed to, thus avoiding bowel troubles.

Good luck with your next trip, Laurie Smith.

from Waves, the magazine of Warrigah Masters.

Congratulations

Congratulations are in order for two members of the FINA Executive.

Firstly Mustapha Larfaoui, who has been President of FINA since 1988, on his election as a Member of the International Olympic Committee. President Larfaoui remains a council member of the Association of Summer Olympic International Federations, and at the IOC is a member of the Commission for the Olympic Movement as well as a member of the coordination Commission for the Games of the XXVII Olympiad, Sydney 2000.

Also to the Honorary Secretary Gunnar Werner who holds a special place in my memories as the Chairman of the FINA Masters Commission of which I was a member. That Commission drafted and produced the

Pasadena Agreement. Gunnar has retired from his law office and is moving to Torekov in the south of Sweden. He is also a member of the Board of Governors of the World Masters Games.

Congratulations Also

to all of those who made the FINA Masters Officials List No 1, some 49 in all as follows: Armenia (1), Australia (4), Canada (4), Czech (1), Great Britain (1), Germany (2), India (1), Iceland (1), Italy (1), Japan (4), Korea (4), Latvia (1), Norway (4), New Zealand (4), Oman (1), South Africa (1), Sweden (1), United Arab Emirates (4), USA (3), Venezuela (1) and FINA Masters Committee (5). For a copy of the full list see FINA News Volume XXII No 6, June 1995. This list No1 is valid until 31 December 1995 and additional applications may be submitted to the FINA Permanent Office until 31 December 1995.

List number 2 will be prepared for the period starting 1 January 1997 to 31 December 2000. Each Federation may propose four nominations for each FINA Masters Referees List and the nominees must be 60 or younger.

It is great to see Masters being recognised by establishment of its own officials list. Thank you FINA.

Please note also that 1 October 1995 is the deadline for the FINA Office to receive application forms from Federations wishing to nominate members to act as Swimming Referees or Starters at the World Masters Swimming Championships to be held in Sheffield in 1996. Applicants must be from the current FINA lists and are responsible for their own board and travel expenses.

Where to Swim in the USA

USMS Inc has released the 1995 edition of Places to Swim with over 1000 pools, most with Masters programs. Visiting Masters swimmers can usually join in a coached workout by showing proof of registration but we suggest you phone ahead.

Places to Swim is USD6 a copy plus postage and handling. Write or fax Dorothy Donnelly 2 Peter Ave Rutland MA 01543 USA. Fax is 1-508-886-6265.

Dorothy also advises that Swimmers Guide a 350 page guide to hotels and health clubs with pools, YMCAs, Masters clubs and municipal pools is available at bookstores and major sporting goods chains across the USA.

Events: Coming & Gone

Baja, Hungary held its 9th International Senior Swimming Competition on 27-28 May at the indoor 25m pool on Petofi Island. Petofi in the middle of the Danube River is a centre for water skiing, boating, canoeing, and tennis and of course swimming.

While this was a friendly, relatively low key meet, some world Top 10 times were swum. Competitors attended from seven countries.

Baja is planning for 1996 to be a big year as it is the 300th anniversary of the town and the competition will coincide with the World Exhibition. For details write to Varhalmi Miklos H-6500 Baja Szarvas G.u.3 Hungary or fax 36-79-326-581.

HUMU International Masters was also successfully completed after aborted attempts in 1993 and 1994. It is likely that the interest created by the ill-fated Hawaii Masters Festival generated the extra numbers to get the meet in the pool. Round 500 competed firstly in the ocean swim at Kailua Beach Park and then on split at Kailua Recreation Center and in the Duke Kahanamoku Pool, University of Hawaii.

Swimmers attended from Japan, Europe, North and South America, and the South Pacific.

Dauphins Vichy Bellerive (DVB) will hold the 11th International Masters Swim Meet in their Swimming Stadium on 1st-3rd September 1995. Rob Hanou the Netherlands representative who has attended many of these meets thoroughly recommends the Vichy Swim. For details write to Jean Gourlier St Cloud 2, 03700 Bellerive/Allier, France or fax 70 32 56 85.

The Complete Book of Swimming; Dr Phillip Whitten

Phil's book, published by Random House, (ref. ISBN 0-679-74667-6 1994) is everything its title suggests. In fact it is three books in one.

There are three main sections; **Swim For Your Life**, **Getting in the Swim** and **Becoming Fit** plus 8 appendices.

Swim For Your Life contains 5 chapters which sell the benefits of swimming to the uninitiated and the unconvinced. Their main benefits to you are twofold. One they make us feel good about the time we devote to our sport and two, they provide us with

good arguments to both promote our sport and excuse our dedication. Not the least of these arguments is the relief from stress which we have all experienced when we unwind in the pool.

Getting In The Swim consists of an introduction plus a separate chapter on each of the strokes. These chapters are full of useful hints for even the most experienced swimmers. In spite of having been taught by three of Australia's and the World's most successful coaches in the 1950s, I have modified my freestyle since reading Phil's book and immediately eliminated a shoulder problem which had started to develop over the previous month. In the process I have lengthened my stroke and find that I am now able to maintain a constant stroke rate for a longer distance. This is a good improvement for a natural sprinter. My next step is to improve my backstroke which is currently slower than my breaststroke and what lets me down in medleys.

