



**MASTERS  
SWIMMING**  
Australia

# AUSSINEWS.COM

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January, 2001

## The Australian Sports Medal

Last year an Australian Sports Medal was initiated by the Commonwealth Government to celebrate Australia's sporting achievements. It was issued only in the year 2000 in conjunction with the Sydney 2000 Olympic Games. The award was created by the Queen and made by the Governor General as part of the Australian system of honours and awards. The medal recognises not only the achievements of those who have performed well at the elite level of their sport, but also those whose efforts at the grass roots have helped Australia become a great sporting nation.

A number of members of AUSSI have received medals, some nominated by the National Management Committee, others by their Branch or by other persons.

The National Management Committee allocated medals to those persons who over the years had contributed significantly on a National level in various areas as significant performance in the pool, coaching achievements and administrative work. All of these persons we believe furthered the ideals of Masters Swimming in this country and helped make it into the great organisation that we all love.

On behalf of the National Board I thank all these members for their contribution to AUSSI. I am sure you all join me in congratulating them on receiving this medal.

Other members received a medal for their services to others sports.

I congratulate them also.

Mary Sweeney  
President.

*(Recipients of the Australian Sports Medal are listed on page 2)*

## What's in this issue?

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Lane 9

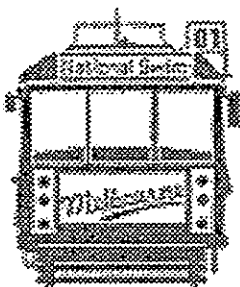
## The Australian Sports Medal

Nominated by AUSSI Masters Swimming—National Management Committee:

Bob Barry, Rick Barnes (dec) Hector Beveridge, Bren Catchpole, Kay Cox, Margaret Cunningham, David Cummins, Judith Drake-Brockman, David Forsyth, Judy Ford, Peter Gillett, Peter Gilmour (dec), Darryl Hawkes, Brian Hird, Pamela Hutchings, Anita Iossifidis (Killmier), Peter Jackson, Jan MacLeod, Glenys McDonald, Graeme McDougall, Neroli Nixon, Stephanie Palmer-White, Trish Porter (Beveridge), Rod Porteous, Peter Reaburn Pauline Samson, Beryl Stenhouse, Mary Sweeney, Jen Thomasson, Geoff Upton, Kevin Vickery, Jenny Whitely, Ivan Wingate, Myrtle Wright.

Nominated by Branches and others:

Judy Hyndes, Gary Hoff, Lynne Malone, Jack Mathieson, Joan McLeod, Gordon Medcalf, Frank Mongan, Margaret Moylett, Margaret Roffman, Martin Shanny, Margie Smythe (Barrett), Bill Stewart, Gary Stutsel, Godfrey Williams.



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

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

Australian Masters Games  
11– 14 October, 2001

Website: [www.nhevents.com.au](http://www.nhevents.com.au)

**AUSSI National Swim, 2002**  
16–18th March

Sydney International Aquatic  
Centre, Homebush.

This meet will be a short course event

### Pan Pacs for Masters Swimmers

- I am pleased to announce that the Masters Pan Pacs is to be held in Hong Kong
- from the 28th Oct—4th November, 2001 at the Kowloon Park Swimming Pool,
- Tsimshatsui, Kowloon.
- This event definitely has no qualifying times and if you are looking at participating
- in a relaxed low key international swim, I suggest you consider attending this
- event. Our travel agent is presently working on producing a group package and I
- am sure they will have something available as soon as possible.
- I have attended the last two Pan Pacs—in Hawaii and Perth and from all indications
- the organisers in Hong Kong will be doing everything they can to host another first
- class Pan Pacs.
- Mary Sweeney
- President

- A Guide to Good Practice

- There is no set of volunteer management activities that will guarantee positive outcomes for volunteers
- as the approach needs to suit each organisation's particular needs. However, for all organisations, good
- practice will ensure committed and motivated volunteers.

