

NEWSLETTER

NEWS UPDATE

Confederation of Australian Sport Inc.
SPORT FOR ALL

"SPORT RUNS SPORT NOT GOVERNMENT"

The Hon. Andrew Thomson
Minister for Sport & Tourism
19 November 1997

(Was there ever any doubt? - lid.)

NOT THE NATIONAL TOP 10

source: Vegetarian Resource Group

1. SPINACH

High in folic acid and iron, spinach is especially good for keeping your blood healthy. Try making a spinach & ricotta filo or spinach pie.

2. SWEET POTATO

Lots of fibre and Vitamin A make sweet potato a real treat. Sweet potatoes are widely available so try one soon with some Indian or African food.

3. BROCCOLI

Chock full of Vitamin C, broccoli is great in soups and pasta dishes. Alternatively try it in a salad or just munch on it raw.

4. CARROT

Carrots are one of the best sources of Vitamin A and not bad on fibre either. Try them raw on their own or in salad or cooked in a stew or pasta dish.

5. BRUSSELS SPROUTS

These are not everyone's favourite usually because they are overcooked. However they are very high in both fibre & Vitamin C and worth a second try. Just blanch.

6. PUMPKIN

Lady Flo would have us believe that this is the best veggie of all. Pumpkin Pie or Scones are all very well but can anything beat Roast Pumpkin on Christmas Day?

7. SNOW PEAS

On their own or in a stir-fry or salad, snow peas are delicious. They are high in iron and Vitamin C and make a great snack.

8. CAPSICUM

These nutritious peppers are widely available in green, red and yellow. They are versatile enough to include in salad, pasta or soup and taste great all on their own.

9. POTATO

Roast Potato or Potato Salad make a healthy alternative to chips or wedges. Potatoes can't be beaten for dietary fibre or iron.

10. CAULIFLOWER

Like broccoli, cauliflower is a very flexible vegetable, though this one is high in Vitamin A. Try it roasted for something different.



MILLION METRE MADNESS



In the last edition we asked for some stories about members who had achieved their Million Metre Badge (MMB). So here are the first of many interesting tales from various Clubs...

BRISBANE SOUTHSIDE (QLD)

Our President, **Kay Huysing**, received her MMB some time ago and is always encouraging more of our members to take the time to record the many kms they train each week. In October this year **Stan Jacobs** achieved his MMB and is now working towards his 3 Million. Both **Katalin Morden** and myself (**Helen Holmes**) are working towards our MMB.

DONCASTER DOLPHINS (VIC)

Kaye Jarrott and **Dorothy Dickey** had both earned their MMB's by August 1997 after starting in 1993 and 1994 respectively.

OSBORNE PARK (WA)

Sue Pow, our coach for six years and WA & National Coach of the Year in 1995 not only finds time to coach us regularly but makes time for all her training as well. Sue is loved by all her club members. **John MacDonald**, more affectionately known as **Johnny Mac**, is a keen club member who enjoys distance swimming. He's hard to slow down and almost impossible to stop.

SYNDAL SHARKS (VIC)

Bruce Ripper received his MMB in September 1991 after 10 years of swimming. He says he only achieved it because 3000m and 5000m swims were part of the National Aerobic Trophy competition. **Darley Ingleton** was awarded the MMB in May 1997; it took him 4 years to complete the task.

WARRINGAH MASTERS (NSW)

Our Treasurer, **Peter Watson** was awarded the MMB in February 1994. He is not currently notating metres for a second award. Our President, **Noel Peters** has achieved this goal of two occasions, his first was in August 1993 and his second was in March 1996. At this point in time he is 750,000 metres into his third million. Another member, **Anne Parkinson**, achieved her MMB in February 1995 but alas is not a current member. Anne had to forego her swimming activities to pursue mature age academic study. 'Biddy' Hall (now deceased) was also a MMB'er. We believe she achieved her Million prior to 1993.

Please let us know about the MMB'ers in *your* Club.