Becoming Fit is a section with four intriguing titles the first of which is **Swimming and Sexuality: How to Enhance Your Love Life**. Phil reports how his own and other research has demonstrated that regular exercise improves one's sex life. My observation has been that an active sex-life when properly controlled can also improve one's sprint times. There could be some kind of circle here, perhaps Phil can investigate. Phil goes on to highlight the benefits of swimming for pregnant women and in reducing the incidence of cancers. His anecdotes in **The Sport of a Lifetime: Swimming from 8 to 108** are an inspiration and **Getting in Shape: The Ins and Outs of Training** starts by covering all the gadgets which are so loved by triathletes. I was pleased to read his words warning against the overuse of paddles as I have seen several 30 somethings sidelined for months after over doing it. This chapter then covers the jargon which would help new squad members understand what is going on.

The eight appendices will hold a different level of appeal to different readers. I know people who are able to recite others times ad nauseam however I am not one of them. I have enough trouble remembering my phone numbers.

Phil's love and knowledge of his subject leaps off the pages at you, for instance on page 91 he rates "goggles as the second greatest invention of the twentieth century- right after the microwave oven!"

I have only just scratched the surface of this wonderful book and urge you to either buy one today or put it on the top of your birthday list. G.S.

Alex Herman-Canada

In the April/May edition of Masters Swimming Canada (MSC) News Alex Herman, President of MSC writes "the unsung heroes of Masters Swimming have got to be our numerous volunteers across Canada" (and in every other country too). Alex goes on to write that "Each Masters club throughout the country has club officers and committees whose volunteers are committed to the development of Masters swimming within their club." And later asks the question "What experience and qualification does one need to work-for example- on a committee?"

It is obvious that Alex is well aware of the roles our volunteers play and that he is willing to acknowledge those roles. The Australian Sports Commission has made a similar discovery and in collaboration with the Australian Society of Sport Administrators, the Confederation of Australian Sport, State Departments of Sport and Recreation, and participating Sporting Bodies has produced the VIP, Volunteer Involvement Program. While the VIP is aimed at recognising and promoting the role of volunteers it also provides a wealth of information on club planning, club management, financial management, marketing, sponsorship, fundraising, and provides training courses for club officials.

More details will be provided in coming issues of MSI News.

Letters to the Editor

from Dorothy Donnelly, USA, June 23, 1995

The April edition of MSI News has just arrived - now I know what folks have been talking about. Never took this long before! I'm commenting on some of the items, strictly as an individual Masters swimmer.

NQT - the USMS Qualifying times. Your brief calculations of the effect on Montreal entries does not take into account the fact that USMS swimmers are allowed three events without making the NQT. Since swimmers in Montreal were limited to five events, only two events per swimmer would be affected if our NQTs were used elsewhere. Much can be said about NQTs *encouraging* if not actually *requiring* swimmers to participate in local and regional meets. Such events suffer when swimmers by-pass these local events, and just head for Nationals and World Championships.

I was surprised to see the space devoted to USMS Rules, which are of concern only to those who compete in the US. The words, "This amendment should be brought before the next USMS Convention" offend me. The MSI Newsletter is hardly the appropriate forum to meddle in the internal affairs of a National Governing Body.

On Safety Issues, we have another "should be adopted". I believe circle swimming needs to be consistent in all lanes of a particular pool. In the U.S., knowledgeable swimmers adhere to the practice of counter-clockwise, new swimmers may not. Only confuses the new swimmers even more if they have to learn to go counter-clockwise in even numbered lanes, clockwise in odd numbers. When we go "Down Under" we conform to the local customs, just as we learn to drive on the "other side of the street".

MSI's role has traditionally been one of providing communication with Masters around the world. There are so many wonderful things happening around the globe, and an equal number of problems that need to be discussed by Masters Swimming participants- let's devote our space to these global issues.

Dear Dorothy, It disturbs me that you have taken my comments so personally. May I suggest that you go back and re-read the April issue. Perhaps we have different dictionaries.

Firstly the word communication means to me "imparting views, information". I believe that MSI News is doing that. I do not expect every reader to agree with what I say but I am pleased if it makes just one person stop and think about an issue which may have been overlooked.

Like you, I would like to see reports of the wonderful things which are happening and also to report swimmers' views on some of the problems but the only mail I receive these days is bills. Perhaps could contribute items of wide interest in future.

Which brings me to your view of USMS Rules. You obviously understate the importance of USMS Rules to the rest of the world. The international Masters rules were drafted by Tina Martin when she was a member of the USMS Rules Committee at the same time as she was drafting Long Course rules for USMS. Many of us look to USMS for leadership and new ideas and also many of us have and will swim in the US as both your Nationals are open meets.

