

AUSSI

masters news

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National President

At a recent meeting of the National Board, membership of AUSSI and ways that each level of AUSSI administration can best assist in obtaining and retaining members was discussed. Despite all the incentives or programs at National or Branch level, it is mostly at club level that membership of AUSSI is gained or lost.

Often when a prospective member is asked why he/she didn't join, or why a current member did not renew membership, the answer given is totally unrelated to programs, competition or incentives, and can be as simple as not feeling welcome or not feeling a part of the club.

The availability of good coaching is often cited as a major attraction for new members. The Board took this one step further at the last Board meeting and unanimously agreed that the availability of coaching is the most important aspect of a club. Social activities are also considered important by quite a number of people as reasons why they join clubs.

So – what can your club do? Perhaps the best place to start would be to ask how long it is since the club has performed a health check on itself, how well does the club value its members and how often are the members thanked.

Non-swimming partners of members, who take an active part in a club, are often the club's



National President Mary Sweeney presenting the April 2004 ZOGGS Good Idea award to NSW Delegate Ian Davis.

The Award was won by the NSW Branch for its initiative in establishing a Club Development Committee.

AUSSI would like to thank ZOGGS for its continuing support to Masters Swimming.

most valuable assets. This was bought home to me a month ago, when AUSSI Queensland literally stopped and the Branch mourned the passing of Rosita Gillespie, the wife of Queensland life member Max Gillespie. Rosita was not even a member of AUSSI but she was present at most swim meets and would assist Branch activities and swim meets by selling raffle tickets or doing any other task she could. She organised many fun musical productions at Southside swim meets, which live on in people's memories. She radiated fun and friendship and her enthusiastic support of AUSSI would be impossible to duplicate.

Rosita was a very special person with special skills but we are all ambassadors for AUSSI and we can all make a difference with very little infringement on our valuable time. It only takes a moment to welcome a newcomer to our club and another minute for the club to say thank you to each and every person for their support. If we could all give those few minutes of our time, our clubs and AUSSI in general would, without doubt, prosper in many ways.

Mary Sweeney, President

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10th World Masters Championships, Riccione

by Tracy Clarkson

What do you get when you mix 8100 competitors (a new record, after Munich 2000) from 68 nations, a little drip called Swimmy, a beach town in Italy, located on the "Riviera of the Adriatic" and a Republic? A lot of fast times, great experiences, excellent sightseeing, fine dining, wonderful window shopping and great "down time" (if you had time!) lazing on the beach, paddling in the sea. The City of Riccione and the Republic of San Marino jointly hosted the event, with all the swimming, diving and synchronized swimming in Riccione and the water polo in San Marino in its new, world class venue. It is hard to believe the 10 days went so fast.

Organisation

We arrived on Tuesday evening and were eager the next day to register for our swims and see (and swim in) the venues. The shuttle bus was running (we had been issued with the pass at the hotel) and we caught it right outside the hotel. There was a huge marquee with 30 stations to report to, depending upon your registration number. In minutes, we were off to the next stop, where we received all the heat sheets for each event we were in. The 50s, 100s and 200s were organised so the last two heats of each age group swam in the same heat, and the rest were seeded by time, slowest to fastest. The 400s and the 800

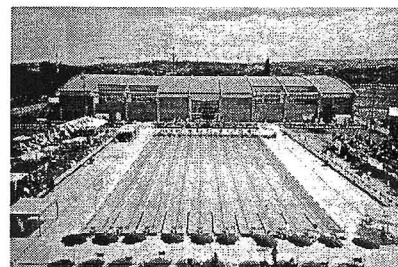
were seeded by time only, so your competitors may be from a large number of heats.

The competition was run in two adjacent venues: a new indoor complex and an older, outdoor one. The women and men alternated swimming in the two venues, indoor one day, outdoor the next. Each venue had a 6 lane 25m warm up pool (sometimes very crowded, in the shorter events). Swimming was allowed in the main pools an hour before competition each day and an hour after competition finished. Both had electronic timing and the officials worked very efficiently, getting the results out fairly quickly, considering the numbers. Both venues were equally popular and excellent swims were done in both. (The women's toilets in the older venue were an interesting challenge, as they were an older style, and sometimes there were queues.)

The shuttle busses ran pretty much on schedule, and, if you missed one, you could always walk – the pool was not that far away from anywhere in Riccione. After all, we are all pretty fit. The only minor irritation was the fact that instead of opening the main entrance to the complex, we had to walk about 300m from the bus, around the back of the complex past the sponsor's "tents" full of goodies, to get to the pool each time. But, everyone was in the same situation.



The Australians (and Kiwis) were scattered around the town, in two main groups and in various individual situations. All were happy to relay their results if they met up at dinner or promenading after dinner on Via Dante, the most popular street for meals and shopping. Dining on the simple but tasty wood fired pizzas, pasta dishes,



seafood, fresh salads and local wines and German beer, was something to look forward to each night, often topping it off with a gelato while window shopping after dinner. (Competitors received various discounts for shopping and dining in the area).



Competition

Most people agreed the standard of competition was pretty high, with the number of competitors that were entered. Almost everyone was philosophical about their results, whatever goals they had set for themselves. Top ten medals were highly sought after and Australians achieved their fair share. Some were more talented in their events to gain gold, silver and bronze. All the results are available on the internet. For a small fee, competitors could also buy a copy of the results and splits of each event for their age group.

Sightseeing

After the results for the day were discussed, the most important topic of conversation was where people had gone on their "rest days" or afternoons after competitions ended. Good day trips were Ravenna, an hour by train, where the Byzantine Mosaics were popular items to look at. San Marino was a good day trip. It had the benefit of duty free shopping and three towers that, on a clear day, looked down all the way to the Adriatic Sea.



Venice was a long day trip and highly valued if one was not doing a "post swim" tour. Rimini was 45min by bus or 10 min by train and it had some interesting Roman ruins, churches, piazzas and museums to look at. If you took a bus to Cattolica, you could go to a castle called Gradara, which was interesting. That was within an hour travelling. Some people went to Ancona by train to see the port. Just going back on the shuttle could get you a travelling com-

panion for the afternoon to explore someplace different. It was great, there were so many possibilities.