LETTERS TO THE EDITOR

It seems that the issue of changing our name is still firmly on the agenda of many AUSSI members. Here are a few further ideas on the topic for you to ponder...

Dear Editor,

It is typical of today's society to want to change things which have been held valuable in the past. Thankfully people like our NED have the wisdom to ask "Why?"

Highfields Aussi MS (HAMS) is proud to carry the word Aussi in our name. We actually added Aussi to our name when that request was made by Aussi MS.

We believe that Aussi MS is a far more welcoming name than Australian MS. Do we wish to continue to encourage the wide variety of individuals who compose our clubs or are the more competitive swimmers amongst us attempting to promote self worth as Australian not Aussi swimmers. At HAMS we are proud to belong to Aussi Masters and hope that every connotation of the word 'AUSSI' continues to be enforced by the friendship, fun and fitness activities our club offers to its members. Change for the sake of change is pointless and costly.

Highfields Aussi Masters Swimming (HAMS)

Dear Editor,

Ivan Wingate (NN Oct. '97) has asked the right questions.

Ivan asks who we want to change the name for and why. He says we have two audiences, both an internal and an external. I would agree, but go one step further and say we have two external audiences, making a total of three. As he says many of our internal audience, the members, are happy with the name AUSSI. I doubt his assertion that even those who seek a change "detest" our name AUSSI, least of all me because I coined it 22 years ago at the birth of our organisation. But I see the need for a new name.

As he and our National Executive have asserted, our "clever" name is widely known and recognised by an external audience. But this audience is the Establishment of Sport; the ASC, the ASI, FINA, overseas Masters organisations and other sports. The audience we seek to address is the third one.

This huge external audience is the public who have never heard of us. I believe we all agree that we need to market ourselves more effectively to this third audience.

Ivan suggests we could adopt a marketing name (to reach this audience) without changing our official name (from AUSSI) thereby avoiding both the costs involved and offending any of our emotional long term members.

As Ivan suggests we can adopt the marketing name **Masters Swimming Australia.**

Gary Stutsel (Trinity AUSSI, NSW)

Dear Editor,

Why don't we simply call our organisation..... "AUSTRALIA'S UNITED SENIOR SWIMMERS INC." or "AUSSI" for short.

It would then be up to the Marketing Director to promote the name so that whenever AUSSI is mentioned, ordinary people will connect it with adult swimming.

The name is also more acceptable to ordinary swimmers etc. who think the word Masters signifies elite (Oxford Dictionary - a group regarded as superior and favoured). We would still be affiliated with ASI and FINA as Masters Swimmers.

David Forsyth (Mackay, QLD)

That's a novel idea, David. - Ed.

Dear Editor,

Our Club opposes the dropping of "AUSSI" in Aussi Masters Swimming. We are proud to call ourselves the AUSSI swimmers and it also would be a great financial burden to change certificates and stationery.

Helga Duncan (Campbelltown A.U.S.S.I. MSC)

There are some interesting ideas amongst those. Please pass your thoughts on to your National Board delegate in preparation for the Board Meeting to be held in Tasmania in March 1998. Now on to other things...

Dear Editor,

While there is no doubt that the 4 steps mentioned in the October Newsletter are essential steps in heart care they only tell part of the story.

There are many people like me (heart attacks in July and August 1996 and by-pass surgery in August 1996) who have followed all four steps for many years.

It is also important to manage stress (swimming regularly helps) and as in my case to be more careful choosing your genes. Both my father and his brother have died from heart attacks, so of there is a history of heart disease in your family you need to have a serious discussion with your family doctor.

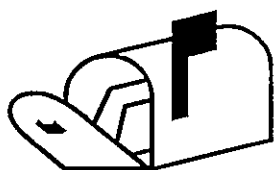
Gary Stutsel (Trinity AUSSI, NSW)

Thanks for your letter, Gary. It is important to acknowledge that there is more to heart health than just diet & exercise and that genetic factors can certainly play a big part. NN is trying to encourage healthy heart habits amongst its readers to make the most of whatever genes they may have inherited. I am very glad to hear that regular swimming is helping you. - Ed.

