



**MASTERS
SWIMMING**
Australia

P O Box 207, MARLESTON, SA 5033

☎/Fax 088 344 1217

Website: <http://aussi.trump.net.au>

Email: aussinat@senet.com.au

NATIONAL

NEWSLETTER

October 1999

I've been collecting articles and letters over the past two months, making sure that there would be enough for this issue of the newsletter. During the National Board Meeting in Perth after the Pan Pacs, there were lots of suggestions of what to include, with me thinking this would blow out to anything up to ten double pages and then not fit into a standard envelope. The letters and emails continue to roll in, which lets us know that people are actually reading the newsletter. The increase in National Registration fees has caused a bit of a flurry out there in the suburbs and hopefully we can answer the question – What Does National Do For Us ? And the other comment – I only want to swim, I don't want to compete and so should pay less. There are so many things being offered to you as members of AUSSI and you should make sure you benefit. The registration fees for AUSSI are quite small in comparison to other sports eg lawn bowls – \$190 per year – AUSSI for my Club \$70 (including national fee) which is about \$6 per month. I heard one member at the Board say that her Club members wondered if the increase was enough. The non-competing swimmer *does not* support the competing swimmer, as entry fees for swim meets have to cover the cost of running a meet. Also Clubs/Branches expect to make some money from swim meets to boost finances as registration fees alone are not enough to fund our organisation. It's the extra funds that enable programs such as coach training, coaching clinics and training officials, plus the numerous publications and more recently maintaining the website. And remember AUSSI is a self-funding organisation with the bulk of the work being done by volunteers. So turn the page to interesting reading:

- ◇ Where Does Your Money Go? (J. Pugh, Finance Director)
- ◇ Masters Athlete of the Year – Jen Thomasson
- ◇ Calendar
- ◇ Latest National Records
- ◇ Butterfly – the other point of view
- ◇ What Do You think? - Members responses
- ◇ A word about "Percy"
- ◇ Lane 9
- ◇ A new name for the Newsletter? And Dear Dr Ted ?

Pauline Samson, Editor



WHERE DOES YOUR MONEY GO?

The Director of Finance Explains

Some questions and answers about AUSSI capitation fees.

At its Annual General Meeting in April the AUSSI Board of Management made the 'courageous' and unanimous decision to increase the member capitation fee from \$18 to \$25 per member for the financial year beginning 1 January 2000. While there was some opposition to the extent of the increase the incumbent Director of finance and the Director of Finance elect generally persuaded the Board that there were sufficient grounds for such an increase. What were these grounds, and could the increase have been more 'moderate' or altogether avoided?

What should be the amount of the AUSSI capitation fee?

The answer to this question is *partly philosophical* and begs the answers to prior questions relating to the purpose of AUSSI, what services members expect from a central co-ordinating and controlling body, and what should be its relationship with branches, ASI, ASC, FINA and government agencies. These matters have been addressed and are expressed in broad terms in the *AUSSI strategic plan*, and I recommend that you get a copy and read it. Anyway, one outcome of this process was to set the fee for the budget period 2000 at \$25, an amount that should see us through until the 2002 budget period.

Couldn't the increase have been a dollar or to fifty cents?

The answer is maybe, but on the basis of past financial results the Board would at best continue to break-even and be unable to provide some of its special services such as coach education, the AUSSI web-site, and so on. The extra \$7 500 or so a one dollar increase would bring in would not make any real difference to our activities. There are also some special factors suggesting that the amount should be much higher.

What factors affected the year 2000 budget decision?

Budgeting is fairly easy when the future period is likely to be a repeat of the past period. This was not the case for 2000. Some special 'unknowns', *which could not have been foreseen earlier*, and their possible budget effects are shown in the table on the next page. As well as those items in the table, there is the fact that the NED's contract has only a year to go and there is no guarantee that:

- A new contract will be for the same contract fee
- The free office accommodation will still be available
- The increased administrative workload will not require an extra paid person

Another consideration is the work of the National Coaching Director. This has gone far beyond what can be expected of a volunteer director and we are having to be more and more accountable to the Australian Coaching Council to maintain credible and safe coaching practices. So it is inevitable that we will have to start paying more than we presently spend on coaching services.

These effects have not been quantified but are built into the 'savings for contingencies'.

