



**MASTERS  
SWIMMING**  
Australia

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# NATIONAL

## NEWSLETTER

June 1999

Recently the Communication Portfolio was given to Tasmania in a reshuffle at the Board Meeting in Darwin. Not only did this include the National Website, but also meant that the National Newsletter will now be produced in the island Branch of Australia. So this is the first edition from the sunny south and my thanks must go to Jodi-Ann Beard (Vic) who has produced the newsletter over the past two years. She certainly produced a newsletter of a high standard, however Tasmania is looking forward to the challenge.

Since the last edition of the newsletter there has been the following:

- AGM/National Board Meeting
- 24th National Swim in Darwin
- Mary Sweeney (Qld), elected National President
- John Pugh (Tas) elected National Finance Director
- Kay Cox (WA) granted Life Membership
- portfolios reallocated
- 86,000 total requests from the National website
- new AUSSI logo formerly approved
- merchandise release
- program for 2000 National Swim
- Tasmania Branch on the internet
- AUSSI Coach of the Year

Although it is often easy to find articles to put in the newsletter, it is also a forum for the members to have letters and ideas published, Clubs to advertise their upcoming events, so everyone is kept informed of 'What's on in AUSSI'. A new feature will be 'Lane 9' - generally snippets heard around the pool deck - with 7,000 people out there, there should be enough to keep us going for 5 years.

*Pauline Samson (Editor)*

## AUSSI according to NED



Who's NED ? Ivan Wingate, the National Executive Director also known affectionately as The National Body.

### 'Fly or not to 'Fly ?

The "buzz" around the pool at the recent National Swim in Darwin, was the question of whether or not doing a breaststroke kick-drill in a butterfly event was 'legal'. To me, it is quite stupid, not smart, to expect that no over the water arm recovery is legal.

'Rules' generally, explain what you need to do to comply with the stroke. In recent times, however, FINA has added a few things you are not to do e.g. in Breaststroke: 'A scissors, flutter or downward dolphin kick is not permitted', but in general, the Rules say what you have to do. Surely the fundamental requirement of the Butterfly stroke is: 'Both arms must be brought forward together over the water and brought backwards simultaneously'.

Because the Rules do not specify how often the arms must recover over the water, the AUSSI Technical Workshop two years ago, determined that the absolute minimum requirement is one arm stroke per lap. Our Masters Swimming colleagues in other parts of the world have put a limit on the number of breaststroke type kicks per arm-stroke, but the Branch Technical Directors at the Workshop decided not to introduce such restrictions because a number of AUSSI Swimmers like to do two or three kicks per stroke and other like to combine breaststroke and dolphin kicks – and for all intents and purposes, are doing butterfly.

It would appear now, that the issue may need to be reconsidered.

Ivan Wingate  
Referee.

### KAY COX , PhD - Life Member - AUSSI Masters Swimming Australia

At the recent AGM held in Darwin, Kay was presented with Life Membership. The nomination came from her home state of WA, seconded by SA and endorsed by the other Branches.

Kay leads a busy life, juggling a family of husband Wally and three children, with her position as Senior Research Officer, Department of Medicine, University of WA and of course her work with AUSSI. (She even finds time to swim and compete regularly).

Over the past 21 years of being involved with AUSSI Masters, Kay has played a major role at both State and National level – these include: developing major coach education policy and ensuring AUSSI's inclusion in the ACC accreditation scheme, officials education program, policies for Safety, Coaches Updating, Swim Meet and the National Aerobic trophy.

Kay is also a member of several committees which include: an associate member of the Medical sub-committee, chair person of the National Coaching Panel, National Director of Coaching, AUSSI Management Committee, AUSSI member of AUSTSWIM WA, Australian Association of Exercise and Sports Sciences (WA), sub-editor Professional Journal on Exercise and Education issues.

Kay is a level 2M accredited swimming coach, AUSSI Masters Referee and FINA Referee for Masters Swimming. She has been Chief Referee for several major events including the AMG 1993, Perth and the National Swim, Perth in 1995.

