



# AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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## NATIONAL NEWSLETTER

Volume 7 No 3- July 1996

### EDITORIAL

Whilst I am writing this, your regular editor, Doug Tantau, is sunning himself in Sweden. Hopefully, we will have some greetings from Scandinavian Masters Swimmers in the next Newsletter.

Also as I write, a further 143 AUSSIs are in the northern hemisphere at the World Swim in Sheffield, England. About 66 are from Queensland, 59 NSW, 15 Victoria, 5 WA, 3 Tasmania, 3 SA and 1 from N.T. A total of 4,555 swimmers had entered, making it by far the largest World Masters Swim yet to be held. I hear that the FINA Forum was quite lively, with many "grass roots" swimmers getting a fair hearing. Some of the soul searching questions appear later in this Newsletter.

Also in these pages, you will find some soul searching by our much revered Betty Stern and lots of other slippets of information that I hope you find of value.

With winter now well and truly set in, many Clubs are now not swimming, so what do they do at this time of the year? Please share your experiences through the medium of these pages. Some issues ago we asked our Country Clubs how did they maintain the interests of their Members? There was not one response.

If you're not swimming at present - now's the time to write. We'd love to hear from you

IVAN WINGATE  
locum editor

### NATIONAL SWIM SYDNEY

The dates for the National Swim at Homebush next year are:

Thursday 27 March 1997  
Friday 28 March 1997  
and Saturday 29 March 1997

Australian Swimming Inc, and consequently some State Swimming Associations, have wrongly published in their Calendars that the National Age Championships is to commence on Easter Saturday. Their event actually commences on Sunday 30 March 1997.

NSW AUSSI had the pool booked over Easter and in consideration of ASI's desire to hold their event there over Easter too, graciously compromised to enable both events to be held.

The National Age Championships will attract over 1,000 kids plus lots of Mums and Dads who will be looking for accommodation. If you will be requiring accommodation near Homebush over Easter - **BOOK IN NOW!**

The  
difference between  
ordinary and extraordinary  
is that litte  
**EXTRA**

.../2

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

## THE NEW MEMBERS KIT

We would like to think that all of our readers know what a New Member's Kit is, but do you?

The New Member's Kit is a great idea which unfortunately has suffered from

- \*neglect (outdated information handed out because the contents were not reviewed before the kits were presented)

- \*to much TLC (kits loaded with so many pieces of information that none of them were read), and

- \*ignorance (I didn't even know there was such a thing, where can we get some?)

New Member's Kits are available from Branch Secretaries.

They are a vital part of the induction or initiation to AUSSI membership. The new member's first impressions have a lot to do with how long they stay as members. The New Member's Kit reinforces your friendly greetings by providing guidance on what AUSSI has to offer.

~~First and foremost the New Member's Kit must contain information about your Club, e.g. a list of members plus details of club activities such as swim times, coaching sessions, aerobics and planned social events.~~

One club, Trinity, adds value to the New Member's Kits in two ways. First the new member is introduced to the members during the Club Captain's weekly announcements and acknowledgments talk. A New Member's Kit is then presented and with the kit a club swim cap is given.

The New Member's Kit also needs to contain brief information from the Branch.

This could take the form of a copy of the Branch calendar plus a list of specific Branch activities such as Coaching Clinics, Officials Training Courses, and VIP Management Training Seminars.

The new member also needs to be made aware that he/she has joined a National Organisation with international links. The National body needs to provide an

organisational tree which shows briefly how each level of AUSSI relates to the others plus there must be a list of the programs and activities of AUSSI with a brief explanation of each and how to participate in them.

So in brief your New Member's Kit need to contain

- \*"What is Available to me as a member of AUSSI"

- \*An organisation chart

- \*Branch calendar

- \*Club Material

Is your club using the New Member's Kit to help your club, your Branch, your National Body, and above all your **NEW MEMBER?**

GARY STUTSEL  
Director of Membership Development

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## AUSSI's COACHING VIDEO

Does your Club have a copy?

If not, ask your Branch for a lend of it or maybe they can supply a duplicate copy for your Club to keep.

It runs for about 40 minutes, has excellent video quality of real AUSSI swimmers of all shapes, sizes and abilities. It was put together at a seminar conducted by Kirk Marks at Warringah NSW.

