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In this edition we ask “What’s in a name?”. In a radical new proposal, the National Board is being lobbied to change the name of our organisation from ‘AUSSI Masters Swimming in Australia Inc.’ to ‘Australian Masters Swimming Inc.’. This is an issue sure to generate a lot of debate as we carry our association into the 21st century. A change of this kind must be made with due consideration of the membership. All members are invited to consider the arguments given for and against the proposal on page 2.

We also have the answer to the question posed by our National Historian ‘Who has competed in the most AUSSI National Swims?’. This question revealed some amazing facts about Barbara Brooks from the North Lodge Neptunes Club in Victoria.

There is a report from our President, Glenys McDonald, about the 6th Pan Pacific Masters Championships which were held in Maui, Hawaii in June. It raises some very interesting points about the logistics of running large scale swim meets which will interest many of you.

A new feature beginning in this issue is called 'The Postal Centre'. It gives details of forthcoming Postal Swims. These are great events open to all AUSSI members and are especially of interest to those in more remote areas who don't get the chance to attend swim meets in person.

Some important information regarding the National Community Link Awards is included also. This program is designed to promote the value of volunteering, something most AUSSI members are very good at! (They say that those rowing the boat have very little time to rock it...)

Of course there are lots of other snippets including an updated Calendar of National/International Events, the latest National Records, updates on four of Australia's major pools and more.

So sit back, relax and enjoy reading *your* newsletter...

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

NEWSLETTER

WHAT'S IN A NAME?

Consider the arguments given for and against the proposal to change our name from 'AUSSI Masters Swimming in Australia Inc.' to 'Australian Masters Swimming Inc.'

✓ FOR ✓

- AUSSI is often spelt wrongly, sometimes even by our own members and Clubs (though this is sometimes a good way to point out that we are different)
- AUSSI has no meaning even to some of our leaders; it was misquoted recently as standing for 'Adult Union of Senior Swimmers International'
- government bodies and others could associate AUSSI with Aussie Sports which provide modified games for children
- 'Masters' is now a generally accepted term for adult sport due to the publicity given to various Masters Games
- our present name does not clearly indicate that we are *the* Australian organisation for Masters swimming
- using the proposed name as soon as possible will build common law goodwill which some see as missing at present
- in promotion and marketing, valuable time is wasted explaining what AUSSI once stood for that could be better spent explaining what we do
- a change of name would provide a valuable opportunity to market the organisation with a fresh approach, using our name change as an excuse of widely promoting what we do.

✗ AGAINST ✗

- there would be cost and inconvenience involved in altering the Constitution & Handbook and in replacing logos, letterheads, promotional literature, etc
- we would need to replace the existing cloth patches, certificates, medals, trophies, etc.
- there is sentimental value in the name AUSSI to which many of our members have an attachment
- the name AUSSI has been used for 22 years and is well known
- there is much history and imagery associated with the name AUSSI
- 'AUSSI' stands out amongst a list of sporting organisations, it would not be so if we were yet another sport starting with 'Australian...'

REMEMBER

This is not an exercise in political point scoring; this is a serious debate about the long-term future of our organisation.

The fundamental reality we are faced with is do we want to remove the name 'AUSSI' or not? In making your decision you should consider the potential benefits and consequences of each side of the debate.

We encourage you all to talk about this idea amongst your friends and then give your feedback to the National Board Delegate in your Branch. The issue will be up for discussion at the National Board Meeting on the weekend of the 11th and 12th of October in Adelaide.

MORNING MUESLI

Many commercial cereals contain added sugar, fat and salt. You can prepare your own nutritious cereal to avoid these hidden ingredients. Muesli is a mixture of cereals, nuts seeds and dried fruits. This recipe may be used as a guide but it is not important to use exact measurements.



- | | |
|---|--|
| <ul style="list-style-type: none"> • ½ cup oat bran • ½ cup wheat germ • ½ cup coarsely chopped nuts • ½ cup seeds (sesame, pumpkin or sunflower) | <ul style="list-style-type: none"> • 1 cup rolled oats • 1 cup flakes (soy, wheat or rice) • 1 cup chopped dried fruit <p>Mix together and store in an airtight</p> |
|---|--|

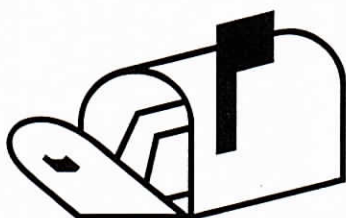
Some people find raw cereal hard to digest. This may be helped by soaking the muesli overnight in fruit juice, yoghurt or skim milk.

