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**MASTERS  
SWIMMING**  
Australia

**January, 2002**

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

Another year to look forward to, however when writing a report for inclusion in my Branch Annual Report, I looked back over the year 2001 and summarised my involvement with AUSSI National and some of the events of the year—just in case some of you wonder what we actually do as Board members:

- Attended AGM and Mid Year Board Meeting (with 3 reports written)
- Attended Technical Works hop
- NED appointed (Julia Phillips)
- National Office re-located to Victoria
- Sports Administrator, Rachel Coffee appointed
- Risk Management Policies have accumulated and are still in draft format - include Alcohol, Drugs, Indemnity, Infomation, Sun Exposure, Smoke-free, Harassment and Discrimination, Breach
- Swim Meet Guidelines revised
- Medical Disability form amended (now to be updated, kept current and attached to Registration Form)
- Aerobic software accepted and to be used by all Branches to submit results
- Member of National Computer Committee, review of registration database, new one to be written, blank database issued to Registrars and all new data of current members to be entered, new registration numbers allocated; swim meet software to be reviewed
- National website moved to new address during July/August; upgrade of software and look of website
- National Newsletter - 4 editions, produced and mailed from Hobart
- Review of all Technical courses for re-accreditation with NOAS, with a rewrite of all workshop papers for all officials
- National Management Committee met in Canberra over 4 days to discuss the Strategic Plan and meet with Australian Swimming
- Review of Constitution, By-Laws and Rules of AUSSI
- National Sponsorship from Zoggs and Sports Travel
- Revised times/distances for the National Aerobic Trophy
- Postal Swim Guidelines and Contract
- Branch Affiliation Agreement to be considered
- Consideration of changes to FINA rules that may impact on AUSSI swimmers
- Major events held in 2001 - National Swim in Melbourne, Australian Masters Games in Newcastle
- Planning for major events in 2002 - eg. National Swim in Sydney, World Masters Games in Melbourne

Pauline Samson  
Editor

## Australian Masters Swimming Coaches Newsletter

This newsletter is published by AUSSI Masters Swimming and available by subscription from the National Office. The last edition welcomed the new Editor, Dr Alan Pearce. Alan is based in Canberra and has been a coach and sport educator for about 17 years. He is currently at the Centre for Sports Studies at the University of Canberra, lecturing students at both undergraduate and postgraduate level in Coaching Theory and Practice.

Although Alan has a badminton background, he has coached swimming at junior level. He enjoys swimming as a participation activity, swimming with AUSSI Clubs in both Perth (his original hometown) and now Canberra (his new home).

Alan would welcome any thoughts and suggestions or even articles you think would be worth including in the newsletter. You can contact the National Office or email Alan at [alan.pearce@canberra.edu.au](mailto:alan.pearce@canberra.edu.au).

Articles in the December newsletter included:

*Does Practice Make Perfect* (Joseph Baker and Stephen Cogley)

*Masters Sport: Why Do We Do What We do?* (Dr John Dodd)

*The Cardiac Club Pt 2* (Bill Volckening)

*The Importance of Interval Training for Older Athletes* (Dr Peter Raeburn).

If you wish to order a copy, refer to the enclosed Subscription Form.

I've been receiving the Coaches Newsletter for many years now and although not actively coaching, I have the articles informative and interesting. A must for AUSSI Coaches and a good read for all AUSSI swimmers.



**Sydney Aquatic Centre**

### 27th AUSSI National Swim 2002

March 15th—March 18th.

There will be a Members' Forum held in Sydney, at 7.15pm, on Friday 15th March, at Auburn Swim Centre.

Please note, this follows the Official Welcoming Ceremony.

Members are invited to come and speak with the members of the Board, and ask questions on any matter pertaining to AUSSI.

Could you please advise your clubs by email, via your newsletter, or through any other medium, so that as many people as possible are aware of the Forum.



## Highlights from the National President's Annual Report

Many changes have occurred in last 12 months—2001 has been a complex year—the end of an era and the beginning of a new era. It has brought excitement, disappointment, success, frustration and surprise. However in 2001, AUSSI has grown in strength and knowledge. First major change was the appointment of Julia Phillips as NED and the then the National Office moved to Victoria after 11 years in Adelaide. A Sports Administrator has also been appointed.

