

AUSSI

masters news

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National President

There is no doubt in our society that swimming is held in great respect and our elite swimmers are rightly looked up to as heroes and heroines. We all watched enthralled at the power of our young female swimmers, we delighted in the amazement on their faces as they performed above their expectations and we all willed our favorite long distance swimmer to win the 1500m event yet again.

Those who were fortunate to be in Adelaide for the AUSSI National Swim saw equally enthralling feats of power and determination by our AUSSI members, and comparing some of our swimmers of advanced ages to Australia's young elite, their displays of power and determination equaled the feats of our Olympian hopefuls.

The 2004 National Swim was a great event as was the National Swim held in Perth in 2003 and the one held in Sydney in 2002 and the one before that. Our National Swim each year is an event that is a joy to be at for many reasons and has a familiar feel about it each year. This may be because a lot of the faces of swimmers at National Swims are there each year and greet each other as long time friends. It may be that the officials are from almost every branch and are seen regularly at swim meets in their local areas. It may be the atmosphere of excitement that prevails around the pool or it may be the fun of the social events. One thing that is agreed on is that the performances of the best of our AUSSI swimmers are amazing.



Featured are Left to right Fiona Wilkins (President), Jon Haines (Treasurer) and Steve Raynes (Head Coach) of Perth City AUSSI, the winner of the November ZOGGS Good Idea Award. Fiona wrote to say that, "our club has decided to award a coaches' participation and encouragement prize monthly, and will start off with the ZOGGS gear for the first few months. So thank you ZOGGS, what a 'good idea'."

An AUSSI National Swim should be experienced at least once by as many of our competing members as possible. Obviously there are a lot of excellent reasons, such as work, family commitments and expense that prevent some members from attending. Unfortunately I have also heard others say they feel that swimming in a National Swim is out of the range of their ability or that they would have no hope of winning a medal in this swim. My personal view is that quite the opposite is true. To have the fourth, fifth or seventh best time in an age group at a National Swim, to achieve a personal best time at a National Swim or simply to feel you have swum to the best of your ability at a National Swim, is extremely rewarding.

Those who didn't make it to Adelaide missed an event that had all the ingredients I have mentioned above. Those who were there enjoyed the result of the hard work of the 2004 organising committee from South Australia and my thanks to them. To hear people on the last day making arrangements to meet again in 2005 gave all of us that warm and fuzzy feeling.

My suggestion to those of you who love competing is that you start saving for the 2005 National Swim to be held in Hobart so you too can experience what Tasmania has to offer, but especially so you can experience what an AUSSI National Swim has to offer. I can assure you, you won't be disappointed.

Mary Sweeney

Board Meeting March 2004

The National Board held the Annual General Meeting followed by a Board meeting on 27th and 28th March, in Adelaide. The Board approved two amendments to the By-Laws.

A re-print of By-Laws, Rules, and Constitution is included with this mailing to branches and clubs, and the Rules to referees and coaches.

It was noted that some branches have not yet been able to provide feedback on the proposal to restructure the management of the National Swim. Further development is contingent upon this, and so the matter has been placed back on the agenda for discussion at the next Board meeting.

The Board agreed that the National Swim Meet Guide will be placed on the national website.

The Technical Committee made several proposals, all approved by the Board as follows:

- in principle, that Referees be required to re-accredit every 5 years, criteria to be determined and approved by the Board;
- the Official of the Year award be implemented from 2005;
- submissions for technical accreditation must be on the forms approved by the National Technical Committee; and
- presenters be required to have a recognised competency in course presentation, but that the NTC may waive the requirement in exceptional circumstances.

Paul Watmough (Chairman, Records Committee) spoke about the processes that are necessary at FINA and national level in respect of records, and explained where the system of maintaining records is currently not operating as efficiently as it could. He advised that the Committee would be looking at the roles and responsibilities of various recorder levels.

He also spoke about the difficulties with the current software, which is not integrated, thus forcing a time-consuming manual process for a large part of the recording processes.

Ian Davis of NSW advised that his branch publishes a progressive top ten, which has proven to be very useful, and it was agreed that a top ten will be placed on the national website in June and September each year.

Paul noted that Darryl Hawkes has completed 10 years' service as National Recorder, and the Board noted its thanks to Darryl for all his work.

Paul also spoke on behalf of IT Committee Chairman Helen Rubin, and presented the reports that summarise and compare the national database options currently under consideration by the IT Committee:

- adopt Clubsinc proposal;
- adopt ASI proposal;
- adopt some other package;
- adopt no other package at this time and continue investigations

After lengthy discussion of all the issues, the Board resolved to adopt the proposal submitted by ASI. This is an impressive web-based national database, which will provide AUSSI with an efficient replacement for the NACS database without the need for further development or amendment.

