

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

WORLD RECORDS (Provisional at 30th March 97)

Peter Gilmour **NR** **55-59**
 100m Butterfly 1.07.68
 200m Butterfly 2.34.90

Alfredo Cherchi **NTR** **90-94**
 400m Freestyle 9.40.04

Timothy Shead **ISC** **45-49**
 50m Breaststroke 32.47
 100m Breaststroke 1.12.38

Ettalong **NET** **240+**
 Women's Medley Relay 2.49.52

TOP TEN CLUBS

Place	Points	Club	
1	268	Ettalong AUSSI	NET
2	2623	Warringah Masters	NWG
3	2001	Manly AUSSI	NML
4	815	Power Points	VPP
5	741	Ryde AUSSI Masters	NRY
6	605	Nth Sydney AUSSI	NNS
7	553	Cronulla Sutherland	NCS
8	471	Western Suburbs	NWS
9	470	Leisure Cst AUSSI	NLS
10	467	Malvern Marlins	VMV

SOUVENIR VIDEO

A National Swim souvenir VHS Video, containing one hour of edited highlights and two hours of raw (uncensored) footage is being produced and will be available to clubs and members for \$20 each.

The video contains interviews, races and pool shots which will serve as a pleasant and permanent memory of a unique facility and swim meet.

Advance orders can be made direct to
 Ian McCallum phone/fax (02) 9489-5056

OPEN WATER SWIM

Monday March 31st was a beautiful autumn morning - perfect conditions for a swim in the Manly Dam. There were 116 swimmers who ventured into the Dam to swim the required 3000 metres. First over the line was a tall young lady, **Kylie Ryan** (27 years) from the Sandbern/Aquadot Club in a time of 43minutes 15 seconds. Congratulations Kylie.

One of our overseas visitors/competitors Vladimir Smiriagune (aged 76) from Russia came first in his age group. Vladimir said he had really enjoyed himself - he did good swims at the SIAC as well as enjoying himself in the Dam. When asked if the water temperature was too cold, he replied "*Ha! Cold! You come and swim in Russia, then you know what cold is*".

Manly AUSSI Club ran a top Sausage Sizzle - the hot snags, coffee, and health slices were very popular.

Edited from the National Swim Newsletter

1996 COACH OF THE YEAR

PETER JACKSON of the WARRINGAH MASTERS - NSW

In the magnificent Ballroom of the Pan Pacific Hotel on the Gold Coast, on the occasion of the Australian Swim Coaches Association Annual Awards Banquet, the Masters Swimming Coach of the Year Award was presented to Peter Jackson of the Warringah Masters. As quoted from the resume that the Club sent in

Peter Jackson has held the position of Head Coach/Fitness Director at Warringah Masters for a period of approximately 12 years. For 11 of those years he has been sole Coach. During that period he devoted his time and energy towards maintaining a broad and inclusive program. The 95/96 year was a time of significant growth of membership within Warringah Masters which necessitated a move towards expanding the coaching program. Peter ... "Jacko" ... encouraged more members to take an active role in coaching and through this encouragement to further their skills, some members embarked on the Masters Level 1 Coaching Course. The Club now has eight Level 1 Coaches and access to three members who coach professionally full time. Jacko's role as a Coach has always been observed to be positive in nature and he has demonstrated a significant devotion to this.



"Masters Swimming has been a focal point of Jacko's life since it's inception. The fact that his active involvement with the organisation has continued at all levels throughout this period, alone demonstrates a very genuine concern for and belief in the ideals of Masters Swimming. He would probably have lost count of the number of people (swimmers and non swimmers) he has introduced to the benefits of Masters Swimming. Jacko actively promotes the advantages of swimming as an ongoing exercise to EVERYONE he meets. He also promotes the benefits of the social aspects of Club Life."

"Peter Jackson's success as a coach not only hinges on his vast swimming knowledge and expertise but also his long-standing generous commitment to AUSI Masters Swimming, to Warringah Masters and to his previous Club affiliation within AUSI. We at Warringah Masters recognise him for his integrity, for his very genuine and pro-active concern and regard for his fellow swimmers and as a all round good bloke...."

