

LETTERS TO THE EDITOR

Dear Editor

In reply to the questions raised in the article 'The Myth of Masters' in the December 1997 National Newsletter, our Club would like to state that we feel just fine about the term 'Masters'. Certainly 'Masters' is much more acceptable to all age groups than 'Veterans'. The only other possible word to describe us would be 'Adult Swimming'.

The word 'Masters' has, over the years, become as well known to most as pertaining to adult sports as it is to pertaining to the elite of golfers or bowlers. The fact that some people see us as experts or ex-champions could mean that we need to work harder to promote ourselves better to these people.

Members who are worried that the dictionaries don't describe us in their meanings should pen a letter to the editors of these dictionaries and (we) may well be added to their next editions.

On the question of age, we feel that twenty is an appropriate age – certainly it should not be any higher than this.

So this Club is happy to be left as 'Masters' and will be happier still if we are left as 'AUSSI Masters'.

J. A. Kerr (Brisbane Northside Masters)

(I like your suggestion, any volunteers? - Ed.)

1998 NEWSLETTER DATES

June Edition

deadline for material - 1 June 1998

August Edition

deadline for material - 1 August 1998

I would like to have some 'Memories of Morocco' for this edition from those attending the 1998 World Masters Swimming Championships in Casablanca. -Ed.

October Edition

deadline for material - 1 October 1998

December Edition

deadline for material - 1 December 1998



SNIPPETS



SPORT

The Confederation of Australia Sports recently released a report on the economic impact of sport which shows that the sports sector

- output is over \$7,900M annually
- employs 95,000 people, nearly half full-time
- contributes significantly to GDP ahead of defence, rail, motor vehicle & parts, iron & steel and service to finance/investment/insurance
- would increase \$881M with a 5% increase in participation or \$17,500M with a 10% increase
- directly or indirectly generates over \$998M in taxation revenue
- volunteer labour is conservatively valued at \$1,565M
- exports are valued at around \$430M annually

N.B. OPEN WATER TRAVELLERS

An Open Water Festival is set to take place in November 2000 in conjunction with the Open Water World Championships in Fort Lauderdale, Florida, USA. Juniors, Masters and Disabled events are rumoured to be included.

CRYPTOSPORIDIUM

Concerns about cryptosporidium in swimming pools in the eastern states have resulted in the closures of several pools including Hurstville, Sutherland and Canberra AIS. Cryptosporidium and Giardia are protozoan single celled organisms which may be excreted by infected humans into swimming pools through faecal accidents and may cause outbreaks of diarrhoea. A carrier state exists where humans may be infected without showing obvious symptoms. When the parasite is ingested it can create diarrhoeal illness which may last for two to three weeks. Symptoms also include abdominal cramps, nausea, vomiting and low grade fever. Pool Managers are now acutely aware of this is as it has been widely promoted by the media and through council health departments. Swimmers should approach Pool Management if they have any queries about the status of their pool or experience any of the symptoms described above.

★ OUR VERY OWN TV STAR! ★

Anyone who was watching the ABC-TV series 'Australian Story' on Thursday 19 March would have seen our National President, Glenys McDonald, starring in the episode titled 'The Rest is Silence'. The show was about the research into the loss of the HMAS Sydney off the coast of WA in the early stages on World War II with 645 men on board. Glenys was described as 'obsessed' with Australia's greatest maritime tragedy and is passionate about finding the 'Sydney' and telling the real story of the ships disappearance. She has even taken up SCUBA diving in order to get as close to the truth as possible. Good luck with your pursuit, Glenys.

CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

1998	19 - 30 June	FINA World Masters Swimming Championships CASABLANCA, MOROCCO (see the update below)
	9 - 14 August	World Masters Games Swimming PORTLAND, OREGON, USA
	18 - 23 October	HONDA Masters Games Swimming ALICE SPRINGS, NT
	31 Oct - 1 Nov	Asia Pacific Masters Games Swimming GOLD COAST, QLD
	21 - 28 November	Active Australia Games Swimming (20-40 yrs only) CANBERRA, ACT
1999	6 - 14 February	New Zealand Masters Games WANGANUI, NEW ZEALAND
	11 - 15 May	AUSSI National Swim DARWIN, NT
	25 Sept - 3 October	Australian Masters Games ADELAIDE, SA
	16 - 24 October	Pan Pacific Masters Swimming Championships PERTH, AUSTRALIA
2000	March/April	AUSSI National Swim GLADSTONE, QLD
	27 July - 8 Aug	FINA World Masters Swimming Championships MUNICH, GERMANY
2002	6 - 19 October	World Masters Games MELBOURNE, VIC

WORLD MASTERS SWIMMING CHAMPIONSHIPS CASABLANCA - JUNE 1998

Good luck to all AUSSI members competing in these championships. We look forward to sharing your good fortunes in the next edition...

