

# **AUSSINEWS.COM**

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July 2000

The time between newsletters seems to get shorter. I collect all sorts of bits and pieces and place them in a folder. There's always a pile to choose from but the hardest part is choosing what to put on the front. There have been numerous articles on healthy lifestyle, avoiding the ageing process etc. How depressing!! However this poem I think everyone will relate to, especially the master swimmer who just wants to swim that next swim meet, get to that next age group, made the Top10 and just go on enjoying the social life of AUSSI.

There's lots to read inside including some great articles about healthy lifestyle, some good news stories, latest National records, a poem from Jennie Mack, letters from club members, and of course Lane 9. Read and enjoy.

Pauline Samson, Newsletter Editor.

#### "Prayer"

Today, dear Lord, I'm 80 and there's much I haven't done I hope dear Lord, you'll let me live until I'm 81

but then, if I haven't finished all I want to do, would you let me stay awhile until I'm 82?

So many places I want to go, so much to see. do you think that you could manage to make it 83?

The world is changing very fast, there is so much in store. I'd like it very much to live to 84. And, if by then, I'm still alive, I'd like to stay 'til 85! More planes will be up in the air so I'd really like to stick and see what happens to the world when I'm 86.

I know dear Lord, it's much to ask, and it must be nice in Heaven) but I would really like to stay until I'm 87.

I know, by then, I won't be fast, and sometimes will be late, but it would be pleasant to be around at 88.

I have seen so many things and had a wonderful time so I'm sure that I will be willing to leave at 89......MAYBE (author unknown)