The fruits of Peter's coaching program were evident in the Club's excellent performance at the National Swim at Homebush, leading up to the announcement.

Please note, the flyer in the Welcome Kit handed out at the National Swim in Sydney promoting the 1998 National Swim in Hobart, had the wrong Phone/Fax Number. The numbers are

Phone (03) 6223 1317

Fax (03) 6223 1361

THE NEW NORFOLK AUSI MASTERS SWIMMING CLUB

In the Derwent Valley's annual Australia Day Awards, the New Norfolk AUSI Masters Swimming Club was rewarded in recognition of the Club's efforts in staging the "Whale of a Swim" to raise funds for the Corumbene Nursing Home development.

Blessed with perfect weather the marathon charity swim took place in the heated waters of the Royal Derwent Hospital Swimming Pool. In friendly competition/grudge match between the composite Allstars and our AUSI Masters, the lead for the total number of laps swum changed all throughout the 24 hour swim.

At the end of the event the New Norfolk AUSI Masters Club managed to beat the Allstars only by 86 laps. Megan Stronach was the Club's representative at the Australia Day Awards and accepted the Award on behalf of the Club.

On another positive for the Club, Miss Sperm Whale (Ken Stronach) raised \$4,563 and was named Miss Charity Princess in the Mock Women of the Year Quest.

AUSTRALIAN MASTERS GAMES

The next Australian Masters Games will be held in Adelaide, in October 1999

OCEANIA ONE HOUR POSTAL EVENT

AUSI Masters again gained a comfortable lead over New Zealand Masters in the 1996/1997 Oceania One Hour Postal Swim Challenge. Of the 25 age groups (ladies and men) contested, AUSI swimmers won 16 to the Kiwi's 9. There were again double the numbers of entries from Australia compared with New Zealand as this table illustrates.

Clubs	Ladies	Men	Invalid	Total	
AUSSI Masters	22	59	39	3	101
NZ Masters	18	25	29		54
Totals	40	84	68	3	155

Overall, Steve Prescott of the Lane 6 Aquagym Club in Christchurch, in the 40-44 years age group, achieved the longest distance with a creditable 4,750 metres. In the women's division, Michelle Reynolds, also of the Lane 6 Aquagym Club did the best performance with 4,530 metres. Oldest swimmer in the Ladies was again 77 year old Nell Carew of the Ettalong Club with a competitive 1,990 metres. In the Men's, 87 years old Allen Burgoyne from the Cairns Mud Crabs Club, was the oldest swimmer overall with a great 1,505 metres.

The One Hour Swim is a rewarding event and is deserving of more support. Perhaps if Clubs plan to participate before the Christmas break we would get that support and avoid the myriad of other fixtures in the early New Year period.

From the NZ Masterscrawl Newsletter.

PORTLAND, OREGON, USA TO HOST 1998 NIKE WORLD MASTERS GAMES

Every four years, the World Masters Games bring together thousands of athletes around the globe for the largest participatory multisport competition in the world. Portland, Oregon and several surrounding communities, have been selected to host the 1998 Games from August 9th - 22nd. Inspired by the ideals of the original Olympic movement, the Games celebrate the simple joy of athletic competition. The Games are open to all competitors - past champions, people who have never competed at an elite level and others who are returning to their sport after retiring. Athletes compete as individuals or as teams and not for their country.

NIKE, known to athletes the world over and a name synonymous with athletic excellence, is the official sponsor of the 1998 Games. NIKE, the City of Portland, and the State of Oregon have committed to conducting a world-class, state-of-the-art international multisport event where athletes come first.

The 1998 Games in Portland will mark the fourth time this exciting event has been held. The first Masters Games were held in 1985 in Toronto in Canada. Subsequent Games have been held in Denmark in 1989, and Brisbane Australia in 1994. At the Australian Games, the competition drew an amazing 24,000 men and women from 71 countries. In 1998, 25,000 athletes from more than 100 countries are expected to attend.