1999 AUSSI NATIONAL SWIM DARWIN - MAY 1999

The Branch is thick in the midst of planning for the 1999 National Swim to be held on 11-15 May. The pool swims will be held at the Casuarina Pool and the Open Water Swim will be held at Lake Alexander. The Branch is looking forward to seeing many of you come 'Over The Top' for what promises to be a memorable meet.

PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS PERTH - 1999

At the Pan Pacific Masters Swimming Championships in Maui, Hawaii in 1997, it was decided that Australia would host the next Championships. Perth has won the bid and discussions with masters bodies in other countries, mainly US Masters Swimming and Japanese Masters Swimming, have helped to clarify suitable dates. The meet will be held from 16 - 24 October 1999 at Challenge Stadium. The international marketing drive will be launched at the World Masters Swimming Championships in Casablanca, Morocco in June.



POSTAL CENTRE



BUNBURY AUSSI STINGERS 1200m POSTAL SWIM

Well, winter is here again (well almost) and to keep you motivated Bunbury AUSSI Stingers are running their Postal Swim again. It is a Winter 3 x 400m: one each of 400m freestyle, backstroke & breaststroke. Combined Club Entry forms were sent to Club Secretaries in early April. This might get you inspired to amass a few more Aerobic points for your Club. Swims must be completed between May 1 and June 30. An extra category has been added this year for the most improved from last years swim time. The cost is still a low \$6 per swimmer, so get those entries in!

SWIM THE WATERWAYS OF THE WORLD

Campbelltown AUSSI ask you to challenge yourself and support the Paralympians. Register yourself before 31/3/98 and receive a logbook in which to record any swims between 1 Jan and 31 Dec 1998. Even those done with training aids will count. At the end of the year you will receive a first class coloured picture certificate (suitable for framing) showing your total kilometres and the nearest equivalent river or major water crossing that you would have completed. Part of the proceeds from this event will be donated to the Australian Paralympians. Entry forms are available from your Club Secretary or Branch Office.

AROUND THE BRANCHES...

AUSTRALIAN CAPITAL TERRITORY

A new AUSSI Club started up earlier this year which takes the number for Clubs in the ACT to three. We're still small but it's good to see some more members. *The Tuggeranong swim meet in February saw a good turnout. All members were invited to a great 'nosh up' afterwards.* The ACT Championships will be held on the weekend of 2/3 May. All Victorian and NSW Clubs have been invited to attend. We are hoping to establish closer relations with our neighbours, particularly country Victorian and NSW Clubs to increase swimmer participation at our meets. *There is talk of a Web Site and e-mail address for the ACT Branch. Hopefully this will progress throughout this year.*

NEW SOUTH WALES

For the first time in many years the 1998 NSW State Championships were held outside of Sydney. The meet was held at Mingara (on the Central Coast) and whilst not attracting as many swimmers as usual was a pleasant meet nonetheless. A World Record was broken by the Ettalong Pelicans 280+ Mixed Freestyle Relay team, congratulations to you. *At the recent Branch AGM mostly the same Executive were re-appointed with the exception of Don Reid, our new Treasurer.* Our famous recorder Brett Larkin, is now of the opinion that swimming is a dangerous sport. He fell down stairs just prior to attended training session in Brisbane recently and broke his ankle! We wish him a speedy recovery.

NORTHERN TERRITORY

Sheila Fitzhugh has just returned from the Australasian Public Sector Games in Melbourne with seven medals. Well done, Sheila! Many of our members are in heavy training for international competition. We have 3 swimmers going to Casablanca in June and 3 or 4 heading off to Portland Oregon in August. *Then the attention will be firmly focussed on the Honda Masters Games, hosted by Alice AUSSI, in Alice Springs from 18-23 October.* Of course planning for the 1999 National Swim is well underway. For more information about this meet, see the 'Calendar of Events' section. Hope to see you there...

