



**MASTERS
SWIMMING**
Australia

AUSSINEWS.COM

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Lane 9



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Closing date for the next newsletter (February) should be received by January 31st, 2002.

This is the last newsletter for 2001, and hopefully there's a good variety of articles to read. It would be great to hear from the members as letters and comments are always welcome.

As we move more in the technological age where computers control more and more of our lives, I'm always amused by the people I would describe as 'ludites' who have a 'fear' of these machines. This, then leads me to the use of computers and the associated software in the conduct of AUSSI business. AUSSI has a number of computer software programs to collate results and it does make recording of information so much easier and we should all be using them. I have been using all of these programs for many years, eg, swim meets for 10 years and the aerobic for the last 4—so they are certainly not new. These programs include: National Top 10, Records, Registrations, Swim Meet and Aerobic Trophy.

It should be noted that National Top 10 and Aerobics results can only be submitted to National using the approved software. Also, AUSSI National must approve the recording software used at a National Swim.

The software is available through the Branch Office, is relatively easy to install and even easier to use.

It is also your responsibility as a member to ensure that any results that you want included in Top 10 and Aerobics, are given to the Club recorder. Too often after the results are published, the National Recorder receives queries about missing or incorrect results. He can only rely on the information sent to him. (Please don't blame the computer!)

Have a safe and happy Christmas and New Year—there are some tips for a swimmer's diary for 2002, for all the things you plan to do. There are several big events coming up next year and you will need to be prepared—the National Swim in Sydney in March, closely followed by the World Swim in Christchurch and then the World Masters Games in Melbourne in October and then several Masters Games—just pack your bags—some of you might be on a continuous swim meet holiday.

Pauline Samson, Editor.



Sydney Aquatic Centre



Sydney 2002



27th AUSSI National Swim—
16th to 18th March, 2002 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 are now available 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.

For lots more information about the swim, venue, accommodation, events, check out the AUSSI National Swim 2002 website:

<http://www.sydneymastersswim2002.com>

email: enquiries@sydneymastersswim2002.com

Being a Volunteer

It's not for money, it's not for fame,
It's not for any personal gain.
It's just for love of fellow man,
It's just to lend a helping hand.
It's just to give a tithe of self,
That's something you can't buy with wealth.
It's not for medals won with pride,
It's for that feeling deep inside.
It's that reward down in your heart,
It's that feeling that you have been a part
Of helping others far and near
That makes you be a volunteer!
(author unknown)

WA Masters Games

Scheduled to held from 26-28 April, 2002.
Contact is Margaret Boardley.
☎ 08 9844 1405
No web page or brochures available yet.

Results of the swimming from the Australian Masters Games held at Newcastle in October, 2001, are now available from the National website. Link from the homepage.

Are Breaststrokers smarter?

A Masters swimmer from the USA once said, 'Breaststroke is all that is noble and good in this cruel world. Unlike its Neanderthal brethren, (it) has refined tastes...it soothes the inner beast and acts as a gentle tonic on a troubled heart. Breaststroke, you see, is in harmony with the universe.'

So what is it about breaststrokers that make them smarter than other swimmers?

There must be lots of ways to swim breaststroke and win, from the flat breaststroke, the wave, pulling wide or narrow, shallow or long pull, wide or narrow kick, riding high or low in the water and a combination of these and other options. It can be said that the experimentation keeps the breaststroker open to new ideas and this plasticity of the breaststroke that increases brain power.

Is it because breaststroke is the slowest stroke, there's more time to think?

Are breaststrokers therefore more thoughtful people? It is the only stroke where the swimmers have extended periods of not actually doing anything!!

Compare that with other strokes—you dive, stroke, kick, pull, push off and swim—no time to think there. Or is there a special gene that assures breaststroke superiority? Any ideas?

