



# AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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## NATIONAL NEWSLETTER

Volume 6 No 5 Nov. December 1995

Well, another year is almost finished, and some of us ask ourselves was the year a success or can it be improved upon. Did we do enough training, or were we a bit slack when we could have done a little bit more?

Did I put enough time into planning the season so I could train to the fullest? Or were you like me and just went along for the fun and fitness side? I know that I could have done more, but what the heck, I enjoyed myself, had a good time, met lots of new people, became re-aquainted with old friends and generally enjoyed myself. How about you?

Doug Tantau  
Editor

### OFFICIAL OF THE YEAR 1995

PAULINE SAMPSON  
of the Talays AUSI Masters Swimming Club  
in Hobart Tasmania.

Pauline has been chosen as AUSI Masters  
Swimming's "Official of the Year - 1995"

Pauline is a National Board Member and is the Director of Technical Development. Previously the Director of Programmes in 1993 when she first joined the board, it was in April 1994 when Tasmania took responsibility for the Technical Development that Pauline's talent really shone. At this time we had the Technical Officials Training and subsequent courses in a state of disarray.

A National Workshop was organized with funding from the Australian Sport's Commission, to redesign the courses and the method of delivery. Chairing the two day Workshop, Pauline then single handedly produced the first draft of the training manuals based on the outcome of the Workshop.

Together with the National Technical Committee, they have produced papers for all technical positions in swimming and as a result courses have been conducted in all States.

The AUSI Masters Swimming Technical Officials courses have now been inducted into the National Officiating Accreditation Scheme. Copies of these manuals have now been passed on to our colleagues in America and Canada for adoption in those countries.

As National Director, she constantly oversees the conduct of examinations and accreditation's throughout Australia and maintains the register of all technical officials within AUSI Masters Swimming. Pauline is also the keeper of the National Register for the Medical Disability Certificates within Australia.

In addition to all this Pauline is an active accredited AUSI Referee, and also participates in a number of positions within Tasmanian Swimming Inc. Pauline also conducts workshops for technical officials for accreditation, is the Branch Recorder, and also the AUSI Tasmanian Delegate to Tasmanian Swimming Inc.

Congratulations Pauline for a job well done and the high profile our Technical Officials Accreditation Scheme is getting both at home and overseas.

### HATS AND CAPS

At the Mid Year Conference it was noted that there are still hats and caps for sale, and as we are starting to get into the summer season it is a good idea to protect oneself from the sun. It is also free publicity for AUSI if you do wear the hat or cap around, and don't be surprised if someone asks what is AUSI Masters Swimming, what does it entail, and how do we/I become involved. So protect yourself from the sun, and be prepared for the odd occasion when someone just might ask what AUSI is all about.

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



## MID YEAR CONFERENCE RULE & BY-LAW CHANGES

### BY-LAW CHANGES

BL34 was amended to add the word "Friendship" after "Fitness".

New By-Law 11.3

BL11.3 Any alteration of, or addition to the Constitution or By-Laws agreed upon by the Board shall become effective immediately unless otherwise determined at the time of such approval. Any alteration or addition to the Rules agreed upon by the Board (see BL21) shall not become effective earlier than two (2) months after the decision has been made.

### RULE CHANGES

SW7.1 altered to read:

On the long whistle from the Referee (SW5.2.6), swimmers shall take up their position with at least one foot at the front of the starting platform or immediately enter the water. The forward start may be taken from the front of the starting block, the pool deck or a push from the wall below the allocated starting block with one hand having contact with the starting wall. On the Starters command "take your marks", they shall immediately take up the starting position. When all swimmers are stationary, the Starter shall give the starting signal (shot, horn, whistle or command)

SW7.2 altered to read:

The start in the backstroke and medley relay races shall be from the water. At the Referees long whistle (SW5.2.6) the swimmers shall immediately enter the water. At the Referees second long whistle the swimmers shall return without undue delay to the starting position (SW9.1). When all the swimmers are stationary, the Starter shall give the starting signal.