A healthy, carbohydrate-packed breakfast is especially important for swimmers as we need to build up our glycogen stores between training sessions.

GOOD MORNING TO YOU!

POSTAL CENTRE

for all the latest details
on postal swims...



BADDAGINNIE AUSSI ANIMAL INTERNATIONAL POSTAL EVENT

Are you a Baddaginnie Animal? Can you swim 800m freestyle, 200m breaststroke, 200m backstroke, 200m butterfly *and* 400m individual medley all in one day?

For AUS\$25 you will receive certification and a t-shirt proclaiming that you are a "Baddaginnie Animal". No times are required and Club entries are appreciated.

Entry forms are available from you Club Secretary or Branch office. Entries close **Oct. 1997.**

OCEANIA MASTERS ONE HOUR SWIM CHAMPIONSHIPS - SUMMER 97/98

A joint AUSSI/NZMS opportunity to see how far you can swim in an hour without stopping. You can try it any time in **November/December '97 or January 1998.**

The entry fee of only \$5 will get you a results certificate (for valuable Aerobic Trophy points) and the chance of winning a sport prize. Results are published in March ranking you in your 5 year age groups.

Entry forms are available from you Club Secretary or Branch office.

1997 AUSSI CARINE MASTERS SWIM 3000/5000 LONG DISTANCE POSTAL SWIM

Each swimmer, for an entry fee of \$20, receives a long sleeved black polo shirt printed with this year's design which is colour coded to their level of achievement. The fastest swimmer in each age group male and female, will receive a certificate endorsed with "AGE GROUP CHAMPION".

Entry forms are available from you Club Secretary or Branch office. The swim must be completed in the month of **October 1997.**

CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

1997	24 - 26 October	Australian Masters Games CANBERRA, ACT
1998	28 - 31 January	World Winter 'Masterathlete' Games Swimming OTTAWA, CANADA
	31 Jan - 8 Feb	New Zealand Masters Games DUNEDIN, NEW ZEALAND
	12 - 14 March	AUSSI National Swim HOBART, TAS
	15 - 19 April	Australasian Public Sector Games MELBOURNE, VIC
	19 - 30 June	FINA World Masters Swimming Championships CASABLANCA, MOROCCO
	9 - 14 August	World Masters Games Swimming PORTLAND, OREGON, USA
	31 Oct - 1 Nov	Asia Pacific Masters Games Swimming GOLD COAST, QUEENSLAND
	18 - 23 October	HONDA Masters Games Swimming ALICE SPRINGS, NT
1999	13 - 16 May	AUSSI National Swim DARWIN, NT
	early October	Australian Masters Games ADELAIDE, SA
2000	27 July - 8 Aug	FINA World Masters Swimming Championships MUNICH, GERMANY