There was a motion from the National Management Committee to amend the Constitution to implement the proposed management restructure. After the motion was proposed, seconded, and discussed, the NMC withdrew the motion. It was agreed instead that a workshop to determine the future direction and best possible management practice for AUSSI would be held under the guidance of an external facilitator, on 19th and 20th June 2004.

The meeting concluded with a lengthy discussion on the issue of club membership. Several key opportunities were identified, including the following:

Branches could produce a range of colourful posters, brochures, and leaflets to meet their specific needs.

Provision of coaching sessions with an AUSSI accredited coach is an important service provided by clubs, and the Board believes this is critical in gaining and retaining members.

Difficulty in training coaches in remote areas.

Facilitate regular meetings of club presidents within a branch. ✕

Adult education courses.

Negative connotations for the word "Masters"

Swim sessions need to be at times people want to swim.

Need to raise the profile of AUSSI nationally (SA) ✕

A national grant program for membership building schemes. ✕

An award to recognise achievement in gaining and retaining members. ✕

Establishment of a Branch Club, which would allow people to be members of a club without having to be concerned with committee and statutory requirements.

The Board has been allocated several tasks rising out of this discussion, which will be undertaken this year.

Clubs and members are invited to send their thoughts and suggestions on this subject to their branches, so that these can be brought to the attention of the Board.

Aerobics – It's Great

by Richard Sargent

Brisbane Northside Aerobics Officer

My Club, Brisbane Northside, is extremely keen on taking part in the Aerobic Program. Each Sunday morning members congregate at the Valley Pool, earnestly undertaking yet another long distance aerobics swim. As well as the National Aerobic Awards and Branch Aerobic Awards, for a number of years we have had our own Club Aerobic Trophy donated by Jann Grier. This keenly contested club aerobics trophy is a contest between the men and women of the club, and the trophy goes to the sex that achieves the most points each year in aerobics. The women were the champions in 2003 – by a small margin.

At the end of each year prizes are given to individuals for various achievements in aerobics. Our club members also are given encouragement to complete swims and a number are hoping to complete more swims in 2004. Each Sunday after the aerobics session most members remain for coffee and a chat or maybe brunch at one of the many eateries around the Valley area.

We would all agree that our best aerobics swimmer is Mary Nyberg, who is 76 and both in and out of the pool she follows the saying – "You're never too old."

Mary lives on the Redcliffe Peninsula and swims regularly at the Redcliffe Pool where many of our elite swimmers train and both she and the elite enjoy the camaraderie that has developed through her happy disposition and her prowess in the pool. Mary has not swum in a swim meet now for several years due to a number of factors, but her great delight is completing the aerobic program and postal swims. Aerobics gives her that goal to aim for, a motivation to keep swimming and a means of improving her fitness and better her swim times.

In 2002 Mary is the oldest female in Australia to complete the 62 swims in the Aerobic Program and was the oldest female in Australia to complete 800 Fly x 5 and 800 IM x 5 swims in the National Aerobic Program. The only other person older than Mary to complete the program was a man aged 77.

Mary finished 65th over all in aerobics in Queensland with her 248 points, and was listed 93rd overall in Australia. All of Mary's strokes are perfectly performed especially her butterfly, which has always been her favourite stroke.

In the 2003 US Masters 5K postal swim, Mary was the oldest female to complete the distance and second oldest over all.

In the 2002 National Top Ten Women 75-79 Mary's top placings were as below:

Backstroke:
2nd 1500m, 2nd Three-Quarter Hour, 1st Half Hour, 1st One Hour

Breaststroke:
3rd One Hour, 2nd 1500m, 2nd Three-Quarter Hour

Butterfly:
3rd 400, 1st 800

IM:
3rd 400, 1st 800

I write this article both to highlight Mary Nyberg's achievements and to encourage other AUSSI clubs not already undertaking the National Aerobic Program to think about doing so. You may wish to consider club contests like our battle of the sexes trophy or other innovations or awards to encourage members to take part.

Aerobics – It's great.

WANTED!

Keen people to nominate for the AUSSI National Membership and Participation Committee. Full details can be found in the By-Laws, or contact the National Office for more information.

We need people who have knowledge of AUSSI's programs at club, branch, and national level, and have 2 or more years practical experience of administration in an AUSSI club environment. A degree or post-graduate qualification in Marketing or related field would be very highly regarded.



First lady Ebonny Currell was the first female out of the water in the 1000m relay at the 2003 US Masters 5K postal swim.

Congratulations to Casey Seals member EBONY CURRELL for her win in the Lorne Pier to Pub in a time of 14:25 and to all the other AUSSI members who participated. (Thanks to AUSSI Victoria for this contribution)



Jenny Whitely

Masters Athlete of the Year

Congratulations to Jenny Whitely from Ryde AUSSI, who was presented with the Award of Australian Masters Athlete of the Year at the Sport Industry Australia Awards night on 11th March this year. She is also the NSW Masters Athlete of the Year, an honour awarded to her at the NSW Sports Awards on 10th February.

