



AUSSI MASTERS SWIMMING

IN AUSTRALIA (INC.)

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NATIONAL

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PRESIDENT'S CHRISTMAS MESSAGE

As another year draws to a close, it is the time to reflect on the happenings of the past twelve months. Undoubtably for many of us, the highlight was the experience of swimming in the World Masters Championships in Casablanca, followed by the wonderful "Magic Morocco" tour.

I, fortunately, am able to compare this latest World Swim with the five other World Swims I have attended, the first being in Tokyo in 1986. I was National Secretary at the time and represented AUSSI at the Congress. Now many, many congresses later I have the privilege of having friends all over the world and it is wonderful to receive Christmas greetings from them at this time of the year.

It is now nearing the end of my time on the National Board. Six years as Branch Delegate, four years as National Secretary (then I thought I had escaped) and later, almost six years as National President. I will be standing down in May, at the National Swim in Darwin and shortly after you will have a new President with fresh ideas and a different approach. I wish this person well and trust that they will gain as much pleasure and personal development from the role as I have.

AUSSI is a wonderful organisation in excellent shape and held in high esteem by sporting organisations both here in Australia and overseas. We have introduced many innovative programs, have kept up with or been ahead in trends and I take pride at having had some involvement in that success. I am not going to disappear in a puff of smoke and will still be doing my bit as an ordinary AUSSI member of the Geraldton Batavia Relics. Some of you might even see me swim in the future. I see the coming break as an opportunity to restore some of my fitness- the reason why I joined AUSSI in the first place in April 1977.

I wish each and every one of you every best wish for the Christmas break and the New Year. Keep swimming and keep safe.

Glenys McDonald

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

EDITOR'S CHRISTMAS MESSAGE

Another year is over and done
Another year of "Fitness, friendship and fun"
Was it everything it promised to be?
Or were you struck down by illness or injury?

Did you miss that meet you'd be meaning to make?
Did you indulge once too often in that Chocolate cake?
Did you manage to break that elusive PB?
Did you get the results that you wanted to see?

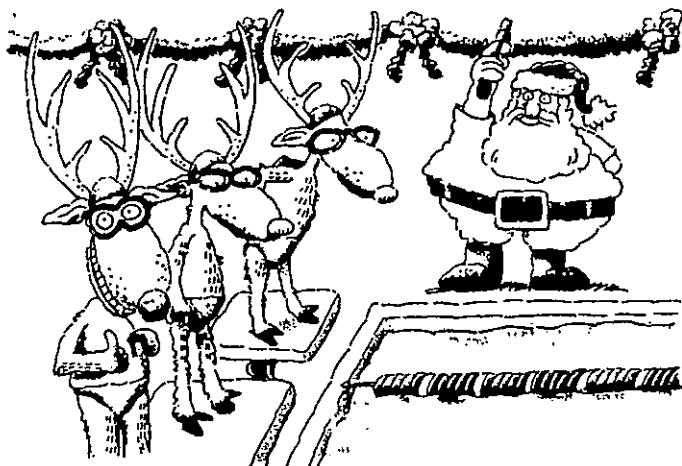
Have you made any plans for the year ahead?
Have you written down the goals swirling 'round in your head?

There is just one saying that I would like to hail
"Failing to plan = Planning to fail"

Hope you're planning a warm, happy Christmas and an exciting New Year. Best wishes to all,

Jodi-Ann Beard

P.S. A very big THANK YOU to Ivan and Sue in the National Office for all their support throughout 1998.



LETTERS TO THE EDITOR

Dear Editor,

...I greatly enjoy the Newsletter except for the continued joint listing of our and other events. It continues to confuse...

BALLIC! BALLIC! ALL TIPPED UP!

Your October 'tip' requires a response on behalf of the mostly seasoned travellers on the Morocco Tour. Room, waiters, porters and taxi tips were pleasurable because of the person to person contact; local guides: well, it was sometimes harder to find the moment and proper price.