AUSSI NATIONAL RECORDS - LONG COURSE

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

WOMEN

Haley Moyle	NWG	20-24 yrs
100m Breaststroke	01m19.96	28 Mar 97
200m Breaststroke	02m58.66	29 Mar 97
Angela Collett	NET	20-24 yrs
400m Freestyle	04m37.42	27 Mar 97
Belinda Hall	NRV	20-24 yrs
200m Ind. Medley	02m38.75	27 Mar 97
400m Ind. Medley	05m35.24	28 Mar 97
Kylie Ryan	NSA	25-29 yrs
200m Freestyle	02m11.46	29 Mar 97
Alison Pegg	QWS	30-34 yrs
400m Butterfly	05m53.38	04 May 97
Gail Singleton	QPN	35-39 yrs
400m Backstroke	05m44.05	04 May 97
Nancy Richards	QSM	35-39 yrs
50m Butterfly	00m30.64	27 Mar 97
50m Butterfly	00m30.11	04 May 97
100m Butterfly	01m09.67	29 Mar 97
100m Butterfly	01m09.12	04 May 97
Sue Kearney	NML	40-44 yrs
100m Freestyle	01m06.45	28 Mar 97
200m Freestyle	02m25.35	29 Mar 97
Marilyn Earp	NWG	45-49 yrs
100m Backstroke	01m20.88	28 Mar 97
200m Backstroke	02m56.17	27 Mar 97
Sue Needham	QSC	45-49 yrs
400m Butterfly	07m35.06	04 May 97
Jennifer Grace	QBN	50-54 yrs
50m Freestyle	00m35.51	04 May 97
Jen Thomasson	QSM	50-54 yrs
400m Backstroke	06m31.78	04 May 97
Jan Macleod	QRH	50-54 yrs
50m Breaststroke	00m38.04	03 May 97
100m Breaststroke	01m29.77	04 May 97
50m Butterfly	00m35.37	04 May 97
Pam Fletcher	NCH	55-59 yrs
100m Butterfly	01m35.38	29 Mar 97
Val Green	NWS	65-69 yrs
400m Backstroke	07m57.13	04 May 97
Elizabeth Wallis	NML	70-74 yrs
400m Freestyle	06m59.11	27 Mar 97
200m Breaststroke	04m21.29	31 May 97
Judith Drake-Brockman	WCM	75-79 yrs
200m Freestyle	03m39.92	29 Mar 97
MEN		
Grant Robinson	NET	20-24 yrs
200m Freestyle	2m01.06	29 Mar 97
400m Freestyle	4m14.98	27 Mar 97
Darren Turner	NLS	30-34 yrs
400m Freestyle	4m21.40	27 Mar 97
Chris Windley	VSS	30-34 yrs
200m Breaststroke	2m37.56	29 Mar 97
Paul Lemmon	NET	30-34 yrs
200m Ind. Medley	2m19.58	27 Mar 97
400m Ind. Medley	4m56.45	28 Mar 97
Stephen Cook	QMM	35-39 yrs
50m Breaststroke	00m30.44	28 Mar 97
100m Breaststroke	01m09.65	04 May 97

continued

200m Breaststroke	02m35.89	29 Mar 97
Mark Morgan	NWG	40-44 yrs
100m Freestyle	00m56.31	28 Mar 97
50m Butterfly	00m27.37	27 Mar 97
100m Butterfly	01m01.92	29 Mar 97
Bruce Williamson	NWS	45-49 yrs
50m Freestyle	00m26.66	28 Mar 97
Warren Creswick	NLS	45-49 yrs
50m Breaststroke	00m34.31	28 Mar 97
Bob Patterson	VMM	50-54 yrs
100m Freestyle	01m02.16	04 May 97
Bernard Robertson-Dunn	ATN	50-54 yrs
50m Breaststroke	00m35.24	04 May 97
Mal Innes	TTL	55-59 yrs
400m Butterfly	07m05.22	24 May 97
Peter Gilmour	NRV	55-59 yrs
50m Butterfly	00m30.87	27 Mar 97
400m Ind. Medley	5m57.25	28 Mar 97
Dennis Jackson	QHB	75-79 yrs
400m Breaststroke	09m26.49	04 May 97
RELAYS		
Ettalong AUSSI		28 Mar 97
Womens Medley 80+		02m16.27
L Botwood, J Somerville, A Collett, E McIntosh		
Warringah Masters		28 Mar 97
Womens Medley 200+		02m36.89
C Addison, M Harrison, M Earp, L Kenniwell		
Ettalong AUSSI		29 Mar 97
Womens Freestyle 240+		02m26.27
B Casey, P Hutchings, I Heyting, E Dunn		
Manly AUSSI		29 Mar 97
Mens Freestyle 200+		01m55.37
W Riley, S Lamy, R Ford, P Featherston		
Warringah Masters		28 Mar 97
Mixed Freestyle 80+		01m49.06
S Gallie, G Addison, T Haines, P Bradburn		
Warringah Masters		28 Mar 97
Mixed Freestyle 120+		01m49.06
S Gallie, G Addison, T Haines, P Bradburn		
Warringah Masters		29 Mar 97
Mixed Medley 160+		02m10.41
P Hannon, M Morgan, T Haines, L Kenniwell		
Warringah Masters		29 Mar 97
Mixed Medley 200+		02m23.19
M Earp, D Ross, J Ayres, I Dodd		
Ettalong AUSSI		28 Mar 97
Mixed Freestyle 240+		02m12.65
B Casey, P Hutchings, A Duffy, J Brownjohn		
Ettalong AUSSI		29 Mar 97
Mixed Medley 240+		02m30.12
B Casey, P Hutchings, A Duffy, J Brownjohn		
Ettalong AUSSI		28 Mar 97
Mixed Freestyle 280+		02m42.09
H Heber, I Heyting, K Vickery, H Brian		
Ettalong AUSSI		29 Mar 97
Mixed Medley 280+		03m06.50
H Heber, I Heyting, K Vickery, H Brian		