- Leadership is a key to success in sporting organisations as good leaders will inspire and facilitate the development of motivating environments that result in high standards of performance and satisfied volunteers.

- A sporting organisation relies on volunteers having an active interest in the future of the organisation.
- Volunteers should have clear paths to follow and effective leadership should assist them to achieve their goals easily.

- The overall purpose of ensuring effective volunteer leadership and motivation is to enhance volunteer performance. With higher levels of performance comes higher levels of satisfaction and with satisfaction comes commitment.

- This cycle of need fulfillment, positive reinforcement and satisfaction reflects good volunteer management practice.

□ (Next edition will feature ideas on recruiting volunteers).

Clubs need to be wary of what is known as the 'Hold Harmless' agreement. It is a clause sometimes seen in contracts of hire (eg land space, or the total pool) where the owner seeks the hirer to indemnify them against any responsibility.

Our insurer is unlikely to provide compensation for another party's negligence, so such indemnity may leave the Club vulnerable i.e. not insured.

However, it's not too frightening as you can't indemnify yourself against negligence.

So, if the facility is proven to be unsafe, you have a civil law case against the owners, but may have to press charges yourself, not through the insurance company.

Before agreeing to such a contract, a copy should be forwarded to the AUSSI National Office for referral to our insurers.

Swimming requires more thought and focus than many of the common sports others play. You don't contend with a ball, nor do you need to devise strategies and plays involving other people. But what makes it so difficult is the overwhelming emphasis on technique: forcing your body to move in just the perfect way to minimise resistance in the water and maximise the power of your stroke. There are four different strokes in swimming, and for each stroke you must consider a multitude of tiny factors such as: where is your hand entering the water? How is your body positioned? Are your elbows bent enough on the catch? Are they bent too much? Are you over-reaching? Are you dragging your hips? Are you rotating enough? And much, much more. Resistance through water is a factor that is much more significant than resistance through air, and any little error can add time that builds up over the course of a race. You must feel where your body is in relationship to the water, and there is always something you are doing incorrectly. Swimming becomes an intricate dance of perfecting one thing and discovering another that is flawed. Even the best in the world, the Olympians and world record holders, are forever looking for even the tiniest adjustments in their technique to lower their times by mere hundredths of a second.

This quest for perfection involves endless repetition of unimaginable drills to discover the right niche for each athlete. You must always be thinking about what you are doing, feeling each element, to detect the flaws. At the same time you must be thinking about starts, turns, finishes, pacing and racing. You must be smart to be a swimmer.

## The Notice Board.

### For the next Board Meeting:

The NSW Branch is foreshadowing a *Clarification* it will put to the next Board Meeting. It is circulated now for early and adequate consideration.

Some years ago when it was questioned if records could be broken under an MD classification, the Board agreed: '.....that AUSSI Records, points and medals could be claimed but not World Records'. The NSW Branch now proposes it will move adoption of a clarifying rule to be added to SW16 and SW16.6

*A competitor swimming with an MD in an event will be eligible for placings, points and medals in that event. Their time will be eligible for inclusion in Top 10 but cannot be accepted for records (see Rule SW14.2.4)*

Rule SW 14.2.4 reads

'Times for records can only be accepted if all rules have been complied with and verified by the Referee'. As well as ruling out MDs, it would seem that this rule protects those who set records while complying with all the rules.

Note SW16.1 says

'The Referee, at his discretion, may take medical disabilities into account'.

We believe that this does not allow the Referee to override SW14.2.4 however the current Rule SW16 needs to be expanded to spell this out.

### Wanted:

Does anyone have any early photos of AUSSI that could be included in the History of AUSSI? Contact the National Office if you can help.

### Masters Athlete of the Year Winner

Sport Industry Australia has announced the 2000 Masters Athlete of the Year is Veterans Athletics Alan Bradford, Qld. Alan won three gold medals at the 1999 Veterans Athletic World Championships, including the Mens 60-64 years 1500m, and the 800m and 2000m Steeplechase in World Record time.

