

AUSSI

masters news

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**MASTERS
SWIMMING**
Australia

From the National President

Over the years we have had some truly great AUSSI volunteers. All of these people have given freely of their time. The majority of our volunteers give their time and expertise to run swim meets and club activities as technical and club officials, recorders, registrars, caterers, etc. Other people have taken on specific roles for AUSSI on boards or committees, which involve just as much dedication and just as much time, although the tasks involved are often done behind the scenes. Without all these people AUSSI would not be where it is today.

In the last newsletter I made mention of the people who volunteer as AUSSI officials and coaches. In this newsletter I would like to concentrate on, and thank, another dedicated group of AUSSI volunteers. This group works behind the scenes entering data into computers, often in the solitude of the volunteer's back room late at night.

Club volunteers diligently record swim times for our various listings enabling branch and national recorders to compile our AUSSI records, top ten list and aerobic times. In most branches and at national level we have had committees of experts reviewing and updating our software since the early 1990s.

Geoff Upton from Western Australia needs special mention here for his work on a swim meet program, which became commonly known as the WA swim meet program, and was given to AUSSI by Geoff for use nationally. This was the first AUSSI national swim meet program and is still being used today after many updates. Geoff also spent numerous hours over many years maintaining the registration software.

David Cummins from Western Australia kept our aerobic records for at least ten years until his retirement from the task just a few years also. His contribution to AUSSI also was great.

Another AUSSI IT guru is Darryl Hawkes from South Australia who has been the National Recorder for the last ten years. Darryl wrote the software for the records and top ten programs, has maintained them over the years and like Geoff, has generously given these to AUSSI to use nationally. For all these years Darryl compiled the national records and national top ten listings and liaised with the World Recorder regarding FINA world records and top tens.

Darryl has recently handed the task of keeping the national top ten listings over to another of our volunteers, and early next year intends retiring completely by ceasing to compile the national records.



Past National President Glenys McDonald (left) with National President Mary Sweeney

On behalf of AUSSI, I wish Darryl all the best in his future undertakings and trust that he will have a well deserved break from AUSSI work, at least for a while. I do hope, however, that we will have a chance to speak to him personally in his home city when the National Swim comes to Adelaide next year.

Well done and thanks to all our IT giants especially Darryl on his impending retirement.

Mary Sweeney

Editor

Julia Phillips

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AUSSI: Formation and Early History

by Gary Stutsel

There is a great deal of misunderstanding about when and how AUSSI came into being. This article will attempt to clarify the history of AUSSI's early days.

As recorded in the 1976 AUSSI magazine, the first *Master's* style carnival was conducted at Harbord Diggers Club in May 1971 with 30 male competitors. The organisers were Brian Mortensen and John Ludlow; however, due to business and other commitments, they were unable to repeat the venture.

The next year on the 1st April, Jack Brownjohn organised a carnival at the Sydney university pool, but only 14 people competed. Due to this poor response no effort was made to have a carnival in 1973.

In July 1973 Dr. Richard Rahe of the US Navy contacted Brian Mortensen, regarding a proposed visit by a team of US Master swimmers who would be visiting New Zealand. Brian passed the letter on to Jack Brownjohn, and after several more letters and frenzied preparations, a 45 member US Team swam at Heffron Park Pool, Sydney on the 30th March, 1974.

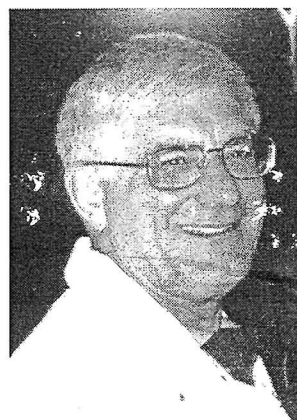
This carnival was the spark which ignited interest in *Masters* swimming in Australia. It was attended by swimmers from South Australia, Victoria, NSW country, Queensland, and Sydney, all of whom took the ideas back to their home towns. One feature of the carnival that made a lasting impression on most of us was the fact that all the Americans swam in the 400-metre event regardless of ability. This was to shape the path taken by AUSSI.

Following this carnival, interest built up gradually until on the 18th October 1974, a meeting was held at the South Sydney Leagues Club. It was attended by Bill Lough and Ray

Weekes of the AIF Swim Association, Ian Toll and Phil Coles of Surf Life, Ray McDougall, Fred Ireland and Jack Brownjohn of the NSW Leagues Clubs Swim group, Gordon Baxter of the Pool Superintendents Association, and Joe and Erin Crumlin. They voted to form the *Australian Masters Swimming Association* and elected a steering committee of Bill Lough (President), Jack Brownjohn (Secretary), Ray Weekes (Treasurer), and Erin Crumlin (Assistant-Secretary).

This committee organised a swim meet, termed the 1st *Australian Masters Championships*, which was held at Harbord Diggers on the 8th March, 1975. It was a great success and attracted 112 competitors. Prior to the meet George Moore of Jannali, NSW, had presented sketches of several possible badges to a meeting of the steering committee and several others including myself. We adopted the design which was used on the notices for the swim meet and which was subsequently adopted by AUSSI except that it was then surrounded by the words *Australian Union of Seniors Swimming International*.

Until this stage no attempts had been made to organise activities other than an annual swim; the Australian Masters had not been formally constituted, there was no form of membership, and the steering committee was not answerable for its actions to anyone other than the small group of supporters who met at infrequent intervals. Then Jack Brownjohn proposed that we publish a Year Book. I suggested that the book should include a US style Top Ten listing of swims by age groups, and was immediately appointed National Recorder. This led to my direct involvement in the future of the organisation.



Recognising that positive steps needed to be taken to ensure the development of the movement, I took it on myself to print and distribute (at my own expense) an invitation to attend a meeting, which was to adopt a constitution and elect office bearers for 1975/76. I drafted a National and a State Constitution, which between them allowed for a National Body with a Council of State Delegates to have overall control of policy, and State Branches with direct membership that would be responsible for development. Thanks to the help of Fred Ireland, this meeting was held at South Leagues Club on the 22nd September, 1975.

The meeting was attended by Jack Brownjohn, John Kemp, Bill Lough, Alf Sparkes, Frank Sykes, John Wainwright, Ray Weekes, and myself, with apologies from Bess Barrie and David Mortimer. At Ray Weekes' suggestion, the AMSA was wound up and it was voted that a new body be formed and named the Australian Union of Senior Swimmers International, which is now better known by its acronym AUSSI.

The National Constitution was adopted after minor amendments to the draft and a foundation committee was elected as follows: Bill Lough (President); Jack Brownjohn (Vic-President); Gary Stutsel

(Secretary): Frank Sykes (Assistant Secretary); Ray Weekes (Treasurer); and David Mortimer, Alf Sparkes and Jamie Jenkins (Committeemen). Jamie Jenkins subsequently indicated that he was unable to accept the position due to other commitments.

On the 17th November 1975, the AUSSI NSW Branch was formed and the draft constitution adopted after it had been polished up by David Mortimer. The 1975-76 and 1976-77 seasons saw my serving as Secretary for both the NSW Branch and the National Committee, and during this period the NSW Branch conducted many small carnivals. Through a process of trial and error we finally adopted the format that is now in force Australia wide, namely a swimmer joins a club, which is affiliated with its State Branch, and registers its members through the State Branch with the National Body.

The functions of the National Body were to draft uniform policy for the whole of Australia, to co-ordinate interstate activities, to organise and conduct the National Swim Meet, to organise tours and to publicise all these activities through the press, other media, and the Year Book.

These varied tasks have involved many fine people, and as the organisation expands will involve many more, particularly at club and State levels. It all depends on you. You "get out" in direct proportion to what you "put in". Help your fellow club members, share the work at swim nights and carnivals and if you can make time serve on a committee for at least two months. As your involvement grows, AUSSI will grow.

Acknowledgement

I would like you to appreciate that the following people were directly responsible for the growth of AUSSI at a National level during its first years.

