

BE ACTIVE 20th AUSSI MASTERS NATIONAL SWIM

PERTH 1995

Sponsored
by



REPORT

CHAIRMAN'S REPORT - DAVID CUMMINS

Early in 1993 I indicated to my Branch that I would be prepared to Chair the Organising Committee for the 1995 Nationals. Following my subsequent appointment I set out to form a Committee.

On December 30th 1993 I convened the first meeting of interested persons and at this meeting all positions except Marketing were filled. As no further volunteers were forthcoming I undertook to fill this role at the January 1994 meeting.

A total of 15 additional meetings were conducted to ensure the meet was a success. At this point I would like to express not only my thanks, but the thanks of all AUSSI members to those who served on my committee. The hours of voluntary time and effort are often too easily forgotten.

Planning and preliminary pool bookings were made as early as June 1993 with a preliminary report being written in July/August for submission to the National Board for consideration at their October 1993 conference. Subsequent board reports including updated budgets were presented in a comprehensive manner in March 1994, September 1994 and April 1995.

Each committee member has included a report as part of this document which carries a wealth of experiences, information, ideas and recommendations and I urge all to read and consider the many areas covered.

To organise an event of this size is a mammoth task and can have a tendency to stretch human resources to the limit. I was no exception but the people who travelled the path with me were fantastic in their desire to succeed and as a result, we did. My thanks for all the support given to me and for the professional way in which each task was carried out. In the end I am sure everyone gained as much satisfaction as I did. It was a pleasure to work with such dedicated people.

OPENING CEREMONY

12.30pm on day one. From all reports it was enjoyed by everyone. To have the Premier of WA Richard Court MLA speak on behalf of the government, welcome all and declare the Meet open was a real coup. Coincidentally Richard's father Sir Charles performed a similar duty back in 1978 - a fact that Richard was not aware of until the ceremony.

In commemoration of 50 years since the end of World War II a minutes silence was observed. This was followed by an unaccompanied version of our National Anthem by one of the Superdrome staff. Shaun did the song and himself proud with his rendition.

Following the opening, dignitaries, sponsors and invited guests joined the Organising Committee, National President, National Executive Director and our State President for a light luncheon.

OPEN WATER SWIM

In addition to being M.C. for this event I was also responsible for supplying all timing, recording equipment, stationery and the necessary staff to man such equipment. All recording of swimmers by way of place gained coupled with their age and sex details were recorded on the beach as they finished the swim. The recording sheets I designed allowed easy transfer of details for all placegetters in all age groups for both sexes. Within 4 minutes of the expired two hour time limit for the event, the medal/ribbon presentations were underway. At the same time a copy of all swimmers placings and times was despatched to our 'computer gang' back at the Superdrome. As we only had 2 hours to produce all results prior to the Presentation Dinner a conscientious decision was made to leave the open water swim times off the certificates. We knew it would take several hours to print all certificates and if the open water time was included NOBODY would receive certificates at the Presentation Dinner. The results were however in the result booklet thus enabling each swimmer to add to their certificate. Had the Presentation Dinner been that evening, then it would have been possible to include times on certificates.

NB. To encourage maximum participation, late entries were taken poolside up until the day before the event.

PRESENTATION DINNER

As M.C. for this function I would comment on how much I enjoyed this role. Our National Presentations take considerable time and it was with this in mind that I split the formalities into 2 parts. Having a break ensured maximum interest for all as this allowed comfort stops etc and didn't give the impression that it was dragging on. The format for the presentations and speeches is listed below:

1. National Aerobic Trophy - Director presented certificates to men and women who scored maximum points or did all swims. This was followed by the National Aerobic Trophy presentation.
2. National Heart Foundation Trophy.
3. National Coach of the Year.
4. Founders Trophy.
5. Runner Up Trophy.
6. Visitors Trophy.
7. All age group relay trophies.

BREAK

8. Aggregate medal winners - gold medallists remained on stage to enjoy the applause of all.
9. Both Male and Female Swimmer of the Meet Trophies.
10. Special thank you awards to all members of the organising committee.



MASTERS SWIMMING W.A. (Inc.)

31 May 1995

Ivan Wingate
Executive Director
AUSSI Masters Swimming in Australia Inc.
P.O. Box 207
MARLESTON 5033

Dear Ivan

It gives me great pleasure to enclose our cheque for \$10,078.00 representing 50% of the total surplus from this year's BE ACTIVE 20TH AUSSI MASTERS NATIONAL SWIM.

A complete financial statement and comprehensive report is following in the very near future.

We are particularly pleased with the bottom line figure as I am sure will be the Board.

Best regards

DAVID CUMMINS
CHAIRMAN ORGANISING COMMITTEE
BE ACTIVE 20TH AUSSI MASTER NATIONAL SWIM

RECEIVED - 9 JUN 1995



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE

P.O.Box 207

COWANDILLA S.A. 5033

Telephone (08) 344 1217

Facsimile (08) 344 1217

Mr David Cummins
Chairman Organising Committee
Be Active 20th AUSI Masters National Swim
P. O. Box 564
CLAREMONT W A 6010

Dear David,

On behalf of each and every member of AUSI I thank you and your committee for the very handsome cheque for \$10,078, representing Nationals share of the 1995 National Swim.

Obviously such a fine result did not just 'happen', but was the result of many months of hard work and sponsorship effort. As you know, AUSI at a National level has only three sources of funds to run our great Association:-

1. The National component of capitation fees.
2. The 50% surplus from the National Swim.
3. Masters programme grants or sponsorship.

I can assure you that the funds will be put to good use in developing our programmes and training for our membership.

I have attended 13 National Championships and we can learn something from each one. Your committee and the W.A Branch can be very proud of the event you hosted. I also thank you for furthering our International standing in the World, by being so hospitable to our friends from Russia.

I feel that the staging of the Nationals over Easter had many benefits, however a couple of problems did emerge. Transport being one that your committee identified early; penalty rates for catering staff on public holidays; another was the closure of the Superdrome Restaurant on some days during the Championship and the inability of the kiosk to cope with the quantity and type of food suitable for our swimmers. I also note that for some time the W.A. Branch has had problems filling the role of Publicity Officer, this may account for the lack of media attention throughout the Championships. Perhaps one of the country clubs might like to take on this position?

Once again, congratulations for a job very well done.

GLENYS McDONALD

PRESIDENT

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

SECRETARIAL REPORT

BE ACTIVE 20th AUSSI MASTERS NATIONAL SWIM

In mid 1993, at the State President, Alison Hollingworth's request, a memo was sent to all Clubs seeking volunteers to serve on an organizing committee. David Cummins had indicated his preparedness to stand as Chairman. This appointment was made at a subsequent Executive Meeting and announced at the Council of Clubs Meeting held on 17th August, 1993.

Names came forward, and at a meeting on 30th December, 1993, the following persons were appointed. I would be Minute Secretary, Alan Green - Programmes, Perc Edwards - Financial Controller, Lynne Malone - Meet Director and Toni Morris - Hospitality Controller. This role of Hospitality was later filled by Maxine Fitzpatrick, when Toni was unable to continue.

The first meeting of Controllers was 25th January, 1994. I took Minutes of all Meetings and made sure they were sent out within 3 days of every meeting. Action items were listed with person responsible after each meeting. An address and telephone list of committee members was also distributed.

In March, 1994 a letter was sent to each Club asking them to try to find, from within their Club, a sponsor for an Event for the amount of \$250. Response was slow initially, but eventually all events were supported. When names of possible sponsors were given to me, I sent a letter explaining how they would benefit from the sponsorship. If the response was positive, I then wrote confirming details and issued an invoice. Later I wrote inviting all the sponsors to our Official Opening Luncheon. I also wrote to those sponsors who were helping us in kind, and invited them to the luncheon as well.

When Lynne Malone returned from Adelaide she circulated a most comprehensive report on the 1994 Swim Meet which contained many good ideas to incorporate as well as pitfalls to avoid, for consideration by our Committee.

Alan Green produced many different drafts of the entry forms and then programme pages for us to edit, in an effort to come up with the best possible format.

David and Lynne produced a 12 page submission to Healthway in an effort to gain their sponsorship, which was ultimately successful. It was very appropriate for National Heart Foundation to be the major sponsor of the Nationals which were known from then on as the "BE ACTIVE 20TH AUSSI MASTERS NATIONAL SWIM".

In November, 1994, I sent a memo to all clubs, compiled by David, asking them to nominate a member considered eligible for the National Heart Foundation Trophy.

On 4th January, 1995 I sent out letters to all recipients of Perpetual trophies from the 1994 Nationals, to ask them to return same for presentation at our April Meet. On 11th January, I wrote a letter to the Australia Remembers Committee seeking a grant for \$5,000. They approved a \$1,000 grant to our organization.

Later in the month I sent out the Request for Officials forms which had been prepared by Kay Cox. I also typed and sent out information for Kay, regarding the Lifestyle programmes, assistance from coaches and memo to Clubs regarding the Officials Briefing meeting on 20th March.

Quite a few people sent in Medical Disability forms around this time. These I updated on the Branch list and then forwarded to Pauline Samson for her Master Sheet of MD swimmers.

When response to the social functions was disappointing I typed and sent out notice board type info to all clubs for Maxine.

As soon as the date for our swim was confirmed, I wrote to the Premier asking if he could officially open the Meet. When his office advised that he was able to attend I made the necessary arrangements. After discussion with David I drafted a timetable for the Opening Ceremony and sent it to the other people who would also be making speeches.

Artist and swimmer, Claire Daniel approached me with the thought of her creating a specially designed T-shirt for the Nationals. The Committee discussed this idea. We decided a long sleeve garment would be good for that time of the year. I brought along a selection of designs from Claire for the committee to choose one, then advised her of the numbers, sizes and minor alterations to the design. All these shirts sold before the end of the Meet.