Jenny had a sensational year in 2003. She obtained records in all strokes and over all distances, with a total of 11 world records, 43 National records, 3 State records and 5 Australian Masters Games records. (Four Masters Games records were also World and National records).

She achieved World records in three strokes (Freestyle, Breaststroke and Individual Medley) in

distances from 50m to 400m, and set short-course World records in Freestyle in all the following distances: 50m, 100m, 200m and 400m.

Unbelievably, Jenny set a National or World record in every event she swum during 2003, both short and long course, with the exception of the 100m Freestyle long course in which she set a State record, and set records in 38 different events.

Congratulations to Jenny, a thoroughly deserving NSW and Australian Masters Athlete of the Year, and a great role model for other adult swimmers.

Caryn Kiellor

Coach of the Year

Congratulations to Caryn Kiellor, the 2003 AUSSI Coach of the Year. The following is an extract from the nomination submitted by the WA Branch, which clearly shows what an outstanding coach Caryn is and why she won the award.

In her role as Coaches' Coordinator for Westcoast Masters AUSSI Caryn epitomises the idea of fun, fitness and friendship. Her constant bright personality and endless enthusiasm have had a direct influence on the state of our club in 2003. Our club membership for 2003 was 143 and with the numbers attending training being consistently high this has brought some difficulties with it. Caryn has managed these areas extremely well and has been a spearhead in creating and leading a large number of coaches

and assistant coaches in encouraging participation at many levels, both in and out of the pool.

Caryn is always eager and available to speak with members before, during and after pool sessions regarding goal setting, stroke technique, injury management and fitness.

Caryn is not only an enthusiastic pool side coach but also manages our team of 32 coaches and assistants enthusiastically and generates creative discussion on different techniques that can be used. At regular coaches meetings that are organised by Caryn, she constantly reinforces the importance of encouraging swimmers to try something new and reminds coaches of the need to reaffirm the efforts that members put into their sessions.



Caryn regularly reads the latest coaching information and passes on her growing knowledge both through discussion and in her informative club newsletter items.

Caryn also leads by example in the pool itself, by participating in AUSSI events and by being "on hand" to celebrate the personal successes and encourage and provide support through any disappointment of our members at these events.

ZOGGS Good Ideas



National Swim Survey

In this issue of the newsletter we have included two "Good Ideas" that are not specifically designed to increase club membership, but are such good ideas that we felt they were worthy of inclusion. First though, the "Good Ideas" relating to membership.

Queensland Branch

We produce a flyer specifically made up for each club that promotes the benefits of AUSSI and offers a "gift Voucher" of a month's free trial membership for up to two people. This is in line with the 4 weeks cover provided within our insurance policy. They are excluded from competition, but can participate in other club activities.

NSW Branch

The Branch has established a Club Development Committee, which has been proactive in developing new ideas and services for members; the incredibly successful Relay Meet was an initiative of this committee. Each committee member has responsibility for a number of clubs, and keeps in regular touch with those clubs to make sure they are up to date with what's happening and to provide support and advice. They also get involved with the various clubs' social activities, and as a result, these clubs and their members feel much more a part of the wider family of AUSSI.

Brisbane Southside

This is a development of the Tuggeranong Club idea that won the first ZOGGS Good Idea Award.

The club printed business cards with the club name, training hours, a contact name and number/email, and website address. These are left on the desk at the pool entry. They do not take up much space and seem always to be prominently on display. People do not feel threatened by a small card, and as a result, the club has gained quite a few members by this method.

The winner of the April 2004 "ZOGGS Good Idea" award can be found on page 12. As ever, the judges had a difficult decision to make, and would like to thank all those people who have submitted their good ideas to share with other AUSSI clubs and branches.

Here are the other "Good Ideas" that have been submitted since the last issue of the newsletter. Although these are not targeted specifically at increasing members, anything that clubs do to provide their members with better services and programs will help to retain members. Many thanks to the individuals who have thought of these good ideas for sending them to the newsletter to share with other AUSSI clubs.

The Hills, NSW

The club prints a form onto the outside of a self-seal envelope, with spaces for swimmer details, swim meet details, event entry details (distance, stroke, and time), and the amount of the fee to be paid. Club members complete the relevant details, insert the payment, and then seal and hand to the Club Secretary. If you would like to see a sample, please contact the National Office or The Hills Secretary.

Alison Pegg, Brisbane Westside

When practising starts, turns and finishes for Carnivals stick to the routine; Start (swim out about 10m from a dive/push), Rest (instructions delivered), Turn (from that position to the wall and back), Rest (and receive instructions), Finish (from that position hard into the wall), swim 50m easy and then do it all over again.

The National Swim survey was conducted again this year, with the questionnaire being available on the national website, and as a printed copy in the competitor kits in Adelaide.

