



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE
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NATIONAL NEWSLETTER

Volume 6 No 4 September 1995

With the Australian Masters Games approaching in Melbourne, and the swimming component on the 6th - 8th of October, the Mid-Year AUSI Conference is also scheduled in Melbourne on October the 1st & 2nd.

There are two new members of the Board of Directors for AUSI Masters Swimming. From NSW we have Gary Stutsel who is replacing Beryl Stenhouse, and from the N.T., up in Darwin is Dr Ted Giblin, who replaces Rick Barnes, who recently retired and is now living on the Sunshine Coast.

We all say welcome to the new Board Members, but also thank-you to Beryl and Rick for all the time and effort they have contributed to AUSI.

PROFILE OF DR TED GIBLIN

NT NATIONAL BOARD MEMBER

Ted is an active big 50, who joined AUSI in January 1993 with the Darwin Stingers. Since then it has been all ahead full because Ted has competed in three National Swims, 93-Darwin, 94-Adelaide, 95-Perth. He has also been down the track to Alice Springs for the Honda Masters Games, in October 94, and bought home 8 Gold and 2 Silver, and placed equal first in the 45-49 age group with one of our many Russian visitors.

Completed all aerobic swims for 94/95 by the end of September, with maximum points. Ted is also the Delegate to the Darwin Public Pool Usage Advisory Committee.

Not satisfied with the swimming side, Ted is now the President of the Darwin Stingers and also the Men's

Captain. Presently Ted is re-qualifying for the RLSSA Bronze Medallion & Pool Life Guard.

On the qualifications side Ted has a

- MBBS 1972 (UNSW)
- Dip RACOG 1982
- FRACGP 1986
- Certificate in Hyperbaric Medicine 1991.

Member of Australian College of Tropical Medicine.

Designated Aviation Medicine Examiner.

Director - NT Branch - TMVC (Travellers Medicine & Vaccination Centres)

Training Adviser, Supervisor for Family Medicine Program of RACGP.

Interest in Sports Medicine, particularly as it relates to swimming.

Other interests include

Sailing, including Australia's biggest

International Yacht Race to Indonesia.

Tennis - social.

Cycling - commuting to work.

City to Surf - running in the N.T (13k).

Triathalons.

Travelling.

Theatre - Life Member of the Darwin Theatre Co.

I am sure that with all of Ted's sporting and academic background he will be a valuable member to the National Board.

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

HAPPY RETIREMENT RICK BARNES

Rick Barnes joined the Darwin Stingers in 1988, and at the inaugural meeting of the N.T Branch later that year inherited the position of the Branch Recorder - a position he held until now.

Rick as President of the Stingers, Branch President, then Chairman of the Organising Committee for the most memorable National Swim in Darwin in May 1993, made a contribution to the Territory which will be treasured for many years to come.

As a Director of the Board of AUSSI Masters Swimming, he attended seven Meetings around the Country: Brisbane, Sydney, Melbourne, Adelaide, Perth, and even Darwin. Firstly he assisted the Director of Membership Development, but since September 1994 has represented the Board as Director of Swim Meet Policy.

We wish Rick well for the future.

AUSTRALIAN MASTERS GAMES COLD OPEN WATER SWIM

The water temperature is expected to be about 15-16 degrees C for the 3Km Open Water Swim in Port Phillip Bay at the 5th Australian Masters Games on the 10th October 1995.

Note :- AUSSI Masters Swimming has nothing to do with the conduct of this event..

It is expected however, that many of the participants will be AUSSI members, so we bring it to the attention of our membership.

The organisers say "wet suits permitted".

We say - "wet suits are highly recommended". Wet suits of course, give a speed advantage (up to 15%) so you'll need one to stay competitive anyway but be

aware that swimmers in wet suits can still succumb to hypothermia.

If you choose not to wear a wet suit, cold water conditioning such as ocean swimming throughout winter **IS ESSENTIAL**.

Masters Swimming Rules state that no open water events should be held in water less than an average of

18 degrees C. The Masters Games Open Water Swim is not being run under AUSSI nor FINA Masters Rules, so the safety requirements we have in our rules will not necessarily be observed for this event.