International Sports Tours briefed us before and during the tour. However, the travelling party, divided into two buses

and some dozen or so varying groups. Management/leadership should recognise that some folk feel more out that in, and that personal views on services rendered, who by, and the immediate funds available can vary widely and quickly. The who knew what, when and the assessment of the perceived shortfall illustrates this difficulty.

The tour course was pre-travelled by the operator and, I guess, the cost per person reflected this. Fair enough; but why not also just build in a loading for the foreseeable gratuities for the pre-booked local staff?

Now, I hope, all safely home could join my friendly Club mates please join me in sending say \$5 or \$10 each to AUSSI. We cannot have all those AUSSI's who could not come covering our costs.

See you in Munich!

Sheik Ali Baba
for Keith Wake, Warringah Masters
(\$10.00 enclosed)

Thanks, Keith. We'll pass on the suggestion about including gratuities to IST. Also, check out the new-look Calendar of Events, I hope you like it. - Ed.

Dear Editor,

Here in Victoria we have had a noticeable decrease in the number of swimmers attending interclub meets this year. I wonder if it is the same in other States?

I believe one of the main reasons that many people have stopped going to these meets is that they don't have a chance of winning anything. *(Except the raffle! - Ed.)*

Here's my thought... we could introduce a grading system based on swimmers times from the previous year.

An example for 50m freestyle:-

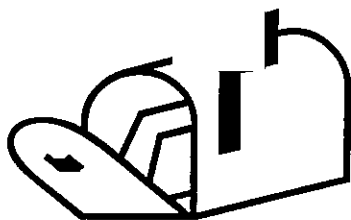
A-grade	25.00 - 29.99sec.
B-grade	30.00 - 34.99sec.
C-grade	35.00 - 39.99sec. etc.

If my best time for 50m freestyle was 39.39, I would be in C-grade for that event. Awards could be given for grades rather than age groups. As soon as you beat the time for your grade, you would move up into the next one. So if I manage to swim a 34.72, I would move up into B-grade.

I think this is a fairer way of running things which gives everyone a chance of winning. It also means that you would be swimming against people of the same ability which makes for interesting watching. I wonder what other people think?

Catherine Watmough, Surrey Park Seahorses

An interesting idea, Catherine. Perhaps we could get some feedback from Meet Directors & Club Recorders. - Ed.



POSTAL CENTRE

for all the latest details on postal swims...

HOPPERS PROGRESSIVE PENTATHLON

Got a day off in January or February? Complete the following in a two-hour period and you're eligible to win!

- 25m Butterfly
- 50m Backstroke
- 100m Breaststroke
- 200m Freestyle
- 400m Individual Medley

Results are calculated on the lowest aggregate time for the five events, and awards are given by age groups. The Earlybird Special of \$15 (inc. cap & certificate) per entry expires on 18 December 1998 and normal entry fee is \$20.

OCEANIA MASTERS ONE HOUR SWIM

Does a one-hour swim seem like a bit too much of a challenge? Well now you've got twice the reason to do it! Firstly, it will count towards your Clubs 1999 Aerobic Trophy points and secondly, it means you can enter the Oceania Masters One Hour Postal Swim competition. So, how far can you swim in an hour? You might surprise yourself...

Another club member must be present to count laps & record split times and the results need to be verified by a Club official. Then you'll be on your way to receiving a personalised certificate and a spot prize if you're lucky. And it's only \$5 to enter! See your Club Secretary for Entry Forms and Split Time Sheets.

★ Christmas S N I P P E T S ★

- ★ A star placed at the top of a Christmas tree recalls the one seen by the Three Wise Men in the East at the time of Jesus Christ's birth.
- ★ The Christmas card was invented by Sir Henry Cole in 1843. (*The founder of Coles Myer perhaps!? - Ed.*)
- ★ Exchanging of Christmas presents can be traced back to the ancient Roman custom of gift giving which was practised at Saturnalia, which also fell at this time of year. When this tradition was Christianised it was said to relate to the gifts of gold, frankincense and myrrh that the Magi had carried with them from the East when they travelled to pay homage to the birth of baby Jesus.
- ★ Christmas cake is only a relatively recent addition to Christmas festivities, dating back only to the middle of the 19th century. It developed from the plum pudding only the contents were modified so that it would set solid.
- ★ Spelling Christmas as 'Xmas' stems from an ancient Greek practice. In the Greek language, the letter 'X' was the initial letter of Xristos, meaning Christ. Early scribes were busy people and parchment was costly so they often shortened words to save time & money, hence the use of the word 'Xmas'.
- ★ Q. What do you get from eating too many Christmas decorations? A. *Tinsellitis!*