			T	
AUSSI NATIONAL REC	<u>ORDS</u>		Allan Dufty	NET 70-74 yrs
			800m Breaststroke	17m11.09 08 Apr 00
The following perf	orman	ices have been ap-	George StewartNWS	75-79 yrs
	Reco	ords since the last	400m Butterfly	13m09.24 08 Apr 00
newsletter.			400m Butterfly	11m57.76 22 Apr 00
			800m Butterfly	25m23.31 08 Apr 00
LONG COURSE WOMEN	NCS	25 20	Arthur Thomas QTT	80-84 yrs
Cathy Codling	NSP		400m Backstroke	09m20.38 08 Apr 00
50 Freestyle		00m28.29 12 Mar 00	400m Backstroke	09m02.36 22 Apr 00
Lesleigh Mayes	QTV	40-44 yrs	800m Backstroke	19m30.43 01 Apr 00
200 Freestyle		02m16.29 23 Apr 00	800m Backstroke	18m44.13 08 Apr 00
400 Freestyle	NIDN/	04m44.38 21 Apr 00	1500m Backstroke	36m36.14 01 Apr 00
Jenny Whiteley	NRY		LONG COURCE DELAYS	
800m Backstroke		12m46.60 08 Apr 00	LONG COURSE RELAYS	
1500m Backstroke	0.51	24m15.07 08 Apr 00	Ryde AUSSI Masters	
Kathryn Langthorne	QCN			02m15.54 01 Apr 00
400 Freestyle	NO.10	05m28.00 31 Mar 00	Rachelle JonesNata	
Marilyn Earp	NWG		Belinda Hall Jenn	
100m Butterfly	OWN	01m22.94 23 Apr 00	Manly AUSSI	4x50m 320+ yrs 03m00.45 02 Apr 00
Sue Needham	QMW	50-54 yrs		
400m Butterfly	07.7	07m44.12 22 Apr 00	Terry Kelly Jamie Jenkins Stua	
Tricia Legge		60-64 yrs	Jamie Jenkins Stua Maniv Ausst	ITE SUMETVITTE
400 Breaststroke	*.¢	08m24.06 08 Apr 00	Mala Madian	4x50m 320+ yrs 03m42.89 01 Apr 00
800 Breaststroke		17m10.43 08 Apr 00 29m15.26 08 Apr 00	Terry Kelly	Jack Winters
1500m Backstroke	MILIT	•		
Robin Henze	NWL	<b>-</b>	Jamie Jenkins Stua	arc somerville
400 Breaststroke Denise Wangel	SAM	08m08.88 22 Apr 00 <b>65-69 yrs</b>	SHORT COURSE WOMEN	
200m Backstroke	SAII	03m41.00 07 May 00	Lesleigh MayesQTV	
	OCN	70-74 yrs	200 Freestyle	<b>40-44 yrs</b> 02m13.27 01 Apr 00 @
Thelma Bryan 200m Butterfly	QCIV	05m08.10 21 Apr 00	Joanne Sutcliffe	SAM 40-44 yrs
800 Indiv. Medley		20m28.57 01 Apr 00	100m Backstroke	
Norma Rudolph	ሰናር	- 75-79 yrs	Dorothy DickeyVDC	01m14.72 28 May 00
400m Butterfly	- <del>-</del>	12m12.04 22 Apr 00	100m Freestyle	01m34.94 09 Apr 00
Joan Knobel	QBL		Thelma Bryan QCN	
100 Breaststroke	ŲΠ.	02m34.06 22 Apr 00	400m Backstroke	
200 Breaststroke		05m25.80 23 Apr 00	200 Indiv. Medley	
Margaret Russell	QIF		and Andrea Ficurey	o mozras zo nay oo
200m Backstroke		08m06.91 21 Apr 00		
Margo Bates	QHB	90-94 yrs	SHORT COURSE MEN	
100 Freestyle	• -	02m46.69 23 Apr 00	B. Robertson-Dunn	ATN 55-59 yrs
200 Freestyle		06m31.51 23 Apr 00	50m Breaststroke	00m34.78 13 May 00
, . <u></u>			Colin Mayrhofer	ACN 60-64 yrs
LONG COURSE MEN			50m Butterfly	00m33.02 14 May 00
Mark Que	QGS	20-24 yrs	Allan Dufty	NET 70-74 yrs
50m Breaststroke		00m32.03 21 Apr 00	50m Breaststroke	00m42.17 13 May 00
50m Backstroke		00m28.85 23 Apr 00	100m Breaststroke	
Stephen Bradbury	QRH	20-24 yrs	200m Breaststroke	03m44.97 13 May 00
1500m Breaststrke		39m28.50 01 Apr 00	100m Butterfly	01m39.30 13 May 00
Noel Kime	QRH	40-44 yrs	200m Indv. Medley	
400m Breaststroke		06m07.36 22 Apr 00	Ronnie Elgar QCN	
Francis Christian	VDC	40-44 yrs		04m21.74 20 May 00
400m Butterfly		05m04.43 22 Apr 00		-
Mark Taylor	QGS	45-49 yrs	@ Provisional Worl	d Record
400m Breaststroke		06m05.80 22 Apr 00		
Mark Fitzwalter	QMM	45-49 yrs		
50m Butterfly		00m29.26 22 Apr 00	Darryl Hawkes	
Ivan Wingate	SAT	60-64 yrs	National Recorder	
400m Butterfly	_	07m40.72 09 Apr 00		
John Crisp	QMM	65-69 yrs	30th June, 2000	
1500m Freestyle		22m48.56 01 Apr 00		
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Kevin Vickery has been named NSW Masters Athlete of the Year. He was presented with his award at a special ceremony at the Olympic Centre at Homebush Bay.

Kevin, from the NSW Central Coast, holds more than 20 state and national records in short and long course swimming events from 50m to 800m. Kevin who is in the 70-74 age group won gold in 5 events and silver in 2 events at the Pan Pacific meet held in Perth last October and is now on his way to compete at the World Masters Swim in Munich, Hopefully he can equal the 7 gold medals he won in 1998 at the last World Swim.

Congratulations Kevin, from everyone in AUSSI.

Making Masters Fun (USMS Swim—Jan/Feb 2000) (reprinted with the kind permission of Jack Geoghegan and Mel Goldstein)

We all know Masters Swimming is a lifetime activity, and having a healthy lifestyle should be everybody's paramount concern. All of us are fitness swimmers, whether or not we compete in meets. The word 'Masters' in many ways intimidates new members as it connotes expertise rather than age. How do we break down this intimidation?

At our convention in San Diego, we had a breakout group called 'Making Masters Fun'. The ideas generated by this group were so overwhelming, we decided to establish this column. Each issue, we will publish ideas for workouts and club activities on how you can 'Make Masters Fun', and never 'Lose the Party'.