In addition to Olympic-quality competition in 25 sports, the 1998 Games will also feature "Celebration City." The "heartbeat" for the Games. Located in Portland's downtown Waterfront Park, it will be a place where athletes and spectators alike can enjoy activities such as pin trading, obtaining autographs, shopping for Games' merchandise, as well as experiencing an extensive variety of food and beverage in the international food pavilion. During the weekend of August 15-16, most competitions will be suspended so athletes and spectators alike can attend the numerous art, cultural and social events during "Celebration Weekend."

Twenty-five sports will be featured in the Games, including athletics (track and field), badminton, basketball, baseball, bowling, canoe/kayak, cycling, diving, fencing, football (soccer), golf, orienteering, rowing, rugby, sailing/windsurfing, shooting, softball, squash, swimming, table tennis, tennis, triathlon, volleyball, water polo, and weightlifting.

The Portland (Oregon) Metropolitan Sports Authority (PMSA) is a private, not-for-profit corporation, established in 1993 to recruit events and related activities to the Portland metropolitan area. After conducting research, PMSA board members and staff determined that the World Masters Games were an excellent match for the venues, volunteer base and resources available in Portland and throughout Oregon. The PMSA made a formal proposal to the International Masters Games Association (IMGA) to host the 1998 Games.

On October 1, 1994 the IMGA announced that Portland, Oregon was awarded the 1998 World Masters Games. The Portland community, with its commitment to international trade and tourism as well as a growing interest in world-class sports, is uniting behind the Games.

Portland, Oregon is located in the picturesque Pacific Northwest, between Seattle, WA and San Francisco, CA. Athletes and guests can experience the scenic Oregon coastline or the impressive Columbia River Gorge where Lewis and Clark explored. Mount Hood, Crater Lake and many other natural and urban attractions make Portland an ideal setting for the 1998 NIKE World Masters Games.

The 1998 NIKE World Masters Games are expected to generate in excess of \$113 million dollars to the Oregon economy, according to a study conducted by the Applied Research Group

of Portland State University. The 1998 Games economic impact is similar to other world-class events such as the Super Bowl, Boston Marathon, NBA and NHL All-Star Games and Olympic Festivals.

The International Masters Games Association (IMGA), headquartered in Copenhagen, Denmark, administers and oversees the conduct of the World Masters Games. Association members represent 14 International sports federations, as well as prior and current World Masters Games host cities. The IMGA belongs to the General Assembly of International Sports Federations (GAISF).

You may obtain official registration and travel materials for the 1998 NIKE World Masters Games by calling 1-800-98 GAMES (1-800-984-2637) from anywhere in the world, using your country's AT&T access code and requesting a general information brochure.

NEW RECORDS FROM THE NATIONAL RECORDER

Darryl Hawkes, our National Recorder has noted that the popularity of the 3000m and 5000m events has waned, as the timed swims are now the aerobic trophy swims. His thoughts are that maybe they should be discontinued as only one or two competitors per age group is not really a competition.

What do you the members think of this proposal??

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

SHORT COURSE MEN

Mal Innes	TTL	55-59 yrs
400m Butterfly	07m13.81	19 Jan 97

LONG COURSE WOMEN

Jemma Rock	WGT	20-24 yrs
50m Freestyle	00m28.17	01 Mch 97
100m Freestyle	01m01.48	01 Mch 97

Jenny Whiteley	NRV	35-39 yrs
400m Butterfly	06m13.67	11 Jan 97

Glenise Gale	TSB	40-44 yrs
400m Freestyle	05m02.52	22 Feb 97

Marilyn Earp	NWG	45-49 yrs
50m Butterfly	00m34.45	01 Feb 97

Jen Thomasson	QSM	50-54 yrs
200m Backstroke	03m05.68	08 Feb 97

Judith Burke	NML	55-59 yrs
50m Butterfly	00m41.24	01 Feb 97
50m Butterfly	00m40.99	15 Feb 97