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 by either

- mail: P O Box 1104, HARTWELL VIC 3125
- e-mail: mastswim@jeack.com.au
- fax: (03) 9809-2588

Contributions are requested by the end of the month prior to the issue date. Therefore articles for the February Edition are due by 31 January 1999, for the April Edition are due by 31 March 1999, etc.

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

LONG COURSE WOMEN

Jen Thomasson	QSM	55-59 yrs
50m Freestyle	00m32.75	18 Oct 98
100m Freestyle	01m11.63	18 Oct 98
50m Breaststroke	00m44.37	18 Oct 98

SHORT COURSE WOMEN

Cathy Codling	NWG	35-39 yrs
200m Backstroke	02m41.37	18 Oct 98

Carolyn Harrigan	NSA	35-39 yrs
50m Breaststroke	00m37.06	18 Oct 98

Jenny Whiteley	NRV	40-44 yrs
50m Freestyle	00m27.84	19 Sep 98
50m Breaststroke	00m36.88	19 Sep 98
50m Breaststroke	00m36.13	07 Nov 98 **
200m Breaststroke	02m53.68	18 Oct 98 **
100m Butterfly	01m09.78	18 Oct 98

Marilyn Earp	NWG	45-49 yrs
100m Freestyle	01m09.63	18 Oct 98

Judy Burke	NML	55-59 yrs
200m Butterfly	03m41.30	17 Oct 98

Pam Hutchings	NET	60-64 yrs
50m Backstroke	00m39.97	18 Oct 98
200m Backstroke	03m12.46	18 Oct 98

Barbara Vickers	NML	70-74 yrs
200m Breaststroke	04m25.59	18 Oct 98

Liz Wallis	NML	70-74 yrs
100m Backstroke	01m50.87	17 Oct 98
200m Backstroke	03m58.16	18 Oct 98

SHORT COURSE MEN

Alex Phillips	NHN	20-24 yrs
1500m Freestyle	18m23.82	13 Sep 98
400m Backstroke	04m54.34	12 Sep 98

Stu Fitch	ACN	
	45-49 yrs	
800m Breaststroke	13m36.21	13 Sep 98
1500m Breaststroke	25m34.62	13 Sep 98

Warren Creswick	NLS	45-49 yrs
50m Breaststroke	00m34.86	18 Oct 98

Ian Ingram	ACN	
	55-59 yrs	
1500m Breaststroke	25m41.65	13 Sep 98

Tony Goodwin	NML	60-64 yrs
50m Breaststroke	00m38.72	18 Oct 98
200m Breaststroke	03m07.99	18 Oct 98

Allan Duffy	NET	65-69 yrs
200m Butterfly	03m51.91	17 Oct 98

Kevin Vickery	NET	75-79 yrs
100m Indv. Medley	01m41.84	17 Oct 98
100m Butterfly	02m00.63	18 Oct 98

Alfredo Cherchi	NTR	90-94 yrs
50m Backstroke	01m17.25	19 Sep 98

SHORT COURSE RELAYS

Warringah Masters	17 Oct 98	
Female Medley	200+	02m36.32
Marilyn Earp	Marion Harrison	
Lindy Kenniwell	Sue Levett	

Ettalong Pelicans	18 Oct 98	
Male freestyle	280+	02m28.01
Brian Hutchings	Allan Duffy	
Kevin Vickery	Doug Campbell	

Ryde AUSSI	19 Sep 98	
Mixed Freestyle	120+	01m48.71
Darren Gum	Belinda Hall	
David King	Jenny Whiteley	

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Mixed Freestyle	080+	01m48.71
Darren Gum	Belinda Hall	
David King	Jenny Whiteley	

JENNY WHITELEY

Anyone who reads this column regularly will have noticed the regular presence of the name Jenny Whiteley. Jenny, who swims for the Ryde AUSSI Masters Club, has had an outstanding year. She has broken 5 World, 36 National and 10 State Records in 1998, making a total of 51. This is believed to be the highest number of records ever achieved by a Masters swimmer in one year.

