



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

NATIONAL OFFICE
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NATIONAL

Volume 8, No 3, JUNE 1997

NEWSLETTER

In this edition we have an interesting report from Glenys McDonald on her recent trip to Sweden, where our bid to hold the 2000 World Swim was lobbied. Also there is an article on FINA showing what is done to parties who disobey their Rules. New Member Kits, have you heard of them?, well we explain a bit about them for you.

Also, as an extra piece of reading material, Ivan Wingate (NED) has just returned from Casablanca where he attended a FINA Masters Committee Meeting. Ivan has written a 3 page report for AUSSI on his thoughts of Casablanca, that will be of great interest to all of us. This will be an extra apart from the Newsletter.

I believe AUSSI has gone ahead in leaps and bounds over the last couple of years. On the World Stage, we have had our President going overseas to bid for the right to host 2 World Swimming Events, and our National Executive Director appointed to the Fina Masters Committee.

On the local scene, our Technical and Coaching Accreditation courses have received wide spread recognition for their content, quality, and presentation. This has been achieved by a lot of hard work by many people. We in AUSSI can hold our heads high and proud.

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

**AUSSI National Swim
1998 - Hobart. 12 - 14 March.**

At this stage plans for the 1998 swim are humming along. There is a keen group who are leading the organisation and hopefully as much information regarding accommodation, extra costs during the swim, merchandise etc. will be available during October. Return trips on the Bass Strait Ferry are very economical and there's talk of a catamaran service at some time.

Accommodation listings will also be sent out in October and there's plenty on offer around the Aquatic Centre which is two blocks from the main shopping mall. We're hoping of course that people will stay after the swim and enjoy some of the sights - Tasmania is renowned for its scenery, good walks and of course some excellent wineries.

On a swimming note - the Aquatic Centre construction is on track (this has been constructed on the site of the original Olympic Pool), is indoors (for those who could not face outdoors in Tassie), and the National Swim will be the 3rd major competition after 2 Fin Swimming events - another 1st for Masters.

If you want information regarding the swim etc., you can contact the Branch Secretary
Katherine Daft
Phone 03 62 231317

**We don't own an 'E'
and we stand TALL**

Notice to all Clubs/members: It is noted that correspondence and agenda items directed to this meeting by Clubs, did not refer to our organisation in its correct titleremember **"We don't own an 'E' and we always stand TALL"**.

HOW CAN WE EXPECT THE PUBLIC TO ADDRESS US CORRECTLY WHEN OUR OWN MEMBERSHIP DOES NOT.... PLEASE MAKE IT A PROJECT TO GO IN AND MAKE YOUR COMPUTER FORMATS CORRECT & ADVISE MEMBERS,

AUSSI Masters Swimming

It may appear as if we are being a bit pedantic, but constitutionally if AUSSI is not capitalised it is incorrect!!

We are not a short for Australian (Aussie), we are the Adult Union of Senior Swimmers International AUSSI

"stolen from the minutes of Western Australia's Council of Clubs Meeting".

.....
A SWIMMER FEELS THE WATER BUT CAN'T
SEE THE TECHNIQUE
THE COACH SEES THE TECHNIQUE BUT CAN'T
FEEL THE WATER
.....
Duncan Laing
Coach of Olympic Champion
Danyon Loader
.....

FINA RULE VIOLATIONS

I have received some interesting information on just how serious FINA takes it's rule's.

Here is an extract from a FINA report tabled at one of it's meetings.

18.2 Violation of FINA Rules GR 4.1

The Honorary Secretary reported that the National Federations were informed and warned that marathon swimmers should not take part in competitions not sanctioned by a FINA Member Federation. However, marathon swimmers from various Federations had participated in two competitions not sanctioned by the Argentinean Swimming Federation.

The Honorary Secretary, after having received the information thereof from the Argentinean Swimming Federation, wrote letters to the Federations of the swimmers concerned and requested them to take action against the swimmers in accordance to FINA Rule GR 4.5

Of those Federations concerned, the Argentinean Swimming Federation suspended their participants for one year, as per FINA Rule GR 4.5

The Spanish Swimming Federation gave one swimmer that participated a warning, and other Federations had not yet reported any action in accordance with GR 4.5

The Bureau authorised the Executive to follow up this matter and apply the FINA Rules.

It should be noted that GR 4.5 says that "Any individual or group violating this Rule shall be suspended by the affiliated Member for a minimum period of one year, up to a maximum period of two years. FINA retains the right to review the

suspension made by the affiliated Member and to increase it up to a maximum of two years in accordance with the circumstances involved. The affiliated Member shall abide by any such increase made on review.