QUEENSLAND

I guess no news is good news from Queensland whose Branch Administrator, David Speechley, was recently married and away on his honeymoon. Congratulations David! *The Queensland State Titles and Club Championships are to be held on the weekend of 2/3 May. The meet will be at the Cotton Tree Pool on the Sunshine Coast and will be hosted by the Sunshine Coast Masters Club. The event includes a postal event (1500m back, breast or free), a traditional two-day meet and a 2.5km open water swim on 4 May. The Branch AGM and dinner will be held on the evening of Saturday 2 May and the Presentation Dinner will be on the evening of Sunday 3 May. (Sounds Exhausting! - Ed.)*

SOUTH AUSTRALIA

There was a disappointingly low attendance at the 1998 National Swim in Hobart though a strong contingent looks promising for the 1999 National Swim in Darwin. *Our AGM was held on 1st April where a new Branch Executive was elected. The new Office Bearers are keen to see a successful year for the Branch.* An Interclub Program of three carnivals commenced on Sunday 5 April at the Adelaide Aquatic Centre (AAC). The other carnivals will be held on Saturday 9 May at the Thebarton Aquatic Centre and Sunday 26 July back at the AAC. *The State Cup meet will be held on Sunday 20 September at the AAC.* On Monday 20 April the initial Sports Co-ordinators meeting was held for the 1999 Australian Masters Games which are scheduled for 25 Sept. - 3 Oct.

TASMANIA

We have now officially recovered from the National Swim and the results have been posted to Clubs. *Our next Interclub swim, a Short Course Long Distance meet, will be held on Saturday 30 May in Launceston.* The date for Short Course Winter Championships has been set for the weekend of 15/16 August also in Launceston. *We have six swimmers heading off to World Masters Swimming Championships in Casablanca, good luck to you all.* At our AGM we elected a new Publicity Officer, Rod Archer, from Sandy Bay Masters. Welcome aboard! All others Office Bearers were re-elected. *We have welcomed two new clubs so far this year: Tattersalls based at the Tattersalls Hobart Aquatic Centre and Oceania based at the Oceania Mornington Pool.*

VICTORIA

AUSSI Victoria held their annual Long Course State Championships on Saturday 28th March. The highlight of the meet was the National Record breaking performance of the North Lodge Neptunes 320+ Mens Medley relay team. Bob McCabe (78), Tom Reece (80), Mal Parker (84) and Sid Krasey (78) completed the swim in a time of 4:20.59. Well done fellas! Congratulations also to the Doncaster Dolphins 160+ Womens Medley relay team of Sue Crow, Susan Harbottle, Leigh Townsend and Bryn Nangle who slashed the National Record in their event to 2:24.62. *Our AGM re-elected the existing Executive with the notable exception of a Director of Coaching. We have just appointed David Poulton (Kingston Masters) in an acting capacity.*

WESTERN AUSTRALIA

The 20th WA State Championships were held on the 28/29 March with 314 swimmers competing; 5 Nat. and 41 State Records were broken. Top honours were shared by Kaye Vallance (Somerset) and Carrol Wannell (Carine) each with 1 Nat. and 5 State Records and Graham Croft (Inglewood) with 2 Nat. and 2 State Records. The winning Club was Somerset. *A new look Swim Calendar has been put together for 1998 giving WA AUSSI swimmers the opportunity to compete in/officiate at 40 meets. The main thrust of the calendar is the AUSSI Club Challenge Series of 10 meets held between February and October. Clubs will be ranked on their best 3 carnival results which will determine gradings for the interclub final to be held on 7/8 November.*

AROUND THE BOARD...

COMMUNICATIONS

The National Newsletter continues to be a forum for discussion on important issues and a source of information & amusement for members. It is hoped that the Newsletter will filter its way down to member level and not simply rest with Club Secretaries. Some new features of the Newsletter are this "Around The Board" and the "Around the Branches" pages which should help to keep everyone informed about what is happening in our vast and dynamic organisation. *Our new Director of Communications, Jodi-Ann Beard, has a few other ideas up her sleeve too. Let's wait and see what else she has in store...* Peg Wilson remains as the AUSSI Historian and is interested in hearing from anyone with interesting or important information on (02) 6766-3260.

MARKETING

Another Master Copy of the AUSSI 30 second TV commercial has been produced so that Branches can approach TV stations for 'Community Service' air time. *The Board has approved a Tender Specification for a new logo for AUSSI. The brief asks that the new logo*

- *convey the image of a swimmer, swimmers or the act of swimming*
- *include a representation of Australia that is recognisable locally and internationally*
- *include the words 'Masters Swimming' and have the capacity for National or Branch designation*

Anyone who is interested in seeing the full tender document should contact Ivan Wingate (Nat. Exec. Dir.).

