



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE
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NATIONAL NEWSLETTER

Volume 7 - No5 - December 1996

PRESIDENT'S CHRISTMAS MESSAGE



To everyone in AUSSI, I pass on my best wishes for a joyous Christmas and a prosperous New Year.

It's a time like this, we envy the Northern Hemisphere's white Christmas - it does not clash with the summer swimming season. It is not much fun training after too much Christmas pudding. Thanks also to our European colleagues, we now have the added pressure of collecting Membership dues during the festive season.

That aside, we have yet another exciting year to look forward to in AUSSI. There is the National Swim in the International Aquatic Centre, the venue for the Sydney 2000 Olympics; our own initiative, the Pan Pacific Masters Swimming Championships being resurrected for 1997 on beautiful Maui in Hawaii; then there is the

Australian Masters Games in Canberra later in the year. For those who cannot manage travel, each Branch has an assortment of Branch and inter-club swim meets on offer. For those who shrink from the starter's gun, or are new to our organisation and developing their fitness, we have an assortment of awards and aerobic swimming, coaching and training clinics and officials courses. All on offer for 1997 has FUN as the primary concern as we strive for fitness and friendship within AUSSI.

As we complete our 21st year I wish every member of our AUSSI family a warm, wonderful and friendly Christmas and I look forward to meeting as many of you as I can in 1997.

Glenys McDonald
National President

and FROM THE EDITOR

Another year has nearly come to an end. I hope that everyone has achieved their goals for this year, and had an enjoyable time as well. For those of you who may be disappointed in their results, next year is just around the corner for you to give it another shot. I hope each and everyone of you have a Merry Christmas and prosperous New Year.

Thank you to those who have contributed to the Newsletter, I am sure everyone enjoyed reading your comments and thoughts.
Doug

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

CHANGE OF TELEPHONE NUMBERS

Due to AUSTEL number changes, the new phone/fax number for the National Newsletter Editor is now :-

Phone/ Fax (03) 5133 9424.

The mailing address is still the same
59 The Avenue, Morwell Victoria. 3840

NOMINATIONS FOR THE MANAGEMENT COMMITTEE

In accordance with By-Law BL12 nominations for the positions of

PRESIDENT
DIRECTOR OF FINANCE
DIRECTOR OF COACHING

must be received in the National Office by **December 20th 1996**. Nominations are to be in writing, endorsed by the Branch, and only registered members of AUSSI may be nominated.

The National Office address is
P.O Box 207
Marleston S.A. 5033

AUSSI's Preferred Travel Agent

At the recent Mid Year Board meeting in Sydney, International Sport's Tours Pty Ltd, was appointed as AUSSI's preferred Travel Agent. Brian Travers, a Director of the company is travelling to Hawaii for a personal visit to make sure he has all the details on accommodation and costs for the forthcoming Pan Pacific Masters in June 97. If you need any further information on Hawaii, contact Brian

International Sports Tours
P.O Box 454
Milsons Point NSW 2061

Phone (02) 99226166, or fax on (02) 99574026, and do not forget to say you are an AUSSI member.



BOOK REVIEW



DANGEROUS WHEN WET, The Shelley-Taylor Smith Story

AUTHORS: Shelley Taylor-Smith & Ian Cockerill

PUBLISHERS: Allen & Unwin

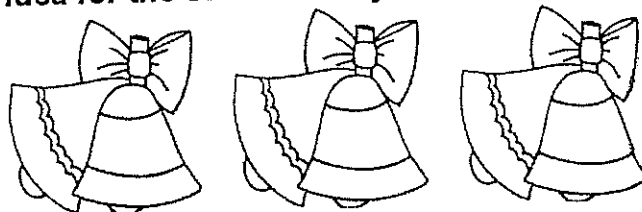
RRP: \$19.95, available from all good bookstores

For anyone who likes swimming and has even a passing interest in human nature, this book is a 'must read'. Shelley Taylor-Smith writes with a natural flow that soon infects you with interest. One amazing story after another unfolds as Shelley has you laughing or crying along with her recollections of her astounding international open water swimming career so far.

There is a bit of everything in this book - happy and sad, fortunate and unfortunate, good times and learning experiences but the story is never, ever predictable. Each chapter unravels a new problem or another dilemma to be faced with deep insight into this most remarkable Australian sportswoman.