A rewrite of the Constitution has been necessary for incorporation in Victoria (with 5 drafts). The National Computer Committee plans to upgrade software and address problems with our present programs.

A successful National Swim was held in April at the Melbourne Sports and Aquatic Centre. The National Management Committee has changed the format of the Board Meetings to allow time for discussion, reviewed the portfolio system and a major review of our operational structure and the Strategic Plan.

There has been debate over the implementation of swim rule changes passed by FINA.

Liaison with other organisations including Australian Swimming with a MOU being drawn up, given the title of 'Swim for Life'.

*A full transcript of all reports will be available when the Annual Report is released in March.*



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.

An online survey recently revealed statistics relating to stress and Australian employees. Results included: 89% Australian executives lose sleep due to job-related anxiety; 42% have taken a sick day due to stress; 50% work more than 50 hours per week and 75% more than 40 hours per week; less than 5% work for companies that encourage fitness.

*Perhaps they all need to join an AUSSI swimming Club!*

### For your interest:

Foods to be labelled with Glycemic Index.

The Glycemic Index (GI) of food is a ranking based on their immediate effect on blood glucose (blood sugar) levels. Food with a high GI are those where the blood sugar response is fast, ie., carbohydrate foods that breakdown quickly during digestion.

High GI foods can help refuel carbohydrate stores after exercise. Carbohydrates that breakdown slowly, releasing glucose gradually into the blood stream, are said to have a low GI. Low GI foods can assist in the control of established diabetes, by inducing a smaller rise in blood sugar.

Low GI diets can also help people lose weight and lower blood lipids.

During January 2002, some foods will have been labelled with their Glycemic Index.

The move to label foods with GI will enable people to better mix their foods and consequently assist in optimising health.

## Guidelines for Conducting a Sanctioned National Postal Swim

There is a set of guidelines available as well as a formal application form. A Club should apply in writing to the National Director of Programs for a sanction to conduct a Postal Swim.

A copy of the guidelines and application form is available from the national website.

It is not the intention that the document apply more stringent rules but rather that it provides uniformity for conducting a Postal Swim sanctioned by AUSSI Master Swimming in Australia Inc. It is not the intention that the document replaces the National Rules but rather complements them and specific references have been made to the Rules where it is considered appropriate to emphasise that particular rule.

Should this document be seen to be in conflict with the Constitution, Rules, By-Laws and policies of AUSSI Masters Swimming in Australia Inc the AUSSI Masters Swimming ruling shall apply.

This document should be read in conjunction with the current version of:

Handbook of the AUSSI Constitution, By-Laws and Rules

National Safety Policy

### Postal Swims

- A A Postal Swim is defined as any swim in which clubs or members from different clubs, compete in an event organised by a Host club but in which they are not required to swim together at the same venue. Swim results are posted to the Host club to collate.
- B A Postal Swim is defined as a National Postal Swim and requires sanction by the National Director of Programs if the swim is advertised outside the Branch of the Host Club (i.e. throughout Australia and/or overseas).
- C A Postal Swim must be swum in a pool of the length specified by the Host Club (50m, 25m, or either)
- D A Postal Swim must be supervised. The supervisor should sign the entry form to acknowledge the swim was performed correctly.
- E Flyers for sanctioned Postal-only Swims must state the timeframe for conduct of the swim, and be circulated to all clubs in Australia.
- F The swim is to be completed and final times submitted to the host club no later than the date specified by the host club.
- G A postal swim must be swum only once in the interest of fair competition. Times must be submitted on the official nomination form provided by the Club. This form should allow for the signatures of the supervisor of the swim, timekeepers, times recorded or distance swum, length of pool, date of the swim, name and AUSSI registration number.

