



## The AUSSI Logo

Several Clubs and individuals have asked permission to use the AUSSI logo and they must be applauded for doing so. Too often within our organisation we see examples where people 'borrow' without permission or acknowledgment and even plagiarise in some cases. In this fast growing litigious society, everyone must be conscious about doing the right thing and that includes respect for other creations—copyright.

The Board agreed at the AGM, May 1999 that affiliated Branches and Clubs may use the AUSSI logo unchanged. State and Territory branches are permitted to use the same logo design in versions of each Branch's nominated colours and it is permissible to replace the word 'Australia' with their own State or Territory name in full.

In BL33 LOGO—the logo is described as follows:

Text and an oval shape and key line with three shapes inset: an 'A', 'Arc', and 'Semi-circle' which denotes the A for AUSSI and the shape of the swimmer moving an arm as in swimming. The text has 'AUSSI' in upper case positioned at the top of the oval shape and 'MASTERS SWIMMING Australia' in upper and lower cases at the foot of the oval shape.

Considerable care went into the wording to describe it fully, to give it legal protection and to leave no doubt how it is to appear.

There have been a few cases where it has been improperly represented eg on a brochure or clothing where the colours were okay, but the proportion of the text (or the wording deleted) and the shape of the oval left a lot to be desired.

The logo was developed to project a united image across Australia. However, if you want to use your Branch logo, that is with your Branch designation of the bottom and in your State or Territory colours, you need to ask your Branch. This also applies to the use of the National Logo and where it can be used.

For some special applications, you may need to vary the format, but that can only be done by making formal applications to the National Office and approval given by the Board or National Management Committee.

A Chlorine Aperitif

I'm learning to swim the Medley!  
At my age, you really must smile.  
But now that I've swum 50 breaststroke,  
I hunger to conquer freestyle.

I already can swim 50m Backstroke,  
Tho' sometimes I wobble a bit.  
And butterfly, that's a real challenge.  
Think I'll leave it alone till I'm fit.

Yet how to appease swimming hunger  
And stay on an even keel?  
My answer is AUSSI Masters  
So now, I'm a Belmont Seal.

*Mavis Gerrard*  
*Belmont AUSSI*

*Mastering Swimming* is a complete guide to swimming for coaches and swimmers. It deals with all facets of training, from nutrition to planning a season's workouts. Programs are outlined for sprint and distance work, both for the novice and experienced swimmer.

*Mastering Swimming* is a book for anyone who wants to know more about swimming - coaches, swimmers and teachers alike. It is for both young and old; those who train in a group and those who train alone; those who are experienced swimmers and those who are just starting out; but most importantly it is for those who want to gain more from their chosen sport - swimming.

Copies are available from the AUSSI National Office: 148A Ferguson Street Williamstown VIC 3016

1 copy \$15 (includes GST, postage and packing)  
2-5 copies \$10 each (includes GST, postage and packing)

Cheques/MOs with order, payable to AUSSI Masters Swimming.

### National Top 10

It's that time of the year again and people start to enquire about the National Top 10. (At least no-one asked for it in December.....)

It takes a lot of time and a lot of work after all the information has come in to compile and have it published. The release date depends greatly on the slowest Club getting the information to their Branch Recorder.

It is not a credible 'Top 10' if we don't include ALL swims. Unfortunately though, every year there are times missed and others are wrong. If this happens to you, don't blame the National Recorder or the Webmaster, check with your own Club first. Usually the problem has been that the times were not passed on. The National Recorder cannot include them if he doesn't know about them. In most cases today, the information is forwarded up the chain electronically, so there are no further transposition errors once it has been keyed in at the swim meet or by the Club recorder.

If you detect an error, please let the National Office know so that the historical records can be corrected. It is not practical however, to alter the published document or the website.

(Club recorders can get a copy of the club version of National Top 10 program from their Branch.)

### Benefits of Swimming

Water offers unique benefits to your body because

- nearly all your body's muscle groups are used in full swimming movements
- the specific gravity of the body is similar to that of water you *feel* lighter when submerged, yet you have the same strength as when out of the water
- the horizontal position of swimming lessens the physical demands on your body
- swimming is helpful for people who have musculoskeletal problems such as joint pains and limited mobility
- your joints become more flexible through swimming's primary movements of stretching and reaching
- you can strengthen muscles from the repetitive movement and the resistance of water to your stroke.

