



# AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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## NATIONAL NEWSLETTER

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Well I'm back and ready to go again after the batteries have been re-charged. Yes I did have a lovely holiday, and yes I am glad to be home. I had always wondered why people said that Australia is the best, and I now know why.

Thankyou to Ivan (NED) and Sue for publishing the last Newsletter while I was enjoying myself.

In this Edition we have more replies to Betty Sterns article.

We also have a letter from the Alice Springs AUSSI Club and the Townsville Masters Swimming Club to inform us what happens in their off season.

What does your Club do?

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Dear Ivan

I thought I would respond to your Editorial from the Newsletter for July.

### Winter programs for a Country Club

The Alice Springs winter produces overnight temperatures that are generally around the 10 degree mark. For a week or two we may have temperatures that are zero or below which also bring black frosts that blacken the leaves of the non native trees. Fortunately, the day time temperatures are warm in comparison to the southern states (15 - 18 degrees) and also include our "everblue" sky.

The council operated swimming pool is not heated and closes in early April and re-opens in early September. As a Club we maintain contact with monthly activities such as bike rides. We meet at a location out of town with brunches to share,

cars to bring back bikes if need be, and ride 17 kilometres along a lovely bike track. We also participate in the local walking Club's run/walk activities which include a series of walks or runs.

Some people are encouraged to participate in circuit or aerobic classes, or take up a weight

program depending on their goals and these are discussed with the Coach.

Every 2 years prior to the HONDA Masters Games some of us join a club attached to the Rydges Plaza Hotel and swim in their heated pool just to maintain the "feel" for the water. The pool is not very long and we cannot train as a group but it is useful.

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### In response to Betty Stern

As a Coach (Level 1) with Alice AUSSI, I would like to tell you that I agree with many of your comments. I would like to think that the group of swimmers who are Coached by me are covered for their need for fitness, fun and friendship, and their level of competitiveness. We do not have a large number of people who are over 60 but we do have people who want to swim just for fitness, who do not complete long swims, and who are not at all competitive. These people often take up most of my time. These are the people who need more attention to their strokes and assistance with flotation problems. Fortunately, we have had two Coaches at work in Alice Springs and we divide our times between the three groups or lanes in which we have our swimmers.

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

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I note your reference to recovery action and stopping legs from sinking. Generally Coaches should be able to provide assistance in spotting these deficiencies of stroke and provide suitable corrections. However, as a person gets older there may be other muscle deteriorations that back have weakened. There are simple yet affective strengthening exercises that can be obtained from seeing a physiotherapist.

Our Club recently came to the attention of a local physio as he took an interest in triathletes. This physio actually came to the pool to look at our stroking action above and below the water. He then did some assessments on swimmers who wanted assistance and who were pointed out as requiring assistance by the Coach. He generally found that people had a need to develop more strength and flexibility in one or more muscle areas and he demonstrated some simple exercises for them to do.

Betty, this does not answer all of your questions and queries and I hope other people who are more involved than we are in completing the long distance swims can help you with those queries. I agree with you about the advantage of swimming the 800 IM any time let alone 5 times.

As our Club is only able to swim for 6 months of the year we have difficulty in actually doing any of the real long swims like 3000m and have difficulty in completing swims other than the 400's and the 1500, half hour and hour swims. For us really these swims are just a bonus. We try to concentrate on training sessions being useful, fun (as in they are not boring programs) and ensuring that people are maintaining fitness level that they are happy with

Louise Johns  
Coach  
Alice AUSSI

Dear Ivan

In response to your Newsletter Editorial.  
We can advise details of our Club activities through Winter.

Firstly, every Sunday morning at 9am sharp we have a two kilometre swim in the ocean off the Strand. We swim a kilometre down, wait for stragglers to catch up, and then swim the return leg. After the swim we have coffee, tea, cold drinks - a fantastic way to spend Sunday morning. At present we are getting anywhere up to 30 swimmers each Sunday. Some of our swimmers still swim reasonably regular during the week at a 25 metre heated pool.

require attention from physiotherapists or other alternate medicos. I don't mean getting constant physio but seeking assistance into flexibility and strength in certain muscle groups. For example you may not be able to recover your arms in butterfly any more as the muscles in your upper We run one camping trip each month during winter - usually 4 trips for the season. Approximately 20 club members enjoy these camp-outs.

