

AUSSI

masters news

vol 2 number 3 october 2004
issn 1448-3580



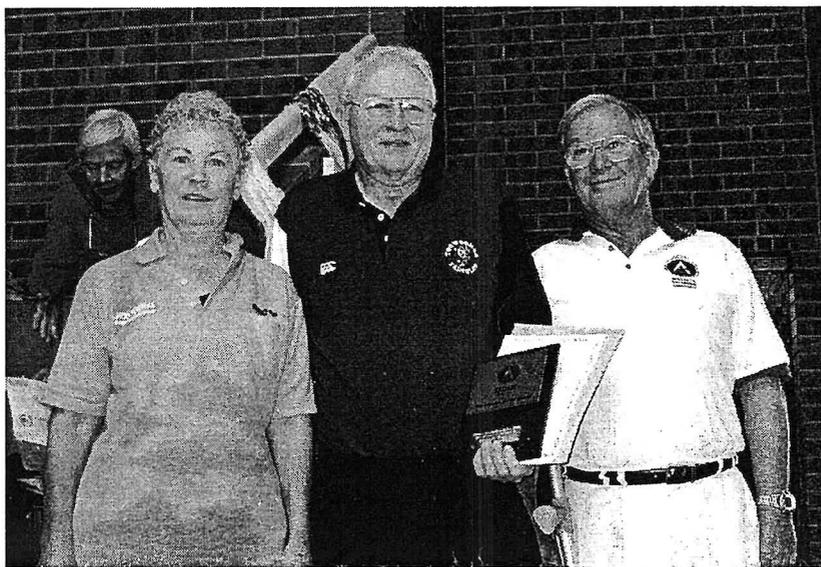
National President

This issue of the National Newsletter is the last for 2004. We are about to enter the hustle and bustle of the Christmas season, which often means we rush around attending parties and shopping (the part I hate) and then at Christmas time spending quality time with our families (the part I love).

For AUSSI it means a time when activities stop for a few weeks and we recharge our batteries ready for the first swim meets of 2005. If we are really keen we reflect on our performance for 2004 and make those great New Year resolutions and goals, which unfortunately we often tend to forget half way through the year.

As I reflect on 2004, my mind goes to a highlight of the year, the National Swim held in Adelaide and the camaraderie that is always a highlight of each National Swim. In my "ramblings" in one newsletter recently I suggested that more AUSSI members should try and attend a National Swim at least every few years to experience the atmosphere that prevails at these swims.

In 2005 the National swim will be held in Hobart in beautiful Tasmania. Our present travel agent is International Sports Travel and I know Brian at IST would be happy to attend to any travel arrangements that clubs may wish to make. His contact details appear elsewhere in the newsletter.



ZOGGS Ten Million Metre Award recipient Joe Jones flanked by National President Mary Sweeney, and Queensland Branch Recorder Rob Lucas. There will be an article about Joe and his outstanding achievement in a future issue of the newsletter.

My happiest memory of 2004 was presenting a Zoggs 10 million metre award to an AUSSI member from Toowoomba, Joe Jones. Reaching 10 million metres is a great achievement for any swimmer. In Joe's case however it has been a tremendous achievement and has inspired me to continue on my path to that elusive goal. If Joe can do it so can most of us, as Joe is an amputee. Well done Joe and thanks for reminding us that we can do anything if we just try.

My thanks also to all those AUSSI members who worked tirelessly in clubs during 2004 to make AUSSI what it is – an organisation we are proud of.

Happy Christmas and best wishes for 2005.

Mary Sweeney, President

Published by

AUSSI Masters Swimming 148A Ferguson Street Williamstown VIC 3016
ABN 24 694 633 156 Reg No A0042945L

Editor: Julia Phillips (ned@aussimasters.com.au)

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

News from the National Board

The mid-year meeting of the National Board took place over the week-end of 2nd and 3rd October in Melbourne. President Mary Sweeney welcomed Therese Crollick (new delegate from Queensland) and Tony Keogh (new National Coaching Director) to their first meeting.

Safety Policy

The National Safety Policy has been undergoing extensive review over the past 18 months. Discussions have taken place with Sports Medicine Australia, US Masters Swimming, and Australian Swimming, and a final draft was approved by the Board, subject to legal advice. The policy has been forwarded to our solicitors for comment, with the intention that it will be in place early in the new year. Until then, the existing policy remains in effect.

Official Travel Agent

After more than three years with Sports Travel, the Board decided to appoint International Sports Tours as AUSSI's official travel agent until the completion of the World Swim 2008. The Board recognised the outstanding service provided by Corinne Roberts and the staff of Sports Travel, but felt that it would be a good time to allow another agency to handle our travel and accommodation requirements.

National Committees

Coaching: Louise Stovin-Bradford, Peter Reaburn (the National Coaching Director is a member and Chairman of the Coaching Committee.)

IT: Mark Hepple, Paul Watmough, Helen Rubin.

Membership and Participation: Therese Crollick.

Recording: Pauline Samson, Lynne Malone, Paul Watmough.

Swim Meet: John Pollock, Rob Lucas, Lynne Malone.

Technical: Gary Hoff, Gary Stutsel, Pauline Samson, Fran O'Hara.



L-R: John Pollock (NT), John Pugh (Finance Director), Paul Watmough (VIC), Pauline Samson (TAS), Craig Smith (SA), Lynne Malone (WA), Diane Gregory (ACT), Mary Sweeney (President), Therese Crollick (QLD), Ian Davis (NSW), Tony Keogh (Coaching Director)

Five and Ten Year Awards

Congratulations to the following people, who were approved as the inaugural recipients of the Five and Ten Year Service Awards.

Five Years

Mary Connolly	1983 - 1977
Carol Davis	1984 - 1978
Peter Jackson	1986 - 1981
Des McCormick	1985 - 1981
Anita Killmier	1993 - 1988
David Forsyth	1994 - 1989
Doug Tantau	1997 - 1993
Jean Heath	1998 - 1994
Ted Giblin	2000 - 1995
David Speechley	2001 - 1997
John Pugh	2004 - 1999

Ten Years

David Cummins	1999 - 1989
Pauline Samson	2004 - 1993
Darryl Hawkes	2003 - 1994
Mary Sweeney	2004 - 1995
David Ryan	2004 - 1995

Rules and By-Laws

There were amendments to the Rules, OWS Rules, and By-Laws, plus policy changes, approved at the October meeting. Handbook holders will find replacement pages with this mailing; coaches and referees will

find replacement pages for any Rules that have changed. Full copies of the revised copies of the Rules, OWS Rules, and By-Laws can be found on the national website, www.aussimasters.com.au

Governance

We reported in the last issue of the newsletter about the workshop held in June, to review AUSSI's governance structure. At the October Board meeting, it was agreed to establish a small working party to draft recommendations for the Board to consider at its meeting next April. These would include size and composition of the Board, roles and responsibilities, frequency of meetings, role and responsibilities of the member branches, and so on. Several Board members indicated interest in the working party, and the National Management Committee appointed Diane Gregory (ACT), Ian Davis (NSW) and Craig Smith (SA), together with the CEO Julia Phillips.

New Swim Meet Software

Many years ago AUSSI positioned itself at the forefront of software development in sport by designing its own swim meet programs. At the time, this was cutting edge stuff but the two programs – one developed in NSW and the other in WA – which have served AUSSI so well over the years are now both due for a gracious retirement.