It covers training programmes flexibility exercises, drills, explicit detail on technique with both good and not so good examples and even shows you how to do the dolphin kick. It shows how to do starts and turns too.

It really is good information for all AUSSI swimmers.

## TWENTY ONE TODAY

Well not quite - but AUSSI will be twenty one on 22 September 1996.

At a meeting in South Sydney Leagues Club on 22 September 1975 it was voted that a new body be formed and named the Australian Union of Senior Swimmers International - which is now known by its acronym, AUSSI.

To celebrate our coming of age, a dinner is to be held at the North Ryde RSL Club on Saturday 21 September 1996 (after the Ryde Carnival) and all AUSSI Members are invited to attend. As the National Board will be meeting in Sydney that weekend, all Board Members will be there too.

In recognition of the anniversary, a special National Award in the form a gold pin is to be presented to a selected group of AUSSI's who have given special service to AUSSI. All winners will be invited to the dinner to receive their Awards and AUSSI will pay for their dinners.

Also, to commemorate the occasion, Darryl Hawkes, our National Recorder, has compiled a book containing lists of all the National Records broken over the 21 years. It will be on sale for \$10.00 at the dinner and from the National Office later.

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### AUSSI GOLD AT THE 6th DUTCH OPEN MASTERS

Joan and Hans Wehrens recently returned from their 6 weeks holidays in Holland after attending the Dutch Open Masters Long Course Championships along with 240 swimmers from 10 countries.

Prior to swimming they had a 2 week boat/cycle tour of approx. 600 km as a 'warm up', and saw a large part of the country from the bicycle path. Hans contracted a heavy cold in the last few days and decided not to swim, but did what he does best - promote AUSSI - with old and new friends.

Joan was in great form (not having been in the water for 4 weeks). In her age group she

won 2 Gold for 200 IM and 200 Fly, Silver in the 200 Breast and Bronze in the 1500 Freestyle bettering her time by 2 minutes.

The closing of the 3 day swim was rounded off by a splendid BBQ whilst being entertained by a local band.

A number of Dutch and European records were broken.

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## NATIONAL SWIM RELAYS

### Wot! No medals?

At the National Swim in Canberra, there was some dismay about no medals for relays - in fact some people got quite emotional about it. Yet there was not a word to reach the organisers at the previous Nationals in Perth about no medals being presented for relays???

It will be proposed at the Board Meeting in September, that relay medals be re-introduced for the Sydney National Swim next year - and yes, if passed, it will be reflected in the entry fees.

The decision to cut out the relay medal was made in 1993 on economic grounds and it was referred to in the medals survey form. The survey showed a 45% support for a gold medal only, and 38% for gold, silver and bronze for relays. The survey also strongly supported an increase in entry fees should medals costs go up - so it's clearly a "user pays" situation.

Your Board acts only on what it thinks the Members want. There was no ground swell feeling against the proposal to drop them in 1993 so it was passed.

### WHAT DO YOU WANT NOW?

Lobby your Board Member accordingly.

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## THOUGHTS ABOUT THE PROBLEMS OF THE OLDER SLOWER AND NON-COMPETITIVE SWIMMERS

As one of the oldest swimmers I want to talk for the older members - I do not mean the over 40 or the over 50 I am talking about the over 65, 70 etc. I suppose that I could also include the slower swimmers and all the members who just want to swim for their health and have some fun along the way. I know that we are slow and take up a lot of time in Carnivals and space in training lanes but if we, as an Association, wish to expand we must make new members feel welcome and also cater for the non-competitive older swimmers as well as the more advanced ones. I realise that it is nearly impossible with the shortage of training facilities at many clubs and also the shortage of coaches who give up their time when they could be swimming themselves, but surely we can do something.

Since I joined AUSSI in 1986 I feel that aims have changed - maybe it is just that I am older. The emphasis seems to be entirely on winning medals and trophies, both at the individual and the club level. What happened to Fitness, Fun and Friendship. I have attended coaching seminars run by AUSSI and listened to the very informative information and in-depth talks about coaching which were excellent but I did not hear any mention about how to help the swimmer who has difficulty in just getting their arms over in the recovery action or how to stop their legs sinking etc. These people would not be able to understand such technical points as the angle of the hand on entry and so forth, they are just trying to swim a bit easier.