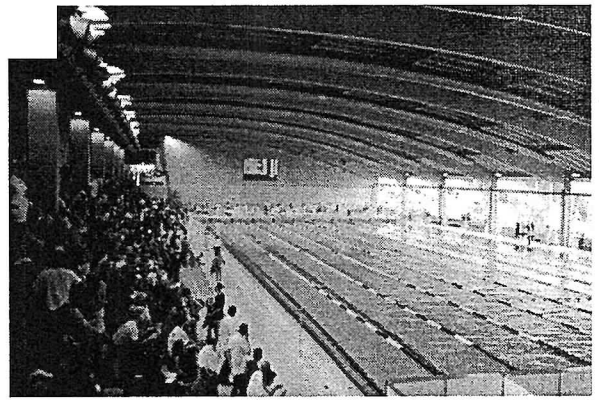
La Dolce Vita

It did not take long to get into the Italian way of doing things. We got used to the three hour siesta time when all the shops were closed. The windows were so beautifully decorated, you could drool, and you sure could save money! Going to the beach Italian style (or European style, as many visitors were from other parts of Europe) was interesting for Australians, with very little public beach and thousands of beach umbrellas and chairs for hire to use the beach. As the weather warmed up, the beach filled up with people enjoying the sun and the sea. (There was no surf!). As the sun moved around, so too would the chairs, all in unison. Many a time we would see competitors and tourists with

great sunburned areas on their skin. It did not seem to slow them down much!

All in all, it was a well organised event and most people had a great time, with lots of stories to tell when they got back home. There were minor problems that occurred, but

nothing insurmountable and it was too bad that a cold virus affected many swimmers as the competition went on. There were some missed swims as a result.



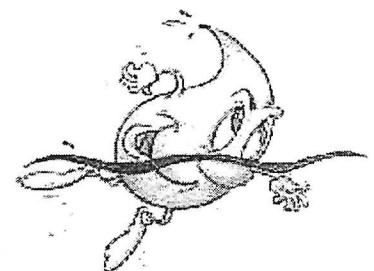
Comparing This Event With Others

It was nice to be located in a small town, where, after swimming, the competitors could meet up informally, rather than disappear down the underground, as in Munich, and vanish into the big city. And, because the pool was a lot closer, there were not the shuttle problems that one had in Christchurch. All in all, it was a great experience that will create fond memories for all who were there.

Tracy Clarkson is a member of Brisbane Northside AUSSI Masters Club, shown here relaxing on the beach with Helen Gray.



Many thanks to **Ivan Wingate** for the photos that appear on pages 2 and page 3 (the indoor and outdoor pools and the Opening Ceremony).



The official report of the Meet can be found on www.fina.org/mastersnews_riccione04.html

Fundraising Activities

It is becoming more difficult to insure fundraising activities and events which are often associated with Sporting Clubs and Associations without them first being referred to the Insurers. This is because of possible claims that could arise that bear no relationship to the principal activity of the Sporting Club or Association.

Therefore, in order for Marsh to risk manage your fundraising activities on behalf of AUSSI Masters Swimming, we ask that the following fundraising activities / events be referred to Marsh for insurance approval. Whilst this is not a complete list, it should serve as examples of the fundraising activities / events that need to be referred for insurance approval.

If in doubt, please refer the fundraiser / event to Marsh Pty Ltd.

Typical fundraising activities might include:

- a "Town or City Event" or "Street Party" and the like.
- a co-shared or jointly shared fundraiser / event.
- provision of and serving of alcohol at any fundraiser or event.
- where security services or crowd control is required at the fundraiser / event.
- where gambling or related activities are involved (excluding use of a "chocolate wheel" or raffle tickets.)
- where play equipment, jumping castles, children / adult and show type rides and equipment are to be used.

- where the fundraiser / event is held on a regular basis and not on an irregular basis.
- where the fundraiser / event is a business or commercial activity.
- club fundraisers / events that are open to the general public.

Please forward full details of the fundraiser / event and any of the associated activities to Roy Foster, Marsh Pty Ltd. Please include your daytime telephone contact number on your correspondence.

Email: roy.foster@marsh.com

Fax: 03 9670 8581

Please allow a minimum of 30 days prior to your fundraiser / activity as it may be necessary to arrange for separate insurances for your activities.

Duty of care to volunteers / co-opted volunteers at your fundraiser / event and Complying with Established Guidelines

Please ensure that volunteers are both capable of and able to perform their assigned tasks.

Please ensure that for your fundraiser / event that you comply with any relevant Occupational Health and Safety, Royal Life, Government, Council etc., guidelines.

Please be assured that you can never have too much safety in place, when it comes to preventing a death or injury occurring.

With this risk management of your fundraising activities / events on behalf of AUSSI Masters Swimming, it is hoped that the potential for claims that do not arise from your swimming activities will continue to remain as nil.

Roy Foster, Marsh Pty Ltd.

ZOGGS Million Metre Winners



Congratulations to the latest swimmers from NSW to gain their One Million Metre Awards: Pam Smart (Blacktown), Helga Duncan (Campbelltown), Sue Johnstone (Wollongong), and Barbara Briggs (Campbelltown). Thanks to Di Coxon-Ellis for the photo, which was taken at the Campbelltown Carnival on 24th July 2004.

AUSSI Management Review



In June of this year, the National Board met for a workshop to thrash out (not quite literally!) the best management structure to ensure that AUSSI not only survives in the coming years, but also continues to thrive.

Since its inception in 1975, AUSSI has provided many thousands of adult swimmers with outstanding programs at club, branch, and national level. In order to maintain these services, the Board has to consider a range of issues, not least its own performance. Professor David Shilbury (Deakin University), facilitated the workshop, which proved to be extremely productive, and bodes very well for the future of the organisation.



There will be a number of activities being undertaken in the coming months to build on the outcomes of the workshop, and clubs will be kept informed by their branches, and by this newsletter.

Book Review

Swimming Past 50

by Mel Goldstein & Dave Tanner

Human Kinetics, 1999, pb, 208pp + bibliography, US\$16.95

Many regard swimming the ideal activity for lifetime fitness, as there are so few dangers. Consider the safe environment of the pool, no jarring, cars, bad weather, air pollution and the emergency assistance available.

This book will not to teach you how to swim, but will offer age-appropriate and competition programs for swimmers over the age of 50.

It covers in depth, the benefits of an intense structured training program to assist the swimmer to prepare for competition. The various chapters cover topics such as Swimming as an Exercise for a Lifetime, Understanding Aging, The Basis of Swim Training, Designing a Training Program, Dry Land Training, The Prevention of Swimming Injuries, Setting Realistic Goals for the Over-50 Swimmer, Technology and Techniques and many sample workouts.