Letters to the Editor may be posted to
P O Box 1104, HARTWELL VIC 3125
or faxed to (03) 9809-2588.

POSTAL CENTRE

for all the latest details on postal swims...



OCEANIA MASTERS ONE HOUR SWIM CHAMPIONSHIPS - SUMMER 97/98

It's not too late to attempt this one. How far can you swim in an hour without stopping? AUSSI/NZMS challenge you to test yourself **before the end of January 1998**. The \$5 entry fee will get you a certificate and the chance of winning a spot prize. Results are published in March (ranked in your 5 year age groups) and can count towards your 1998 Aerobic Trophy pointscore. Entry forms are avail. from you Club Secretary/Branch Office.

CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

1998	31 Jan - 8 Feb	New Zealand Masters Games DUNEDIN, NEW ZEALAND
	12 - 14 March	AUSSI National Swim HOBART, TAS
	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	6 - 14 February	New Zealand Masters Games WANGANUI, NEW ZEALAND
	11 - 15 May	AUSSI National Swim DARWIN, NT
	(date tba Jan 1998)	Pan Pacific Masters Swimming Championships AUSTRALIA
	25 Sept - 3 October	Australian Masters Games ADELAIDE, SA
2000	March/April	AUSSI National Swim QUEENSLAND, AUSTRALIA
	27 July - 8 Aug	FINA World Masters Swimming Championships MUNICH, GERMANY
2002	6 - 19 October	World Masters Games MELBOURNE, AUSTRALIA

1998 AUSSI National Swim UPDATE

We gave you a sneak preview of the logo for the 1998 AUSSI National Swim in the last edition of the National Newsletter. The logo was designed by Meridi Wright and will feature three colours: aqua, red and a touch of yellow. The logo will feature on windcheaters (\$30), polo tops (\$25) and embroidered patches (\$5). Don't forget to get your order in with your entry form as there may not be any available at the meet. Swim caps will also be available. Entries should be with your Club by early February.

Don't forget to check accommodation availability with Dickenson's Conference Management on Ph. (03) 6228 1932, Fax (03) 6278 2956 or travel@southcom.com.au. NB. Rooms and flights are booking out quickly, so book ASAP to avoid disappointment.

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 the end of January for inclusion in the February Edition.

The following AUSSI NATIONAL RECORDS have been approved since the last newsletter.

LONG COURSE WOMEN

Joanne Gillen	NSG	20-24 yrs
1500m Backstroke	26m20.11	30 Aug 97
Jenny Whiteley	NRV	35-39 yrs
400m Butterfly	06m07.10	30 Aug 97
800m Butterfly	12m48.20	30 Aug 97
Susan Harbottle	VDC	45-49 yrs
200m Indv. Medley	02m55.84	24 Oct 97
Sue Mayne	TTL	60-64 yrs
200m Breaststroke	03m47.81	25 Oct 97
Val Green	NWS	65-69 yrs
800m Backstroke	16m20.95	30 Aug 97
Liz Wallis	NML	70-74 yrs
800m Freestyle	14m50.14	30 Aug 97
1500m Freestyle	27m53.72	30 Aug 97
Mary Garton	NBT	75-79 yrs
800m Breaststroke	29m13.18	30 Aug 97
Margaret Russell	QIF	80-84 yrs
200m Indv. Medley	11m41.96	24 Oct 97