### Some new websites and email addresses:

Shane Gould <http://www.shanegould.com.au>

Adelaide Masters <http://adelaidemasters.trump.net.au/>

2001 National Swim Melbourne

[http://www.swimnet.com.au/Group/Premier/SwimC\\_AUSSI\\_VIC\\_Nationals.asp](http://www.swimnet.com.au/Group/Premier/SwimC_AUSSI_VIC_Nationals.asp)

2002 National Swim [sydney@aussimastswimnsw.org.au](mailto:sydney@aussimastswimnsw.org.au) (temporary email address until website established sometime in the New Year)

**Congratulations** to Ryde AUSSI Masters on their success in winning a Sports Safety Award from the Sporting Injuries Committee. Their nomination was based on the way the Club applied the National Safety Policy—filling in medical forms each year, establishing an at-risk registrar and taking it to Carnivals as well as emergency procedures in place at the pool. The Club will receive \$1,000 to spend on safety equipment.

### Message for Like Minded Swimmers:

I would welcome comments and friendly reports from all Masters Swimmers who would like to swap ideas/ training hints from a 'Pommie. I am 55 and swam in the Tokyo Olympics for Great Britain. Did 55.7 for 100m and 4.33 for 400m. Saw Dawn accomplish her 3rd 100m free title and have had many memorable encounters over the years with fellow swimmers!!! I'm now into Masters Swimming and hope to hear from you, 'down under'. My very best regards, Bob Lord  
email: [SwimmerBobLord@aol.com](mailto:SwimmerBobLord@aol.com)

- • • • •
- Have you thought of subscribing to the Australian Masters Swimming Coaches Newsletter. •
- This newsletter is an excellent publication and has articles that would benefit all AUSSI members •
- whether swimming or coaching. The last edition had information of such things as The Travelling •
- Athlete, Flexibility, Stretching. •
- One years subscription costs \$16 for 4 issues. •
- Money payable to 'AUSSI' •
- Send cheques to AUSSI National office P O Box 207 MARLESTON SA 5033 •
- • • • •

Letter to the Editor re: **Broome Masters Games 2001**

The Broome Masters Pearlers (Broome AUSSI Masters Club) began as a club in February, 1999. Due to the tireless efforts of the Broome Aquatic Centre manager, Donna Dixon, the Club was also able to run the inaugural Broome Masters Swim in May, 1999.

Although numbers were low, everyone conceded that it was a huge success.

The Broome Masters Pearlers, now well into their second year as a club, have gone from strength to strength with a current membership of 44. Preparations are now well under way for the **Broome Masters Games 2001** which are to be held from 4th-12th May, 2001. The Broome Masters Pearlers are coordinating the Broome Games Swim to be held at the Broome Aquatic Centre on Friday 4th May and Saturday 5th May.

An extensive program including 25m through to 400m events will be hotly contested over the two day meet. AUSSI swimmers from all over Australia will be more than welcome. We strongly recommend you get into training and join us in sunny Broome.

More information regarding the games can be obtained by contacting the following address:

**Expression of Interest,**  
**Broome Masters Games, 2001, P O Box 5570, CABLE BEACH WA 6726.**

Pam Shipway  
Coordinator Broome Masters Games Swim 2001

March 2nd to 4th March, 2001, Moscow, Russia.  
Event to take place at Moscow Olympic Pool, conducted by the Moscow Sports Committee and 'All Stars'  
Masters Swimming Club and Mr Yaroslav Novitsky. Conducted under FINA Rules.  
Registration by 15th February, 2001. Email for further information: [rusmasters@ntl.ru](mailto:rusmasters@ntl.ru)

To celebrate the Centenary of Federation in Australia, AUSSI Masters swimming is conducting a national Swim-a-Thon with the distance to be swum to exceed the length of the coastline of Australia—36,735kms. (Club secretaries have all the information and forms).