The information in the book recognises that all swimmers are different and although older swimmers can be highly motivated and very fit, they cannot be expected to handle the volume of training of the age group swimmer (eg the Australian Dolphins Squad). Older swimmers might train hard, over 4 days, however they need much more recovery time between each training session.

Each structure of a workout is explained with reasons why the swimmer would do such activities. The volume expected would be 4 days per week and 11 months a year with an average of 1800-2000 metres per session = 1 hour.

Dry land training is discussed, mainly to encourage strength training to prevent injury, to help you swim faster and includes stretching for flexibility.

SWIMMING *Past 50*



Mel Goldstein
Dave Tanner

In this book there are plenty of real life stories about Master Swimmers as they talk about their own training programs and this should give you an idea about coming up with your program to suit the meets that you want to take part in.

It is never to late to enjoy the benefits of swimming and make competitive swimming lifelong activity whether it is swim meets or the aerobic trophy program. *Realise the potential; don't go through life with this potential in tact.* (Pauline Samson)

Spotlight on Stu Fitch

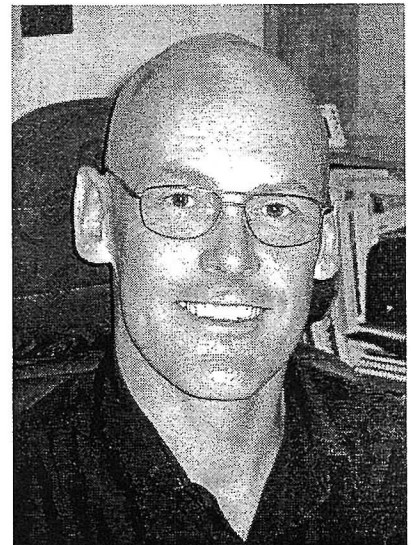
Stu Fitch (51) is a member of the Darwin Stingers Club. His first aquatic memory was, as an energetic 7 year old, getting gently thrown into the swimming pool on the SS Orcades by King Neptune and his helpers. The occasion was a "crossing the equator ceremony", enroute to the US Sydney/San Francisco with his parents in 1961. He subsequently learnt to swim in the USA where his parents had a three and half year diplomatic posting. He remembers many happy summers by the pool at the local country club, swimming, playing and enjoying the water.

On returning to Canberra in 1964 there was a limited selection of sports; either swimming or athletics in summer, and rugby in winter. He was very active with local swimming clubs, with now more than 43 years actively swimming.

Stu first joined AUSSI Masters for a year in 1975, but let his membership lapse due to concerns at the time over his "amateur" status. He pursued a range of other sports in addition to swimming, including cross-country ski racing, marathon running in the early 80s, triathlons in the mid-80s, and distance cycling up until rejoining AUSSI Masters in 1992, when he started logging his current distance in the pool.

The new century saw Stu head off to Heard Island for 6 months on an Antarctic expedition, and on his return a bit of ocean yacht racing.

Each morning you will likely catch Stu doing his daily laps, a great way to stay fit and young, he says. Stu sees himself as a lifetime endurance athlete, with a strong preference for swims of 1500 metres and longer. His best



ever swim, he says, was coming 7th outright male in the Rottneest Channel Race in February 2000, where he covered the 20 km ocean swim in a little over 5 hours and 10 minutes. His great fear of being eaten by a shark kept him swimming as fast as he could swim, he says.

In Stu's Own Words: The Long Swim

Completing my 13,000,000 metres was harder than the first dozen. Maybe there is something unlucky about 13. In the last 18 months I have travelled a great deal, both within Australia and the world, plus moved from Canberra to Darwin for work. But in September last year I pinched a nerve in my neck after a virus and ended up with a half paralysed right arm; no pain, but limited movement. The neurologist said up to two years to recover full movement if I was lucky, and probably never recover full strength. The cause of the injury was a mystery.

You don't get to 12,000,000 metres out of luck, so with the single-mindedness that got me that far I set about proving the neurologist wrong – good move to throw me a challenge.

The first few months were the worst, when "recovering" my arm in freestyle meant dragging it lifelessly along the top of the water, or through the water with butterfly. I called it my "spastic" arm, as it would not do anything that I told it to do.

Frustratingly, slowly, ever so slowly, I could lift my arm out of the water, and with a bit of body roll and a flick, the arm could be made to look a little more like a normal swimmer, but extension and entry presented problems, and still require a lot of concentration to get right. I also needed "external" feedback on where my arm was, as I did not seem to have any feel for where it was in space.

Nearly a year has passed, and I continue regular daily swims. The Darwin Stingers are a great mob; friendly, supportive, and tolerant of my swimming obsession. I got past my first agonising lap of butterfly earlier this year, then more laps, then finally my aerobic 800, which I have now done the requisite 5 times; a pretty tough challenge. Eternally grateful that they stop at 800 metres with fly.

I am well on the road to recovery. Full movement has returned, but only about half the strength. The daily swims, time, and lots of stretching are working wonders, but there is some way still to go. Swimming really is a great sport. I look forward to getting to 15,000,000 metres in a few more years. See you in the pool.

Dr Kay Cox

National Director of Coaching 1994 - 2004

Since the last Newsletter the Board has accepted with regret the resignation of Kay Cox as our National Coaching Director. Kay had been a member of the National Board since 1994, a total of 10 years.

Kay lives in Western Australia and her input into coaching of adults started at Branch level many years before she joined the National Board. She had been Director of Education and Fitness for the WA Branch for about 15 years. Her expertise even then was such that the knowledge and experience she brought to the Branch role often flowed over to the National level.

In the National AUSSI Year Books in the late 1970s there are articles by Kay on fitness and health, training, and coaching, and although some of the techniques and methods of coaching have changed since then, these articles still make fascinating reading.

Kay has always insisted that she has only followed on from other expert National Coaching Directors who have gone before her, and whilst it is true that we have been fortunate in the Directors who held this role in the past, Kay's contribution to AUSSI over the last 10 years would be impossible to quantify.

She has been convenor of the Masters' stream of the ASCTA Conference for the past five years or so, and AUSSI's standing at that Conference has grown as a result of Kay's influence. She has often lectured there in the Masters area, and is held in high esteem by her peers.

Management of the National Coach Education Program, including updating and re-accrediting our coaching courses with the Australian Coaching Council and later the Australian Sports Commission several times over a period of ten years, has been undertaken largely by Kay with the assistance of members

of the National Coaching Committee and Panel. The work involved in this process alone would have taken hundreds of hours of her time.