*If Clubs wish to conduct a National Postal Swim in 2003, applications must be submitted through National Office in November. A National Postal Swim Calendar will be produced from the National Office.*

## The Seven Phases of a Project

1. Uncritical Acceptance
2. Wild Enthusiasm
3. Dejected Disillusionment
4. Total Confusion
5. Search for the Guilty
6. Punishment of the Innocent
7. Promotion of the Non-Participants

## Email from Dr Ted

Hello, Wonder-woman....

Yes, I'm still on holidays, interspersed with a daily work schedule these days. Ho hum.

The weather is only to be wondered at : snow, sleet, ice - we've had the lot. Should be a milder day tomorrow - temp up to 5 degrees!

No swimming is happening : fat has replaced it. Just love those steak & ale, pies, cod with cheese sauce, trifles, Mmmm.

Not to mention the odd pint of the best. We just called in to "The Mill Stream" for a pint of 'Boot-Warmer'- fair dinkum!

Anyhow, it's getting dark (nearly 4pm).

'Bye.....Ted

**The Non-Elite Swimmer by Al Prescott**  
***Sometimes you just get lucky***

You know what the great thing about a big New England meet like Wheaton is? All heats are seeded by time. There is always the chance that you will end up in a heat where you luck out and get an absolutely great race. This is my story.

I was stepping up to the blocks for my heat for the 200 breaststroke. (My coach strongly encourages folks to do a variety of stroke events during a meet). I had been DQ'ed moments before in the 50m backstroke (non-continuous motion on the flip turn). I wasn't really upset about the DQ, but it did get my blood pumping and I wanted to come back with a good race. Little did I know how exciting it would be.

The race for winning this heat would come down to me and the guy next to me. At the dive we were together. But after the first 50, he had pulled away and had about one body length on me. I actually thought at this point that he was just going to pull away and that was the name of the tune. I learned at Harvard last spring that you just can't fight the breaststroke, so instead of trying to pick up speed, I just tried to keep my turns fast and my breakouts long. This part I was doing well at. I was making it almost to mid pool before I broke the surface to go into my stroke. Man, my lungs were burning!

But it was a good burn and at the 100 metre mark I notice a funny thing: the guy and I were still the same distance apart. By the time we crossed the 125 mark, I had closed to within half a body length. Patience. Keep the breakout long and the strokes strong, I kept telling myself. 150: my head was at his mid section now. On my strokes I could see my teammates at the other end going crazy. My adrenaline was surging. Keep your strokes long! We hit the wall together at the 175 mark and I went for the break out. Hold the streamline. Lungs burning. Longer! Pull-down. Body screaming for oxygen, must resist temptation to breath water. We broke the surface, and I pushed my pace the limit, trying to move fast without fighting the water. Watching the wall approaching. Timing, judging. A little closer, a little closer.... Lunge.

That was it, a comeback victory in the heat! My worthy adversary and I smiles at each other and shook hands. As I walked toward the cool down pool, my coach ran over to me and shook my hand. He smiled and said, ' Sure better than your 50,' referring to my DQ in the 50 back. I just shot him a quizzical look and said 'What 50?'. As far as I was concerned, the meet had just started.

*Many thanks to Al Prescott (for permission to publish) who writes a monthly article for inclusion in the New England Masters Newsletter.*

.....  
Masters Swimming is the only sport that makes you feel better after you finish than before you go in.  
.....

Do you recall the demonstration of Fin Swimming at the National Swim in Hobart in 1998?

Tasmanian Fin Swimming will be hosting the first Asian Pacific Masters Fin Swimming Championships in Hobart starting November 18th, 2002.

All Master's swimmers are invited to attempt the qualifying times for surface, breath hold and scuba events. The times are fairly easy and are divided into four age groups. Final selection will be the four fastest times in each age group for each event both Mono and Duo fins. This could mean a maximum of 88 competitors in each age group both for male and female competitors, plus a reserve.

Fin Swimming is similar to conventional swimming but uses fins (or flippers) to cover the distance faster. There is no size restriction on the fins and most elite fin swimmers use a mono fin (both feet into one large size fin. However at these championships we are offering separate events using two fins which would suit many conventional swimmers.