### Making Masters Fun

Variety is the spice of life. The following fun workout is 60 minutes in length and has a little of everything.

The example is set for a 6 x 25m pool, but can be adjusted to any number of lanes.

Here is how it works: each lane has a designated set which lasts for 10 minutes. At the end of 10 minutes, everyone changes lanes and does the designated set for that lane. After everyone has changed lanes 6 times, the workout is over. One of the best parts of this workout is the fact that it allows everyone to swim in the middle of the pool at one point.

Lane 1—10 x 50 x 1:00	Kick
Lane 2—8 x 75 x 1:15	Swim IM, no free
Lane 3—3 x 200 x 3:15	Pull free
Lane 4—10 x 50 x 1:00	Some stroke other than free
Lane 5—20 x 25 x :30	Hard/easy, easy/hard by 12, good streamline
Lane 6—4 x 50 x 3:00	Good effort from a dive

Distances and intervals can be adjusted according to ability levels, but allow no more than 10 minutes for each set.

*Reprinted with the kind permission of Mel Goldstein and Jack Geoghegan (Jan/Feb 2001 Swim)*

*Mel and Jack are interested in what your Club is doing to have fun. Email your ideas to [goldstein@mindspring.com](mailto:goldstein@mindspring.com) or [jacswim@aol.com](mailto:jacswim@aol.com)*

### Asia Pacific Masters Games

The dates for the 3rd Asia Pacific Masters Games have been confirmed as 21-29 September

### Baddaginnie AUSSI International Postal Event

- An Animal is defined as a gutsy performer who can do 800m Freestyle, 200m Breaststroke, 200m Backstroke, 200m Butterfly and 400m Individual Medley in one day.
- Enter this international postal challenge, swim the listed events in one day and receive a T-shirt proclaiming that you are a 'Baddaginnie Animal'.
- Entry forms available from Clubs or contact Baddaginnie AUSSI Animal Event, 1/4 Ovens Street, Box Hill North, Victoria, 3129. Deadline for entries—postmarked October 31, 2001.

Perfect Match: recruiting volunteers

'You need very good ideas to recruit volunteers and keep them coming back when there's no monetary reward, and I've gathered 501 of the very best....'

- Dr Judy Edmond, School of Social Work, Curtin University.

Count Me In! 501 Ideas on Recruiting Volunteers was released in January this year. Dr Judy Edmonds (Curtin University) was giving a workshop for volunteer managers when she was asked: 'Can you tell us how to find the volunteers?' This was the inspiration for the book and co-incided with the celebration of International Year of Volunteers 2001.

Dr Judy Edmonds has come up with the six Rs of recruiting volunteers:

- 1. Research—Research everything. Ask the when, where, who and why about existing volunteers.
2. Reveal—explores the way volunteer agencies get their recruitment message to the world.
3. Relate—relate and network with everyone. The most effective recruitment method of all time is 'word of mouth' where enthusiastic happy volunteers are your greatest publicity.
4. Reach—examines how to find the volunteers you need through target marketing.
5. React—important for organisations to react to changing trends in society.
6. Recruit—the role of the entire organisation, not just the volunteer manager.

For further information on the book or feedback, contact Dr Judy Edmonds (08) 93619339 or email: mtdjudy@iinet.net.au

Dear Dr Ted

I've just a bypass 8 months ago and my cardiologist has told me that he considers me fit to swim with Masters. I read in the information kit handed to new members that I fall into category 'E'. '..... individuals regardless of age with known heart, .....disease. Persons in this category are considered to be incurring undue risk if they involve themselves in strenuous exercise, regardless of the baseline data that may be accumulated involving them.

If the bypass is successful, what is the risk?

Is it possible to cause a breakdown in the graft by strenuous exercise? Or can vigorous exercise promote more artery disease?

My cardiologist told me that only one artery was diseased and nothing was wrong with the others at all. Also can you advise me at what point is exercise considered to be strenuous? And is this measurable?

Regards JBW

Dear JBW

The Medical Committee has been unable to answer the questions re risk to exercise with graft and graft breakdown, however there is no doubt that moderate exercise (40-60% VO2max—60-75% max HR [220-age]) has positive effects on all the major modifiable CVD risk factors in healthy individuals. Strenuous or 'Vigorous' exercise is defined as leading to fatigue in 20 mins. It is operationalised as any exercise above 60% of VO2max (above 75% max HR). We suggest you do moderate endurance exercise (aerobic swims) and depending on other risk factors, gradually introduce speed work of short duration.