Kay has received a number awards over of the years and some of these include: Life Membership AUSSI WA 1982, AUSSI Coach of the Year, 1990, Eunice Gill Award for services to coaching, 1993, and Official of the Year, 1996.

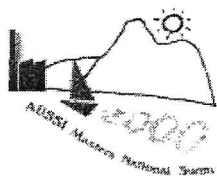
AUSSI congratulates Kay on her award and thanks for her dedication to her work, her interest in sport and exercise, particularly in swimming as we are indeed privileged to have someone of her enormous talent as one of our members.

# CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

	AUSSI/FINA Sanctioned meets.	OTHER (May be sanctioned by AUSSI.)
<b>1999</b>	16 - 23 Oct: Pan Pacs Masters Swim Championships PERTH, WESTERN AUSTRALIA	30 Sept - 3 Oct: Aust. Masters Games (Swimming) ADELAIDE, SOUTH AUSTRALIA
<b>2000</b>	21 - 23 April (Easter): AUSSI National Swim GLADSTONE, QUEENSLAND 27 Jul - 8 Aug: FINA World Masters Swim Champ's MUNICH, GERMANY	29 Jan - 5 Feb: South Pacific Masters Games WELLINGTON, NEW ZEALAND 5 - 13 February: New Zealand Masters Games DUNEDIN, NEW ZEALAND  21 - 28 October: Honda Masters Games ALICE SPRINGS, NORTHERN TERRITORY November: Asia Pacific Masters Games GOLD COAST, QUEENSLAND
<b>2001</b>	March/April: AUSSI National Swim MELBOURNE, VICTORIA	October: 8th Australian Masters Games NEWCASTLE & HUNTER, NSW
<b>2002</b>		6 - 19 October: World Masters Games MELBOURNE, VICTORIA

## STOP PRESS! 2000 NATIONAL SWIM UPDATE

AUSSI Masters Swimmers,



Greetings from Gladstone in Queensland, location of the AUSSI National Swim Meet in 2000. Grab a pen and mark your diary – 21st – 24th April 2000. It's an Easter long weekend with Anzac Day (Tuesday) tacked on to the end of it.

Where is Gladstone ? I hear you ask. It is a sub-tropical city on the Queensland coast, 6 hours drive or 70 minutes flying time north of Brisbane. Gladstone is a modern and dynamic growth centre with significant industry and shipping, but with a relaxed and easy going lifestyle. The official logo for the National 2000 Swim depicts the harbour and industry in the Sunshine State. Gladstone is the finish of the famous Brisbane to Gladstone yacht race, and yes it is on at Easter when you are here to swim for gold.

The National Swim Meet Co-ordination Committee has been planning the 2000 swim for 8 months. Significant sponsorship is already secured and the pool complex which is the venue for the swim, is receiving upgrade works throughout 1999 and 2000 in time for our event. The committee members are putting in a big effort for AUSSI Masters swimmers, so please come and make their efforts worthwhile, you'll have a great time in and out of the pool. For travel and accommodation arrangements contact Gladstone Traveland on 1800 075 526. (email [gladtrav@bigpond.com](mailto:gladtrav@bigpond.com))

Viv Irwin (National Swim Meet Convenor) P O Box 219 Gladstone, Qld 4680 ☎ (07) 4972 6426

## New Bodz on the Board



**Mary Sweeney**, our newly elected President, is from Queensland and member of Northside Masters. Joined in 1985, a year after learning to swim. She has 5 grown-up children, 3 grand daughters (including a budding swimmer). Mary works as a medical secretary for an orthopaedic surgeon in Brisbane. Mary has been involved in all areas of Masters swimming including club secretary and president, Branch minute secretary, VP, SE Qld, President, Registrar, Delegate to National, Chairman Masters Games Committee, Convenor of State swims and WMG (1994), Meet Director Asia/Pac Games and is a Life Member of Qld AUSSI. In her 'spare' time, Mary enjoys walking, tennis, and Toastmasters – also teaches speech making at Adult Ed. We are pleased to have Mary on Board as our National President and wish her well in her new role.