Several options have been considered in recent years, but the recommendation of the current National IT Committee to go with *Meet Manager* was accepted by the Board at its meeting in October. The IT Committee is currently liaising with the distributors of the software to arrange for delivery and ensure compliance with the licence agreement, and a supplementary AUSSI-specific user manual will be prepared and distributed early in the new year.

I'm sure clubs and branches will be delighted with such a positive outcome. I would like to thank the members of the IT Committee, in particular Chairman Helen Rubin, for all the hard work that has taken place over the past year.



FINA World Records

Congratulations to Betty Jones and Michael Moloney on achieving World Records in the following categories:

Betty Jones: 95-99 LC 50m Freestyle (1:47:20)

Michael Moloney: 65-69 LC 200m Breaststroke (3:00:27)

Bobbie Lea An Active Senior

by John Pollock

Darwin resident Bobbie (Frances) Lea is a great example of an *Active Senior*, excelling at an international level in swimming, a sport she took up only in her later years.

Bobbie was born in Bairnsdale, Vic, in 1933 and moved to Darwin in 1953. She learned to dog paddle at age seven and, although she could swim only about 100m, was a member of the first women's water polo team formed in Darwin in 1958; she says it was possible to play standing on the bottom of the pool.

Bobbie did no serious swimming until she joined the Darwin Stingers AUSSI Masters Club in 1991, aged 58, as part of preparation for retirement from the workforce in 1994. Her goal at this stage was simply to become a competent swimmer and attain a reasonable degree of fitness.

Her first competition was the 1992 Honda Masters Games in which she placed third in the 50m freestyle. This inspired her to aim higher and train seriously and, in 1998, she attended the World Masters Swimming Championships in Casablanca, bringing home a gold medal for the 5km open water swim in the Atlantic Ocean (because everyone else got lost, she says!), silver in the 400m Individual Medley and 200m Butterfly and bronze in the 200m Individual Medley and 50m Butterfly in the 65-69 years age group.

In the 2002 World Masters Swimming Championships in Christchurch she won gold in the 200m Butterfly. The following year, 2003, saw her listed seven times in the FINA World Top Ten ranking for butterfly and individual medley in the 70-74 age group.

2004 has been a vintage year for Bobbie. At the AUSSI Masters National Swim in Ad-



elaide in April she came first in all of her five events in the 70-74 age group, breaking one Australian and four Northern Territory records. In June she competed in the FINA World Masters Swimming Championships in Italy, winning three gold medals – in the 50m, 100m and 200m Butterfly – and establishing two new Australian records.

"Swimming has given me a real purpose in retirement", says Bobbie. "The AUSSI Masters ideals of fitness, friendship and fun have really worked for me and membership of the Darwin Stingers Club continues to be a rewarding sporting and social experience."

Bobbie is currently swimming about 2.5 km in training four or five times a week and attends gym classes two to three times a week in preparation for the Alice Springs Masters Games in October.

Vic's Silly 6 km Swim for MNDA

by Sue Colyer

Have you ever noticed how AUSSI swimmers swim extraordinary distances for club points, state records, Top ten listings, to cross Gage Roads or just because they can't resist a challenge to do just a bit more than before?

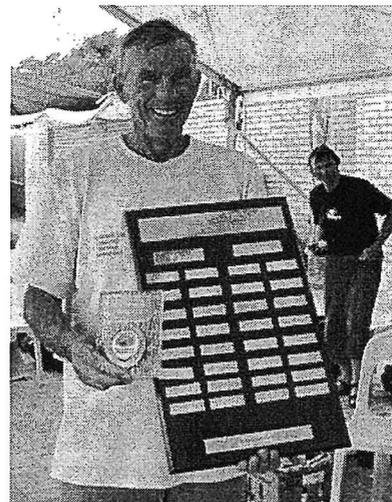
Vic Paul took on a self imposed challenge to swim 10 aerobic swims in IM sequence - 800m each of IM, Butterfly, Backstroke, Breaststroke and Freestyle, followed by 400m each of IM, Butterfly, Backstroke, Breaststroke and Freestyle - a total of 6 km. He accomplished this at the end of September 2004 at the Challenge Stadium. Vic swam 1500m in each stroke!

But Vic was thinking beyond his own achievement when he asked fellow swimmers to donate

\$5.00 each to the Motor Neurone Disease Association as a sponsorship of his swim. His swimming comrades and others contributed over \$352.00 in sponsorship from 46 sponsors.

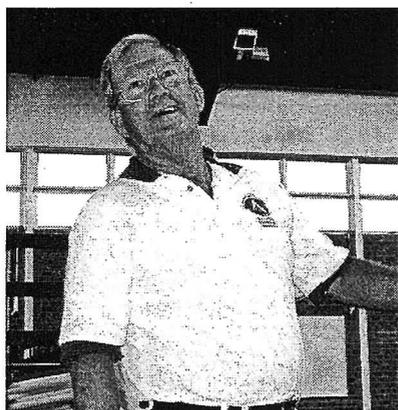
Vic tells me that he started doing these almost incredible distance swims when he was a life guard at City Beach and couldn't get to the pool on a regular basis to complete the AUSSI Masters aerobic swim program. So when he could get to the pool he did continuous sets of aerobic swims.

Vic swims for Bold Park AUSSI, but often joins Stadium Snappers and was inspired by the Snappers efforts in raising money through its swimathon for MNDA after it lost 2 members to this incidious disease.



The Snappers Swimathon, which has raised more than \$17,000 over the last 4 years for MNDA, was the impetus for Vic.

Vic said, " I throw down the challenge to any other AUSSI swimmer to swim the same "silly swim" and I will donate \$100.00 to the charity of their choice!" Bold words from a bold swimmer. Well done, Vic! Who's next?



Rob Lucas, proud recipient of a ZOGGS Five Million Metre Award.

ZOGGS Million Metre Winners

Congratulations to the following people, who have achieved their ZOGGS Million Metre Awards recently. Any AUSSI club member who has received one of these awards may purchase additional personalised garments at cost price from the national office.

Please remember that members can only apply for one award at a time, for the longest distance achieved. For example, a swimmer who has reached 3 million metres can apply for a 3

million metre award, but not for a 1 million metre award. To avoid this situation occurring, please encourage your members to apply for their awards as they achieve the distance.

Garments can, however, be purchased for all distances up to the longest distance achieved. So, a person who has achieved a 5 Million Metre Award can purchase, 5 Million, 3 Million and 1 Million Garments. All enquiries to sportadmin@aussimasters.com.au or by phone 03 9399 8861.

1st Name	Surname	Club	State	Distance
Rob	Lucas	Mackay Manta's Masters	QLD	5 Mil
Peter	Cain	Cairns Legends AUSSI Masters	QLD	3 Mil
Pamela	Walter	Stadium Snappers	WA	3 Mil
Margaret	Kelly	Miami Masters Swimming Club	QLD	3 Mil
Jennifer	Napier	Launceston Lemmings	TAS	3 Mil
Denise	Robertson	Miami Masters Swimming Club	QLD	1 Mil
Daniel	Blackborrow	Noosa AUSSI Challengers Swim Club	QLD	1 Mil



The Club Development Network is a free, web-based program that supports the development and management capacity of sporting clubs. The network aims to assist clubs across Australia to identify ways in which they can develop their clubs so they can provide the best possible service to their members. The network is based on the principle of promoting continuous improvement.

