

**MASTERS
SWIMMING**
Australia

AUSSINEWS.COM

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ZOGGS

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Items on matters affecting AUSSI are welcome but all contributions are subject to the discretion of the Editor.
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Closing date for the next newsletter (November) should be received by September 30th, 2001.

Thanks to Claire Raeburn

It is with regret that we farewell Claire Raeburn as Editor of our Australian Masters Swimming Coaches Newsletter, a position she has held now for a number of years.

Today thanks to the efforts of many people including Claire, we have a coaches newsletter of significant quality.

For those of you who believe that this newsletter is strictly for coaches, I ask you to obtain a copy from your club or Branch to read. The wealth of information it contains is meant not just for coaches but for you the Masters swimmer.

In Claire's final issue, the articles range from 'Protein power for endurance athletes', 'Hypothermia' and 'Is fatter faster?' – an intriguing article with something there for everyone no matter what body shape.

I take this opportunity to thank Claire publicly for her contribution to AUSSI and to offer Claire our best wishes in her future undertakings.

Our Coaches Newsletter will continue under a new Editor and will be of the same high standard we have come to expect, so to all our members I reiterate what I have said above - if you haven't read a Coaches Newsletter, please get hold of one and enjoy the information it contains.

Congratulations to Glenys Mc Donald

Most members would already be aware that Glenys Mc Donald, Immediate Past President of AUSSI, received an Order of Australia Award recently. Glenys has given countless hours of time to AUSSI over many years and the award is well deserved. It is not only a great honour for Glenys but I believe also an honour for AUSSI. Some may not realise that we have two people in AUSSI now with such an award, the other being Gary Stutsel. Without such people our organization would not be of the high standard that it is today. Congratulations to Glenys from all AUSSI members.

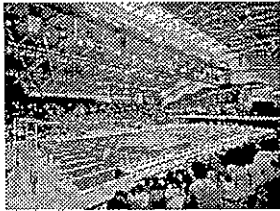
Pan Pacs and the new FINA rules.

Those who have been following FINA issues as decided at the FINA Congress in Japan recently, would know that some changes to rules were made at that Congress.

PLEASE NOTE: These rules will NOT take effect at the Pan Pacs in Hong Kong. We have been informed by the organisers that FINA Masters Rules as previously will apply to this event.

Further information on rule changes will be issued when the official changes are received by the National office.

Mary Sweeney
President



Sydney Aquatic Centre



**2002 AUSSI National Swim—
16th to 18th March at the
Sydney International Aquatic Centre.**

The 2002 National Swim will be conducted as a short course (25 metre) event. It is a good chance to set short course records at a National competition, in the Olympic pool at Homebush where many world records were broken last year. This is the first time the AUSSI National Swim has been held as a short course event and will be a great warm up for the World Swim Meet in Christchurch.

Entry forms will be available shortly from AUSSI Masters Clubs or by downloading from the National Swim 2002 website.

Entries are to be submitted from your club. Arrangements are being made for entries from overseas competitors to be received electronically.

National 2002 website:

<http://www.sydneymastersswim2002.com>

email: enquiries@sydneymastersswim2002.com

Media Release 17th July, 2001

Swimmer Rachel Coffee Joins AUSSI National

AUSSI Masters Swimming is delighted to welcome young Australian swimmer Rachel Coffee to the organisation today, to undertake the role of Sport Administrator.

Rachel is the national age champion in 100m and 200m butterfly, and has held every NSW school State record in the 100m for her age group, except the 15 years. She was placed 7th in the Olympic Swimming Trials last year in the 200m butterfly and is currently ranked number 5 in Australia in the 100m butterfly.

Rachel joins AUSSI through the AFL Sports Ready Traineeship Program. This enables Rachel—as it has so many other young people—to continue to train and compete in her chosen sport, whilst gaining work experience for her future career.

'The AFL promotes initiatives for careers in sport, and we are sure Rachel will benefit from this unique sporting opportunity', said Helen Slattery of the AFL Sports Ready Traineeship Program.

Julia Phillips
National Executive Director.