Jack Brownjohn, Des and Mary Connolly, Lorna Dickinson, Noel and Betty Dodd, Ron and Carol Davis, Barry Faux, George Jobling, Hanimex Corporation, Owen Herbert, John Kemp, Bill Lough, David and Les Mortimer, Bill McClintock, Brian Newell, NSW Department of Sport and Recreation, Southern Media Services, Speedo, Sporting World Publications, St Leonards Travel, Swim Master (the bulletin of the US Masters), Alf Sparkes, Frank Sykes, Ray Weekes, Paul Wyatt, TAA, and last but not least, the interest of Warren Pengilley, Josie Sansom, Tenno Koolberg, and Des McCormick, who have put their ideas in writing thereby provoking the thoughts of the Committee.

Heart disease - it's not just a bloke thing!

**World Heart Day 2003,
Sunday 28 September**

What's the biggest health issue for women in Australia? Heart disease... surprised? So are 9 out of 10 women². Heart disease kills 12,500¹ women in Australia every year, which is five times greater than the death rate from breast cancer - yet most women still think heart disease is a 'bloke's thing'.

World Heart Day 2003 on Sunday 28 September will address this deadly gap in knowledge by focusing on Women and Heart Disease. The National Heart Foundation of Australia and the Cardiac Society of Australia and New Zealand will mark World Heart Day by encouraging women to find out how to take control of their own heart health.



Heart Foundation

For the first time ever, cardiologists will join the regular team of heart health information staff on the Heart Foundation's national information service Heartline on World Heart Day to field heart health questions from concerned women in an effort to fight the tragic impact of heart disease. Cardiologists and nutritionist will be available on Heartline on World Heart Day from 1pm to 5pm (EST) and can be reached on 1300 36 27 87 for the cost of a local call from anywhere in Australia.

The Heart Foundation has also updated its Women and Heart Disease booklet especially for World Heart Day 2003 to provide women with the latest information. You can obtain your own free copy of

this handy booklet by contacting Heartline on World Heart Day or Monday to Friday from 9am - 7pm (EST).

Heart Foundation National Deputy President Dr Lynne Pressley says: "Three out of four Australian women have at least one of the five major risk factors of heart disease, including cigarette smoking, physical inactivity, high blood pressure, high blood cholesterol and being overweight.

"This year, World Heart Day is all about alerting women to the risks they face and providing women with practical information that could ultimately save their life."

References

1. Australian Institute of Health and Welfare 2002. *Australia's Health 2002*. Canberra: AIHW.
2. Giardina, E. *Call to Action: Cardiovascular Disease in Women*, *Journal of Women's Health*, vol 7, no.1 1998.

From the Executive Director

Thank you to everyone who wrote to us to congratulate us on the new format, and for the positive response to the initiative of sending the newsletter electronically to those AUSSI members who have email.

For this issue, instead of sending the newsletter as a file attachment, I will send an email containing the url of its location on the National Website. The newsletter is not a large file, but nevertheless this will be better for those members who have limited storage or download capacity.

The Market Research questionnaire that was mentioned in the last issue of the newsletter was circulated at the beginning of July to almost one thousand members. The response was wonderful, and I would like to take this opportunity to thank all those members who participated.

The National Swim questionnaire that was conducted in April has also provided AUSSI with some very useful information about our members' views, and the full report is included in this issue of the newsletter. My thanks to all those members who took the time to complete the National Swim questionnaire; your contribution is very important, and much appreciated.

The next National Board meeting is scheduled for 11th and 12th October, and will be held in Melbourne. The meeting has a full agenda, including two discussion papers that examine the current management structure of AUSSI, and the conduct of the National Swim. The Strategic Plan 2003-2008 will be reviewed, and Key Performance Indicators (KPIs) set for the Board and National Committees.

From WA

Wendy Holtom (Executive Officer, AUSSI WA Branch) has asked me to mention that a daily raffle was held at the 2002 National Swim (NSW). This appeared as a WA initiative in last issue's ZOGGS Good Idea column, and Wendy would like to ensure that the credit for the original idea is given where it belongs, to NSW.

Postal Swims

Reminder that applications to conduct a Postal Swim during 2004 must be received by the National Office by 30th October 2003. Guidelines and an application form may be downloaded from the AUSSI national website, or a print copy can be obtained from the National Office.

Julia Phillips



Tips

What's worse than having chlorine bleached hair when you don't expect it? Not wearing a cap to prevent it!

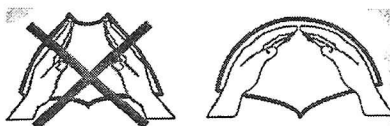
Thank goodness for the humble swimming cap. Caps are great to keep hair dry and out of your face while swimming.

How many of us know how to properly fit or care for our swimming cap correctly? If you follow these few simple ZOGGS tips, your cap will last in great condition.

Fitting

When fitting your cap, avoid sharp objects. Fingernails, rings and hairpins can pierce your cap.

To Fit: Place cap over forehead & tuck in excess hair.



Care

- Rinse in cold water and wipe dry after use.
- A light sprinkle with talcum powder will prevent your cap from sticking to itself.
- Avoid contact with sharp objects.
- Do not leave in direct sunlight.

ZOGGS have a cap for every lap of the year!

Silicone – The Hydro Cap, smooth and seamless, or multicoloured and funky to spice up your swim look. Standard caps available in an assortment of colours.

Latex – a huge variety! The new reversible cap. Funky stripes, printed country caps, + standard in a huge array of colours. Junior range with cute 'animal' characters.

Deluxe – Our 'new' super deluxe spandex cap, and deluxe stretch spandex cap, design and fashion combined. Visit us at www.zoggs.com

At ZOGGS we have a passion for swimming, we want to share that passion with you.



Exclusively
recommends
ZOGGS goggles.

We have a very strong field of contenders for this issue's "ZOGGS Good Idea" Award. It was very difficult to choose a winner from these three wonderful initiatives, but see page 15 for the judges' decision.

Nominations for the October issue of the newsletter are invited from clubs and branches, so please write and tell us all about *your* Good Ideas.

Western Alligators (VIC)

The Western Alligators are inviting all former members to attend a 'Back to Alligators' Club Night, which includes a swim followed by a light supper.

The idea is to invite as many former members as possible, to give them the opportunity to enjoy reliving old times, catch up with some old friends, enjoy a swim, maybe even get the urge to rejoin. It's not a special anniversary, just an idea from one of the founder members of the club that is being put into practice.

Toowoomba Tadpoles (QLD)

Toowoomba Tadpoles' committee believed that swimmer education should be a priority for the club in 2003. To this end, a series of courses were arranged to educate members in a variety of ways.

A bronze medallion was organised first to provide life saving skills for its members. A total of 19 members eventually qualified.

A stroke correction course was also run in conjunction with a Level 1M coaching course. This activity resulted in 14 members learning some basic stroke drills and having their stroke critically examined and remedial action recommended. The 4 members who

successfully completed the coaching theory component will now endeavour to get their 60 hours of on deck experience by offering members a regular "stroke correction" option on Thursday nights, under the supervision of the club's experienced coaches, sharing the skills and knowledge gained from the training.

A time-keeping course is planned for latter in the year to round off members' education.

Funding was provided for these activities through the Queensland Department of Sport and Recreation's Club Development Program.

