



Aussinews.

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A Christmas and/or New Year Message

December, 1999

As I write this, the year is almost coming to a close. If you are like me your New Year resolutions are bigger and better for 2000, as we feel inspired by the beginning of a new century. I have already promised myself that I will train better next year, that I will work off all the Christmas goodies in record time and I won't let the rest of my everyday life encroach on my training sessions in the pool.

At the last Board Meeting, the Board resolved that for AUSSI, the year 2000 would be the year of the membership and that we would try to make an extra effort to build up our membership. The National Board and indeed Branches can only do so much. They can propose schemes and offer encouragement, support, leaflets, new Club Kits etc in this endeavour, but membership is gained at Club level and most importantly membership is retained at Club level.

If we could all make one of our New Year resolutions that of encouraging and welcoming swimmers who may be thinking of joining or have recently joined a Club, I am sure we could successfully retain our membership to a greater degree than we are at present and increase our membership. Joining any new group is very difficult for some people and not feeling a part of the group is one of the reasons given by people who drop out.

It is also a fact that unless a Club changes to meet the differing needs of members, unless new ideas are put forward and tried, and unless opportunities are provided for members to socialise and feel part of the group, then a Club risks stagnation and decline.

So, think about your resolutions for the New Year and I ask you to make encouraging and welcoming new members one of those resolutions. On behalf of the National Board, I wish you all a very Happy Christmas and a bright and successful New Year and I trust that 2000, our 25th Anniversary is a good year for AUSSI.

May Sweeney
National President.

Member Motivation and Retention

One of the critical issues we face is remaining relevant to our members so they do not leave us. If the financial viability of your Club or Branch concerns you, you will appreciate the benefits of even a small increase in total members. The easiest way to increase member numbers is to keep the ones you already have.

Like most fitness organisations, both voluntary and commercial major changes must be made to their old habits. Many join us with the best of intentions, realising the benefits of regular exercise but stop coming when the weather changes or there are any other demands on their time.

We must make an effort to understand the motivation of all of our members. For new members we can ask why they joined and what they hope to achieve. We can then help them to set goals.

Goals need to be measurable, short term goals, achievable in a couple of months, eg improve stroking; long term goal - achievable in 12 months or more, eg complete all aerobic swims. Once the member has set his/her goals, you can tailor a program to achieve them.

You and the member must review the goals regularly to maintain the member's motivation. If you and the member agree there is a need to do so, change the goals or adjust the time frame. Most importantly set new goals when the goals are achieved. This is when it gets harder because longer term members are usually taken for granted. We think they are going okay but their routine may well have become boring.

The slightest outside distraction may well see them leave for greener pastures. What they have been doing is no longer relevant to them.

In the bigger picture both at Club and Branch level we need to collect information about members' goals at a group level. If properly analysed this information can tell us whether we need to modify existing programs or arrange child minding service. We may need to add new swim sessions eg. daytime and or weekend, provide more education or even offer information which has never been considered.

It is only by staying in touch with our members' needs, adjusting to meet those needs and doing our best to keep every member motivated that we will retain them. They in turn will attract new members.

Gary Stutsel (Director of Membership)

The benefits of exercise to health

The Olympic Games represents the summit of sporting achievement. Few of us will approach these levels of performance in our physical endeavours. The good news is that we do not have to scale Olympian heights to achieve significant health benefits.

We can improve the quality of our lives through a life long practice of regular physical activity of moderate or vigorous intensity. An active lifestyle is an option for everyone.

Many Australians may be surprised at the extent and strength of evidence linking physical activity to numerous health improvements. Regular physical activity greatly reduces the risk of developing coronary heart disease, diabetes, hypertension and colon cancer. It enhances mental health, fosters healthy muscles, bones and joints, helps maintain functions and preserves independence in older adults.