Competitors may use a snorkel but must remain on the surface of the water for those events called 'Surface Events'. For SCUBA events, competitors MUST have a recognised SCUBA certificate.

Contact Helen Lane (Competition Co-Ordinator) if you would like to part of the team or even want more information regarding the competition. Lists of events, qualifying times and entry forms are available from:

Helen Lane (03) 6234 7893 (day time)  
 60 Esplanade (03) 6234 7894 (fax)  
 Lindisfarne 7015 email: activecomputers@ozemail.com.au  
 Tasmania

**The Annual General Meeting of AUSSI Masters Swimming will be held in Sydney, 14th—15th March 2002.**

The Agenda has been circulated to Branches and will discussed at Branch meetings. Some of the items to be discussed and decisions made regarding:

- Incorporation in Victoria
- Acceptance of the revised Constitution, By-Laws and Rules
- Increase in membership fees from 1 Jan, 2003
- Changes to the National Safety Policy
- FINA Rule changes
- Dive starts and insurance
- Portfolio Restructure Proposal
- Multiple Club Membership
- National Swim Website
- Up coming National Swims
- Australian Masters Games
- Budget for 2003

**2001 NSW Sports Award**

Two members gained recognition:  
 Masters Athlete of the Year  
 Pam Hutchings  
 Long Service to Sport  
 Gary Stutsel  
 Congratulations to  
 to Helen Rubin for submitting the nominations for the IT Award and the Cancer Council Award, both finalists.

**World record time swum:**

At North Sydney Olympic Pool on February 2, Alfredo Cherchi in the 95-99 yrs age group, swam the 50m Backstroke in a time of 1m 23.77s, taking 32.48s off the existing World Record of 1m 56.25s set by Gus Langer of the USA in 1998.  
 The record is to be ratified by FINA.



## Lane 9

Mary (82) was given some tablets to help memory loss. She was asked 2 weeks later if there was any improvement—she said there might have been if she had remembered to take the pills!

Darwin Stinger's new President, Geoff, has instituted a new award—Galah of the Month. The inaugural recipient is a lady who, timing an aerobic swim, said 'Take your mark...Go!', then realised that she wasn't holding a watch. Quick as a flash, she ran along the pool, jumped in and stopped the swimmer, only to realise that she'd forgotten to remove her glasses.

*Description of swimmer completing the last of her aerobic swims just before Christmas...* Like a wounded humpback whale, she wallowed her way through her final 45 minute swim, looking up sadly after 30 minutes only to be told '15 more mins, keep going'. Pain overcame her face as she battled her way through 11 more laps, favouring her right arm while her left flapped around like a flag in the wind.

*Email I received at the end of December:* Message from a failure. Here is my heartfelt apology for not finishing my aerobic sets. I am truly sorry for being such a dismal failure. *(Now you know why they call me Madame Lash!! That's spelt (Sp) Lash).*

Is he swimming for an hour? No! He's only doing a 1500. (Well it did take 53 mins— probably felt like an hour)

A visitor from England who prides himself on getting everything correct was excited about visiting Bonorong Park to see the Enchiladas...*I think he was referring to those spiky native animals and definitely not edible)*

Another swimmer, completing the last of the 5 x 800m Fly... 'Now if my arms fall off during this swim, can you please put them back on?' *He actually swam a PB.*

At a recent short course interclub 400m swim, time keeper, Big Al's excuse for stopping the watch several laps too soon—'I just wanted to give Wilma a good time.....'

And then there was the financial planner who asked to be given a shout at the 300m, as he couldn't count that far!

Another swimmer stopped at the 300m and asked how much further... he was told he had completed 300, so he swam another 6 laps, just to make sure!!

And Helen came racing down the pool, overtook Pete to finish first at the wall in the one hour freestyle, only to be told she still had 1 min left on the clock. (Well she had started later)

A club recorder rang the National Recorder to ask 'How do you insert a 100 IM into the long course with the club Top 10 program?' He was somewhat taken aback when advised that changing strokes half way in a 50m was not acceptable. And the NR was also told there was an error in the Top 10 in not allowing entry of 4x25m relays short course (set to FINA category).