Get your Club listed on the internet.

ClubSwim is a company that's passionate about swimming, and devoted to building the best swimming site on the Web for swimmers.

There is an open directory of over 10,000 swimming schools, teams, camps and pools and links to some of the Web's best swimming sites.

<http://www.ClubSwim.com>

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

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



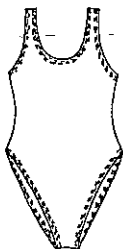
ZOGGS Hydro-skinz fabric is made from knitted polyester lycra in a speed channel design and treated with Teflon creating a 360 degree slip-stream surface.

Optimal firm-fit stretch and return properties of the fabric dampen muscle vibrations which can create turbulence and slow swimmers down during turns.



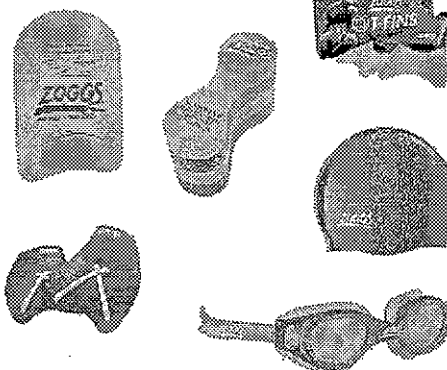
ZOGGS Hydro-skinz legsuit with performance ACTION-BACK design allows complete freedom of movement through the shoulder girdle area.

ZOGGS Hydro-skinz Nix with ACTION-PANEL pants design allows maximum range of movements through the groin area, making them suitable for all styles of swimming strokes.



ZOGGS Hydro-skinz Raceback combines new fabric technology with classic suit design HI-Cut leg for freedom of movement, traditional Raceback design, places straps in between the shoulder blades to give complete movement.

ZOGGS produces a range of quality swim goggles, plus exciting accessories.



Extract from the National Safety Policy and Guidelines
7. WARM UP AND SWIM DOWN GUIDELINES.

In the interest of the personal safety and welfare of all participants in swimming during warm and swim down for sanctioned swim meets the following guidelines should be adopted.

- Swim meets flyers to state the warm up time, which must be no less than half hour preceding the start of the meet.
- A person holding minimal medical standards as per Section 6 of the Safety Policy must be present as per R8.14.3.
- Depending on the width of the pool and number of swimmers, at least 2 lane supervisors are to be on duty at each end of the pool before warm up commences and remain during warm up and swim down.
- Warm up, swim down facilities must be provided during the meet as per R6.14.1 and R14.8.2. This facility must be supervised at all times by a competent person.
- In the final 10 minutes of warm up in the competition pool (and at the discretion of the Meet Director or Chief Lane Supervisor) any lane deemed to be no longer needed or used (most likely the butterfly lane) should be made available and supervised for sprints.
- Swimmers should be advised to rest on the ropes rather than congregate at the end walls.
- With the exception of the designated "starting" lane, diving is not allowed and entry to all other lanes of the warm up pool should be by feet first only, with due care.
- Lane stroke instruction signs are to be placed in organised graded system, such as the following example.
- Pool: 6 lanes
 - 1 outside lane for starts and turns only (starts at one end, turns at the other.) With the exception of the designated "starting" lane there will be no diving into the pool.
 - 2 lanes to be provided for freestyle – designated fast and slow
 - 1 lane for breaststroke, 1 lane for backstroke, 1 lane for butterfly
- Pool: 8 lanes
 - 1 outside lane for starts and turns only
 - 4 lanes for freestyle – 1 fast 2 medium, 1 slow
 - 1 lane for breaststroke, 1 lane for backstroke, 1 lane for butterfly

6 LANE POOL
No diving lanes 2-6 entry by feet first

1	2	3	4	5	6
Starts Deep End	Freestyle Fast	Freestyle Slow	Breast- stroke	Backstroke	Butterfly
—					Last 10 mins Dive Sprints One Lap Only Any Stroke
Turns Shallow End					

8 LANE POOL
No diving lanes 2-8 entry by feet first

1	2	3	4	5	6	7	8
Starts Deep End	Freestyle Fast	Freestyle Medium	Freestyle Medium	Freestyle Slow	Breast- stroke	Backstroke	Butterfly
—							Last 10 mins Dive Sprints One Lap Only Any Stroke
Turns Shallow End							



Bunbury Winter 3 x 400m Postal Swim Results

104 swimmers representing 23 clubs entered this year's postal swim. There was increase in the entries from New Zealand and with a lot of very fast swimmers competing, they won 9 of the 21 age groups.