Congratulations to the following AUSSI officials who have been included on the FINA Masters Officials List No. 4:

Ivan Wingate
Alan Davis
Ken Liddy

Swimming and Open Water Swimming
Swimming and Open Water Swimming
Swimming and Open Water Swimming



CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

	AUSSI/FINA Sanctioned meets.	OTHER (May be sanctioned by AUSSI.)
2000	<p>21 - 24 April (Easter): AUSSI National Swim GLADSTONE, QUEENSLAND</p> <p>27 Jul - 8 Aug: FINA World Masters Swim Champ's MUNICH, GERMANY</p>	<p>29 Jan - 5 Feb: South Pacific Masters Games WELLINGTON, NEW ZEALAND</p> <p>5 - 13 February: New Zealand Masters Games DUNEDIN, NEW ZEALAND</p> <p>21 - 28 October: Honda Masters Games ALICE SPRINGS, NORTHERN TERRITORY</p> <p>28 Oct - 5 Nov: Asia Pacific Masters Games GOLD COAST, QUEENSLAND</p>
2001	<p>4 - 8 April AUSSI National Swim MELBOURNE, VICTORIA</p>	<p>3 - 11 Feb: New Zealand Masters Games WANGANUI, NEW ZEALAND</p> <p>5 - 14 Oct: 8th Australian Masters Games NEWCASTLE & HUNTER, NSW</p>
2002		<p>5 - 13 October: World Masters Games MELBOURNE, VICTORIA</p>

Dear Editor

I have just received your October Newsletter and two items interested me:

1. "Where does your money go?" A satisfying explanation that seems to answer reasonable questions. Perhaps in a future article John Pugh could break down the 50% that goes to running the National Office?

2. Gary Stutsel's letter on "Butterfly - the other point of view". I could not agree more with Gary that the real purpose of AUSSI seems constantly under threat. We seem to get endless seminars on what is permissible and these days there seems always to be someone with a white shirt patrolling the poolside to see if your stroke is correct or you have turned correctly.

Elitism is making strong inroads with Clubs seemingly unprepared to swim slower swimmers in case they drop point averages.

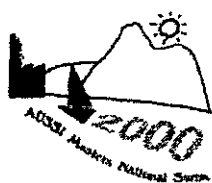
In my Club we are fortunate to have a marvellous coach, so enthusiasm is high. But our swimmers are more prepared to swim at the local RSL Club or Winter Swimming Club or Open Water Swim than to participate in an AUSSI Carnival because frankly, AUSSI Carnivals seem to be mainly for the winners.

I'm with Gary. Forget the transgressions of those with a crook kick or a bad turn. Put more of the bureaucracy into finding ways to encourage more people to swim than to disqualifying them for faulty technique.

Brian Ellison

Brian, I would hope that people would enjoy the participation and if coached correctly then faulty technique and stroke shouldn't be a problem. Remember, we have rules to make it a fair playing field, in this case, swimming pool. Sometimes we also need to consider the criteria for awards etc. The article Roles and how to play them on page 5, should give all something to think about. Editor.

25th AUSSI Masters National Swim Meet



The last year of this century is fast drawing to a close. AUSSI Masters swimmers here in Queensland take this opportunity to send a Christmas cheer across Australian and Beyond. May you have a very Merry Christmas, good health and good fortune in the New Year.

A trial swim for the AUSSI National Swim 2000 was conducted in Gladstone in October. It was a valuable exercise for the swim committee to trial new electronic timing equipment and the pool facility generally. You should expect to be competing in an outdoor 50 metre pool setting in a subtropical environment (plenty of shade will be provided). An enclosed heated 25 metre pool is located close to the 50 metre pool for your exclusive use of the warm up and swim down after your events.

Be sure to talk to your club captain to receive a program flyer and discuss your entries.

Nominations for national swims are not lodged on the pink and blue race cards, there are individual nomination forms for this.

Have you arranged your accommodation?

Please contact Gladstone Traveland on 1800 075 516 and ask for Rebecca. Over 200 people have booked to date just for the swim event alone and most convenient accommodation is drying up fast. Work with Traveland and contact the committee if you have any difficulties.

I know you have had a big year in 1999.

Please relax and unwind over the Christmas and New year break, then into training for Easter 2000.

Regards *Viv Juvin*, AUSSI National Swim 2000, Meet Director.

(from the Silver Spruiker, December 1999 – No 3.)

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One of my favourite passages reflecting the agony and ecstasy of our journey is from The Velveteen Rabbit by Margarey Williams.

In the story, two nursery toys, the Skin Horse and the Rabbit, talk about becoming Real:

“Does it hurt?” asked the Rabbit.

“Sometimes,” said the Skin Horse, for he was always truthful. “When you are Real, you don’t mind being hurt.”

“Does it happen all at once, like being wound up,” he asked, “or bit by bit?”

“It doesn’t happen all at once,” said the Skin Horse.