MEMBERSHIP DEVELOPMENT

The new 'Club Development Manual' disk and booklet has been distributed to Club Secretaries. The Manual addresses issues for the development of existing AUSSI Clubs. *There has been a suggestion that a similar 'New Club Manual' be developed to replace the outdated New Club Guide. Any relevant information for new Clubs can be forwarded to Gary Stutsel, 4/18 Ridge St, NORTH SYDNEY NSW 2060.* A pilot Country Club Presidents Meeting was held in Coffs Harbour, NSW, with excellent results. The Country Club Presidents in attendance reportedly appreciated the opportunity to discuss issue of particular relevance to them and suggested that the meeting becomes an annual event.

PLANNING

AUSSI's Strategic Plan is being developed and has been handed to the Management Committee for further refinement. A SWOT analysis was recently completed to aid in the development of the Plan. Anyone who is interested in reviewing the SWOT analysis can contact the National Office for a copy of the document. *Communication has been identified as the greatest area of weakness. This seems to be due to a lack of regular communication and improper communications. It has been suggested that one solution might be to develop a 'Communications Guide' so that each person within the administration of AUSSI has a clear understanding of what is expected of them in this area.*

PROGRAMMES

The popularity of the National Aerobic Trophy Program was evidenced last year with an unprecedented number of participants. The full set of results has been distributed to Club Secretaries. Top Points for 1997 went to the Ettalong Club. There has been an upward trend in both the 'Completed All Swims' and 'Maximum Points' categories. There has been some question about the importance of printing individual age group point scorers in the results book as this would significantly reduce the size of the document if they were not included. The Board decided it was imperative that they be maintained. David Speechley is to approach POLAR heart rate monitor manufacturers to discuss the possibility of supplying a prize for the winning Club in each Branch.

RECORDING

The National Board has adopted a new 'Certificate of Performance' which puts the onus entirely on the Meet Referee for proof of swim results. The certificate can be used at both ASI and AUSSI meets for State and National Record Application but World Record Applications still have to meet the FINA documentation requirements. Swimmers may obtain blank certificates from their Branch Recorder or the National Office. *All Clubs are encouraged to use the NACS (National AUSSI Computer System) software to record times swum at carnivals as this will reduce the work of Branch Recorders, particularly those in the larger Branches, when compiling their Top Ten submissions. Copies of the NACS software are available from Branch Recorders.*

SWIM MEET POLICY

The 1998 National Swim in Hobart was a great success. Planning for both the 1999 National Swim in Darwin (11-15 May) and the 2000 National Swim in Queensland is well underway. The quality of National Swims is ever increasing as the standard is getting higher as each meet goes by. Accreditation of AUSSI Officials is an integral part of this process. *The 'Swim Meet Guide' is now complete and after some cosmetic alterations will be forwarded to the National Office for printing and distribution. The Guide will incorporate the recommendations made in the 'National Safety Policy' and the 'AUSSI Drug Policy'. A copy will be sent to all Club Secretaries.*

TECHNICAL

There seems to be a large number of people on our database who have registered for Officials courses but not completed their accreditation. It was suggested that these people may have left AUSSI. There was a suggestion that perhaps Officials Accreditation should be updated every few years to avoid this problem. This may be required of us shortly as our courses are registered with the National Officiating Program. *Similarly there are registered Medical Disability Certificates for people who have moved on or passed away. MDC's will now have to be renewed every four years. From now on any changes made to swimming rules at Board meetings will be published in the National Newsletter and forwarded directly to Club Secretaries.*

THE NATIONAL BOARD MEETING

An observers account...

The 1997 Annual General Meeting of AUSSI Masters Swimming in Australia Inc. was held on Sunday 15/Monday 16 March immediately after the 1998 National Swim in Hobart, Tasmania.

I took up the invitation to attend the meeting so that I might gain an insight into the activities of the National Board. Having been an AUSSI member for some years and serving on the Tasmanian Branch Committee, I felt that it was an ideal opportunity. I had met most of the members of the Board over the days preceding the meeting and all members except one were in attendance for the AGM. Most Board members had competed in the National Swim and officiated or assisted in the running of the meet. I was simply an observer to the meeting.