Note:-the AUSSI insurance policy will not cover you, so it would be wise for you to know what cover the Games Organisers have in place.

AUSSI has advised the Games Office that it disassociates itself from the Open Water Swim at the 5th Australian Masters Games

NATIONAL WHO ?

Letters reach the AUSSI Office with all kinds of titles: The National Body, National Headquarters, National Executive, National Secretary, and To Whom it may concern etc.

What we actually have is :

- a National Office
- a National Executive Director, affectionately referred to as NED or Executive Director
- the National Management Committee - comprising President, Coaching Director, Finance Director, and NED
- the National Board, or Board of Directors, which is the eight Branch Delegates plus the Management Committee.

Matters of AUSSI Policy, Rule changes etc, are made by the Board which meets in person twice a year. Decisions are in effect, made by a majority of Branches in favour of the proposal. These "Decisions by the National Body" are therefore decisions of the Branches.

AWARD BADGES ???

What are they???

If you turn to page 6 of the AUSSI Rules in your Club's Handbook, you will see a section on NATIONAL AWARDS.

Awards for distances of 200m and below are by certificate and from 400m upwards are by badges. There are twenty two (22) different badges available and most are a green and gold woven cloth badge in the form of the AUSSI logo and about 2 1/2 " high. Each has the distance and stroke of the Award achieved eg. 5000m Backstroke.

Most Awards are the same swims as you do for the Aerobic Trophy so on completion of each swim, the

Award badges can be obtained through your Branch Aerobics Recorder for \$3.00 each. There are no badges for the 1/2 hour and 3/4 hour aerobic swims but there are for the 3000m and 5000m in freestyle, back and breast (sorry - no butterfly)

The One Million and Three Million metre badges are at no charge to the swimmer - as a reward (?) These are achieved on completion of the AUSSI "Record Card"/s available from your Aerobics Recorder too.

21ST NATIONAL SWIM

AUSTRALIAN INSTITUTE OF SPORT EASTER 1996

EVENTS

Friday 5th April - 9.00am

1. 400 Freestyle
2. 50 Breaststroke
3. 4 x 50 Mixed Medley Relay

Saturday 6th April - 9.00am

4. 400 Individual Medley
5. 50 Freestyle
Official Opening Zedar Relays
6. 100 Butterfly
7. 200 Backstroke
8. 4 x 50 Mixed Freestyle Relay

Sunday 7th April - 9.00am

9. 200 Individual Medley
10. 100 Breaststroke
11. 50 Butterfly
12. 100 Backstroke
13. 4 x 50 Men's Medley Relay
14. 4 x 50 Women's Medley relay

Monday 8th April - 9.00 am

15. 200 Butterfly
16. 50 Backstroke
17. 200 Breaststroke
18. 100 Freestyle
19. 4 x 50 Women's Freestyle Relay
20. 4 x 50 Men's Freestyle Relay

Tuesday 9th April - 9.00am

Open Water Swim - Lake Burley Griffin

Social Events

Welcome Function - Friday 5th April
Presentation Luncheon - Tuesday 9th April.

Entries

Participants can enter 5 events

The Carnival is open to registered AUSSI members only, overseas swimmers by invitation only.

Full details of the Carnival will be provided in a brochure that will be sent to all Clubs before the end of 1995.

For information, if required, please phone
Jean Heath (06)241 1249

LETTERS TO THE EDITOR

From Bill Stevens
Marion Masters S.A.
17/7/1994

Dear Doug

I am one of the many AUSSI's who consider the medal referendum to have been a waste of AUSSI money, and I suggest your comments in the July Newsletter are not in accordance with the facts.

The 1994 AGM which was held in Adelaide on 19/20 March 1994 decided on the medal referendum and asked that it be raised at the members Forum that was held on 23 March. The Forum was attended by 34 people - about one half of one percent of AUSSI Membership, and that one half of one percent did support a referendum to go to all Members.

Reference to the minutes of subsequent Board and Management Committee Meetings make it very clear that the referendum and its contents was a Board/Management Committee decision. and that the approximate costs were known before the decision was made.