“You become. It takes a long time. That’s why it doesn’t often happen to people who break easily, or have sharp edges, or who have to be carefully kept. Generally, by the time you are Real, most of your hair has been loved off, and your eyes drop out and you get loose in the joints and very shabby. But these things don’t matter at all, because once you are Real you can’t be ugly, except to people who don’t understand.”

Email to Ivan Wingate from Anita Killmier (former National Coaching Director now residing in Sri Lanka)

Hi Ivan

Have been ultra busy here. I have put in place an entire accreditation structure for teachers and coaches and am grateful for the background my AUSSI work gave me. It is just amazing how all the skills have all come together in this place and time.

To date I have run two teaching courses, two CPR courses and a Course for the Disabled with Anne Green from Australia, funded through a grant that I obtained from the Australian Government. She will come back in January to run a second course and an extension course.

I am holding a Level 1 Coaching course early in the year and then I hope to get a Masters Course in before I go. We now have 62 fully accredited teachers with about another 20 pending, plus nearly 20 teachers almost finished their disabled accreditation.

We have set up a free clinic teaching orphaned disabled kids which is really heart warming and I am now putting together sponsorship proposals to help fund it. I have already had offers of donations. So much to do and not enough time left.

I just hope it perpetuates itself after I have gone, but am trying to put mechanisms in place for it all to continue.

Back in town pre-Olympics. John and I have tickets and I plan to have a holiday in Adelaide before hand to catch up.

Hope all is well.

Anita

And in your spare time? Ed.

Roles – and how we play them

Whenever I'm disappointed with my spot in life, I stop and think about little Jamie Scott. Jamie was trying out for a part in a school play. His mother told me that he had his heart set on being in it, though she feared he would not be chosen. On the day the parts were announced, I went with her to collect him after school. Jamie rushed up to her, eyes shining with pride and excitement. "Guess what, Mum," he shouted, and then said those words that remain a lesson to me: "I've been chosen to clap and cheer."

- *"A Matter of Attitude", Marie Curling.*

Dear Doctor Ted.

I am planning to swim in Munich at the World Masters Swimming Championships, however one of my prescribed medications is on the banned list of the IOC. What should I do? Max.

Dear Max,

You should continue to take all medications as prescribed by your doctor. If you are concerned that the use of this medication may be questioned then all you need is a letter from your doctor indicating the prescribed drug, the dosage and reason for its use.

If you are uncertain as to whether a drug, either prescribed or over the counter, is on the IOC banned list then queries can be answered by ringing the Sports Drugs Agency Hotline on 1800 020 506. Dr Ted.

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.

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Closing date for the next newsletter (February) should be received by January 31st, 2000.

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

LONG COURSE WOMEN

Susan Harbottle VDC 45-49 yrs
50m Butterfly 00m33.75 01 Oct 99

Heather Morgan VBM 55-59 yrs
50m Breaststroke 00m43.63 30 Sep 99

Jen Thomasson QSM 55-59 yrs
800m Freestyle 11m21.95 31 Oct 99

Tricia Legge QTT 60-64 yrs
800m Backstroke 15m22.97 31 Oct 99

Pam Hutchings NET 60-64 yrs
200m Freestyle 02m50.72 21 Oct 99

Denise Wangel SAM 65-69 yrs
400m Indv. Medley 07m38.71 30 Sep 99
200m Backstroke 03m35.37 30 Sep 99

Alma Brecknock SAM 80-84 yrs
200m Indv. Medley 05m43.91 02 Oct 99

Margaret Russell QIF 85-89 yrs
200m Backstroke 08m45.47 30 Sep 99

LONG COURSE MEN

Matthew Wright QPN 30-34 yrs
400m Butterfly 05m59.77 31 Oct 99
800m Butterfly 12m15.09 31 Oct 99

Kingsley Bugarin WCM 30-34 yrs
200m Breaststroke 02m34.08 18 Oct 99

Stephen Junk WIW 35-39 yrs
200m Butterfly 02m21.93 22 Oct 99

Jim Smith WCR 45-49 yrs
200m Freestyle 02m11.29 21 Oct 99
800m Freestyle 09m42.97 16 Oct 99

Simon Martin WCM 45-49 yrs
400m Freestyle 04m39.12 18 Oct 99

Graham Croft WIW 50-54 yrs
50m Freestyle 00m27.01 22 Oct 99
100m Freestyle 01m00.17 17 Oct 99

