



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE

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NATIONAL NEWSLETTER

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Here we go again for another year of competition, enjoyment, fitness and fun. I hope everyone has been training for the Nationals at the Homebush Centre in Sydney, as I have been assured it will be a very good Meet.

Once again we go through the Christmas Season and gain a few of those unwanted kilo's, and then have to train hard to remove them and regain the fitness we might have lost.

All the best for a successful year, and I hope your name appears in the record books, and also in this Newsletter, as the National Recorder is submitting the new records every Edition of the Newsletter.

If you or your Club did some interesting things over the festive season let the rest of us know or if you have anything interesting or want published for all of us to read, please send it to

Doug Tantau
National Newsletter Editor
59 The Avenue
Morwell Victoria 3840.

or by Fax/Phone to
03-5133 9424

WHILE ENORMOUS STRIDES HAVE BEEN

MADE IN COMMUNICATIONS,

THERE IS STILL A LOT TO BE SAID FOR

THE SMILE

COMING AUSSI EVENTS

VICTORIA

April 12th

Victorian Long Course Masters

August 24th

Victorian Short Course Masters

TASMANIA

February 22nd-23rd

Summer Championships, Glenorchy

NEW SOUTH WALES

March 27th-29th

AUSSI National Swim

October 18th-19th

State Short Course Championships, Kiama

QUEENSLAND

May 3rd-4th

Queensland State Championships

SOUTH AUSTRALIA

March 7th-8th

Foundation SA State Long Course
Championships

WESTERN AUSTRALIA

March 1st-2nd

AUSSI Masters State Championships

AUSTRALIAN CAPITAL TERRITORY

July 5th-6th

ACT Long Distance Championships

October 24th-November 1st

Australian Masters Games

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

FUNDING CUTS FROM THE FEDERAL SPORTS BUDGET

A study of the figures show that while the Federal Sports Budget was cut by about 3% to 4%, the cuts sustained by national sporting organisations were in the order of 15%, that is about \$8 million. The critical questions that the Confederation of Australian Sport will be putting to the Minister for Sport, Warwick Smith is,

"If funding to sporting organisations was cut by about \$8 million and only about \$3million was cut in the total sports budget - where did the other \$5million go?"

A 1947 CHAMPION

Did you know that Thelma Doyle from the Toowoomba Masters AUSSI, was the Australian Junior 110 yard Swimming Champion way back in 1947?. Thelma, a young 14 year old from Roma went to Adelaide with the Queensland Swimming Team.

Known as Thelma Wehl in those days, she grew up in Roma, where she said that, "Swimming was mostly social and the baths were a good meeting place, because they were lucky to have a pool. They would take a picnic tea along and swimming was a legitimate women's sport; it was nothing like the training they do now, but it wasn't frowned upon."

Thelma is now an active member of the Toowoomba Club Management Committee, and her skill does not stop there. She might have been the Champion in 1947, but now in AUSSI the gift is still there. Thelma's name appears in the 60 - 64 age group in the following:

Short Course - 25m, 50m, 100m, and 400m freestyle.

Long Course - 50m, 100m, 200m, 400m, 800m, and 1500m freestyle.

Shared Record - 280+ 4 x 25m Medley Relay.

Thank you to Harold Cassell, Secretary of the Toowoomba Masters AUSSI for that information. It is pleasing to see that Thelma is still actively involved in swimming after all these years. I am just sorry the 1947 photo that Harold sent in did not photocopy satisfactory.

THE WORLD WIDE WEB

Form those of you lucky enough to be surfing the Internet, here are a couple of sites that have an abundance of information for you to browse.

<http://www.usms.org>
United States Masters Swimming

<http://www.unb.ca/web/>
Canadian Masters

<http://www.fina.org>
FINA(There is a section for FINA Masters)

<http://www.hk.super.net/~kff/wmssnip.html>
Masters Swimming snippets

<http://www.jmeldrum@jmeldrum.demon.couk/swim/index.html>
Julian Meldrum. Masters Swimming Information.

In Australia
<http://www.thehub.com.au/~legend/wahoo/frmain>
Uni Wahoos (QUW)

<http://www.iinet.au/~wsc1998/>
8th World Swimming Championships Perth 1998

AUSSI MASTERS SWIMMING IN AUSTRALIA INC. NATIONAL RECORDING

Mr. Doug Tantau
The Editor - AUSSI National Newsletter,

Dear Doug,

NATIONAL RECORDS ACHIEVED

The following performances have been approved as National Records since the last newsletter.