AUSSI NATIONAL RECORDS - SHORT COURSE

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

WOMEN

Natalie Hamilton	NRY	20-24 yrs
50m Breaststroke	00m36.66	08 Jun 97
Belinda Hall	NRY	20-24 yrs
200m Ind. Medley	02m35.66	21 Jun 97
Ailsa Jeanes	NRY	30-34 yrs
800m Backstroke	13m54.44	13 Apr 97
1500m Backstroke	26m01.29	13 Apr 97
Penny Bond	QCN	35-39 yrs
800m Freestyle	09m35.23	31 May 97
Jenny Whiteley	NRY	35-39 yrs
400m Backstroke	06m03.36	13 Apr 97
800m Backstroke	12m25.45	13 Apr 97
1500m Backstroke	23m31.50	13 Apr 97
200m Ind. Medley	02m38.21	21 Jun 97
Nancy Richards	QSM	35-39 yrs
50m Butterfly	00m30.94	08 Jun 97
Donna O'Donnell	QSM	35-39 yrs
200m Ind. Medley	02m39.36	08 Jun 97
Sue Kearney	NML	40-44 yrs
100m Freestyle	01m06.67	17 May 97
Gwynneth Thurgood	VKM	40-44 yrs
1500m Breaststroke	28m53.12	28 Jun 97
Janet Bolton	NWO	40-44 yrs
400m Butterfly	06m28.16	13 Apr 97
Marilyn Earp	NWG	45-49 yrs
100m Backstroke	01m19.31	01 Jun 97
50m Butterfly	00m34.68	31 May 97
100m Butterfly	01m16.51	31 May 97
Jan Jeffrey	VMV	45-49 yrs
400m Backstroke	06m30.81	28 Jun 97
Lesley Gough	NCH	45-49 yrs
400m Ind. Medley	06m27.77	08 Jun 97
Jen Thomasson	QSM	50-54 yrs
200m Ind. Medley	03m02.66	08 Jun 97
Judy Burke	NML	55-59 yrs
50m Butterfly	00m41.40	17 May 97
Sue Mayne	TTL	60-64 yrs
400m Breaststroke	07m50.77	06 Jul 97
Val Green	NWS	65-69 yrs
200m Backstroke	03m49.60	07 Jun 97
200m Backstroke	03m44.24	21 Jun 97
400m Backstroke	07m56.43	13 Apr 97
400m Backstroke	07m50.29	07 Jun 97
800m Backstroke	16m11.78	13 Apr 97
800m Backstroke	15m51.83	07 Jun 97
1500m Backstroke	31m06.80	13 Apr 97
Elizabeth Wallis	NML	70-74 yrs
400m Freestyle	07m06.37	17 May 97
Betty Stern	NCS	75-79 yrs
50m Backstroke	00m50.63	21 Jun 97
200m Backstroke	04m20.08	21 Jun 97
50m Breaststroke	01m04.92	21 Jun 97
Grace Hackett	NWS	85-89 yrs
50m Freestyle	01m51.45	21 Jun 97
200m Freestyle	08m49.81	21 Jun 97
MEN		
Alex Lysenko	TTL	20-24 yrs
400m Backstroke	06m09.40	06 Jul 97
800m Backstroke	12m26.58	06 Jul 97