Paul Victor WCM 55-59 yrs
400m Freestyle 04m57.27 18 Oct 99
800m Freestyle 10m18.13 16 Oct 99
200m Indv. Medley 02m43.39 17 Oct 99
400m Indv. Medley 05m47.59 19 Oct 99

Patrick Galvin VMV 65-69 yrs
200m Butterfly 03m46.48 01 Oct 99

Roy Roberts WSM 75-79 yrs
50m Breaststroke 00m48.74 20 Oct 99

LONG COURSE RELAYS

Carine AUSSI WCR 4x50m 200+ yrs
Mixed Freestyle 02m03.93 21 Oct 99
Carol Wannell Sandy Muir
Jim Smith Beverley Byers

SHORT COURSE WOMEN

Natalie Hamilton NRY 20-24 yrs
50m Breaststroke 00m35.78 19 Sep 99

Cathy Codling NSP 35-39 yrs
50m Freestyle 00m28.06 18 Sep 99

Penny Bond QTV 35-39 yrs
200m Freestyle 02m11.69 13 Nov 99
400m Freestyle 04m29.09 13 Nov 99

Jenny Whiteley NRY 40-44 yrs
100m Breaststroke 01m20.43 18 Sep 99
50m Butterfly 00m31.70 18 Sep 99

Robin Henze NWL 60-64 yrs
100m Breaststroke 01m42.34 18 Sep 99
200m Breaststroke 03m40.99 19 Sep 99

Betty Stern NCR 75-79 yrs
200m Backstroke 04m18.83 19 Sep 99

Alma Brecknock SAM 80-84 yrs
400m Freestyle 10m51.77 14 Nov 99
400m Breaststroke 10m51.77 14 Nov 99

Margaret Russell QIF 85-89 yrs
200m Freestyle 07m57.46 13 Nov 99

SHORT COURSE MEN

Brent Walker TAC 25-29 yrs
50m Backstroke 00m26.72 17 Sep 99
100m Backstroke 00m59.07 17 Sep 99
200m Backstroke 02m10.48 17 Sep 99
50m Butterfly 00m26.18 17 Sep 99**

Peter Hartman-Kearns SAM 30-34 yrs
50m Breaststroke 00m30.90 14 Nov 99
200m Indv. Medley 02m19.00 14 Nov 99

Matthew Wright QPN 30-34 yrs
50m Breaststroke 00m31.04 11 Sep 99

Bruce Williamson NWS 45-49 yrs
50m Freestyle 00m26.25 18 Sep 99

Stephen Lamy NML 50-54 yrs
50m Backstroke 00m32.94 19 Sep 99
100m Backstroke 01m12.62 18 Sep 99

B. Robertson-Dunn ATN 50-54 yrs
50m Breaststroke 00m35.18 19 Sep 99

Bob McCabe VNL 75-79 yrs
800m Indv. Medley 22m13.37 11 Sep 99

SHORT COURSE RELAYS

Ryde AUSSI Masters NRY 4x50m 80+ yrs
Female Medley 02m16.95 18 Sep 99
Belinda Hall Natalie Hamilton
Jenny Whiteley Sandy Molson

Ryde AUSSI Masters NRY 4x50m 120+ yrs
Female Medley 02m16.95 18 Sep 99
Belinda Hall Natalie Hamilton
Jenny Whiteley Sandy Molson

Darryl Hawkes
National Recorder

** This record until recently, had been held by Mark Morgan since 1986.

Recently NSW AUSSI Masters Swimming won the Gold level award for Safe Sport Practice at the Branch/State level and including grant of \$5,000 to purchase Sport Safety Equipment.

The aim of the Awards Scheme is to recognise outstanding achievement in the research and prevention of sport related injuries and the adoption of safe sport practices. There are three categories of awards:

- A. Applied Research
- B. Educational Promotion
- C. Safe Sport Practice

The nominated project was safety procedures implemented at Interclub Swim Meets.

Brief Description of the Project.

A number of new safety procedures have recently been implemented by Masters Swimming NSW. These have included:

- ◇ New procedures developed regarding the way in which the warm-up period is conducted before the commencement of swim meets.
- ◇ Establishment of a team of medical officers to ensure adequate medical procedures are in place at swim meets.
- ◇ The purchase of a defibrillator which is taken to all swim meets.