The most improved swimmer this year was Wayne Sampson from the Western Suburbs AUSSI Masters Swimming Club. In the competition the fastest swimmer for 2001 was Wayne Evans from New Zealand in a time of 15.58.77.

To view all past results visit our website at <http://bunburyaussi.tripod.com/>

Age group winners were

Ladies

25-29	Sarah Wisson	IB3	18.28.95
30-34	Roseanne Lockie	RK1	20.02.70
35-39	Carol Roberts	IB3	19.26.12
40-44	Christine Wilkie	RM4	22.07.44
45-49	Jenny Austin	FV5	20.10.36
50-54	Carol Mackin	WGN	24.12.89
55-59	Nerida Murray	NRI	24.07.10
60-64	Pam Walker	WMH	24.56.23
65-69	Patricia Legge	QTT	23.53.03
70-74	Corrie Degroot	VNL	28.49.84
75-79	Marie Harris	WBB	37.27.73

Men

20-24	Benjamin Wei	VYR	24.28.46
25-29	Jordan Edwards	FV5	16.24.58
30-34	Todd Utteridge	FV5	16.36.79
35-39	Wayne Evans	FV5	15.58.77
40-44	Antony Mee	WCM	18.41.78
45-49	Roland Muench	WBB	22.02.19
50-54	Roger Eagles	FV5	18.20.56
55-59	Paul Wyatt	NCR	18.30.76
60-64	Gary Nicholls	NCR	20.19.58
75-79	Austin Baptist	QTT	32.51.03
85-89	Arthur Evans	QSC	36.33.19

AUSSI Domain Name

AUSSI Masters Swimming now has its own domain name, which has resulted in a change of address for both website and email as follows:

WEBSITE: www.aussimasters.com.au

EMAIL: ned@aussimasters.com.au (National Office)
president@aussimasters.com.au (Mary Sweeney)
finance@aussimasters.com.au (John Pugh)
coaching@aussimasters.com.au (Kay Cox)
webmaster@aussimasters.com.au (Pauline Samson)

The old web and email addresses will still be operational until the end of August to assist in the changeover. (There is a redirection from the old website)

Please let me know if you have any queries, or experience difficulties with any of the new addresses.

Many thanks to Pauline Samson for her efforts in obtaining this domain name for AUSSI, and for setting up the website and email addresses.

Julia Phillips
National Executive Director

Award Recipients.

You might be interested in checking out this website where all award recipients, Order of Australia, Australian Sports Medals, Special Commemorative Medals etc. are listed.

www.itsanhonour.com.au



Our Dr Ted has left for us for a change of pace in England—it will also be a change of temperature as well. We wish him well, hopefully he'll keep in touch—goodness knows what we'll hug now!!

A welcome to John Pollock who will now represent NT at the Board Meetings.

Sports Travel (Preferred Travel Agent for AUSSI)
is pleased to announce that travel packages are now available for the following events:

**Pan Pacific Masters
Swimming Championships
Hong Kong, October 2001**

**9th FINA World Masters
Swimming Championships
Christchurch, March 2002**

- ✓Departures from all Australian cities
- ✓Flexible departure and return dates
- ✓Choice of accommodation

Call us for further details:

Preferred Travel Agent for:



Level 2,5 Northcliff Street, MILSONS POINT NSW 2061
Tel: (02) 8920 9629 Toll-free: 1800 600 611 Fax (02) 8920 9629
Email: info@sports-travel.com.au
Website: www.sports-travel.com.au
Travel Agents Licence No. 2TA5075

SHANE GOULD & ZOGGS TOGETHER

Leisure Brands, as the exclusive distributor of ZOGGS in Australia, are proud to announce that ZOGGS has agreed on a partnership with Shane Gould with the objective of promoting and developing fitness in Australia.