Alan Brown	NWS	30-34 yrs
400m Butterfly	07m29.86	13 Apr 97
Hugh White	NTR	35-39 yrs
800m Backstroke	11m53.65	13 Apr 97
Bruce Williamson	NWS	45-49 yrs
50m Freestyle	00m26.66	21 Jun 97
50m Butterfly	00m29.08	21 Jun 97
Stephen Lamy	NML	45-49 yrs
400m Backstroke	05m38.97	17 May 97
Gerry Tucker	VMV	45-49 yrs
400m Butterfly	06m30.69	28 Jun 97
800m Ind. Medley	13m33.71	28 Jun 97
Paul Wyatt	NCR	50-54 yrs
800m Freestyle	10m45.86	07 Jun 97
200m Ind. Medley	02m38.21	08 Jun 97
100m Ind. Medley	01m11.29	21 Jun 97
John Pugh	TLC	55-59 yrs
1500m Freestyle	21m36.92	14 Jun 97
Mal Innes	TTL	55-59 yrs
400m Butterfly	07m05.43	06 Jul 97
800m Butterfly	14m09.70	06 Jul 97
Chris Bell	QTV	60-64 yrs
800m Backstroke	13m23.88	31 May 97
Tony Goodwin	NML	60-64 yrs
50m Breaststroke	00m39.30	21 Jun 97
Tony Harker	NNS	60-64 yrs
800m Butterfly	23m13.48	13 Apr 97
Bob Barry	NLS	65-69 yrs
200m Ind. Medley	02m58.74	21 Jun 97
Peter Bourjau	THB	70-74 yrs
1500m Freestyle	31m00.14	14 Jun 97
Edward Donovan	VNL	70-74 yrs
1500m Freestyle	27m52.27	28 Jun 97
Kevin Vickery	NET	70-74 yrs
400m Backstroke	07m48.08	17 May 97
George Stewart	NWS	70-74 yrs
800m Ind. Medley	19m52.64	13 Apr 97
Edward Geary	SMR	75-79 yrs
100m Backstroke	01m52.94	25 May 97
100m Ind. Medley	01m50.44	25 May 97
Jamie Jenkins	NML	75-79 yrs
50m Backstroke	00m46.16	21 Jun 97
200m Backstroke	03m37.77	21 Jun 97
100m Ind. Medley	01m46.12	21 Jun 97
Al Alvarez	NPM	80-84 yrs
50m Butterfly	00m59.84	08 Jun 97
Alfredo Cherchi	NTR	90-94 yrs
50m Backstroke	01m19.86	21 Jun 97
200m Backstroke	06m15.40	21 Jun 97
RELAYS		
Brisbane Southside AUSSI		08 Jun 97
Mixed Medley 120+		02m04.68
N Richards, D O'Donnell, P Marsh, D Orchard		
Ryde AUSSI		21 Jun 97
Womens Medley 080+		02m18.09
B Hall, S Molson, N Hamilton, J Whiteley		
Ryde AUSSI		21 Jun 97
Womens Medley 120+		02m18.09
B Hall, S Molson, N Hamilton, J Whiteley		

National Bank CommunityLink Awards

The National has developed an awards program to promote the fundamental role played by volunteers in community and family life.

Community Link focuses on communities, families and volunteers. The Awards are expected to reach nearly 100,000 volunteer organisations and over one million Australians in their first year.

The Awards recognise outstanding performances of community organisations in terms of

- promoting the value of volunteering
- motivating and managing community volunteers
- significantly improving the quality of life in the particular community

There are six different project categories including 'Sport and Recreation' for organisations and clubs involved with sport, fitness, outdoor and community recreation. Activities can include training, education, transport, participation, disability activities and fund-raising projects.

They comprise cash and a trophy for State and National winners and are judged by panels comprising representatives of Australia's major volunteer organisations.

Nominations must be received by Friday 31st October and all nominees will receive a Certificate of Recognition. The winners will be announced at a dinner to be held on Friday 5th December.

Nomination information is available from your Branch Office or from the National Office on 08 8344 1217

P ♠ ♠ L NEWS

Melbourne Sports & Aquatic Centre
AUSI Victoria held the first championship meet in the newly opened MSAC complex on Sunday 24th August. Naturally there were a few hiccups but everyone agrees that the new complex is a vast improvement on the old State Swim Centre. Some swimmers who have competed all around the world are claiming the new complex to be equal if not better than anything they've seen. At a cost of \$65 million it should be!