The objects of the project were:

- ◇ Safe practices are implemented at all swim meets to minimise risk of accidents
- ◇ Warm-up sessions at swim meets are conducted in a professional manner in accordance with safe practice procedures
- ◇ Adequate medical procedures are in place at swim meets to treat any medical emergencies should they arise.

Results – Management Level

- ◇ New safety policy written and developed by Management Committee
- ◇ Guidelines written for club hosting a swim meet explaining warm-up safety procedures that must be followed
- ◇ Adherence to safety procedures has been made mandatory in order for a swim meet to be sanctioned
- ◇ Procedures reviewed regularly and updated accordingly
- ◇ Branch safety officer oversees implementation of program

Warm-up Sessions at Swim Meets

- ◇ Swimmers now aware of safety procedures in place. Lanes are allocated to specific activities to minimise risks and maximise use of pool space. Swimmers now look for correct lane to swim (previously it was a free swim for all)
- ◇ Only one type of stroke allowed to be swum in a specified lane to decrease risk of collision of swimmers in lanes.
- ◇ If there is more than one lane for a specific stroke, lanes are designated for fast, medium, or slow swimmers
- ◇ Diving only permitted in specified lane to prevent people diving over other swimmers
- ◇ Practice turns only permitted in a specified lane
- ◇ New signage developed showing lane allocation
- ◇ Signage placed at both ends of the pool
- ◇ Signage placed in a position so that is visible to swimmers in the pool and from the pool deck
- ◇ Warm-up supervisors must be present before a session may commence. The names of these warm-up supervisors must be approved in advance.

Medical

- ◇ Purchase of defibrillator, as recommended by Medical Officer, which is taken to all swim meets
- ◇ Establishment of a team of medical officers who share the responsibility of being present at all swim meets and advising swimmers on any medical matters
- ◇ Warm-up and swim meet cannot proceed if adequate medical facilities not in place.
- ◇ Medical officers often given advice to swimmers when not to swim in the interest of their health

Supporting Documentation/Materials

- ◇ National Safety Policy and Guidelines for AUSSI Masters Swimming
- ◇ Instructions to carnival hosts re Warm-up Procedures
- ◇ Sample signs used for warm-up sessions
- ◇ Photographs of warm-up procedures in place
- ◇ Letter from Medical Officer re recommendation for purchase of defibrillator
- ◇ Article from Medical Officer re recommendations when not to swim.

For more information, the web address for the Sporting Injuries Committee

<http://www.citysearch.com.au/syd/sportingcommittee>

Thanks to Helen Rubin for this article.



Lane 9



This is gossip and snippets of information heard around the Clubs and Branches.

If you have anything at all of any interest send a note,

or email me at aussi@trump.net.au

☺ At a recent interclub 800m short course swim, swimmers, all of whom train in a long course pool, all recorded PB's. Obviously this had something to do with the pool being shorter!!

👋 We're good, but sometimes we do have limitations. We have received enquiries from several people about the Top 10 for 1999. You would think that they could wait until the year had actually finished!!

☹ One of our members is constantly excited when he finds newspaper articles with headlines such as "Drink to your health with beer, researchers advise", and "Sportsman boosted by more sex". (Dream on!!)

☹ If you get yourself into a hole - stop digging!!

☎ I was reading the instructions in a government car on how to use the new mobile phones. Last instruction on the bottom of the sheet - if the mobile phone is stolen - ring Richard. ????

👉 Recently a coach was a bit miffed when one of his swimmers decided that "own choice" meant Freestyle and everyone else played follow the leader!!

☺ Someone was describing one of the coaches recently as attempting to put young shoulders under old heads.

✓ Heard the other day - "I would rather have a bottle in front of me than a frontal lobotomy".

🍷 Mae West once said - "Whenever I have to choose between two evils, I always like to try the one I haven't tried before."

👉 **It doesn't matter if you fall down as long as you pick something from the floor when you get up.**

? Did you know the 7/5th of all people do not understand fractions?

🚧 **To achieve success - we cannot direct the wind, but we can adjust the sails.**

🌟 Forrest Gump may have thought that Life was a Box of Chocolates, but one of our swimmers realised recently that eating a whole box of chocolates (just because it was his birthday) did not enhance his swimming performance.

🔗 *Can someone tell me why when you feel you're swimming really fast you often swim you're slowest time?*

🕒 *A member of a Club was granted Life Membership recently - was this part of an Insurance Plan?*