**John Pugh**, our newly elected Finance Director is from Tasmania and member of Launceston Lemmings. John has been in Masters swimming since arriving in Tas in 1987. He has 3 grown up children and a grand son, Alexander. He is a lecturer in Accounting and Finance at the Tas University. He has been involved at Club level as Treasurer, Coach, President, at Branch as Coaching Director, President, Treasurer, Meet Director for Winter Champs, Meet Director for 1998 National Swim. John enjoys his swimming, gardening, bush walking and listening to music. We look forward to working with John on the Board and benefiting from his knowledge on budgeting and financial planning.

### What Do You Think ?

- ☺ Do we continue to publish the National Top 10 booklets, now that this information is available on the website ? How many of you actually get to see the booklets ? Do we supply the results on disk ?
- ☺ Have you ever seen the Handbook of AUSSI Masters Swimming ?(Where's your Club copy?)
- ☺ Do you want to continue with cloth patches for Aerobic swims, or would certificates be okay – retain the badges for the 1, 3, 10 million metres ?
- ☺ How do you feel about the qualifying times required for a World Masters Swimming Champs?
- ☺ Is your Club incorporated ? If not, why not ?
- ☺ Do you know how to transfer from Club to Club and/or Branch to Branch ? What fees are paid ? Did you know that you keep the same registration number ?

### National Swim Allocations

2000	Qld
2001	Vic
2002	WA
2003	ACT
2004	SA
2005	Tas
2006	NSW
2007	NT
2008	Qld
2009	Vic
2010	WA
2011	ACT

### Re-allocation of Portfolios

- ☺ Planning and Risk Management (Qld) + Safety and Computer
- ☺ Swim Meet Policy (NT) + Medical Advisory Panel
- ☺ Technical (Vic) + Technical Committee
- ☺ Recording (SA)
- ☺ Communications (Tas)
- ☺ Programmes (WA)
- ☺ Merchandise (ACT)
- ☺ Membership (NSW)

### 7th AUSTRALIAN MASTERS GAMES

Adelaide

Sept 30 – Oct 3 1999

Entries close

July 30<sup>th</sup>

## 24th AUSSI Masters Swim held in Darwin from 11th – 15th May, 1999

Results are now available for the National Swim, either from Clubs or from the National Website.

This a list of the major awards presented at the National Swim Dinner:

<b>Founders Trophy</b> ( <i>top scoring Club</i> )	Darwin Stingers (NT)
<b>Runners Up trophy</b>	Atlantis (SA)
<b>Visitor's Trophy</b>	Atlantis (SA)
<b>National Heart Foundation Award</b>	Elaine Edwards
<b>Swimmers of the Meet</b>	Jen Thomassen (QSM) and Allan Dufty (NET)
<b>Relay Trophies</b>	
80+ , 120+, 160+, 200+, 240+ ,	Darwin Stingers (NT)
280+	Manly (NSW)
The following two awards were also announced and presented:	
<b>National Aerobic Trophy winners( 1998)</b>	Somerset AUSSI (WA)
<b>Coach of the Year</b>	Alina Graham (QLD)

**AUSSI National wishes to apologise to the medal winners who were not acknowledged at the National Swim Presentation Dinner.**

### PAN PACS Masters Championships

The 7th Pan Pacific Masters Aquatic Championships are to be stage in Perth at the Challenge Stadium on October 15-24th, 1999. There is huge interest from Japan and many countries in Europe in these Championships. Water Polo, of course, is heavily involved and there will be three divisions: 30-34, 35-45, 45+ (this may change) and will involve men and women or mixed teams. The cost of athlete registration is \$A35 and a water polo team registration of about \$200 is extra. Swimmers have to pay \$5 per event on top of the registration.

Perth is ready to once more provide a wonderful welcome for overseas visitors. Clubs have copies of the Registration booklet.

For more information :

☎ +61 8 9441 827

✉ 7th Pan Pacific Masters Swimming Championships  
P O Box 2084, Claremont, Western Australia. 6010.