Cheers

Policies for AUSSI Masters Swimming.

Some people became a little flippant over the policies that are being developed for AUSSI and thought up some new ones for David (Qld) to work on. Perhaps members could also think up some more ?

Suggested policies on Chocolate, Gambling, Rooming for Board Members, Coffee, Badges, Improving Swimming Performance, Spell Check, Icecream, Photo, Massage, Travel and Preferred Friends.

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: aussie@trump.net.au. Phone/fax (03) 62436665. Closing date for the next newsletter (June) should be received by May 31st, 2001.

**Introducing the new National Executive of AUSSI Masters Swimming.**

I've been asked to write a brief introduction for the newsletter, so here goes!

I was born in Surrey in 1953, and apart from a couple of spells in the country (Cambridgeshire and Wales), I lived most of my life in or near London.

I started my career in the IT industry, in the days when computers took up entire buildings and memory was measured in single figures! I gradually moved into finance and administration, and in 1988 as Manager of the London Office of the Australian Tourist Commission I was offered the chance to work in the Sydney Head Office for a couple of years doing special project work. I leapt at the opportunity, and moved to Australia at the end of 1988.

At the end of the two year period I was supposed to go back to the UK, or on to Los Angeles, but I loved Australia so much I decided to stay. That meant I had to resign from my job and go through the immigration process, but it was worth it.

Back in the workforce, I was offered the position of Operations Manager with the Royal NSW Bowling Association, and subsequently became Chief Executive Officer (the only female to have the job in 120 years!). I was also the Hon Secretary of the NSW Junior Bowls Association, and Hon Secretary of the NSW Badminton Association, so I was pretty busy.

My involvement with badminton at State level lead to me being offered the position of National Executive Director, and on taking up that position, I had to relocate to Melbourne. My contract with Badminton Australia was structured to include the Olympics, which was one of the most amazing experiences I have ever had.

Just as my contract with BA was in its final weeks I saw the NED position for AUSSI Masters Swimming advertised, and decided to apply. I started with AUSSI officially on 5<sup>th</sup> March, and have spent most of my time so far arranging for the new office premises, furnishings, equipment, and so on. It's really starting to look good now, and our first visitors have been very impressed!

My academic qualifications include a Graduate Diploma in Sport Management from University of Technology Sydney, and a Masters Degree in Sport Management from Deakin University. My social interests are varied, but mainly sport, reading, listening to music, and travelling. I also love creative writing, and completed my first novel last year. I learnt to swim before I could walk, but have never been involved in swimming competitively, and tend to just splash about in the sea or the pool, and when the temperature is warm enough I love to scuba dive.

I'm excited about the potential that AUSSI has to grow, and hope to meet many of you in person as I get under way in my new role. I would like to end with a note of thanks to Ivan and Sue, who were generous with both their time and information in helping me to settle in.

**Bunbury AUSSI Stingers 1200m Postal Swim - Winter 3 x 400m**

- Well, winter is here again (well almost) and to keep you motivated we are running our postal swim again. Thank you once again to all swimmers (clubs) competing last year. Qld swimmers were top in 9 age groups, WVA had 5 age group wins, NSW, 4 and NZ clubs 3. Last years age groups ranged from 25-29 to 75-79 (women) and 30-34 to 75-79 (men). The fastest entry for men in 2000, was Ben Taylor (NSW) 18m27.15 and for women Sue Needham (Qld) 20m28.35.
- Ever improving Janet Henry (QTT) again won the award for the most improved as well as winning her age group.
- This is an easy swim to complete if you are a regular aerobics swimmer. Completing these swims might also inspire you to complete the extra swims to add a few more aerobic points for your club. The cost is still a low \$6, so get those entries in.
- Sandra Smith, Bunbury AUSSI Masters Postal Swim Co-ordinator.
- Entry forms and full results of past years are available from our website.
- <http://www.BunburyAUSSI.Homestead.com/Homepage.htm>!



Of interest from the recent National Board Meeting (AGM) held 31st March—1st April, Melbourne.

- Appointment of new NED, Julia Phillips.
- All Branches are to use Aerobic software to submit results and Clubs are encouraged to use this software.
- National Top 10, Club version now available from Branches.
- ACT Branch will be responsible for the National Registrations.
- To be added to Rule SW16: Medical Disability. "A competitor swimming with a MD in an event will be eligible for placing, points and the medal in that event. Their time will be ineligible for inclusion in Top 10 and cannot be accepted for records".
- The following words have been removed from R2.2 'and who have official residency status in Australia and/or Australian citizenship".
- Policies regarding Alcohol, Smoking, Privacy discussed
- Preferred travel agent—Sports Travel Pty Ltd.
- No change to members fees.