AUSSI Victorian Branch

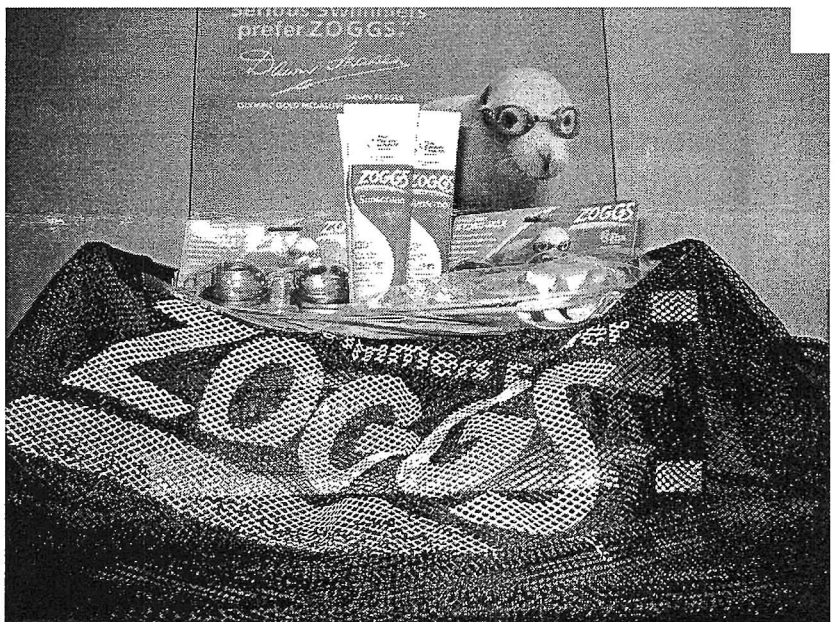
Due to problems encountered by our clubs to enlist helpers for the conduct of our State Meets, we have decided to introduce the Bruce Ripper Volunteer Trophy. This will be awarded at each State Meet to

the club that gains the most points from their volunteers helping at the Meet.

We have many members who do not participate in competitive swimming and this is a way they can contribute to their club. We also have members who are sometimes pressured into swimming by their club just to "gain more points". By offering them points, we feel they will be more willing knowing they can give up a few swims and still gain points.

The volunteer will be asked to assist for a half-day or a full day to gain points; e.g. 8.00am to 12.30pm, 12.00pm to finish (approx 5.00pm), or 8am to finish.

The actual number of points to be awarded has not yet been finalised. It will be high enough to encourage participation in the scheme but not too high to be abused.



Last issue's ZOGGS Good Idea Award was won by Tuggeranong Club (ACT). Seen here in the photo is the ZOGGS gift pack that each lucky winner receives. The pack comprises a Mesh Bag, two pairs of "Hydro Max" Goggles (UV protection plus anti-fog), a pair of Hand Paddles, three Latex Swim Caps, and three tubes of Sunscreen.

National Swim Questionnaire

by Julia Phillips

A questionnaire seeking the opinion of AUSSI members was provided to all competitors at the 2003 National Swim in Perth, and was also available on the AUSSI National website.

There were 131 responses, with 121 being from those who attended the National Swim in Perth, and ten from the website. A full copy of the results was distributed to branches last month.

Unsurprisingly, 48% of responses were from WA, with 20% from NSW and 15% from Victoria. Queensland represented 8%, NT and SA each had 3%, and TAS 2%. Responses were divided 41% male, and 59% female.

The most responses were received from the 60-64 year-old age group (18%), with 12% from each of the 55-59 and 65-69 age groups; 10% from 50-54; 9% from each of 45-49 and 70-74; 8% from 35-39; 7% from each of 30-34 and 75 and over; and 2% from 25-29.

A total of 47% of the respondents had been members of AUSSI for more than 10 years, with 18% having been members from 5-10 years, and 35% having been members from 1-5 years. Only 13% said they entered the National Swim every year, with 40% entering most years, and 37% entering only when the Swim is held in their home State. The remaining 10% did not answer the question, or said that they never enter the National Swim.

The timing of the National Swim seems to suit most respondents, with 67% declaring a preference for Easter, 18% preferring well before or after Easter, 13% at some other time of year, and 7% with no preference.

The location of the National Swim showed an interesting result, with 48% preferring

the Swim to be held in a capital city, and 44% preferring venues to alternate between a capital city and a regional/rural location. Only 7% preferred a permanent regional/rural location.

An undeniable majority (67%) prefers a Long Course event, with only 2% indicating a preference for a Short Course; however, 30% would like to see Long and Short Courses in alternate years.

The preference for no limit on the number of events a swimmer can enter (51%) has a narrow margin over those preferring there to be a limit (44%), with 5% expressing no opinion.

Four days was the popular choice for the length of the Swim Meet (47%), with three days (25%) and five days (24%) splitting the remainder.

A decisive 79% believe the National Swim should include an Open Water event, with 21% either against or indifferent.

When asked to rank the most preferred option for distribution of entry forms, email direct to competitor gained 32%, email to club secretary gained 33%, and ordinary mail to club secretary gained 34%. It is interesting that 65% of those questioned preferred the entry form to be distributed by email.

There were several questions relating to social activities at the National Swim, with 88% in agreement with the statement, "it is important to have some social activities in conjunction with the National Swim". In terms of specific functions, 74% agree that there should be a Welcome Function, and 79% agree there should be a Presentation Dinner.

When asked "does the cost of social events prohibit you from attending?" 63% said no, while 33% replied yes. A similar response was received to the question "does the difficulty in getting to social event venues in large cities discourage you from attending?" with 61% saying no, and 34% saying yes.

A total of 88% of respondents agreed that it is important for National Swim merchandise to be available for purchase, and 90% would like to see sponsored merchandise given free to competitors.

When asked about the importance of the entry fee when deciding whether to enter the National Swim, 39% said it was not very important, 38% said it was important, and 21% said it was very important.

When asked "if providing certificates, ribbons, or cheaper medals, lowered the entry fee by \$5 to \$10, would you prefer these as an alternative to medals?" a decisive 70% said no, with 27% saying yes. As a follow up question, we asked "if medals were replaced by one of the above, would you be prepared to pay for medal(s) if they were made available at cost?" which gained a response of 53% for no, and 44% for yes.

The National Board will be reviewing the results of this survey at its meeting in October, and will give careful consideration to all of the results. The survey will also be repeated next year to coincide with the National Swim in Adelaide.

Coaching and Officiating

Athletics For Life by Fletcher McEwen

There is little doubt that athletics is widely practised by people of all ages. But is athletics a sport for life? Is it a sport that one competes in throughout all phases of life? This is not quite so clear. A cursory examination of age profiles of current participants in Australia and New Zealand shows that there is a period in early adulthood where participation rates are very low.

I have recently received the annual report of New Zealand, which contains the registration figures for that country since 1995. It is interesting to note that of all of the senior members of Athletics New Zealand in 1995 30% were veteran athletes whereas in 2002 that figure had risen to 67%. The rise was gradual and the figures virtually identical between the sexes. Clearly many athletes are giving the sport away in early adult years and it is only in their late thirties that any return. For these people athletics is not a "sport for life", it is merely a sport that can be practised at all stages of life.

What is important is that we can understand why it is that athletes opt in and out of the sport at different times of their lives. Participation depends on a number of determining factors all of which interact. These causes are not just physical, but social, environmental and economic. As we pass through life, our circumstances are in continual flux. We pass through social and economic highs and lows,

Fletcher McEwen is Director, IAAF Regional Development Centre, Adelaide. This article is an extract of a Keynote Address given at the 2002 AT&FCA Congress.

I would like to thank Mr McEwen for permission to publish the extract in the AUSSI National Newsletter. Although he is writing primarily about Masters Athletics, his comments apply equally to Masters Swimming. The full text of his address is available from the AUSSI National Office.

physical highs and lows and psychological high and lows all of which affect our potential to participate in sport. We need to examine how these factors change and interact in the different phases of life and then see how they affect the behaviour of athletes, coaches and administrator as they pursue the sport.