Our National Board of 12 consists of three elected positions (President, Director of Finance and Director of Coaching), an appointed Executive Director (who managed the daily running of AUSSI at the National Office in Adelaide) and eight Directors, each of whom represent a Branch and hold a portfolio. Members are able to submit their ideas and views through their Clubs and Branches to the Board which meets twice yearly. The AGM is usually held in conjunction with the National Swim and the Mid-Year Board Meeting is usually held in October.

The meeting began with introduction of Board members to the visitors. Each Board member presented their reports beginning with the President and working through to the Branch Delegates and the portfolios they hold. There are also sub-committee's within the Board and these consist of the Safety, Masters Games, Technical, Coaching, Computer and Medical. Each sub-committee consists of a Board member and members of AUSSI who have considerable skills in the relevant area. These sub-committees report directly to the Board on their activities.

The Board raised various issues within each portfolio and these were discussed at length. The reports and any issues had been circulated to Branches for their comments prior to the meeting. Not only do the Board members convey their Branches views and ideas back to the National Board, but they may be working on some aspect or area for improvement within their portfolio. A few

examples of work done within the portfolios presented at the meeting included the production of the Club Development Manual booklet and disk, the Swim Meet Guide and work on the AUSSI Drugs Policy.

Proposed By-Law and Rule Changes are also circulated to Board Members and Branches prior to the meeting giving time for discussion and consideration. These changes may come from within a portfolio or Sub-committee or from a Branch. They are then adopted or rejected at the Board meeting. There were a small number of changes presented and these were all accepted.

Agenda items ranged from the important name change of our organisation and its implications and the alterations to the National Aerobic Trophy rules to the impact of Masters Games on AUSSI.

The meeting concluded with a demonstration on the Aerobic Software being developed for Branches and Clubs. I am looking forward to utilising this within my Club.

From sitting in on the meeting, I learnt just that little bit more about the workings of AUSSI and saw how hard these voluntary Board members work. It was clear that each member has valuable expertise, skills and resources in their portfolio which they give to AUSSI freely.

I thank the Board for the opportunity to observe their meeting and must say that it was great to finally meet in person the AUSSI people that I communicate with as I go about my duties as Secretary of the Tasmanian Branch.

Katherine Daft

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

LONG COURSE WOMEN

Penny Bond	QTV	40-44 yrs
400m Freestyle	04m41.57	21 Feb 98
800m Freestyle	09m25.54	21 Feb 98
1500m Freestyle	17m57.01	08 Mar 98
200m Butterfly	02m35.31	22 Feb 98
400m Indv.Medley	05m28.72	22 Feb 98
Jenny Whiteley	NRY	40-44 yrs
400m Freestyle	04m55.30	14 Mar 98
50m Backstroke	00m35.63	07 Feb 98
50m Butterfly	00m31.98	07 Feb 98
200m Indv.Medley	02m39.94	13 Mar 98
400m Indv.Medley	05m43.60	12 Mar 98
Glenise Gale	TSB	40-44 yrs
100m Backstroke	01m19.02	25 Jan 98
200m Backstroke	02m47.60	26 Jan 98
200m Backstroke	02m47.11	12 Mar 98
400m Indv.Medley	05m50.59	01 Feb 98
Judy Clarke	QAT	45-49 yrs
50m Butterfly	00m33.76	21 Feb 98
Susan Cure	TSB	45-49 yrs
400m Indv.Medley	06m26.63	12 Mar 98
Gerda Williams	CDW	55-59 yrs
200m Indv.Medley	03m17.32	13 Mar 98
400m Indv.Medley	06m57.09	12 Mar 98
Jen Thomasson	QSM	55-59 yrs
400m Freestyle	05m33.61	14 Mar 98
200m Breaststroke	03m17.71	14 Mar 98
200m Indv.Medley	03m03.95	13 Mar 98
400m Indv.Medley	06m25.95	12 Mar 98
Anita Saviane	NCS	55-59 yrs
800m Indv.Medley	16m59.13	21 Feb 98
Sue Mayne	TTL	60-64 yrs
100m Breaststroke	01m45.26	31 Jan 98
200m Breaststroke	03m46.58	14 Mar 98
Trici Legge	QTT	60-64 yrs
100m Breaststroke	01m44.22	13 Mar 98
Norma Rudolph	QSC	75-79 yrs
200m Butterfly	05m41.73	12 Mar 98
400m Indv.Medley	10m42.11	12 Mar 98
Alma Brecknock	SAM	80-84 yrs
100m Breaststroke	02m40.06	13 Mar 98
200m breaststroke	05m32.19	14 Mar 98
200m Indv.Medley	06m47.20	13 Mar 98
50m Butterfly	01m42.29	14 Mar 98