**National Aerobic Trophy 2000**

**Club Placings:**

- 1. Sunshine Coast 7841 pts
- 2. Somerset 7037 pts
- 3. Gladstone 6636 pts

**Tassie Award**

Campbell town 3430 pts (24)  
142.92av

Total number of clubs 87

**Swimmers achieving max points:**

Women 38  
Men 41

*plus*

**Swimmers completing all swims:**

Women 12  
Men 14

**Participants**

Women 621 (ages 20-86)  
Men 560 (ages 23-83)

There have been some alterations to the times and point scores and alternatives for the 70+ age group. These will be made available later in the year.

**National Swim 4-8 April, 2001, Melbourne**

**Trophy Winners**

Founders Malvin Marlins (1863pts)  
Runner's Up Doncaster Dolphins (1647pts)  
Visitor's Manly AUSSI

**Swimmers of the Meet**

Female Pam Hutchins (NET) 2 WR, 5 NR  
Male Bob Barry (NWL) 4NR

**Relays**

80-119 Malvin Marlins  
120-159 Seaside Pirates  
200-239 Doncaster Dolphins  
240-279 Doncaster Dolphins  
280-319 Manly AUSSI  
320-359 North Lodge Neptunes

All results can be viewed on the National Website:  
<http://aussi.trump.net.au>

**Coach of the Year 2000—Louise Stovin-Bradford.**

Louise is an AUSSI Masters Level 1 Coach and has coached the same Club for 2 years with a squad that averages 40 swimmers. She is highly respected and not only shows innovation and dedication in coaching but has also taken on the leadership role of President of the Club. She has taken a still further challenge by coaching an AUSSI member who is a paralympian. She has contributed at Branch level as well as Club level. Membership of the club has increased from 33 in January 1999 to 99 in December 2000 and club coaching sessions have increased from 1 - 3 per week. She is happy to help swimmers of all abilities. The swimmers have shown continual improvement due to the coaching theories applied by her. She is a member Seaside Pirates (NSW) and this new club is now a strong club due to strength of coaching.

## AUSSI NATIONAL RECORDS

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

### LONG COURSE WOMEN

**Lesleigh Mayes** QTV 40-44 yrs  
800m Freestyle 09m55.56 24 Feb 01  
1500m Freestyle 18m44.49 24 Feb 01

**Julia Allston** TAC 45-49 yrs  
100m Freestyle 01m08.53 04 Mar 01  
200m Freestyle 02m30.56 04 Mar 01  
400m Freestyle 05m20.27 04 Mar 01

**Donna Dalzell** QTM 50-54 yrs  
200m Backstroke 03m02.54 24 Feb 01

**Pam Hutchings** NET 65-59 yrs  
50m Freestyle 00m35.38 10 Feb 01  
800m Freestyle 13m03.65 10 Feb 01  
50m Backstroke 00m41.63 10 Feb 01

**Tricia Legge** QTT 65-59 yrs  
50m Breaststroke 00m48.59 24 Feb 01  
100m Breaststroke 01m49.16 03 Feb 01  
100m Butterfly 01m48.48 24 Feb 01

**Margaret Cunningham** QWY 75-79 yrs  
800m Freestyle 15m40.09 24 Feb 01  
400m Breaststroke 09m42.19 24 Feb 01  
800m Breaststroke 19m40.60 24 Feb 01  
1500m Breaststroke 37m15.59 24 Feb 01  
400m Indv. Medley 09m20.13 24 Feb 01