Rule Changes and other decisions from the Mid-Year Board Meeting held in Sydney, October, 2001

1. OWS 1.1
"Open Water Swimming shall be defined as any event, held in open water. AUSSI Masters Swimming in Australia may conduct any such open water event however the distance for an event in association with the National Swim and Club Championships shall be up to and including 5Km. The swim shall be held in favourable conditions.
2. OWS 4.3
Where necessary, consent, permits or permission must be sought and granted by the relevant controlling authority for use of the venue. Local knowledge from other users and the controlling authority as to the suitability of the venue and the quality of the water should be obtained.
3. OWS 5.15
"A cut-off time for all events shall be determined and announced with the race details. A suggested time of 30 minutes per kilometre could apply. After expiry of the designated time limit, the Referee may order any or all swimmers still on the course from the water. The Referee may delegate this responsibility to the Race Judges, in which case a specific time must be set after the first swimmer has finished.
4. SW16.6 The time for a competitor swimming with a Medical Disability in an event will be eligible for placing, points and the medal in that event. The time will be eligible for inclusion in *National Top 10* but and cannot be accepted for *World Top 10*.
5. SW1.1.1 "Inspectors of Turns, one per two lanes at each end of the pool.

Other decisions made:

- "that the proposed percentage changes of aerobic times be accepted for 2001" (This motion is a reconfirmation of a motion passed at the March 2001 Board meeting)
- "That all events sanctioned by AUSSI Masters Swimming in Australia Inc have a sanction fee of \$55 inc GST except where another arrangement is agreed to by the National Board such as a percentage or fee per swimmer"
- That AUSSI does not accept to adopt the changes in the FINA rules made at the FINA Technical Congress July 20, 2001 in Fukuoka, Japan, in respect of AUSSI rules pending debate by branches over a fair and reasonable time.
To be discussed further with Masters Technical Committee in Christchurch, also NTC to prepare paper. Referees to be alerted to the swims complying with FINA – W Top 10 and World Recs.
Clubs are asked to discuss fully the FINA Rule changes with their members and advise their Branch Committee of their thoughts as these changes will be accepted or rejected for inclusion in the AUSSI Rules at the March 2002 Board meeting in Sydney.



John Pugh, David Speechley, Kay Cox, Di Coxon-Ellis, Mary Sweeney, Lynne Malone, Jean Heath, Julia Phillips, Jeanette Holowiuk, John Gamelin, Pauline Samson, John Pollock



The National Board of AUSSI Masters Swimming wishes all members and friends a happy and safe Christmas and the best ever New Year in 2002.



Keeping Track

Whether you are a competitive swimmer or a fitness swimmer, consider adding the following New Year's resolution to your list: "In 2002, I will start and keep a swimming diary."

A swimming diary is a notebook for you to keep track of where you are, what you are doing and where you are going with your swimming. Get into the habit of making notes after every training and coaching session.

Keep track of the total distance swum, stroke counts, best times, heart rates. As you get used to writing down a few notes after each swim, you might also like to jot down what you've been eating, how much sleep, resting heart rate, stress level at work. Note how these relate to your swim and or your performance in a competition. Put down your goals and make notes on your progress toward those goals.

If you think you haven't got time, then consider that it will make the time you spend in the water more productive for the following reasons:

- You will be more aware of what you are doing in the pool during every training session. Things that you might have thought were trivial in the past, will now be more significant and you will find that by just writing something down will make you more aware of it.
- Abstract concepts will become clearer. Write down questions for the coach and then write down the answers. You will learn more from information gained by asking questions.
- If you learn something valuable during training, at a swim meet, from a book, another swimmer, swim clinic, write it down. When you read and reread diary you will remember those hints more easily.

Some hints on starting your diary

Get a medium sized notebook - small enough to fit easily into your swim bag. It should have pockets so you can conveniently store good articles, entry forms and other useful papers.

Store it in a plastic ziplock bag or similar waterproof container.

Buy several pens with water proof ink including a highlighter pen.

Start simply, build slowly, and ask lots of questions.

Remember, there is no wrong way to keep a swimming diary, except for not keeping one at all.

Who's cool in the pool?

A recent article in a local newspaper offered the following description: he is

- 63,
- fitter than many people half his age,
- much fitter than his peers,
- strong physically,
- emotionally strong
- exercising to reduce stress and swimming almost everyday to maintain an excellent fitness level
- swimming on average 14km per week
- planning to break a world record in 2028 when he is 90
- a keen competitor
- a state and national record holder

Answer: look at the picture on page 5

A great record

400m backstroke short course record (35-39) by Cathy Codling had three record breaking timekeepers on her side when they all clocked the same time of 5m30.06.

The National Recorder (Darryl Hawkes) would like the names of the timekeepers as he feels they are worthy of a special certificate.

Nobody can make you feel inferior without your permission.