Upon a request I found out when Church Services were being held by the main denominations, over the Easter break, and these details were included in the first issue of National Chat daily news sheet.

I expressed concern over the results format we have sent through to the Press in the past. Geoff Upton was able to program the computer to print out a list of 1st, 2nd and 3rd places only. At the end of each day results were faxed to the newspapers. The response was disappointing.

Our final Committee meeting was held on 1st April, 1995 at sponsor's restaurant, The Surf Club Fish Cafe. This was followed by an enjoyable meal.

On Wednesday, 12th April, John Levy and I put up the details State, National and World Records. On Thursday, 13th April, I was notified of yet more National Records which had been late in reaching the National Recorder. This matter concerned me greatly. It was also suggested that these Record Sheets for display should be on coloured paper rather than white.

I made name tags for all guests expected at the Opening and for all helpers on the various Committees, and these proved a success in getting to know people.

On Good Friday I attended the Swimmers Forum, in case there were any questions relevant to WA Branch.

I posted all Results books, certificates and medals to clubs which had not collected them at the Presentation Function.

I spoke to as many people as I could for feedback, good or bad about the Swim Meet, and a selection of their responses are listed hereunder.

Everyone commented on the good organization of the Meet and the amount of willing helpers we had.

The Welcome function was considered good value and very nice location.

The Official Opening was good. Not every pool can have a resident singer like Sean, but it was nice to have the National Anthem sung so well.

Visitors especially were very complementary of the facilities, warm up pool, and other pools available to practice in.

The presentation of the programme and results issued by Monday afternoon was a fantastic effort, especially being able to include the Open Water Swim.

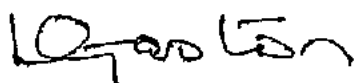
The Happy Hours were a great success and enjoyed by all who attended.

The Open Water Swim was excellent. Buoys were easy to spot and the weather and location for the swim were perfect.

The National Chat news sheet was well received, but person doing same needs to be totally familiar with the WP package being used.

The forum for swimmers was very poorly attended.

The fact that the Swim Meet was over Easter was a bonus for visitors outside of Perth, but meant many locals did not compete. Easter is almost on a par with Christmas as a time for family holidays and it stopped a lot of swimmers competing. Surf Lifesaving also have their National Carnival near Easter.



LEONIE GASTON
Minute Secretary
NATIONALS SWIM MEET COMMITTEE

MARKETING - DAVID CUMMINS

As we weren't able to attract a volunteer for this portfolio I undertook to carry out this role in addition to that of Chairman of the organising committee.

FLYER

To prepare a document of this standard is not easy. I was aided in its final presentation when the Perth Convention Bureau made available (at a very reasonable cost) the four colour shells to which we added all pertinent information. Again I was able to offset all costs to AUSSI by having a Travel Agent offer a transport and land package in the flyer. In return they paid for its printing (total cost \$400).

LOGO FOR THE EVENT

After finally selecting a design from the ideas put forward by our committee I had a graphic artist (my work) do the finished art for us at no charge. The skyline of Perth was a very suitable logo and had the required impact.

SPONSORSHIP

1. A twelve page submission including a budget was put to Healthways in an effort to attract major sponsorship. The amount sought was \$15,000 and we were successful in gaining \$6,000 cash and a further \$1,000 approximately in kind through Healthways wing - the National Heart Foundation. Whilst this submission required a lot of work, as did the subsequent meetings and continual follow up, the overall result was very satisfying for all concerned. A copy of our submission is included in this report document.
2. Zedar - Bob and Sue Elsdon continued their support of \$2,500 cash plus they paid, in conjunction with National Heart, for the 60 officials T-shirts and 250 swim caps used in the open water event. This was a major monetary commitment and should not pass unnoticed.
3. Australia Remembers - 50 years since the end of World War II. Following a written submission to the Dept Of Veterans Affairs, we attracted \$1,000 cash which went half way towards paying for the calico race packs that all received. Typical government bureaucracy caused delays but in the end the result was pleasing.
4. With the assistance of many of the WA clubs we were able to sell naming rights to all the events for either cash or kind. Each event attracted \$250 with the open water swim attracting \$500. My thanks to all those who helped 'sell' the events. A copy of my letter outlining opportunities that an event sponsor would enjoy is included in this report. We were able to gain \$4,750 cash and big dollars value in kind for mobile phone (Optus), poolside drinks for everyone (Coke) and all our poolside photocopying (Canon). This last service was a huge asset in producing results, daily newsletters and all other necessary paper copying an event of this size generates. In all a total of over \$16,000 of cash and kind was gained.

PUBLICITY

Despite my working in the media industry this was undoubtedly the biggest disappointment of the Meet. ALL TV stations and newspapers were sent a press release and yet we received no coverage or interest. Easter no doubt contributed to this. All results were forwarded to the press daily on specially prepared (simple to understand) documentation and even these only met with minor success.

COMMEMORATIVE T-SHIRTS

We sold all shirts (over 250) but in hindsight the size breakdown could have been better by bolstering smaller sizes and reducing larger sizes. Through discounting we sold all and still showed an excess as can be seen from the balance sheet.

MEDAL AND PLACE RIBBONS

I was able to accurately calculate the number of medals Ivan would need to transport from Adelaide (freight and weight need to be considered as they weigh heaps). This was done by checking the number of competitors entered in each and every event in both sexes from all entries received. Part of our software program shows all these details and by carefully analysing all the information on the report, accurate medal and place ribbon requirements were ascertained. This enabled expenditure to be accurate. The place ribbons were tasteful carrying the necessary event recognition and carrying the facility for swimmers to indicate their actual event and time swum. This hasn't always been done in the past and I feel it should be in the future.

RACE PACKS

In an attempt to do something a bit different we had a calico pull cord bag made. Again in hindsight it could have been a bit bigger and had a shoulder strap but what was given was well received. These aren't a cheap exercise.

PROMOTION

Apart from flyers and constant reminders through the clubs, with the 50% assistance (cost wise) of the Heart Foundation we had a large banner made which was in place poolside for some days prior to and during the Meet. It was also a great stage backdrop at the Presentation Dinner. Many people from the public were exposed to it and its impact can only be guessed at.

Superdrome put a voice over advertisement on their 'hold' mode for all incoming phone calls and this ran for 7 days prior to and during the Meet. It was a very positive message depicting our event in a true way.

National Heart supplied all biros, stickers etc that went in all race packs as well as the balloons for the Welcome Function and Presentation Dinner.

MEMBERS' FORUM

At National request a room was booked. It was publicised in the programme and day one's newsletter but was poorly attended.

INFORMATION BOOTH

This was set up poolside and served as the centre for many things.. Apart from the myriad general information questions, it served as;

- a) drop off point for newsletter information
- b) t-shirt sale area
- c) medal and place ribbon collection area - the ladies handing out these spread more kisses and hand shakes than at any other Nationals
- d) open water swim late entry area
- e) social function information and Presentation Dinner ticket sales.

PERPETUAL TROPHIES

Although several months out we requested that all be returned, the final trophies only arrived 1 day prior to the Meet. This concern will be no longer as the Board have now passed a resolution that commencing 1996 ALL perpetual trophies will be forwarded straight to the following years host branch after the Presentation Dinner.

**Thomas
Cook**

OFFICIAL TRAVEL AGENT

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For all your hotel arrangements whilst in Perth
For any other travel requirements
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Thomas Cook Travel Management
25 Barrack Street
Perth WA 6000
Tel: (09) 268 3500

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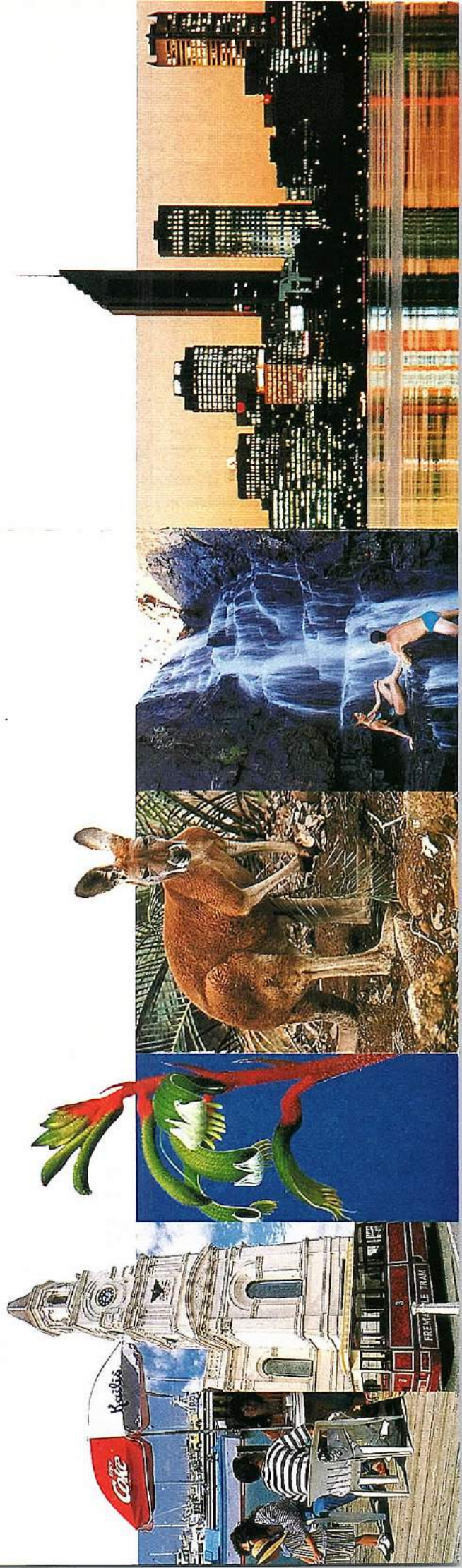
BE ACTIVE 20th AUSSI MASTERS NATIONAL SWIM

PERTH 1995

PERTH'S SUPERDROME
13th - 17th April,

and

**ZEDAR
SWIMWEAR**



Programme Committee Report

The Team:

The Programme Recording and Results Committee for the Be Active 20th AUSSI Masters National Swim consisted of four sub committees. I would like to take this opportunity to thank Penny Green (Competition Entries), Geoff Upton (Data Entry during the meet), Richard Johnson (Results book) and Nina Epps (Daily Newsletter "National Chat"). Further, I would like to acknowledge the tremendous amount of help from Margaret Gleghorn, John and Jan Hull, Arlene Hunt, Louise Johnson, John and Pat Lockley, Mike Meloncelli, Gordon and Margaret Morris, Pat Nicholl, Stuart and Beryl Paterson, Lyn Upton and Marion Woolston.