To have a successful, well-run club, you need a clear understanding of leadership, planning, people and organisational performance, while maintaining a strong member focus. The Club Development Network emphasises these areas.

By developing and promoting products and services from the Australian Sports Commission, national sporting organisations and other groups and clubs can improve their management.

On becoming involved in the network, a club completes an internal review, using a simple checklist. The checklist helps the club to identify how it is performing in various aspects of its management and operation. In doing so, the club also identifies areas for improvement and develops an action plan for addressing those areas.

The club can then access the resource library which has a wealth of club-friendly materials to help the club fulfil its agreed actions. Resources range from a template for a strategic plan through to a fact sheet on how to run a safe sausage sizzle.

Members benefit from regular updates via the club development electronic newsletter, which covers topics dealing with all aspects of running an effective club.

All member clubs are listed on the network directory, which enables people interested in joining a club to make direct contact. Member clubs also have access to electronic copies of the network's member's badge, which can be used on club stationery and promotional material.

There are already 4000 network members. Your club can join today.

Email: club.development@ausport.gov.au
Tel: 1300 130 121 (Toll free)
Fax: 02 6214 1224
<http://www.ausport.gov.au/clubs/index.asp>

Postal Swims 2004/5

PS04/04 Swim Like a Legend

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

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 Rottneft Channel Swim

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

PS05/04 Baddaginnie AUSSI Animal Event

1 June to 30 September 2005
Baddaginnie AUSSI (Shirley McFarland)
03 9897 4621

PS05/05 Bunbury 3 x 400m Winter Postal Swim

1 May to 30 June 2005
Bunbury AUSSI Masters (Gita Neumann)
08 9791 5613 neumann@iinet.net.au

PS05/06 Wests 5000m Turtle Swim

1 January to 30 April 2005
Wests Auburn Masters Swimming Club Inc (Terry Gainey)
02 9872 8713 t.s.gainey@bigpond.com.au

PS05/07 The Taskmaster

1 September to 31 October 2005
Aqua Jets AUSSI Masters Swim Club (Sharen Smith)
07 3800 8541 shazzashome@yahoo.com.au

PS05/08 Ripples Winter Challenge

1 June to 31 August 2005
Ripples AUSSI Masters Swimming Inc (Nerida Murray)
02 4751 3422 nerida.murray5@bigpond.com

PS05/09 Do 45

1 January to 28 February 2005
Swan Hills AUSSI (Sandra Smith)
08 9295 0502 0417 974 417
sandrads@bigpond.com

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

Coaching Survey

by Loren Bartley

A questionnaire seeking the opinion of AUSSI Swimming Coaches was provided to all coaches via the April 2004 AUSSI Masters Newsletter mail out and was also available on the AUSSI National website.

282 questionnaires were sent with the April 2004 newsletter, and 72 responses were received. A follow up questionnaire was sent with the August 2004 newsletter to the coaches that did not respond to the first round, and a further 50 responses were received making a total of 122 responses altogether. 11 questionnaires were returned due to change of address.

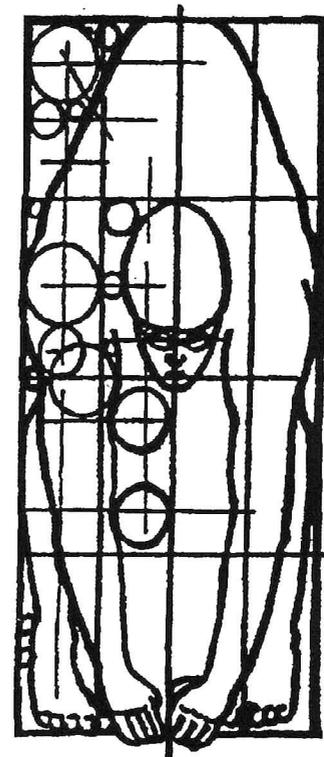
As anyone who has ever been involved in surveys will appreciate, this is an extremely high response rate, and suggests that we have a great many very committed coaches within AUSSI.

The full analysis of the survey results runs to 11 pages, and is available from the national office, either as a word document or print copy. An extract of the report has been included here, as we believe that whilst much of the information gathered is primarily related to national coaching issues, there is also great deal that would interest clubs and branches.

The breakdown of who returned the questionnaires is outlined in fig 1:

Coaches specified the following reasons for not holding a current AUSSI Masters coaching qualification:

- ⇒ After coaching, little time left for my swimming. Enjoying surf and need time at the beach.
- ⇒ Because of work commitments, swimming and coaching and distance to workshops, etc.
- ⇒ Change in family circumstances and personal health problems. May return when able.
- ⇒ Expired. It's time to be in the water rather than out!!
- ⇒ Full-time in Learn-To-Swim industry and ran out of time to keep my coaching qualifications up-to-date and cost of keeping everything current.
- ⇒ I am currently in the Level 1M training course.
- ⇒ I consider coaching is a full-time dedicated occupation. Only professionals should do it.
- ⇒ I found when I was coaching I was not swimming. Level 1 Expiry data 20/09/2002.
- ⇒ I got out of the habit of swimming and neglected my own health and fitness. It took too much time to requalify (L2M). It took too much time of my own time and my wife is not a swimmer. Lost my enthusiasm for coaching. Seemed a thankless task.



- ⇒ I'm still currently coaching but I got slack about the paperwork to stay currently qualified.
- ⇒ Moved too far away from pool
- ⇒ Retired - no place to use it.
- ⇒ Was LIM - do not know what is required to reaccredit and for my level what is necessary?
- ⇒ Were never advised of any update courses due until accreditation expired. Also, nobody really knew much of what was happening due to it was the first course run in Queensland.
- ⇒ Work full-time and do not have the time.

Fig 1: Demographics

ACT	NSW	NT	QLD	SA	TAS	VIC	WA
0	34	3	22	9	7	17	29
Male	Female						
58	64						
<25	25-30	31-35	36-40	41-45	46-50	51-55	56+
0	2	4	9	12	14	29	52

Coaching Level

Of the 107 respondents that hold a current AUSSI Masters coaching qualification, the breakdown between Level 1M and 2M is as follows:

1M	2M
91	16

Plan to Renew

Of the coaches that are currently qualified, they responded as follows to the question of whether or not they plan to renew their qualification:

Yes 1M	Yes 2M	Yes*
62	23	4
No	Blank	
10	9	

*undecided which level

Those that have chosen not to update their Level 1M Coaching Qualification gave the following reasons:

- ⇒ 71 years old and wish to have time for myself now; younger coaches have different ideas.
- ⇒ At this point I am undecided as I am currently "burnt out" as far as Masters Swimming is concerned.
- ⇒ Depends on health and other commitments.
- ⇒ Depends what is required to get 2M.
- ⇒ Do not coach masters swimmers anymore.
- ⇒ Have Bronze licence - Extra paperwork. Not sure I need one.
- ⇒ I am not going to renew my resuscitation certificate, for personal reasons, so cannot renew my coaching accreditation. I intend to continue coaching as the two clubs train at pools with qualified lifeguards.
- ⇒ I have moved from central Australia and swim casually and do not have time to coach.
- ⇒ I may not be able to renew accreditation due to difficulties

of upgrading my qualifications due to relocation and illness.