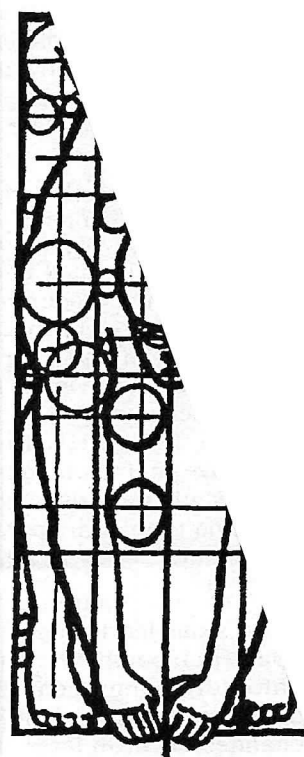
The Life Span

The great increases in longevity that have occurred in recent times has forced contemporary analysts to change the standard view of human development. Average life expectancy has risen steadily from ancient times till the present rising to a remarkable rate of increase in the latter half of the last century. Almost 15 additional years of life have been added since World War II.

The traditional view of human development saw the vast majority of changes taking place in childhood and adolescence with the adult years being comparatively short and unremarkable as relatively little change took part during them. The focus of any discussion on

development was naturally the early years. Very little attention was given to adulthood. However, now that the length of adulthood has been greatly extended, we have a pool of older people who not only live longer but who see themselves as spiritually young and who want to take part in physical activity, including sport. Furthermore they have the time and the economic means to do so. Their participation has added a whole new dimension to sporting activity.

They need appropriate sporting outlets, and administrators and coaches must cater for them. Their needs are unique to their generation. While many still think of them as simply older versions of young athletes they are not that. In the same way that children are not miniature adults, veteran athletes are not just older athletes. These athletes have changed considerably since their peak years, both physically and mentally, and they require special treatment in comparison with normal athletes.



As older age people become more prevalent in society, many are now differentiating between the merely old and the old-old. As late adulthood numbers increase and many live well into their eighties, some experts have suggested that the period of late adulthood is in itself another developmental stage. In this stage physical deterioration has well set in and enormous differences are evident between these people, and even those in their fifties. They in turn have their own age-group specific characteristics demanding their own special treatment.

The recognition of these phases has led to a new "Life Span" perspective being put onto development considerations. In this view significant changes occur in later life, which must be considered and the whole new apportioning of timing of various developmental changes is required. Adulthood, unlike in the past, now forms up the longest developmental phase of our lives.

Factors Affecting Participation

If we intend athletics to be a sport for life we need to know what brings competitors to it and what drives them away. People participate in athletics for a variety of reasons. Some do so because they are good at it, some because they enjoy the challenge to improve, some for the social interaction and others simply for the fun of it, because they enjoy it. On the other hand people are driven away for other reasons - it is too hard to do well, it is boring, it is too expensive or too inconvenient and so on. Whatever the factors, either positive or negative, they must be considered when deciding on the form of the sport that should be offered.

Athletics does not take place in a vacuum. Human beings are social animals and all human activity, including sport, takes place in the socio-cultural context in which we

live. If we are to promote participation in athletics we must ensure that, whatever we offer, is in tune with the broader society in which it takes place.

There are a whole host of factors impinging on an individual's decision to participate in athletics, which are far too numerous to list. Rather than do so I wish to identify three broad areas that affect the nature and extent of participation. They are physical, social-environmental and economic. All of these factors interact. No single factor is compelling and it is their combined effect, together with that of heredity, which determines the nature and extent of individual participation.

Physical Factors

The most obvious determinant of sporting participation is physical talent. Without this an athlete's ability to compete is severely limited and so naturally, those with talent are attracted to the sport in which they have the talent. This attraction may not always be enough to make an athlete continue in the sport but it is strong. I well remember a recent Australian international remarking that she didn't like athletics but she did it because she was good at it.

Physical ability is not fixed for life. It can be enhanced by training or diminished by lack of exercise (fortunately, for a coach's role would be greatly diminished if this was not the case.) Furthermore, our physical prowess changes with age, it is not constant. As we pass through life a great number of physical changes take place. Some of these changes are clearly visible. For example, the relative proportions of our bodies change remarkably through the early stages of development. Relative head size at birth is about double that of an adult. Relative limb length reaches a peak prior to the adolescent growth spurt, with boys in particular often being described as "all arms and legs" at this stage. These

dramatic changes have many consequences for athletes as balance and skill levels drop and the athlete has to become accustomed to the constant changes until the final proportions stabilize in late adolescence.

Structurally we also change with time. There are hidden anatomical changes that have important consequences for coaches. Internal structures, such as joints, continuously change, as illustrated by longitudinal X-ray studies of, for example, the knee and the elbow.

Physical ability reaches peak in early adult years and generally the period of peak performance coincides with this. In the past this was considered to be in the twenties, but recent experience demonstrated that peak performance years can be extended well into the thirties. The phenomenon of late age participation at the highest international level is no doubt a product of the increased financial incentives now on offer, together with the acceptance of professional sport as a legitimate career. This clearly shows the great influence of social and economic factors on sporting participation.

Eventually our physical capacities go into decline, which is inevitable, but we can slow the process. We now know that appropriate exercise and training can greatly reduce the rate of physical decline, and even to reverse it. The exercise can, however, reverse the rate of bone loss, which has promoted osteoporosis in people as protection.

It is clear that age is a major factor in the determination of performance. Therefore, the characteristics of an athlete's performance are determined by the age at which he or she begins to participate in the sport.

and seek the challenge of and success in competition. As a result there is a need for appropriate competition structure that caters for both needs.

Expectations of continued participation need to be tempered with the realisation of physical change. On a gross scale, some athletes like me, for example, may need to change events to fit in with a changed physique. I found that my changed physical shape was much more suitable for the hammer throw than the pole vault and so was able to extend my A grade interclub career by many years after changing events.

For others there must be a realisation that training loads of the past may no longer be appropriate. For example, the loss of muscle elasticity makes speed training much more difficult in older athletes, as prolonged speed work often leads to injury in these age groups. Physical weaknesses that have a marked limiting effect on training emerge in this age group. Coaches and athletes need to adjust their expectations of training loads, in volume, intensity and the nature of the work being done.

This period of athletic participation is one in which athletes can derive great satisfaction. Competitive success is once more attainable as the competitive field is once again narrowed by the introduction of age groupings. The five-year age groups have athletes entering and leaving a division at each end allowing for a constant changeover in competitors in any division. In addition, this period corresponds with a time when most people are beginning to move in a zone of financial and social comfort, and so many are able to combine athletic pursuits with travel and leisure pursuits. This is attested to by the widespread popularity of veterans' games throughout the world.

Late Adulthood

As our population has become more skewed to the older end of the age scale, a great deal more interest and recognition of late adulthood has emerged. Many more people have a significant period of life as older adults, and the extended life span has led some to divide this period into two phases: old age and old-old age.

From the late fifties on there are remarkable physical changes occurring in individuals, which obviously affect their ability to participate in athletics. These changes are gradual and less noticeable than the rapid changes of adolescent years but in the end they are just as significant. Bones become thinner and lighter and hence more susceptible to breakage. Muscles become softer and less elastic and hence unable to handle speed work. They shrink and are replaced with fibrous tissue decreasing strength. Organ size and work capacity diminishes dramatically resulting in significant decreases work capacity. These changes limit the potential of older athletes but they do not prevent them from taking part in sport. It is now well established that this age group responds well to exercise and that exercise has an important role in arresting this decline and even in some cases, reversing it. Consequently there are strong influences now acting to encourage older adults to maintain an active life style, and many turn to competitive sport to achieve this.

One of the major roles of the coach with this group is the need to structure the athlete's involvement to match the physical limitations of the athlete. The coach must seek the balance of work that allows for beneficial health returns and limits the potential for injury. Here may also be a role for the coach to moderate the behaviour of the competitive zealots as they progress into older age.

Conclusions

We need to look at participation in athletics in terms of the whole of life. The nature and style of participation will change to reflect the changing social, physical, environmental and economic circumstances prevailing at the time. Greater effort needs to be made to ensure that the types of competitive opportunities offered are matched to the needs of people of all ages. At the same time coaches need to be aware of the changing nature of athletes' participative drive and capabilities and match the practice of their craft to them.

Who Coaches At Your Club?