I would like to thank Canon Australia for their assistance in the areas of photocopying and computer laser printing. Again I thank everyone for their help and cooperation in bringing together a very successful swim meet.

The computerisation of the meet was based on Geoff Upton's Swim Meet Programme. It was handy having Geoff on the Committee as he was able to make several adjustments to the programme.

Entries:

This was Penny Green's task. Although the date for the close of entries wasn't until February 28 we received our first entries just after Christmas. That was when we realised it had all started to happen, from here on in it was "apex down and base up". We received relatively few late entries, and in the spirit of AUSSI they were accepted. However nominations from 'Nationals Registered' swimmers for the Open Water Swim were accepted up to the close of competition on the Saturday, which gave us a full day to check and compile the final list of competitors.

As the entries were received, cards and cash were checked against the Club Summary Sheets both for Individual events and Relays (copies enclosed) and details of both swim and social events entered on to a pre-printed Meet Summary Sheet (copy enclosed) which was in turn given to Perc Edwards our Finance Director.

Swimmers details were then entered in the computer - what a 'head ache'!! Of note: Swimmers not knowing their own names (1st and 2nd names reversed and spelling not coinciding with the Branch Data Base.) Incorrect and/or missing events, ages, times, ID numbers, Club identification, illegible writing, etc etc, and the big one -- Branch Databases not being up to date. One club wrote their relay entries on the back of the 'Male Summary Sheet' which resulted in their relay entries being overlooked and not appearing in the programme. The 10% that were incorrect took 90% of the time to enter. After many phone calls and dozens of cups of coffee Entries were finally completed.

Programme Committee Report

The Programme:

From the outset the programme was going to be different from other National Swim Meet Programmes. The Swim Meet Logo was incorporated on the front cover designed by John Hull and was selected by the organising committee from among several John had put together. The remainder of the programme was put together by John and myself with help from many sources, far too numerous to name individually. A special "Announcer's" edition of five copies of the programme was produced, the main difference being that the club names and states were spelled out in full to assist the announcer in calling a race. The bulk of the design work was done several months prior to going to print. The biggest problem was with the sponsors, in our trying to obtain correct details of their requirements. Although we set a deadline at the end of January one sponsor still had not supplied details as the programme went to the printers, so missed out. Until the finished programme came back from M & M Printers of Osborne Park I walked around like an expectant father. The big day arrived, a call from Bruce Nicholas of M & M Printers, 750 copies just as we had envisaged. A couple of typos? Yes! But nobody even noticed them. We picked up the Certificates a few days later. Many thanks to Bruce and his team at M & M for a fast and efficient service.

National Chat:

The swim meet Daily Newsletter was not part of my original portfolio I just seemed to inherit it, because, I guess it required a certain amount of cooperation from the programme committee for daily computer time during the swim meet. Our intrepid editor Nina Epps, was on the go the whole time seeking out news from around the clubs, little bits of gossip and chit-chat. We decided to produce an introductory and welcome newsletter for distribution in the welcome packs which gave up to the minute news. On a day to day basis the inclusion of swim records did cause problems, upon reflection should not have been attempted, as it did cause the late printing of the newsletter. However, the newsletter was well received and swimmers looked forward to receiving their daily copy. Thanks Nina and team for a difficult job well done.

Data Entry and Recording:

This, I left in the very capable hands of Geoff Upton and his team who worked tirelessly throughout the 4½ days of the swim meet. The results of each event were retrieved only minutes after the last heat of each event and were posted on the wall of the overhead walkway under the time display board. At the end of each day's competition: the progressive club points score were retrieved and displayed. A media summary was accessed (this was one of the additional facilities that Geoff was able to write into the swim meet computer programme) and was promptly sent to the local newspaper for publication.

Programme Committee Report

The Final Results:

The Final Results Book were to look like and be in keeping with the main programme including the details of the sponsors. Richard Johnson and his team were responsible for extracting the results from the computer programme, formatting the text and getting it photocopied this was done on the day following competition so as to allow time for "adjustments" to be made, (ok - errors!!). On the Monday morning, whilst it was still dark, it was all hands to the "pumps", getting the Open Water Swim results into the computer, getting aggregate points out, club points out, Presidents message in, trophy winners in, record holders in, etc. etc. We had the Result's Book to get collated and bound ready for distribution at the Presentation Luncheon. At the same time we had the individual swimmer's Certificates to get printed. The Certificates programme wouldn't run -- panic *&!@?-- it took an hour to get going, printing was under way at last, phew!! We finished with literally only seconds to spare. We are indebted to Canon Australia for their help with the loan of a high speed photocopier and laser printer. 150 copies of the Result's Book were made: One for each participating clubs, one for each State Branch, one for each of the sponsors and VIPs and maybe an extra copy for the larger participating clubs.

Conclusions:

The only real criticisms I have is the fact that the branch Registration Databases were a long time coming and then were found not to be up to date, which resulted in a large number of phone calls. Overall: -- Could we have done the job any better? Differently, maybe but I don't think any better. We had a great team, studied all the past reports and took advice.

Finally:

To the Presentation Luncheon for a well earned drink and celebration of a job well done. It makes me feel very proud to have had the opportunity to have worked with such a dedicated group of AUSSI Swimmers who had only one object in view, to get the job done to our collective best. Thanks team.

Alan Green

Be Active 20th AUSSI Masters National Swim

Summary of Club
Individual Entries

PERTH Western Australia
13th - 17th APRIL 1995

CLUB CODE

MALE

CLUB NAME

SURNAME	FIRST NAME	AGE	AUSSA ID NUMBER	EVENTS PLANNED OF INDIVIDUAL EVENTS ENTERED	LONG DISTANCE EVENT	TOTAL EVENTS ENTERED	EVENT FEES \$ M	WELCOME FUNCTION \$ M	FRESHEN LUNCH \$ M	TOTAL AMOUNT PAID
1										\$
2										\$
3										\$
4										\$
5										\$
6										\$
7										\$
8										\$
9										\$
10										\$
11										\$
12										\$
13										\$
14										\$
TOTALS							\$	\$	\$	\$

I Certify that those named above are Registered Members of AUSSI Masters and that each entrant's age on the 31st December 1995 is correct by virtue of date of birth.

TOTALS

Group Number

Name:

Address:

Phone No.

Phone No.

ENTRIES CLOSE:-

February 28th 1995

CARDS ARE REQUIRED FOR EACH EVENT INCLUDING LONG DISTANCE FILLED OUT IN BALL POINT PEN

ENQUIRES:- Phone (09)441 8249

SEND COMPLETED SUMMARY SHEETS, CARDS and FEES to:- 7 AUSSAT DRIVE, MORLEY, W.A. 6062

Be Active 20th AUSSI Masters National Swim

Summary of Club
Individual Entries

PERTH Western Australia
13th - 17th APRIL 1995

CLUB CODE

FEMALE

CLUB NAME

SURNAME	FIRST NAME	AGE	AUSSA ID NUMBER	EVENTS PLANNED OF INDIVIDUAL EVENTS ENTERED	LONG DISTANCE EVENT	TOTAL EVENTS ENTERED	EVENT FEES \$ M	WELCOME FUNCTION \$ M	FRESHEN LUNCH \$ M	TOTAL AMOUNT PAID
1										\$
2										\$
3										\$
4										\$
5										\$
6										\$
7										\$
8										\$
9										\$
10										\$
11										\$
12										\$
13										\$
14										\$
TOTALS							\$	\$	\$	\$

I Certify that those named above are Registered Members of AUSSI Masters and that each entrant's age on the 31st December 1995 is correct by virtue of date of birth.

TOTALS

Group Number

Name:

Address:

Phone No.

Phone No.

ENTRIES CLOSE:-

February 28th 1995

CARDS ARE REQUIRED FOR EACH EVENT INCLUDING LONG DISTANCE FILLED OUT IN BALL POINT PEN

ENQUIRES:- Phone (09)441 8249

SEND COMPLETED SUMMARY SHEETS, CARDS and FEES to:- 7 AUSSAT DRIVE, MORLEY, W.A. 6062

Be Active 20th AUSSA Masters National Swim

PERTH Western Australia

13th - 17th APRIL 1995

RELAY EVENTS

CLUB CODE

CLUB NAME

AGE GROUP	RELAY EVENTS ENTERED						TOTAL NUMBER of EVENTS	FEES PER TEAM \$ 5
	Event 4	Event 10	Event 15	Event 16	Event 20	Event 21		
80+								\$
120+								\$
160+								\$
200+								\$
240+								\$
280+								\$
320+								\$
360+								\$
TOTALS								\$

NOTE: RELAY TEAMS ARE LIMITED
TO ONE TEAM PER AGE GROUP IN
EACH EVENT FROM EACH CLUB

Cheque Number:

Name:

PLEASE PRINT

Phone No.
(HOME)

Address:

PLEASE PRINT

Phone No.
(WORK)

ENTRIES CLOSE:- February 28th 1995

ENQUIRIES:- Phone: (09) 441 8249

SWIMMERS' NAMES AND AGES WILL BE CALLED FOR AT THE SWIM MEET

CARDS ARE REQUIRED FOR EACH TEAM ENTERED and FILLED OUT IN BALL POINT PEN

SEND COMPLETED SUMMARY SHEETS, CARDS and FEES to:-

7 AUSSAT DRIVE
MORLEY W.A. 6062

Sheet No.