- ⇒ No longer coaching
- ⇒ Not sure if still qualified - working in country regularly.
- ⇒ Not sure. Living in the North, it may be hard to accumulate points.
- ⇒ Only coaching 1 x 1.5hr session/week.
- ⇒ Probably I will requalify at level 1M; unsure at the moment as I have other interests I may pursue.
- ⇒ Turning 60 this year and husband is retired!
- ⇒ Unable to coach locally - new pool lessee wants full coaching rights.
- ⇒ Unsure - by then I will have been there 4 years and might consider someone new with fresh ideas would be better. Also at 62 I might feel too old and tired!

⇒ Will have to follow up on how to. Will depend on time and cost, but would prefer to. Perhaps insufficient two-way communication.

Those that have chosen not to update their Level 2M Coaching Qualification gave the following reasons:

- ⇒ Difficult to maintain accreditation because of the amount of points needed, the cost of maintaining status, and time pressures, especially if you're not retired.

Additional Activities

27 coaches provided details of additional activities that would assist in becoming a more effective coach, as listed below.

Level 1M

- ⇒ As a member of the Australian Swimming Coaches and Teachers Association I receive news on what is going on and is the main reason I have not undertaken the Level 2M qualification.
- ⇒ Being a lecturer at swim camps.

⇒ Better networking; greater opportunity for coaches to get together to discuss coaching trends and possibly difficulties.

⇒ Having been coached individually by a full-time professional coach I consider it is the only way to become a more efficient swimmer. Coaching is not in my opinion, for the amateur (at least not in swimming). 'Squad training' is a different and much less professional matter than coaching.

⇒ I have observed Masters Swimmers behaving in un-sportsperson like fashion towards coaches. Some whinge every session about programs set and some think they can coach better, but never offer their services. Some of these swimmers whom I'm referring to are some of the more competitive swimmers who just need to stop and think, or speak to a coach one-on-one.

⇒ I only work for myself with private students as I can earn a lot more money this way and can coach/teach for a 3hr block, rather than just 1-1.5hrs per session. It is not viable for me to coach a club anymore. When I used to be employed as a coach I was driving from pool to pool all around town for 1-1.5hr sessions. You cannot make a living doing this. I now teach and coach from home and can do 6-13 classes one after the other - this is much more viable. When employed as a coach, the time the coach takes to produce programs on the computer is not taken into account. For a 1hr session, it can take over an hour to produce a program, especially if doing different programs for 4 lanes etc. Driving time is not taken into account either, so the financial reward is very small for the time given.

⇒ In small communities, lessees of pools have sole coaching rights and therefore it is very difficult to develop coaching skills.

⇒ Leadership - Starting at the top.

Level 2M

- ⇒ More correspondence re coaching and refereeing.
- ⇒ More heated pools in the Western Suburbs (QLD) to chose from, more Masters join in and less costs for those who want to join for training only.
- ⇒ More regular attendance by swimmers.
- ⇒ More time off from work life.
- ⇒ Pool charges - very expensive for lane hire.
- ⇒ Poolside demonstrations.
- ⇒ Professional instruction as to how to reintroduce stroke victims back into the water.
- ⇒ Psychology - university - completed.
- ⇒ Refined rules reflecting link between coaching and refereeing.
- ⇒ Samples of other coach's programs.
- ⇒ Self re-awakening.
- ⇒ Swim squad appreciation (I think I was taken for granted).
- ⇒ Time.
- ⇒ Underwater video camera.
- ⇒ Updating Level 1M.
- ⇒ Water space for specialised coaching in small numbers at reasonable costing.
- ⇒ Weekend camps.
- ⇒ Workshops in country, not metro.

Currently coaching.

95 respondents are currently coaching, as outlined below:

Yes	No	Blank
95	25	2

Of those 25 coaches that are not currently coaching, they provided the following reason as to why not:

- ⇒ Fill-in on occasions. My very busy job at the swim club takes all my time, plus my swimwear business and conferences.
- ⇒ Burn out: it was a hobby that turned into almost a part-time volunteering job of over 24hr/week. Also, the current lessee wants to handle all the coaching.
- ⇒ Club has moved to venues out of my area.
- ⇒ Do not have the time.
- ⇒ Don't have coaching position.
- ⇒ For last 12 months had various illnesses (e.g. muscle breakdown, pneumornia and both cataracts removed) and my club now has another coach.
- ⇒ Full-time in Learn-To-Swim industry and ran out of time to keep coaching qualifications up-to-date and cost of keeping everything current.
- ⇒ Have a 4 week old baby and a 4 year old too difficult to commit time at the moment.
- ⇒ Health reasons.
- ⇒ Moved family and business, 1st priority.
- ⇒ Moved too far away from pool.
- ⇒ No longer a member of the AUSSI Masters Club.
- ⇒ Not the enthusiasm.
- ⇒ Other club members are qualifying for Level 1 coaching at present.
- ⇒ Retired after 44 years.
- ⇒ Sole coaching rights at the pool nearest to me relocating and illness (chronic fatigue syndrome).
- ⇒ Taking to much time, no time for my swimming.
- ⇒ The limited time I have I would rather swim. I did enjoy the course and learnt a lot from it.
- ⇒ Training for Triathlon.
- ⇒ Work commitments - no time. Involved in 'coaching' other forms of physical activity.

Active Coaches

Of those 95 coaches that are currently coaching, they provided the details of their current coaching situation, below. The following remuneration details were listed per squad/club/pool:

Nil	Wage	In-Kind	Blank
64	41	11	9

Of the 41 squads/clubs/pools that pay a wage to the coach for conducting the session, the following wages were specified:

Wage Specified	Number
Non Specified	18
\$10/3-4 students/0.5 hr	1
\$15/hr	1
\$20/hr	3
\$25/hr	2
\$25/session	1
\$27/hr	1
\$28/hr	1
\$30/hr	1
\$30/session	3
\$36,000 pa	1
\$5/swimmer/session	1
\$50/session	1
c. \$100/month	1
Casual	1
Fee	1
Self-employed	1
Weekly	1

Of the 11 squads/clubs/pools that pay the coach in kind for conducting the session, the following benefits were specified:

In Kind	Number
Not specified	1
Annual gift of kit	1
AUSSI fees paid	1
Free pool entry	1
Own Business	3
1 free swim	2
\$35	1
Petrol money	1

Coaches listed the following number of sessions per week per squad/club/pool:

Sessions	Number
<1	18
1	33
2	31
3	15
4	4
5	5
6	1
>6	14
Blank	4

The type of swimmer in each of the squads coached by AUSSI Masters Coaches were as follows:

Response	Number
AUSSI Recreational	86
AUSSI Club	87
AUSSI branch/interclub	74
AUSSI National	62
AUSSI International	39
Age-Group	45
Triathletes	42
Surf Lifesavers	21
Other	25

Other Qualifications

In addition to AUSSI Masters Coaching qualifications, coaches indicated that they had the following qualifications from the list provided (note: multiple responses were given by many coaches):

Qualification	Number
ASI Green	15
ASI Bronze	27
ASI Silver	4
ASI Gold	1
ASI Platinum	0
Austswim	50
CPR	86
First Aid	32
First Aid with CPR	40
Other	40