💻 [www.stmarys.wa.edu.au/panpacs/index.html](http://www.stmarys.wa.edu.au/panpacs/index.html)

**\*\* Those intending to enter the Pan Pacific Masters Championships do not need a 'Certificate of Membership' from the National Office. (This is only used for International events overseas). The membership status will be checked against the NACS as we do for the National Swim. It is also not necessary to include 'Proof of Age' - this should've been checked at Club level.**

*Letter sent to David Cummins (Chairman of the Organising Committee)*

*Dear Sir, Thank you for sending me the registration booklet for the above championships and the beautiful colour brochure of the venue. What a fabulous place, I can't wait. I enclose my entry form, duly authorised by the ASA and my Barclay card number to pay my entry fee and for the extra events. I hope that is everything you need I understand we must get a visa to visit Australia. I shall arrange that through my Travel Agent. I very much look forward to visiting Perth. Yours faithfully, Jane Asher.*



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

## LONG COURSE WOMEN

**Kristina Sherman VKC 20-24 yrs**  
 100m Backstroke 01m10.89 18 Apr 99  
 200m Backstroke 02m34.49 18 Apr 99  
 200m Ind. Medley 02m32.00 18 Apr 99

**Toni McLean QTT 20-24 yrs**  
 50m Butterfly 00m30.77 01 May 99

**Rebecca Foreman SAT 25-29 yrs**  
 400m Backstroke 05m41.87 18 Apr 99

**Penny Bond QTV 35-39 yrs**  
 800m Backstroke 11m41.36 04 Apr 99  
 800m Breaststroke 13m27.18 04 Apr 99  
 1500m Breaststroke 25m22.67 04 Apr 99

**Jeanette Brits NHL 35-39 yrs**  
 200m Ind. Medley 02m40.62 20 Mar 99

**Sally Bell WCM 35-39 yrs**  
 100m Backstroke 01m13.78 27 Mar 99  
 200m Backstroke 02m39.80 27 Mar 99

**Jenny Whiteley NRY 40-44 yrs**  
 50m Butterfly 00m31.50 21 Mar 99

**Kaye Vallance WSM 45-49 yrs**  
 50m Freestyle 00m30.88 27 Mar 99

**Jackie Lamont VSP 45-49 yrs**  
 800m Breaststroke 15m05.88 18 Apr 99

**Heather Morgan VBM 55-59 yrs**  
 50m Breaststroke 00m43.70 18 Apr 99

**Jen Thomasson QSM 55-59 yrs**  
 400m Freestyle 05m27.30 01 May 99  
 400m Backstroke 06m43.87 01 May 99  
 100m Breaststroke 01m32.62 01 May 99

**Barbara Fentiman WSU 65-69 yrs**  
 1500m Freestyle 25m24.22 21 Mar 99  
 400m Freestyle 06m26.93 27 Mar 99  
 100m Butterfly 01m51.57 27 Mar 99

**Denise Wangel SAM 65-69 yrs**  
 100m Backstroke 01m38.75 18 Apr 99  
 100m Butterfly 01m49.28 18 Apr 99  
 200m Ind. Medley 03m32.88 18 Apr 99

**Anita Eifler WMV 80-84 yrs**  
 400m Breaststroke 14m29.55 27 Mar 99

**Alma Brecknock SAM 80-84 yrs**  
 100m Breaststroke 02m35.63 18 Apr 99

**Margo Bates QHB 85-89 yrs**  
 50m Freestyle 01m08.18 20 Mar 99

**May Tromp WSM 85-89 yrs**  
 200m Backstroke 08m53.96 27 Mar 99  
 400m Backstroke 17m33.85 27 Mar 99  
 200m Breaststroke 09m35.41 28 Mar 99

**Betty Jones WIW 90-94 yrs**  
 50m Freestyle 01m22.12 27 Mar 99  
 100m Freestyle 02m58.27 28 Mar 99  
 50m Breaststroke 02m06.22 27 Mar 99

## LONG COURSE MEN

**Matthew Wright QPN 30-34 yrs**  
 100m Breaststroke 01m09.92 01 May 99  
 200m Breaststroke 02m35.81 01 May 99  
 400m Breaststroke 05m51.73 01 May 99