I completely agree with the speakers last week who emphasised that we - as an Association - are feeling our way. We do not have any pattern to follow and it is therefore important that we try to get things right. I do not know of any organisation that has to cater for such a diversity of ages, capabilities and aspirations as we do but we must try - or do we just hope that members who do not compete will just disappear.

There are several things to consider. I do not know of many coaches who are competing and are over 65. Therefore it is difficult for a

coach who is young to understand the problems that many of us have. Most junior swimmers can be safely put in squads and the coach can reasonably know what to expect them to do. With the Oldies, each one of us is different - the years deal with each of us in different ways. The majority of us have some health problems, arthritis, blood pressure, cholesterol, artificial hips and knees, muscles that do not work like they used to, stiff shoulders and the lack of oxygen. Most of us do not like to mention these things but coaches should be aware that each swimmer probably has problems, I have another problem - and as I talk to older swimmers I realise that it is very common - I can swim nearly as fast and as long as 2 or 3 years ago, the problem is the price that has to be paid during the next few days. Our bodies will not take the training and racing without extracting a price. In other words, our recovery rate can be reckoned in days and not minutes or even hours. Because we are members of a club we naturally wish to get as many points as possible, and also we have to swim all events if we wish to have any tangible evidence of any wins we may have, so we swim the maximum number of events, we are also usually needed for relays. I have had it said to me "But you do not have to do the swims, just say No". This is fine, we may be old but we do still have a bit of pride left. Maybe the coach could suggest the number of races and relays to be swum should be curtailed. Perhaps a ribbon could be awarded for each event instead of a medal for the overall top points and then swimmers could just swim 1 or 2 races and still take home some evidence of their success.

It should be possible to assess each swimmer individually and work out a training program suitable just for them. Once this has been done - if lane space is a problem - they would probably be quite happy in one lane with minimum supervision and just a periodic adjustment to the schedule, it would also be a basis to work with if they swam apart from club nights.

I also think that the Aerobic Program should be altered, it is intended to encourage swimmers to do aerobic swims for their

health without pressure. I do not see the advantage of anyone swimming 800 IM or Fly 5 times. You only need to look at the fall off in numbers completing the longer and harder swims to realise that the present format is not doing what it is supposed to do. It should not be an event for kudos but for health and fitness. Surely the program could be modified for older swimmers to make it possible for them to do more swims.

Much more attention ought to be given to stroke correction within the capabilities of the person, most of us are incapable of doing it as per the manual for younger people, but we need help in doing it as well as possible. It is no use pounding up and down a pool as the last swimmer in the slowest lane, nothing is more demoralising and is the surest way of losing a member and no matter how many laps we do there is a limit to how fit we will get but we can improve with better technique.

I believe that there is a health form that new members fill-in. I have never been asked to complete one. The questions that arise are:- "Who keeps these forms"? - the coach has enough work to do so maybe someone should be responsible for making the coach aware of any health or physical problems form time to time. "Are these forms kept up to date as the health status of members alter"? I know that the question of confidentiality comes into it but members should be made to realise it is a necessity if they are to swim within their limits. If I had filled in the form when I joined in 1987 I did not have any physical or medical problems but I certainly do have now and it is my responsibility to notify whoever is coaching me and any form made up to date. Perhaps each year a form could be completed when we pay our membership. Many of the new members and the social swimmers are probably not aware of the necessity for the coach to be fully informed and those of us who have always swim often do not like to admit our infirmities.

**BETTY STERN**  
**Cronulla Sutherland Masters**

**Editor's Note** - Betty covers a number of sensitive issues which I believe ought to be opened up for debate - through the pages of

this Newsletter. One of the strengths of AUSSI is that it belongs to the Members, so events, programmes and products are developed to suit the members needs and wants. We don't have to please external forces as elite sport has to. Naturally, there often has to be compromise but contrary to what some people appear to believe, the AUSSI Board's decisions are made with the Membership's best interest in mind with the information and facts to hand at the time.

Please let the Board and everyone in AUSSI know what you think too.

Thank you Betty.

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Seen on a church bill-board when  
Pauline and Ivan were training for their  
first triathlon:

Pain is inevitable  
Agony is optional

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#### **AUSTRALIAN MASTER SWIMMING COACHES NEWSLETTER**

\$16.00 for 4 issues each year  
Every Club should subscribe.