A key objective for AUSSI Masters Swimming is to provide quality coaches and coaching services to its members. This ongoing commitment to quality coaching includes delivery of education and resources to those who coach at AUSSI clubs, but to do this effectively we need to know more about the people who coach at your club. We would therefore be grateful if you could respond to the following questions:

1) How many people coach regularly at your club?

Of those people:

2) How many have a current AUSSI coaching accreditation?

3) How many have a current ASI coaching accreditation? (include those people who also have an AUSSI accreditation).

4) How many do not have any formal coaching accreditation?

Could each club please send its response to:

tdo@aussimasters.com.au

or by mail to Technical Development Officer at the National Office, 148A Ferguson Street, Williamstown VIC 3016.

Your assistance in this project is much appreciated.

Social / Environmental Factors

The social and environmental background has a huge influence on sporting participation. In the last section on physical ability it became clear that although there is no physical barrier to participation of veteran athletes, wide spread participation was only achieved after social values changed.

As we pass through life our social circumstances change and hand in hand with these changes go changes in our normal activities. There can be no doubt that the nature of our participation in sport is strongly linked to our social milieu.

The peak drop-out times from athletics are well known. It is not surprising that they coincide with key changes in the social life of the individual. For example, whilst at school, sports participation is easy. Teams are organised, practice is supervised, equipment and facilities are provided on site and participation times are arranged to fit in with the rest of the daily routines of the student. This all changes when the athlete leaves school. Work does not stop at 3-30pm so that training can commence. Lectures are scheduled at inconvenient times. Physically it is hard to get to training if the training venue is remote. Furthermore, there are pressures to perform in job or study, all of which militate against sporting participation. If we are to retain athletes at these critical times we had better make their involvement attractive.

Young adults now live in an entirely different social environment from that of my era. They have greater freedom of movement and interaction, a greater variety of things to do and a greater range of sport and activities of which to partake. They also have more pressures to deal with: social links are weaker and there is great concern for identity and belonging. Today's youths are more alienated and are search-

ing for reassurance and inclusion. In that context, team sports may offer more to them than individual sports.

The physical environment has a major role in determining whether athletes will take up the sport. Unless conditions are right, athletes will not train and compete.

Economic Factors

In the days of "user pays", governments have built facilities on a grandiose scale and then have tried to recoup their expenditure from all users. The result is that training fees are expensive and athletes tend to shy away. This, in turn, results in the fees rising and even more disincentive to train. The greater the cost of participation, the more attractive the sport must be for us to retain our competitors.

In the later years of life, involved athletes have the financial security and disposable income that allows them freedom to participate in sport. Veterans' participation has become socially acceptable and economically possible. Veterans combine competition with social activity and travel and the overall package, although expensive, provides a positive and beneficial result.

In summary, athletic participation is affected by a number of complex interacting influences. If we wish to have athletics as a sport for life we must recognize these influences and tailor our sport to deal with them. If we do not do so, we cannot expect the sport to draw participants from all stages of life.

What concerns me is that, although an individual's circumstances are in constant flux through life, the essential competition structure that we offer does not change. Is this appropriate?

The Life Journey

Life can be divided into a number of phases each of which has its own characteristics and it will be these phases that we will use as stopping points in the athletic journey.

Early Adulthood

I believe that the nature of our competitions is a major contributor to our failure to gain and retain competitors in this age group. We have failed to match our competitive structures to the social environment in which young adults live and as a result we have lost them. There is a critical need to find ways of organising our sport so that it is more "in tune" with the life-style of young adults and therefore more attractive to them. Young adults have nowadays put marriage and careers into the background and are more worried about instant gratification. They are the "now generation", they seek instant gratification and have little regard for the future. Given this, we must provide it if we wish to retain them as competitors. The continued presentation of old-style, boring, drawn-out all afternoon competitions is self-defeating. New, more vital, competitive arrangements must be found for the normal competitor.

Similarly, there has been an over emphasis on elite performers and individual competition in latter years. The gradual decline in the importance of team competition particularly through the introduction of graded competition has eliminated the reason for many middle range athletes to participate. They have no value as elite athletes and now, because club competition had been downgraded, they have no value as team members. We need to rekindle club competition.

Middle Adulthood 35+

It is only with the onset of middle age that the majority of people now tend to think of the future. At this time a number of people return to the sport as they think of the health benefits of an active lifestyle. Others find that they now have more leisure time and wish to fill it. Whatever the reason there is a return to competition evident at this age. Some of these athletes are content with mere participation but others rekindle the competitive spirit

Swimming Drills for Every Stroke

91 drills for competitive swimmers

by Ruben J Guzman

Human Kinetics, A\$43.95

This book is what its title states, a selection of 91 'essential' drills for competitive swimmers. Ruben Guzman, its author, is an experienced United States Coach for age-group swimmers. Some of his swimmers have advanced all the way to the US nationals and Olympic trials, so he is an experienced practitioner. The book has two impeccable endorsements. Cecil Colwin, top Canadian Coach and member of the International Swimming Hall of Fame, is one of them and Mike Hastings, 1992 Olympics US Assistant Coach is the other.

The drills are organised into nine chapters and are to be used progressively, and in sequence, from drill 1 through to drill 91.

The first two chapters set out 29 drills for the fundamental breathing, kicking and sculling movements that are essential for the four swimming strokes. They make up almost a third of the book's drills. They are essential for swimmers at all levels, from beginners to top competitors because, properly done, they will ensure that the body is streamlined and positioned to maximise propulsion and minimise resistance.

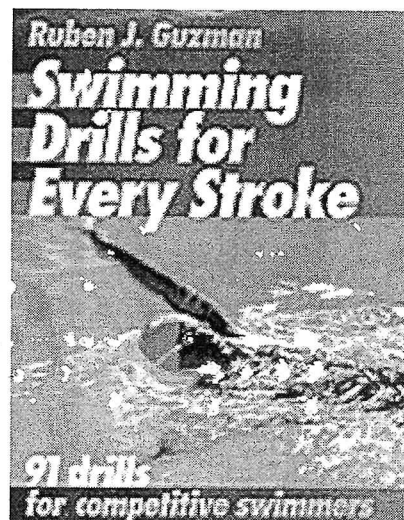
The next four chapters present 31 drills specific to the four strokes and also contain a third of the total drills. They are built on the previous ones so there are relatively few of them for each stroke.

The last three chapters present, in a sense, the 31 'finishing off' drills for turns, finishes and starts. These have equal weighting for skills that are sometimes neglected except when a swim meet is scheduled.

The drills are not exhaustive and coaches will have others that they like to use. However, Guzman has used his experience and knowledge as a 'stroke specialist' to select an essential core and sequence of drills to give his swimmers excellent technique. What makes this book special is that it is a useful coaches handbook that can be used for planning a sequence of training sessions. He states the purpose of each drill, describes it, gives focus points and one or more helpful tips for execution (he suggests that swimmers practice in front of a mirror for land drills and have a fellow swimmer watch underwater for arm movements). He also illustrates each drill with good-sized, although one-dimensional, drawings.

In case you are in doubt about how to use the book Guzman spells it out for you. Given a sixteen-week period to prepare for a major competition he suggests spending the first nine weeks teaching the drills presented in sequential order, covering a chapter a week. Four more weeks are allocated for repeating the stroke specific drills in chapters 3 to 6, and a final three weeks to devote to repeating the start, turn and finishing drills. He even gives four steps to follow to introduce and teach each drill.

Guzman's proposed audience, as users, comprises coaches and competitive swimmers. Coaches, he says, will benefit by having his organised approach to stroke instruction, and swimmers will benefit by learning effective ways to practice the skills of swimming. However, he doesn't say what experience the coaches, and level of competence swimmers, should already have. These are implied, but not stated.



I think that the book is excellent for accredited coaches who will fall into the bronze and silver categories of the new ASCTA hierarchy, especially part-time and volunteer coaches. Long-standing and very experienced coaches may find it less useful. I doubt whether swimmers individually would want to buy it or use it independently of their coaches. I certainly recommend it as an essential tool for AUSSI coaches, but not necessarily the suggested sixteen-week cycle for using it.