[illegible][illegible]

1001

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94	95	96	97	98	99	100
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MEET DIRECTOR'S REPORT

Now that the Swim Meet is finished and we are looking back it seems that planning for this swim began many moons ago and many of my duties as Swim Meet Director were carried out well before the convening of our first sub-committee meeting. In conjunction with the Organising Committee the pool was booked, funding applications sent, programme and flyer organised, medical cover and masseurs organised etc etc. My role in some of these things is listed:

My trip to the 1994 Nationals was invaluable in the planning and running of this meet and I would recommend that all Meet Directors should make every effort to attend a Nationals before attempting to run one. It is appropriate I feel to acknowledge the help and guidance from the SA Branch both in Adelaide and when I came to prepare the funding application to Healthways, SA's funding application was a great starting point, upon which I (with some help from David) based our bid.

Kay Cox and I agonised over the programme for some time and it may be worth noting here that our reasoning behind putting the longest event first was because it was a working day in Perth. Having only one event in the morning meant that local swimmers could get away with taking the afternoon off work and only missing one event.

With the programme set we hunted about for a logo that would typify Perth and be recognisable on advertising material. The Art teacher where I work suggested the Perth outline that we finally decided upon. This was redrawn by the graphic artist at Community Newspaper Group.

The Swim Meet Sub-Committee finally had its first meeting in December 1994. This was a little later than we had anticipated, but didn't cause any problems because we already had the infra structure well set up from previous carnivals.

At this first meeting we made sure that we had all of our key officials in place.

MEET DIRECTOR Lynne Malone

REFEREE Kay Cox

CHIEF TIMEKEEPER Wendy Whittome

CHIEF MARSHALLS Jude Crawford, Bob McNeven

POOL LIASON - PROPERTY OFFICER Keith Bower

OPEN SWIM Kevin Holtom

I also took on to make sure that we had the following positions organised

STARTERS

RECORD CHECKERS

ANNOUNCERS

PUBLICITY

MEDAL PRESENTATION AND INFORMATION BOOTH

Other positions that crossed over into our area but were covered by members of the Organising Committee were Hospitality, Computing and Electronic timing. We liaised quite a lot with these people.

We went over each of their portfolios and discussed the problems that might arise with a longer carnival of this nature. Our most pressing problem was making sure that we had the manpower to cover all of the positions. Each person went away to enlist a team of volunteers and work out a roster to cover the four days of the pool swim. Letters were sent to WASA inviting help. This was a courtesy letter only and none was forthcoming. The other position that we don't normally cover and sent out an SOS for after this meeting was for an editor for the daily newsletter. This was an excellent means of communication throughout the carnival. The idea of publishing the previous days records in this was a good idea and certainly let us know if we had neglected to notice a record.

The actual swim meet ran very smoothly (see referee's report) and we had very few problems. The first day we were 20 minutes late due to a problem with the electronic timing, but after this was sorted out it stood up to the rigours of a four day carnival very well.

Timekeeping ran smoothly and the method of allocation of lanes to clubs based on the number of competitors that they were swimming seemed to function well.

The Information Booth was a focal point during the carnival and having this in a central point is recommended. Also having the two way communication that linked this information booth with the Meet Director, Announcer, and Marshalling point saved many miles walking around the pool.

I think that the success of the carnival rested with the large band of volunteers who gave of their time and expertise willingly. My special thanks go to Kay Cox. With her as Chief Referee, I am always confident that the pool deck is under control and running smoothly.

LYNNE MALONE
Meet Director

REFEREE'S REPORT

SUMMARY:

Hours of Swimming

DAY 1	6 Hours and 51 minutes
DAY 2	8 Hours and 28 Minutes
DAY 3	8 Hours and 45 Minutes
DAY 4	5 Hours and 19 Minutes

Note: Day 1 included a 33 minute break for the opening ceremony. Opening speeches took 10 minutes, Zedar relays 6 minutes and 17 minutes organization.

TOTAL HOURS of the programme: 29 Hours and 23 minutes.

Conduct of the Meet:

The swim meet ran smoothly and kept to the planned time schedule. No major problems were encountered during the four days of swimming. The start on the first day was unfortunately delayed because of a fault in the Automatic Operating Equipment (the automatic timing mechanism). The system was checked the night before and the morning of the swim. However these checks did not detect the fault which was a failure of the system to stop at reset when contacted. This problem was rectified before the swim although there were a few minor problems during the swim. This did not affect the running of the swim but restricted the flexibility of the system. Overall the system operated efficiently and there were few delays. Although three days were long days with an 8.30 am start the latest finishing time was 5.15 pm, with the last day finishing at 1.52 pm. This seemed to be acceptable to swimmers and officials. The other minor concerns I will address in the relevant section of the report.

Timekeeping

Chief Timekeeper Wendy Whittome and her team were very effective in their timekeeping role. There was a good supply of timekeepers with several who had completed a timekeepers course competing to get their hours of 'on-deck' work done. Assistance from swimmers from other Branches was much appreciated.

The use of the lap counters for the 400 freestyle was efficient and effective. Some comment was passed by members from other Branches about their use, however the rules state lap counters should be used for events of 8 laps or more. The timekeepers were very diligent in ringing the bell for the last 2 laps. We could have used a whistle as the signal for this, however the bells were available from WASA and in order to avoid any confusion with any other whistle signals we elected to use the bell. This worked well and swimmers were well aware of when the signal was for them. The good communication system between the Chief Timekeepers and the Referee meant that the events flowed well with minimum time in between events.

Marshaling

The Somerset Club headed by Chief Marshal Jude Crawford and Marguerite Smyth did an excellent job in getting the swimmers to the blocks in their correct lanes with a minimum of fuss. The heat seeding system worked effectively and did not pose too many problems for swimmers. The check starters were very efficient in making sure the correct swimmer was in each lane. The organization of the marshaling area and the roping off of paths to the starting end contributed to the ease of flow and movement of swimmers. There only appeared to be 2 marshaling problems encountered. In one case a relay team did not report to the marshals but appeared on deck, took up a lane and swam. The error was picked up by officials when the team was in the water. In the second case a swimmer with a wheelchair noticed a lane was free on the outside and took up this lane because of the ease of getting in the water but did not ask any officials. This caused some confusion at first but was noticed by officials and the error corrected. Both were no doubt innocent mistakes however they have the potential to disrupt the running of the meet and affect the results of the swim. This action by swimmers must be actively discouraged and swimmers need to be continually educated with regards to varying procedures at swim meets although at all meets marshaling requirements are very standard.

Starting

The starting was conducted admirably by the Chief Starters Bob Peterson and Glenn Boorn who shared the majority of the events. They were ably supported by assistant starters and thanks to those people. The starter has a responsibility to hold the start until all are steady on the blocks. The starters did note that at the start of the 50 metre freestyle swimmers were very unsettled and it was one of the worst events they had ever started. This appeared to be due to the fact that swimmers were not accustomed to the discipline of a stationary start, were very unsettled and slow to take up the starting position. This was not restricted only to the earlier heats but was spread throughout all levels of ability. As Referee it was noticeable that swimmers often had to be 'stood down' once on the blocks because of movement. Often this is not seen by bystanders especially if they are further away and particularly if they are in the stands. There was some discussion of this by swimmers, however this practice is in keeping with the rules to ensure a fair start. It was apparent to some swimmers that they had not encountered this before and were unsure at first what was required. This was made clear as the swim progressed. An excellent standard of starting was achieved at this swim, well-done to those concerned.

Refereeing

The four main Referees/Judge of Strokes of the swim were, Gary Hoff, Mike Dodds, Jim Rankin and Kay Cox. Invited Referees included Ivan Wingate the National Executive Officer and Doug Tantau the National Board Delegate for Victoria. This gave us a great opportunity to liaise and learn from one another regards the standards and interpretations of the various Branches. I am happy to report that we were very much in agreement with one another and it provided some very healthy debate on some issues that can only improve the Refereeing standards of AUSSI Masters Swim meets. We were fortunate to have a good pool of Inspectors of Turns and False Start Stewards who performed their tasks exceptionally well. These roles are often thankless ones and it's reassuring to have these people continue to volunteer to assist. As Chief Referee I was approached on two occasions while poolside to overturn 2 different disqualifications. I am more than aware of how upsetting it is to be disqualified and I know this is worse when

swimmers are in contention for a medal however this sort of approach cannot be permitted. Swimmers need to be aware that the referee's decision is final. In any case they should not confront officials while on duty and should certainly not be trying to influence a decision. Some education of swimmers is needed in this regard.

Recording

The recording was well done without any major problems. The results were made available in excellent time after each event and any errors corrected immediately. This efficiency was demonstrated by the speed at which the final results were made available at the presentation. Congratulations to Alan Green and his team.

Protests

In a similar way swimmers need to be educated as to what protests are allowed. Many swimmers were under the impression that they could protest against a disqualification or Referee's decision. This is not the case. Swimmers were also unaware of the procedure if a protest is lodged. It is taken up by the Swim Meet Director and if it cannot be easily resolved together with the Chief Referee then a Board of Appeal may be called. This later course of action only occurs in extreme circumstances and this action was not necessary for the protests lodged at this swim.

Medical Disabilities

There were several people with Medical Disabilities in the swim. Unfortunately some were not on the National list and some were not put on entry cards. The only way the system works is to have MD's marked on cards and the Referee advised beforehand. This means very careful records have to be kept, there must be great care with entries at the club level and the programme level, with the Referee notified in advance. The referee needs to have the details of the MD to hand in order to Referee fairly. This needs to be included in the training of AUSSI referees. This makes our courses uniquely different from ASI and FINA. For example in the 50 metres Breaststroke event there were 14 MD's, often with different reasons for their MD. For the system to be effective the administration must be efficient and this aspect cannot be taken for granted. It is recommended that the Technical Committee look at ways in which the application of MD's can be done in a standardized way in all Branches.

