



AUSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE
P.O.Box 207
MARLESTON S.A. 5033
Telephone (08) 344 1217
Facsimile (08) 344 1217

NATIONAL NEWSLETTER

Volume 7 No 2 April 1996

AUSI MASTERS SWIMMING COACH OF THE YEAR - 1995

is
SUSETTE POW

From a quality field of nominations from three AUSI Branches, the National Coaching Panel determined that Coach of the Year for 1995 be awarded to Susette Pow of the Osborne Park Club in Western Australia. The Award was announced at the National Swim presentation dinner in Canberra. It will also be presented at the prestigious awards Banquet of the Australian Swim Coaches Association annual conference on the Gold Coast in May.

Sue has been a long standing member in Osborne Park and coach for 4 years. She has become a great motivator of her Club with her enthusiasm, dedication and knowledge of swimming. Sue also manages to keep up her own swimming which serves as an inspiration to her swimmers. Her coaching programmes focus on the individual needs of each member as well as developing good team spirit.

Individual performance profiles are kept on all swimmers to monitor progress. Sue has also introduced several innovative coaching ideas to her group, including the regular use of water bottles, video appraisal, and the effective use of a heart rate monitor to keep track of effort and performance in the pool.

Sue caters for a wide range of abilities and ages and has demonstrated success in them achieving their goals. In Sue's 4 years of coaching there have been 64 individual State records held by club members. Sue is also keen to continue with her own coach education and has completed the AUSI Masters Level 2M coaching accreditation course.

Congratulations to Susette Pow, AUSI Masters Swimming Coach of the Year.

21ST AUSI MASTERS NATIONAL SWIM

The 21st AUSI Masters National Swim and Club Championships was held in Canberra over Easter this year. There were over 300 entrants to the Carnival and in spite of some problems with the scheduling of the events to meet the training requirements of the Australian Institute of Sport, the meet was a success. National and World Records were broken, many PBs were achieved and I think everyone enjoyed themselves.

I could not have conducted the Carnival without the help of the NSW Branch and in particular the Meet Director, Brian Hird and his team of officials. We also had the help of a group of very dedicated and professional officials from ACT Swimming Inc., all volunteers. My thanks to all of these people.

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

I would also like to record my thanks to my very small committee, namely, Tanya Colyer, Les Worthington, and Judy Ford and to other members of the Canberra North Club and their friends who assisted at the Carnival

Jean Heath
ACT Branch President

**1996 AUSSI
National Swim Results**

FOUNDER'S TROPHY	Warringah
RUNNER'S UP TROPHY	Power Points
VISITOR'S TROPHY	Warringah
NATIONAL HEART	
FOUNDATION AWARD	Jack Cairns Canberra North

SWIMMERS OF THE MEET

FEMALE	Pam Hutchings Ettalong
MALE	Bob Barry Leisure Coast

RELAY TROPHIES

80+	Canberra North
120+	Warringah
160+	Power Points
200+	North Lodge
240+	Warringah
280+	Manly

CHAMPIONSHIP RELAYS

FEMALE	Warringah
MALE	Manly
AEROBIC TROPHY	Toowoomba

TOP TEN CLUBS OF THE MEET

1. Warringah Masters	Points 1551
2. Power Points	984
3. Canberra North AUSSI	790
4. Manly AUSSI	762
5. Cronulla Sutherland AUSSI	584
6. Adelaide Masters	562
7. Ettalong AUSSI	554
8. North Lodge Neptunes	502
9. Toowoomba AUSSI Masters	463
10. Darwin Stingers	401

WORLD RECORDS SET

75-79 Female

Judith Drake-Brockman	WCM
100m Backstroke	1.47.48
200m Backstroke	3.59.65
50m Freestyle	38.22

60-64 Female

Pam Hutchings	NET
100m Backstroke	1.27.46
200m Backstroke	3.10.08
50m Backstroke	39.09

65-69 Male

Bob Barry	NLS
100m Backstroke	1.20.62
400m Freestyle	5.28.42

NATIONAL RECORDS

Godfrey Williams	WIW 5
Judith Drake-Brockman	WCM 4
Bob Barry	NLS 4
Pam Hutchings	NET 3
Judy Bourke	NML 2
Paul Wyatt	NCR 2
Giselle Addison	NWG 1
Bernard Robertson-Dunne	ATN 1
David Russell	VPP 1

Both the World and National Records set at the Meet are subject to verification by the National Recorder, and the FINA Masters Recorder before recognition is granted.

There were also many State records broken, so congratulations to all competitors for their achievements in the 1996 AUSSI Masters Swim at Canberra.

LETTERS TO THE EDITOR

Dear Editor,

Reference :- NATIONAL NEWSLETTER Vol 7 No 1 FEB 96

• NATIONAL SWIM - MEMBERS FORUM.