The results are still being analysed, but some preliminary data expressed as percentage of total entries by year can be found below. The total number of forms returned was 122 (132 in 2003), and anything that appears in DK (Don't Know) reflects a blank response to that question.

State	2004	2003
ACT	0%	0%
NSW	31%	20%
NT	2%	3%
QLD	11%	8%
SA	25%	3%
TAS	2%	2%
VIC	19%	15%
WA	9%	48%
DK	0%	1%
Total	100%	100%

Gender	2004	2003
Male	43%	41%
Female	51%	59%
DK	6%	0%
Total	100%	100%

Age Group	2004	2003
20-24	2%	2%
25-29	1%	7%
30-34	4%	8%
35-39	4%	5%
40-44	10%	9%
45-49	10%	10%
50-54	11%	12%
55-59	8%	18%
60-64	11%	12%
65-69	18%	9%
70-74	11%	4%
75-79	6%	3%
80+	3%	0%
DK	1%	0%
Total	100%	100%

Club Member	2004	2003
1-5 yrs	30%	35%
5-10 yrs	22%	18%
10+ yrs	47%	47%
DK	2%	0%
Total	100%	100%



Founder's Trophy

Adelaide Masters

Runner-Up Trophy

Atlantis AUSSI Masters

Visitor's Trophy

Seaside Pirates

Male Swimmer of the Meet

Dieter Loeliger, Margaret River, WA

Female Swimmer of the Meet

Alma Brecknock, Adelaide Masters, SA

Relay Trophies

80 - 119: Atlantis

120 - 159: Adelaide Masters

160 - 199: Adelaide Masters

200 - 239: Adelaide Masters

240 - 279: Atlantis AUSSI Masters

280 - 319: Manly Masters

320 - 359: Adelaide Masters

National Heart Foundation Trophy

Kathy Heenan (Adelaide Masters)

National Aerobic Trophy

Sunshine Coast Masters (QLD)

ZOGGS Aerobic Award

Kawana Water Dragons (QLD)

Coach of the Year

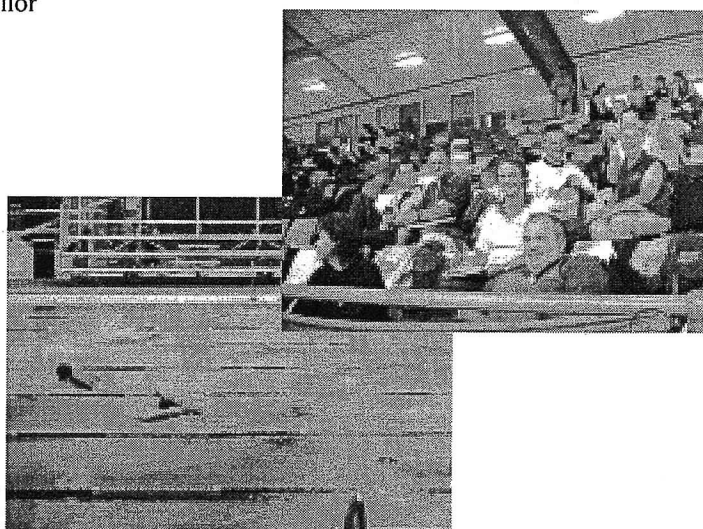
Caryn Kiellor

Congratulations to the

winners of the National

Trophies presented at the

2004 National Swim



Official Opening of the 29th National Swim

**by Her Excellency
Marjory Jackson-Nelson
AC CVO MBE, Governor
of South Australia**

Thank you for inviting me here today. I am delighted that the members of the AUSSI Masters Swimming South Australian Branch are able to host these National Titles. I am told that this is the 29th National Swim and the third to be held in South Australia.

I would like to add my welcome to visitors from interstate, whether competitors or supporters, and say I hope that you are enjoying all the good things that Adelaide has to offer and the warmth of our hospitality.

It is pleasing that, despite the falling rate of participation in sport, more entries were received this year than in 1994 - the last time the National Titles were held in Adelaide. I was even more pleased to find out that Adelaide leads the way with 176 swimmers! I understand that competitors will compete in 23 events including a two kilometre swim at Brighton Beach. Here's hoping that the water temperature remains OK!

I would like to commend Alma Brecknock from South Australia and Mary Garton from New South Wales who are the oldest female swimmers, both turning 86 this year. They are just outdone by Arthur Thomas from Queensland who turns 87 this year. Congratulations! You are an outstanding inspiration to all of us here today to remain fit, active and healthy in our latter years. This is so important. Keeping hearts and muscles strong leads to a much greater quality of life - it also means less hospitalisation and less chronic illness for older people.

Last year, I was invited to write a foreword for the South Australian Branch as they prepared a new promotional flyer to promote Masters swimming. I was very pleased to be able to contribute in this way to assist clubs to gain more members.