SHORT COURSE WOMEN

Belinda Hall	NRV	20-24 yrs
400m Individual Medley	05m32.64	09 Nov 96
Penny Bond	QTV	30-34 yrs
800m Freestyle	09m22.24	09 Nov 96
Lesleigh Mayes	QTV	35-39 yrs
200m Freestyle	02m12.00	09 Nov 96

Jenny Whiteley	NRV	35-39 yrs
50m Butterfly	00m31.59	09 Nov 96
100m Butterfly	01m10.68	09 Nov 96
400m Individual Medley	05m36.89	09 Nov 96

Helen Skidmore	NML	40-44 yrs
400m Individual Medley	06m36.46	09 Nov 96

Joanne Ayres	NWG	45-49 yrs
400m Individual Medley	06m33.20	09 Nov 96

Brenda Casey	NET	45-49 yrs
200m Breaststroke	03m11.03	09 Nov 96
200m Breaststroke	03m12.19	29 Nov 96

Minnie Smith	VDV	55-59 yrs
800m Backstroke	16m05.80	19 May 96

Judith Burke	NML	55-59 yrs
100m Butterfly	01m42.65	20 Oct 96
200m Butterfly	03m50.26	19 Oct 96
400m Individual Medley	07m33.16	09 Nov 96

Pam Hutchings	NET	60-64 yrs
50m Freestyle	00m34.21	19 Oct 96
100m Freestyle	01m17.31	20 Oct 96
200m Freestyle	02m50.97	20 Oct 96
50m Backstroke	00m40.25	20 Oct 96
100m Backstroke	01m28.61	19 Oct 96

Elizabeth Wallis	NML	65-69 yrs
400m Individual Medley	08m42.15	09 Nov 96

Margaret Cunningham	QWY	70-74 yrs
50m Freestyle	00m37.17	09 Nov 96
50m Breaststroke	00m50.31	09 Nov 96
100m Individual Medley	01m42.17	09 Nov 96

Grace Hackett	NWS	85-89 yrs
100m Freestyle	03m58.16	09 Nov 96
50m Backstroke	01m47.18	09 Nov 96

SHORT COURSE MEN

David Moon	NGL	30-34 yrs
50m Breaststroke	00m31.59	19 Oct 96

Mark Erickson	QWY	30-34 yrs
200m Individual Medley	02m21.27	09 Nov 96

Mark Morgan	NWG	35-39 yrs
200m Butterfly	02m23.09	19 Oct 96

Stephen Lamy	NML	45-49 yrs
200m Backstroke	02m38.04	19 Oct 96

Peter Gilmour	NRV	50-54 yrs
200m Butterfly	02m36.95	19 Oct 96

Paul Wyatt	NCR	50-54 yrs
50m Backstroke	00m33.96	09 Nov 96
200m Individual Medley	02m38.34	20 Oct 96
400m Individual Medley	05m36.77	09 Nov 96

Peter Jackson	NWG	55-59 yrs
100m Butterfly	01m17.52	20 Oct 96

Paul Goener	QMB	65-69 yrs
100m Butterfly	01m42.14	05 Oct 96

Allan Dufty	NET	65-69 yrs
100m Breaststroke	01m37.92	19 Oct 96
100m Butterfly	01m39.23	20 Oct 96

Royce Jackson	QTT	70-74 yrs
800m Freestyle	13m34.95	09 Jun 96

Darley Ingleton	VSS	75-79 yrs
400m Backstroke	09m25.11	19 May 96

Alfred Alvarez	NPM	80-84 yrs
100m Butterfly	02m33.41	20 Oct 96

Alan Burgoyne	QCN	85-89 yrs
800m Backstroke	31m31.09	09 Nov 96

SHORT COURSE RELAYS

Ettalong Pelicans	19 Oct 96
Mixed 200m Freestyle	280+ 02m45.46
Elvira Dunn	Irma Heyting
Kevin Vickery	Harry Brian

Townsville	19 Nov 96
Female 200m Freestyle	80+ 01m54.52
Lesleigh Mayes	Penny Bond
Beverley McKenzie	Sue Senent

Townsville	19 Nov 96
Female 200m Freestyle	120+ 01m54.52
Lesleigh Mayes	Penny Bond
Beverley McKenzie	Sue Senent