Activities To Assist In Becoming A More Effective Coach

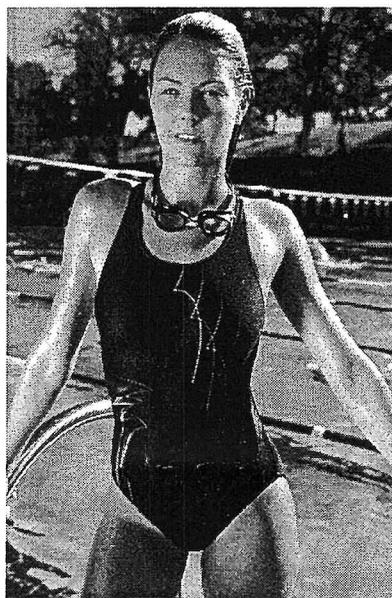
The following responses were selected from a list as activities that would assist in becoming a more effective coach (note: multiple responses were given by many coaches):

Response	Number
Workshops	79
Ed Resources	54
Water Space	42
On-Deck	31
Pool Times	20
Mentoring	30
Equipment	20
Remuneration	17
Admin	14
Pay Rates	4
Other	27

I would like to thank Loren for her hard work in producing the questionnaire and analysing the results. (Julia Phillips, Chief Executive Officer)

Zoggs Making Waves in Swimwear

Zoggs Toggs embrace the fun, freedom and exhilaration that are at the core of the Zoggs philosophy. From function to fashion, Zoggs swimwear incorporates a range of high quality swimwear. The ladies swimwear story is divided into three categories offering styles to suit every water lover.



The performance range offers Australian women the latest in chlorine resistance with the Zoggs' trade-marked CR25™ fabric. CR25™ has 25 times longer life than conventional swimwear in chlorinated water and also offers a UPF rating 50+. Within this category ladies can chose suits from the contemporary to the more modest styles with features from inbuilt support, stylish prints and detailed panelling.

The ladies active fitness range offers comfortable, functional and innovative Elastomax™ swimwear with prints and panelling to cater for every taste and back styles to suit all needs. This is supported by the stylish active leisure range offering functional yet fashionable swimwear from the aquakini and tankini to classy classicback design.

Catalogue out now or turn to www.zoggs.com

New Registration System

The new registration database is now ready to go and data as at the end of September has been transferred. The next step is to train branch personnel, which has already occurred in two branches, and then to provide access to a "staging database" to practise before 'going-live'. An instructional video has been prepared, and other training materials and manuals will be available after all branches have received their training.

The new database contains additional information in fields that were not previously available to us, such as email address and emergency contact information. Previously this could only be obtained by reference to the written form submitted by the member. To summarise:

- It is a web-based system; clubs and branches will have passwords to access their data.
- New functions include entering new members on-line, notifying clubs of member transfers, and changing members' addresses on-line.
- Clubs will be able to download their own member data for club use, e.g. mailing labels and other software applications such as aerobics and swim meet software.
- A large range of reports will be available to branches and clubs.
- As advised in the last newsletter, all AUSSI members will receive a new registration number from the beginning of 2005. The reason for this is that registration numbers are now generated by the database.

Would clubs and branches please pass this information on to all their members.

Helen Rubin, Chairman
National IT Committee



Good Ideas

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. The first three were published in the last issue of the newsletter, and here are the remainder.

Idea 1

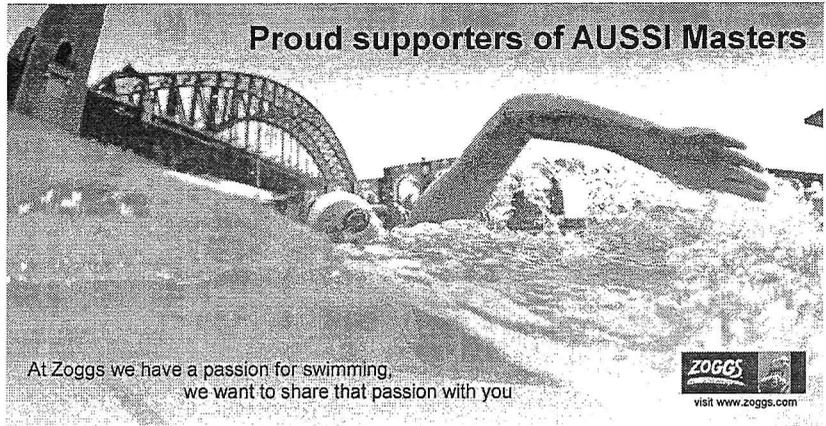
We put up a poster at the pool every month indicating "What is on this month", highlighting social and pool/open water events, and indicating where they can get further information from (all entry forms are pinned up on the notice board).

Idea 2

We have provided timetables of what all three coaches are planning over the next few months, so people can plan their training sessions.

Idea 3

We have an email list where emails are sent around approximately three times a month, letting people know about social events and competitions, and keeping people informed on the progress of the club, how the various meets went.



Colvin Ellis, The Hills (NSW)

This is a great idea – a joint initiative with your local council.

One of our members asked if he could approach our local council to help draw in new members. His idea was to advertise free in local papers that the Council and Hills AUSSI Masters are able to offer four FREE swims to potential members.

Council agreed to free pool entry for four swims on the Tuesday Club nights only. As we are able to swim four times as a prospective member and be covered by insurance, Hills AUSSI offered four free nights also. (We are fortunate that we do not pay lane hire or coaching fees.)

The local papers in Galston, Glenorie and Hills News accepted our free advertorial.

The Pool Manager made up special cards with four spaces to 'punch' and these are issued on the first night and it is stated clearly that they are only able to be used on our club nights. We also have leaflets at the pool with FOUR FREE SWIMS written in bold across the front. We plan to do a letterbox drop of the leaflet with the card attached, in close proximity to the pool.

Swimmers who took advantage of this offer make up over 12% of our current membership. Consequently anyone wishing to join our club gets four free nights before they need to join.

We recommend it to other clubs as it is a win-win situation for all:

- the swimmer trying out the idea of AUSSI Masters
- the Club for increasing membership and
- the Council has more pool users in the long term and therefore more revenue.



A happy group of Yarra Roughies members showing some of the ZOGGS Gift Pack the club won for its ZOGGS Good Idea in the last issue of the newsletter. Congratulations to the club and its members, and well done to the Committee members responsible for these great ideas.



The winner of the August Good Idea Award is THE HILLS. Congratulations to all concerned in developing such a great initiative.

Club Membership

By Julia Phillips

When considering the issue of club membership, the first question must be: "why would a person wish to join and remain a member of an AUSSI club?" The club itself must provide something to attract, and then retain, a person as a member. The range of benefits and programs offered by AUSSI at branch and national level provide some of the attraction, but the culture of the club and its members is the primary attraction (or repellent).

Clubs are in the business (albeit as volunteers) of providing a service to their customers (i.e., their members). If their customers like the service they get, believe that it offers value for money and fulfils their needs, then they will be happy customers and will be keen to repeat the experience. If, however, they do not like the service they get, do not feel that it offers value for money, or it does not meet their needs, then they will be unhappy customers and very unlikely to repeat the experience.

Each club has to consider the products that it offers to members, and whilst there are similarities between some clubs, this is very much an individual issue. In marketing terms, this is the process of matching what a club can offer, with what its members and potential members want/need. The marketing is successful when the objectives of both club and members are met.

In the past, marketing and sales were approached on a "scatter gun" approach – that is, hit enough people with your advertising message, and a few of them will buy your product. Campaigns were directed at the masses, and if only one in a hundred or a thousand people bought the product, that was considered to be a good return.

