

AUSSI

masters news

vol 3 number 3 october 2005

ISSN 1448-3580



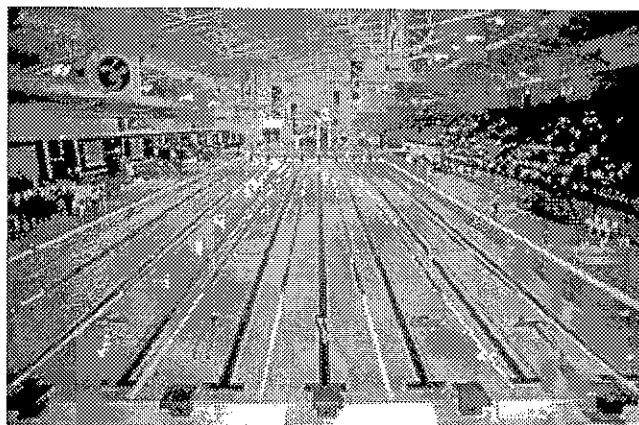
**MASTERS
SWIMMING**
Australia

National President John Pugh

It has been a busy few months since the July Newsletter was published. The new telephone system and broadband are fully installed in the National Office, so communicating with the office should be easier. Paul Watmough put in many hours to get the computers and email working properly and I thank him for his help.

The bid for the World Masters Swim in Perth in 2008 is progressing through its many channels and the decision will be made at a meeting of FINA in Shanghai next April. I gave you the wrong date previously!

A lot of our activity is taking place in specialist committees. These are working well, except for membership, which I refer to later, and it is pleasing to have people willing to serve on them. They are the main activity centres for volunteer (read unpaid!) workers at National level and provide answers



Challenge Stadium Aquatic Centre, possible venue for the FINA 2008 World Masters.

and advice for many Board agenda items. In doing this, they shorten debates at Board meetings and make the meetings shorter, more efficient, effective and pleasant.

The corporate governance project is progressing steadily. There are several definitions of corporate governance, but in our case it means the way in which AUSSI National is governed in the best interests of its various stakeholders - the branches, swimming clubs and individual swimmers. This

includes the structure and make up of the Board and the Management Committee, the role of the CEO and the National Office, and how they interact with each other. These matters were discussed and debated at length at a workshop last year, and at its meeting in

Continued page 10...

Inside this issue:

AUSSI National Office	2
Features	4
Coaching	6
National Committees	8
President Report (cont)	10
Technical	11
Branch News	12
Sponsors	16
AUSSI Programs	17
Events	18
Results & Records	20
Corrections	20
Publication Information	20
Contact Details	20

- Interview with Glenys McDonald
- Legal Responsibility of Coaches
- A Basic Guide to Timekeeping

Published by

AUSSI Masters Swimming 148A Ferguson Street
Williamstown VIC 3016

ABN 24 694 633 156 Reg No A00429451

Editor: Loren Bartley & Stephen Gardiff

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

AUSSI NATIONAL OFFICE

From the Desk of the CEO Stephen Cardiff

Welcome to the third edition of AUSSI masters news for 2005.

The role of AUSSI CEO is an interesting, varied and challenging one. Since the last issue I have been involved in such contrasting things as preparing for the October National Board meeting, assisting with the 2008 FINA World Masters Swim bid by Perth, meeting with five other major Masters sports to talk about sponsorship, and even having the opportunity to attend the Swimming Australia National Short Course titles. This might lead you to wonder what the National Office actually does and what my role is.

You may or may not be aware that a portion of your annual membership fee goes to the National Body. Similarly, other portions go to your Branch and your club. At the October National Board meeting, I will be running a workshop which will challenge board members to draw out specific roles and responsibilities of the National Office, serving to answer a question that has perhaps been asked before: "What do I get for the national fee?" A summary of the proceedings will be available around mid November, including full details of what the National Office does and what you as a member 'get' for this portion of the fee.

I am not saying that what we offer is set in stone though. As part of my involvement with the Membership and Participation Committee, I am looking for ways to improve the benefits that membership to AUSSI brings. If we can enhance benefits to you in any way, then we will certainly do just that. Membership issues will also come under close scrutiny at

the National Board Meeting with another workshop examining types of memberships, how the national office can guide and encourage branches and clubs to attract and retain members, and the elements of a promotional campaign. After all, we all know swimming with AUSSI is fantastic, and why shouldn't others?