Mary Garton	NBT	80-84 yrs
200m Indv.Medley	06m47.20	13 Mar 98
50m Butterfly	01m42.29	14 Mar 98

LONG COURSE MEN

Brent Walker	THB	25-29 yrs
100m Backstroke	01m01.41	25 Jan 98
200m Butterfly	02m10.66	25 Jan 98
Matthew Wright	QPN	25-29 yrs
100m Breaststroke	01m07.69	13 Mar 98
200m Breaststroke	02m29.61	14 Mar 98
Tony Strahan	VDC	55-59 yrs
50m Freestyle	00m28.09	14 Mar 98
100m Freestyle	01m02.67	12 Mar 98
Peter Gilmour	NRY	55-59 yrs
50m Butterfly	00m30.21	14 Mar 98
Alan Dufty	NET	65-69 yrs
200m Butterfly	03m55.53	12 Mar 98
Dieter Loeliger	SAM	65-69 yrs
50m Breaststroke	00m41.31	12 Mar 98
100m Breaststroke	01m34.07	13 Mar 98
200m Breaststroke	03m21.15	14 Mar 98

LONG COURSE RELAYS

Warringah AUSSI	200+
Mixed Medley	02m38.35
Marilyn Earp/Marion Harrison/John Parry/John Pagden	

SHORT COURSE WOMEN

Jenny Whiteley	NRY	40-44 yrs
200m Freestyle	02m13.85	24 Jan 98
800m Freestyle	10m04.09	24 Jan 98
<i>World FINA Masters Record</i>		

Elizabeth Wallis	NRY	70-74 yrs
800m Freestyle	14m22.65	24 Jan 98

SHORT COURSE MEN

David King	NRY	45-49 yrs
200m Freestyle	02m11.59	24 Jan 98

Gary Stutsel	NTR	55-59 yrs
800m Indv.Medley	15m13.87	24 Jan 98

Tony Goodwin	NML	60-64 yrs
800m Breaststroke	13m53.83	24 Jan 98

NATIONAL AEROBIC TROPHY NEWS

This year saw an unprecedented number of members participate in the National Aerobic Trophy program. A total of 1480 members (706 male and 774 female) from 85 Clubs took part in the scheme in 1997.

For those of you who are not familiar with the scheme, here is how it works. The idea is complete as many long distance swims (400m+) as you can throughout the year. A number of points are allocated to each swim/set of swims according to how difficult that swim is and how quickly you complete it.

DISTANCE	FREESTYLE	BACKSTROKE	BREASTSTROKE	BUTTERFLY	IND. MEDLEY	POINT RANGE
400m	set of 5*	set of 5*	set of 5*	set of 5*	set of 5*	1 - 10
800m	set of 5*	set of 5*	set of 5*	set of 5*	set of 5*	3 - 20
1500m	1	1	1			2 - 15
½ hour	1	1	1			2 - 15
¾ hour	1	1	1			3 - 20
1 hour	1	1	1			4 - 30

* = each of the five swims must be done in a separate calendar month and the average of the times is submitted

Those swimmers who complete 'all swims' get a special certificate to recognise their achievement. A real challenge is to gain maximum points doing so and that is rewarded with a separate certificate.

Now all of this might seem a daunting prospect to start with but remember, your first swim could earn you 30 points! Many Clubs have a special session each week/month reserved for aerobic swimming. Why not ask your pool for some free lane space at what is normally a quiet time at the pool? They'll probably be happy for a few more entry fees late on a Saturday or Sunday afternoon.

Aerobic swimming is especially important for developing long term fitness. Longer, slower swimming helps to elevate the heart rate for an extended period which in turn contributes to weight loss and muscle toning. That's why aerobic swimming gets easier the more you do it. I know plenty of people who struggled to do a 400m freestyle swim last year and have successfully completed a 1500m swim already this year.

Whilst this program seems squarely aimed at the 'fitness' part of the 'Fitness, friendship and fun' that is our AUSSI motto, you'd be surprised how much friendship and fun it will generate. Some of the anecdotes I've heard from my team mates whilst timekeeping another member have had me in stitches. Just make sure you don't forget to get those splits!