Chandler Aquatic Centre (Brisbane)
The Chandler Aquatic Centre is set to host much of the pre-Olympic training in the year 2000. Teams from both Britain and the USA have signed up to use the outstanding facilities at the Sleeman Sports Complex. It may be the place to be for those of us who can't afford tickets to the real thing...

Sydney International Aquatic Centre
A staggering 3 million people have visited the SIAC since it opened on 15th October 1994; that is 110,000 per month. It is the second highest attended sporting facility in Australia behind the MCG. You can visit the NSW Institute of Sport Aquatics Campus there and it also boasts to have 'something for everyone'. So much so that it has now become a 'Top Ten' tourist attraction. Oh, and you can go there for a swim too...

Tattersall's Hobart Aquatic Centre
Some very new ideas for providing energy systems to aquatic centres have been employed in the development of the new Aquatic Centre in Hobart. The use of eight million litres of high quality reclaimed water every day will reduce the running costs of the centre by around 66%. Does that mean entry for the 1998 National Swim will be cheap?!

FINA WORLD RECORDS

WHEN IS A WORLD RECORD NOT A WORLD RECORD ?

During the 1996 VI World Masters Swimming Championships at Sheffield, Pam Hutchings of Ettalong NSW managed to receive a FINA Masters World Record Certificate for a time slower than her current AUSI and FINA record time of 1m27.46.

Many of us can justifiably be confused in trying to understand what constitutes a FINA Masters World Record. There are two types of recognitions:-

1. A certificate for establishing a time faster than the record time published in the FINA Masters News. This newsletter is published six monthly during June and December of each year.
2. A certificate for establishing a time faster than the fastest time on record. This is identical to the method used by AUSI.

Darryl Hawkes - NATIONAL RECORDER

ACTIVE AUSTRALIA

WHAT IS IT?

The vision of ACTIVE AUSTRALIA is all Australians involved in physical activity whether it be sport, community recreation, outdoor recreation or any other physical activity.

ACTIVE AUSTRALIA is a national participation framework – a shared approach by a range of different organisations aimed at getting Australians involved in quality physical activity. It is not just another physical activity campaign. It does more than just encourage people to become more active. It is also a national approach towards ensuring we all have a sport and recreation industry sufficiently skilled, educated and qualified to be offering us physical activity programs and services we are increasingly demanding.

For the first time, government and non-government agencies at the national, state and local level are working together to achieve this.

WHY DO WE NEED IT?

AUSTRALIAN PARTICIPATION CHARACTERISTICS

- In 1995/96 only 30.7% of people aged 15 years and over participated in organised sport and physical activities.
- Males had a higher participation rate (34.0%) than females (27.4%).
- Participation rates were highest for the 15-19 age group and declined steadily with age. Only 17.7% of persons aged 65 years and over participated in organised sport and physical activities.
- Australian-born persons were more likely to participate than persons born overseas.
- The Northern Territory was the most 'sporting' State/Territory with a participation rate of 38.6% and New South Wales the least (28.7%).
- 61.5% of children aged 5-14 participated in at least one organised sport or physical activity.

EXPENDITURES

- Participants spent over \$2,755 million on sport and physical activities during 1995/96.
- Each participant spent an average of \$652 during 1995/96 on sport and physical activities.

GOALS

Three goals are critical to the ACTIVE AUSTRALIA vision. They are

- to increase and enhance lifelong participation
- to realise the social, health and economic benefits of participation
- to develop quality infrastructure, opportunities and services to support participation

OUTCOMES

Outcomes related to the ACTIVE AUSTRALIA vision include

- increase lifelong participation
- better health and quality of life for all Australians
- quality infrastructure, programs and services
- increases participation opportunities
- minimised risk of injury or other adverse reaction in participation activities
- increased satisfaction with participation experiences
- increased economic value of the sport and recreation industry
- increased awareness of the benefits of active participation
- equitable access to participation opportunities
- decrease in health care costs

For more information about ACTIVE AUSTRALIA you can contact Henny Oldenhove at the Australian Sports Commission in Canberra on (06) 214 1529 or 0412 254 115.