**Jeremy Allen WSM 50-54 yrs**  
 400m Backstroke 06m05.55 27 Mar 99

**Francis Christian VDC 40-44 yrs**  
 200m Butterfly 02m21.27 18 Apr 99  
 800m Butterfly 10m54.71 18 Apr 99

**Victor Paul WCM 55-59 yrs**  
 200m Ind. Medley 02m45.37 28 Mar 99  
 400m Ind. Medley 05m50.68 27 Mar 99

**Michael Moloney VPP 60-64 yrs**  
 100m Breaststroke 01m24.00 18 Apr 99  
 200m Breaststroke 02m59.56 18 Apr 99

**Gus Schussler WAB 65-69 yrs**  
 1500m Breaststroke 31m19.66 21 Mar 99

**Rodney Baker WMH 70-74 yrs**  
 100m Freestyle 01m14.20 28 Mar 99

**Roy Roberts WSM 75-79 yrs**  
 100m Breaststroke 01m55.88 28 Mar 99

## LONG COURSE RELAYS

**Warringah Masters NWG 4x50m 200+ yrs**  
**Female Medley** 02m33.30 21 Mar 99  
 Marilyn Earp Marion Harrison  
 Joanne Ayres Lindy Kenniwell

## SHORT COURSE WOMEN

**Jenny Whiteley NRY 40-44 yrs**  
 800m Backstroke 12m18.42 11 Apr 99  
 1500m Backstroke 23m20.41 11 Apr 99  
 800m Indv Medley 11m57.63 11 Apr 99

**Jen Thomasson QSM 55-59 yrs**  
 50m Breaststroke 00m42.49 10 Apr 99  
 100m Butterfly 01m34.04 10 Apr 99

**Nell Carew NET 80-84 yrs**  
 200m Freestyle 04m56.22 17 Apr 99  
 100m Indv Medley 02m59.53 17 Apr 99

## SHORT COURSE MEN

**Matthew Wright QPN 30-34 yrs**  
 200m Breaststroke 02m30.96 10 Apr 99

**Alan Brown NWS 30-34 yrs**  
 800m Butterfly 16m08.99 11 Apr 99

**Stephen Lamy NML 50-54 yrs**  
 400m Backstroke 05m44.63 17 Apr 99

**Allan Dufty NET 70-74 yrs**  
 50m Breaststroke 00m43.73 17 Apr 99  
 400m Breaststroke 07m53.93 17 Apr 99  
 50m Butterfly 00m39.32 17 Apr 99  
 100m Indv Medley 01m31.70 17 Apr 99

Darryl Hawkes  
 National Recorder

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. Address all correspondence to the Newsletter Editor: P O Box 242, ROSNY PARK TAS 7018 E-mail: [aussi@trump.net.au](mailto:aussi@trump.net.au) Phone/fax: (03) 62 43 6665 Closing date for the next newsletter (August) should be received by July 31st, 1999.

### 1998 Coach of the Year Award

At the Australian Swimming Teachers and Coaches Conference dinner, held on Saturday 29th May, at Broadbeach, Queensland, Ted Tulberg (member of the Coaching Panel) presented this award to Alina Graham. Here is the speech given by Ted:

This award is presented for exceptional service to coaching AUSSI Masters Swimming throughout Australia. This award was first presented in 1990 and since then has been awarded to coaches who have contributed in a significant manner, in a variety of ways and at different levels. Sometimes the contribution has been as Club coach and for others the contribution may have been at Branch and/or National level.

Nominations are made to Branches who forward appropriate submissions to the National Coaching Panel who assess them and make the final decision.

This year, the AUSSI 'Coach of the Year' has been awarded to a Coach who has made coaching masters, a 'career path'. This coach has been heavily involved with her club since its formation and her Club members believe the Club would not exist except for her – she is the cornerstone of the Club.

The example she sets presents a positive image of coaching and the role of the Coach. She has time for the individual as well as the team setting goals for all to achieve, analysing results and giving feedback to each member. She caters for each members' level for fitness and ability.