CHEQUES MADE PAYABLE TO:  
"AUSSI"

C/- Australian Masters Swimming Coaches  
Newsletter  
27 Johnstone Street  
MALVERN VIC 3144

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#### **RESPECT YOUR ELDERS**

As we grow older, we gain  
experience, wisdom and a  
wealth of knowledge -

Trying to remember however, is a worry

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## **A SENIOR CITIZEN DEFINED**

*A Senior Citizen is one who was here before The Pill, television, frozen food, credit cards and ball point pens. For us, time-sharing meant togetherness, not computers, and chip meant a piece of wood. Hardware meant hard ware and soft-ware wasn't even a word. Teenagers never wore slacks.*

*We were before pantyhose, drip-dry clothes, dish washers, clothes dryers and electric blankets.*

*We got married first and then lived together (how quaint can one be?). Girls wore Peter Pan collars and thought 'cleavage' was something butchers did.*

*We were before Batman, vitamin pills, disposable nappies, pizzas, instant coffee and even Chinese take-aways.*

*In our day, cigarette smoking was fashionable, grass was for mowing, pot was something you cooked in. A gay person was the life of a party and nothing more, while AIDS meant beauty lotions or help for someone in trouble. We are today's Senior Citizens, a hardy bunch when you think of how the world has changed and of the adjustments we have had to make.*

### **FINA Questionnaire - World Swims**

Due to the number of entries in Montreal and Sheffield, making it impossible to contain the time for each day within 8:00am to 6:00pm and keeping it to 6 or 7 days, the FINA Masters Committee has put out the following questionnaire:

#### **A. STANDARD QUALIFYING TIMES**

Should qualifying standards be set for

ALL SOME or NO Events

If some events, please indicate your preference.

#### **B. EXCLUSION OF EVENTS**

FINA Rule MSW 4.3 states "It is not necessary to conduct all events, however each age division should include shorter Freestyle, Backstroke, Breaststroke and Butterfly events, plus an Individual Medley and Relays".

If Qualifying standards are not set in future World Masters swimming Championships, which events would you prefer to be eliminated.

Freestyle	50-100-200-400-800-1500
Backstroke	50-100-200
Breaststroke	50-100-200
Butterfly	50-100-200
Individual Medley	200-400
Freestyle Relay	200
Medley Relay	200
Mixed Freestyle Relay	200 (2 Women and 2 Men)

Mixed Medley Relay  
200 (2 Women and 2 Men)

Should all Relays be deleted?

#### **C. MAXIMUM NUMBER of EVENTS per DAY per SWIMMER**

Should swimmers be limited to events per day.

If yes, how many?

#### **D. OTHER ALTERNATIVES OPTIONS AND SOLUTIONS**

AUSSI will be responding to the questionnaire, so if you have any pearls of wisdom that may be of help, please forward them to the National Office.

*The existence in most sports of a "Blazer Brigade". Veterans are a different breed and need different rules. The Blazer Brigade should be prepared to accept this.*

ROLAND FERRIS  
VETERANS ATHLETICS and VETERANS  
CYCLING ADMINISTRATOR  
from: **THE MASTERS ATHLETE**

**QUEENSLAND MASTERS GAMES**  
**on the**  
**GOLD COAST**

*With 23 different sports and 100's of events, you'll compete with people of similar age, you needn't be a member of any particular sporting association to participate, who knows who you might line up against.*

**SWIMMING will be at the**  
**PALM BEACH POOL**  
**26.27 October 1996**  
**for information Ph (07) 5581 6052**

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**CHOOK RAFFLES**

Every Club should be aware of the law, in most states if not all, that if you have more than one prize on offer in a small lottery, the first ticket drawn must be for the first prize. The philosophy is that everyone should be in the running for the first prize. If the first ticket drawn is for the bottle of Minchinbury, then that ticket holder becomes ineligible for the Volvo drawn later on - which could be upsetting for some.

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**THE PAN PACS ARE BACK**

The first Pan Pacific Masters Swim Meet was proposed for Hawaii but held in Sydney in 1981. A number were held every two or three years after that until Hamilton NZ in 1993. The next was scheduled for Perth for March 1995 but cancelled because of the intrusion of the World Masters Games held in Brisbane in October 1994.