The increase of \$7 per head in the capitation fee, based on an estimated membership of 7 500, should increase our revenue from this source by \$52 500. Against this we have to set off the likely effects of the 'unknowns' mentioned earlier:

The 'unknown	The budget estimate	Budget effect
<ul style="list-style-type: none"> The amount of GST that AUSSI would have to pay on its main source, capitation fees 	We know that we will have to pay 10% of capitation fees because our gross revenue exceeds \$100,000 pa	-17 045
<ul style="list-style-type: none"> The effect of the GST on bought in goods and services 	We figured this would be an increase of about 5%	-3 500
<ul style="list-style-type: none"> The amount needed to fund the services of seven specialist Branch Portfolios 	We have set aside \$30 500 and have asked portfolios holders to justify their budget needs	-6 500
<ul style="list-style-type: none"> A possible increase in the AUSSI insurance scheme 	We estimate 10%	-2 500
Total		-29 545
Net increase in cash to meet contingencies is \$52 500 – 29 545		+22 955

Couldn't we have used existing cash reserves and not increased capitation fee?

The answer is no. Although AUSSI National has approximately \$116 000 invested in term deposits this is its 'capital base'. It represents a one off return of \$100 000 from the extraordinary effort that AUSSI members put into the 1988 World Masters Swim, and half of the interest earned each year is reinvested to maintain the purchasing power of this capital sum. Without this amount the Board would not have the financial backing to take on costly projects such as the forthcoming Pan Pac's in Perth. Government agencies, events organisers and insurers are reluctant to provide backing for an organisation without its own sound financial base.

Can't we raise the extra money some other way?

It appears that getting substantial sponsorships and grants not tied to special events are very difficult. The Board has tried this avenue without success and will keep on trying. However, AUSSI swimming is not perceived as offering a profitable 'product' to sponsors. The fact is that member contributions provide over 90% of the gross revenue in the 2000 budget.

How will your money actually get used?

A rough breakdown using 2000 budget figures is:

Running the National Office	12.53
Cost of Board meetings	3.00
Insurance	3.33
Coaching education	1.33
Portfolio costs of recording, marketing, merchandising, communications, planning, programmes etc	3.20
Savings for contingencies	<u>1.61</u>
	<u>25.00</u>

I hope this information helps you understand the thinking behind our budget decision.
 Ian Pugh

New column for the next edition – Dear Dr Ted.....

Some of you may know that AUSSI has a Medical Advisory Panel as one of the sub-committees and our resident GP (Dr Ted Giblin) is the chairperson of that Committee. So if there is anything you would like to ask (of a medical nature) regarding your swimming, please write (c/o of the National Office) or send an email to: tedgiblin@hotmail.com Questions and queries (names withheld) and answers will be printed in the newsletter – the things you would like to ask, but never get "aroundtuit."



We all know that famous saying – When All Else Fails, Hug Teddy.

CALENDAR OF NATIONAL/INTERNATIONAL EVENTS

	AUSSI/FINA Sanctioned meets.	OTHER (May be sanctioned by AUSSI.)
1999	17-20 Nov: Hawaiian Open Water Championships	
2000	21 - 24 April (Easter): AUSSI National Swim GLADSTONE, QUEENSLAND	5 - 13 February: New Zealand Masters Games DUNEDIN, NEW ZEALAND
	27 Jul - 8 Aug: FINA World Masters Swim Champ's MUNICH GERMANY	26 - 30 April : Public Service Games, Melbourne, VICTORIA
	18 - 22 Nov: 2000 FINA World Open Water Championships, Waikiki Beach, HAWAII	21 - 28 October: Honda Masters Games ALICE SPRINGS, NT
		28 Oct - 5 Nov: Asia Pacific Masters Games GOLD COAST, QUEENSLAND
2001	4-8 April: AUSSI National Swim MELBOURNE, VICTORIA	5 - 14 October: 8th Australian Masters Games NEWCASTLE & HUNTER, NSW
2002		5-13 October: 5th World Masters Games MELBOURNE, VICTORIA
		2 - 9 Nov: VI World Gay Games, SYDNEY, NSW
2003		October: 9th Australian Masters Games CANNBERRA, AUSTRALIA

BUTTERFLY - THE OTHER POINT OF VIEW.

Dear Editor

It seems that there are members who would like to see the Butterfly Rules changed. They want swimmers using a breaststroke kick to be limited to one or two kicks per stroke. I oppose this for a number of reasons. Firstly the Purpose of AUSSI is "To *encourage* adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health." Changing the butterfly rule to set a cycle would *dis-courage* some swimmers.