Eleanor Roosevelt.

Old age ain't no place for sissies.

Bette Davis

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

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

- ✓Departures from all Australian cities
- ✓Flexible departure and return dates
 - ✓Choice of accommodation
- ✓Post event tour of South Island
 - ✓Competitive prices
- ✓Choice of any of all options

Call us for further details:

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Preferred Travel

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

**9th World Masters Swimming
Championships, Christchurch, NZ,
21st March to 3rd April, 2002**

Only four months to go—there's a new 10 lane pool and there will be special mezzanine area at the pool for social activities, registration, merchandising, a café, email service, massage, bar, engraving, medal collection and photography.

Entries can be made online. Visit the website—www.eventnz.co.nz. You can also download a copy of the entry book (text only).

For those members with younger children or grandchildren, you might be interested in a new goggle available from Zoggs—**Junior Pro**, described as the Elite Goggle for Little Champions. Junior Pro is a sleek, streamlined goggle with a one piece flex-fit frame to provide maximum comfort. Available in a variety of fluoro colours.

From a Media Release

What do the Governor, Premier of Victoria, Max Walker, Nick Green, Tom Hafey, Simone McKinnis, Robert Kabbas and Charlene Rendina have in common with 20,000 other people across Australia and around the World?

The Melbourne 2002 World Masters Games!



The World Masters Games will be held from 5-13 October, 2002 and will be

- the biggest multi-sport festival on earth!
- held in and around Melbourne and Regional Victoria
- the 5th World Masters Games
- twice the size of the Olympics by number of competitors offering 20 sports
- promoting the philosophy of 'Sport for Life'
- considered the premier international masters competition, which allows mature aged athletes to compete in a multi-sport festival regardless of ability, gender, race, religion or sports status.

AUSSI NATIONAL RECORDS

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

LONG COURSE WOMEN

Shane Gould	WMR	45-49 yrs
50m Freestyle	00m29.96	28 Jul 01
200m Freestyle	02m23.87	28 Jul 01
50m Butterfly	00m32.94	28 Jul 01
Julia Allston	TAC	45-49 yrs
1500m Freestyle	21m43.36	08 Sep 01
Jan Wicks	QPR	55-59 yrs
50m Breaststroke	00m38.30	28 Jul 01 ##
50m Butterfly	00m37.20	28 Jul 01
Val Lynch	NSG	60-64 yrs
800m Breaststroke	16m40.81	25 Aug 01
1500m Breaststroke	31m35.59	25 Aug 01
Pam Hutchings	NET	65-69 yrs
400m Freestyle	06m13.74	25 Aug 01
Tricia Legge	QTT	65-69 yrs
400m Breaststroke	08m21.82	16 Sep 01
Barbara Vickers	NML	75-79 yrs
400m Breaststroke	09m34.56	22 Sep 01

LONG COURSE MEN

Michael Petersen	NBT	30-34 yrs
800m Backstroke	11m20.23	25 Aug 01
Cameron Horne	NET	40-44 yrs
400m Backstroke	5m33.91	25 Aug 01
800m Backstroke	11m31.20	25 Aug 01
Stephen Lamy	NML	50-54 yrs
800m Backstroke	12m28.04	25 Aug 01
Paul Wyatt	NCR	55-59 yrs
800m Backstroke	13m20.00	25 Aug 01
1500m Backstroke	25m18.68	25 Aug 01
John Crisp	QMM	65-69 yrs
100m Butterfly	01m26.36	28 Jul 01
Allan Dufty	NET	70-74 yrs
1500m Breaststroke	33m13.56	25 Aug 01
George Stewart	NWS	75-79 yrs
400m Butterfly	11m39.10	25 Aug 01
800m Indv. Medley	20m49.73	25 Aug 01

LONG COURSE RELAYS

Twin Town Services	QTT 4x50m	320-359 yrs
Male Freestyle	03m00.06	16 Sep 01
George Coronos	John Scarr	
Doug Campbell	Arthur Thomas	