Disqualifications:

There were 25 disqualifications over the four days of swimming. Eight were in breaststroke events, the common fault in this event is for the shoulders to be uneven or for swimmers to anticipate the turn and start to drop one shoulder or roll into the turn before they have touched. Five disqualifications occurred in the individual medley events. There was only one disqualification in the backstroke events however the most common fault in the individual medley was an incorrect back-breast turn where the swimmer turned off the back before touching. There were 4 disqualifications for butterfly, the common fault being an alternating kick and uneven shoulders. There were 6 disqualification in the relay events, 3 of these were for breaks at the changeovers.

Some swimmers were given warnings where the possible infringement was not clearly evident. The swimmer is always given the benefit of the doubt if the referee is not completely sure an infringement has occurred. The number of disqualifications were not overly high, being less than

50% of those in the Perth Nationals in 1987. Considering the total number of heats swum 406, this is only 1 disqualification per 16 heats.

Some of the infringements were basic and it was evident that swimmers were new to competition and/or not familiar with the swimming rules. It also appeared that some swimmers had not been exposed to the standard of refereeing demonstrated at this swim and had been getting away with incorrect strokes previously. We must ensure that in AUSSI the standard of refereeing is the same in each Branch and the rules are adhered to in a standard manner. This will help to overcome any ill feeling that can result when swimmers go interstate and they are disqualified for a stroke that they thought had been legal.

Conclusion

The swim was conducted efficiently without any major incidences. The Officials Workshop was good preparation for the swim as was the ongoing training of officials conducted by the W.A. Technical Officer Keith Bower and the W.A. Technical Committee. From a Referee's and organizers point of view it is a delight to have people so willing to officiate. Thanks to all officials for their competent and willing work 'on-deck' and behind the scenes, you all contributed to a very successful swim.

Kay Cox

REFEREE'S REPORT SUMMARY NATIONAL SWIM PERTH 1995

Event No	Event	Number of Heats	Average Time (mins)	Swim Time (Hours:mins)	Disqualification	Reason
1	400 Metres Freestyle	25	8.53	3:42	0	
	OPENING ZEDAR RELAY	1 1	3 3	27 3 3		
2	50 Metres Free	34	2.07	1:12	1	2nd break at start
3	100 Metres Butterfly	11	3.27	0:38	1 1 DNF	1 hand touch
4	4 x 50 M Mixed Med Relay	8	5.07	0:41	3	1 Break 1 not a legal team 1 did not marshal

DAY 2 - FRIDAY 14TH APRIL

Event No	Event	Number of Heats	Average Time (mins)	Swim Time (Hours:mins)	Disqualification	Reason
5	400 Metres Ind Med	11	10:0	1:50	3	1 Fly 1 hand touch 1 extra kick bk turn 1 turned off back at bk touch
6	100 Metres Free	42	2:50	1:59	0	
7	200 Metres Back	18	5:43	1:43	0	
8	100 Metres Breast	27	3.:22	1:31	2	1 uneven shoulders 1 broke stroke goggles
9	200 Metres Fly	6	5:20	0:32	0	
10	4 x 50M Mixed FS Relay	9	4.13	0:38	0	

'BE ACTIVE' 20TH AUSSI NATIONAL SWIM APRIL 13 - 17TH 1995
DAY 3 - SATURDAY 15TH APRIL

REFEREE'S REPORT SUMMARY

Event No	Event	Number of Heats	Average Time (mins)	Swim Time (Hours:mins)	Disqualification	Reason
11	200 Metres Freestyle	38	4:49	3:10	1 DNF	
12	50 Metres Fly	23	1:52	0:45	3	1 uneven 2 flutter kick
13	200 Metres Breast	18	6:03	1:49	3	1 dolphin at turn 2 broke stroke
14	100 Metres Back	26	3:39	1:35	0	
15	4 x 50 M Med Women	7	5:25	0:38	2	1 touch underwater 1 break 2-3
16	4 x 50 M Med Men	7	4:51	0:34	1	Break 3-4

DAY 4 - SUNDAY 16TH APRIL

Event No	Event	Number of Heats	Average Time (mins)	Swim Time (Hours:mins)	Disqualification	Reason
17	50 Metres Breast	29	2:08	1:02	3	1 extra stroke start, 1 dropped shoulder 1 flutter kick/start
18	200 Metres Ind Med	21	5:11	1:49	2	2 turned off back
19	50 Metres Back	31	2:11	1:08	1	turned off back
20	4 x 50M FS Relay Women	8	4:22	0:35	0	
21	4 x 50M FS Relay Men	7	3:05	0:27	0	

DNF= Did not finish the event
 Total 25 Disqualifications, 2DNF.

OPEN WATER SWIM

The open water swim was held on Monday of the Championships at Port Beach, North Fremantle over a 3000 metre circuit course.

Preparations for the event commenced mid 1994 when approaches were first made to secure a sponsor at a suitable venue. The Surf Club Fish Cafe at Port Beach offered a generous level of sponsorship in return for the event to be located at their back door on Port Beach. Port Beach is a calm ocean venue under most weather conditions and proved to be more than suitable for the 3000m swim.

To provide the Sponsor with maximum opportunity to promote his business, the course was designed as a circuit swim starting and finishing in front of the Cafe. This also kept the swimmers close to the shore line and within sight of the start/finish.

A course map and accompanying information summary sheet was produced and forwarded to the National Executive for their approval. This information subsequently formed part of the swimmer's information package in the National event programme.

Once the course was confirmed, the Fremantle Surf Lifesaving Club was approached to provide sufficient support craft in the form of IRBs and paddle craft to cover the expected number of swimmers. They also offered to supply most of the equipment needed for the swim to be conducted with maximum safety. The St John's Ambulance Service provided the first aid cover in conjunction with the rescue service provided by the Fremantle SLSC. Thankfully, neither were needed on the day.

Some 250 entries were received for the event, including late entries taken poolside during the events at the pool, but only 180 actually swam on the day.

The briefing for the event was held in the Surf Club Fish Cafe as were the medal presentations at the completion of the swim. On reporting into the recorders, each competitor was issued with a sponsor's cap which all swimmers had to wear during the swim for safety reasons.

While the weather was cool and rainy, the water conditions were warm (about 22C) and very calm. As the event started, a heavy downpour covered the course but within minutes, cleared as the swimmers made their way around the 3000km circuit.

Times for the first placed male and female swimmers were quite fast, a good indication of the conditions on the course. All those who completed the swim made the distance within the 2 hour time limit while only 2 swimmers actually failed to complete the course.

Approximately 500 supporters and swimmers crowded into the Cafe for the medal presentations, to enjoy the hospitality of the Cafe Sponsors and to congratulate the winners and participants in the event.

The event could not have been conducted so successfully without the services of many people. The members of the Fremantle SLSC, the two referees Richard Verboon and Peter Tanham who patrolled the course for the duration of the swim, the first aid volunteers from St Johns, the many officials who looked after the swimmer's interest before and during the event and of course the sponsors who made it all possible.

All concerned are to be congratulated for a most successful finale to the 20th National Championships.

KEVIN HOLTOM
Open Water Swim Co-ordinator

HOSPITALITY & SOCIAL REPORT

Sub-Committee - Maxine Fitzpatrick, Jenny Williams, Julie Pynt, Noelle James and Ian White.

My committee were very supportive and we all worked well together to make this National Swim a memorable one.

Our first concern was to give our visitors and locals good food at economical prices, choose the venue carefully for each function and to put the FUN back into AUSSI by way of the happy hours - we achieved that.

WELCOME FUNCTION

The Surf Club Fish Cafe was a perfect venue for this function with lots of yummy food at good value for money at \$13.00 per head. It also gave our visitors a chance to see where the Open Water Swim would be held. Everyone mingled in a relaxed atmosphere watching the sun go down. This was an outstanding success.

HAPPY HOURS (THREE DAYS)

After a day of swimming, everyone enjoyed the facilities of Club Superdrome and the nibbles that were so generously given to us from Casa Cheeses and Smiths Crisps. We had fun giving out prizes which were donated to us from Olive Farm Wines, Ego Pharmaceuticals, Amberly Wines, Cottesloe Beach Hotel, Sandalford Wines, Houghton Wines, Boat Torque Cruises and Captain Fremantle Tours. In total 112 give aways. At the last happy hour we organised our very own "Red Faces" and all the participants took home a prize. The crowd loved it and this was a great way to finish four days of swimming.

PRESENTATION LUNCHEON

Perth's Superdrome in Arena 1 (on the Monday immediately following the Open Water Swim) was a big success. Everyone enjoyed the variety of foods available to them throughout the afternoon.

The band "Faces" were an outstanding success, entertaining us between the presentations. Our M.C. David Cummins made sure that the formalities didn't drag out so everyone could enjoy the rest of the day.

Some of our visitors came up and thanked me for the great time they had, and I'm sure most enjoyed themselves.

The Hospitality Committee feel there are a few points to mention about the present format of the "Presentation Function". Although the day was an outstanding success it was not without headaches. I have listed a few points that could make a difference to the popularity of the function.

1. Holding it on a Monday Public Holiday. The costs for such a function are beyond the average persons budget. Being a public holiday limited our choice of venue.
2. The Presentation Function should have a majority of swimmers attending instead of a minority and the cost could perhaps be either built into the entry fee. It would be wonderful to see an 85% attendance.
3. Why not ask the members what format they would like to have as a National Swim Meet Presentation Function.

On a positive note, the Be Active 20th AUSSI Masters National Swim was a success and I thank the National Swim Committee for their support and to my Committee for their input and their confidence in me. I enjoyed the challenge.