LONG COURSE MEN

Kim Terrell	ATN	35-39 yrs
800m Freestyle	09m24.12	26 Oct 97
200m Indv. Medley	02m22.86	24 Oct 97
Francis Christian	VDC	40-44 yrs
800m Freestyle	09m24.12	26 Oct 97
200m Butterfly	02m23.07	25 Oct 97
Greg Stewart	NET	40-44 yrs
800m Indv. Medley	12m16.92	30 Aug 97
Michael Moloney	VPP	55-59 yrs
200m Breaststroke	02m55.13	25 Oct 97
Tony Goodwin	NML	60-64 yrs
400m Breaststroke	07m10.70	30 Aug 97
800m Breaststroke	15m03.24	30 Aug 97
1500m Breaststroke	28m18.88	30 Aug 97
Terry Kelly	NML	75-79 yrs
1500m Freestyle	28m25.35	30 Aug 97
Russell Dunn	NML	80-84 yrs
800m Freestyle	16m15.21	26 Oct 97

SHORT COURSE WOMEN

Belinda Hall	NRV	20-24 yrs
400m Indv. Medley	05m32.51	08 Nov 97
Lesleigh Mayes	QTV	35-39 yrs
400m Freestyle	04m45.78	18 Oct 97
Penhy Bond	QTV	35-39 yrs
1500m Freestyle	18m12.08	18 Oct 97
400m Butterfly	05m40.09	18 Oct 97
400m Indv. Medley	05m20.88	08 Nov 97
800m Indv. Medley	11m27.14	18 Oct 97
Sue Kearney	NML	40-44 yrs
100m Freestyle	01m05.74	19 Oct 97
Sue Hearnden	SNO	40-44 yrs
400m Backstroke	06m07.80	26 Oct 97
800m Backstroke	12m19.47	26 Oct 97
Susan Harbottle	VDC	45-49 yrs
100m Freestyle	01m10.07	13 Sep 97
50m Butterfly	00m34.33	13 Sep 97
100m Indv. Medley	01m19.56	13 Sep 97
Brenda Casey	NET	45-49 yrs
200m Breaststroke	03m10.56	08 Nov 97
Jennifer Grace	QBN	50-54 yrs
50m Freestyle	00m31.00	13 Sep 97
100m Indv. Medley	01m21.20	13 Sep 97

continued next column

Jan Macleod	QRH	50-54 yrs
50m Breaststroke	00m38.48	13 Sep 97
100m Breaststroke	01m27.98	13 Sep 97
Judy Burke	NML	50-54 yrs
100m Butterfly	01m38.22	19 Oct 97
Liz Wallis	NML	70-74 yrs
200m Freestyle	03m26.17	06 Sep 97
100m Backstroke	01m53.24	19 Oct 97
400m Indv. Medley	08m52.65	08 Nov 97
Betty Stern	NCS	75-79 yrs
100m Freestyle	01m43.87	08 Nov 97
Mary Kemp	SAM	75-79 yrs
400m Breaststroke	13m58.50	26 Oct 97
Alma Brecknock	SAM	75-79 yrs
400m Breaststroke	11m14.06	26 Oct 97
Margaret Russell	QIF	80-84 yrs
100m Indv. Medley	05m40.56	08 Nov 97

SHORT COURSE MEN

Stephen Cook	QMM	35-39 yrs
50m Breaststroke	00m31.89	13 Sep 97
100m Breaststroke	01m09.83	13 Sep 97
Greg Stewart	NET	40-44 yrs
100m Backstroke	01m08.19	02 Nov 97
Darryl Hawkes	SMR	55-59 yrs
1500m Backstroke	29m52.59	26 Oct 97
Dieter Loeliger	SAM	60-64 yrs
1500m Freestyle	22m20.12	26 Oct 97
Bob Barry	NLS	65-69 yrs
100m Backstroke	01m20.53	18 Oct 97
Allan Dufty	NET	65-69 yrs
100m Breaststroke	01m37.17	18 Oct 97
200m Breaststroke	03m38.96	19 Oct 97
100m Butterfly	01m38.01	19 Oct 97
Jamie Jenkins	NML	75-79 yrs
100m Indv. Medley	01m45.88	18 Oct 97
Alfredo Cherchi	NTR	90-94 yrs
100m Freestyle	02m10.32	20 Sep 97
100m Freestyle	02m06.10	19 Oct 97
200m Freestyle	04m45.38	19 Oct 97
50m Backstroke	01m19.56	19 Oct 97
100m Backstroke	02m47.38	18 Oct 97
200m Backstroke	05m54.40	18 Oct 97