If you believe, or would like to believe in 'mind over matter' you should read this book. Shelley is a true example of strength over adversity though to her detriment, by her own admission, in some cases.

I highly recommend this book both as a great read and as a little piece of inspiration to be kept on the bookshelf for the next time you find yourself saying "It's all too hard". (Don't worry, Shelley understands...) **A great Christmas gift idea for the swimmer in your life.**



Thank you to Jodi-Ann Beard, the Administration Officer for AUSSI Victoria for the book appraisal

OFFICIAL OF THE YEAR

At the Brisbane Convention and Exhibition Centre on the night of Monday 2 December, the AUSTRALIAN OFFICIAL AWARDS for 1996 were presented.

The Award for AUSSI's Official of the Year was presented to: **KAY COX.**

Kay was co-founder of AUSSI in WA in 1977 and became the Coaching and Technical adviser for that group. She has acted as an Official at State level from then until the present time, usually in the position of Chief Referee. She was Chief Referee at events such as the 1987 and 1995 National Swims and the Australian Masters Games in 1993.

Kay was on the National Technical Committee for a number of years and in 1985 contributed to the development of the first Referees Handbook. She also promoted the development of National officials accreditation and was part of the first National Workshop to develop courses for accreditation. In late 1995 she devised and conducted the first oral Referees exam for applicants in WA, which was used as a basis for National accreditation.

In November, 1995 she was appointed as a FINA Referee.

As a co-founder of AUSSI WA, and from her education background she has been dedicated to seeing the organisation at a State and National level develop its education of Coaches and Officials to accreditation standards to an equal standing with the rest of the sporting community.

AUSSI's 21st Anniversary Service Awards

All the Branches have been arranging functions to celebrate AUSSI's 21st Anniversary with "Award Pin presentation nights", special Carnivals, Branch (and Club) History Books, etc. What's your Club or Branch doing? How about dropping a line to the Newsletter to let us all know!

Nothing great was ever achieved without enthusiasm

R.W. Emerson

NATIONAL SWIM ROTATION

To help with forward planning, the National Swim rotation is as follows

1997 NSW	2001 VIC
1998 TAS	2002 WA
1999 NT	2003 ACT
2000 QLD	2004 SA

NATIONAL SWIM . 27th - 29th MARCH 1997

I am very happy to confirm that the AMP Society, one of Australia's largest and oldest insurance and financial institutions, is the major sponsor of our National Swim at the Homebush Olympic venue, Sydney.

I am sure this sponsorship will be the ideal base for a successful and memorable event.

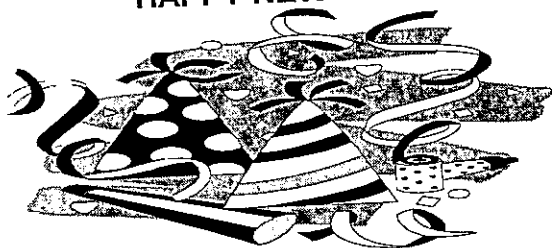
Prior to the Meet, AMP will be communicating, via newsletters to clubs, information relating to "financial fitness" and similar topics.

I hope that members will avail themselves of material and services AMP will be offering.

Steve Lamy
Chairman
Organising Committee
National Swim

See you at the "AMP AUSSI Masters National Swim 1997"

To all AUSSI Members
"HAPPY NEW YEAR"



and a
"HAPPY BIRTHDAY"
for 1 January 1997
as on that day, we all get a year older

BEGINNERS TAKE NOTE

A couple of little quotes from the Queensland Masters Newsletter might bear fruit for newcomers: *being defeated is often a temporary condition - giving up is what makes it permanent.* Then there's a Chinese proverb which could go hand-in-hand with the above: *Person who say it cannot be done should not interrupt person doing it.*

SHEFFIELD RESULTS

Gold Medals		Male	
Female			
15	Gold	3	Gold
6	Silver	8	Silver
10	Bronze	10	Bronze
6	4ths	10	4ths
11	5ths	6	5ths
13	6ths	2	6ths
7	7ths	7	7ths
16	8ths	4	8ths
7	9ths	2	9ths
10	10ths	8	10ths