These days, marketers aggregate customers who share similar needs and wants, commonly referred to as "niche markets". Customer Relationship Management (CRM) has taken this a stage further, and provides a process to form personal relationships between a company and its customers.

There is already a personal relationship between the company (the club) and its customers (its members), which is a great opportunity because it has long been recognised that word of mouth is one of the most effective ways to promote any product. This of course cuts both ways; if customers have a good experience of the product or service they tell their friends, but if they have a bad experience they tell absolutely everyone!

Before considering how to retain and recruit members, clubs first need to obtain as much information as possible about the culture of the club, the environment in which it operates, its current members, and its potential members. In formal terms this is a marketing audit, and its purpose is to help the club committee to adopt a course of action based on known factors.

The course of action should then be focused into a specific market, not a "one-size-fits-all" approach. For example, a club decides that it wishes to attract active people in the 25-30 year age group. The club committee is confident that the programs and activities offered by the club are attractive to this age group, and has policies in place that will make new members feel comfortable. This is a simplistic example, because of course 25-30 year olds, even those designated as "active", do not form a niche market. To be really effective, consideration needs to be given to other demographic data, but for this sake of this example, I want to keep it simple.

Next, the club considers how to communicate with its target market, and what medium to use to communicate. Care should be taken to use a medium and message that this group will find attractive. There is no sense trying to inspire active 25 year-olds with images of 65 year-olds, or promoting activities that are not attractive to the target market. The medium is important too – it affects the message itself, and how people perceive the message. Clubs should spend some time on reviewing the various mediums available, obviously keeping the budget in mind. Television is expensive for paid advertising, but it is possible to get human-interest stories onto the magazine-style shows, and they can be very effective advertising.

Gaining the attention and interest of potential members is only the first step, however. The most important part of the plan is how the new members will be welcomed into the club, and especially, what does the club plan to do to make absolutely certain that new members attracted by the campaign have a good experience that they will want to repeat?

There are a number of resources that can assist clubs with this process, especially those focused into marketing and CRM. One that I have found invaluable is *Consumer Behaviour* by Margaret Craig-Lees PhD, Sally Joy, and Beverley Brown PhD. This is the only book on this subject to have been written specifically for the Australian market, and it makes extensive use of Australian data.

In the next issue of the newsletter we will examine in more detail some of the steps outlined above.



30th National Swim

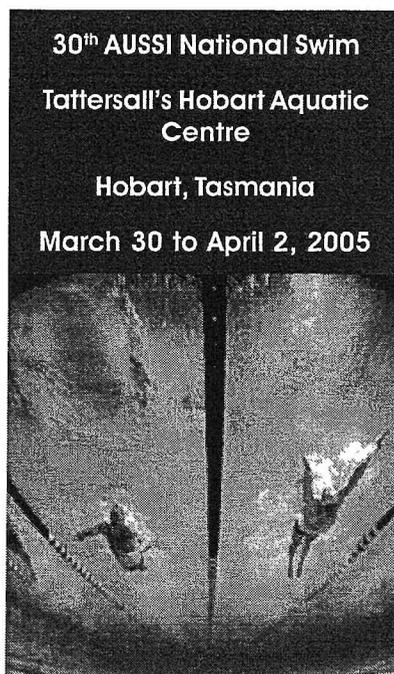
Hobart Tasmania

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.



©1998 Don Carrol. Reproduced under licence from Concept Images

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

World Masters Games

Edmonton, Canada

22nd - 31st July 2005

www.2005worldmasters.com

TRANS TASMAN MASTERS GAMES

16 APRIL 2005

Following the success of the inaugural TTMG in March, 2003, and in Auckland in 2004, the 3rd annual Games will return to Newcastle in 2005. These Games are intended to promote friendly rivalry between Australia and New Zealand in a wide range of masters sports.

The swimming segment, which is an event sanctioned by Masters Swimming NSW, will be held on 16 April at Lambton Swimming Centre, Newcastle, which was the venue for the 2001 Australian Masters Games. Apart from swimming, there are 48 other sports available so the opportunity is there to dabble in something a little bit different.

Information concerning the Games has recently been forwarded to NSW AUSSI clubs. The Games website can be accessed at www.transtasmanmasters.com, and it is intended to establish links with the State and National AUSSI websites.

General entries for the Games close on 11 March, 2005, although it is expected that swimming entries will not close until Friday, 18 March, 2005.

This should be a great fun, friendship and competitive event. We hope to see you there!

Jack Welch, Novocastrian Masters Swimming

10th Australian Masters Games

Adelaide 7-16 October 2005

Serious Sport Serious Fun

For information: admin@amg2005.com or call on (08) 8211 6500

www.australianmastersgames.com

National Records

Long Course

Chantell Rice	F	QBA	100m Butterfly	20-24	1min 10.18sec	May 2nd
Stacia Riddle	F	WSM	800m IM	20-24	12min 10.59sec	April 17th
Ebony Currell	F	VCS	200m Backstroke	25-29	2min 31.07sec	April 17th
Jenny Whiteley	F	NRV	200m Backstroke	45-49	2min 50.42sec	May 23rd
Jenny Whiteley	F	NRV	800m IM	45-49	12min 10.09sec	22nd August
Julie Gunthorp	F	QMM	400m Backstroke	55-59	6min 37.57sec	May 2nd
Jen Thomasson	F	QSM	100m Freestyle	60-64	1min 14.46sec	May 1st
Jen Thomasson	F	QSM	800m Backstroke	60-64	14min 14.60sec	31st July
Jen Thomasson	F	QSM	1500m Breaststroke	60-64	28min 31.27sec	31st July
Jen Thomasson	F	QSM	800m IM	60-64	14min 28.39	31st July
Barbara Shaw	F	QYP	1500m Breaststroke	65-69	29min 17.61sec	31st July
Tricia Liddy	F	QTT	1500m Backstroke	65-69	29min 54.12sec	31st July
Barbara Fentiman	F	WSU	400m Freestyle	70-74	6min 31.98sec	March 14th
Barbara Fentiman	F	WSU	800m Freestyle	70-74	13min 17.38sec	March 14th
Barbara Fentiman	F	WSU	1500m Freestyle	70-74	25min 04.94sec	March 14th
Bobbie Lea	F	CDW	100m Butterfly	70-74	2min 01.72sec	6th June
Bobbie Lea	F	CDW	200m Butterfly	70-74	4min 47.84	9th June
Joan Godsall	F	QWS	100m Freestyle	85-89	2min 28.79sec	May 1st
Joan Godsall	F	QWS	200m Freestyle	85-89	5min 40.19sec	May 2nd
Joan Godsall	F	QWS	400m Freestyle	85-89	12min 32.65sec	May 1st
Betty Jones*	F	WIW	50m Freestyle	95-99	1min 47.25	April 18th
Marcello Tonelli	M	QRT	200m IM	25-29	2min 18.17sec	2nd June
Bruce Parry	M	QMM	400m Backstroke	40-44	5min 23.81sec	May 2nd
Bruce Hutton	M	QYP	50m Backstroke	55-59	33.41sec	2nd June
Graham Croft	M	WBP	100m Freestyle	55-59	58.82secs	4th June
Graham Croft	M	WBP	50m Freestyle	55-59	27.00secs	9th June
Jeremy Allen	M	WSM	800m Backstroke	55-59	12min 30.88sec	27th June
Victor Paul	M	WBP	200m Butterfly	60-64	2min 59.29 sec	March 21st
Victor Paul	M	WBP	1500m Freestyle	60-64	20min 48.79sec	March 14th
Victor Paul	M	WBP	1500m Backstroke	60-64	26min 20.98sec	7th August
Victor Paul	M	WBP	400m Butterfly	60-64	6min 54.91sec	April 17th
Victor Paul	M	WBP	800m Butterfly	60-64	14min 03.64sec	April 17th
Victor Paul	M	WBP	800m Freestyle	60-64	10min 55.13sec	April 17th
Victor Paul	M	WBP	800m IM	60-64	13min 00.36sec	27th June
Victor Paul	M	WBP	400m IM	60-64	6min 06.99sec	27th June
Christian Thiess	M	QHB	400m Butterfly	65-69	8min 23.20sec	May 2nd
Christian Thiess	M	QHB	800m Butterfly	65-69	16min 20.59sec	31st July
John Crisp	M	QMM	400m Freestyle	65-69	5min 21.75sec	May 1st
John Crisp	M	QMM	1500m Freestyle	65-69	21min 28.90sec	31st July
Michael Moloney*	M	VPP	200m Breaststroke	65-69	3min 02.13sec	April 17th
Arthur Thomas	M	QTT	400m Backstroke	85-89	9min 42.92sec	May 2nd
Arthur Thomas	M	QTT	800m Backstroke	85-89	21min 44.43sec	31st July
Arthur Thomas	M	QTT	1500m Backstroke	85-89	41min 35.74sec	31st July
Arthur Evans	M	QSC	50m Breaststroke	90-94	1min 11.35sec	March 27th
Arthur Evans	M	QSC	100m Breaststroke	90-94	2min 59.28sec	March 27th
Arthur Evans	M	QSC	100m Backstroke	90-94	2min 46.43sec	March 27th