Sue Mayne	TTL	60-64 yrs
200m Breaststroke	03m55.05	22 Feb 97

Val Green	NWS	65-69 yrs
400m Backstroke	08m08.48	15 Feb 97
400m Backstroke	08m06.57	01 Mch 97
800m Backstroke	16m32.94	15 Feb 97
1500m Backstroke	31m35.74	15 Feb 97

Judith Drake-Brockman	WCM	75-79 yrs
200m Freestyle	03m44.77	02 Mch 97

Betty Jones	WIW	85-89 yrs
50m Freestyle	01m21.99	01 Mch 97
100m Freestyle	02m51.55	01 Mch 97

Brent Walker	THB	25-29 yrs
50m Backstroke	00m29.03	27 Jan 97

Darren Turner	NLS	30-34 yrs
400m Freestyle	04m21.97	01 Mch 97

Christopher Windley	VSS	30-34 yrs
400m Breaststroke	05m56.87	24 Nov 96

Warren Creswick	NLS	45-49 yrs
50m Breaststroke	00m34.44	01 Mch 97

Peter Gilmour	NRV	55-59 yrs
50m Butterfly	00m31.75	18 Jan 97
100m Butterfly	01m10.36	18 Jan 97
200m Butterfly	02m40.52	18 Jan 97

Chris Bell	QTV	60-64 yrs
800m Ind Medley	14m18.60	01 Feb 97

Tony Goodwin	NML	60-64 yrs
400m Breaststroke	07m14.02	15 Feb 97

Gus Schussler	WAB	65-69 yrs
200m Breaststroke	03m36.55	02 Mch 97

Bob Barry	NLS	65-69 yrs
400m Ind Medley	06m39.02	01 Mch 97

Jack Mathieson	NCS	80-84 yrs
1500m Breaststroke	45m44.44	15 Feb 97

Alfredo Cherchi	NTR	90-94 yrs
200m Freestyle	04m32.78	01 Mch 97
50m Backstroke	01m06.09	01 Feb 97

PS - The distance for Marilyn Earp's 50m backstroke record of 36.99 seconds was incorrectly shown in the last newsletter as 400m. My finger slipped.

NATIONAL BOARD MEETING

Sydney 22/23 March 1997

"What DO they talk about for two (2) days?" is often asked.

AUSSI's National Board of twelve is made up of: President, Coaching Director, Finance Director, one Delegate from each of our eight Branches and the Executive Director. Each one gets a vote except poor NED (National Executive Director).

The elected positions are considered every two years. Declared elected at this Meeting were:

President	Glenys McDonald
Coaching Director	Kay Cox
Finance Director	Clyde McMillan

The NED's contract was renewed for a further three years. After that, the position will be advertised.

The following are just **SOME** of the matters that were discussed.

⇒ Glenys will be travelling to Sweden (at the WA Government's cost) to present a bid for Perth to stage the 2000 World Masters Swimming Championships.

⇒ A combined Coaching and Technical workshop for Branch Directors will be held in Adelaide in August.

⇒ AUSSI will play an important part in the ASCA (Australian Swim Coaches Association) Conference on the Gold Coast. Kay Cox and Peter Reaburn will be presenting papers, then at the panel sessions, they will be joined by Trish Beveridge and Peter Jackson.

⇒ The Queensland Branch has been busy in marketing research and on the advice of our consultant are proposing that AUSSI adopts just ONE logo across Australia. We currently have two in use for National and each Branch has something different - very confusing! How about we adopt the one Queensland use and just change the name at the top for each Branch? Let us have your thoughts on the matter.

⇒ The Queensland Branch has also just produced two promotional videos: one of about five seconds, for use on television and the other about five minutes, for public promotion eg shopping centre displays etc. Each Branch has a copy with a Branch phone contact on it and the five minute version is also available in continuous loop form.

⇒ A number of publications in various states of completion were considered:

- * a very extensive Club manual
- * Safety Policy and Guidelines
- * National Swim Meet Guide
- * SwimmingPool facilities specifications for Masters
- * How to run a swim meet at a Masters Games
- * Notes for Referees
- * Annual Report (have you read your Club's copy yet?)
- * National Top Ten (now available at \$5:00 per module, plus Postage)
- * 21st Anniversary History of National Records (a listing of all the record holders since AUSSI's inception - up to June last year). It's available for \$10:00 plus postage from the National Office.