Total Medals for AUSSI females - 76

Total Medals for AUSSI Men - 60

Grand Total of 136 Medals

World Records to:

Margaret Cunningham	100m F/S
	200m F/S
	50m F/s
Judith Drake Brockman	100m F/S
	200m Back/S
Pam Hutchings	100m Back/S

World Records Cont.:

Bob Barry 100m F/S
200m Back/S

Gold Medal winners were:-

Pam Fletcher	200 Fly
Pam Hutchings	100F/S
	800 F/S
	50 Back/S
	100 Back/S
	200 Back/S
Margaret Cunningham	50 F/S
	100 F/S
	200 F/S
	50 Breast/S
Judith Drake Brockman	100 F/S
	50 Back/S
	100 Back/S
	200 Back/S
Dorothy Dickey	5 Km Swim
Roderick See	50 Back/S
Bob Barry	100 Back/S
	200 Back/S

Thank you Glenys for extracting this data from the result book.

CALENDAR of EVENTS NATIONAL/INTERNATIONAL

1997

27 - 29 March AUSSI National Swim
SYDNEY, NSW.

23 - 30 June Pan Pacific Masters
Championships

MAUI, HAWAII, USA
24 - 26 October Australian Masters Games
CANBERRA, ACT

1998

6 - 8 March AUSSI National Swim
(tentative) HOBART, TASMANIA

21 - 30 June World Masters Swimming
Championships

CASABLANCA, MOROCCO
9 - 22 August World Masters Games
PORTLAND, OREGON, USA

**THE PERSON WHO ROWS THE BOAT
GENERALLY DOESN'T HAVE TIME TO
ROCK IT**

NATIONAL RECORDING

The National Recorder was horrified to receive a letter from Christine Findley pointing out that her national records were published in the 21st Anniversary History of National Records under the name of Claire Findley and as a Claire Finlay swam for St. George AUSSI she felt there was no recognition of her (Christine's) achievements.

Christine Findley of Blacktown City AUSSI did in fact on 20th July 1986 established the inaugural short course breaststroke records for the 400m 9m07.04s, 800m 18m30.30s and 1500m 35m01.00s in the female 40 to 44 years category. Congratulations and apologies to Christine from the National Recorder.

NATIONAL RECORDS ACHIEVED

The following performances have been approved as National Records since the publication of the 21st Anniversary History of National Records.

SHORT COURSE WOMEN

Belinda Hall	NRV	20-24yrs
100m Butterfly	01m10.79	08 Sep 96
200m Individual Medley	02m38.60	22 Jun 96
Stephanie Palmer-White	SAM	30-34 yrs
400m Butterfly	05m47.77	20 Jul 96
800m Butterfly	11m39.58	20 Jul 96
Margie Barrett	QTW	35-39 yrs
400m Backstroke	06m08.37	27 Jul 96
800m Backstroke	12m38.71	27 Jul 96
Michelle Pinci	NEP	35-39 yrs
1500m Backstroke	29m08.85	03 Aug 96
Patricia Lewis	NCT	35-39 yrs
1500m Backstroke	27m58.54	03 Aug 96
Jenny Whiteley	NRV	35-39 yrs
50m Breaststroke	00m37.31	17 Aug 96
50m Butterfly	00m31.74	21 Sep 96
100m Individual Medley	01m11.51	21 Sep 96
Christina Clarke	TLC	35-39 yrs
1500m Freestyle	19m45.09	28 Sep 96
100m Butterfly	01m12.02	18 Aug 96
200m Butterfly	02m39.37	17 Aug 96
Janet Ramsay	VSN	40-44 yrs
400m Breaststroke	07m08.11	17 Aug 96
Helen Bickers	SNO	40-44 yrs
800m Butterfly	15m31.63	20 Jul 96
Marilyn Earp	NWG	45-49 yrs
100m Backstroke	01m19.98	21 Sep 96
Sue Needham	QSC	45-49 yrs
800m Butterfly	15m27.82	27 Jul 96
Jennifer Grace	QBN	50-54 yrs
50m Freestyle	00m31.30	07 Sep 96
Jen Thomasson	QSM	50-54 yrs
100m Freestyle	01m10.78	17 Aug 96
200m Freestyle	02m33.36	27 Jul 96
400m Freestyle	05m24.96	17 Aug 96
400m Backstroke	06m16.28	27 Jul 96