New Rule SW12.4

In individual medley events, the swimmer who commences with the wrong stroke in any leg cannot negate by stopping and returning to the pool end and recommence using the correct stroke

SW13.4 altered to read:

Standing on the bottom during a race shall not disqualify a competitor but he shall not walk or push off to resume the swim. In like manner, holding onto the lane rope during a race shall not disqualify a competitor but he shall not propel himself forward by pulling on the lane rope. If a swimmer has to stop during a race (to adjust goggles, swimming costume or has swallowed water), the swimmer may resume without penalty.

New Rule SW16.4

For a permanent Medical Disability to be considered, the Medical Disability Certificate must be registered with the National Office by the close of entries.

Rule R8.13 addition, and will now read:

With due notification, the Meet Director may direct two (2) competitors to swim per lane, provided they do not swim form strokes and there are at least two (2) timekeepers (or three for a National Record attempt) or electronic timing available for each competitor. The start must be staggered and swimmers must remain on the nominated side of their lane. (see SW6.2)

Alterations to Rules R12.3.5 and R12.3.6

R12.3.5 will now read:

Certificates are to be awarded to and retained by the winners of perpetual relay shields.

R12.3.6 will now read:

Perpetual trophies as approved by the Board of directors will be presented to each winning club. After presentation they be handed straight on to the next host Branch.

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### MEDICAL DEFINITIONS

We try to keep AUSSI members well informed on health related issues, so in this issue of the National Newsletter we have included some medical definitions.

<b>Artery:</b>	the study of paintings
<b>Barium:</b>	what doctors do when treatment fails.
<b>Bowel:</b>	a letter like A,E,I,O,U.
<b>Coma:</b>	a punctuation mark.
<b>Enema:</b>	not a friend.
<b>Impotent:</b>	distinguished, well known.
<b>Nitrate:</b>	cheaper than day rate.
<b>Out patient:</b>	person who has fainted.
<b>Rectum:</b>	danger near killed him.
<b>Seizure:</b>	Roman Emperor.
<b>Tablet:</b>	small table.
<b>Terminal illness:</b>	getting sick at the airport.
<b>Tumor:</b>	more than one.
<b>Varicose:</b>	nearby.

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### COULD THIS BE A RECORD

Daryl Hawkes, AUSSI National Recorder reports that too date this year he has processed :-

- 158 National Short Course Records
- 151 National Long Course Records
- 1 World Short Course Record
- 14 World Long Course Records



## HANDS OF PERCY

"Percy" the Platypus who appears in a number of guises in the Club Guide - actually - belongs to AUSSI Carine in W.A

He is in fact legally registered, so cannot be used by anyone else in AUSSI except the Carine Club and by permission, AUSSI National

There's lots of other things you can plagiarise, but please -

### "NOT PERCY"

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## CERTIFICATE of MEMBERSHIP

The National Office is receiving numerous requests for "Certificates of Membership" for those people wanting to enter the Sheffield World Swim.

The Office has to check with the respective Branches each time to see if they are currently registered, as only a few renewals have reached them at this stage. In a few cases it was found that the person had not renewed their Membership, so the certificates have not been issued.

Can you please make your application through your Branch Registrar so the current membership can be verified before the request comes through to the National Office.

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## SWIMMERS LAMENT

It's a swimmer's lament to have aches and pains  
But please not this year again and again  
Last year was my knee, and then went the back  
Swimmer's ear was a good one to keep training slack  
But why oh why does it seem to me?  
Praps its my age and my bodily plea  
To take it more slowly, I'm not twenty five  
There's more years ahead. To just stay alive  
The training is now swimming laps when I can  
Not sprints, drills and kicks-they've been given the BAN  
It's just that I'm 50, but 20 inside  
So I'll do what I can and do it with pride  
I'll have to remember to just act my age  
And thankyou all for reading this page

Rat Anon

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Those who criticize the younger generation forget who raised it

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## IMAGE VALUE

Sports drinks give teenagers and children more of an image boost than any real benefit to athletic performance.

A choice magazine survey found advertising campaigns have been hugely successful but found there is little benefit in the drinks for those who exercise for less than an hour up to four times a week.