Apart from this amazing achievement, Jenny also has gained maximum points for all swims in the National Aerobic Trophy program, been a member of many winning relay teams for her Club (including one National Record performance), competed in at least one Open Water Swim, been named AUSSI Masters Swimmer of the Year (for 1997), been named National Age Champion for her age group (40-44) and been named Open Club Champion of the Year at the Eastwood-Epping Amateur Swimming Club.

Our congratulations to Jenny who was nominated by AUSSI for the 1998 Masters Athlete of the Year Award. Unfortunately she was pipped at the post by Queensland triathlete, Brian Barr.

There will be a feature article about Jenny Whiteley in the February edition of the National Newsletter.

CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

	AUSSI/FINA Sanctioned meets.	OTHER (May be sanctioned by AUSSI.)
1999	<p>11 - 15 May: AUSSI National Swim DARWIN, NORTHERN TERRITORY *</p> <p>16 - 23 Oct: Pan Pac. Masters Swim. Championships PERTH, WESTERN AUSTRALIA</p>	<p>6 - 14 February: New Zealand Masters Games WANGANUI, NEW ZEALAND</p> <p>30 Sept - 2 Oct: Aust. Masters Games (Swimming) ADELAIDE, SOUTH AUSTRALIA</p>
2000	<p>21 - 23 April (Easter): AUSSI National Swim GLADSTONE, QUEENSLAND</p> <p>27 Jul - 8 Aug: FINA World Masters Swim Champ's MUNICH, GERMANY *</p>	<p>21 - 28 October: Honda Masters Games ALICE SPRINGS, NORTHERN TERRITORY</p>
2001	<p>March/April: AUSSI National Swim MELBOURNE, VICTORIA</p>	
2002		<p>6 - 19 October: World Masters Games MELBOURNE, VICTORIA</p>

* see below for further details

1999 NATIONAL SWIM

Dates

The 24th National Swim will be held in Darwin, 11-15 May 1999. Pool events will be held from Tuesday 11 to Friday 14, the open water swim will be on Saturday 15th.

Details

The program was sent to clubs in September and entry forms, together with merchandise order forms, further information about accommodation, etc, will go out in the second week in January.

Entries

The closing date for entries will be 12 March 1999.

Entries can be made only through club secretaries, ie, individual entries will not be accepted.

Entry Fees: Pool events - \$45 per swimmer, Open Water Swim - \$5 per swimmer, Relays - \$10 per team.

No late entries will be accepted.

Social

There will be two major social events:

- The Welcome Function (which will be **FREE**) on Monday 10 May at Parliament House; and
- The Presentation Dinner on Saturday 15 May at the Darwin Trailer Boat Club. Cost \$30 per head, drinks at bar prices.

Any queries should be directed to the Meet Director, John Pollock, on Tel: (08) 8981 5919, Fax: (08) 8941 4919 or e-mail: johnpollock@octa4.net.au.

2000 WORLD MASTERS CHAMPIONSHIPS

The organisation for this event has already progressed further than that of this year's World Championships in Morocco. The entry booklet is nearly finished, there are only time standards missing. Walt Reid, the FINA Masters Recorder, is working on them.

As I understand, there is to be time standards for all competitions and all ages in order to control the size of the event. Many Masters refrained from going to Morocco for various reasons and participation was only slightly more than half that of the Sheffield Championships in 1996.

We are anticipating a large number of masters in Munich. Of course they will expect perfect organisation - which we hope we can offer - as well as the great sightseeing that Bavaria has to offer.

As soon as the entry booklet has been printed, it will be distributed to the National Swimming Federations worldwide.

Christa Reinhart

(About the Author - Besides being a most talented swimmer in the 45-49yrs. age group, Christa is also the National Recorder for German Masters Swimming. She resides in Munich.)