Anita Saviane	NCS	50-54 yrs
400m Butterfly	08m25.70	03 Aug 96
Val Lynch	NSG	55-59 yrs
800m Backstroke	15m40.90	15 Sep 96
1500m Backstroke	29m42.66	15 Sep 96
Alice Kinnaird	VFR	60-64 yrs
50m Backstroke	00m43.33	17 Aug 96
100m Backstroke	01m36.52	17 Aug 96
200m Backstroke	03m25.86	17 Aug 96
Justine Bamford	THB	70-74 yrs
50m Breaststroke	00m54.70	17 Aug 96
Barbara Vickers	NML	70-74 yrs
400m Breaststroke	09m33.08	14 Sep 96
800m Breaststroke	19m34.91	14 Sep 96
1500m Breaststroke	37m51.13	15 Sep 96
Betty Stern	NCS	75-79 yrs
1500m Freestyle	34m35.51	03 Aug 96
200m Backstroke	04m24.52	22 Jun 96
Del Rowley	WIW	90-94 yrs
50m Breaststroke	02m15.10	29 May 96

SHORT COURSE MEN

Matthew Wright	QPN	25-29 yrs
200m Breaststroke	02m33.15	27 Jul 96
400m Breaststroke	05m38.06	27 Jul 96
800m Breaststroke	12m34.62	27 Jul 96
Russell Fletcher	VPP	35-39 yrs
200m Butterfly	02m24.08	17 Aug 96
100m Individual Medley	01m05.92	17 Aug 96
Grant Simpson	SAM	40-44 yrs
800m Freestyle	09m44.52	20 Jul 96
1500m Freestyle	18m16.96	20 Jul 96
400m Butterfly	05m33.58	20 Jul 96
800m Butterfly	11m17.50	20 Jul 96
Stephen Lamy	NML	45-49 yrs
1500m Backstroke	23m01.20	03 Aug 96
Don Knight	QSC	50-54 yrs
400m Backstroke	06m26.24	27 Jul 96
Paul Wyatt	NCR	50-54 yrs
400m Breaststroke	06m00.96	03 Aug 96
800m Breaststroke	13m32.82	03 Aug 96
1500m Breaststroke	25m06.54	03 Aug 96
100m Individual Medley	01m11.78	17 Aug 96
Michael Maloney	VPP	55-59 yrs
100m Breaststroke	01m20.07	17 Aug 96
John Crisp	QMM	60-64 yrs
800m Freestyle	11m19.45	27 Jul 96
Bob Barry	NLS	65-69 yrs
50m Freestyle	00m31.00	08 Jun 96
100m Freestyle	01m06.60	09 Jun 96
200m Freestyle	02m27.57	08 Jun 96
400m Freestyle	05m38.52	08 Jun 96
50m Backstroke	00m37.49	09 Jun 96
100m Backstroke	01m23.61	09 Jun 96
200m Backstroke	02m50.75	09 Jun 96
100m Individual Medley	01m21.19	21 Sep 96
George Stewart	NWS	70-74 yrs
1500m Breaststroke	37m38.59	15 Sep 96
800m Individual Medley	21m37.10	14 Sep 96
Edward Geary	SMR	75-79 yrs
1500m Freestyle	30m43.54	20 Jul 96
400m Backstroke	08m54.58	20 Jul 96

800m Backstroke 1 8m28.6220 Jul 96
 1500m Backstroke 35m13.99 20 Jul 96
Terence Kelly NML 75-79 yrs
 1500m Freestyle 28m14.37 03 Aug 96
Syd Krasey VNL 75-79 yrs
 50m Breaststroke 00m47.91 17 Aug 96
Robert McCabe VNL 75-79 yrs
 50m Butterfly 00m54.10 17 Aug 96
Cecil Bond NET 80-84 yrs
 400m Backstroke 09m26.22 03 Aug 96
 800m Backstroke 19m33.59 03 Aug 96
Arthur Evans QSC 80-84 yrs
 100m Breaststroke 02m14.66 27 Jul 96
Alfredo Cherchi NTR 85-89 yrs
 100m Backstroke 02m42.22 17 Aug 96