One wonders if the follow up will include a review on the swimmer given a warning as well.

This just shows that FINA is "fair dinkum" and will apply the letter of the law in regards to its Rules.

ANOTHER NET ADDRESS

Australian Swimming's new
Internet home page is:-
[www.ausport.gov.au/swim/
home.html](http://www.ausport.gov.au/swim/home.html)
and the E-mail address is:-
auswimming@ausport.gov.au

Check them out

AUSSI INFORMATION NEEDED

Peg Wilson, for those of you who do not know, is AUSSI'S Archivist. Peg would like to find out who has swum at the most National Swims. If you have swum in 15 or more can you please contact:-

Peg Wilson
52 Upper Street
Tamworth
NSW 2340

To get the ball rolling, my spies have found that Beryl Stenhouse, the Secretary of AUSSI NSW has swum in 15 National Swims.

REPORT ON THE 2000 SWIM BID

Perth, Western Australia applied to FINA to host both the 1998 and 2000 World Masters Championships. Both bids were solid bids, well presented, and with the backing of the Western Australian Government. The Challenge Stadium, the proposed aquatic site for the bid has a 10 lane and 2 x 8 lane heated pools; a separate diving and water polo pool, and immense accommodation for meeting and catering requirements.

In each case we lost out to facilities in Europe with only an 8 lane pool and limited warm up facilities. This is not sour grapes, but it is a fact of life. Any bid requires the support of the European Bureau members to have a chance of success. They do not often vote against their own area. In these cases they supported Casablanca and Munich.

Various political expediencies carry more weight than facilities and expertise, even when considering the implications of an immense event of 4,500 competitors in masters diving, water polo, synchronised swimming and swimming. The open water event requires separate consideration.

However AUSSI can be very proud of the two bids and the way in which they were presented to the FINA Bureau. The bid costs for 1998 was fully covered by the WA Government through Eventscorp. The 2000 bid was supported by the WA Government with my airfare to Sweden and accommodation paid for. Although unsuccessful in each case, the experience we learnt from these bids, and the expertise gained is of immense value.

Aussi was able to negotiate the following with the Western Australian Government.

- A budget of \$1.6 million.

- A fee for AUSSI to run the event of \$100,000.
- An underwriting from the WA Government of \$500,000 in writing.

This position is obviously a good starting point for any future bid negotiations. AUSSI was aware of our chances when we entered the bid process. However at the time our bid was sent by courier to FINA on the closing date of 31 December, no other bids had been received. Our 31 December is of course 30 December in Europe, and Munich's bid arrived on the final day as well.

An immense amount of work went into these bids. Obviously our aim was to conduct an event in Australia which would see AUSSI set up financially for many years to come. A similar aim to our involvement in conducting the 1988 World Masters Championships which were very successful.

Whilst we may have great difficulty securing future World Masters Championships under the FINA system, we can consider hosting another Pan Pacific Masters event. This event may not attract the same numbers, but could be a consideration for the future. It is currently allocated by agreement with the Presidents of Masters Swimming Nations. Remember AUSSI can only function financial on the income of member registrations, sponsorship and events such as these.

A further benefit of these bid applications is that Australian Swimming Inc is considering an application from AUSSI to become a member of their International Committee with full voting rights.

Glenys McDonald
President. AUSSI Masters Swimming



Calendar of Events National/International

1997

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

8-18 October Asia Pacific Masters Games
Brisbane, Queensland

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

WHY BEER IS A GOOD DROP FOR THE DIET



Beer can keep people healthy - and slim - new research has concluded. Professor David Williams, of Cardiff University, says the amber nectar has long suffered from an undeserved image. "When used as part of a balanced diet, beer is beneficial for human health, and the infrequent mishap resulting from a little overindulgence is no reason to brand beer as contrary to our well being", he says.

In an article in the publication Chemistry in Britain, Professor Williams writes that beer is a "complete food", containing worthwhile amounts of carbohydrates, protein and vitamins - and an important source of the average daily water requirement.

It is healthier than soft drinks and contains no fat or sugar.

He says the beer drinkers curse of a large abdomen - or beer belly - is the consequence of the effect of alcohol as an appetite stimulant and anaesthetic. "Alcohol numbs your stomach so you can't always tell when it's full," Professor Williams says. Professor Williams, an expert in analytical chemistry, also says the evidence suggests that those who drink moderate amounts live longer.