AUSSI has an extensive Aerobics Programme to encourage regular swimming and to promote fitness. To complete the maximum swims you must do 5 x 400m Butterfly swims and 5 x 800m Butterfly swims. The current rule encourages swimmers to do these swims providing they take at least one stroke per lap. When I first started doing aerobics, I had to do 4 to 8 kicks per stroke to make the distance. Now with practice and conditioning I find I can make it with 2 kicks per stroke.

AUSSI has long had a policy of modifying rules to encourage swimmers. The aim has been to make it easier to swim all strokes. The proposed change would make the AUSSI Rule much more onerous than the FINA Rule.

The current rules allow innovation. If strokes must be done the way elite swimmers do them we would still be doing the trudgeon or swimming like Tarzan. Also the puritans of breaststroke would have stamped out butterfly long before it became a stroke in its own right.

Providing swimmers do not break the rules we should encourage innovations that allow many others to extend their repertoire. Yours truly Gary Stutsel, one of the very first exponents of the heresy.

At the closing ceremony at the 7th Australian Masters Games in Adelaide, it was announced that



MASTERS ATHLETE OF THE YEAR

Is

Jen Thomasson

Brisbane Southside Masters.

Jen was asked to describe her swimming career and I'm sure you'll enjoy reading this:

Jen was a 1962 Commonwealth Games Bronze medalist in 400m Individual Medley and retired in 1963. She married 4 years later and had 3 sons (1968,70 & 73) In 1987 Jen joined Brisbane Southside Masters however she only swam occasionally between 1987-1992 due to family commitments and shoulder tendonitis. At the end of 1995 she started training with a new coach and trained 4 sessions a week but much harder, working on technique, then took up gym work 2-3 times a week and had regular massages to help shoulder injury. There was much improvement in distance events.

Jen has competed at the following events with outstanding results: World Swim – Brisbane, 1988 (2nd, 3rd, 4th and 3 10th's), National Swim, Brisbane, 1990 (5 1sts, 3 Nat and 5 Qld records) AMG, Brisbane, 1991 (5 1sts, 2 Nat and 2 Qld records), National Swim, Darwin, 1993 (5 1sts, 1 Nat and 1 Qld record), WMG Brisbane, 1994 (5 1sts, 5 Nat and 5 Qld records) National Swim, Sydney, 1997 (5 1sts, 1 Qld record) National Swim, Hobart, 1998 (5 1sts, 5 Nat and 5 Qld records), Swimmer of the Meet; National Swim, Darwin, 1999 (5 1sts, 3 Nat and 3 Qld records) and Swimmer of the Meet. Since joining AUSSI, Jen has broken a total of 200 Queensland records, 110 National records and 6 World records. In her present age group (55-59) there are 66 Queensland records, 52 National and 6 World records.

Jen says: *Discovering AUSSI has been fantastic for me. I love everything about it. Swimming in itself, challenging myself at training, feeling fit, achieving goals, meeting new people both within my club and other clubs at meets, the friendships struck up with other vibrant and motivated people with similar interests and probably most of all the fun we have at the socials after the meets where laughter is abundant. They say laughter keeps you healthy so with the amount we do we probably don't need to train!!!*

Congratulations Jen, from everyone in AUSSI.

Received by NED, from Ron Burns, General Manager of Confederation of Australian Sport.

I am writing to thank you for the nomination of Jen Thomasson for the 1999 Australian Masters Athlete of the year.

I am delighted to advise you that Jen Thomasson is the winner of this year's award.

Congratulations to AUSSI Masters Swimming for promoting Jen Thomasson's credible sporting achievements this year

"HANDS OFF PERCY!!"

This little guy is Percy. You've probably seen him on books etc that AUSSI print.

However you should keep in mind the following:

© All articles are copyright and may not be reproduced in any form without the permission of AUSSI. "PERCY" the Platypus cartoon character is registered and owned by CARINE AUSSI and may not be reproduced in any form without the written permission of that Club. ("National" has permission)



AUSSI NATIONAL RECORDS

The following performances have been approved as National Records since the last newsletter.