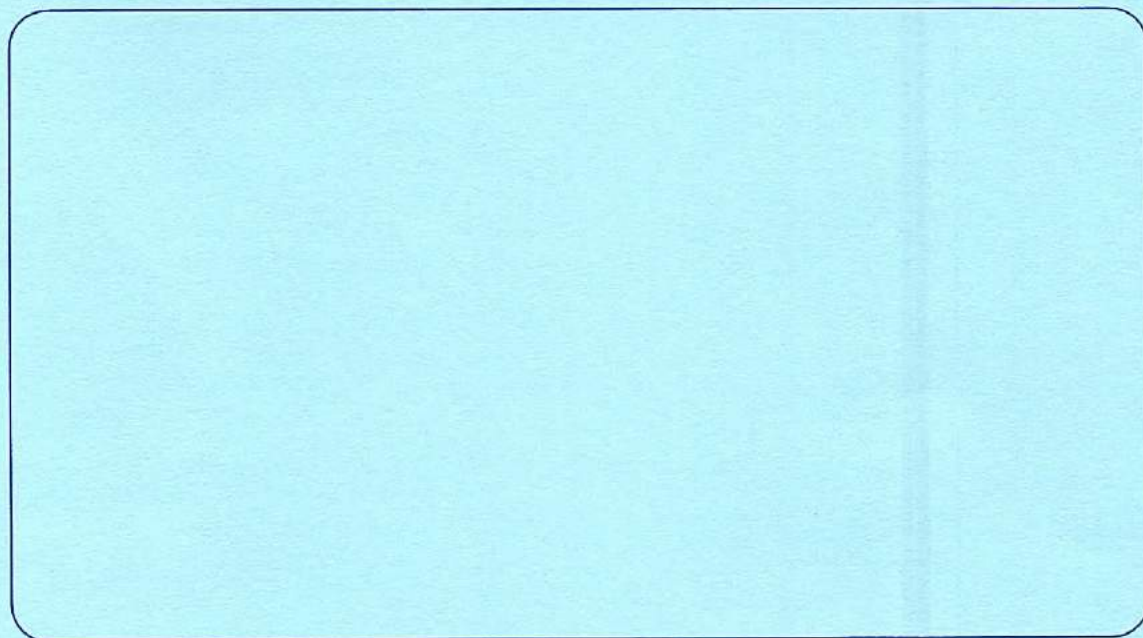
MAXINE FITZPATRICK

BE ACTIVE 20th AUSSI MASTERS NATIONAL SWIM



*National Swim Certificate
April 13-17, 1995*

Awarded to



Meet Director

Lynne Malone



Chairman of the
Organising Committee

David Cummins

GERALDTON AUSSI MASTERS
BATAVIA RELICS



**TO -THE ORGANISING
COMMITTEE
BE ACTIVE 20TH AUSSI MASTERS
NATIONAL SWIM**

**C/O MASTERS SWIMMING WA
PO BOX 564
CLAREMONT
WA 6010**

**TELEPHONE 09 4418249
FACSIMILE 09 4418254**

THANKYOU THANKYOU

THANKYOU

WE HAD A LOT OF FUN

WE ALL ARE HAPPY WITH OUR SWIMS

WE LEARNT A LOT TOO!

**CONGRATULATIONS ON RUNNING THIS EVENT SO
SUCCESSFULLY. A GREAT MIX OF FITNESS AND FUN!**

**THE DQ's WERE HANDED OUT SO WELL, WITH GREAT
EMPATHY AND EXPLANATION. NOBODY COULD HAVE
BEEN UPSET BY RECEIVING ONE THAT WAY!**

Claremont - The Bar Challenge is still on! See you in Geraldton for the Oct Swimthru

AUSSI MASTERS SWIMMING IN AUSTRALIA

Sports Sponsorship Application

Please find enclosed

1. **Sports Sponsorship Application Summary Form**
2. **AUSSI Masters Swimming WA Branch Inc - Proposal**
3. **Certificates of Incorporation**
4. **Programme of events and supporting documents**
5. **Budget**

DAVID CUMMINS
CHAIRMAN ORGANISING COMMITTEE

AUSSI MASTERS SWIMMING IN AUSTRALIA

AUSSI Masters Swimming is a non-profit making association which exists to encourage adults to swim regularly for their fitness and general health. The name AUSSI originated as an acronym for Australian Union of Senior Swimmers International. However, the general trend in sport to call senior athletes *masters* led us to change our name nationally to AUSSI Masters Swimming in Australia.

AUSSI Masters Swimming in Australia Inc. is the national governing body of the movement and there are in excess of 7,000 members. Branches of AUSSI in each State and Territory of Australia are affiliated with the national parent body .

The WA branch consists of 30 affiliated Masters Swimming Clubs , comprising of over 1400 registered members who train in squads, under supervision of coaches, just for fitness, or in preparation for a variety of competitions. Our philosophy is swimming for fitness, fun, friendship and to encourage adults, regardless of ability to strive for better health and lifestyle.

Swimming on a regular basis improves circulation, respiratory capacity, flexibility, muscle tone, posture and general physical appearance. It lowers blood pressure reduces stress and helps resist coronary disease and stroke. In addition, there is abundant proof that persons suffering heart attacks recover faster and more completely if they were in a regular fitness programme.

In swimming, the body is supported by water, which means less stress is put on bones when compared with other strenuous forms of exercise, resulting in less risks of injury to both bones and joints. Regular swimming may also reduce appetite, burns up energy and helps in weight reduction programmes.

Psychological benefits flow from the physical ones. Participants feel more positive about their health and appearance, feel fit, alert, refreshed and relaxed. Swimmers can maintain their interest and involvement for many years as evidenced at the National Swim in Adelaide this year when the 320+ relay trophy (4 swimmers with a combined age of 320+ years) was awarded for the first time. It went to Inglewood, a Western Australian Club. Competitions such as these provide swimmers with an incentive and maintain their interest in exercising.

TWENTIETH NATIONAL SWIM AND CLUB CHAMPIONSHIPS 1995

In October 1988, 3800 swimmers from all over the world converged on Brisbane for the 2nd World Masters Swim - and this is still classified as the largest swim meet ever held anywhere in the world (including the Olympics). Such swimming competitions have become the focus for hundreds of swimmers throughout Australia. In 1993 Western Australia hosted the 4th Australian Masters Games, with AUSSI organising the swimming competition. 517 swimmers participated in that event. Our State Championship which is held in March each year normally attracts approximately 500 swimmers and last time we held the National Swim in 1987 we had 844 swimmers. For our State Swim we have swimmers travelling from as far afield as Exmouth and Albany. This is one of the few occasions when we can cater for our country members. We feel confident that our event in 1995 will attract between 500 and 700 swimmers especially if we are able to keep the costs to a minimum for individuals.

This sort of participation level always gains us a lot of publicity which stimulates new members and other West Australian adults into regular swimming for their own fitness and general health.

This Competition will be held at the Superdrome. This is a smoke free venue and part of our policy has always been to promote this via our announcer at regular intervals during the meet. We have found that once people become involved in swimming they are inclined to give up smoking as they can see the benefits to their performance levels. Competitors swim up to five individual events, ranging from sprint contests such as 50m freestyle, to the more demanding middle distance events such as 400m individual medleys and the 200m butterfly. Many state and national records are broken each year. Club members also compete against each other in freestyle and medley relays.

We have within our rules the provision for a medical disability to be entered onto a member's card so that a disability that prevents them from completing a stroke in the correct manner will not earn them a disqualification. This allows swimmers who would normally be barred from competition to take an active part in our association.

Competition consists of heats, seeded on the basis of swimmers' nominated times (regardless of their age or sex). However, results are compiled for men and women in five year age groups (eg. 20-24, 25-29, etc. up to 80-84). Trophies for the top clubs are at stake, as are individual medals and ribbons for the top three place-getters in each age group, for each sex in each event. All competitors receive certificates showing times recorded as tangible documents of their efforts and signifying their participation in the event. Promotional material such as a swim cap, cloth badge or T-shirt may also be issued. There is also awarded the National Heart Foundation Trophy. The criteria for winning this is the encouragement and promotion of AUSSI at a club level in WA.

Many AUSSI members also participate in longer distance swims. Part of the Twentieth National Swim is the inclusion of a three kilometre swim in the ocean. This provides a different attraction for many swimmers away from the pool environment.

THE BENEFITS TO HEALTHWAYS

AUSSI Masters Swimming Western Australia believes that the \$15,000.00 needed to undertake the Carnival will achieve the following benefits for Healthways and make a very successful and worthwhile event. With this amount AUSSI will:

- * Promote the event as the **TWENTIETH NATIONAL SWIM AND CLUB CHAMPIONSHIPS 1995** sponsored by Healthways so that competitors and the media are made aware of the Healthway's involvement. To do this we will initially incorporate Healthways advertising on the flyer sent to all national AUSSI clubs and made available at many pools throughout the State and then on the front cover of the programme and within it so that the Healthway's messages can reach competitors, helpers and spectators attending the event.
- * As a lead up to the event and to highlight Healthway's participation we would include the Healthways name in this years winter state titles held in October. Healthways would appear as a feature on the front cover of our programme.
- * Event 1 the 400 metres Freestyle will be known as the **Healthways 400m Freestyle** and referred to as such in the programme and throughout the calling of the event.
- * The 3000 metre Open Water Swim would also be referred to as the **Healthways Open Water Swim**. This event being conducted away from the Superdrome is an additional vehicle for exposure.
- * Incorporate Healthway's name on any commemorative memorabilia eg swim caps and personal certificates so that a permanent record of the Foundation's involvement is documented.
- * Display available Healthways promotional material poolside during the event eg banner.
- * Recognise Healthways as the major sponsor in advertising and editorial promoting the Championships in all of quarterly WA Branch newsletters up until the event. This newsletter goes to all members.
- * Provide media releases, both before and after the event, so that maximum publicity can be achieved for the Championships and Healthways's involvement in stimulating Western Australian adults into regular swimming for their own fitness and general health can be highlighted.
- * Inclusion of Healthways promotional material in every competitor's race pack.
- * Give to Healthways a high profile at the opening ceremony to highlight their involvement.