"Water remains the cheapest and most convenient drink for fluid replacement and it won't burden you with extra calories", the magazine said. "Even elite athletes can survive without sports drinks, as long as they are consuming enough carbohydrate-rich foods and drinks

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## SHEFFIELD WORLD SWIM

### RELAY TEAMS

The VI World Masters Swimming Championships in Sheffield next year, will be swum to FINA Rules

The FINA Rule for Relays (MSW5) states:

**"Relays shall consist of four swimmers each registered with the same club. No swimmer is allowed to represent more than one club".**

This is different from Masters Games where you are able to make up teams during the meet, from different Clubs and even from non-members.

The team must also swim in the age group in which the total age team members is calculated i.e. if the ages total 227, the team must enter the 200-239 age group and cannot go in the 160+ as we allow in AUSSI.

If you are going to Sheffield - please ensure you are familiar with the actual FINA Masters Rules, and not just the often misleading hearsay version.

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## NATIONAL SWIMS

At the recent Mid-Year conference it was decided that as Tasmania's pool was unlikely to be ready for use by the Nationals, it was resolved that

NSW would be the host Branch for 1997.

Tasmania would be the host Branch for 1998

## Have a laugh

Did you here about the tourist who returned to the Hotel after sightseeing "My memory is awful", she/he said to the clerk. "Could you please tell me what room I am in?" "Certainly" was the reply. "Your in the lobby".

## TRAINING WITH AUSSI

### "AUSSI is a Training Organization" - but why limit it to swimming?

Regardless of age or ability, we swim regularly together in order to promote fitness and improve general health. Regardless of age or ability, many of us have also taken on tasks necessary for the operation of AUSSI and gained many benefits from that too.

Too often we look for a stenographer in our Club to be Secretary, an accountant to be Treasurer and a manager to be President.

To an accountant, being Treasurer is just another job and has little or no opportunity for learning. Whereas an accountant taking on the position of President or Coach, could bring out those extroverted personality traits that have been suppressed all those years

The beauty of extending yourself and taking character risks as a volunteer in a Club, is that you have your Club mates around you to help and pick up the pieces if it does not work out. Even if you loose your job, you don't loose any money and you've learnt something.

Try it - look for people in your Club who are prepared to reach out and "give it a go". But please - help them and don't let them flounder, and never be critical of their failings (unless its constructive and put diplomatically) - focus on the positive, their successes.

However - an accountant as Treasurer and a professional secretary as Secretary in a Club is a good idea from time to time, to set things up and put good business practices into place - for the trainees to follow later. Good procedures should include a duty statement and "Duty No 1" should always be: "Look for someone to train as your successor"

Happy Training

Most people don't think they are middle-aged until they aren't

## EXERCISE STICKING WITH IT

Fifty-eight million adult Americans are overweight. Less than 20 percent of the population participates in regular exercise. Half of those who start an exercise program quit before reaping any benefits. And, those with the greatest health risks are the least likely to exercise.

Those are the findings of a nationwide survey commissioned by the President's Council on Physical Fitness and Sports and the Sporting Goods Manufacturers Association. Some of the common characteristics they found in individuals who stick with their exercise programs:

- They enjoy being physically active.
- They are highly self-motivated.
- They have a positive attitude toward exercise.
- They have a high level of knowledge about exercise and health.
- They are aware of the benefits of exercise.
- They have support groups for encouragement and reinforcement.
- They make exercise a priority in their daily schedules.
- They've participated in exercise or sports in the past.

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## ARE YOU A SWIMAHOLIC?

### The swimaholic warning signs are

- You have an excessive appetite, an inability to gain weight.
- Your skin is dry and flakes when you scratch it.
- Your hair has lost it's colour and stands straight up when it's dry.
- You've missed your wife's birthday for a swim meet.
- Co-workers complain frequently of smelling chlorine in the office.
- You plan family holidays around swim camps, swim meets and work-outs.
- Your youngest child's first words were "take your marks".
- Your waterproof watch has moisture under the glass.
- You give matching his and hers Speedos as wedding presents.
- Carbos, coaches and pace clocks have replaced wine, women and song

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