Kay has liaised with her counterpart at Australian Swimming on behalf of AUSSI in relation to matters involving coaching and in matching competencies between ASI courses and AUSSI courses. All this involved a high level of knowledge of both ASI and AUSSI courses.

A life membership of AUSTSWIM was awarded to Kay for her involvement with that organisation, and she is currently completing a manual for AUSTSWIM on adult learn-to-swim.

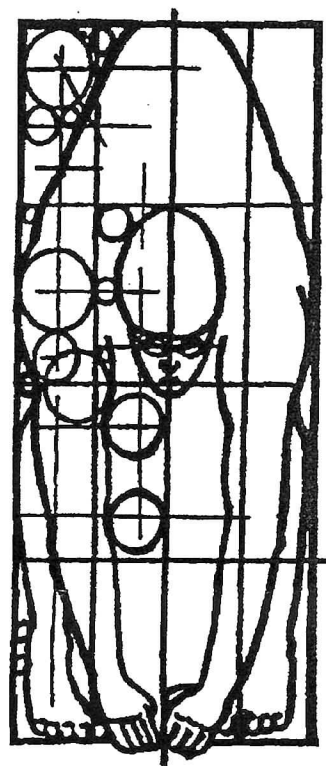
As a Level 2M Masters coach, Kay has encouraged and assisted many of our members and other coaches to update their level of knowledge in coaching to Level 2M.

As a member of the National Management Committee, Kay performed her duties with the good of AUSSI always foremost in her deliberations, and her contribution to the Board in a general way, apart from in the coaching area, has been profound.

The National Board recognised her contribution to AUSSI at national level in 1999, when Life Membership of AUSSI was awarded to her.

The National Board of AUSSI sent their best wishes to Kay. She leaves very large shoes to fill but her work over 10 years has left the position in good standing for those who follow her into the coaching director role. Our thanks to Kay from all members for her contribution to AUSSI.

Mary Sweeney, President



Jack Busch (President WA Branch) shown here presenting Kay Cox with gifts of appreciation from AUSSI National for her service over many years. Thanks to Wendy Holtom for the photo, which was taken at the WA Branch Annual Awards function.



The Importance of Resistance Training for the Aging Competitive Swimmer

by Peter Reaburn PhD

Research has consistently shown that competitive swim performance decreases with increasing age. This finding holds across genders, strokes and distances. Many physiological and training-related factors have been suggested to explain this age-related decrease in swim performance. These include:

1. Decreased aerobic capacity
2. Decreased anaerobic capacity
3. Decreased muscular strength and power
4. Decreased flexibility around joints
5. Decreased nervous system activity
6. Increased fat mass
7. Decreased muscle mass
8. Decreased training volume
9. Decreased training intensity

Importantly, the age-related decrease in muscle mass has been shown by scientific studies in both older athletes and non-athletes, to be related to decreases in aerobic capacity, anaerobic capacity, and muscular strength and power. These factors are crucial to optimising swim performance in all strokes and distances in masters swimming.

Resistance training has been shown to increase muscle mass in both aging athletes and inactive older persons, some as old as 90 years of age. Thus, it would appear that resistance training that increases muscle mass (called *hypertrophy* training) become crucial for the older

competitive swimmer. The purpose of this paper is to examine the advantages, principles and methods of implementing a resistance training program for the masters swimmer.

Advantages of Resistance Training

Resistance training in a gym or at home has both health and performance benefits for the aging swimmer. The health benefits of any resistance-training program that increases muscle mass or simply increases muscle strength in the older person are numerous and include:

- Increased joint stability
- Improved posture
- Reduction in risk of falls
- Improved balance and coordination
- Reduction in risk of cardiovascular disease
- Help with rehabilitation after injury or surgery
- Reduction in symptoms of osteoarthritis
- Improved bone mineral density
- Improved mobility
- Increased resting metabolism
- Improved diabetes control
- Improved muscle tone
- Increased independence
- Social interaction
- Improved well-being

The above evidence strongly suggests that from a health and well-being perspective, resistance training for any older person is essential.

From a sports performance perspective, the arguments for resistance training are just as great. The advantages of resistance training, especially *hypertrophy* resistance training, include:

- Increased muscle mass
- Decreased fat mass
- Increased nervous system response

- Increased muscular strength & power
- Increased anaerobic capacity and power
- Increased aerobic capacity and power if combined with endurance training

Developing a Resistance Training Program for the Older Athlete

In 2002, the *American College of Sports Medicine* (ACSM) has developed a series of guidelines that should be adhered to when an older person commences a resistance-training program. Firstly, they should discuss the matter with their family doctor in order to gain a clearance to undertake the program. Resistance training can be stressful for the older athlete who has never undertaken such training.

Once ready to commence a weight training program, the following guidelines are recommended by the ACSM:

1. Choice of Exercise. The focus should be on large muscle groups used in the event or stroke. 4-6 large muscle groups should be exercised with 3-5 supplementary smaller muscle groups exercised in the same session. In the next section are some recommended exercise for swimmers but again see an expert for advice.

2. Order of Exercise. A warm-up should be followed by the large muscle group exercise, then the small muscle groups, and then a cool-down. For total body workouts, rotate exercises between upper and lower body and between opposing muscle groups (eg triceps and biceps).

3. Resistance Used. The most common percentage of maximum lift range used is 50-85% and 8-12 repetitions. Lighter loads are recommended initially.

4. Lifting Velocity. Slow-moderate is recommended for strength and hypertrophy training crucial for the older swimmer. Once developed, this strength can be turned into power by lighter loads and faster repetitions.

5. Number of Sets. Initially, just one set per exercise for 8-10 repetitions is recommended. Progressively increase the number of sets from 1 to 3 over time.

This paper was presented by Peter Reaburn at the 2004 ASCTA Conference. We would like to thank Peter for representing AUSSI at the Conference, and for permission to reproduce his paper in the newsletter.

6. *Rest between Sets.* Typically, 1 to 2 minutes are recommended. Shorter rest is associated with lighter loads.

7. *Frequency.* 2-3 days per week is recommended.

Ensure you or your swimmers have a clearance from the family doctor and then consult an expert in the area of resistance training, before you or they commence such a training program.