By Liz Deegan for a London Newspaper

TRAVEL UPDATE

International Sports Tours, the AUSSI preferred Travel Agent, have handled the affairs of 66 AUSSI's and supporters heading off to the Pan Pacific Masters. Our President, Glenys McDonald will also be there attending a meeting of Pacific Rim Nation Presidents, and will be there to cheer on the troops.

MOROCCO

The VII World Masters Swimming Championships is to be held in Casablanca on the 21-30 June 1998. Corinne Chesworth from IST is in Casablanca now, checking accommodation, swim venues, and post championship tour options. More information will be coming through the National Office in July.

NIKE WORLD MASTERS GAMES

IST have received several enquiries for the Games. If there is sufficient interest, there is the possibility of a package being arranged for AUSSI. All you have to do is register your interest with IST a.s.a.p.

International Sports Tours can be contacted on

Phone (02) 9922 6166
Fax (02) 9957 4026
Toll Free 1-800 242987

LETTER TO THE EDITOR

Dear Doug,

You are to be congratulated on your efforts to produce Volume 8, No 2 of the National Newsletter. My impressions of recent Editions was that it was low on substance and content, but the latest newsletter answered my criticisms. It was good to see results of the National Swim, a summary of the National Board meeting and content that was "news" to our members. Keep up the good work.

On another matter could you please add the Asia Pacific Masters Games (formerly the Queensland Masters Games) to the events calendar. It is to be held from the 8th to the 18th of October 1998.

Yours in swimming,

David Speechley
Branch Administrator
Queensland Masters Swimming.

Thank you for the kind remarks. The National Newsletter is a team effort between the Victorian Branch and the National Office.

Doug Tantau.

ACCREDITED OFFICIALS ARE YOU OUT THERE SOMEWHERE ?

I'm trying to locate any AUSSI members who have Technical Accreditation cards with numbers **1-98, 101-113, 115-131 and 135-153.**

If you have an AUSSI accreditation for any of the above numbers could you please let me know. I'll need your name, Club code, accreditation position, card number and date of accreditation.

Send to: Pauline Sampson
Director of Technical Development
P O Box 242
Rosny Park TAS 7018
Phone/Fax 03 62 436665

WHAT IS A NEW MEMBER WELCOME KIT

Exactly what it says! A kit that makes new members feel welcome. It is jam-packed full of interesting and important information to help new members get to know what's going on in the world of AUSSI.

Some examples of the things each kit might include are :-

From the National Board

- letter of welcome from the National President
- list of the National Board of Directors
- 'Role of the Medical Exam in Masters Swimming' leaflet
- 'Safe Veterans Sport' booklet
- 'Not the AUSSI Rules' information
- 'Facts sheets'
- 'What is AUSSI?' History of AUSSI
- Take your Marks
- Aerobic Swims
- The Organisation
- Did you know
- a copy of the current National Newsletter
- AUSSI promotional brochure
- Million Metre Card

From the Branch.

- letter of welcome from the Branch President
- list of Branch Officers
- a copy of the current Branch Newsletter
- AUSSI Branch promotional brochure
- list of interclub swim meets/social events
- promotional material from Branch sponsors
- general health literature (about healthy eating, sunblock, exercise, etc.)

From the Club.

- letter of welcome from the Club President
- list of Club Office Bearers

- a copy of the current Club Newsletter
- AUSSI Club promotional brochure
- list of training sessions, venues, costs, etc.
- list of forthcoming social events (BBQ's, dinners, etc)
- promotional material from Club Sponsors
- free swim cap (helps to promote the club)

Now we know that not all of these things may be of interest to every New Member, but it's good for them to have the kit as a resource to refer back to from time to time...

Some clubs present their New Members with the kit and Membership Card at training or at their monthly social event.

How does your Club use their New Member Welcome Kits? (Or don't they?)

If you have a feedback or suggestion about the New Member Welcome Kits, please forward it to

Gary Stutsel
Director of Membership Development
AUSSI Masters Swimming in Australia
4/18 Ridge Street
NORTH SYDNEY NSW 2060

Written for the National Newsletter by

Jodi-Ann Beard
Administration Officer
Victorian Branch of AUSSI



BEYOND 2000 WITH THE CONFEDERATION OF AUSTRALIAN SPORTS

With Sponsorship from Mobil Oil, the Confederation of Australian Sport (CAS) held a series of workshops across Australia to attempt to identify the issues effecting the development of sport towards and beyond the year 2000.

As one of the attendees Gary Stutsel, the National Board member for Membership Development, received a copy of these meetings and has extracted the following as the matters most relevant to AUSSI's future.

Your comments and suggestions on these matters will be very welcome.