**All Clubs will keep records of members swims in regular AUSSI Club, Branch and open water events.**

- To celebrate the Centenary of Federation, 2001
- To raise the profile of AUSSI Masters Swimming
- Substantial proportion of funds raised to be donated to various charities.

PS. Did you wonder about the *arctophile*? I am one and proud of it!!!

### Letter to the Editor,

Would you believe I didn't know your newsletter existed until a few months ago? I only found out by accident because I was wanting to know the latest National records in my new age group, phoned the National Office and got our NED, likeable Ivan. I receive them regularly now and make sure others get to read them too!!

I have a bee in my bonnet—'Disqualifications', harsh rules applied to all, not every time, but enough to cause members not to renew their membership.

So I made up a hypothetical—'The Trials and Tribulations of Technical Officers'.

The exams were over and the hopefuls awaited the results. The examiner addressed the class: 'Okay fellers, I'll put you at ease, you have all passed with flying colours. Though I would like to put a few hints your way. As you have only one pair of eyes it's impossible for you to see all that is going on at the same time, so do your utmost. No matter how evenhanded you think you are, you will always be viewed with suspicion. No one enjoys being disqualified nor do clubs like losing points.

However, take heart, because records would never be authentic without you. So don't despair, we officiate to AUSSI Rules which bind us to Fitness and Fun and make allowances to newcomers, the old and infirm, especially to those who walk slowly and those who are shaky on the starting blocks. So my advice to you all is Do Your Best. Any comments?'

'I've a problem with this Sir. I have only one pair of eyes and cannot help missing infringements. Spectators, hundreds of them, watching, will accuse me of being selective. Whatever I do will be viewed unfavourably. What can I do? I want to be liked!'

So the Master took his leave and went into the wilderness for 40 days and nights. He was sadly missed. When he returned, he gathered his flock.

'Well fellers, I don't know what you think about this idea, but I have come to the conclusion that would-be record holders should wear a distinctive cap so as to alert everyone of their intentions. Everyone at the swim meet would know, especially the timekeepers. So I'm going to propose just this at the next delegates meeting who will hopefully allow a trial run. This would make matters easier for all—go hard on the 'gun' swimmers, go easy on the others (within reason) - take them aside gently—explain to them their errors and hopefully we will all live happily ever after.

Robertus Maccabeus

Hopefully yours

Bob McCabe (Vic)

*Thanks Bob, whether this is taken seriously or not, it does give us something to think about. Ed.*

Previous publications have featured the Codes of Conduct for Officials and Coaches. This is a Code of Conduct for Swimmers—The Good Swimmer's Guide.

#### Citizenship - General

- Accept responsibility for your behaviour and outcomes
- Exercise self-control at all times
- Take pride in yourself and your accomplishments, but never at the expense of demeaning another person or group
- Respect the efforts of others
- Assume your fair share of officiating
- Be involved in a variety of AUSSI activities
- Respect and accept with dignity the decisions of officials
- Be generous in winning and graceful in losing
- Do not use profane or foul language
- Pay all fees associated with the club, branch and national by the due date

#### Citizenship—At Club level

- Be punctual for all practices and meets - pool time is valuable
- Show team spirit - where possible wear the club swim suit, cap and other clothing
- Listen when the coach is talking and follow the programme
- Have respect for the coach and other swimmers
- Give your best
- Work hard and have fun
- Challenge yourselves

#### Safety

- Use common sense to avoid injury
- Do not dive in the water, unless you're sure the lane is clear
- Ensure that the registration form has the latest information re medical status
- Do not swim across lanes that other swimmers are diving into