LONG COURSE WOMEN

Sharon Beaver 400m Backstroke	CDW 05m50.05	25-29 yrs 21 Oct 96
Penny Bond 800m Freestyle 800m Freestyle	QTV 09m37.35 09m32.91	30-34 yrs 05 Oct 96 16 Nov 96
Marilyn Earp 400m Backstroke	NWG 00m36.99	45-49 yrs 07 Dec 96
Jennifer Grace 50m Freestyle	QBN 00m30.91	50-54 yrs 16 Nov 96
Jen Thomasson 800m Freestyle	QSM 11m34.49	50-54 yrs 16 Nov 96

LONG COURSE MEN

Christopher Windley 800m Breaststroke	VSS 12m23.74	30-34 yrs 24 Nov 96
Russell Fletcher 1500m Freestyle	VPP 17m49.96	35-39 yrs 01 Dec 96
Brian Davis 400m Butterfly	VMV 07m30.10	55-59 yrs 24 Nov 96
Edward Geary 1500m Freestyle	SMR 30m40.32	75-79 yrs 21 Oct 96

Nothing else to report on other than I am in the middle of finalising the FINA Top Ten submission and the National Top Ten.

Yours Sincerely
Darryl Hawkes, National Recorder

INSURANCE

AUSSI has entered into a new insurance agreement with Lowe Lippmann Bott Pty Ltd of Melbourne. The many details of the cover are available through your Branch Secretary, but points to note include:

- The Public Liability cover is now \$10 Million.
- It covers all Members. Coaches, Officials, Voluntary Workers, guest Swimmers, and prospective Members (for up to 4 weeks) and includes personal injury arising from professional advice/services.

- It includes Member to Member liability.
- There is a \$1 Million professional indemnity cover for the National Board, all Branches and Clubs and all Coaches (accredited or not), coaching AUSSI swimmers.
- Included is: Breach of professional duty, Libel and slander, Loss of documents, Trade Practices Act cover

AUSSI Coaches will not now have to pay separate additional premiums.

Note carefully that we do not cover AUSSI coaches coaching non-AUSSI groups. These coaches should seek additional cover such as that available through ASCA

- **Included is:** \$1 Million Directors and Officers legal liability cover for all levels : Club, Branch, and National and there is no excess.
- The Personnel Accident cover is still \$100,000.00 for capital benefits, but there are a number of improved features with lower excesses and the aggregate limit of liability is now \$2 million

These new insurance arrangements are at a greater cost to AUSSI National, so may reflect in capitation fee consideration for the future. It should be noted that National capitation fee increases have been less than CPI over the last 5 years, whereas insurance costs have increased by about 50%.

Clubs are to ensure that good Risk Management practices are maintained, attendance records are kept for all training sessions, and in the event of an accident, at least an "Incident Report Form" is completed. Small injuries can become major problems eg calcification, then gangrene and so on, so good records become essential if our Members are to be given the full protection available to them. Document all decisions made by your Club Officers and keep concise and accurate minutes. We are a low risk sport and have an excellent "track record" of managing our affairs. Lets keep it that way - and our insurance premiums low

"HOLD HARMLESS" Agreements

Clubs need to be wary of what is known as the "Hold Harmless" agreement. It is a clause sometimes seen in contracts of hire (eg lane space, or the total pool) where the owner seeks the hirer to indemnify them against any responsibility.

Our insurer is unlikely to provide compensation for another party's negligence, so such indemnity may leave the Club vulnerable i.e. not insured. However, it's not too frightening as you can't indemnify yourself against negligence. So, if the facility is proven to be unsafe, you have a civil law case against the owners, but may have to press charges yourself, not through the insurance company.

Before agreeing to such a contract, a copy should be forwarded to the AUSSI National Office for referral to our insurers.

5,000,000 metres in 5 years for Stuart Fitch from the ACT

Stuart's 5 million metres totalled 1292 days of swimming, and in this time he only had 531 days off. His daily average was 2.7 km over the five year period, but the biggest day was 35km on the 25th June 92

I am sure you will all agree that Stu's obsession and effort in achieving this milestone deserves a congratulation from all of us.