We also arrange for a bush walk - this can take anywhere from 2 to 4 hours - and we usually end with a barbecue. We try to do this at least once a month during winter and a good number of our club members join in.

We have a monthly social which runs each month for the whole year, and this is usually held at a Club Member's home and can take the form of a barbecue or a soup night, a pasta night or a traditional food night. We sometimes go to ten pin bowling. We also try to have regular dinner and movie nights.

All in all, we do have a really socially minded Club and always keep together every Winter.

Thanking you

Rob Knight  
Townsville Masters Swimming Club inc.

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**"Remember where the glory lies-  
in the struggle not the prize"**  
**-Baron Pierre de Coubertain**

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**To the Editor AUSSI Masters Swimming (Aust)**

I agree with Betty Stern on a number of points she makes in her letter (July 96) about stroke correction and any other method whereby older swimmers can compete with less effort and less effect on themselves.

But I think that AUSSI Masters and for that matter all Masters Sports, are, and should remain competitive.

Posing the question "What happened to Fitness, Fun and Friendship", is in my opinion definitely negative. We cannot use a motto as the beginning and end to our sport. We do not normally become fit without being competitive. Even people who just go for walks try to improve the distance or time it takes. Motto's are generally regarded as rules of conduct and not rules laid down to be strictly followed regardless of anything else.

When I joined AUSSI, nobody gave me a certificate to indicate that having paid the fees, filled in the required forms, and signed on the dotted line, that I automatically became a fit person, or a fun person, or a friendly person.

My presumption was that in return for the Club and association activities, use of the pool, coaching, stopwatches and help from other AUSSI members, etc, I would undertake to work on my own motivation to get fit. Also the fun was not going to be handed to me on a plate. I would have to be a fun person myself to enjoy any fun gained from AUSSI and remembering that I could not gain friendship unless I myself was friendly. So no more negatives like "what happened to this or that".

I do not agree that the Aerobic scheme should be altered any more than it has already.

First, the elimination of the 5000 and 3000 metres swims, and now a suggestion that the 800m fly and the 800m I.M should go. Maybe the 400m fly and the 400m I.M could then be targeted and we would not have to swim fly at all.

While we must consider the "older swimmers" we must not forget the younger or middle of the road people.

Maybe the answer is to change the rules of Aerobic swimming to allow swimmers 65 years old and above, to engage in their own scheme designed by themselves with all points scored added to their Clubs tally.

Do not under any circumstances eliminate competition in Aerobics. Why not for kudos, as well as fitness and health?

Western Suburbs (Sydney) have members swimming in the 85-89 age group down to 60- 64 with no complaints. So we are indeed well catered for in this area. Well done Coaches.

To summarise :-

- Look at our motto from a different perspective.
- Make yourself work for the motto, not the other way around.
- Look at ways to make our older swimmers lot, an easier one
- Don't under any circumstances take competitiveness out of AUSSI

George Stewart 70-74 years. 101261  
Wests AUSSI Masters  
Sydney

We have not given recognition to this Newsletter for some time and quite a few AUSSI Club's are not even aware this publication is available. The Newsletter is produced 4 times a year, and is only **\$16.00** for the **4 issues**.

It is a must for all AUSSI Club's, so if you are not already a subscriber, send all the relevant information and a cheque payable to "AUSSI" to the following address.

Australian Masters Swimming Coaches Newsletter  
27 Johnstone Street  
MALVERN  
VIC 3144

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### MAGIC STUFF

The American's came and kick started our sport and proved we weren't 'past it' as society thought now 21 years have come and have gone and AUSSI Masters is still going strong we all love to swim and some like to compete so we organise carnivals where we can meet and put all our hard training to the test while extending each other to do our best.