General Principles of Resistance Training

The science and art of resistance training warrants much attention. It is strongly advised that a masters swimmer or coach consult an expert in the field before commencing a resistance training program. Speak to other swim coaches on who best to talk to or look for a gym that employs those qualified in the area. The qualifications to look for include a Level 1 or 2 Strength and Conditioning accreditation from the Australian Strength and Conditioning Association, a Certificate 3 or 4 in Fitness, or a graduate of sport and exercise science or Human Movement Science from a University. As with any physical training program, the following principles of training apply:

1. *Specificity* – That is, train the specific muscles at the specific speed and specific action that is required for the event. For the older swimmer, the following muscle groups and exercise examples are important to be developed:

- a Chest – Bench Press
- b Upper back – reverse dumb bell flyes
- c Shoulders – Upright row, external and internal shoulder rotation, seated row
- d Pulling muscles – Lat pulldown, Supine pulleys, seated row
- e Upper arm – bicep curls and tricep pulldowns
- f Torso – abdominal curls and back extensions, swiss ball or Pilates exercises
- g Lower limbs – squats, calf raises, hip extensions, leg curls and extensions

2. *Progressive overload* – That is, over time, we must progressively make the training harder by training more often, with more intensity, or for longer. In general, a resistance training program should start with general strength (more repetitions and less weight), then hypertrophy training, then maximal strength training, then power development that is so important for sports performance.

3. *Recovery* – Too many athletes young or old train hard but don't recover harder. Smart older athletes use nutritional, physiological, neurological and psychological methods to recover.

4. *Core exercise before limbs* – Get the tummy and lower back strong so the limbs can pump off that core.

5. *Flexibility before strength* – Ensure the joints are flexible to allow length of stroke and prevent injury.

6. *Stabilisers before prime movers* - The stabiliser muscles hold the joint in place so the prime movers can pull or push to generate force.

While the above principles are general, it is crucial that the older the swimmer embarking on a resistance training, the more the need to focus on developing muscle mass. Thus, apart from the general principles above, other principles relate specifically to hypertrophy training.

Principles of Hypertrophy Training

Given that older persons beyond 50 years of age lose muscle mass gradually while those over 65-70 years lose it quickly, it is logical that resistance training that develops muscle mass (hypertrophy training) be done by the older swimmer. The basic principles of hypertrophy training include:

- 1. *Develop general strength first* by lighter weights and more repetitions
- 2. The *Load* should be 70-80% of the maximum lift for the exercise – what we call 1 RM (repetition maximum).
- 3. The *Sets* should be 3-5 for each exercise chosen.

4. The *Repetitions* should be 8-15 per set.

5. The *Tempo* should be 2/1/2 meaning out for 2 seconds, rest for 1 second, then back in 2 seconds.

6. The *Rest* between sets should be 30-90 seconds.

7. *Frequency* should be a minimum of three times per week to develop hypertrophy and 1-2 times per week to maintain strength and hypertrophy.

Again, please consult an expert in the area of resistance training to get advice on the structure of the training program

Conclusion

There is conclusive scientific evidence that resistance training is crucial for the older athlete for reasons of improved health and well-being as well as improved sports performance. A well-structured weight training program developed and monitored by an expert with an understanding of aging physiology and swimming as a sport, can maximise your swimming performance for years to come.

Further Reading

Bompa, T. (1999). *Periodization training for sports*. Human Kinetics, Champaign, IL. ISBN: 0-88011-840-7.

Fleck, S. and Kraemer, W. (2004). *Designing resistance-training programs*. (3rd Edn). Human Kinetics, Champaign, IL. ISBN: 0-7360-4257-1.

<http://www.acsm.org/index.asp> is the home of *American College of Sports Medicine* and an excellent web page to browse and search for older athletes and coaches.

<http://www.acsm.org/health%2Bfitness/comments.htm> is a website run by the *American College of Sports Medicine*, the premier sport and exercise science organization in the world.

<http://www.physsportsmed.com/> is the homepage of the journal *The Physician and Sportsmedicine*.

<http://www.gssiweb.com> is the homepage of the *Gatorade Sports Science Institute*.

How Can I Become An AUSSI Masters Swimming NOAS¹ Referee?

by Loren Bartley

The AUSSI Masters Officials Course is made up of the following course units:

- Roles and Responsibilities
- Communication
- Resource Management
- Timekeeper & Chief Timekeeper
- Check Starter & Marshal
- Starter
- Referee

Although the Time Keeper/Chief Timekeeper, Check Starter/Marshal and Starter units can be done independently to gain the individual qualifications, the AUSSI Masters Swimming NOAS Referee Qualification requires successful completion of all units and the associated practical components from the AUSSI Masters Swimming Officials course.

What Are The Pre-requisites For Becoming An AUSSI Masters Swimming Referee?

Participants must have completed the units in Communication, Roles and Responsibilities and Resource Management, as well as completed the required

theory and practical hours for Timekeeper, Chief Timekeeper, Marshal, Check Starter and Starter prior to commencing the Referee unit.

Is There A Minimum Age Of Entry Into The Program?

There is no general age restriction for entry into a course. However, the age of the participant must be appropriate for the standard of event in which the participant will have to officiate.

What is the nominal duration of the Referee Training Program?

The AUSSI Masters Officials Course is made up of 14 hours of course work and 76 hours of officiating practice, totalling 90 hours. 48 of these hours will have been completed prior to commencing the Referee unit through the completion of the pre-requisite units, leaving 42 hours specific to the Referee unit for completion prior to gaining the Referee qualification. An overview of the AUSSI Masters Officials Course unit delivery and nominal duration is outlined below:

Who Do I Contact To Organise A Course?

The branches of AUSSI Masters Swimming are endorsed to deliver this course on behalf of AUSSI Masters Swimming in Australia Inc, so contact your local branch to organise a course for your club or to get information on when a course may be running in your area.

¹ NOAS: National Officiating Accreditation Scheme

From the Editor:

National Technical Committee

The National Technical Committee has been working hard for several months updating all of the course material, including notes, worksheets, and the Referee Manual. This project is nearing completion, and on behalf of AUSSI, I would like to thank Pauline Samson (Chairman), Gary Stutsel, Gary Hoff, and Fran O'Hara for all their hardwork. The Committee would also like to thank Loren for her assistance in updating and editing the final documents, and for being a Word wizard!