* FINA World Record

National Records

Short Course

Catherine Howland	F	SAT	50m Breaststroke	20-24	35.18sec	18th July
Catherine Howland	F	SAT	100m Breaststroke	20-24	1min 15.80	18th July
Catherine Howland	F	SAT	100m IM	20-24	1min 09.33sec	18th July
Stacia Riddle	F	WSM	100m Freestyle	20-24	1min 01.30sec	15th August
Stacia Riddle	F	WSM	200m Freestyle	20-24	2min 12.84sec	15th August
Stacia Riddle	F	WSM	200m IM	20-24	2min 29.55sec	15th August
Stacia Riddle	F	WSM	100m Butterfly	20-24	1min 07.99sec	15th August
Yvette Balla-Gow	F	NWG	100m Freestyle	20-24	1min 01.84sec	14th August
Ebony Currell	F	VCS	200m Breaststroke	25-29	2min 45.24sec	24th July
Ebony Currell	F	VCS	200m IM	25-29	2min 28.32sec	24th July
Ebony Currell	F	VCS	200m Backstroke	25-29	2min 25.79sec	24th July
Ebony Currell	F	VCS	200m Backstroke	25-29	2min 23.93sec	29th August
Nahomi Eriguchi	F	NNS	50m Backstroke	25-29	31.02sec	May 1st
Nahomi Eriguchi	F	NNS	100m Backstroke	25-29	1min 07.42sec	May 1st
Nahomi Eriguchi	F	NNS	50m Backstroke	25-29	30.22sec	31st July
Nahomi Eriguchi	F	NNS	100m Freestyle	25-29	1min 00.86sec	26th June
Nahomi Eriguchi	F	NNS	50m Backstroke	25-29	30.51sec	26th June
Nahomi Eriguchi	F	NNS	50m Butterfly	25-29	30.30sec	26th June
Nahomi Eriguchi	F	NNS	50m Butterfly	25-29	30.16sec	14th August
Paula Hill	F	SMR	100m IM	25-29	1min 11.39sec	22nd August
Paula Hill	F	SMR	100m Freestyle	25-29	1min 00.42sec	18th July
Jenny Whiteley	F	NRY	400m Backstroke	45-49	5min 52.05sec	May 29th
Jenny Whiteley	F	NRY	800m Backstroke	45-49	11min 53.08sec	May 29th
Jenny Whiteley	F	NRY	400m Breaststroke	45-49	6min 15.84sec	May 29th
Jenny Whiteley	F	NRY	1500m Freestyle	45-49	19min 06.85sec	May 30th
Jenny Whiteley	F	NRY	800m Freestyle	45-49	10min 08.26sec	May 30th
Jenny Whiteley	F	NRY	100m Backstroke	45-49	1min 14.48sec	26th June
Jenny Whiteley	F	NRY	200m Backstroke	45-49	2min 42.84sec	26th June
Margaret Langdon	F	VFR	100m Butterfly	45-49	1min 13.14sec	24th July
Janette Jeffrey	F	VMV	50m Backstroke	50-54	36.50sec	24th July
Kathy Heenan	F	SAM	100m Freestyle	50-54	1min 09.82sec	18th July
Kathy Heenan	F	SAM	500m Butterfly	50-54	34.06sec	12th September
Penny Steele	F	QFH	50m Backstroke	55-59	36.91sec	28th August
Penny Steele	F	QFH	100m Backstroke	55-59	1min 23.32sec	28th August
Tracy Clarkson	F	QBN	1500m Backstroke	55-59	25min 06.72sec	28th August
Anita Saviane	F	NCS	800m IM	60-64	16min 09.41sec	May 28th
Jen Thomasson	F	QSM	50m Backstroke	60-64	39.68sec	May 15h
Jen Thomasson	F	QSM	100m Butterfly	60-64	1min 30.81sec	May 15h
Jen Thomasson	F	QSM	200m Backstroke	60-64	3min 11.15sec	28th August
Jen Thomasson	F	QSM	400m Backstroke	60-64	6min 41.85sec	28th August
Jen Thomasson	F	QSM	800m Backstroke	60-64	13min 26.83sec	28th August
Jen Thomasson	F	QSM	1500m Backstroke	60-64	25min 14.56sec	28th August
Jen Thomasson	F	QSM	100m Freestyle	60-64	1min 12.06sec	May 29th
Gloria Hardy	F	VNL	200m Breaststroke	65-69	3min 43.18sec	24th July
Gloria Hardy	F	VNL	50m Breaststroke	65-69	47.24sec	24th July
Barbara Brooks	F	VNL	400m Backstroke	70-74	8min 35.22sec	26th September
Barbara Brooks	F	VNL	1500m Backstroke	70-74	32min 52.96sec	26th September
Justine Bamford	F	THB	1500m Breaststroke	75-79	37min 43.48sec	May 8th
Joyce Faunce	F	QNA	1500m Freestyle	80-84	41min 07.16sec	28th August
Joan Godsall	F	QWS	800m Freestyle	85-89	25min 39.04sec	28th August
Hilda Lindfield	F	NHL	200m Backstroke	85-90	7min 53.74sec	26th June
Frank Braun	M	VMV	800m IM	30-34	10min 52.23sec	26th September
Paul Lemmon	M	NET	400m Freestyle	35-39	4min 15.10sec	31st July

National Records

Short Course cont.