The next Newsletter should include the facts about who made the decision to hold the referendum, who decided on its contents, and what in total the referendum cost (including an estimate of the time involved in processing the 1534 responses received from the over 7000 papers distributed). Members, especially the vast majority who do not compete in the Nationals, should be made aware of these facts.

Also, the full referendum result, as voted by the Members is essential information for those Members who want to make an informed judgement on the issue.

Editors reply:

I wish to thank Bill for his letter, and I will answer all his points, and the first being about my comments in the last Newsletter.

It was the Members Forum that determined if this was to happen. If the Members Forum had said it would be a waste of time and money then it would not have commenced. If that happened we would still be undecided about the Medals issue.

In reference to your letter about who decided to hold the referendum, the facts are, and this is my opinion only on how it started.

When I attended my first Board Meeting in Darwin there was discussion about the Medals issue. What to do about it?, what can be done?

I returned home and decided to canvass my own Branch and membership with a survey made up by myself, and distributed at our Short Course Meet. With the results of this I attended the next Board Meeting and handed out the results. Tasmania had canvassed members, and I think the ACT had done the same.

The results of my survey and the other two Branches indicated that their membership wanted medals for the first three place getters, and were prepared to pay extra for them.

My submission to the Board stated that:-
"Victorians would like medals for both individual and relay events, and still retain the overall aggregate system, and pay an increased entry fee to cover the cost. It is also pleasing to note that medals were not a consideration when entering our National Swim, and also if the medals were removed, the majority stated they would still swim in our AUSSI Nationals."

I believe that these factors contributed to the decision to ask the Members Forum in Adelaide about a referendum. Item 14.3 from the March Meeting, was a motion from the Queensland Branch, which wanted to alter R12.4.2 to read, "National Medals shall be awarded to the first three placing's in each age group in each event". That motion was lost. The meeting then decided that the referendum should go to all our members.

As I said before, if the Members Forum had not supported the idea of the referendum, it would not have gone ahead.

I myself as well as the other Board Members want to know the full cost of the exercise, and yes, the membership should also be aware of these facts.

Doug Tantau.

GOING TO SHEFFIELD

To enter the World Masters Swim in Sheffield next year, you will need to enclose proof of membership of a FINA Member Federation.

A "Certificate of Membership" is available from the AUSSI National Office for this purpose - however, there is little point in obtaining it now as it expires at 30 September 1995.

If applying now, please have your Branch provide proof that your Registration has been renewed through to 31 December 1996.

Entry Booklets are also available from the National Office.

SANDWICHES CAN BE HIGH IN FAT AND SALT

Take Away sandwich eaters beware!

Some of those lunch time favourites are loaded with fat, calories and salt. "People tend to think of a sandwich as just a bite to eat," said Jane Hurley, Senior Nutritionist at the Centre for Science in the Public Interest, which recently released results of its sandwich survey.

"Often sandwich shops are giving you an entire dinner's worth of fat and calories between those two slices of bread," said Hurley, whose group has previously exposed the fat lurking in Chinese, Italian, Mexican and Seafood Restaurant food as well as movie theatre popcorn.

The three main sandwich culprits: meat, mayonnaise and cheeses, she said. (A teaspoon (15ml) of mayonnaise has 100 calories and 11 grams of fat.) But a roast beef sandwich with mustard was one of the best choices, at 12 grams of fat, 4 grams of saturated fat, only turkey with mustard tested better. A 'veggie' sandwich with lots of cheese can easily have more fat than a Macdonald's Quarter Pounder.

Hurley said consumers should ask sandwich shops and restaurants to use light cheeses, low-fat mayonnaise and dressings and lean meats. Of course, bringing lunch from home allows you even more control on sandwich contents.

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PRODUCTS AVAILABLE FROM THE NATIONAL OFFICE

HANDBOOK

\$10.00

A very smart hard vinyl covered two ringed binder - containing the AUSSI Constitution, By-Laws and Rules. The Guidelines for "Referees" is designed to be included as well.

A must for every Club.