#### Workout Ideas

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- Each lane does a different 10 minute set, then moves to the next lane.
- Let each lane select a set for one workout.
  - Have a swimmer be 'Coach for a Day'.
  - Pick one swimmer, have his phone number represent the number of repeats in the workout (8312251 could be 8x50, 3x150, 1x500, 2x100, 2x25, 5 x 50 and 1x500). For zero, make it a timed swim.
  - For a triathlon workout, everyone swim freestyle only using sighting drills at end of lanes or pool; explain the benefit and purpose of the drills. Put pylons on the bottom of each lane, and have swimmers circle the pylons without touching the wall.

### Club Activities

- Have fun meets, such as T-shirt relays, where each swimmer exchanges a T-shirt after each leg.
   Or tie a balloon to a swimmer's suit, and exchange it after each leg.
- Have relays the sum of the ages, and mix strokes and distance. 80 year-olds swim 25, 25 year olds swim 200.
- Use cool-down at chat time, kick easy, using kickboards.
- Have lane mentors to welcome new members and to explain workouts.
- Have holiday theme workouts and party afterward.

These are but a few of many ideas that came out of the 'Making Masters Fun' breakout group. We would like to hear your ideas. Send your ideas (email or write) so that other masters groups can enjoy a varied program. I'll send these onto Mel and Jack. Ed.

#### Letter received at National Office. 15th June, 2000

Dear Ivan

Just a brief note to congratulate AUSSI Masters Swimming on its continued efforts to bring the excellent AUSSI message to the broader swimming coaching community. The presence of the Masters Stream at the annual Convention plays a significant role in establishing the value of coaching masters swimmers alongside, or in addition to, other 'mainstream' coaching pursuits.

Further, I'm pleased to inform you that the announcement of the AUSSI Masters Swimming Coach of the Year at the ASCTA Awards Banquet is well-received.

We appreciate that the financial cost to AUSSI Masters Swimming is significant; however we are confident the unquantifiable benefits outweigh the expense.

ASCTA look forward to continuing our excellent relationship with your great organisation. Best wishes

Ross Cage, Convention Convenor. (Australasian-Oceana Swimming Professionals Convention and Trade Expo.) ASCTA Annual Conference.

This was sent to the Editor of Splash (NSW) by Peter Murray of Balmoral Beach. Fees—Splash, March 2000

Please don't feel concerned if some members complain about modest extra costs for running Masters swimming. It is such a great organisation, run by volunteers, giving such fantastic health and motivational rewards to members—at such a miniscule cost that present and past committees should be proud of the organisation.

Apply whatever fee increases you need.

Peter, I'm sure the many volunteers and other members would appreciate your comments, Thanks for your support—it is a great organisation. Ed.

This is part of an article sent by John Double, Publicity Officer for AUSSI SA for publication in the Mt Barker Courier. It makes interesting reading.

On Sunday morning 25th June at 11am, 24 swimmers from AUSSI clubs swam the 2km from the Grange to Henley. As the middle of June is considered one of the coldest months, some people just for fun, would put on wet suits or bathers and head for the beach for the winter solstice swim. This is the 10th year that this swim has been held and this year the youngest swimmer being just over 20 and the oldest in her 60's braved the cold but completely flat sea. Sea kayaks followed to make sure all swimmers completed the swim without difficulty.

The first swimmer to finish, Helen Roach, turned around and swam back to Grange!!

Note: The annual "Winter Solstice Swim" which because of non-compliance with the Rules (water temp 12°C) is well publicised as a non-AUSSI event and is open to allcomers.

**Swimmers Guide Online** 

http://lornet.com.SGOL

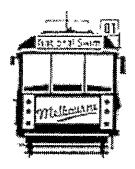
This website lists swimming pools around the world including length, opening times, clubs, masters and other services. Of course the webmasters would like to hear from anyone who could supply information about their local pool.

Bunbury AUSSI Masters 3 x 400m Winter Postal Swim—check out the results after the 1st August at

http://www.BunburyAUSSI.homestead.com/homepage.html

Sandra Smith

Coach/Publicity Officer/Recorder



# Tram for Melbourne-AUSSI Masters National Swim, 2001

The tram was chosen as the official logo for this meet, as this icon characterises a unique aspect of the Melbournian way of life.

Melbourne will host the 26th National Swim at the Melbourne Sports and Aquatic Centre 4th-8th April.

#### Officials for the 2001 AUSSI National Swim

Officials, qualified and trainees are invited to apply to officiate at

The 26th AUSSI Masters Swimming National Swim 4th—8th April, 2001.