Here are a few interesting statistics on the results from 1997.

Maximum Pointscorers

24 males and 28 females scored the maximum possible points (390).

Completed All Swims

42 males and 42 females completed all possible swims.

Top Point Scoring Clubs

The three top-scoring Clubs were Ettalong (NSW) with 7496 points, Sunshine Coast (QLD) with 6188 points and Somerset (WA) with 5615 points.

Tassie Award (awarded for the highest points per registered member)

The three top-scoring Tassie Award Clubs were Campbelltown (NSW) with a 206.14 point average, Mackay (QLD) with a 119.26 point average and Bayswater (WA) with a 109.67 point average.

So, why not be in it? All it takes is two members (who are willing to time each other), a stopwatch and a pen & paper to record your times. Your Club Recorder can give you a copy of the Pointscore relevant to your age group and a Personal Aerobic Swim Record so that you can keep track of how you're going. Make sure you give them back your results.

Once you get really motivated you can put up a Club Aerobic Swim Record at the pool so that everyone can see how the Club is going and soon you'll be able to delve into the magical world of computerised recording. Once you're dry that is!

And of course all these swims are eligible for the National Top Ten, as are 3000m and 5000m freestyle. **So, go for it!**

THE FOLLOWING RULES WERE ADOPTED AT THE 1997 ANNUAL GENERAL MEETING IN HOBART ON 15 - 16 MARCH 1998

please consult your *AUSSI Masters Swimming in Australia Handbook - Rules Section*

Code:- stay as it is to add ~~to delete~~

SW5.2.8 with other authorised Officials on approval from the Referee, should notify the swimmer of his disqualification with the reason before he leaves the water. However, failure to notify before leaving the water does not make the disqualification invalid. The Referee ~~is to notify the Chief Timekeeper to mark~~ must ensure that the swim time has been marked ineligible.

Rationale: Only the Referee should write on the card that a swimmer has been disqualified.

SW5.8.3 ~~notify recorders of any disqualifications if cards are not with timekeepers.~~

Rationale: It is the Referee's responsibility to notify the recorders of disqualifications and not the Chief Timekeeper.

W5.9.5 Chief Lane Timekeepers or, when delegated, Inspectors of Turns at the starting end, shall give a warning signal when the swimmer in his lane has two lengths plus five (5) metres to swim to finish in individual events ~~200m or longer (short course) and 400m or longer, (long course)~~ The warning signal may be by whistle or bell.

Rationale: To avoid confusion, it was considered that the minimum distance be 400m for both short and long course and the two lengths is consistent whether being 50m in the short course and 100m in the long course.

SW7.1 CLARIFICATION: Sitting on the block or pool edge is acceptable under this Rule provided that they do not interfere with the timing touch pads.

Rationale: This was considered an acceptable method to start and need not be stated in the rules. Some swimmers with a disability and very young swimmers use this start so it may assist swimmers who cannot dive or find pushing off from the wall difficult if they have a problem with their back.

SW7.3 Last sentence..... If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called ~~back~~, stood up, be reminded by the starter of the penalties, and start again.

Rationale: It is presumed that the remaining swimmers are still on the blocks - therefore it is not possible for them to be called back - therefore stood up is more appropriate wording.

SW7.7 Where a competitor deliberately dives into the pool after being directed by the Starter to "stand up or stand step down", following a false start by another competitor, this shall be considered by the Starter and Referee as a disqualifiable infraction.

Rationale: It was felt that the wording was incorrect - after having asked the swimmers to stand up, it would be preferable to ask the swimmers to then step down. It also needs to be clear that the swimmer was deliberate in their action to dive in.

SW9.3.....(2nd sentence).... Once the body has left the position of on the back there will be no kick or arm pull that is independent of the continuous turning action.

Rationale: It was considered that there had been an error in the use of the word of - to be replaced with on.

SW13.6 No swimmer shall be permitted to use or wear any device that may aid his speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, heart rate monitor etc.). Goggles may be worn.

Rationale: This was discussed with the coaches at the workshop and considered to be a device to aid swimming and unacceptable during competition.

R8.12.4 Protests must be lodged within 30 minutes of results being posted for the event. The time of posting must be written on the result sheet.