CLUB GUIDE

\$10.00

Eighty (80) pages of vital information for the effective running of an AUSSI Club. It's written by informed AUSSI Members and is delightfully illustrated with "Percy" the whimsical platypus role-playing the activities under discussion. Chapters include:-

What is AUSSI?
Forming a Club.
Sample Constitution.
Club Night activities.
Aerobic Trophy.
Public Relations, Sponsorship.

Other sporting clubs could use this booklet too.

"MASTERING SWIMMING"

\$26.95

The complete guide to swimming for coaches and swimmers, this excellent and comprehensive book deals with all facets of training and work outs, swimming strokes and how to be better at them, nutrition, common errors, safety, competition swimming and so much more. A First Class book for physical education courses.

AEROBIC TROPHY Rules and Point Scores

\$5.00

An A4 size booklet which describes the purpose and history behind the Aerobic Trophy. It contains the Rules and how to go about it, all the Point Scoring Charts, sample recording sheets are included too.

AWARD BADGES

\$3.00

Triangular badge - with stroke and distance	\$3.00
Triangular badge - plain	\$2.00
Million Metre badge	No charge
Three Million Metre badge	No charge
Award Certificates	No charge

The "Three Million Metre" and "Million Mitre" badge is larger than the others and is supplied at no charge to the Swimmer completing the task, as a reward for achievement. It is supplied on presentation of a properly completed Million Metre Card.

The AUSSI Awards are described in Rule 10, the Aerobic Trophy Book, and on the Million Metre Card.

L1 UPDATE LOGBOOK

\$0.50

A 12 by 8cm booklet designed by the Australian Coaching Council. Used for up-dating the requirements completed over a four year period following the issue of their ACC accreditation.

POSTER

\$1.00

"Swim into Fitness, Friendship and Fun. Laminated for resistance to moisture, this attractive full colour 320mm by 240mm poster is a must for every pool in Australia.

BROCHURE

\$0.10

The new 8 page fold out brochure on quality art paper features photos of "real AUSSI's" having fun. It has space on the front for your sponsors name and a place on the back for your local contact.

AWARD BADGES

ORDER FORM

PLEASE SUPPLY:-

_____	400M	FREESTYLE	
_____	400M	BACKSTROKE	
_____	400M	BREASTSTROKE	
_____	400M	BUTTERFLY	
_____	400M	INDIVIDUAL MEDLEY	
_____	800M	FREESTYLE	
_____	800M	BACKSTROKE	
_____	800M	BREASTSTROKE	
_____	800M	BUTTERFLY	
_____	800M	INDIVIDUAL MEDLEY	
_____	1,500M	FREESTYLE	
_____	1,500M	BACKSTROKE	
_____	1,500M	BREASTSTROKE	
_____	3,000M	FREESTYLE	
_____	3,000M	BACKSTROKE	
_____	3,000M	BREASTSTROKE	
_____	5,000M	FREESTYLE	
_____	5,000M	BACKSTROKE	
_____	5,000M	BREASTSTROKE	
_____	Total number of badges at \$3.00 each. TOTAL \$		_____
_____	AUSSI Patch at \$2.00 each.	TOTAL \$	_____
_____	Three Million Metre Badge	No Charge	
_____	Million Metre Badge	No Charge	

Cheque / Money Order / Cash enclosed.

ORDER TOTAL \$ _____

PUBLICATIONS

ORDER FORMS

PLEASE SUPPLY:-

		PRICE	TOTAL \$
_____	HANDBOOK WITH INSERTS	\$10.00	_____
_____	INSERTS ONLY	\$ 5.00	_____
_____	VINYL COVER ONLY	\$ 5.00	_____
_____	CLUB GUIDE	\$10.00	_____
_____	"MASTERING SWIMMING"	\$26.95	_____
_____	AEROBIC TROPHY RULES & POINT SCORES	\$5.00	_____
_____	L1 UPDATE LOG BOOK	\$0.50	_____
_____	POSTER	\$1.00	_____
_____	BROCHURE	\$0.10	_____
_____	MILLION METRE CARDS		No Charge
_____	AWARD CERTIFICATES		No Charge

Cheque / Money Order / Cash enclosed

ORDER TOTAL \$ _____