LONG COURSE WOMEN

Jenny Whiteley NRY 40-44 yrs
800m Indv. Medley 12m19.22 21 Aug 99

Connie Frydrych NCS 45-49 yrs
800m Backstroke 13m13.38 21 Aug 99
1500m Backstroke 24m38.13 21 Aug 99

Kathy Langthorne NML 50-54 yrs
800m Freestyle 10m52.14 21 Aug 99
1500m Freestyle 20m32.63 21 Aug 99 **

Anita Saviane NCS 55-59 yrs
800m Indv. Medley 16m27.73 21 Aug 99

LONG COURSE MEN

Jim Smith WCR 45-49 yrs
1500m Freestyle 19m01.62 21 Aug 99

Stephen Lamy NML 50-54 yrs
400m Backstroke 05m58.68 21 Aug 99
800m Backstroke 12m29.49 21 Aug 99
1500m Backstroke 23m36.88 21 Aug 99

Victor Paul WCM 55-59 yrs
1500m Freestyle 20m28.27 21 Aug 99

Tony Goodwin NML 60-64 yrs
1500m Breaststroke 27m38.66 21 Aug 99

Jack Mathieson NSH 80-84 yrs
1500m Backstroke 55m22.19 21 Aug 99

SHORT COURSE WOMEN

Helen Whitford VPP 30-34 yrs
100m Backstroke 01m12.13 21 Aug 99

Jenny Whiteley NRY 40-44 yrs
800m Backstroke 12m11.38 31 Jul 99
400m Breaststroke 06m19.90 31 Jul 99

Anita Saviane NCS 55-59 yrs
800m Indv. Medley 16m20.62 31 Jul 99

Gloria Hardy VNL 60-64 yrs
100m Breaststroke 01m42.93 21 Aug 99

Hilda Lindfield NHL 80-84 yrs
400m Freestyle 13m05.90 31 Jul 99
800m Freestyle 26m18.60 31 Jul 99

SHORT COURSE MEN

Mike Sheppard VRW 40-44 yrs
200m Backstroke 02m33.00 21 Aug 99
400m Backstroke 05m25.55 21 Aug 99

Russell Fletcher VPP 40-44 yrs
400m Backstroke 05m21.91 21 Aug 99

David King NRY 45-49 yrs
800m Indv. Medley 12m15.80 31 Jul 99

Tony Goodwin NML 60-64 yrs
100m Breaststroke 01m23.53 14 Aug 99

Michael Moloney VPP 60-64 yrs
50m Breaststroke 00m37.56 21 Aug 99
100m Breaststroke 01m21.87 21 Aug 99
200m Breaststroke 02m56.18 21 Aug 99

Patrick Galvin VMV 65-69 yrs
50m Breaststroke 00m40.21 21 Aug 99

Arthur Evans QSC 85-89 yrs
50m Breaststroke 01m02.06 07 Aug 99
100m Breaststroke 02m27.96 07 Aug 99

SHORT COURSE RELAYS

Doncaster Dolphins VDC 4x50m 240+ yrs
Mixed Freestyle 02m20.51 21 Aug 99
Malcolm Williams Dorothy Dickey
Sue Harbottle Derek Mandy

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

Email: aussi@trump.net.au

Phone/fax: (03) 62 43 6665

Closing date for the next newsletter (December) should be received by November 30th, 1999.

Stress Reducing Prayer

Thou shalt not be perfect, nor even try to be
Thou shalt not try to be all things to all people
Thou shalt not leave things undone, that ought to be done
Thou shalt not spread yourself too thinly,
Thou shalt not feel guilty.

Thought for Today

If you are too lazy to plough,
don't expect a harvest.

National Swim – keep up with the website and the Silver Spruiker. Flyers and entry forms will be out in the New Year. www.selcon.com.au/~aussiweb email: aussiweb@selcon.com.au

Entries will close in March, late entries not accepted, so plan your leave and book your travel and accommodation **now**.

There is a hardworking group of people in Gladstone who want this to be the best even National Swim and so need the AUSSI swimmers support. It is also a time for us to celebrate 25 years of AUSSI.

Whispers are that Gladstone intend to have that Silver celebration.

Now, you wouldn't want to miss the fun!!



Pan Pacs.

Results are available from the website: <http://www.stmarys.wa.edu.au/panpacs/index.html>

The meet was an outstanding success, just ask DC. He's still grinning!!

And summed up by this email:

Dear Ivan Congratulations to AUSSI for running a great Pan Pacs. The organisation was superb and of course the facilities incomparable. Tom Logan (NZ)

Well done and congratulations, WA AUSSI. We all look forward to many more of these swim meets.

Merchandise: At last the brochure is available – and included with this newsletter.

Check it out and get those orders in. There needs to be orders of quantity to ensure a good price.