Congratulations to the Association and the organising committee for the success of all their preparations for these National Titles. I know from my own experience with the organisation of sporting events that there is always much more to it than meets the eye. I am told that many people volunteered their time and skills and probably a few restless nights to bring this event about!

It is now my pleasure to highlight your achievement by formally declaring open the AUSSI Masters Swimming Australia 29th National Swim.

Good luck to you all.

Coaches

All You Need To Know About Updating

 Coaches accredited through the National Coaching Accreditation Scheme (NCAS) of the Australian Sports Commission and AUSSI Masters Swimming are required to update every four years to remain active on the register. When a coach receives an NCAS accreditation card after completing a course or updating, the 'update clock' starts. This is indicated by the expiry date shown on the card. Coaches must complete updating activities to remain an accredited coach on the AUSSI Masters Swimming and NCAS database.

Why Update?

Updating ensures that coaches stay abreast of rule changes in their sport.

Updating also keeps coaches in contact with the most up-to-date techniques and coaching methods.

Updating will play an important role in ensuring that the coaching environment is safe for all participants, and reduce the likelihood of coaches becoming involved in legal actions.

Updating will ensure that National Sporting Organisations and the Australian Sports Commission have a current register of active coaches.

What Activities Do I Need To Be Involved In To Qualify To Update?

Level 1M Updating Activities

To achieve updating at Level 1M, a coach must be actively involved in coaching. Actively involved in coaching is defined as doing any of the following:

- ◆ Coaching an individual, team or club;
- ◆ Membership of a coaches' association

- ◆ Mentoring other coaches
- ◆ Attending updating workshops
- ◆ Working with a senior coach
- ◆ Attending coaching workshops
- ◆ Conducting coaching or educational workshops
- ◆ Holding a current CPR certificate

Level 2M Updating Activities

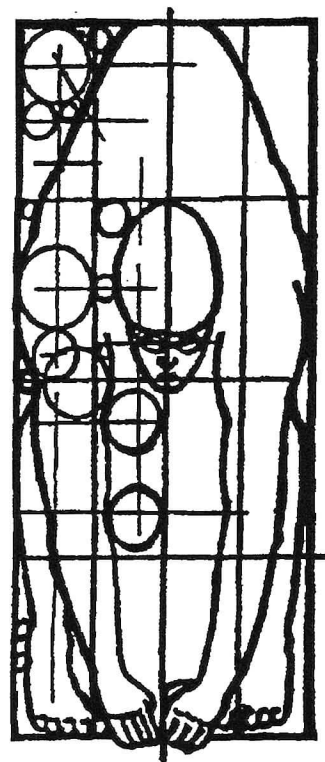
The policy for Level 2M includes points allocation for a variety of activities. Coaches must accumulate 48 points over a 4-year period. For further details on updating points, please contact your local AUSSI Masters Branch or visit www.aussimasters.com.au.

How Do I Update?

To update the Level 1M and 2M Coaching qualifications, coaches must submit the following to their local AUSSI Masters Swimming Branch:

- 1 **Level 1M** – Completed AUSSI Masters Updating Verification Form, signed by the National or Branch Coaching Director, a Level 2 or 3 Coach, Mentor Coach, Club Official or Workplace Manager
- 2 **Level 2M** – Completed Coach's Accreditation Update Log (with each activity signed by the person conducting the activity) showing the correct number of update points.
- 3 Signed Coach's Code of Ethics Agreement Form
- 4 Photocopy of coach's current CPR qualification
- 5 \$10.00 registration fee (incl. GST). Cheques/Money Orders payable to AUSSI Masters Swimming Inc.

NOTE – Names of coaches failing to complete the updating requirements will be removed from the AUSSI Masters Swimming and NCAS database of nationally registered coaches and will no longer be recognised as an NCAS coach. This may also affect the coach's insurance cover.



What if My Accreditation Has Already Expired?

Coaches should update their qualifications every four years. Under exceptional circumstances provision may be made for coaches whose accreditation has lapsed by less than a year (ie. within 5 years since last accreditation).

Coaches falling into this category may apply to the National Coaching Director for updating by completing the updating requirements of the appropriate level and providing the National Coaching Director with a resume, clearly demonstrating details of involvement in continual education since last accreditation. The National Coaching Director and/or the National Coaching Committee will consider each application for re-entry on their individual merit.

Should it be more than five years since a coach's last accreditation, then the coach will be required to complete the appropriate course again, unless otherwise approved by the National Coaching Director and/or the National Coaching Committee. Special leave considerations (such as maternity leave, leave related to employment, etc) are available subject to approval.

Relevant Documentation

Log Book

The Australian Sports Commission supplies newly accredited coaches with a Log Book to record all update activities. Although not compulsory, coaches are encouraged to take their logbooks to all updating activities they are involved in.