This article was reproduced from Masterscrawl - September 1998 edition.

AROUND THE BOARD...

COMMUNICATIONS

I am hoping to introduce a new 'Member Profile' section in the National Newsletter in 1999. This will involve a number of randomly selected members being sent a short questionnaire about why they are a member of AUSSI.

Hopefully we will gain some valuable insight into AUSSI and hear some great stories along the way. If you happen to be one of the lucky one, please take the time to fill in the form and you could be the first lucky 'star' of the National Newsletter.

Jodi-Ann Beard

MARKETING

With the finalisation of the new National Logo and a need identified from swimmers travelling overseas recently, this portfolio has undertaken to produce and market a range of "AUSSI badged" items such as pins, T Shirts, Tracksuits, badges etc. Any thoughts and ideas members would like to give on what should be produced or contacts for the manufacturing of items would be appreciated. The new logo has been modified based on directives from the National Board.

David Speechley

MEMBERSHIP DEVELOPMENT

It seems that Clubs and Branches have experienced much higher levels of membership enrolment for the end of 1998. This may well have been helped by the changes which were introduced to the fee structure. I trust that all Clubs will be aware of this and embrace the new structure for members joining at the end of next year for 1999-2000.

Some Clubs are taking months to pass on memberships to their Branch. This is a potential risk as the paperwork for insurance is not fully in place until the member is properly registered. Make sure you are doing the right thing by your fellow members.

Gary Stutsel

PLANNING

AUSSI now has a new strategic plan for the five years commencing January 1999. The new plan was developed by the President of AUSSI Masters Swimming in Australia and is based on the Portfolio responsibilities of the National Board. The document will be printed and distributed to all Clubs early in 1999.

Jean Heath

PROGRAMMES

Don't forget the 1998 Aerobic Trophy concludes at the end of December. All Clubs are to forward their results on the required summary sheets to their Branch Recorder by 14th February (at the latest) and Branch Recorders are to forward the checked results to me no later than 14th March.

To determine Tassie Award winners, all Branches are also required to forward me Club Membership numbers for each Club as at the end of December 1998.

David Cummins

RECORDING

Things have been very busy with lots of National and a few World Record applications being processed.

A reminder to would-be Top Ten swimmers/Clubs that they should have passed their Aerobic and Competition times onto their Club/Branch Recorders by now (mid December). Note that split times from Aerobic swims are also allowable for Top Ten. Recorders should not forget about relays.

A new listing of world records are available with the current national records from their Branch Recorders.

Darryl Hawkes

SWIM MEETS

By now each Branch should have received the 'National Swim Meet Guide'. While this manual has been specifically designed to help a Branch run a National Swim Meet, the principles apply equally to meets and Branch and even Club level. I strongly urge Meet Directors at all levels to obtain a copy of the Guide from their Branch Secretary and explore the advice it contains. I feel sure it will lead to bigger, brighter and safer AUSSI Swim Meets in 1999 and beyond.

Dr Ted Giblin

TECHNICAL DEVELOPMENT

Things have been a bit quiet on the Technical front with just a couple of Referees qualifying in both Victoria and Queensland. Hopefully this means everybody is busy studying the Rule Changes that came into effect on 10th December.

I have been allocated the task of developing the Web site for AUSSI National so if you have any suggestions for what you'd like to see on it, please e-mail at paulines@sde.tased.edu.au or write to me at P O Box 242, ROSNY PARK TAS 7018.

Pauline Samson

AROUND THE BRANCHES...

AUSTRALIAN CAPITAL TERRITORY

ACT Branch & ACT Swimming Inc ran a successful carnival as part of the ACTEW Active Australia Games on 23 Nov. Unfortunately there were only 26 participants and it was all over in the morning! Why so small? Too soon after the AMG in Nov. 1997? Lack of effective marketing? Targeted at the wrong age group (widely referred to as the 'Under 40s Games')? Lack of a population base in Canberra to sustain 2 major sporting events within 12 months? Held on a working day so most participants had to take a day off? You can form your own conclusions depending on your view of Masters Games, but this one was not successful as least as far as swimming was considered.