**Justine Bamford** THB 75-79 yrs  
200m Breaststroke 04m38.94 03 Mar 01

**Nancy Rittson** QSC 85-89 yrs  
200m Backstroke 06m53.86 03 Feb 01

**Margo Bates** QHB 90-94 yrs  
100m Backstroke 03m57.66 10 Mar 01

### LONG COURSE MEN

**Michael Petersen** NBT 30-34 yrs  
400m Backstroke 05m30.02 03 Mar 01  
800m Backstroke 11m23.25 24 Feb 01

**John Crisp** QMM 60-64 yrs  
200m Butterfly 03m27.82 24 Feb 01

**Bruce Gaston** WCM 80-84 yrs  
200m Backstroke 03m57.69 04 Mar 01

**Stuart Somerville** NML 80-84 yrs  
50m Butterfly 00m49.31 03 Feb 01

**Godfrey Williams** WIW 85-89 yrs  
50m Freestyle 00m38.73 18 Feb 01  
100m Freestyle 01m31.70 04 Mar 01  
200m Freestyle 03m36.12 18 Feb 01  
100m Backstroke 01m55.83 03 Mar 01  
200m Backstroke 03m14.68 10 Feb 01  
50m Backstroke 00m51.15 18 Feb 01

### SHORT COURSE WOMEN

**Margaret Cunningham** QWY 75-79 yrs  
200m Freestyle 03m21.48 03 Mar 01

**Nan Lewis** TTL 80-84 yrs  
200m Backstroke 05m22.87 17 Feb 01

### SHORT COURSE RELAYS

**Malvern Marlins** VMV 4x50m 240-279 yrs  
Male Medley 02m35.38 24 Feb 01  
**Brian Davis** John O'Dowd  
**Bruce Allender** Patrick Galvin

**Darryl Hawkes**  
National Recorder

## AMATEUR OR PROFESSIONAL?

Many masters swimmers still persist in referring to our mainstream colleagues as 'amateur', whereas many of their swimmers today, particularly in the elite area are far from amateurs and even little kids starting out, swim for cash prizes.

For many years, people from the Amateur Clubs and Associations touted us as 'professionals', because many of our founding members were paid coaches, pool operators and paid swim teachers. It was as if 'professional' was dirty and 'amateur' was squeaky clean. However, apart from a few open water swims where cash sponsorship is offered (and usually run by others), AUSSI swimmers have never swum for cash.

The amateur status mentality of the seventies when Masters Swimming was in its formative years has thankfully now gone, so lets get the word out of our vocabulary. So what do we call them? What do you suggest?

Lane 9

- Some T-shirt ideas? I swim, therefore IM. Not all athletes wear shoes. Swimmers do it four different ways. Chlorine, the drink of champions.
- I don't read 'grown-up' books only lots of children's books, however these are Some Children's Books That Weren't Published. The Boy Who Died From Eating All His Vegetables; Fun Four-Letter Words to Know and Share; Curious George and the High Voltage Fence; Pop! Goes the Guinea Pig and Other Great Microwave Games.
- At our interclub swims, the swimmer who swims closest to their nominated time wins a prize... one swimmer has won it twice!! And at a recent swim, a swimmer managed to cut her head open during a backstroke turn—ouch!!... it was worth it—she broke a national record!!
- Have you ever thought?..... Why is a boxing ring square? Why is it that doctors call what they do 'practice'? Why can't women put on mascara with their mouths closed? Why doesn't glue stick to the inside of the bottle? Why do you turn down the volume of the radio when you are driving and looking for an address?
- If all is not lost, then where is it?
- One of our swimmers received a phone call from his wife (in Melb)—I've bought something that you will help you swim faster. *What, a propeller?* He was given a pair of knee length aqua blades!! He did look rather sporty at training (1 size fits all, I'm told) and yes, did his best 800 freestyle ever!!!
- J & K shared accommodation during the National Swim and they say disasters come in threes. Well, the first morning, J put liquid detergent in the dishwasher—on noticing the mounting suds, J & K made a hasty exit of the building. The washing machine (a washer/dryer) was great on the 1st day, took 6 hours the next time and the 3rd day was still washing 12 hours later!! Then J had an earache and K had the hot water bottle. So J decided to put a towel in the microwave to warm up. K woke up at 3am and wondered why the microwave was beeping and *what was that smell?* K removed the towel from the microwave and then decided to hide it as it was full of small scorch holes. Do you think they'll be allowed stay next time?
- R had just finished the 200 butterfly (Nat swim) and was asked to see an official. Trembling with the thought of Dq, she was then sent over to the Announcer to be given the good news - that she had won a spot prize for winning her heat. She was delighted with the gold coloured goggles. (*and her favourite brand too!*)
- Recently Pattie (the overweight cocker spaniel) decided to complete an open water swim—nearly made to Maria Island in pursuit of an injured bird. The owner set off after her, however he was out of his depth in this new event—the 2000m dog paddle. Anyway, Pattie and her owner did make it back to dry land, eventually.