The value to Healthways of improving the health of the community through this project is considered to be much more than the investment of \$15,000.00. AUSSI believes it is already reducing the long term health care costs associated with cardiovascular disease in Australia. With the help of Healthways, AUSSI can significantly increase its impact.

TARGET GROUPS COVERED BY THIS PROPOSAL

Australian adults aged 20 and over are targeted in this proposal, although our immediate target area is the Western Australian group of this age. Many Australian adults smoke, are overweight, and/or do not get enough exercise. Contact with these people, through the media coverage of the Championships, should make them aware of the health benefits of regular swimming and interest them in doing something about the "errors of their ways". Existing AUSSI members will be targeted in promotion of this event through the branch newsletter and flyers.

FINANCIAL DETAILS

Though the amount of funding sought from Healthways is \$15,000.00, the attached budget indicates that funding for the project is also expected to be obtained from the individual participant.

Sponsorship from Zedar has been pledged and this, combined with naming rights to events we hope will gain us an extra \$2,500.

Any surplus funds from this event will be channelled back into the promotion of AUSSI Masters Swimming through the WA branch.

We have never received any funds from tobacco companies or associated organisations, and this is our national policy.

TIMING

Our National guidelines ensure that we must have our entry flyer to all clubs in Australia six months before the event. This gives us until October 1994 to complete this. The planning for this is virtually complete and is awaiting funding details before it can go to the printer. All other areas of planning for the Carnival are in full swing.

CRITERIA FOR EVALUATION:

In the short term, the success of the project should be judged by the number of participants and spectators at the event and its attendant media coverage.

In the long term, the benefits of the project can be measured by the increased membership of AUSSI in WA. The consequent impact of improved health of the West Australian community is difficult to quantify and therefore not proposed to be measured.

The AUSSI Masters Swimming movement began in the 1970's with a small group of swimmers banding together to form a club and from these humble beginnings our numbers have grown to in excess of 7,000. With Healthways support we can see Masters swimming increasing through the nineties and becoming a way of life for the adults of the twentyfirst century.

PROGRAMME OF EVENTS

THURSDAY 13th APRIL - 8.30am

7 hours 15 minutes

1. 400m Freestyle

OPENING CEREMONY

4 x 50m Women's Zedar Challenge Relay

4 x 50m Men's Zedar Challenge Relay

2. 50m Freestyle

3. 100m Butterfly

4. 4 x 50m Mixed Medley Relay

FRIDAY 14th APRIL - 8.30am

7 hours 30 minutes

5. 400m Individual Medley

6. 100m Freestyle

7. 200m Backstroke

8. 100m Breaststroke

9. 200m Butterfly

10. 4 x 50m Mixed Freestyle Relay

SATURDAY 15th APRIL - 8.30am

9 hours

11. 200m Freestyle

12. 50m Butterfly

13. 200m Breaststroke

14. 100m Backstroke

15. 4 x 50m Women's Medley Relay

16. 4 x 50m Men's Medley Relay

SUNDAY 16th APRIL - 8.30am

6 hours 15 minutes

17. 50m Breaststroke

18. 200m Individual Medley

19. 50m Backstroke

20. 4 x 50m Women's Freestyle Relay

21. 4 x 50m Men's Freestyle Relay

MONDAY 17th APRIL - 8.00am

2 hour limit

Open Water Swim - Indian Ocean

ORGANISING COMMITTEE

CHAIRMAN & ASSISTANT MEET DIRECTOR:	DAVID CUMMINS
FINANCE/AWARDS:	PERC EDWARDS
PROGRAMME/RECORDING/ENTRIES:	ALAN GREEN
SWIM OFFICIALS/MEET DIRECTOR:	LYNNE MALONE
HOSPITALITY/SOCIAL:	MAXINE FITZPATRICK
SPONSORSHIP/MARKETING/PUBLICITY:	DAVID CUMMINS
MINUTE SECRETARY:	LEONIE GASTON

This Committee is in place and has been meeting on a regular monthly basis for the last 12 months. Each co-ordinator has his/her own sub-committee members and to date all areas are progressing well.

VENUE

Pool bookings have been made at Perth's Superdrome - Mt Claremont indoor 8 lane pool which meets all the requirements our Association asks. The indoor diving pool adjacent to the 50metre pool has been booked for warm ups and cool downs. In addition there are also two 50metre outdoor pools - one being 8 lanes, the other being 10 lanes. All pools are heated.

BOARD MEETING - AGM

To be held on the Monday 10th and Tuesday 11th April prior to the Championships thus allowing board members to spend the majority of their weekend at home and arrive in Perth on the Sunday evening. It also allows the Wednesday following the meeting to be a free day thus alleviating the "rush" from meeting to Championships.

SPONSORSHIP/MARKETING

It is hoped that the WA Health Promotion Foundation will be the major sponsor with the business sector and Zedar making up the rest. Naming rights to events will be offered to businesses eg. 'Tom Brown Cars 50m Freestyle'.

SOCIAL

Daily happy hours and other social activities will be catered for with the Presentation Function being held at the Superdrome on Monday 17th April in the form of a luncheon. This will be followed by an afternoon/evening of fun and fellowship.

POINTS TO NOTE

1. For the benefit of our local swimmers we will commence with the 400m. This will take us until lunch time to complete and people who do not wish to swim the 400m would not have to take the morning off work.
2. The 400m events will be deck seeded.
3. The 400m Freestyle may have 2 swimmers per lane - dependent on numbers.
4. Swimmers may enter a maximum of 5 pool events plus the Open Water Swim. No swimmer may enter more than 3 pool Freestyle events.
5. Any registered swimmer may enter the Open Water Swim. They do not need to also enter pool events.
6. The Open Water Swim will be conducted in the ocean.
 - a) The event may be cancelled if the water is too cold or rough. This decision to be made by a panel of three - Meet Director, Chairman of the Organising Committee and the Open Water Swim Co-ordinator.
 - b) The most likely course will be from south to north or north to south depending upon wind, in the Port Beach/Leighton area. This will enable all surf club facilities to be utilised as well as allow easy access to the course by car or public transport (train). The entire shoreline comprises our famous white sand with no danger of rocks or reef. It is also one of the smallest surf areas along Perth's beaches and needless to say crystal clear unpolluted water.

DAVID CUMMINS
CHAIRMAN ORGANISING COMMITTEE



MASTERS SWIMMING W.A. (Inc.)

P.O.Box 419
CLAREMONT 6010

1 March 1994
Ph: (h) 383 1106
(w) 364 8500

Dear Club President

At the recent Council of Clubs meeting I informed all present that one way each club could support the 1995 National Swim here in Perth was to obtain a sponsor each. This will ensure that all 21 events are sponsored, hence our entry fees are contained to a realistic figure.

There are many members of AUSSI who either through their work or personal contacts have involvement with many potential sponsors for events at the Nationals.

For the fee of \$250 per event a sponsor will receive the following:-

1. Naming rights of an event, eg "The Joe Blow 100m Breaststroke"
2. An advertisement in the programme (approx. 8cm across the top of the page)
3. The opportunity to display a poolside banner for the duration of the competition
4. Constant recognition by the poolside announcer throughout the running of the sponsored event.

This package represents outstanding value and I would ask for your support in actively seeking sponsors.

To ensure no conflict occurs please liaise with me PRIOR to making any commitment for any specific event. This will ensure all sponsors receive equal opportunity and are adequately catered for.

Should you require further information please call.

I look forward to your support and await you advice.

Regards

DAVID CUMMINS
CHAIRMAN ORGANISING COMMITTEE 1995 NATIONAL SWIM



MASTERS SWIMMING W.A. (Inc.)

23rd March, 1995

Hon. Richard Court MLA
Premier
197 St George's Tce
PERTH 6000

Dear Mr Court,

Thank you very much for accepting our invitation to open our BE ACTIVE 20th AUSSI Masters National Swim on 13th April, 1995.

A parking space will be reserved for you right outside the front entrance to the Superdrome. Either myself or my representative will meet you and escort you to the area where the official opening will take place.

As requested by your office staff, a timetable of how the ceremony will progress is enclosed, for your information. If you require any further details, please contact this office.

At the close of official duties, we would be delighted if you would join us for a light luncheon in the Executive Suite.

Again, thank you, and we look forward to meeting you on 13th April.

Yours sincerely,

DAVID CUMMINS CIT. WA
CHAIRMAN - ORGANIZING COMMITTEE

DRAFT - OPENING CEREMONY TIMETABLE

- 8.30 am Event 1 400M Freestyle commences
- 12.20 pm Event 1 concludes
- 12.30 pm David Cummins (Chairman - Organizing Committee)
will announce the Opening Ceremony will commence
- David will introduce Mrs Glenys McDonald from
Geraldton, who is the National President of AUSSI
- Glenys will welcome everyone who is participating;
thank major sponsors, Healthway, Zedar and all
other sponsors generally.
- 12.35 pm David will introduce Ms Addy Carrol (Director of
Healthway) who as major sponsor will probably say
how pleased they are to sponsor such an event.
- 12.40 pm David will introduce The Premier of Western
Australia, The Honourable Richard Court MLA to
officially Open the BE ACTIVE 20th AUSSI Masters
National Swim.
- 12.45 pm David will thank Premier and ask everyone to
observe one minute of silence to remember the
50th Anniversary of the end of World War II and
those who served in that War.
- 12.46 pm David will announce the Zedar Relays can commence.
All dignitaries and guests will be invited to stay
seated to watch two relays. The first will be 8
teams of men then 8 teams of women swimming
Freestyle.
- 1 pm All invited guests will join the Organizing
Committee for a light luncheon (stand up) in the
Executive Suite.
- 1.30 pm End of official portion of the Swim Meet.