## AUSSI NATIONAL RECORDS

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

### LONG COURSE WOMEN

<b>Melanie Webb</b>	<b>SAM20-24 yrs</b>
800m Backstroke	13m36.75 08 Oct 00
800m Butterfly	14m23.04 08 Oct 00
800m Indiv. Medley	13m42.34 08 Oct 00
<b>Lesleigh Mayes</b>	<b>QTV40-44 yrs</b>
200m Freestyle	02m15.84 09 Sep 00
<b>Joanne Sutcliffe</b>	<b>SAM40-44 yrs</b>
800m Backstroke	12m26.37 08 Oct 00
<b>Marilyn Earp</b>	<b>NWG50-54 yrs</b>
100m Butterfly	01m20.07 29 Oct 00
<b>Sue Needham</b>	<b>QMW50-54 yrs</b>
800m Butterfly	16m08.89 15 Oct 00
<b>Margaret Cunningham</b>	<b>QWY75-59 yrs</b>
100m Freestyle	01m29.89 28 Oct 00 ##
200m Freestyle	03m32.00 09 Sep 00
200m Freestyle	03m26.43 22 Oct 00
400m Freestyle	07m46.44 14 Oct 00
400m Freestyle	07m19.25 28 Oct 00
50m Breaststroke	00m54.87 14 Oct 00
100m Breaststroke	02m07.61 09 Sep 00
100m Breaststroke	02m03.98 29 Oct 00
200m Breaststroke	04m42.28 14 Oct 00
50m Butterfly	00m51.27 28 Oct 00
100m Butterfly	02m12.36 22 Oct 00
200m Indiv. Medley	04m10.01 22 Oct 00
<b>Margaret Russell</b>	<b>QIF85-89 yrs</b>
200m Backstroke	07m48.47 14 Oct 00

### LONG COURSE MEN

<b>Glen Walker</b>	<b>SAT35-39 yrs</b>
800m Butterfly	12m48.16 11 Nov 00
<b>Colin Mayrhofer</b>	<b>ACN60-64 yrs</b>
50m Butterfly	00m32.83 09 Sep 00
<b>John Crisp</b>	<b>QMM65-69 yrs</b>
100m Butterfly	01m26.45 29 Oct 00
200m Butterfly	03m37.90 15 Oct 00
400m Butterfly	08m25.11 18 Nov 00
800m Indiv. Medley	14m40.08 15 Oct 00

### SHORT COURSE WOMEN

<b>Natalie Hamilton</b>	<b>NRV25-29 yrs</b>
50m Breaststroke	00m36.37 12 Aug 00
<b>Katrina Hicks</b>	<b>ACN30-34 yrs</b>
800m Breaststroke	14m28.06 14 Oct 00
<b>Rachelle Isakov</b>	<b>TAC30-34 yrs</b>
400m Indiv. Medley	05m32.60 13 Aug 00
<b>Ketrina Clarke</b>	<b>TLC40-44 yrs</b>
200m Butterfly	02m39.66 12 Aug 00
<b>Lesleigh Mayes</b>	<b>QTV40-44 yrs</b>
800m Freestyle	09m30.29 11 Nov 00
<b>Leigh Rodgers</b>	<b>VMV45-49 yrs</b>
50m Butterfly	00m33.59 12 Aug 00
100m Indiv. Medley	01m18.35 12 Aug 00
<b>Kathryn Langthorne</b>	<b>NML50-54 yrs</b>
100m Freestyle	01m10.23 27 Aug 00
200m Freestyle	02m30.54 26 Aug 00
<b>Tracy Clarkson</b>	<b>QBN50-54 yrs</b>
1500m Freestyle	22m41.49 26 Aug 00
<b>Clary Munns</b>	<b>NHL55-59 yrs</b>
100m Backstroke	01m26.33 12 Aug 00
<b>Diane Backisch</b>	<b>VMV55-59 yrs</b>
50m Butterfly	00m36.06 12 Aug 00
<b>Val Lynch</b>	<b>NML60-64 yrs</b>
100m Butterfly	01m47.94 26 Aug 00
1500m Breaststroke	30m45.51 18 Nov 00
400m Indiv. Medley	07m34.51 04 Nov 00
<b>June Granziera</b>	<b>NHL65-69 yrs</b>
100m Backstroke	01m47.20 04 Nov 00
<b>Theima Bryan</b>	<b>QCN70-74 yrs</b>
200m Indiv. Medley	04m20.16 11 Nov 00
800m Indiv. Medley	19m43.16 11 Nov 00
<b>Margaret Cunningham</b>	<b>QWY75-59 yrs</b>
50m Freestyle	00m39.12 11 Nov 00 ##
100m Freestyle	01m28.49 11 Nov 00 ##
50m Butterfly	00m49.38 11 Nov 00
100m Indiv. Medley	01m46.18 11 Nov 00 ##
200m Indiv. Medley	04m03.47 11 Nov 00 ##