The drills are explicitly planned for competitive age group swimmers, although some of them are equally relevant for beginning swimmers and adults. The age group(s) of the swimmers, their levels of competence, number of training sessions a week, and training distance covered are not spelt out. Guzman assumes that coaches will fit the drill schedules into their own preferred training programs and cycles.

The only thing that niggled me about this book is that it is not spiral bound. I couldn't get the pages to lie flat without damaging the spine, and in its present form it is not useful for poolside use. But this is a minor point for an otherwise excellent publication.

John Pugh
Launceston Lemmings

(You can contact Human Kinetics on www.HumanKinetics.com or by phone 08 8277 1555)

ASCTA Convention 2003 Masters Stream by Kay Cox PhD

This year AUSSI National, in conjunction with the Queensland Branch, once again conducted the Masters' Stream component of the Australian Swimming Teachers and Coaches Association (ASTCA) Convention.

Unfortunately the date of the main weekend of the Convention was the same as the Queensland State swim meet, which limited the involvement of the Queensland Branch and members of AUSSI who may have wanted to attend the Convention.

Nevertheless the Queensland Branch was very supportive and its invaluable efforts contributed greatly to the success of the Masters Stream. Particular thanks must go to David Speechley, Alina Graham, and Mary Sweeney for their assistance in putting this together.

Level 1M Short Course

After several months of discussion between myself, Ross Gage (Convention Convener), Queensland AUSSI, members of the Coaching Committee and the National Management Committee the program came together and was published in the mainstream Convention program.

The Masters' Stream was allocated to Sunday 4th May. The Convention organisers were very accommodating in making allowances for our participants to attend Keynote Speaker sessions on that day, and with the fee structure arrangement.

It was decided that as the Level 1M short course was well received last year, and due to the pending changes in our coaching courses and the restructure of ASI's (Australian Swimming Incorporated) coaching framework, this may be a last opportunity to offer the Level 1M Short Course (the prerequisite for this course is a Level 1 ASI qualification).

The timetable also allowed for participants to attend the Keynote Speaker's presentation mid morning, so in order to fit the course into the day we had to start early and finish late. The use of a pre-course home package for the Rules unit was also trialed. For units with an experienced and known presenter the time was reduced slightly and the presentations streamlined to fit the time frame.

Our President welcomed the group at the start of the day. There were ten participants in the formal course. During the different sessions the numbers reached 25-30.

There was interest from AUSSI members attending the convention as well as coaches from mainstream swimming. The advantage of being in the main program was that people could choose topics for interest. The Convention caters for several streams of swimming, coaching, teaching, Milo Australia, and Masters, with sessions running concurrently. We did very well to attract these numbers as we were timetabled alongside other lectures with very high profile presenters.

I would like to congratulate the Queensland Branch on developing a professional and very skilled team of course presenters. It is very important that we maintain high standards in all our courses and the necessity for this is highlighted even more when we are in such prestigious company such as at this Convention. My thanks go to the other presenters, Peter Wells, David Speechley, Linda Hocking and Kellie Hogan (and her proxy presenter).

Another indicator of success was that the participants were very interested and interactive, and the sessions could have gone for much longer. At the end of the day I finished the course close to time to allow those who wanted to leave, and those who wanted to continue, to do so. Most stayed on and we finally finished at about 7.30pm.

Several participants made special comment about the quality of the course, the relevance of the content, and the high standard of professionalism and presentation. Whilst I found this praise quite overwhelming it was most gratifying to see everyone's efforts appreciated.

Course Presenters' Course

I took the opportunity to attend the Course Presenters' Course conducted by ASI on Friday 2nd May. We promote the attendance at these courses to our coaches and presenters and our promotion of this is part of our commitment with the NCAS (National Coaching Accreditation Scheme, Australian Sports Commission).

Different organisations and sports conduct these for their presenters, and as the demand in terms of numbers is small in AUSSI we have encouraged our members to participate in courses run by other groups. My thanks go to ASI for including me in the course.

The numbers for this course were limited and applications had to be turned away. It gave me the opportunity not only to brush up on my own presenting skills but to assess the content in terms of suitability for our coaches and the feasibility of conducting our own or working with ASI.

The course was facilitated by John Armstrong from ASI and Darryl Durham from the Sports Commission. However, Darryl was there in his private consultancy capacity. The course was highly relevant, very well run and I might add sensitive and non-threatening.

The course went for a very full day with an early start. Prior to the course we were asked to prepare 2 talks for presentation. The course was very interactive and everyone received individual feedback from the facilitators and the group for their presentations and the other in-session activities.

I highly recommend these courses and Branches should be seeing that their pool of course presenters have access to these courses and find ways to assist them to do them. Coaching Centres in each state usually conduct these courses, and ASI may be conducting some courses in other states. I recommend that AUSSI presenters apply to participate. I am currently looking into the feasibility of conducting a course for AUSSI presenters.

Convention Sessions

On the Saturday 3rd May I attended several of the mainstream sessions including some on swimming technique topics such as sprinting from Brian Sutton, and starts and turns by Brendon Burkett, Grant Stoelwinder and Pierre La Fontaine.

These talks provided some interesting approaches to topical coaching issues. It gave me the opportunity to view the EXPO and various swimming products and to catch up with coaches from other Branches and organisations.

Awards Dinner

The Awards Dinner is held on the Saturday night of the Dinner. The organisers provide the opportunity for us to recognise our AUSSI Coach of the Year, and present an Award. All streams are represented and it is very prestigious for AUSSI to be represented and acknowledged at this event.

Mary Sweeney presented the award on our behalf and took the opportunity to make a speech. This is an excellent opportunity for us to showcase our organisation, and Mary acquitted herself exceptionally well. Unfortunately though our

recipient, Vanessa Smith, could not attend, and there was no one from NSW at the dinner to receive it on her behalf.

One of the problems with getting the recipient to the Gold Coast is that we announce the winner at our National Swim Dinner which, in this instance was only the week before and there was limited time to contact Vanessa and make arrangements for her to attend the Dinner if she was available.

Jacinta Stirrat (National Coaching Committee member and NT Branch Coaching Director) was at our table at the dinner and it was a good opportunity to catch up with her.

Coaching and Officiating '03

The Australian Sports Commission is pleased to announce the **Coaching and Officiating '03 – Investing in the future conference**, which will be held at the Australian Sports Commission from 27th to 29th November 2003, and will provide an opportunity for you to:

- Be involved in setting strategic directions for coaching and officiating in Australia;
- Gain professional development on current coaching and officiating issues; and
- Interact with other coaches, officials and personnel from a range of sports.

Some of the key elements of the conference will be:

Strategic direction (27-29 November)

- recruitment and retention of coaches and officials;
- technology in coaching and officiating; and

Conclusion

The 3 days I spent at the convention were exhausting but very rewarding and useful for future programs and developments. The support and praise given to our coaching course indelibly stamped the justification for AUSSI Coaching courses, and highlighted the necessity for us to keep developing our courses to meet the needs of the Masters swimmer and for the adult market.

Our involvement in the ASTCA Convention needs to be maintained to at least the current level, and AUSSI coaches from all Branches should be encouraged to find ways to attend this event.

- National Coach Accreditation Scheme (NCAS) and National Official Accreditation Scheme (NOAS) frameworks.

High Performance coaching and officiating (28 Nov)

- performance analysis;
- mental preparation; and
- media and management skills.
- Community coaching and officiating (29 November)
- communication; and
- practical skills and drills.

Who should attend the conference?