SOUTH AUSTRALIA

AUSSI Masters State Cup Championship Club Points

Place Points	Club	Code	
1st	Adelaide Masters	SAM	966
2nd	Atlantis	SAT	594
3rd	Noarlunga Masters	SNO	294
4th	T.T.G. Kingfishers	STT	149
5th	Aquadome Otters	SAO	122
6th	Henley & Grange	SHG	95
7th	Marion Marlins	SMR	93
8th	Western Districts	SWD	58

NEW SOUTH WALES

The NSW Pelican Pointscore is nearing completion. The pointscore is in three divisions and at present Warringah are winning the 3 "Big guns" - 1st division, Coalfields the second division from 10 other clubs and Novocastrian the 3rd division of 25 clubs.

NSW says "Welcome!" to three new clubs which will be firing up on the 1st of January 1999; the Wagga Crows, Northern Beaches and Hornsby Masters.

Our Secretary/Administrator was lucky enough to do a flying visit to Darwin with International Sports Tours. Di hopes you have timetabled the Darwin Nationals in 1999 on to your programme because it promises to be a great meet!

TASMANIA

Talays Club hosted an Interclub 400m Short Course Swim to assist members to complete their Aerobic Trophy Program entries before the end of the year.

Tattersall's Masters held a 1km Interclub Relay Meet on Sunday 6 December. Teams consisted of 10 members who swum 50m each twice through.

The State's Club Presidents are meeting this month to discuss the many and varied issues that arise within Clubs including Membership and Club Development.

The State Summer Long Course Championships are set for the 13/14 February 1999 in Devonport. It will be hosted by the combined Clubs of Devonport and Burnie.

NORTHERN TERRITORY

Things are in full swing for the 1999 National Swim. Particular attention has been paid to the safety of swimmers given the hot, humid weather that the NT experiences.

Extra shade cloth, access to water, protective clothing for officials etc. have all had to be considered very carefully as well as the structure of the Programme of Events to allow us to avoid the heat of the day.

At this time of year, and especially for those of you who will be attending the meet, is it important to have a hat, sunglasses, sunscreen, protective clothing & an insulated waterbottle close at hand.

VICTORIA

Our focus has turned to coaching issues in the last part of 1998. Our Level 1M course attracted 16 coaches and the Stroke Clinic component was enjoyed by an additional 19 swimmers.

Melbourne hosted the National Sports Coach '98 Conference in late November and we were pleased to welcome Dr Kay Cox, National Director of Coaching, to Victoria. Kay was able to meet with some of our key coaches whilst she was in town.

AUSSI Victoria may consider running a Level 2M course in 1999 if there is enough interest from potential candidates.

QUEENSLAND

Queensland Branch have had a large increase in the number of clubs with Mullumbimby, Cooloola, Brothers Nudgee, Isis and Magnetic Island all affiliating in the last three months, bringing the total number of clubs in the Branch to 57.

Our aim is to have 60 active clubs by the new millennium. A proposal has been placed before the International Year of Older Persons Grants Program for funding to assist and defray some of the costs of setting up new clubs and getting them running.

WESTERN AUSTRALIA

We are enjoying our highest membership ever with a total of 1408 to date. With the wheels in motion for the 7th Pan Pacific Swim Champ's in October 1999, we are confident that our membership will continue its healthy growth.

The success of the Club Challenge Finals held over the weekend of 7-8 Nov. at Challenge Stadium pays tribute to the success of the first year of this new format. Each of the four pennants was named for a State life member and the winners were

- Group A: Frank Mongan Pennant - Melville
- Group B: David Cummins Pennant - Stadium Snappers
- Group C: Fred Johnson Pennant - Perth City
- Group D: Kay Cox Pennant - Carine

Pool Rage: the stress of the '90s

It's 7.15am at the local pool and the whiff of angst hangs thick in the air with chlorine fumes. The place is packed, at least six swimmers to a lane, each on a mission to burn fat, get fit, lose stress.

I was up before sunrise and I've got 45 minutes to do my 30 laps, shower, change and get to the office. Don't get in my way. Everyone else has the same grim determination. They don't call it a surface tension pool for nothing.