If you are interested in this issue, I would encourage you to contact your Branch after the middle of November and ask for details from the October National Board Meeting. As always, I value and welcome any ideas and feedback that you might have.

Thanks to all who responded to requests for contributions from the last newsletter. There were many! The Aerobics Program Review received many constructive responses. Lynne Malone amalgamated these and came up with some recommendations for change which will be presented at the October Board Meeting. Requests for suggestions about website improvements and coaches feedback on resources and programs also received some responses. Further contributions on these are welcome by emailing to sportadmin@aussimasters.com.au or coaching@aussimasters.com.au respectively, or by phoning or mailing. Our full contact details appear on the back cover.

For the moment, I am preparing and looking forward to the October National Board meeting, which will be held on October 15 and 16 in

Melbourne. Some expected highlights are rule changes from the Technical Committee, update on the Governance, and the workshops planned for Sunday 16th. This is the first Board Meeting with John Pugh as President, while all other members of the National Management Committee will be

attending their first National Board Meeting.

In this issue, I am pleased to welcome contributions

from branches. This feature has been introduced to encourage the sharing of information across branches, and provide everyone with an update of the branches main activities. If your branch didn't contribute, ask them why!

The Australian Masters Games are taking place between October 7 and 16 in Adelaide. I would like to take this opportunity to wish you well if you are competing, and thank the many volunteers and officials organised by AUSSI SA to make the swimming event happen. I hope the event goes off smoothly and that it provides lasting memories for you, however you are involved.

We are now in the middle of spring and over the next month or two, many of you will be moving from indoor to outdoor pools and taking advantage of the warmer weather. Have fun, and don't forget to slip, slop and slap wherever possible.

Stephen Cardiff
Chief Executive Officer

"If we can enhance benefits to you in any way, then we will certainly do just that."

AUSSI NATIONAL OFFICE

Why Not Partner AUSSI?

AUSSI Masters Swimming in Australia is the National Governing Body for Masters Swimming. There are 7,000 members Australia wide, with eight branches incorporating approximately 250 clubs.

We run competitions ranging from International to local swim meets and there are participation programs such as the Million Millimetre awards and aerobic championships.

Our slogan of 'Fun, Fitness and Friendship' reflects our broad philosophy and we would like to invite your organisation to be associated with us.

You can benefit now from our partnership in areas including:

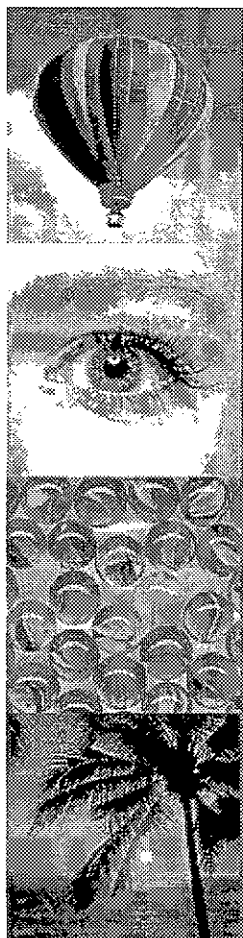
- National Swim (National Championships)
- Million Meters Award (from mid-2006)
- National Aerobics Championship
- Newsletter (printing, advertising or distribution)
- Website advertising
- Merchandising rights – shirts worn by staff;

national swim; website sales
Grassroots:

- ♦ Sponsor a club coach or network of coaches
- ♦ Sponsor a group to do officiating courses
- ♦ New member/New club kits
- ♦ Uniforms for staff, coaches, officials, board members, volunteers
- Other Swim meets
- National Swim Camp
- Elements of International Swim teams



Get involved now! Contact Stephen Cardiff, Chief Executive Officer, on (03) 9399 8861 or by email on ned@aussimasters.com.au.



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We proudly support
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FEATURES

Interview - Glenys McDonald

Have you done any PB's lately?

No, unfortunately. Where I live we have an unheated pool. I have been doing daily aerobics instead. There is a heated pool in Bunbury (30 mins away). I will swim when the weather warms up. But I was never a great swimmer.