Keeping a logbook is a convenient way to remember your updating activities and can be used as evidence of your active involvement in coaching when getting the Updating Verification Form signed for Level 1M updates or verifying updating points for Level 2M.

Updating Verification Form (Level 1M only)

The Updating Verification Form lists the activities undertaken by the coach over the last four years and confirms their suitability for updating purposes. This form must be signed by the

National or Branch Coaching Director, a Level 2 or 3 Coach, Mentor Coach, Club Official or Workplace Manager to verify that the activities listed have been completed.

Coach Accreditation Update Log Sheet (Level 2M only)

AUSSI Masters Swimming requires that coaches updating their Level 2M submit a completed Coach's Accreditation Update Log showing the correct number of update points that must be submitted for Level 2M updates. This log should be taken to all updating activities for verification of involvement.

Coach's Code of Ethics Form

The Australian Sports Commission requires NCAS accredited coaches to abide by their sport's "Coach's Code of Ethics/Conduct" to gain NCAS re-registration through updating. Signing the Code of Ethics as a compulsory part of NCAS registration will signify a coach's support

for and commitment to the required standards of quality coaching.

AUSSI Masters Swimming has developed a Code of Ethics/Conduct and Agreement Form, which outlines accepted behaviour for coaches when working with swimmers. This should be signed and returned when applying for re-registration.

CPR Certification

Coaches must have a current CPR certificate when updating their Level 1M or 2M Coaching qualification. Evidence of this must be provided at the time of re-registering in the form of a photocopy of the coach's current CPR certificate.

NOTE: To receive a copy of any of the forms listed above, please contact your local AUSSI Masters Branch or visit www.aussimasters.com.au.

Technical

The National Technical Committee (Gary Hoff and Pauline Samson, Chairman) welcomed new member Gary Stutsel to the committee in January, and also co-opted Fran O'Hara, who has a specialised background in training.

The Committee held a workshop over the last weekend of January at the National Office in Melbourne. The primary purpose of the workshop was to look at all issues relating to education and accreditation of officials, but it also provided an excellent opportunity for Committee members to discuss a range of technical issues.

There were several key outcomes from the workshop, including agreement on presentation of course material and a process to ensure that all branches use approved forms for the training and accreditation of officials.

Million Metre Winners

Congratulations to the following swimmers, who have gained ZOGGS Million Metre Awards.

5 Million

Peter Nowlan	Mackay Masters Swimmers	QLD
Ailsa Duncan	Sunshine Coast	QLD
John Pugh	Launceston	TAS

3 Million

Robyn Hughes	Sunshine Coast	QLD
Diana Fabijan	Aquadome Otters	QLD

1 Million

Tiffany Fraser-Gillard	Perth City	WA
Neville Bambrick	Toowoomba Masters	QLD
Sue Johnstone	Wollongong AUSSI Masters	NSW
Barbara Briggs	Campbelltown AUSSI Master	NSW
Pamela Smart	Blacktown City Masters	NSW
Julie Gunthorpe	Miami	QLD
Peter Cain	Cairns Legends AUSSI Mast	QLD

National Swim Forum

An informal forum was held during the National Swim in Adelaide, to enable club members to provide feedback and suggestions to the National President, Mary Sweeney. The following summarises the issues that were raised:

- Deck seeding for long events.
- Presentation Dinner should be held after the Open Water Swim.
- Wetsuits should be permitted in the Open Water Swim, or alternative, two separate events be held, one with wetsuits and the other without.
- Opportunity to change team members in Relays.
- Restriction on the number of events that can be entered at the National Swim: there was a great deal of discussion on this, with some people for and some against.
- Better communication needed from the National Swim Meet organisers to clubs.
- The National Swim entry form should be re-designed to allow all the relevant information to be entered on one page.
- A review of the program at the National Swim is long overdue.
- Age for AUSSI membership and age groups should be calculated on the first day of the year, not the last day of the year.
- AUSSI swim rules are too strict, and too similar to FINA rules.
- Discussion about the problems at the Adelaide pool associated with diving from blocks at one end of the pool in the 50m event.
- The Founders Trophy, Runners Up Trophy and Visitors Trophy are based on points gained by each swimmer regardless of how many swims that person did (i.e. 5 or the maximum of 12). Question about whether this was fair, or should it be over five swims as per the swimmer of the meet. Noted that some clubs had been encouraging their members to swim the maximum number of swims to increase their chances of winning a trophy.
- Discussion about problems experienced with the Top Ten listing for 2003. Comments from the Chairman of the National Records Committee and procedures for 2004 can be found on page 2 of this newsletter.

All suggestions and comments will be reviewed by the National Swim Meet Committee and National Board.