The Club membership is growing steadily and each new member is exposed to this Coaches' enthusiasm and dedication providing up to 10 training sessions for members in any one week.

I have pleasure in awarding AUSSI National 'Coach of the Year' award to Alina Graham of North West United Sharx Swimming Club in Queensland.

### AUSSI Masters Swimming Website

Since AUSSI has been on the world wide web, the number of total requests has been increasing by the day and month. – 4th Feb (1,904), 2nd Mar (8,724), 5 Apr (35,469) 4th May (60,380) 5th June (92,000). Champagne at 100,000 !!!!

The National Swim results have been the latest edition, and you will always find the latest edition of the newsletter.

Have you made a visit ? Check it out at <http://aussi.trump.net.au>

### NEW

### *The Big Foot Y2K Postal Swim*

The newly formed Jindabyne Club is conducting a Y2K Postal swim – 1km kick any stroke with flippers and 1km freestyle with flippers (to be held on the same day) - must be completed before midnight 31st Dec, 1999. Entry fee includes cost of T-shirt , long (\$28) or short (\$25) with the Yeti logo and record of your effort. Entries to be received by 7th Jan, 2000.

Flyers/entry forms will be available from Clubs.

Further information contact Larry and Amanda Murphy (02) 6456 7111



## 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](mailto:aussi@trump.net.au)

☺ Five clubs from SA went to the National Swim in Darwin, 52 swimmers and 6 non-swimmers. There was a lot of encouragement (shouting) from one area of the pool. Lots of PB's including Rebecca Foreman's 800m Backstroke - a National Record. Look out Gladstone in 2000!!

👉 Who was the person finishing the Open Water Swim in Darwin during Butterfly ?

☺ Another swimmer who had so much encouragement at the National Swim, he banged his head on the pad - to get that fast finish ? Ouch!!

☹ When you promise a swimmer a good time - it doesn't mean that they only swim 700m of an 800m swim ! Bad luck Jenny.

🔪 Did Carol retrieve her handbag from the crocodile infested river ? Please someone tell us !! Or has some Croc had a special meal of glasses, camera, credit cards etc and the other mysterious wonders usually found in a handbag ?

🚌 I Spy with my little eye, something beginning with M & S. It amazes me that you can always pick an AUSSI swimmer when they hit town or on a bus trip. Must be the hat / or T-shirts with the Club name printed in large letters. Opal was wearing both.

🛏 **Til, recently buying a pair of pyjamas for her husband was concerned about shrinkage. When asked by the sales assistant - 'Do you tumble dry?' , she cheekily replied, 'Actually I prefer to use a towel'.**

🚲 Tina, while being photographed for Super Gran competition was riding her bike, took a tumble and ended up with a broken hip. With her new hip, and 6 weeks later, she's already back in the pool and doing 'fly - you can't keep a great woman down!!

👉 Did you hear the one about the 2 swimmers who didn't have their times recorded for an OWS and so were disqualified ?

? Does anyone remember the speeches given at the Welcome Function? With the wine flowing freely before the food(?) arrived, and everyone excited about seeing each other again - just no competition!! (It's going to take another 7 years to get the cellars replenished at Parliament House)

✓ Surrey Park Seahorses recently held a charity swim-a-thon, 5 x 3 hour sessions, which included 30, 45, 60 min aerobic swims. Money raised is for their World Vision child, Regina in Tanzania. Club gets their aerobic swims done, thank you certificates, t-shirts and other goodies. Well done!! I am sure your efforts are much appreciated and you had fun as well. Truly inspirational. (some American friends thought that was where I came from, sounds a bit like Tas(z)mania).

🍷 Swimmer at a barbecue in Darwin, was offered another beer, but said, he wouldn't as he an 800m drink in the morning. What was he trying to tell us ? And apparently he was right!!

👉 Can someone explain why the Queensland Starter (KL) is also known as Minerals ?

? *Do you know why the chicken crossed the road ? Next edition will explain the different points of view by some of our great philosophers.*