SHORT COURSE RELAYS

PowerPoints 17 Aug 96
 Male 200m Freestyle 160+ 01m38.34
 John Ornsby Russell Fletcher
 Gary Rydberg Greg North
Ryde 17 Aug 96
 Mixed 200m Freestyle 120+ 01m49.31
 Belinda Hall Jenny Whiteley
 Darren Gum Paul Bradburn

LONG COURSE WOMEN

Bridget Young WSM 30-34 yrs
 400m Butterfly 05m58.52 20 Oct 96
 800m Backstroke 11m52.28 20 Oct 96
Martine Hennig WSM 35-39 yrs
 1500m Backstroke 23m20.46 13 Jul 96
Pauline Krumins WSM 40-44 yrs
 800m Individual Medley 14m39.19 20 Oct 96
Marilyn Earp NWG 45-49 yrs
 50m Backstroke 00m37.08 26 Jun 96
 100m Backstroke 01m21.19 27 Jun 96
Lesley Meaney WCM 50-54 yrs
 1500m Breaststroke 29m52.99 24 Aug 96
Beverley Byers WCR 50-54 yrs
 400m Butterfly 07m47.94 20 Oct 96
 800m Individual Medley 14m33.45 20 Oct 96
Val Lynch NSG 55-59 yrs
 1500m Backstroke 30m28.03 31 Aug 96
Judith Burke NML 55-59 yrs
 100m Butterfly 01m39.49 25 Jun 96
 400m Individual Medley 07m30.47 22 Jun 96
Margaret Cunningham QWY 70-74 yrs
 50m Freestyle 00m36.39 27 Jun 96
 100m Freestyle 01m25.23 23 Jun 96
 200m Freestyle 03m12.54 26 Jun 96
 50m Breaststroke 00m50.78 25 Jun 96
Judith Drake-Brockman WCM 75-79 yrs
 100m Freestyle 01m30.42 23 Jun 96
 50m Backstroke 00m48.40 26 Jun 96
 200m Backstroke 03m57.14 25 Jun 96
Eileen Price NML 75-79 yrs
 200m Butterfly 05m46.67 22 Jun 96
Del Rowley WIW 90-94 yrs

200m Backstroke 09m16.56 19 Oct 96
 400m Backstroke 20m35.08 20 Oct 96

LONG COURSE MEN

Ross Clarke QCN 40-44 yrs
 50m Freestyle 00m25.75 27 Jun 96
Stephen Twartz WSM 40-44 yrs
 800m Individual Medley 124m38.88 20 Oct 96
Roderick See NRT 45-49 yrs
 100m Backstroke 01m08.88 27 Jun 96
Stephen Lamy NML 45-49 yrs
 800m Backstroke 11m57.99 31 Aug 96
Victor Paul WCR 50-54 yrs
 1500m Breaststroke 26m34.07 18 Aug 96
 400m Backstroke 06m08.35 20 Oct 96
 800m Butterfly 12m51.16 20 Oct 96
Paul Wyatt NCR 50-54 yrs
 400m Breaststroke 06m14.53 31 Aug 96
 1500m Breaststroke 24m27.30 31 Aug 96
Gus Schussler WAB 60-64 yrs
 1500m Breaststroke 31m09.04 04 Aug 96
Bob Barry NLS 65-69 yrs
 100m Freestyle 01m08.01 23 Jun 96
 50m Backstroke 00m36.73 26 Jun 96
 200m Backstroke 02m53.42 25 Jun 96
 200m Individual Medley 02m58.58 24 Jun 96
John Brownjohn NET 65-69 yrs
 50m Freestyle 00m29.80 27 Jun 96
 50m Butterfly 00m37.45 22 Jun 96
Richard Hartley WCR 70-74 yrs
 400m Freestyle 05m57.00 19 Oct 96
 800m Freestyle 12m31.78 20 Oct 96
 1500m Freestyle 23m13.68 21 Jul 96
Bruce Gaston WCM 75-79 yrs
 400m Backstroke 08m08.24 20 Oct 96

Darryl Hawkes
 National Recorder

**"21st Anniversary
 History of NATIONAL RECORDS"**

now available from the National Office
 \$13.50, which includes postage