LETTERS TO THE EDITOR

THE PRESIDENT
MS GLENYS MCDONALD
AUSSI MASTERS SWIMMING
NATIONAL OFFICE
PO BOX 207 MARLESTON SA 5033

Dear Glenys

RE - AEROBIC SWIM PROGRAM

In a recent newsletter there was a proposal to eliminate or alter some of the swims to in effect, make the program easier.

We strongly oppose the deletion of 400 and 800 fly swims or the option of swimming only four out of five strokes. How can a 'non fully' completed program earn top points, when a fully completed program should be rewarded with top points?

We at Doncaster feel that this action is not appropriate. We feel that to gain top points is a real achievement. In 1995 we had seven members who achieved top points and in 1996 we will have quite a few members both completing the program and achieving top points.

We believe we should not go backwards but forward, even bring back the 3000km and 5000km and perhaps offer a bonus for these.

Kind regards
Liegh Hansen.
Doncaster Dolphins AUSSI

Dear Doug
I enclose the following for your consideration in the letters to the Editor.

Re: Deletion of 400m and 800m Butterfly swims from the Aerobic Trophy.

As Administrator for the Branch that originally put the motion to the National Board, I would like to present the situation as found in Queensland. A Club in Queensland put the motion on notice at our 1996 Annual General Meeting. The motion together with a rationale, was widely circulated to all Queensland Clubs.

Briefly the five points for the motion were :- (as listed by the proposing Club)

- "Mastering Swimming" (Killimier page 213) states that Butterfly was introduced as a sprint event.
- Butterfly is not a test of aerobic fitness rather a test of muscle endurance.
- Continuous fly of up to 30 minutes is destructive to the quality of the stroke, creates a risk of physical injury.
- Many otherwise aerobically fit swimmers cannot complete the butterfly.

- The image of AUSSI is not enhanced when public observe the elderly struggling into exhaustion in the name of Aerobic competition.

As a Branch, the feedback from clubs was swift and better than expected. The arguments received from clubs both for and against were detailed and well founded, unfortunately, an equal number of clubs were "against", as were "for", the motion. One club then suggested retention of the 400m and the deletion of the 800m. As the concern was generally strongly "for and against" we felt the matter should be "aired" at a National level to gauge the feeling and promote review and discussion Australia-wide.

Yours in Swimming

David Speechley
Branch Administrator
Queensland Masters Swimming.

DO YOU BELONG

Are you an active member, the kind that would be missed?

Or are you just contented that your name is on a list?

Do you attend the meetings, and mingle with the flock?

Or do you stay home and criticise and knock?

Do you take an active part to help the work along?

Or are you satisfied to be the kind that "just belongs"?

from "The Toastmaster's Quips and Stories"
by Herbert Pronchnow

8TH WORLD SWIMMING CHAMPIONSHIPS

Perth will be the host city to host the World Championships for a second time.

Everyone on the Organising Committee is gearing up for the best World Championships and for Australian Swimming it is another milestone for the sport in Australia.

Although it is not an AUSSI Event, for those of you who can attend it is a chance to see the cream of Australian and International Swimming Champions in action.

The chances to get to see these swimmers in action at the 2000 Sydney Olympics will be like winning the lottery.

DO FAST POOLS EXIST

Unlike the tooth fairy, they do exist. Your body displaces water when you swim thus creating horizontal and vertical waves which move away from you. Horizontal waves travel along the top of the water and without lane ropes and gutter systems, (lane ropes are more effective) the wash will impede your progress.

Vertical waves travel to the bottom and reflect back. The shallower the water, the more likely the wash created by the vertical wave will affect your progress. The deeper the water, the longer it will take and the wave will tend to dissipate.

Since the optimum depth is 6-8', you will experience a difference if the pool is only 3-4' deep and you will find yourself in the wash of the leading swimmers. Also be aware of that the water flow from filtration systems can influence progress in certain parts of the pool. It is therefore no accident that the best pools are around 7' deep, are equipped with the best wave absorbing lane ropes and have well designed filtration systems

NEW GOGGLES DO THEY FIT PROPERLY?

Tips to find a goggle that fits.

- Try on various styles and sizes to find one that is comfortable.
- Gently press one side of the goggle against your face - you should feel some suction.
- If you have found the proper size, adjust your nosepiece to suit the distance between your eyes.
- Adjust the headband for proper tension.
- Place the goggles over your eyes - you should feel suction on both sides
- The final test is the water, where minor adjustments may be made

Problems to look for include:- *leaking, uncomfortable fit, distorted vision.*