SHORT COURSE RELAYS

Manly AUSSI	19 Oct 97	
Womens Freestyle	200+	02m19.01
Elizabeth Wallis	Judy Burke	
Gabrielle White	Sue Kearney	
Ettalong AUSSI	19 Oct 97	
Mens Freestyle	280+	02m29.48
Allan Dufty	Doug Campbell	
Fred Elsom	Kevin Vickery	
Ettalong AUSSI	18 Oct 97	
Mens Medley	280+	02m54.85
Allan Dufty	Doug Campbell	
Fred Elsom	Kevin Vickery	
Manly AUSSI	18 Oct 97	
Mixed Freestyle	160+	01m55.06
Bill Harris	Patrick Featherston	
Gabrielle White	Sue Kearney	
Manly AUSSI	18 Oct 97	
Mixed Freestyle	280+	02m38.26
Elizabeth Wallis	Judy Burke	
Jamie Jenkins	Terry Kelly	

AUSSI Official of the Year
ROBIN SWEENEY
Technical Development Officer & Referee
AUSSI Masters Swimming in Australia (Queensland Branch)
prepared by David Speechley (Queensland Branch Administrator)

HISTORY OF SERVICE

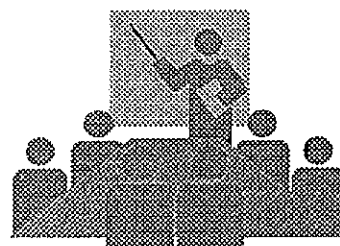
Robin has been the Branch Technical Director overseeing all officials training from the inception of the position in May 1994 until he stepped down in May 1997. Some 250 officials have now been trained and qualified in the areas of Timekeeping, Marshalling, Starting and Refereeing as a result of Robin's organisation of, and instruction in, the various courses.

He personally attends the majority of swim meets throughout Queensland at his own expense and forgoes the opportunity to swimming, instead Refereeing the meet for the benefit of others.

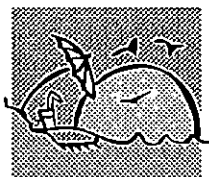
Robin joined AUSSI in 1979 and within three weeks was the Treasurer of the NSW Branch. He has also served in the ACT Branch as well as on national Committees and was Meet Director of the 1985 National Swim. Robin was instrumental in the formation of the QUT Club and was their coach for some time.

INVOLVEMENT IN OFFICIATING EDUCATION PROGRAMS

Without Robin there would be no course outline, curriculum, courses organised or run nor qualified officials in Queensland. He has attended and lectured at all local Level 1 and Level 2 Coaching Courses to advise coaches on the technical aspect of the sport. He is always readily approachable to provide advice and help clarify questions which arise. He is truly a worthy ambassador of Queensland Masters Swimming.



Thank you Robin, for a fine contribution to the Technical Development of AUSSI.



HOW TO STAY IN SHAPE WHILE YOU'RE ON HOLIDAYS

Do not check in advance for pools or Clubs at your destination

Although recent Internet advances and information from your Branch, National or other bodies is available, it is too much trouble. You should be spending your time in advance of travel finding out about restaurants or cultural events instead.

Be sure to have three good meals a day, even if you are not exercising as usual

The addition stress of being on holidays will certainly burn off all the calories that workouts usually do. Eat all your meals at restaurants so that you will have large servings, alcohol and dessert, even if you usually avoid these at home.

Do not cross train

There is always a risk that you might injure yourself. After all, if you are not training as usual, why bother to try to replace your usual exercise, even if another form is available? It cannot be as good for you.

Change your routine

If you usually swim in the morning, sleep in instead. If you are away for any length of time, spend it relaxing in your room and watching TV. It's a great way to relieve the monotony and avoid the stress of meeting new people.