Your dictionary also seems to have quite a different meaning for **"should"** which in mine means "to make a statement less blunt or direct". You seem to have confuse should with **"must"**, which in my **Oxford dictionary is defined as "to be compelled to"** My use was to convey the opinion that relay lead-off swimmers were being needlessly disadvantaged. Masters swimming is for swimmers not officials and we need to avoid rules which discourage swimmers needlessly.

You have also read something into my comments on qualifying times which was not intended. I was not addressing the US situation but instead looking at what effect qualifying times would have on the World Championships. Your remarks about encouraging participation in local and regional meets and maybe having to qualify through these for major meets are excellent. I hope that our readers take them on board.

As for Safety Issues, my concern is to avoid facial injuries to swimmers. If we could put crash barriers between lanes like they do on highways then there would be no problems with circle swimming as it is now practised, regardless of which way we rock round the clock. However I repeat the beauty of the Canadian system is that the worst you can do is hit someone in the back of the head who is going in the same direction as you are. There is no doubt that this is hard for people to understand as I have had very little success in getting it adopted Down Under. Clear signage placed at the end of each lane would appear to be the only way of achieving this.

I trust that you now understand my intentions which were certainly not to upset you, or anyone else. My intention was to get swimmers thinking first, and then acting. I trust that you will take me up on my request to supply information for future issues. -Gary.

I am concerned that your mail was so slow. One else having this problem? Please let me know if current newsletter was not received before the end of August.

Sheffield Preview

Glenys McDonald has just returned to Australia from an inspection tour of the Sheffield facilities and accommodation. Glenys's trip was arranged and paid for by Gullivers Travel agents to AUSSI Masters Swimming. The following is extracted from her report to the Board of AUSSI Masters Swimming.

Sheffield is set on seven hills (no wonder the Romans built here) and most places are up and down hill, so start your walking training now. The main Sheffield town centre surrounds Ponds Forge with both the rail station and bus terminal across the road from the Ponds Forge Complex.

Transport information will be provided to swimmers on arrival and you are advised to buy a 7 day pass which can be used on bus, tram and train. The University accommodation is about a 20 minute bus ride from Ponds Forge.

There are no plans for a shuttle service but extra buses will be provided as needed. The Super Tram does not run close to the University accommodation.

Accommodation is in five university houses of residence which are linked by lovely gardens. These gardens are very restful and will be a great place for swimmers to relax. A barbeque in these gardens is being considered for one night during the swim. The whole theme of this accommodation area is to achieve a Games Village atmosphere where everyone can mix and make new friends. A word of warning though; swimmers should make enquiries as to exactly what they will get in this accommodation. The alternative is outer city hotels and heavy traffic unless you can use the Super Tram.

Shopping is just a five minutes walk from the university at Broomhill, but there is little in the way of restaurants there. You can eat in a pub there which will be an experience for some.

Restaurants and more shops are at Eggesall Road, a 15 minute walk through the Botanical Gardens from the university. Here you can eat French, Italian, Indian and other food styles or even indulge at Champs where the entrees are "warm-ups" followed by "sprinters", the "main event" and "final laps". There are also winebars, supermarkets, chemists etc in this area.

Training facilities are the Cofield Pool and the King Edwards Pool both about a mile from the houses of residence. Glenys inspected Cofield where the manager is a Masters swimmer. This pool is 36+ yards long, so 3 laps to each 100metres. It is 6 lanes wide but the lanes are narrow and it may be necessary to set it up as a 5 lane pool for training. It is not yet known how much training time will be available.

Swimming during the Meet at Ponds Forge will be restricted to those who are about to compete or have

just finished an event. Security will keep everyone else out of the change rooms and the pool deck area. There will be seating for 400 people poolside but this will be reserved for those who are about to be marshalled. Warm-ups will be in the diving pool or the leisure pool and you must show your ID card to gain access. Anyone not competing on that day who wants a swim will have to go to the Cofield or King Edwards pools. (I believe that in Casablanca there is an indoor 50 metre pool right across the road from the main complex).

Glenys also has a concern that, because Ponds Forge is a leisure centre which will continue to be used by the public after each day's events have been concluded, the temperature in the upper stands may be too high for many swimmers. Be sure to have plenty of fluids as you will probably dry out otherwise. The stands have seating for 2,200 which should be more than adequate with everyone restricted to one event each day.

In conclusion Glenys said she was very impressed with the Ponds Forge Centre and that photos do not do it justice. As a result of her visit the AUSSI accommodation has been upgraded at the university.

VAT Tax

Visitors to the UK and Europe are entitled to refunds of the VAT (Value added tax) on all purchases they take home with them. United States residents will find this can be made easy for them if they contact Europe Tax-free Shopping, 111 W. Monroe St, Suite 2100E, Chicago IL 60603. tel (312) 346-9126 fax (312) 346-6211

London is the world's theatre capital, You can get half-price tickets to major shows at the Leicester Square Ticket Booth. Tickets are available for same-day West End shows only. What's available is listed on boards next to the booth. Keep your eye on the board because availability of tickets can change while you are waiting.

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15 MERINO PLACE, SYLVANIA 2224 AUSTRALIA

A drop of ink may make a million think

-George, Lord Byron