⇒ We also talked about the 400/800 butterfly swims and referred it to the medical committee to see if they think there may be detrimental effects on older people trying to do these sessions.

Also, is it necessary to have a doctor present an Open Water Swim?, why do we ask our Members to sign a disclaimer? (don't we have insurance for that?), we put the Rego. fees up another 50 cents, we defended our right to keep the 20-24 year age group, we talked about E.Mail and Internet, an Australian/New Zealand "test" proposal (which got rejected), Club Presidents' Meetings around Australia, we changed a few Rules, considered some of the confusion over the MD Certificate (no-you don't have to send a copy in with your entries each time) and FIN Swimming. What? Come along to the Australian Masters Games in Canberra and you will see members of the Australian Fin Swimming Commission put on a demo. - 50 metres in 15 seconds??? And, lots of other things - Reports? Yuk!

Yes, it fills in two days.

HEALTHPACT SIXTH AUSTRALIAN MASTERS GAMES

Dear Doug

The Healthpact Sixth Australian Masters Games, to be held in Canberra from October 24th to 1st of November 1997 is shaping up to be an event to be remembered for masters athletes. Our target of 10,000 competitors is likely to be exceeded in a big way given that already, eight months out from the games, in excess of 6,000 individuals have registered interest in competing.

The signs that the Swimming Program in the games will be a great success with the anticipated figure of 840 competitors definitely achievable.

Please do not hesitate to contact me on (06) 207 9101 if you require any further information on the games, or the games Public Relations Officer, Michelle O'Rourke, on (06) 207 9114.

Thank you for your continued support of the Healthpact 6th AMG. I hope that you and some of your colleagues in the National Office may be able to attend the games, to participate and to lend support to the masters component of your sport. You can be assured that you will be given a very warm welcome

Yours sincerely

Sue Baker-Finch
General Manager

To all AUSSI Members, please note that the registrations close on the 15th of August

If you are interested in swimming at the games and would like the games Registration Information Booklet, Entry Form and all the future games newsletters write to :-

The Healthpact Sixth Australian Masters Games
PO Box 2697
Canberra
ACT 2601

or Phone/Fax for your Booklet on :-

PH (06) 207 9097

FAX (06) 207 9197

CALENDAR of EVENTS NATIONAL/INTERNATIONAL

1997

23 - 30 June Pan Pacific Masters
Championships
MAUI, HAWAII, USA

24 - 26 October Australian Masters Games
Swimming
CANBERRA, ACT

1998

12 - 14 March AUSSI National Swim
HOBART, TASMANIA

21 - 30 June World Masters Swimming
Championships
CASABLANCA, MOROCCO

9 - 14 August World Masters Games
Swimming
PORTLAND, OREGON, USA

18 - 23 October HONDA Masters Games
Swimming
ALICE SPRINGS, N.T.

1999

May AUSSI National Swim
DARWIN N.T.

October Australian Masters Games
ADELAIDE S.A.

2000

World Masters Swimming
Championships
MUNICH, GERMANY

AUSSI RESOURCE CENTRE

A great way to get your club together for a social night/fundraiser is to have a video night. Clubs who may not be able to swim all year round could use this to keep some continuity in their lay off period.

Items are available for the following hiring charges:

1 Video	1 Week \$ 5.00	2 Weeks \$8.00
2 Videos	1 Week \$ 8.00	2 Weeks \$12.00
3 Videos	1 Week \$10.00	2 Weeks \$15.00
1 Audio Tape	1 Week \$ 3.00	2 Weeks \$5.00
2 Audio Tapes	1 Week \$ 5.00	2 Weeks \$8.00

A bill will be forwarded to you with the goods (plus postage) and payment must be sent with the items, on their return.