- National Sporting Organisation coaching and officiating personnel
- State based coaching and officiating personnel
- Coaches and officials from associations and clubs

For further information contact the Australian Sports Commission, ph: 02 6214 1111, fax: 02 6251 2680, email: asc@ausport.gov.au

Web Watch

The ASC Disability Education Program provides training and resources for teachers, coaches and community leaders to help them include people with disabilities in what they do. The site also includes links to Paralympic and international organisations, and Australian disability sports organisations. <http://www.activeaustralia.org/dep/index.htm>

PALAESTRA Forum of sport, physical education & recreation for those with disabilities. This is an excellent online magazine that contains feature articles which focus on the activities of various disability sports organisations, including special events and national/international championships, photo essays, historical features, personality studies, and all aspects of human anatomy, kinesiology, psychology and sociology that can be applied to the development of practical physical education, training and skill techniques for the recreational, as well as the competitive individual. <http://www.palaestra.com/>

NSW Centre for Physical Activity and Health (CPAH) A new initiative of NSW Health, established in collaboration with the University of New South Wales. The site includes evidence for health benefits, best practice programs and trends in physical activity. <http://www.cpah.unsw.edu.au/index.htm>

Some recently redesigned web sites worth visiting include **Sports Medicine Australia** (<http://www.sma.org.au/>)

The Oceania Sport Information Centre (OSIC) has launched a new web site with the support of the National Sport Information Centre. The site is still being developed, but aims to provide information for the region and discuss issues relating to the region. <http://www.oceaniasport.info/>

New Books at the ASC can be viewed at the web site: <http://www.ausport.gov.au/nsic/newbooks.html>.

New web documents online

Australian Sports Commission Insurance Report by Ernst & Young (2003) <http://www.ausport.gov.au/fulltext/2003/ascpub/insurance.asp>

Investigating Indicators for Measuring the Health and Social Impact of Sport and Recreation Programs in Indigenous Communities by Mary Beneforti and J. Cunningham (2002) <http://www.ausport.gov.au/fulltext/2003/ascpub/CRCATH.pdf>

Our Sporting Future Conference Proceedings selected papers available <http://www.ausport.gov.au/events/osf/>



ZOGGS Million Metre Winners

ZOGGS 10 Million Metre Winners

Stu Fitch	Canberra North	ACT
Libby Hassall	Cronulla Sutherland	NSW
Ralph Hudson	Rocky Crocs	QLD

ZOGGS 3 Million Metre Winners

Helen Holmes	Brisbane Southside	QLD
Stan Jacobs	Brisbane Southside	QLD
David King	Ryde	NSW
Chris Morris	Bundy Turtles	QLD
John Pollock	Darwin Stingers	NT
Kristina Price	Brisbane Westside	QLD
John Pugh	Launceston	TAS
Ian Redpath	Brisbane Southside	QLD
Sandra Smith	Bunbury	WA
Paul Somerfield	Twin Towns Services	QLD
Ron Thorpe	Darwin Stingers	NT

ZOGGS 1 Million Metre Winners

Wilma Attrill	Hobart Dolphins	TAS
Kay Bailey	Alice AUSSI	NT
Michael Bellis	Hobart Dolphins	TAS
Pat Bourke	Aqua Jets AUSSI	QLD
Perri Brereton	Talays	TAS
Ray Brien	Launceston Masters	TAS
Tracey Clarkson	Brisbane Northside	QLD
Margaret Clougher	Hobart Dolphins	TAS
John Coleman	Redcliffe Peninsula	QLD
Betty Cook	Twin Towns Services	QLD
Kay Corskie	Whitsunday	QLD
Penny Davis	Oceania	TAS
Elizabeth Dudley	Sunshine Coast	QLD
Tony Dunn	Twin Towns Services	QLD
Cindi Ellis	Twin Towns Services	QLD
Diana Fabijan	Aquadome Otters	QLD
Jenny Fleming	Atherton mountaineers	QLD
Pamela Fletcher	Adelaide Masters	SA
Tony Frost	Noosa AUSSI Challengers	QLD
Betty Gardner	Geelong Catfish	VIC
Narrelle Grott	Redcliffe Peninsula	QLD
Anne Horner	Sandy Bay	TAS
Marlene Kempster	Marion AUSSI	SA
Helen Kitching	Albany	WA
Kiku Makai	Brisbane Southside	QLD
David Maynard	Twin Towns Services	QLD
Barbara Maynard	Twin Towns Services	QLD
Meiva Mccarron	Twin Towns Services	QLD
Olga McCausland	Noosa AUSSI Challengers	QLD
Bob McCausland	Noosa AUSSI Challengers	QLD
Gwen Mills	Twin Towns Services	QLD
Kerry Millwood	Launceston	TAS
Kathy Moir	Albany	WA
Marjory Muller	Adelaide Masters	SA
Nerida Murray	Ripples AUSSI	NSW
Chris Osborne	Brisbane Northside	QLD
John Pollock	Darwin Stingers	NT
Barbara Ross	Hobart Dolphins	TAS
Dolores Scheldt	Geelong Catfish	VIC
Ted Simpson	Miami	QLD
Tina Smit	Hobart Dolphins	TAS
Craig Swan	Coogee Randwick	NSW
Roy Swan	Coogee-Randwick	NSW
Les Young	Hobart Dolphins	TAS

AUSSI National Records

Short Course Women

Margaret Langdon	VFR	40-44 yrs
50m Butterfly	00m31.22	31 May 03
Alison Pegg	QWS	40-44 yrs
400m Butterfly	05m47.00	04 May 03
Jane Fowler	QWS	45-49 yrs
100m Breaststroke	01m19.47	04 May 03
200m Breaststroke	02m53.43	03 May 03
100m IM	01m17.18	03 May 03
Jenny Whiteley	NRV	45-49 yrs
50m Breaststroke	00m36.41	28 Jun 03
200m Breaststroke	02m48.38	28 Jun 03 **
100m IM	01m10.92	03 May 03
Jane Charuba	QSM	45-49 yrs
800m Breaststroke	14m31.06	05 May 03
Karen McPherson	QMM	50-54 yrs
1500m Freestyle	22m26.00	05 May 03
Tracy Clarkson	QBN	50-54 yrs
1500m Backstroke	24m43.10	05 May 03
Julie Gunthorp	QMM	55-59 yrs
200m Backstroke	03m06.04	04 May 03
400m Backstroke	06m35.27	03 May 03
Jen Thomasson	QSM	60-64 yrs
50m Freestyle	00m33.50	31 May 03
100m Freestyle	01m13.54	31 May 03
200m Freestyle	02m38.28	04 May 03 **
400m Freestyle	05m31.11	04 May 03
800m Freestyle	11m27.41	05 May 03
1500m Freestyle	21m29.24	05 May 03 **
50m Breaststroke	00m43.15	31 May 03
100m Breaststroke	01m34.15	31 May 03
200m Breaststroke	03m16.70	04 May 03
100m Butterfly	01m34.38	03 May 03
100m IM	01m26.76	03 May 03
400m IM	06m20.63	03 May 03 **
Denise Robertson	QMM	65-69 yrs
400m Freestyle	06m38.65	03 May 03
Pam Hutchings	NSP	65-69 yrs
400m Freestyle	06m22.38	07 Jun 03
Tricia Liddy	QTT	65-69 yrs
400m Backstroke	07m37.13	04 May 03
Margaret Cunningham	QWY	75-79 yrs
400m IM	09m25.87	04 May 03
Pauline Benjamin	QMM	80-84 yrs
1500m Breaststroke	52m20.00	05 May 03
Norma Rudolph	QSC	80-84 yrs
100m Butterfly	02m55.41	04 May 03
200m Butterfly	06m20.96	03 May 03
400m Butterfly	13m19.08	04 May 03
Joan Godsall	QWS	85-89 yrs
50m Freestyle	01m01.62	04 May 03
100m Freestyle	02m27.45	03 May 03
200m Freestyle	05m23.53	04 May 03
Pat Greysmith	WMH	85-89 yrs
50m Backstroke	01m28.13	08 Jun 03