Paul Lemmon	M	NET	200m Breaststroke	35-39	2min 32.00sec	17th July
Paul Lemmon	M	NET	200m IM	35-39	2min 14.01sec	17th July
Paul Lemmon	M	NET	200m Backstroke	35-39	2min 13.43sec	17th July
Paul Lemmon	M	NET	100m IM	35-39	1min 03.31sec	17th July
Paul Lemmon	M	NET	400m IM	35-39	4min 45.00sec	17th July
Peter Borain	M	VPP	50m Breaststroke	35-39	31.37sec	24th July
Andrew Gilchrist	M	VDC	100m Backstroke	40-44	1min 07.31sec	24th July
Garth Slade	M	TTL	100m Backstroke	40-44	1min 06.93sec	28th August
Phillip Hubble	M	THB	800m Freestyle	40-44	9min 19.60sec	28th August
Stuart Moffat	M	VBB	100m IM	40-44	1min 03.16sec	31st July
Cameron Horn	M	NET	200m IM	45-49	2min 31.11sec	21st August
Cameron Horn	M	NET	400m Backstroke	45-49	5min 19.26sec	31st July
Francis Christian	M	VMV	200m Freestyle	45-49	2min 07.07sec	24th July
Larry Forsyth	M	CCL	100m Freestyle	45-49	55.85sec	March 13th
Mark Taylor	M	VSP	200m Breaststroke	45-49	2min 42.32sec	24th July
Mark Taylor	M	VSP	50m Breaststroke	45-49	33.34sec	24th July
Mark Taylor	M	VSP	100m Breaststroke	45-49	1min 13.91sec	24th July
David King	M	NRY	800m Freestyle	50-54	10min 13.56sec	May 30th
David King	M	NRY	400m Freestyle	50-54	4min 53.03sec	May 29th
David King	M	NRY	1500m Freestyle	50-54	19min 21.74sec	May 30th
Peter Geddes	M	NET	1500m Backstroke	50-54	23min 31.02sec	May 30th
Ross Perry	M	QWS	1500m Backstroke	50-54	23min 00.12sec	28th August
Graham Croft	M	WBP	50m Freestyle	55-59	27.27sec	May 2nd
Graham Croft	M	WBP	100m Freestyle	55-59	59.27sec	May 2nd
Ian Ingram	M	ACN	400m Breaststroke	60-64	6min 48.82sec	May 29th
Victor Paul	M	WBP	100m Butterfly	60-64	1min 17.47	24th July
Victor Paul	M	WBP	200m IM	60-64	2min 52.26sec	24th July
Victor Paul	M	WBP	800m Freestyle	60-64	11min 08.89sec	30th May
Victor Paul	M	WBP	1500m Freestyle	60-64	20min 58.23sec	30th May
Donald Leslie	M	QMM	1500m Breaststroke	65-69	28min 20.70sec	28th August
Gary Stutsel	M	NTR	400m Butterfly	65-69	8min 00.68sec	31st July
John Crisp	M	QMM	800m Freestyle	65-69	11min 17.20sec	28th August
John Crisp	M	QMM	1500m Freestyle	65-69	21min 29.45sec	28th August
Michael Moloney*	M	VPP	200m Breaststroke	65-69	3min 00.27sec	24th July
Robin Henze	M	NWL	800m Breaststroke	65-69	16min 45.30sec	May 29th
Ray Drew	M	SNO	50m Freestyle	70-74	31.86sec	22nd August
Allan Dufty	M	NSP	400m IM	75-79	8min 22.40	May 29th
Allan Dufty	M	NSP	100m Breaststroke	75-79	1min 52.09sec	May 1st
Allan Dufty	M	NSP	200m Butterfly	75-79	4min 40.81sec	May 1st
Bill Walker	M	NNC	400m Breaststroke	75-79	8min 48.93sec	31st July
Bill Walker	M	NNC	200m Butterfly	75-79	4min 39.85sec	26th June
Arthur Thomas	M	QTT	1500m Backstroke	85-89	41min 35.38sec	28th August

*FINA World Record

International Sports Tours

We are pleased to announce that International Sports Tours has been appointed as Official Travel Agent for AUSSI Masters Swimming. Many of you will already know Brian Travers and the team from IST, but for those who do not, we have asked Brian to provide a brief history of the company and his own involvement in Masters Swimming (see article below).

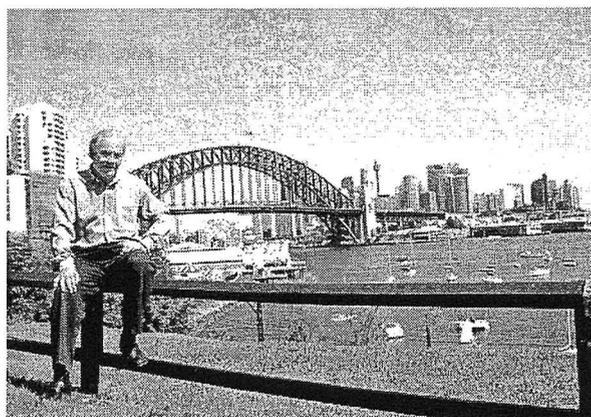
We would also like to take this opportunity to thank Corinne Roberts and the team at Sports Travel for providing AUSSI and its members with wonderful travel services over the past three and a half years.

International Sports Tours (IST) is proud to announce it is now entering into its 21st year of being in the Travel Industry! Managing Director Brian Travers said that initially, the Company's main drive and concentration was in rugby touring from junior ranks right through to senior club; Wallaby Supporters tours; Rugby World Cups and onto Golden Oldies Festivals (held every two years throughout the world).

Since 1995 IST has been an Officially Licensed Travel Agent of the Australian Rugby Union, and over the previous 12 months has enjoyed a similar status with the Australian Veterans Hockey Council and the Australian Touch Association.

A heavy involvement with Triathlon associations and in particular the World Ironman Championships in Hawaii through the early/mid 1990s resulted in Brian deciding he should tackle the Forster Ironman event, so he duly joined the North Sydney AUSSI Masters Club ("best address on earth") ... met the challenge in early 1996, gave away the running plus cycling and just kept swimming on!

You will see that Brian has already put together some travel and tour arrangements for next year (bottom of page), and IST is ready to assist any AUSSI member with these and other travel bookings.



IST Managing Director, Brian Travers

IST's first group with AUSSI travelled to the 1997 Pan Pacific Masters in Hawaii and then the company continued successfully with groups to the Worlds in Morocco, New Zealand and beautiful Riccione in Italy last June ... claimed to be the favourite of them all!!

In Brian's words, " ... the team at IST is very proud to again be "Officially" involved with AUSSI MASTERS Swimming in Australia, particularly since I have met and made some good friends over the previous nine years in the pool and with our travels

overseas. We welcome the opportunity and look forward to providing a service for the AUSSI members who want to travel for swimming!



**International
Sports Tours**

Please register with our office if you are interested in the following 2005 events

- ◆ Australian AUSSI Masters National Swim Hobart 30/3 - 02/04
Airfares and/or accommodation only
- ◆ Australian AUSSI Masters Post National Swim "Tassie Tour" 7 days
- ◆ World Masters Games Edmonton, Canada 22-31 July plus post
tour to Vancouver

Phone 02 9922 6166
Toll Free 1800 242987

Fax 02 9957 4026

Email info@sportstours.com.au

Visit www.sportstours.com.au