It pays to choose your lane carefully. In the fast lane, half a dozen A-type personality blokes thrash about in a violent my-biceps-are-stronger-than-your-biceps sort of freestyle, spraying great gouts of water into the air as their arms slap at the surface. This lane is about survival of the fittest: fall behind the pace and you're likely to get mown down.

These look like the sort of men who've been told by their doctors to take up swimming to reduce unhealthy stress levels. But for them, the pool has become just another battleground and the guy in the tight yellow Speedos, whose kick is splashing them in the face, suddenly looked like the guy who got promoted over them last week.

In the slow lane, things appear more relaxed, but the angst is breeding just below the surface. Three seething breaststrokers are banked up behind one carefully coifed woman, practising an elegant but almost stationary stroke, right in the middle of the lane. Her perfectly made-up face bobs high out of the water, oblivious to anyone trying to get past.

I always figure the medium lane has to be the safest bet - no self-respecting testosterone-charged speed swimmer would be seen dead here and the makeup brigade aren't going to risk getting their hair splashed by a passing backstroker.

But even the medium lane has its hazards. There's always the woman standing at the end of the lane catching her breath, who waits just till you are about to kick off, before pushing off in front of you. She'll then swim so slowly, you spend the entire lap choking on the spray of her heels.

More infuriating still is the zig-zagger who swerves from side to side to prevent anyone overtaking. Or the guy who practises his power walking in the shallow end, while you're trying to do laps.

While some swimmers are just inconsiderate, others are a public menace. Recently I was swimming behind a man who, just as he was nearing the end his lap, snorted a huge glob of phlegm into the water, right in my path.

For what is supposed to be a relaxing sport, I seem to emerge from the pool most mornings, blood boiling, teeth clenched and spoiling for a fight. Never mind road rage, this is pool rage.

Perhaps it's the chlorine fumes, but sometimes I find myself bristling at the slightest annoyances.

I don't like the look of that guy's super fly-style goggles. I hate the way that man's baggy shorts billow out like a parachute in the water. The guy in front is swimming too slow, the girl behind is swimming too fast.

I had to stop going to the pool closest to home because I started having murderous fantasies about the zippy-board man. Every morning, this middle-aged menace would grab a yellow plastic kickboard children use to learn to swim on, put on a pair of flippers and then, arms outstretched and face down in the water, he'd power down the medium lane like there was no tomorrow.

If you got in his way, he would ram you with his board until you let him pass. I wanted to ram his flippers down his throat.

My other nemesis at that pool was the obese elderly woman who would float, corpse-like, face down in the water in the middle of the lane. The first time I came across this bobbing blob, I thought someone had died. I was just about to scream for help or try mouth-to-mouth resuscitation, when I detected the slightest kick of her foot. I realised she was just doing laps - very, very slowly.

Couldn't she read the signs? This is the medium lane. YOU'RE SUPPOSED TO BE SWIMMING AT MEDIUM SPEED! AND WHAT IS SOMEONE HER AGE DOING IN THE POOL AT THIS PEAK TIME IN THE MORNING, ANYWAY?

Call me intolerant, but I'm not the only one suffering pool rage. A friend who lives in a well-to-do suburb tells me there are frequent fisticuffs in the mornings at her local pool. The police have been called in on several occasions to break up the fights.

And in London, the *Telegraph* newspaper reports that "lane rage" is an increasing problem in Britain. Apparently an article in the *Swimming Times*, by Channel swimmer Duncan Heenan, about bad pool manners sparked a flood of letters from disgruntled patrons complaining about everything from aggressive men who refuse to be overtaken by a woman, to women who swim four abreast so they can give a good gossip.

Perhaps we should all just take up a more soothing sport, like kick-boxing - before someone really gets hurt.

Jane Hutchison/*The Age*. Reproduced by Permission.

(Hey Jane - have you thought of joining AUSSI? - Ed.)



**MASTERS
SWIMMING
AUSTRALIA**

Here's a sneak preview of the new AUSSI logo that is currently under consideration. What do you think?