AUSSI members have their say:

- * Members Forum at a National Swim – there needs to be an agenda and if there's something controversial, people will turn up (Trish, Ipswich)
- * *Aerobic Badges – please keep the badges for aerobic swims (Janet, QTT)*
- * Welcoming other Masters swimmers – our club welcomes anyone from around Australia to visit and enjoy the pool and the things we enjoy. Many of members are using internet and email and some even keep their million metres on the computer. Books are shared among members and we enjoy the friendship, fun and fitness (George, QTT)
- * *Please continue to publish the National Top 10, have cloth badges for aerobic swims and especially for the 1, 3 and 10 million metres. And as for qualifying times for a World Swim, we know that it's supposed to save time, but we don't want to see swimmers eliminated if they're not world class, and don't hold up the proceedings. Visiting swimmers welcome, however questions arise with clubs close by who may overcrowd lanes. Publish DISQ, but not DNS and DNF in the results. (Secretary QTT)*
- * Club is disappointed with the increase in National registration fee. This club feels that very few of the members participate in swim meets and get virtually nothing for the \$25 national levy. Although the Club appreciates that National needs funds to exist, they it should be a user pay system. (Secretary, VFR)
- * *AUSSI members who swim in squads with qualified, pool deck coaches are in receipt of a great service. Having recently joined a club after years of training alone, I really value the expert guidance I receive. Because I now pay, I do try harder, listen better and try to get the best value for the money I spend – yes, club coached should be paid. (Sue, Qld)*
- * Malvern Marlins would be happy to have the Top 10 books downloaded from the website; certificates would be okay, but the huge milestones still need badges; qualifying times are a bit steep, but realise time is a factor; club regularly has visitors who pay the session fee.; just to change a rule to eliminate 'smarties' would go against the AUSSI philosophy – are we going to promote mediocrity in old age? Our club has a coaching roster of about 12 members and each coach a session every 6 weeks. (Secretary)



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 (postal address) or email me at aussi@trump.net.au.

☛ Recently a swimmer wandered into Saturday morning training, he looked wistfully at the pool and said – “I know I’m regarded as the mature aged sex symbol of the Club, however that is deceptive, I’m stuffed, so I think I’ll just spend the next 45 minutes on my back”.

s So you’re swimming a 1/2 hour aerobic swim, you touch the wall and the time is 29m49.00 – the timekeeper stops you? But you haven’t completed 30 mins of swimming – bit like swimming 790m and saying that’ll do for an 800m.

p It’s well known that dogs have masters and cats have staff. But I know a cat that has email!!!

🍷 Want a tip for achieving numerous World and Branch records? Whispers have it that a minimum of 1/2 bottle of ‘bundy’ on a regular basis will do the trick.

🚢 **Alimony – the Bounty after the Mutiny.**

🔍 Much discussion recently at the recent Board Meeting about introducing a new officials position - it’s something to do with a stick and a ping pong ball to tap swimmers on the head or shoulder. It was the official title that got everyone excited - something starting with a “B” (6 letters), 4th letter “K.”

} You know, I used to be indecisive and now I’m not so sure!!

4 Some people will do anything to win. At the recent Pan Pacs, “I” wanted to win gold in the 200 Fly and beat “G”, however there was another opponent – “R”. So the beautiful “GM” was despatched to sabotage “R” - but her services weren’t needed. “R” was no match for “I”, and both “G” and “R” ran out of puff. “I” had apparently used his secret weapon. Something to do with someone called Richard and being a clever??

3 Just when you thought it was safe to go back in the water - headlines - “Monster fish bites woman.” An elderly woman has been bitten by a huge fish in a ‘terrifying’ attack at Lake Alexander. Don’t worry it was probably only the size of a very small sardine during the OWS in Darwin.

🏊 Congratulations to the Darwin AUSSI swimmers who swam 10km (200 laps) at the Casuarina Pool in September to raise money for the Australian Paralympic team. Ages ranged from 31-73.

+ Can you imagine someone missing the wall in Backstroke, twice !!

▼ It is documented that several competitors at the recent AMG, became regular Guinness drinkers at the end of each day. Was it purely medicinal? Or were they just checking out the local talent at the same time?

✘ **At the recent Pan Pacs, one Referee soon learned how to say “Disqualified” in Japanese. And the Japanese, no matter what, would always bow. Perhaps some of our swimmers could practice a little bowing!!**

☒ How about a new name for the Newsletter? It is thought that National Newsletter is a bit droll. What about AUSSI. Com, or AUSSI News, The AUSSI Swimmer? AUSSI. Com is short and trendy? What do you think?