When you get back, ease back into it slowly

You are out of shape anyway, so it will hurt too much if you leap straight back into it. Go to a workout without your bathers and catch up on the news on deck, keeping other swimmers out of the water to talk to you. They will appreciate the opportunity to miss some of the hard sets as much as you do.

But seriously, there is no need to be a couch potato just because you're going on holidays. Use the opportunity to meet new people and swim in new locations. The locals will be happy to advise of good places to eat and things to do & see. You might even make a friend or two. It is more difficult to keep to your usual regime but it can be done. Remember it can be hard to get back into the habit of training...



**And the winner is...Peter Gilmour of Ryde AUSSI,
the first Australian "MASTERS ATHLETE OF THE YEAR".**
The award was presented in Canberra, at the Australian Masters Games
Closing Ceremony on Saturday 1st November.

A BRIEF HISTORY OF PETER'S SWIMMING CAREER

Peter began his swimming career whilst at school in the 1950's. He represented Victoria in State teams on a number of occasions. In 1960 he came third in the 200M Butterfly in the Australian Championships just missing selection for the Olympics that year. In 1961 Peter went to the United States to pursue his academic studies. Whilst in the USA, he represented Cornell University in swimming for four years.

Peter first joined AUSSI in the mid-1970's. He was a member of the Powerpoints Club in Melbourne. During this period he set records in a number of butterfly events. After moving to Sydney at the end of 1980, Peter swam for Lane Cove AUSSI Masters. His outstanding achievements during that period include his performances at the 1983 Pan Pacific Masters Championships in Sydney and the Second FINA/MSI World Masters Meet in Brisbane in 1988 at which he set three national records.

Early in 1991, Peter transferred his membership to Ryde AUSSI Masters Swimming Club, as he was doing most of his training at Ryde Pool. Due to his work commitments, Peter was only able to participate occasionally in carnivals with the club. However, he kept swimming regularly. He said that for most of his life he has swam about 2km each day, six days a week.

In 1993 Peter achieved a life long ambition when he set three World Records and three National records at the NSW AUSSI State Cup and the Pan Pacific Masters Championships in New Zealand. He set numerous other National and State Records during that year, including 800M Butterfly.

The vast improvement in Peter's times over the period 1 June 1996 to 31 May 1997 are noted below. The improved times were a result of intensive training efforts by Peter in preparation for the 1997 AUSSI National Swim Meet. As preparation for his recent achievements, Peter began earnest preparation last August. He trained at least five kilometres each day, five to six days a week.

OUTSTANDING PERFORMANCES IN THE PAST YEAR (1 June 1996 to 31 May 1997)

1. NSW Short Course Championships - Forster, 19-20 October 1996: Peter broke the National Record in the 200m Butterfly event by 23.74 seconds. In fact, he broke his own record for this event which he set more than three years previously when swimming an 800M Butterfly event. The fact that no other person had been able to break this record is an achievement in itself.

2. Gosford AUSSI Masters Swim Meet: This was the first swim meet in 1997 in which Peter was able to swim in his new age group of 55-59 years. At this meet, he set a new World Record in the 200M Butterfly, eclipsing the old record by 7.53 seconds. He set National records in the 100M and 50M Butterfly events, just missing the World Record in the 100M Butterfly event.

3. New Zealand Masters Games (Short Course) - Wanganui: Peter went to New Zealand especially to compete in these Games to attempt the short course world records. Work commitments in Hong Kong prevented him from attending the full duration of the meet, so Peter had to compete in all his events on the final day. Peter swam both the 200M and 100M Butterfly events in World Record times.