Unit	Nominal Duration	Unit Delivery
Roles & Responsibilities	2 hours	Pre-course and in-course
Communication	2 hours	In-course
Resource Management	2 hours	Pre-course and in-course
Timekeeper & Chief Timekeeper	2 hours	Pre-course and in-course
	8 hours	Practical - on pool deck for Timekeeper
	4 hours	Practical - on pool deck for Chief Timekeeper
Check Starter & Marshal	2 hours	Pre-course and in-course
	8 hours	Practical - on pool deck for Check Starter
	4 hours	Practical - on pool deck for Marshal
Starter	2 hours	Pre-course and in-course
	12 hours	Practical - on pool deck for Starter
Referee	2 hours	Pre-course and in-course
	40 hours	Practical - on pool deck (includes Judge of Stroke, Inspector of Turns & Referee)
Total	90 hours	

How Can I Become An AUSSI Masters Swim NCAS¹ Coach?

by Loren Bartley

AUSSI Masters Swimming Inc offers AUSSI Masters Swimming Coaching Courses to individuals over 20 years of age who wish to become an AUSSI Masters Swim Coach. There are two course outlines; Level 1 Masters (L1M) and Level 2 Masters (L2M). The L1M qualification aims to provide individuals with the basic coaching knowledge and skills of swimming to be effective AUSSI Masters Swimming club coaches.

Are there any L1M course pre-requisites?

No previous experience or pre-requisites courses are required prior to undertaking the L1M course. However participants should have a personal fitness level that will enable them to complete the practical requirements of the course. Participants must have completed a recognised CPR course and sign the AUSSI Masters Swimming Inc Coach's Code of Ethics Agreement Form before the accreditation can be awarded.

What does the L1M course involve?

The L1M consists of a 20-hour theory component and 60 hours practical coaching, totaling 80 hours.

The L1M coaching course theory component consists of 18 competency-based modules, with the compulsory units of the Australian Sports Commission (ASC) Level 1 Coaching Principles course integrated into this course. Each module relates specifically to coaching the adult swimmer.

Coaches are required to complete 60 hours of practical 'on-deck' coaching with a group of not less than six swimmers within a 12-month period prior to

gaining the L1M accreditation. Up to fifty percent of the practical hours may be completed prior to commencing the course, but at least fifty percent must be completed after the theory component has been finished and at least half of the practical coaching must be completed with an AUSSI Masters Swimming club. The remaining hours can be completed with another swimming organisation, such as ASI or Austswim.

Can I gain recognition of prior learning or current competencies?

There is no honorary AUSSI Masters Swimming Coach accreditation. All coaches must satisfy the competencies of each particular level of accreditation. Some practicing coaches may, however, be able to satisfy all or most of the competencies required for L1M accreditation without having to attend a formal course.

Candidates may apply for recognition of prior learning (RPL) or recognition of current competencies (RCC) from all, or sections, of the course. Candidates will be required to document their prior learning and submit it in writing to the course co-ordinator for review. Candidates may be required to demonstrate their expertise in a particular area by written or practical demonstration.

Participants who have completed the ASC Level 1 Coaching Principles course must supply the Course Coordinator with evidence to gain credit for this module. Participants who have completed an Australian Swimming Inc. Level 1 coaching course or an Austswim strokes course may be eligible for RCC for some units. RCC should be applied for in the same manner and evidence must be supplied with the application.

How often does the L1M need to be updated?

To retain L1M status, coaches must update every 4 years. For more information on updating, visit www.aussimasters.com.au or read "Coaches – All You Need To Know About Updating", from the last newsletter.

How do I get more information on when courses are being conducted?

Branch affiliates of AUSSI Masters Swimming are endorsed to conduct L1M and L2M courses on behalf of AUSSI Masters Swimming. To gain details on upcoming courses in your area, please contact your local AUSSI Masters Branch. For contact details of your local Branch, visit www.aussimasters.com.au.

¹ NCAS: National Coaching Accreditation Scheme

We would like to thank ZOGGS for continuing to support the Good Ideas concept, and congratulate the winners of the first four Awards: the NSW Branch, Perth City AUSSI (WA), Western Alligators (VIC), and Tuggeranong AUSSI (ACT).

With the completion of a full year of the Award, it has been decided to open up the criteria to include ANY good idea, not just ideas designed to retain and gain club members. The nominations for this issue's award are outstanding, and the name of the winning club can be found on page 16. It would be great to see as many Good Ideas in our next issue, so please, don't be shy. If your club or branch has a good idea you'd like to share, send it to the Editor at ned@aussimasters.com.au as soon as possible.

Kay Bailey, Alice AUSSI (NT)

Alice AUSSI provides an Aerobic Set Award to anyone in the Club who completes the entire set of aerobic swims in a stroke for the year. Thus each participant has to complete 5x400m; 5x800m; 1500m, 1/2 hour, 3/4 hour, 1 hr in each of Backstroke, Freestyle and Breaststroke. For the Individual Medley and the Butterfly only the 5x400m and 5x800m have to be completed. These awards (maximum 5 per member per year) have the following benefits:

- encourage members to extend themselves into the longer distances;
- recognise Club participation;
- depend on the effort of the individual themselves (ie they are not competitive and do not depend on a relative result with anyone else);
- reward slower swimmers equally with faster swimmers;
- build the Club points towards the annual Aerobic Trophy.

The award provided usually consists of a voucher towards purchase of Club merchandise.

Lavinia Hyde, Yarra Roughies (VIC)

Lavinia sent in a whole batch of "good ideas" that have been implemented since an entirely new committee took over the running of the club at the beginning of January. Rather than publish them all in this issue, some have been held over to the next issue of the newsletter.

Idea 1

We give every new member a package containing a t-shirt, cap, letter of welcome and a form to be filled in and handed into the pool reception, asking them when they swim, how they would like to be contacted (phone/email/by post/by noticeboard) and what one thing they would like from our club. We do this to get them involved from the word go, to know when our swimmers swim to help us keep in touch with them and keep them informed about what is on.

Idea 2

We provide a breakfast at the pool for a minimal fee once a month, to keep in touch with people who don't swim very often, to enable people new to the squad to meet other swimmers and have a longer conversation rather than just ("5 seconds rest and then off again!"), and to help inform people about what is going on.

Idea 3

We send out a newsletter once a month with information about the pools, training, upcoming events, past events, and an interview with a club member (we had a special "Olympic Edition" last month, when the women's team was 'interviewed' by our roving reporter). The newsletter is sent out by email, put up on the noticeboard, and passed around just before the Saturday morning squad to let non-roughies know what we are up to.

Beryl Stenhouse, Cronulla Sutherland (NSW)

Two members wanted to attempt NSW long distance records. There are few opportunities at carnivals to do this, so the club applied for sanction to hold an Invitation Long Distance meet. We recruited the necessary officials, gained sanction, and emailed invitations to a few other clubs in southern Sydney and the Illawarra.