Our motto is fitness, friendship and fun and at the end of the day we all have won as it does not matter what club you are for the atmosphere's great, the camaraderie even more if the air is cool and the water is cold the warmth comes from meeting peers of old and if some get medals and some do not it really doesn't matter a hell of a lot

As just taking part is the name of the game and the 'spirit of masters' is the ultimate aim it is very contagious, there's no doubt at all officials and competitors all have a ball while there's life in the oldies we can all show the way to the youngsters that follow and show them a ray of hope for their future, to 'drink of the cup' and keep hanging in there and never give up

Jennie Mack  
Mackay Masters  
Queensland

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**BE NICE TO YOUR KID'S  
THEY'LL CHOOSE YOUR NURSING HOME**

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The dates for the National Swim at Homebush next year are

- Thursday 27<sup>th</sup> March
- Friday 28<sup>th</sup> March
- Saturday 29<sup>th</sup> March

The NSW Branch has obtained details from a number of hotels, motels and apartments within reach of the Homebush Aquatic Centre. If you need further information contact the NSW Branch on

**02 544 1383**

or fax on the same number, and I'm sure that Branch Secretary Beryl Stenhouse, will be only too pleased to help with your enquires.

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### Swimming is best

One of the reasons experts agree that swimming is the best form of exercise in that it is virtually injury free. Runner's World Magazine reinforced that notion on the cover of one of its issues. The cover type reads:- "Home Remedies. Best Self-cures for: Achilles Tendinitis, Back Ache, Blisters, Calf Strain, Flat Feet, Hamstring Tightness, Knee Pain, Overpronation, Plantar Fasciitis, Sciatica, and dozens more."

....Swim, anyone?

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### Administrator of the Year Award.

Jackie Walkington from the Toowoomba Masters AUSSI was nominated for and received the Administrator of the Year Award, in her regional area of Queensland. Jackie is the current Branch President and has held that position for the last two years. As the number one person in Queensland, Jackie presides over a sixteen member State Executive, which administers 50 Queensland Clubs with a membership of almost 2000 swimmers.

Harold Cassell, the Toowoomba Club Secretary said, "As the biggest Club in Australia, we are indeed proud of our Jackie and her receipt of this prestigious award. It not only gave her well deserved recognition, but Masters Swimming was appropriately honoured as well"

Well done Jackie

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### Marvels from Adelaide Masters

Who wanted to swim the English Channel? Andrew Martin did. After only learning to swim 6 years ago what a great challenge to conquer and succeed.

After a small delay to the start of this adventure, Andrew entered the channel at Shakespeares Bay 3k west of Dover. With only enough grease to prevent chaffing and sunburn, the boat horn signalled the start at 03.11 am.

At the start Andrews stroke rate was 61, and in fact that altered very little during the entire swim. We all know that the English Channel is one of the busiest in the world, but not only did Andrew have to contend with these ships, he had jellyfish, untreated sewerage, flotsam and jetsam, oilslicks, concentrated seaweed, and fog.

During the night hours the temperature was 16c, but during the day it rose to 25c. Conditions for the swim could not have been better, as the weatherman had said calm seas and a little wind.

After six hours into the swim, and no sign of the English Coast, Andrew was feeling OK, but a bit seasick. With the French Coast in sight after 10 hours, the boat pilot headed toward Cap Griz Nez, but the tide had turned and began to take Andrew away from his objective. 3 hours later after extreme hard work and choppy seas Andrew was given a rousing cheer from the crowd of spectators as he walked triumphantly onto French soil, 12 hours 57 minutes after starting the swim (time to be confirmed)

Within ten minutes of landing Andrew was back on board the boat with Dieter Loeliger and John Double from the Adelaide Masters Club, The Channel Swimming Association Observer( Norman), and the two boat pilots (Lance and Graham)

Congratulations to Andrew on his epic swim. I just crossed the Channel myself, but in far more pleasant circumstance than Andrew did, and I now know first hand how busy it is, and how dirty and unkind it can be.

### 10<sup>th</sup> International Zurich Lake Marathon Swim

On the 4<sup>th</sup> of August, the 10<sup>th</sup> International Zurich Lake Marathon was held over a 26.4 km course.

Dieter Loeliger came in first, in the over 40 year old age group in a time of 8 hours 6 minutes.

Andrew Martin came in third in the same age group in a time of 9 hours 50 minutes.

Dieter finished 7<sup>th</sup> overall amongst 37 swimmers in the event, and also broke the 40+ record by 43 minutes.

Placegetters in this event were the recipients of flowers.

(Information provided by John Double, for the SA Branch Newsletter).