Shane's website www.swimmingcoachonline.com is a magnificent platform to take the message "Swimming for Life"© around Australia and then throughout the world. Together Shane and ZOGGS will also develop programmes for adult swimmers with all levels of experience, helping them to get the most benefit and enjoyment from their time in the pool.



ZOGGS CLEARER VISION RANGE
cuts Glare, Increases Indoor Vision,
Maximum UV Protection.

Zoggs were the first swimming goggle company to include UV protection in their whole range of goggles. Their CLEARER VISION not only offers high protection for your eyes but also enhances your vision at the same time.

**HYDRO SKINZ—PERFORMANCE
SWIMWEAR**

ZOGGS have spent over 12 mths developing the ZOGGS Hydro-skinz racing suits in conjunction with NSWIS and have successfully designed an Australian range of performance swimwear.

ZOGGS Hydro-skinz fabric is made from polyester lycra knitted into a speed channel design. It is treated with Teflon® creating a slip-stream surface with optimal firm fit-stretch.

**ZOGGS born in Australia,
now swimming
around the world.**

AUSSI NATIONAL RECORDS

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

LONG COURSE WOMEN

Sally Bell WCM 35-39 yrs
1500m Backstroke 22m13.4819 May 01

Kathryn Langthorne NML 50-54 yrs
200m Freestyle 02m35.3826 May 01

Lynne Junk WSM 60-64 yrs
1500m Breaststroke 33m33.1519 May 01
800m Indv. Medley 17m05.9927 May 01

Pam Hutchings NET 65-69 yrs ##
50m Backstroke 00m39.37 26 May 01

Joyce O'Farrell WSM 80-84 yrs
800m Freestyle 20m18.7627 May 01
800m Freestyle 20m14.0608 Jul 01
1500m Freestyle 38m14.1908 Jul 01

LONG COURSE MEN

Garth Slade TTL 40-44 yrs
400m Backstroke 05m37.1209 Jun 01

Maurice Junk WSM 60-64 yrs
1500m Backstroke 27m34.0819 May 01

SHORT COURSE WOMEN

Gabby Donnelly QCN 20-24 yrs
800m Backstroke 13m24.5219 May 01

Natalie Hamilton NRY 25-29 yrs
50m Breaststroke 00m36.2230 Jun 01

Sally Bell WCM 35-39 yrs
200m Backstroke 02m37.4020 May 01

Donna Dalzell QTM 50-54 yrs
100m Backstroke 01m22.2426 May 01

Marilyn Earp NWG 50-54 yrs
50m Butterfly 00m34.3717 Jun 01

Jan Macleod QPR 55-59 yrs
50m Breaststroke 00m40.4626 May 01

Pam Fletcher NCH 60-64 yrs
200m Butterfly 03m39.9710 Jun 01

Tricia Legge QTT 65-69 yrs
100m Indv. Medley 01m36.0707 Jul 01

Joyce Faunce QNA 80-84 yrs
50m Freestyle 00m46.2326 May 01
100m Freestyle 01m49.2526 May 01

Margaret Russell QIF 85-89 yrs
200m Freestyle 07m16.0219 May 01

Clarice Artis VNL 85-89 yrs
50m Backstroke 01m32.7530 Jun 01
400m Backstroke 13m47.8930 Jun 01
800m Backstroke 27m46.2030 Jun 01

SHORT COURSE MEN

Marcello Tonelli QRT 25-29 yrs
800m Indv. Medley 10m37.4319 May 01

Michael Petersen NBT 30-34 yrs
400m Backstroke 05m13.5520 May 01

Mark Smedley SAM 40-44 yrs
100m Breaststroke 01m14.1224 Jun 01

John Stacpoole NSA 45-49 yrs
50m Freestyle 00m25.5530 Jun 01
50m Breaststroke 00m34.0730 Jun 01
100m Indv. Medley 01m07.7230 Jun 01