Short Course Men

Matt Wright	QPN	30-34 yrs
800m IM	11m33.12	05 May 03
Mark Taylor	VSP	45-59 yrs
800m Breaststroke	12m33.00	22 Jun 03
Paul Drewe	QIS	50-54 yrs
50m Backstroke	00m32.45	31 May 03
Don Taylor	CCN	50-54 yrs
800m IM	12m42.75	05 May 03
Chris Shapland	QPN	55-59 yrs
400m Freestyle	04m54.87	03 May 03
Patrick Devine	VMV	55-59 yrs
50m Backstroke	00m33.62	14 Jun 03
100m IM	01m11.91	14 Jun 03
800m IM	12m28.56	22 Jun 03
Brian Davis	VMV	60-64 yrs
800m Butterfly	15m34.22	22 Jun 03
John Pugh	TLC	65-69 yrs
1500m Freestyle	22m24.30	10 Jun 03
Patrick Galvin	VMV	70-74 yrs
50m Breaststroke	00m41.37	03 May 03
100m Breaststroke	01m34.24	03 May 03
400m Breaststroke	07m34.83	04 May 03
800m Breaststroke	15m54.67	05 May 03
1500m Breaststroke	29m53.94	05 May 03
400m Butterfly	08m24.61	03 May 03
400m IM	07m29.54	22 Jun 03
Stan Jacobs	QSM	75-79 yrs
1500m Freestyle	26m11.23	05 May 03
Kevin Vickery	NSP	80-84 yrs
50m Freestyle	00m38.87	08 Jun 03
100m Freestyle	01m29.41	08 Jun 03
400m Freestyle	07m00.11	07 Jun 03
800m Freestyle	14m36.00	07 Jun 03
200m Backstroke	03m49.84	08 Jun 03
Arthur Thomas	QTT	85-89 yrs
400m Freestyle	08m23.87	03 May 03
800m Freestyle	17m19.38	07 Jun 03

Short Course Relays

Brisbane SouthsideQSM	200-239 yrs
Fem Medley 4x50m	02m27.21 04 May 03
Jan Vaughan	Jane Charuba
Donna McKay	Jen Thomasson
Miami Masters	QMM 240-299 yrs
Mix Medley 4x50m	02m36.51 03 May 03
Julie Gunthorp	Margaret Watts
David Boylson	John Crisp

ZOGGS

The winner of the
ZOGGS Good Idea for
August is:

Western Alligators, Victoria

Long Course Women

Catherine Chatterton		
	NRY	30-34 yrs
200m IM	02m33.14	26 Apr 03
400m IM	05m23.29	24 Apr 03
Helen Whitford		
	NSP	35-39 yrs
100m Butterfly	01m07.88	23 Apr 03
200m IM	02m36.92	26 Apr 03
Sally Bell		
	WCM	40-44 yrs
100m Backstroke	01m12.76	25 Apr 03
200m Backstroke	02m41.50	24 Apr 03
Shane Gould		
	WMR	45-49 yrs
50m Backstroke	00m34.45	26 Apr 03
50m Butterfly	00m30.79	25 Apr 03
200m IM	02m38.13	26 Apr 03 **
Carrol Wannell		
	WCR	60-64 yrs
400m Freestyle	06m02.34	26 Apr 03

Long Course Men

Daniel Lockwood		
	NET	20-24 yrs
800m Freestyle	09m38.80	23 Apr 03
200m Breaststroke	02m40.87	25 Apr 03
Frank Braun		
	VMV	30-34 yrs
800m Backstroke	10m51.62	23 Apr 03
Paul Lemmon		
	NET	35-39 yrs
200m Freestyle	02m03.41	25 Apr 03
400m Freestyle	04m21.48	26 Apr 03
800m Freestyle	09m02.71	23 Apr 03
200m IM	02m17.07	26 Apr 03
400m IM	04m55.68	24 Apr 03
Mark Taylor		
	VSP	45-49 yrs
100m Breaststroke	01m17.58	24 Apr 03
200m Breaststroke	02m49.96	25 Apr 03
Francis Christian		
	VDC	45-49 yrs
400m Butterfly	05m09.19	26 Apr 03
Simon Martin		
	WFW	50-54 yrs
100m Freestyle	00m59.28	24 Apr 03
200m Freestyle	02m11.61	25 Apr 03
200m IM	02m35.64	26 Apr 03
Graham Croft		
	WIW	55-59 yrs
50m Freestyle	00m27.20	23 Apr 03
100m Freestyle	01m00.14	24 Apr 03
200m Freestyle	02m12.76	25 Apr 03 **
400m Freestyle	04m50.05	26 Apr 03
800m Freestyle	10m09.79	23 Apr 03
Patrick Devine		
	VMV	55-59 yrs
50m Backstroke	00m33.62	26 Apr 03
Patrick Galvin		
	VMV	70-74 yrs
50m Breaststroke	00m41.88	26 Apr 03
200m Breaststroke	03m38.70	25 Apr 03
Rod Baker		
	WMH	75-79 yrs
100m Freestyle	01m15.19	24 Apr 03
800m Freestyle	13m13.53	23 Apr 03
James Green		
	WBM	75-79 yrs
100m Breaststroke	01m47.25	24 Apr 03
200m Breaststroke	04m00.16	25 Apr 03

Kevin Vickery		
	NSP	80-84 yrs
100m Freestyle	01m23.56	24 Apr 03
100m Freestyle	01m22.65	24 May 03
200m Freestyle	03m05.01	25 Apr 03
800m Freestyle	14m14.53	23 Apr 03
100m Backstroke	01m46.90	18 May 03

Arthur Thomas		
	QTT	85-89 yrs
800m Freestyle	17m52.54	23 Apr 03

Long Course Relays

Seaside Pirates		
	NSP	160-199 yrs
Fem Medley 4x50m	02m18.68	25 Apr 03
Helen Whitford	Cathy Codling	
Tracy McGuire	Louise Stovin-Bradford	

Margaret River		
	WMR	160-199 yrs
Mix Medley 4x50m	02m08.84	23 Apr 03
Charlotte O'Beirne	Roger McMillan	
Shane Gould	Craig McArthur	

** provisional FINA Masters record

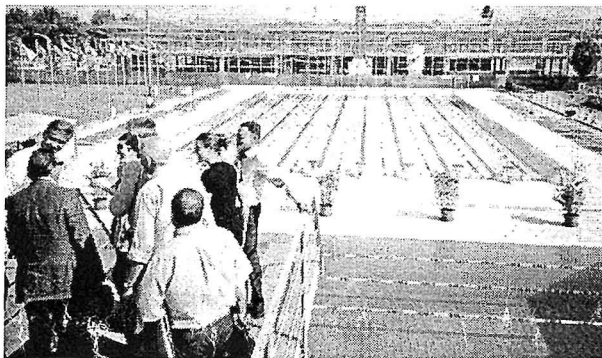
10th World Masters Swimming Championships

Riccione, Italy from 3rd-13th June 2004

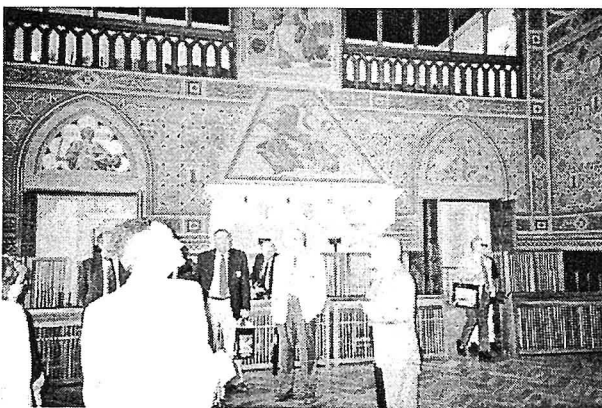
Thanks to Ivan Wingate for these photos, taken during his recent site visit to Riccione.

Bookings are now being taken by AUSSI's Official Travel Agent, **Sports Travel**.

Freecall 1800 600 611
email corinne@sports-travel.com.au



Reception at the Poolside, Riccione



*Reception in the Government Chamber Riccione
Hosted by the Italian Minister of Sport*