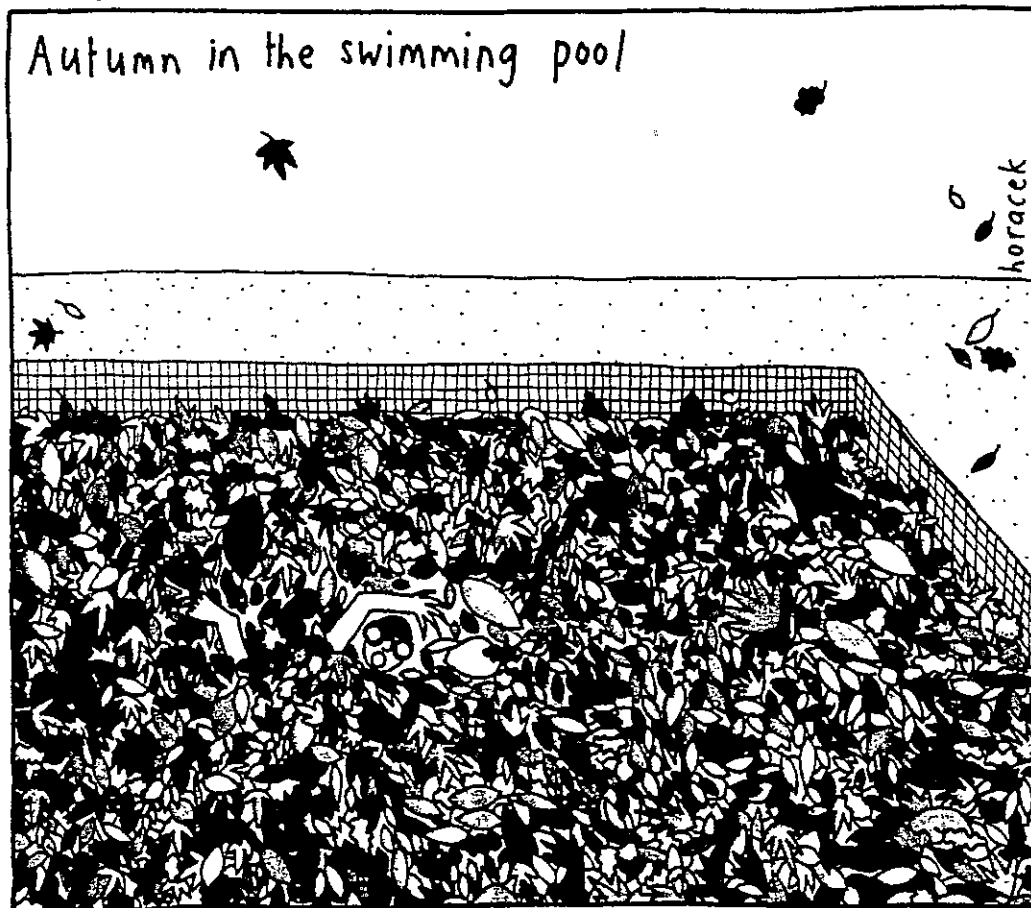
OWS4.10 The Finish shall be clearly defined in the water at swimming depth where practicable. Swimmers shall touch a vertical surface or swim/walk across a defined finish line.

Rationale: By adding "at swimming depth" it will ensure that the race remains a swimming event and eliminate the injuries that some swimmers have experienced in wading through the shallow water.

SW12.4 In individual medley events, a swimmer who commences with the wrong stroke in any leg cannot negate by stopping and returning to the pool end and recommence using the correct stroke.

Rationale: The Rule is not in FINA nor ASI handbooks. In SW13.9 a relay swimmer can expunge the fault of "breaking" on the change-over by going back, so why not allow the same for "wrong stroke"? The current Rule unfairly punishes the swimmer for making a mistake and there is no advantage gained by the swimmer in doing so.

Please amend your handbook accordingly.



BY JUDY HORACEK

Cartoon reproduced from 'The Australian Magazine' April 25 - 26 1998

The Mid-Year Board Meeting of AUSSI Masters Swimming in Australia will commence at 8.30am on Saturday 10th October and continue through Sunday 11th October 1998. The meeting will be held at The Lion Hotel, North Adelaide.

In accordance with the National AUSSI By-Laws any

- notice of Motion to alter the Constitution or By-Laws must be received by 31 July 1998
- Branch Agenda Items must be received by 11 August 1998
- Reports must be received by 11 September 1998

Items must come directly from a Branch and should be directed to the National Executive Director, PO Box 207, MARLESTON SA 5033.