MASTERS SWIMMING W.A. (Inc.)

P.O. Box 419
CLAREMONT 6010
27 May 1995

Western Australian Health Promotion Foundation
P.O. Box 1284
WEST PERTH 6872

Ref: Sponsorship contract no. 3252/94
BE ACTIVE 20TH AUSSI MASTERS NATIONAL SWIM

Dear Sir

I enclose our report pertaining to the above project. I thank you for your support and look forward to your continued assistance in the future.

Yours sincerely

DAVID CUMMINS
CHAIRMAN ORGANISING COMMITTEE
BE ACTIVE 20TH AUSSI MASTERS NATIONAL SWIM

COPIES OF PROMOTIONAL AND WORKING PAPERS USED IN PROJECT

- * Programme for State Winter Swimming Championships held October 1994 (these were supplied to all 200 competitors).
- * Promotional flyer - 2500 of these circulated throughout all clubs across Australia.
- * Pink, blue and yellow summary sheets - 300 of each sent to all clubs across Australia.
- * Copies of State newsletters ('Different Strokes'). 500 copies circulated throughout W.A. clubs quarterly.
- * Presentation and Welcome Function tickets - 500 of each.
- * Press release document - sent to all TV stations and newspaper publications.
- * Calico bag - one presented to each competitor and sponsors which included promotional bios, stickers, messages and information relating to the event. 640 in all.
- * Green flyer on social activities given to all competitors in their race pack - total 632.
- * Programme booklet presented to all competitors, officials and sponsors etc - total 740.
- * 'National Chat' request for information. Placed in all calico bags and made available daily at our Information Booth - total 900.
- * Daily 'National Chat' newsletters. A total of 600 distributed daily to all competitors.
- * Opening Ceremony timetable.
- * Swim cap - one supplied to each competitor in the Open Water Swim - total 250.
- * Second and third place ribbons supplied to all placegetters of both sexes in all events and broken down into 5 year age groups - total of 350 of each colour used.
- * Result booklet - supplied to all competing clubs and State AUSSI Branches - total 120.
- * Individual certificate showing name, events swum and times recorded along with places gained in each event - total 632.
- * Report cover (report not yet finished) - supplied to each State AUSSI Branch and a copy to all members of the National Board - total 25.

NOTE: From March 25th 1995 up to and including the Championships, the voice over on Superdrome's telephone (hold mode) promoted the event and continually referred to it as the 'Be Active 20th AUSSI Masters National Swim' - sponsored by Healthway.

BE ACTIVE 20TH AUSSI MASTERS NATIONAL SWIM

18TH - 17TH APRIL 1995 (INCLUSIVE)

OBJECTIVES FOR SPONSORSHIP

As set out in the agreement the following objectives were uppermost in the organising and conducting of our event.

1. To increase awareness and reinforce the "Be Active Every Day" message to the target groups.
2. To encourage inactive members of the general community to try swimming as an enjoyable form of physical activity.
3. To provide the target group with information on the importance of being physically active in combination with other health enhancing behaviour eg. healthy diet.
4. To position Healthway in relation to the sponsorship as the funding source and the Heart Foundation with respect to the "Be Active Every Day" message.

All strategies indicated in our agreement document are listed below with a brief overview of each area.

1. Naming rights to the programme and two of the major events, namely the 400 metre Freestyle and the Open Water Swim, was very successful as is indicated by supporting examples.
2. National Heart played a major role in a trophy presentation which is mentioned elsewhere in this report.
3. Signage. Many signs were on display poolside throughout the meet. Signage was also prominent at both the Open Water Swim and Presentation Dinner. Constant exposure to all competitors and spectators reinforced Healthway messages.
4. Promotional pens and various printed matter supplied by National Heart were placed in all competitors race packs and were warmly received.
5. Five dozen "official" t-shirts carrying the health message and logos for both Healthway and Heart Foundation were worn at all times and on several occasions we were offered money for them if any spares were available (which there weren't).
6. Open Water Swim caps. Example herewith. These were very popular and can be seen daily at various pools.
7. Media. Apart from our own newsletters, media support was very disappointing. A press release was sent to all television and newspaper houses with little result. The only press coverage was when results were published in the "West" results column, despite our daily feeding of information to them regarding outstanding efforts etc. (eg. many world records were broken.)

Since the event it has been pleasing to see some clubs have sent their own successes to Community Newspapers who have published these in different ways.

TARGET GROUP

Number of competitors - 632

Males	285
Females	347
Local - metro	360
Local - country	73
Interstate	195
Overseas	4
Total relay teams	304

SPECTATORS

No accurate numbers can be given as to how many there were but throughout the five days our Information Booth handled many questions such as "Can you tell me more about this concept?" and "Where can I join or get involved?"

During the meet we conducted coaching workshops, a seminar and offered lifestyle assessments. All were popular and listed below are some statistics on each.

PRACTICAL COACHING WORKSHOPS: Four sessions conducted over two days encapsulating all four form strokes.
Day one had 25 participants and day two 30.

NUTRITION SEMINAR: Nutrition for swimming - Glenn Cardwell. A one hour lecture attended by 25 persons.

LIFESTYLE ASSESSMENTS: This offered swimmers the opportunity to evaluate health habits such as nutrition, smoking, alcohol and heart disease risk. They were conducted in the University of WA Human Performance Laboratory at the Superdrome on a daily basis. A total of 70 persons took part.

SUITABILITY OF HEALTH MESSAGE

The "Be Active Every Day" message through the National Heart Foundation was a perfect marriage. One of the perpetual awards presented each year is the National Heart Foundation Trophy. This trophy is awarded to a member who has demonstrated the following;

steady progress over the past twelve months
diligent attendance at training sessions
an interest in helping others improve their fitness.

It was appropriate that Mr Kim Rutherford - Manager of Finance for the Heart Foundation was able to speak and present this award to the winner, Mr Ron Cooper, from the Somerset club.

AGENCY CO-OPERATION

Debra Bow was my contact point and on the many occasions we spoke or met. I am pleased to say I always knew where I stood and this resulted in satisfaction for all.



DAVID CUMMINS
CHAIRMAN ORGANISING COMMITTEE

BE ACTIVE 20TH AUSSI MASTERS NATIONAL SWIM. INCOME & EXPENDITURE

	BUDGET	ACTUAL	VARIATION
ENTRIES	500	632	
INCOME:			
Entry fees @ \$35	17500	22120	4620
Relays @ \$5 each	800	1520	720
Presentation Dinner (300)	11400	9120	-2280
Sponsorship: Healthway	15000	6000	-9000
Other	2500	8250	5750
Welcome function	-	2353	2353 *
T-Shirts	-	4620	4620
Bank interest	-	470	470
	47200	54453	
EXPENSES			
Pool hire (4 days)	4800	4800	0
T-Shirts - Officials (60)	600	0	600 *
Medical cover (5 days)	2040	800	1240
Medals (\$1495), certificates (\$80), ribbons (\$414), trophies (\$70)	2000	2059	-59
Open Water Swim	1000	500	500 *
Communications	200	155	45
Print programmes & data entry	4000	2800	1200
Result books & data entry	1000	422	578
Flyer & Summary sheets	600	225	375 *
Final report inc postage	300	300	0
Masseurs	400	300	100
T-Shirts	4000	4020	-20
Presentation Dinner @ \$38	11400	8365	3035
Presentation Dinner entertainment	1000	1400	-400
Hospitality - Officials	400	410	-10
Opening Ceremony - hospitality	500	366	134
Debriefing	600	341	259
Administration	2000	584	1416
Promotion & banner	1000	920	80 *
Postage	500	364	136
Sundry	2000	0	2000
Bank fees	100	66	34
Meet Director to 1994 Nationals	-	907	-907 *
Race packs	-	1975	-1975 *
Welcome function	-	2218	-2218 *
	40440	34297	
Surplus	6760	20156	
* T-Shirts - Officials \$732 paid direct (Zedar \$500 & National Heart \$232).			
* Open Water Swim \$420 paid direct (Zedar \$222.50 & National Heart \$197.50) for swim caps.			
* Flyer etc \$400 paid direct by Travel Agent sponsor.			
* Promotion \$180 paid direct by National Heart for 50% cost of banner.			
* Meet Director etc Originally budgeted under Sundry.			
* Race Packs Late \$1000 sponsorship from "Australia Remembers" made this appropriate.			
* Welcome function Overlooked in original budget.			

VARIATIONS TO BUDGET

The number (632) of competitors (slightly more than 26% above budget) significantly affected areas of the budget.

INCOME

The response to the Presentation Dinner by way of attendance was disappointing.

Sponsorship. Due to a concerted effort by many, additional support allowed a healthy increase to that anticipated.

T-Shirt sales. Although not anticipated as a fund raising activity in the original budget, a commemorative shirt was struck which contributed to the bottom line.

EXPENSES

Medical cover. The quote originally obtained from Sports Medicine for budgeting was comprehensively revised.

Programmes & results booklets. A significant saving was made as volunteers carried out all data entry which negated our use of paid personnel.

Opening Ceremony and debriefing function. Final numbers attending both were down on expectations.

Administration. Again due to an enormous amount of voluntary time given by the committee and members of the Association, a significant saving occurred in this area.

The surplus reflected is a tribute to the committee and members of AUSSI Masters Swimming WA Branch Inc for their tireless efforts and many hours of contribution in their endeavour to make the BE ACTIVE 20TH AUSSI MASTERS NATIONAL SWIM the most successful yet. From all reports this was certainly achieved.

I certify that the financial statement and supporting documents reflect a true and accurate record of the BE ACTIVE 20TH AUSSI MASTERS NATIONAL SWIM.



DAVID CUMMINS
CHAIRMAN ORGANISING COMMITTEE
AUSSI MASTERS SWIMMING WA BRANCH INC.