<b>Nancy Rittson</b>
200m Backstroke
<b>Betty Stern</b>
50m Freestyle
50m Backstroke
100m Backstroke
<b>Margo Bates</b>
100m Freestyle
200m Freestyle
50m Backstroke
100m Backstroke

<b>QSC80-84 yrs</b>
06m09.09 07 Oct 00
<b>NHL80-84 yrs</b>
00m47.84 04 Nov 00
00m52.15 04 Nov 00 ##
02m06.83 04 Nov 00
<b>QHB90-94 yrs</b>
02m55.47 07 Oct 00 ##
06m23.75 07 Oct 00
01m48.81 07 Oct 00
03m56.12 07 Oct 00

### SHORT COURSE MEN

<b>Brent Walker</b>
100m Backstroke
400m Butterfly
<b>Dan Soanes</b>
800m Backstroke
<b>Michael Petersen</b>
800m Backstroke
<b>Stuart Meares</b>
100m Indiv. Medley
<b>Francis Christian</b>
400m Freestyle
<b>Garth Slade</b>
200m Backstroke
200m Indiv. Medley
<b>Richard Dill-Macky</b>
200m Backstroke
<b>Mark Taylor</b>
1500m Backstroke
<b>Peter Emery</b>
1500m Freestyle
800m Freestyle
<b>Stephen Lamy</b>
800m Backstroke
<b>David Lawler</b>
800m Freestyle
<b>George Stewart</b>
800m Backstroke
1500m Backstroke
400m Indiv. Medley
400m Butterfly
800m Butterfly
800m Indiv. Medley
<b>Sid Krasey</b>
50m Breaststroke
<b>Robert McCabe</b>
200m Indiv. Medley
<b>Jack Lacey</b>
100m Backstroke

<b>TAC25-29 yrs</b>
00m58.18 03 Sep 00
05m18.85 13 Aug 00
<b>WPC30-34 yrs</b>
11m24.20 05 Aug 00
<b>NBT30-34 yrs</b>
10m58.26 18 Nov 00
<b>NWG35-39 yrs</b>
01m04.31 27 Aug 00
<b>VDC40-44 yrs</b>
04m29.55 12 Aug 00
<b>TTL40-44 yrs</b>
02m29.57 12 Aug 00
02m29.10 03 Sep 00
<b>NRV40-44 yrs</b>
02m25.78 27 Aug 00
<b>QGS45-49 yrs</b>
22m37.75 26 Aug 00
<b>QBC50-54 yrs</b>
19m36.71 26 Aug 00
10m25.85 26 Aug 00
<b>NBT50-54 yrs</b>
11m58.98 18 Nov 00
<b>NML70-74 yrs</b>
12m34.01 18 Nov 00
<b>NWS75-79 yrs</b>
18m22.11 18 Nov 00
34m32.58 18 Nov 00
09m32.13 04 Nov 00
12m56.04 14 Oct 00
25m11.26 14 Oct 00
19m44.10 14 Oct 00
<b>VNL80-84 yrs</b>
00m51.45 12 Aug 00
<b>VNL80-84 yrs</b>
04m58.52 12 Aug 00
<b>WMH85-89 yrs</b>
02m24.30 10 Sep 00