66 AUSSI'S 'MAKE IT IN MAUI'!

A summary of the AUSSI President's Report to the Board and Branches

The swim meet was held on the island of Maui, Hawaii and conducted under USMS Rules with the exception of their 'no false start' rule, and there were no under 25's. The organisers had planned for 2000 competitors, but at the end had received **1111 nominations** from the following countries (in descending order): US, Japan, Brazil, Australia, Mexico, New Zealand, Taipei, Hungary, Ukraine, Macau, Germany, Canada, Switzerland, England, Italy, Netherlands, Sweden, France, UK, Austria, Argentina, Uzbekistan and Venezuela. The 'feel' of the meet was very friendly and laid back: 'hang loose' Hawaiian style.

The program was conducted over 7 days with 8.00am starts and finishes planned before the heat of the day. The swim was held in a 50m open pool and two 25m temporary pools were brought into to cater for warm-ups and training. There was some concern about allowing young children into these pools while swimmers were warming up.

Qualifying times were notified for the 400m and 800m event but were not adhered to because of the low and manageable numbers. This caused some annoyance to swimmers who would have liked to have entered these events but did not because of the advertised restriction.

There was no marshalling whatsoever. This is the USMS way, and it is up to the swimmer to be behind their correct blocks. There was some confusion regarding this, especially for those who could not speak or read English. I am convinced they would have had a number of errors.

Officials did disqualify a number of swimmers, but they only learnt of this when the results were posted. They could not be informed of the reason unless they officially protested. The same officials appeared to be on deck on the 4 days I attended the pool. I understand that all officials came from either the US or Japan.

Electronic timing was used, and timekeepers manned a back up button and a stopwatch each. There were some problems on the first day but they were corrected. The FINA World Recorder, Walt Reid, was responsible for the records and results of the meet. The computerised results were not easy to read. Again, young people were used as timekeepers.

There was considerable discussion amongst the swimmers about the placement of the 2k open water swim at the same time as the 200m breast and 100m fly events. After an explanation from the organisers about the difficult logistics of the open water swim, the consensus was that the pool events should have been delayed an hour or so and perhaps the OWS started a little earlier.

There were two social functions and they were fun, entertaining and value for money. The first was a lu'au on the foreshore in the grounds of the Marriott Hotel. Food was plentiful, drinks expensive and the rain a little disconcerting. A series of hula dances and fire dancers concluded a nice evening. The final BBQ was at the same venue minus the rain. Again the food was plentiful and this time the drinks were free (just because I smuggled in my own). Entertainment was a fabulous band, and a talent competition from all countries proved a hit. The shuttle bus provided for these socials and during the swim was not altogether reliable regarding timing. The two buses scheduled for the OWS did not turn up at all.

Medical cover at the pool and OWS appeared to be good and an ambulance was on standby at both venues. Marquees housed food stalls, clothing and souvenir shops, ticket selling for social events and massages were available at \$15 for 15 minutes.

We had a number of medal winners in both the pool events and the OWS event but I was unable to gain the details.

Glenys McDonald - PRESIDENT

Full results of the 1997 Pan Pacific Masters Swimming Championships are available on the World Wide Web.

NATIONAL SWIM QUESTION TURNS UP A TREASURE!

In the last issue of the National Newsletter AUSSI Historian, Peg Wilson, posed the question about who had attended the most AUSSI National Swims. After some debate we can reveal the answer - Barbara Brooks from the North Lodge Neptunes Club in Victoria.

Barbara has attended an exceptional 21 National Swims and even swam with a splint on her wrist one year! She also swam at Australia's inaugural international meet against Masters swimmers from the USA in Sydney in March 1974.

Not only has Barbara attended many meets, her performances are something to be admired also. Over the years since then Barbara has won many medals and held numerous records at both National and State level. She has also amassed a total of 84 first, 31 second and 8 third national Top Ten placings.

Barbara is a very familiar face at international swims too. She regularly attends World Masters Swimming Championships and other international level meets all over the world. Naturally she was at the 1997 Pan Pacific Masters Swimming Championships which were held in Maui, Hawaii in June. She says she really enjoys the atmosphere of large international meets.