In promoting the advantages of the amended format for the ACT National Swim, I wrote in the Feb.'96 issue of 'Waves' that swimmers would be able to attend the traditional Members Forum without missing a swim. I could see no mention of this opportunity in the National Newsletter. Should I be accused of starting a rumour? I would respond by saying that the Forum, as the only "Shareholders Meeting" of our Company is a must.

• COMING EVENTS - AUSSI SWIMS & THE COMPETITION.

For some time now the Warringah Masters monthly journal WAVES classified non-AUSSI events as "OUTSWIMS". This includes not only miscellaneous MASTERS & VETERAN GAMES swims conducted by AUSSI for a mixed clientele of AUSSI and un-registered Australian swimmers. If AUSSI is to survive and prosper, such a distinction is vital. Too few of our Members understand the difference between the AUSSI and other events.

The COMING EVENTS column in the reference, mixes the HONDA MASTERS GAMES (which does not even get a FINA listing on the back page), the "True Blue" AUSSI Nationals, the Australian Masters Games - if true to form will be a mixed AUSSI/un-registered swim, and the '98 World Masters Games. The last one can expect to be shown as under FINA Rules, but if 94 was any indication, it will not be entirely so. These '98 Games will probably compete for the travelling swimmer with the FINA

Masters Swimming Championships in Morocco. AUSSI as a FINA affiliate should promote the latter.

In '94 FINA had a conflict of interest in the Brisbane/Montreal fight for numbers - some of the FINA Officers were on the WMG Board during Brisbane and also responsible for Montreal.

That aside, as support for AUSSI Swims waivers, lets separate the wheat from the weeds.

Yours sincerely
Keith Wake
Editor WM Journal 'WAVES'

Dear Editor

I attended the Board Meeting held at Canberra during March as South Australia's Delegate, filling in for the regular Board Member who was unable to attend.

I have a reasonable knowledge of AUSSI matters, but I was more than a little surprised at the importance, the breadth and the depth of the items that were considered. Some of the discussion concerned routine matters such as rule changes, recording and accreditation, but even then several points of view arose. Some of the discussion concerned matters which most Members would have little or no knowledge of why or how AUSSI is affected.

It was obvious that there was great dedication, knowledge and skill amongst the Delegates, all of whom work in a voluntary capacity.

It would be to the benefit of all AUSSI's who are involved in any way in the management of their Clubs and Branches to get access to a copy of the minutes of Board meetings, or their Board Members report, read and question, and so increase their understanding of the issues involved, *and of what others do on behalf of the Members.* Those efforts deserve recognition, appreciation and a reciprocal effort.

Bill Stevens
South Australia
16/4/1996

AUSTRALIA - JAPAN MASTERS FRIENDSHIP SERIES

An "Australian - Japan Masters Friendship Series" Swim Meet to be held at the Sydney International Aquatic Centre on the 24th/25th May 1996 is being promoted amongst our AUSSI Membership.

We advise that the Meet is not sanctioned by AUSSI nor Australian Swimming Inc., and as it violates a number of Rules and principles pertaining to Masters Swimming, FINA could evoke Rule GR3.2 which would mean that :- "no competitors from the FINA Member Federations can take part in the Event." Disciplinary measures on participating swimmers could be a ban for up to two years, even de-registration of the Federation could occur

Times recorded at the event will not be recognised for AUSSI Records, Top Ten, nor Aerobic Trophy points.

All registered AUSSI swimmers should be aware of the risks, if they participate in this non sanctioned event

Members should remember the actions FINA was prepared to take when the Hawaiian Masters Festival was going to be held last year.

Please do not take this advice lightly, as the Governing body FINA will do anything within its powers to protect and enforce its Rules and Regulations.

Both the Japanese Masters Swimming Association and Australian Swimming Inc, have been informed in regards to this event.

Also, your AUSSI Insurance cover is null and void if you compete in this unsanctioned event.

WHAT THEY SAY ABOUT MASTERS SWIMMERS

There is something that binds together fitness, friendship, participation and competition into a single activity which is called Masters Swimming.

A Masters swimmer has exceptional skills and is simply an original from which copies are made.....

Everybody knows that old golfers never die, they just lose their balls.

What about Masters swimmers - how do they do it??

Masters swimmers do it in the water - of course!!!

- Freestylers do it with a good roll
- Butterfliers do it with two hands and heavy breathing
- Breaststrokers do it with a wave
- Backstrokers do it without ever seeing where they are going
- Individual Medliers do it at least four different ways
- Relay Teams do it with good touch
- Masters distance swimmers do it longer

Courtesy of the Platypus Press and the Internet.