Not wanting to incur the expense of pool hire, we simply turned up at a local outdoor heated pool where few people swim on a Sunday afternoon in winter. Fortunately for us, it was a lovely sunny day with a temperature in the low twenties – not bad for August in Sydney! We used four lanes, leaving five for the public. I think we probably quadrupled their usual Sunday afternoon attendance.

Over twenty five swimmers turned up – we hadn't asked for entries in advance – and we charged each swimmer \$5, which went to Joshua's Kitchen, a local charity which provides meals for the underprivileged in which one of our members is very involved.

During the afternoon, our two members set NSW records. One National and three more NSW records were set by members from other clubs. Swimmers also made the most of the opportunity of doing aerobic swims, something we often don't have time for on club nights.

After the swim, we all enjoyed a sausage sizzle (paid for from club funds) and reflected on a successful afternoon: for records, aerobic swims, a donation of \$130 to charity and a relaxing barbecue afterwards.

Cheryl Gommers, Maida Vale (WA)

We have been laminating our training programs for the past 6 months and find that they work very well, they stick to the wall, it doesn't matter if they get wet, and the coach is able to rotate them when necessary.

New Registration System

A USSI Masters Swimming will be introducing a new web-based national registration system from the beginning of 2005. Australian Swimming Inc (ASI) has developed the system specifically for swimming, and it covers the full range of activities at club, branch, and national level.

The ASI registration system is an extremely cost-effective way for AUSSI to retire the old DOS-based NACS system. NACS has served AUSSI very well for many years, but as most registrars are aware, its limitations are becoming more and more problematic.

Major advantages of the new system are:

- On-line registration of members and renewals
- Members will be able to change their own address details on the web.

- Club registrars will be granted access to download their own club membership lists.
- Clubs will be notified of transferring members via the web.
- System will cater for various types of memberships.
- Members will always retain the same membership number, even if they change clubs.
- Able to record details of all committee positions and technical officers
- Many other additional features

New systems however do mean some changes. We wish to inform all AUSSI members that they will receive a new registration number from the beginning of 2005. This number will be generated by the registration system and will be sent to clubs before the end of the year.

There are other new IT developments to be launched very soon.

New Top 10 and Records Web Interface. A new database will soon be available on the AUSSI Masters Swimming web page that will list carnival results, progressive Top 10 results and current National records. Branches will also be able to load their Branch records to this website.

New Swim Meet software. Details of this will be available shortly.

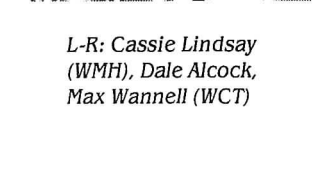
Please pass this information to your club members. We suggest you place a notice in your club newsletter and on your notice-board. Any enquiries, please contact the AUSSI National IT Committee.

Helen Rubin, Chairman National IT Committee

Email:
it@aussimasters.com.au



L-R: Lynne Duncan (WMV), Dale Alcock (Sponsor and Patron of AUSSI), Claire Chant (Healthway), Jack Busch (WA Branch Prseident)



L-R: Cassie Lindsay (WMH), Dale Alcock, Max Wannell (WCT)



Taken at the National Swim Presentation dinner: L-R: Joanne Sutcliffe (Adelaide Masters, SA), Cathy Codling (Seaside Pirates, NSW), Sally Bell (Claremont, WA)

Photos From The Branches...

If you have a photo from your club or branch that you would like to submit for publication, please send it to the Editor at the address on page 1.

Please note: jpg files are preferred, but printed copies of photos can be scanned. Please advise if you would like your photos returned.



30th National Swim

Hobart Tasmania

30th March to 2nd April 2005

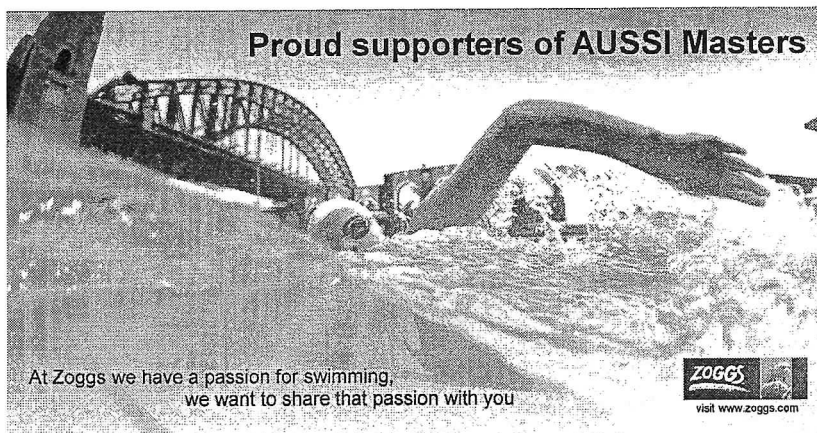
The Tasmanian Branch of AUSSI Masters Swimming is pleased to invite you to participate in the 2005 National Swim, which is being held at Tattersall's Hobart Aquatic Centre Indoor Complex. There is an 8-lane 50 metre competition pool with electronic timing, and a 6-lane 25 metre warm up pool. The Aquatic Centre is only a short walk from downtown Hobart, and touring opportunities include rainforest wilderness to historic villages.

There is a four-day program of swimming, including combined relay teams for those clubs with insufficient entries to form club relay teams. Combined teams will be eligible for medals and ribbons, but points will not count towards Age Group Relay Trophies.

In addition to the swim program there will be the usual social activities, including a Welcome Reception on the 29th March hosted by the Governor of Tasmania at Government House, overlooking the Hobart Botanical Gardens and the Derwent River. The Welcome Reception is free of charge, but dress rules apply. The Annual Presentation Dinner will be held on Saturday 2nd April, at the Hobart Function Centre, Elizabeth Pier.

For more information:

www.aussimasters.com.au
("events" and then "National Swim"), or email the organisers
nationalswim2005@aussimasters.com.au



Multi-sport Games



Choose 5 events from:

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

2004 Pan Pacific Masters Games

The 2004 Pan Pacific Masters Games will be held on the Gold Coast from 6 - 14 November.