### SHORT COURSE RELAYS

<b>Seaside Pirates</b>
<b>Female Freestyle</b>
Nola Budd
Susan Gallie
<b>Manly AUSSI</b>
<b>Mixed Freestyle</b>
Susan Kearney
Bill Harris
<b>Manly AUSSI</b>
<b>Mixed Medley</b>
Susan Kearney
Tony Goodwin
<b>North Lodge Neptunes</b>
<b>Male Freestyle</b>
Robert McCabe
Sid Krasey
<b>Sunshine Coast</b>
<b>Mixed Freestyle</b>
Austin Baptist
Arthur Evans
<b>Sunshine Coast</b>
<b>Mixed Medley</b>
Austin Baptist
Arthur Evans

<b>NSP4x50m 160+ yrs</b>
02m06.15 26 Aug 00
Biff Grindley
Cathy Codling
<b>NML4x50m 200+ yrs</b>
02m02.56 27 Aug 00
Kathryn Langthorne
Stephen Lamy
<b>NML4x50m 200+ yrs</b>
02m20.35 26 Aug 00
Kathryn Langthorne
Stephen Lamy
<b>NML4x50m 200+ yrs</b>
03m23.31 12 Aug 00
Robert Charles
Tom Rees
<b>QSC4x50m 320+ yrs</b>
03m58.72 07 Oct 00
Nancy Rittson
Norma Rudolph
<b>QSC4x50m 320+ yrs</b>
04m48.88 07 Oct 00
Nancy Rittson
Norma Rudolph

## Potential World Record  
Darryl Hawkes  
National Recorder

# LANE 9

Just a thought: People who wear bifocals only have two points of view.

Received a message via Rob: Judy rang to say that Esmé called—the cats are under control. I remained confused for several hours—who was Esmé and what had the cats to do with me? Must be a wrong number? Then the mist cleared—Yes, Judy would've called to let me know that Esjay had called back and the caps were under control. We were getting new club caps and wondered what had happened to the order.

Recently someone asked the whereabouts of Lane 6—Lane 6 has always been where it has been—it's just the population has changed.

Inside some of us is a thin person struggling to get out, but they can usually be sedated with a few pieces of chocolate cake.

A warning for officials: Don't wear polka-dot underwear under white shorts!

A swimming coach, Scott Lemley, has created a poster—The Seven Laws of Swimming—the 4th law states—It takes great effort to become effortless.

I recently spotted one of our more senior swimmers sitting ready to take the plunge, pulse checked etc. During our conversation, he asked, 'Is there a clock behind me?' No. 'Is my fly undone?' No. 'Well why is everyone stopping and staring at me?' My reply, 'Well, they're probably intrigued as to why a gorgeous thing like me is chatting to an old bloke like you.'

Which reminds me of another of our more senior swimmers (we've got lots here) who had several younger women swimming in his lane. I asked what was going on—he replied—'I can't help it if they lust after me'.

And strange happenings at AUSSI Christmas parties—there was a sewing competition between a surgeon and a noted needlewoman who were suitably gowned and equipped with needles (those little curvy type) and given the task of sewing a button on a poached egg. We are unclear as to who won as a 'foul' was called and it got a bit violent at the finish. (Someone brought their own forceps!!) Another interesting competition required female members to 'pick' their partner's nose! Apparently it wasn't a literal pick, but rather they had to choose the correct nose from a selection which were poking through holes in a screen, (in a darkened room) and kiss it. What really rocked the spectators was that one nose was chosen by at least two women.

One of our swimmers was explaining to a new member that they used to swim with another masters club—the Lamingtons—what he really meant to say, was the Lemmings. And did you know it is a myth that lemmings follow each other and commit mass suicide over cliffs? (Learnt that from the tellie)

If God has wanted me to touch my toes, he would have put them on my knees.

Remember that silence is sometimes the best answer.

And for all of us—Learn the rules so you know how to break them properly.