Write to or ring
Alan Davis
90 Yarra View Road
YARRA GLEN, VIC 3775
(03) 9730 2226

Help Wanted

All applications to be received no later than March 1st, 2001.

Madame Lily Bollinger made the most famous comment on Champagne, published in the Daily Mad in 1961.

"I drink it when I'm happy and when I'm sad.
Sometimes I drink when I'm alone. When I have company
I consider it obligatory.

I trifle with it if I'm not hungry and drink it when I am. Otherwise I never touch it—unless I'm thirsty."



# Your officiating website THE NATIONAL OFFICIATING PROGRAM ONLINE

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#### **AUSSI National Swim, 2002**

16th - 18th March

Sydney International Aquatic Centre, Homebush.

This meet has been advertised as a short course event.

# The Torch Relay Jennie Mack QMK Torch Bearer

22/06/00

An aeon ago man took fire from the Gods of old
When excellence of mind and body combined to make men bold
As ancient heroes did ride astride their steeds
In ancient Greece the land of great deeds
Within the cradle of Mythology
Of dreams undreamt and ancient history
Apollo, God of the Sun and enlightenment
Amongst the ruins of Hera's Temple, his rays were sent
Now half way across the world it came
The spirit of the Olympics, the eternal flame
To the shores of Australia for the sacred Games.

Achievers and athletes help carry this flame
As along the way its citizens loudly acclaim
Young and old runners together unite
To keep the torch flame burning bright
As they pass it along from hand to hand
And carry the torch across this land
Australians have waited in anticipation
To see the flame run to its final destination
The cauldron at Homebush in Sydney town
Where the last runner ignites it on a countdown.

Olympic fever has fired their imagination
And given Australians renewed inspiration
To join together in the celebration of a nation
With courage, hope and determination
Athletes from four corners trained long and hard
To compete in the twentyseventh Olympiad
All people of every creed and race
Come together in a sporting embrace
Blood sweat and tears flow as they follow their dream
Individually or joined together as a team
All differences forgotten and with a grand vision
To represent their countries is their mission.

Beneath five Olympic rings united as one
And when it has finished and the race is run
We it remember the courage and excellence shown
And trust we will learn from the seeds that are sown
Of honour and glory which have been inspired
When a spiritual torch sparked into life and fired
Camaraderie and sportmanship by example show the way
To the youngsters that follow and show them a ray
Of hope for their future to 'drink of the cup'
And keep hanging in there and never give up.

#### More Torch Bearers:

One of the Jindabyne Yetis' Club members, Gordan Jenkinson, will be skilling the Olympic torch part of the way down Thredbo in September.

Twin Towns-Roslyn Hodge, Peter Imberger.

Hobart Masters-Justine Bamford

Sandy Bay Masters-Danny Neal

Tina Smit (THB) may not be carrying the torch, however she was lucky enough to win a trip (\$15,000 worth) with accommodation and tickets to the Olympic Games—she entered a competition in a local paper. She is taking husband, John and this will be just after their 50th wedding anniversary (that's equal to any Olympic feat!!).

Letter from Twin Town Services Masters (QTT)

Dear Pauline

Re your article of the May 2000 newsletter regarding AUSSI participants in the Olympic Torch Relay. We have two of our members carrying the torch and another 'involved' in the torch. They are:

Roslyn Hodge who carries the torch on August 23rd at Clunes, near Lismore, and

Peter Imberger who carries the torch on the same day at Lismore.

The other member was involved simply because 40 years ago, she (me) lead a marching team which preceded the torch through Sandgate and me and my old (literally) team had to do the same for this torch.

Thank you

Freda Shaw (Secretary)

Thank you Freda for this information—I hope you have a great time when the torch relay comes to town.

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	Is your club online to the world?	Ð					
This free web site for your club will allow members and visitors to view your club's information.  If you already have your own website, why not link to it from Club World?							
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A memorandum circulated to Club Secretaries from the National Executive Director.