Paul Wyatt NCR 55-59 yrs
200m Butterfly 02m56.5230 Jun 01

Gary Nicholls NCR 60-64 yrs
100m Indv. Medley 01m18.8730 Jun 01

John Crisp QMM 65-69 yrs
50m Butterfly 00m35.4926 May 01

Allan Dufty NET 70-74 yrs
50m Butterfly 00m39.1520 May 01

Jonathon Davies SAM 70-74 yrs
100m Breaststroke 01m39.2724 Jun 01

Stuart Somerville NML 80-84 yrs
100m Breaststroke 02m02.6320 May 01
100m Indv. Medley 01m54.2419 May 01
100m Indv. Medley 01m51.0030 Jun 01
200m Indv. Medley 04m33.5720 May 01

Arthur Thomas QTT 80-84 yrs
100m Freestyle 01m33.6710 Jun 01

Darley Ingleton VSS 80-84 yrs
800m Indv. Medley 23m04.0830 Jun 01

Jack Lacey WMH 85-89 yrs
200m Backstroke 05m15.1620 May 01

SHORT COURSE RELAYS

Twin Town Services QTT 4x50m 320-359 yrs
Mixed Freestyle 03m18.9426 May 01
Alison Worraill Betty Cook
Arthur Thomas George Corones

Twin Town Services QTT 4x50m 320-359 yrs
Mixed Medley 04m08.3526 May 01
Alison Worraill Betty Cook
Arthur Thomas George Corones

Potential World Record

Darryl Hawkes
National Recorder

Lane 9

I'm beginning to think that 'it could only happen in Tasmania' and that other AUSSI members are always impeccably behaved and always watch their P's and Q's.

Starter at a recent interclub—'Take Your Marks!' - presses the starter button, then is heard to remark— 'I suppose I should turn it on!'.

At one of the local pools there's always a Quote of the Day on the white board and this one caught my eye—Many people stop looking for work when they get a job.

At a recent swim meet, a relay team was disqualified as one of the team members (exiting the pool) obstructed another swimmer. The team protested on the grounds that the team member wasn't wearing his glasses and couldn't see the swimmer coming down the lane. Not very convincing guys!!

And then there were all these women congregated around one of the toilets. The door rattled and out came one of the male pool attendants followed by a very embarrassed swimmer. It was okay—the door lock had jammed and he had climbed over the top, screwdriver in hand, to remove the lock.

There was also 5 yr old Thomas who walked up and down the side of the pool watching his father swimming in his first competition—'Keep going Daddy, keep going!'

One of the Timekeepers remarked about one of the relay swimmers — 'Hmmm that butterfly has a lovely wiggle in his bottom.' The next swimmer who overheard this, agreed! - After all she is his girlfriend—I guess she would know.

Swimmers were being awarded spot prizes throughout a swim meet. However, no one has mastered the 'bomb' like the good AUSSI swimmer. So there two prizes for the best 'splot', or was that SPLAT?

What about the birthday boy who had the use of 'Roadster Car' (a red convertible mustang) for a day. Would you believe that the car was stuck in 2nd gear for most of the way (very high engine revving), the car overheated (radiator cap not screwed down), the hand brake was left on and the autobutton to install the hood malfunctioned? Sounds like a bit of uneventful day really!!!

Girls, if anyone ever calls you a B - - - , just smile and say thank you—It's the acronym for Babe In Total Control of Herself.

It's such great fun to stir up the 75 yr olds when an 82 yr old can beat them!!

And talking about 82 yr olds. There's one who takes every opportunity to score a kiss from a younger woman. His club members (older women off course) have raised their concerns, that this 'young woman' might turn his head. He just smiled and said— 'She's already succeeded!'

I had to feel sorry for the swimmer who stopped at the 50m mark to empty the water out of her goggles. She then swam off to complete the 200m butterfly, only to find that she had been disqualified for touching with one hand at the 50m mark.