SHORT COURSE WOMEN

Melanie Dodd	NSP	25-29 yrs
50m Freestyle	00m26.77	08 Sep 01
50m Backstroke	00m31.90	09 Sep 01
Natalie Hamilton	NRV	25-29 yrs
50m Breaststroke	00m35.58	09 Sep 01
Julia Allston	TAC	45-49 yrs
100m Freestyle	01m08.11	12 Aug 01
Susan Harbottle	VDC	50-54 yrs
200m Breaststroke	03m12.33	11 Aug 01
Marilyn Earp	NWG	50-54 yrs
100m Butterfly	01m18.83	11 Aug 01
Penny Steele	QBN	55-59 yrs
50m Backstroke	00m37.89	08 Sep 01
Jan Wicks	QPR	55-59 yrs
50m Breaststroke	00m38.32	25 Aug 01 ##
Alice Kinnaird	VFR	65-69 yrs
100m Backstroke	01m36.07	11 Aug 01
200m Backstroke	03m34.59	11 Aug 01
Tricia Legge	QTT	65-69 yrs
400m Backstroke	07m42.44	25 Aug 01
800m Backstroke	15m41.70	25 Aug 01
1500m Backstroke	29m43.82	25 Aug 01

Pam Hutchings	NET	65-69 yrs
50m Freestyle	00m34.41	11 Aug 01
50m Freestyle	00m34.32	08 Sep 01
100m Freestyle	01m17.02	09 Sep 01
50m Backstroke	00m39.71	11 Aug 01##
50m Backstroke	00m38.25	08 Sep 01 ##
100m Backstroke	01m27.87	11 Aug 01##
100m Backstroke	01m25.53	09 Sep 01 ##
200m Backstroke	03m08.61	08 Sep 01 ##
Barbara Vickers	NML	75-79 yrs
200m Breaststroke	04m32.68	09 Sep 01
Ann Todd	QTW	75-79 yrs
400m Breaststroke	10m51.12	25 Aug 01
800m Breaststroke	22m24.89	25 Aug 01
1500m Breaststroke	42m24.15	25 Aug 01
Betty Stern	NHL	80-84 yrs
100m Freestyle	01m47.21	09 Sep 01
50m Backstroke	00m52.13	08 Sep 01 ##
100m Backstroke	02m04.40	28 Jul 01
100m Backstroke	02m02.50	09 Sep 01
200m Backstroke	04m27.75	28 Jul 01
50m Butterfly	01m14.02	28 Jul 01
100m Indv. Medley	02m19.99	28 Jul 01
Joyce Faunce	QNA	80-84 yrs
50m Freestyle	00m45.05	25 Aug 01
800m Freestyle	18m50.55	25 Aug 01

SHORT COURSE MEN

John Bates	NSP	30-34 yrs
50m Freestyle	00m23.99	08 Sep 01
50m Butterfly	00m26.26	09 Sep 01
Peter Rainey	VMV	35-39 yrs
200m Indv. Medley	02m21.45	28 Jul 01
Mark Smedley	SAM	40-44 yrs
100m Breaststroke	01m13.94	29 Jul 01
200m Indv. Medley	02m28.80	16 Sep 01
Stuart Meares	NWG	40-44 yrs
200m Freestyle	02m06.04	08 Sep 01
100m Indv. Medley	01m05.45	11 Aug 01
John Stacpoole	NSA	45-49 yrs
100m Freestyle	00m57.50	19 Aug 01
Steve Selig	VMV	45-49 yrs
400m Backstroke	05m25.61	11 Aug 01
Paul Wyatt	NCR	55-59 yrs
50m Butterfly	01m14.86	28 Jul 01
100m Indv. Medley	01m14.45	11 Aug 01
100m Indv. Medley	01m14.16	08 Sep 01
Bronte Edwards	SAM	55-59 yrs
50m Butterfly	00m31.59	29 Jul 01
50m Butterfly	00m31.34	16 Sep 01
100m Butterfly	01m13.92	29 Jul 01
100m Butterfly	01m11.65	16 Sep 01
Gary Nicholls	NCR	60-64 yrs
100m Indv. Medley	01m18.10	08 Sep 01
John Crisp	QMM	65-69 yrs
400m Freestyle	05m37.31	25 Aug 01
800m Freestyle	11m20.72	25 Aug 01
Max Van Gelder	NWG	70-74 yrs
50m Freestyle	00m32.52	08 Sep 01
Bob Barry	NWL	70-74 yrs
200m Freestyle	02m41.15	08 Sep 01
50m Backstroke	00m40.29	08 Sep 01
100m Backstroke	01m29.92	28 Jul 01
100m Backstroke	01m24.94	09 Sep 01
200m Backstroke	03m08.69	28 Jul 01
200m Backstroke	03m08.43	08 Sep 01
100m Indv. Medley	01m29.75	28 Jul 01
Arthur Thomas	QTT	80-84 yrs
1500m Backstroke	41m26.97	25 Aug 01
Stuart Somerville	NML	80-84 yrs
100m Butterfly	02m17.81	11 Aug 01

More records over the page.....