MSI at the Hamilton meeting, decided to conduct a special event in 1995 the "Hawaii Masters Festival". As many of you would know, it was cancelled too - because of outside pressures.

Resulting from an arranged meeting between the American and Japan Masters Presidents, the Pan Pacs are to be revived in Maui, Hawaii - 16 years after it was first proposed.

Order of events are as follows:

**Monday, June 23, 1997**

\* HSP: Aloha Welcome Reception

**Tuesday, June 24, 1997**

800m Freestyle

**Wednesday, June 25, 1997**

200m Butterfly

100m Freestyle

50m Backstroke

200m Mixed Freestyle Relay

**Thursday, June 26, 1997**

400m Individual Medley

50m Freestyle

100m Breaststroke

200m Medley

\* HSP: Polynesian Revue and Luau

**Friday, June 27, 1997**

100 Backstroke

200m Breaststroke

50m Butterfly

200m Freestyle Relay

**Saturday, June 28, 1997**

200m Individual Medley

100m Butterfly

400m Freestyle

200m Mixed Medley Relay

\* HSP Kaanapali Banquet

**Sunday, June 29, 1997**

200m Backstroke

50m Breaststroke

200m Freestyle

**Monday, June 30, 1997**

Open Water Swim off Coast of Maui

**Tuesday, July 01, 1997**

\* HSP: Golf Tournament on the world famous  
Kaanapali Golf Course

\*HSP: Hawaii Sports Travel Package

Entry details will soon be available from your  
Branch.

## ALL OF US ARE ATHLETES

It's tempting to believe that people who started exercising at a young age-especially those who participated in sports during high school or college - are likelier to be physically active and healthier later in life. But recent studies suggest that being a former athlete doesn't necessarily confer any health advantaged, with one possible exception.

In one study at the Institute for Aerobics Research in Dallas, for instance, 420 men (ages 25 to 60) were divided into two groups - those who lettered in, or at least participated in, a sport in school and those who had never been active in sports. The researchers found that the two groups did not differ significantly in blood cholesterol levels, weight, blood pressure, fitness level, or current activity level. Is it easier for former athletes to start exercising again, compared to nonathletes?

Apparently not, for when sedentary men from both groups were advised to start an exercise program, participation rates were about the same. And nearly five years later, the former nonathletes had benefited from their exercise regimens as much as the former jocks as seen in changes in weight, cholesterol, blood pressure, and other cardiovascular risk factors. Another study, conducted at the University of Georgia in Athens in 1988 found similar results.

This suggests that it's never too late to start exercising, even if you've shied away from athletics all your life, and never too late to begin again. Former athletes have no advantage in middle age - they don't stockpile the fitness benefits for later years. Current exercise habits are what count most, not previous participation. In other words, exercise is good for you only as long as you do it.

Wellness Letter, May 1991

Dr Kay Cox, AUSSI's National Coaching Director reports:

"This is a well documented study. My own studies at the University of Western Australia have recently found that improvement in blood pressure in middle aged women were associated with regular current exercise rather than the time spent on intensity. If

they continued to exercise they were more likely to reduce blood pressure".

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## HIGH PROFILE US MASTER COACH IN AUSTRALIA

Terry Laughlin, Director of Total Immersion Swimming in N.Y., and author of many - popular articles appearing in our Newsletters, teaches the secrets of "*slippery swimming*" at weekend workshops for adult swimmers throughout the U.S. and elsewhere.

A workshop is planned for Sydney on 7-8 December 1996. For details, contact Di Coxon, NSW Branch Coaching Director, Phone (02) 652 1215.

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## COMING EVENTS

Honda Masters Games - Alice Springs  
20-25 October 1996

Queensland Masters Games-Gold Coast  
26,27 October 1996

AUSSI National Swim - Sydney  
27-29 March 1997

Pan Pacific Masters Swimming Championships - Maui, Hawaii  
23-30 June 1997

Australian Masters Games - Canberra  
24 Oct - 1 Nov 1997

AUSSI National Swim - Hobart  
11-13 April 1998

World Masters Swimming Championships  
- Casablanca, Morocco  
Date to be advised

World Masters Games - Oregon, USA  
9-22 August 1998