Videos

- Sunrice High Performance Eating Strategies, - plus booklet.
A good video made better by the booklet.
- Mark Tonelli Gold Medal Series - Best for novices in that it is simplistic, non-the-less it is very well put together with good camera work and footage.
- AUSSI Coaching Seminar - with Kirk Marks
- The Athletic Institute Swimming Series
 1. Freestyle and Backstroke
 2. Breaststroke & Butterfly
 3. Starts, Turns & Progressive Skills
- AUSSI WORKSHOP - Tailoring a programme - plus booklet.
This workshop held in Tasmania features Anita Killmier.
- Stretching - Bob Anderson. A really great selection of exercises demonstrating correct technique.
- Food for Sport - featuring Karen Inge. Very good!
- Swimming Fastest III - John Trembley. A video and book combination. A *must* for all coaches, teachers and swimmers.
- Your backyard swimming pool is your home fitness centre - as the name suggests, gives ideas to utilise your pool to full advantage.
- Masters Stroke Techniques. A biomechanical analysis of the 4 strokes with demonstrations of drills by Masters.
- Starts, Turns and Finishes plus "Swim Smarter, Swim Faster."
- ASCA Conference - Masters Stream - Adelaide 1992.
- Strength Training - This 30 minutes video provides a comprehensive update on the methods and principles of strength training, i.e.
Body Building, Isometrics,
Maximal Weights, Eccentric exercises.
Excellent for swimmers and coaches about to embark on a strength programme.
- Visualisation - Focusing Techniques and mental rehearsals are used extensively by all top athletes to enhance performance. This video gives a comprehensive look at the use of visualisation in sport through various case studies.
- Media Matters plus booklet - this is hired to you as a kit and is designed for individuals and voluntary groups involved in promoting fitness and healthy lifestyles in the community. It can be used to publicise and attract members, hence is ideal for AUSSI Clubs.
- Exercise beats Arthritis - A unique series of exercises set to music, designed to keep joints mobile.
- Every Second Counts - Effective Time Management in Sports Training. Whilst this video is not specific to swimming it gives many good examples of how time is wasted in coaching. A good tool for staff workshops or self evaluation.
- Give it a Go! - Coaching Athletes with disabilities
- Swim Easy with John Konrads

Audio Tapes

- THE CREATIVE PERFORMANCE INSTITUTE
 1. Guided Imagery for Racing Risk Taking & Racing
 2. Guided Imagery for Training Commitment & Training Today
Relaxation and Mental Rehearsal
- AUSTRALIAN COACHES CONFERENCE SERIES 1990
 1. The Role of the National Coach in Australian Swimming - Don Talbot OBE
 2. Utilisation of Time and Space for Swimming and Dryland Training - Dick Shoulberg
 3. Coach, Athlete, Parent Relationships - Andrew Crouch
 4. Blood Lactate Responses in Masters Swimmers During Active and Passive Recovery - Peter Reaburn
 5. Integrating School And Club Swimming - Dick Shoulberg
 6. Physiological Considerations in Tapering Swimmers - David Pyne
 7. Training and Racing the Individual Medley - Dick Shoulberg
 8. The Importance of Teaching Good Technique - Laurie Lawrence
 9. The AUSTSWIM Swimming Program - John Kilpatrick
 10. High Altitude Training - Ian Findlay
 11. Coaching Butterflies - Doug Frost
 12. Long Distance Swimming Training - Dick Campion
 13. Coaching the Elite Distance Swimmer- Ian Findlay

AUSSI RESOURCE CENTRE - ORDER FORM

NAME.....

ADDRESS.....

.....

.....

Phone No.....

AUSSI CLUB.....

I REQUEST THE FOLLOWING ITEMS

1.....

2.....

3.....

I would like to hire them for a total of.....wks
commencing.....date

1 agree to return them in good order complete with my
cheque for hire and postage.

Signed.....

Date.....

ORDER FORM AND CHEQUES PAYABLE TO:

AUSSI Masters Swimming
P.O. Box 207
MARLESTON SA 5033
Phone/Fax 08 8344 1217