SHORT COURSE RELAYS			
Seaside Pirates Female Medley Jenny Dodd Susan Gallie	NSP 4x50m 080-119 yrs 02m12.50 08 Sep 01 Kate Piper Melanie Dodd	Seaside Pirates Mixed Freestyle Brett Freebody Cathy Codling	NSP 4x50m 160-199 yrs 01m54.56 08 Sep 01 Jeff Price Tracy McGuire
Seaside Pirates Mixed Medley Melanie Dodd Craig Smith	NSP 4x50m 120-159 yrs 02m02.08 09 Sep 01 Susan Gallie John Bates	Malvern Marlins Male Medley Bruce Allender Brian Davis	VMV 4x50m 240-279 yrs 02m31.71 11 Aug 01 Patrick Galvin John O'Dowd
Seaside Pirates Female Freestyle Nola Budd Cathy Codling	NSP 4x50m 160-199 yrs 02m03.34 09 Sep 01 Louise Stovin-Bradford Tracy McGuire	Manly AUSSI Male Medley Barry Seymour Stephen Lamy	NML 4x50m 240-279 yrs 02m24.23 08 Sep 01 Tony Goodwin David Lawler
Seaside Pirates Female Medley Nola Budd Cathy Codling	NSP 4x50m 160-199 yrs 02m23.36 08 Sep 01 Louise Stovin-Bradford Tracy McGuire	Manly AUSSI Mixed Freestyle David Lawler Elizabeth Wallis	NML 4x50m 240-279 yrs 02m16.19 08 Sep 01 Barry Seymour Sue Kearney
		## Potential World Record Darryl Hawkes National Recorder	

Lane 9

Did you know that someone asked recently—"Are true stories allowed in Lane 9? I can assure you that every story is genuine and only *some* of the names are changed to protect the innocent (if they're lucky).

One of my readers suggested that she might lodge a protest with the National Board at the way the Tassie swimmers get maligned on this page—but went on to say—'what a boring lot the rest of the country is'.

- *A comment re the last newsletter—'I am intrigued at the Zoggs ad which describes the men's cossie as allowing the "maximum range of movements through the groin". I thought the idea was to keep things tucked away neatly and streamlined'.*
- Overheard at a recent swim meet as swimmers were lined up for the relays—'Tuck it in'. The lining in the lower section of a female swimmers bathers was showing!!
- *The true meaning of 'knotted' - as Gerry had tied a wreath knot in the shortened cord of his bathers and then couldn't get it undone! - He did manage to wriggle out of his bathers.*
- Doug locked his keys in his car, another AUSSI, Peter drove him home; Doug went inside to get his spare keys. When he came out, Peter had driven off. Luckily Doug's wife was home and he was able to retrieve his car. It was some time later that Peter thought—how did Doug get back to the pool?
- *An IOT at a recent State swim observed a backstroker make a legal contact with the wall quite solidly with his head. Not to be denied his rights, he turned, faced the wall, did his tumble and pushed off quite legally on his back.*
- I often timekeep the aerobic swims and before I started one morning, one of the swimmers presented me with a bottle of red (from his own vineyard—all the way from WA). His times were slower than usual—one of his friends wondered what he would have to do to 'get a good time'.
- *NED stands for—New Eating Disorder—Julia overheard at dinner—'If they don't bring the food soon, I'll start eating people.'*
- When discussing the order of start for an OWS—it was suggested that the slower swimmers could go first—however this may mean that the faster swimmers would swim over the top—J said that 'anyone who swam over the top of me, soon learnt not to do it again!' K replied, 'That's a bit hard when you're trying to get off the bottom.'
- *One of the Board members slept in—her excuse—she had closed her curtains, so the guy in the opposite window couldn't look in or the people walking along the concourse.*
- A member who works in the weather bureau asked someone who rang one day, 'What's the weather like out there?' Now that's a worry isn't it?