4. 22nd AMP AUSSI Masters National Swim Meet: Peter broke an existing World Record in the 200M Butterfly (Long Course) event by an incredible 13.15 seconds, broke the existing 100M Butterfly (Long Course) record by an impressive margin of 1.59 seconds, broke an existing record in the 400M Individual Medley (Long Course) event. He broke the existing record by 24.89 seconds and set a National Record in the 50M Butterfly event. Having won every event he entered, he was placed first in his age group and awarded the Swimmer of the Meet. Peter's world record swim in the 200M Butterfly event in 2.34.90 minutes is faster than the National Record he set in 1988 as a 45-year old. The time of the latter record was 2.36.16 minutes. His 100M and 50M Butterfly times are within one second of the times he swam in 1988 (1.06.70 minutes and 30.04 seconds respectively).

extract from the citation prepared by Helen Rubin (AUSSI NSW Branch)

CONGRATULATIONS PETER, from all of us at AUSSI.

➤➤➤ THE MYTH OF 'MASTERS' <<<

Most of us from time to time have been asked about the term 'Masters'.

Comments like "Doesn't it mean that you have to be fast?" or "Don't you have to be over 50?" or even "Isn't that just for ex-Olympians?" have been heard by us all. To help us understand the term 'Masters' here is a collection of definitions for your interest.

Gary Stutsel – first National Secretary of AUSSI

'Masters' was the name adopted by a group of US swimmers in 1970. They rejected the name 'Veterans' used by athletics because of its association with returned servicemen. Many of this group were serving naval officers. The name 'Masters' is written into the constitutions of FINA and MSI. Its application as regards competitive swimming is well understood in amateur swimming circles. 'Masters' sport has gained far more publicity from the Australian and Central Australian Masters Games than AUSSI has ever received... Today Masters golf and Masters tennis have far greater media exposure than the Masters Games. (extract of an article written in 1990)

Macquarie Dictionary

master *n.* 1. someone who has control over or use of something 2. employer of workmen or servants 3. master mariner 4. male head of a household 5. owner of a slave, horse, dog, etc. 6. male teacher 7. person whose teaching one accepts or follows 8. winner, victor 9. workman qualified to teach apprentices & to carry on his trade alone 10. person highly skilled in something 11. a title given to a bridge or chess player who has won or been placed high in official international contests 12. someone who has a masters degree 13. boy or young man 14. title given to the head of a college at certain universities 15. head teacher in a particular subject department in a secondary school 16. the original tape of a recording etc.

1998 NIKE World Masters Games information

"Masters" is simply an age designation; it does not denote a level of proficiency or a particular achievement. Each sport has a designated minimum age that qualifies the athlete as a Master. Generally it is 30 and above but can be higher or lower depending on the sports' governing body. For example, the minimum age to compete in NWMG Swimming competition is 25, while Golf is 40.

Websters Dictionary

master (mas'ter) *n.* one who directs and controls; an employer of labour; male head of a household; a ship captain; a graduate degree in arts, or science; courtesy title given the sons of family; an expert; a famous artist; one who organises and leads a fox hunt; *a.* chief; dominant; skilled; *v.t.* to become the master of; to become expert at; to overcome.

What is Masters Sport?

Masters Sport is not just about a bunch of old wrinklies jogging around. In fact, masters sport embraces the best elements of elite sport and more. In a supportive, fun environment mature-aged athletes can compete against people their own age and continue their competitive sporting life.

(source unknown)

How do you feel about the term 'Masters'? What does it mean to you? Do you think that you have 'mastered' swimming? Should the minimum age for Masters be made higher or lower? Do you think you're an 'old wrinkly'?! Drop us a line and let us know your thoughts.

MARILYN EARP - Female Swimmer of the Meet - 1997 AUSSI National Swim

At this year's Nationals at Homebush, Marilyn achieved the outstanding result of winning all five of the events she entered: 50m, 100m & 200m backstroke and 50m & 100m butterfly, setting new State and National records in the two longer backstroke events. This was a tremendous achievement and she was deservedly honoured with the Female Swimmer of the Meet award.

In her own words, the beauty of swimming with AUSSI is that "every five years you become young again" and Marilyn is certainly making the most of her new found youth and long may it last. Always shunning the limelight, Marilyn is a fine swimmer and valued member of Warringah Masters.

(excerpt from an article courtesy of Splash - AUSSI NSW Newsletter)