# Dear Club Secretary

# Insurance is not a Lottery.

Should you or one of your Club members sustain an injury whilst participating in an activity for AUSSI, don't expect a huge payout unless you lose a limb or an eye or something worse—then it's not a windfall, it's compensation. I say this, because some members have expected much more than what AUSSI's Personal Accident Insurance is designed to do. It is not a replacement for private health insurance nor full personal accident cover, it is to offset some financial hardship in the event of a serious mishap. It will not be of much use for small cuts and abrasions and minor injuries as some members have hoped for. We have seen all sorts of expectations in claims made. It has however, been a blessing to a number of AUSSI members who have had the misfortune of serious injury and were without their own personal cover. Less than a dollar of your membership fee goes towards the personal accident I nsurance, so if a more extensive cover is desired, members will need to arrange that themselves—as most have. Note that we do not cover Club property nor other insurances that Clubs individually should consider. The major cover AUSSI takes out to protect its members and the major cost, is for liability and indemnity insurance. Insurance policy documents are extensive and written in legalese, so are uninteresting and difficult to read and understand for most of us. We are grateful therefore, that Lowe Lippmann Bott, our insurance brokers, have produced the Insurance Summary Manual for us. We would like all Club members to be familiar with its contents, but it may be more practicable for at least one person in your Club be appointed to read and understand it and that person to be consulted on any occurrence. And, please read the extent of cover before submitting a claim. lvan.

# Some of the myths of ageing:

- 'ageing' just happens—there's nothing you can do about it
- 'ageing' means we lose control over our bodies and our lives
- 'ageing' means we become less of who we are
- 'ageing' means we end up dependent on each other
- Older people are frail
- Older people are all the same
- Older people have nothing to contribute
- Older people are a burden

and the answer—like most myths there's a drop of truth in a sea of lies! For most of us of the time—THEY SIMPLY AREN'T TRUE! We now have the knowledge and resources to do something actively about challenging the preconceived and widely held misconceptions about what happens to us as we age. Remembering more than 50% of the 'losses' of ageing are simply through disuse rather than the ageing process!

### From USMS Newsletter:

Far more significant is the impact of three decades of Masters swimming have had on the hundreds of thousands of Masters swimmers who do not aspire to swimming at the Olympic trials. By maintaining their strength and vigor to a degree far beyond that of their neighbours, they have enriched their lives immeasurably—and the lives of their families and loved ones. (Phillip Whitten)



"Swimming" - is the art of staying alive whilst in the water!

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For discussion: Aerobic Points—could they accrue like frequent flyers or fly buys?

An 800 Individual Medley in a Short Course pool? Hm, what about a 1500m Individual Medley—but where to change-over the strokes—well in short course, that's easy, every 15 laps!!

Seen on a bumper sticker recently: orgy@myplace.come.now - I tried this address and it didn't work!!

Heard on radio interview about dressage: "I don't need to spend 20 minutes watching somebody prove that they can parallel park a horse".

Remember RB from the last newsletter who wouldn't come out of the bathroom as he was wearing a towel—he has protested his situation—his modesty is commendable as he wasn't wearing anything under the towel!!

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Heard at the Wagga Veterans Games—"I've never swum 100m backstroke before, I wonder how long it will be?" (meaning time). Reply from the adjacent lane: "It's about 6 times further than the 50."

One of our newer members was being waved at by some enthusiastic spectators recently—he thought it was his amazing stroke work until he realised he had swum 20 laps backstroke in his undies.

କ୍ଳି And not to be deterred, he also sought help from other club members on how to keep his goggles on dur-୍ଲି ing a dive—it worked, they stayed on, but he lost his bathers!!!

Which also reminds me on an incident where a swimmer tied his bathers up rather well and almost strangled the family jewels!!

At a recent technical officials course, members were practicing with the stop-watches—a new member had to leave the room to take a phone call—when he returned he was asked what time his stop watch had recorded—he looked confused and said—"I'm not even in stop watch mode"!!

PM, with the gym styled, shaved down physique strutted his stuff in a thigh length aquablade suit only to be upstaged by the taller IG who mounted the blocks in a full length 'fastskin' suit. Did a PB in the 200m free as well!!

Swimmers set a cracking pace in the inaugral 200m Trolley (pull buoy)—possibly to be discussed as a permanent inclusion in masters swimming. No doubt the times would achieve world ranking but it was the antics on the blocks as the swimmers adjusted their equipment that had the Time-keepers calling for assistance.

Lane 9 is snippets heard in and around the swimming pool—some masters swimmers are only too willing to talk about their antics and those of their friends. Only the names have been changed to protect the innocent. Any gossip or tales would be gratefully accepted for publication—so keep your ears open.