It is no wonder then that Barbara is a valued member of the Victorian Branch State Committee. Her role as Vice President and Swim Meet Co-ordinator allow the Branch to benefit from her vast experience. Barbara was the founding Secretary of AUSSI in Victoria and in 10 years of service in that role contributed endless hours of her time to support the principle of the organisation in her home State. She has also served on her Club Committee for seven years.

Naturally Barbara was awarded a 21st Anniversary Gold Pin Service Award last year for her outstanding contribution to AUSSI at Club, Branch and National level.

We salute you, Barbara!

ASCA Conference Papers

Four papers presented at the recent ASCA Coaches Conference have just been cleared for publication. If you are interested in getting hold of the summaries of these papers, please contact your Branch Office.

Author : Kay Cox PhD (National Coaching Director)

- 'A PROFILE OF THE AUSSI MASTERS SWIMMER AND COACHING IMPLICATIONS'
- 'PARTICIPATION OR PERFORMANCE IN AUSSI MASTERS SWIMMING?'

Author : Peter Reaburn PhD (Central Queensland University)

- 'DO MASTERS SWIMMERS NEED COACHES?'
- 'SLOWING THE AGE-RELATED DECLINE IN TIMES'

Melbourne's 2002 World Masters Games Bid

After pulling out of the bid for the 2000 World Masters Swimming Championships in support of Perth, Melbourne is now set to bid for the 2002 World Masters Games. Anyone who was there for 1994 WMG in Brisbane will be excited at the prospect of the Games coming 'down under' once again. But will they?

FINA Tells... After Casablanca? Munich, Germany.

'During the FINA Bureau Meeting in Gothenburg last April, the City of Munich (GER) was chosen to be the host in 1999 of the VIIIth FINA World Masters Swimming Championships. The choice was difficult, as Perth (AUS) was the other excellent candidate city.' *Our congratulations to Perth on a fine effort.*

1998 Nike World Masters Games - Portland, Oregon, USA

The newest contact for these Games is Lauren Kelling, Registration Co-ordinator. You can reach her on Telephone: 0011 1 503 226 1998 ext. 275 (toll payable)

Opinions expressed in this Newsletter, whether editorially or by contributions, do not necessarily represent the views of AUSSI. Items on matters affecting AUSSI are welcome but all contributions are subject to the discretion of the Editor. Please forward your contribution to National Newsletter Editor, P O Box 1104, HARTWELL VIC 3125 by early October for inclusion in the October Edition.

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 Tap	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

- **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 - 40 minutes of theory and practical showing real AUSSI swimmers of all shapes and abilities.
- **Swim Easy with John Konrads**. 45 minutes. An in-depth analysis of freestyle the John Konrads way. Excellent visual images.
- **Swimming Breaststroke**. 19 minutes. Superb analysis of the strokes of Adrian Morehouse and Nick Gillingham, plus 5 minutes of Sam Riley.
- **The Athletic Institute Swimming Series** - Covers all strokes, starts and turns with progressive skills. A bit dated but excellent under water shots of good basic techniques. Well worth a look.
- **AUSSI Workshop - Tailoring a programme** - plus booklet. This workshop held in Tasmania features Anita Killmier.
- **Swimming Fastest III** - John Trembley. A video and book combination. A *must* for all coaches, teachers and swimmers.
- **"Swim Smarter, Swim Faster."** I & II. Richard Quick and Skip Kenny of the Stanford University take you through nearly two hours of stroke drills, techniques plus Starts, Turns and Finishes.
- **ASCA Conference - Masters Stream** - Adelaide 1992.
- **Masters Stroke Techniques**. A biomechanical analysis of the four strokes by John Leonard of ASCA, with demonstrations of drills by US Masters swimmers. 50 minutes.
- **Your backyard swimming pool is your home fitness centre** - as the name suggests, gives ideas to utilise your pool to full advantage.
- **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.
- **Stretching - Bob Anderson**. A really great selection of exercises demonstrating correct technique.
- **Food for Sport** - featuring Karen Inge. Very good!
- **Sunrice High Performance Eating Strategies**, - plus booklet. A good video made better by the booklet.
- **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.

- **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.
- **Give it a Go!** - Coaching Athletes with disabilities

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