Membership Needs

- ◆ access to facilities
- ◆ enough coaches with advanced skills
- ◆ keeping it fun
- ◆ balancing competition and participation
- ◆ awareness of and response to changing expectations of members

Commercial Challenges

- ◆ facilities and programs provided by
 - ◇ quasi government e.g. Masters Games
 - ◇ private organisations e.g. Masters squads
- ◆ people buying pre-packaged sport from leisure centres etc.
 - ◇ that is people the move toward people
 - ◇ wanting to be customers rather than members

Opportunities for Clubs and the AUSSI Organisation

- ◆ finding ways of embracing consumers who just want to be customers
- ◆ development and marketing of our products/services
 - ◇ coaching courses for adults and trainee coaches
 - ◇ organising and conducting swim meets
 - ◇ training technical officials
- ◆ providing these sporting services
 - ◇ to clubs
 - ◇ to schools
 - ◇ to businesses and business groups

- ◆ forging new relationships with commercial service providers
- ◇ being prepared to enter partnerships, joint ventures etc., to improve the range, quality and accessibility of services

Organisational Challenges

- ◆ Club Organisation to 2000 and Beyond
 - ◇ effect of reduced flow of volunteers on the nature and viability of the club structure
 - ◇ need to use paid people to
 - administer our programs
 - deliver our programs
 - ◇ paid and volunteer workers
 - finding the balance
- ◆ AUSSI organisation Structure and Management
 - ◇ relationship between the club, the Branch and the National Body
 - flow of resources
 - downwards
 - upwards
 - lack of flow of resources
 - ◇ do we need to change the federal structure of National Body to become a more "business" orientated structure and operation

Financing the Future

- ◆ to establish financial independence and security may need to persuade members and participants that they will have to pay more
- ◆ possible development of multi-sports clubs with paid administrators
- ◇ need to develop links between sports

Communication

- ◆ within our sport
- ◆ in the broader positioning sense

****Note: Sydney rowing clubs are charging \$120 for a course on "Learning to Row" which lasts 4 weekends**

FROM THE DESK OF DARRYL HAWKES, NATIONAL RECORDER

Please pass on my congratulations to all the Australian AUSSI's that made the FINA Masters Swimming Top Ten for the year of 1996.

I wish them well for this year and hope that many more AUSSI's can reach international fame in the 1997 tabulation.

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

LONG COURSE WOMEN

Lesleigh Mayes **QTV** **35-39 yrs**
50m Freestyle 00m28.40 22 Feb 97
400m Freestyle 04m43.37 27 Mar 97

Penny Bond **QTV** **35-39 yrs**
400m Freestyle 04m45.19 16 Feb 97
400m Freestyle 04m43.71 08 Mar 97
800m Freestyle 09m36.31 16 Feb 97
1500m Freestyle 18m29.14 02 Mar 97
200m Butterfly 02m36.59 02 Mar 97
200m I M 02m42.03 08 Mar 97
400m I M 05m30.71 16 Feb 97

Judy Clarke **QAT** **50-54 yrs**
50m Butterfly 00m34.04 19 Apr 97

Jen Thommasson **QSM** **50-54 yrs**
200m Freestyle 02m38.15 22 Feb 97

Jan Macleod **QRH** **50-54 yrs**
50m Breaststroke 00m39.16 26 Jan 97

Helena Morris **VPP** **55-59 yrs**
50m Butterfly 00m39.69 12 Apr 97

LONG COURSE MEN

Russell Fletcher **VPP** **35-39 yrs**

1500m Freestyle 17m42.63 12 Jan 97

Stephen Cook **QMM** **35-39 yrs**

100m Breaststroke 1m09.78 28 Mar 97

Peter Gilmour **NRY** **55-59 yrs**

100m Butterfly 1m07.68 29 Mar 97

200m Butterfly 2m34.90 27 Mar 97

John Scarr **QTT** **75-79 yrs**
100m Breaststroke 1m59.13 22 Feb 97

Alfredo Cherchi **NTR 90-94 yrs**
400m Freestyle 9m40.04 27 Mar 97

LONG COURSE RELAYS

Ettalong Pelicans **28 Mar 97**
Womens 200m Medley240+
02m49.52

Elvera Dunn Pam Hutchings
Brenda Casey Irma Heyting

Yours Sincerely

Darryl Hawkes
National Recorder

Opinions expressed in this Newsletter, whether editorially or by contributions, do not necessarily represent the views of AUSSI.

Contributions on matters affecting AUSSI are welcome, but all contributions are subject to the discretion of the Editor

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 Killmister.
- 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

I 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