Letters to the Editor

We are always pleased to receive letters from club members for publication in the national newsletter. If you have a subject on which you would like to air your views, please send your submission to The Editor by email or mail to the address shown on the back page. Please ensure that you include your name and address, as we will not accept anonymous contributions.

From Liz Wallis, Harbord NSW

Background: Originally the only medals awarded in National meets were for overall places – at first for seven events but, as membership increased, for only five. Later a postal referendum decided that medals should only be awarded in individual events. This, we hoped, would see more – and different – swimmers going home with a medal and a boost to their pride.

In Perth in 2003, swimmers could enter as many as 12 events. As a result, nearly 200 medals were won by swimmers who already had five each. Much as I admire the excellence and record-breaking achievements of these champions, I feel that by allowing them to enter almost every event, we remove hope from less talented swimmers. The system makes nonsense also of the club points trophies and will, I believe, eventually reduce the number of competitors. Adelaide 2004 will continue this practice.

The USA once had no limit on the entries, but restricted the number of events that could be swum – to be decided by the competitors at the meet. This undoubtedly taxed the organisers but increased the total entry money. Is this the reason the rules for Perth and Adelaide were changed?

Most Masters swimmers are not champions. We encourage people to join for "Fitness, Friendship & Fun". Do we really want to foster an elite group of medal collectors – swimmers who can return from a championship with as many as 12 medals each? I think not. We must encourage all our swimmers to compete so that they can measure their progress, try for PBs for personal satisfaction and, hopefully, one day win a medal. We should foster the Olympic ideal that taking part, not winning medals, is the all-important principle.

Let's hope that, with the backing of the national body, Hobart on 2005 will return to what I believe is a fairer system for all our members; and that NSW, when its turn comes, will restrict the number of events per competitor.

AUSSI National Records

Short Course Women

Rowena Newcombe	SAM	20-24 yrs
400m Butterfly	06m29.14	12 Oct 03
800m IM	13m07.73	12 Oct 03
Noemi Domonkos	NSA	30-34 yrs
50m Backstroke	00m33.13	04 Oct 03
Meegan Sherwood	QMB	35-39 yrs
400m Breaststroke	06m09.36	04 Oct 03
Jenny Whiteley	NRV	45-49 yrs
200m Backstroke	02m45.82	04 Oct 03
100m Breaststroke	01m18.17	04 Oct 03
100m Breaststroke	01m18.13	25 Oct 03
50m Butterfly	00m31.56	05 Oct 03
50m Butterfly	00m31.12	25 Oct 03
200m Butterfly	02m35.17	05 Oct 03
400m IM	05m28.91	25 Oct 03 **
Alma Brecknock	SAM	85-89 yrs
400m Breaststroke	12m17.41	12 Oct 03
800m Breaststroke	25m03.65	12 Oct 03

Short Course Men

Oliver Mikulskis	QNA	20-24 yrs
400m IM	04m53.15	04 Oct 03
Simon Ho	NNS	30-34 yrs
50m Backstroke	00m28.93	04 Oct 03
Matthew McQuade	NWG	30-34 yrs
200m Backstroke	02m14.90	04 Oct 03
Paul Lemmon	NET	35-39 yrs
100m Backstroke	01m03.68	05 Oct 03
200m Breaststroke	02m36.68	05 Oct 03
John Stacpoole	NSA	45-49 yrs
50m Freestyle	00m25.42	05 Oct 03
David King	NRV	50-54 yrs
50m Breaststroke	00m34.56	25 Oct 03
Kevin Vickery	NSP	80-84 yrs
100m Freestyle	01m26.19	05 Oct 03
100m Backstroke	01m48.75	05 Oct 03

Short Course Relays

Manly Masters	NML	240-279 yrs
Male Medley 4x50m	02m23.74	04 Oct 03
Stephen Lamy	Tony Goodwin	
John Masters	David Lawler	

Long Course Women

Ebony Currell	VCS	20-24 yrs
800m Freestyle	10m00.91	07 Dec 03
1500m Freestyle	18m57.91	13 Dec 03
200m Backstroke	02m30.55	07 Dec 03
400m Backstroke	05m24.32	04 Oct 03
800m Backstroke	11m00.61	04 Oct 03
1500m Backstroke	20m56.02	15 Nov 03
200m Breaststroke	02m57.59	15 Nov 03
400m Breaststroke	06m07.70	22 Nov 03
400m IM	05m26.57	06 Dec 03

Jenny Whiteley	NRV	45-49 yrs
50m Freestyle	00m28.53	03 Nov 03
200m Freestyle	02m16.67	02 Nov 03 **
50m Breaststroke	00m35.99	02 Nov 03
100m Breaststroke	01m19.49	03 Nov 03
200m Butterfly	02m38.75	06 Dec 03