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

Australian Masters Games

Adelaide, SA

7th - 16th October 2005

www.amg2005.com

World Masters Games

Edmonton, Canada

22nd - 31st July 2005

www.2005worldmasters.com

Postal Swims 2004/5

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.health.nsw.gov.au

PS04/01 Badaginnie AUSSI Animal Event

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

PS05/01 Atherton 50 x 50 Postal Swim

1 March to 30 April 2005
 Atherton Mountaineers (Tony Fleming)
 07 4091 1286

PS05/02 The Beast

1 April to 31 May 2005
 Brisbane Southside (Carolyn Collins/Helen Holmes)
 07 3824 4009 ajholmes@powerup.com.au

PS05/03 Virtual Rottnest Channel Swim

19th February 2005 5.45am to 5.00pm
 Rottnest Channel Swim Association (Julie Johnston)
 08 9409 5013 admin@rotnestchannelswim.com.au

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

National Committees



USSI Masters Swimming has six national committees, which have responsibility for the following areas:

- Coaching
- Technical (Officiating)
- Membership and Participation
- IT
- Records
- Swim Meets

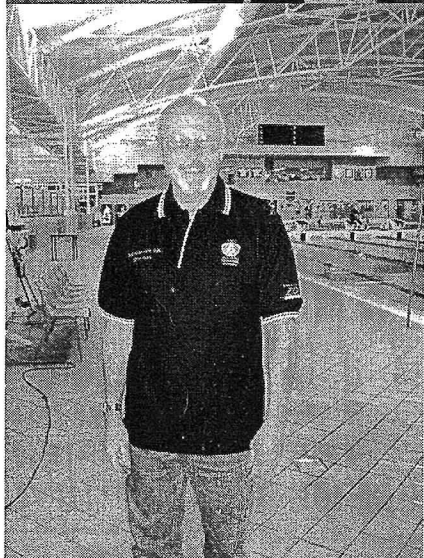
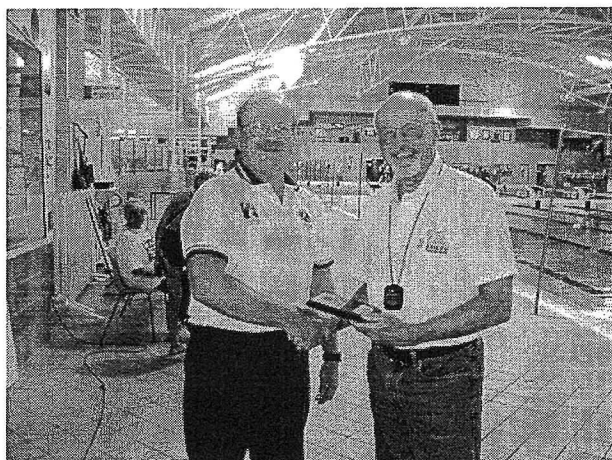
There are vacancies on all committees for 2005, so if you feel you would like to contribute to the success of AUSSI on a national level, please refer to the current By-Laws for detailed duty statements, or contact Julia Phillips on ned@aussimasters.com.au or 03 9399 8861 for more information.



Million Metre Awards

Congratulations to all those who have achieved their Million Metre targets since the last newsletter. Apologies that Diana Fabijan (Aquadome Otters) was listed under Three Million metres as QLD instead of SA in the last newsletter.

10 Million			
Joseph	Jones	Toowoomba Masters	QLD
5 Million			
Ian	Redpath	Brisbane Southside	QLD
Peter	Forster	Toowoomba Milne Bay	QLD
3 Million			
Owen	Williams	Innisfail	QLD
Robyn	Payne	Townsville	QLD
Jeannette	Rein	Mandurah Mannas Masters	WA
Steve	Raynes	Perth City Masters	WA
Jennifer	Nock	Twin Towns Services	QLD
1 Million			
Lyle	McKinnon	Redcliffe Peninsula	QLD
Lisbeth	Veenendaal	Nerang AUSSI Masters	QLD
Bev	Stubbings	Brisbane Northside Master	QLD
Gary	Backus	Twin Towns Services	QLD
Jane	Charuba	Trinity Sea Eagles AUSSI	QLD
Arthur	Thomas	Twin Towns Services	QLD
Patricia	Scott-Glasscock	Twin Towns Services	QLD
Doris	Howe	Rum City AUSSI Masters	QLD
Suzie	Bower	Launceston Masters	TAS
Jocy	Anderson	Talays	TAS
Pam	Walker	Mandurah Mannas Masters	WA
John	Darvenzia	Innisfail Masters	QLD
Gary	Wilson	Twin Towns Masters	QLD
Helga	Duncan	Campbeltown AUSSI	NSW



Photos by
Pauline
Samson

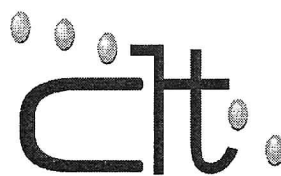
Congratulations to AUSSI National Finance

Director John Pugh, seen left receiving his

ZOGGS Five Million Metre Polo Shirt and plaque

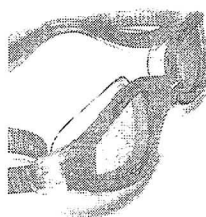
from Tasmanian Branch President Ray Brien, and

below left, modelling his new Shirt.



ZOGGS has developed a revolutionary technology that takes both pool and open water swimming to a whole new dimension.

ZOGGS Curved Lens Technology (CLT™) represents a design breakthrough that provides benefits never available before.



Curved Lens Technology was developed by computer to provide swimmers with up to 180° peripheral vision without any compromise in clarity. For the swimmer in crowded lanes at the local pool or the competitor in open water swimming, clear sightlines can be an enormous advantage.

New National Coaching Director

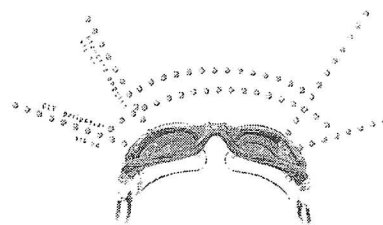
With the resignation of Dr Kay Cox, the position of National Coaching Director became vacant. Branches were asked to nominate suitable candidates, and Tony Keogh (Queensland) was appointed unopposed, subject to ratification by the Board at its meeting in October.

Tony was Queensland Coach of the Year in 2004 and 2003, and brings a wealth of experience to the position. Please join with me in welcoming Tony to the National Management Committee and National Board.

The National Coaching Director is also Chairman of the National Coaching Committee, and can be contacted on coaching@aussimasters.com.au or by phone on 07 5465-7565.

ZOGGS CLT comes in three distinctive styles: Aqua-Tech, Ultima, and Athena 2.

Each style has its own sharp design and innovative features catering for all types of swimmer. To learn more about CLT and the great ZOGGS range, visit www.zoggs.com



ZOGGS

The winner of the August Good Idea Award is YARRA ROUGHIES for idea number one.