Catherine Dobson	NBR	45-49 yrs
200m Butterfly	02m52.95	18 Oct 03

Julie Gunthorp	QMM	55-59 yrs
200m Backstroke	03m07.03	03 Nov 03

Jen Thomasson	QSM	60-64 yrs
50m Freestyle	00m33.31	15 Nov 03
200m Freestyle	02m44.70	02 Nov 03
200m Freestyle	02m43.48	15 Nov 03
400m Backstroke	06m49.47	15 Nov 03
400m Breaststroke	07m01.31	19 Oct 03
800m Breaststroke	14m09.51	19 Oct 03
400m IM	06m42.47	01 Nov 03

Tricia Liddy	QTT	65-69 yrs
800m Backstroke	15m34.50	19 Oct 03

Bobbie Lea	CDW	70-74 yrs
200m Butterfly	05m01.19	01 Nov 03

Marjorie Chipperfield	QTW	80-84 yrs
800m IM	23m27.66	19 Oct 03

Long Course Men

Wayne Schnitzerling	QWK	25-29 yrs
800m Backstroke	11m50.92	19 Oct 03

Frank Braun	VMV	30-34 yrs
400m Backstroke	05m13.82	15 Nov 03
1500m Backstroke	20m46.52	15 Nov 03

Mark Smedley	SAM	40-44 yrs
100m Breaststroke	01m13.90	03 Nov 03

John Stacpoole	NSA	45-49 yrs
50m Freestyle	00m25.68	03 Nov 03
100m Freestyle	00m57.92	01 Nov 03

Mark Taylor	VSP	45-49 yrs
100m Breaststroke	01m16.84	03 Nov 03

Patrick Devine	VMV	55-59 yrs
800m Backstroke	12m37.58	15 Nov 03
1500m Backstroke	23m53.68	15 Nov 03

Patrick Galvin	VMV	70-74 yrs
400m Breaststroke	08m07.38	04 Oct 03
400m Breaststroke	08m05.39	15 Nov 03
800m Breaststroke	16m35.53	04 Oct 03
1500m Breaststroke	31m30.29	15 Nov 03
800m IM	12m44.83	04 Oct 03

** provisional FINA Masters record

2004 Pan Pacific Masters Games

The 2004 Pan Pacific Masters Games will be held on the Gold Coast from 6 - 14 November. Formerly known as the popular Asia Pacific Masters Games, the event promises to be the biggest and best Masters Games the Gold Coast has ever seen, with over 40 sports on offer.

Swimming will be conducted 11 to the 14th of November at Southport Olympic Pool. There will also be a 1.25, 2.5 and 5 km Open Water Swim on Thursday am 11/11/04 at Marine Stadium just north of Seaworld on The Spit at Main Beach.

For more information contact the AUSSI Masters Queensland Branch office (qms@thehub.com.au or 07 3876 2822), or the organisers:

email letitia@goldcoastevents.com.au
website www.mastersgames.com.au
phone 07 5564 8733



Come to the Red Centre and swim at the Friendly Games!

17 - 22 October 2004

Choose 5 events from the following:

200 IM	200 Fly
50 Free	100 Breast
100 Fly	50 Back
50 Breast	200 Free
100 Back	50 Fly
400 Free	200 Back
100 Free	
200 Breast	

Full suite of relays to participate in, as well as 1500m Freestyle.

Entry Forms and Information available from FREECALL 1800 658 951 or through www.alicespringsmasters.nt.gov.au

Queries:
Swimming Co-ordinator Kay Bailey 08 8951 8237

Bookings for travel and accommodation for both these events can be made with AUSSI's Official Travel Agent, **Sports Travel**. Freecall 1800 600 611 or email corinne@sports-travel.com.au



FINA World Top Ten

Swimmers who have achieved a World Top Ten ranking can, if they wish, purchase a Top Ten fabric patch (see illustration). Each patch costs US\$5.

If you are eligible for the patch and would like to order one, please contact the National Officer for further information.

Postal Swims 2004

The following Postal Swims have been granted National Sanction.

PS04/04 Swim Like a Legend

1 September to 30 November
Tamworth AUSSI (Donna Anderson)
02 6766 3419 or 02 6761 9509
dmanderson@doh.haeth.nsw.gov.au

PS04/03 Wests 5000 Turtle Swim

1 January to 30 April
Wests Auburn Masters (Jane Noake)
02 9424 8337
jnoake@ozemail.com.au

PS04/02 Bunbury Winter Postal Swim

1 May to 30 June
Bunbury AUSSI (Gita Neumann)
08 9791 5613
neumann@iinet.net.au

PS04/01 Badaginnie AUSSI Animal Event

1 January to 30 September
Badaginnie AUSSI (Shirley McFarland)
03 9897 4621

For more information about any of these Postal Swims, please contact the organiser on the phone number or email address given.

ZOGGS

The winner of the ZOGGS Good Idea for April 2004 is the NSW Branch.

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Opinions expressed in this newsletter do not necessarily represent the opinions of AUSSI.