Which club do you swim for?

None at the moment as there is no AUSSI club in Harvey. I have been involved in a few clubs. I was a foundation member of AUSSI Carine in 1977 as inaugural club secretary when living in Perth. Then I formed Port Gregory on the mid west coast in 1988, and from 1994 I was a member of Geraldton AUSSI. I didn't have to start that one, as it was already formed!

Your history in AUSSI (History as an administrator and as a swimmer)?

After setting up AUSSI Carine, clubs at Melville and South Hedland formed so I became the inaugural state secretary in 1979. From 1980 I was delegate to the national board. In the early days, the Board had many good swimmers, but I felt that sometimes the board needed to hear from the slower swimmers who might never break records. I tried to be that voice.

I was a very poor swimmer. My main aim in joining AUSSI was to get fit. I could swim all day but terribly slowly. I was never one to break any records, but this didn't stop me from setting personal swimming goals.

My first ocean swim was a big deal - I felt like I had won a million dollars when I finished. I also

trained for the first world swim in Japan in 1986. I wanted to swim all my events as well as I could, so Kay Cox put me on a training program. I wanted to reduce my 50m time from 58 seconds to 47, and I did it.

Japan was my swimming highlight, but there were many others such as Aerobic events etc. It was a series of goals achieved along the way that formed the highlight for me. Another was doing the 2nd ever AUSSI coaching course.

What was the highlight of your time as President of AUSSI?

There are so many highlights. I feel that I grew with AUSSI. I got the job as club secretary with Carine as I was the only one who could type. Then people asked for information and I had to find out things. I liaised with the National Office (in Sydney). As AUSSI expanded in WA, I became state secretary then delegate to National Board Meetings.

In the first 10 years of AUSSI, the National Board was NSW based. Many of the same people on the state secretariat of NSW were on the National Executive. I circulated a Discussion Paper looking at reconstructing the National Executive so the best candidates could nominate rather than the geographical basis of before. In

1986 we had a president from South Australia, myself from WA as national secretary, and the treasurer, coach and public relations positions from NSW. What a learning curve. We were involved in Australian and international swimming politics, conducting our first World Masters swim. It was an amazing time.

I was National Secretary for 4 years between 86-89 and after a short break I served for 6 years as President between 1992 and 1998. I came in as President at a time when there were a few things I wanted to achieve. The main one was to get our technical courses organised so that each state would have trained technical people with the expertise to run the courses in their state. I suppose this was the major aim. We had always been well served on the coaching side with people like Kay Cox, Anita Kilmier and Des McCormick.

The second aim was to get rid of the 'them and us' between states and the national body. A lot of the

time states would say 'the national body can do it', or 'the national body did such and such'. I wanted to create ownership for the national board decisions by the branches in the hope we could make win win decisions looking at the whole of AUSSI rather than have branches just concerned with their own issues.

To achieve this we had to ensure open and honest lines of communication. I think we went a long way towards this in the 6 years that I was President.

It's interesting that the same

"It's interesting that the same issues come up over the years. Two issues are governance and workload."



FEATURES

issues come up over the years. Two issues are governance and workload. We began with a national executive of five to seven members, and in my time we developed the board director structure with a management executive of three and a salaried CEO. We tried to find the ideal solution and balance between timely decision making, maximum input and ownership from the Branches, and workload sharing. Another recurring example is the national swim ...who should own it; who should make decisions etc. I firmly believe there is a right time for different solutions, even those that have been tried before and failed.

Tell me about your book.

I had been researching the loss of HMAS Sydney for the last 14 years. A lot of AUSSI members would remember this, as I would take the opportunity when we had Board meetings in Adelaide or Melbourne to spend time in the Archives or meeting up with people. HMAS Sydney disappeared with all hands in 1941. Two years ago I decided to write a book on the subject. It's the culmination of a research journey, and the timing is advantageous, as the Federal Government has contributed funding to try to find the ship. They finally responded to pressure brought to bear by many people, including myself since 1996. The Government realised that they needed to find the ship to ease the burden for the many people who were affected by the loss of 645 men, and the legacy of pain left behind by their disappearance in unexplained circumstances. That legacy has festered and it's time to deal with it.

It is called "Seeking the Sydney - A Quest for Truth". The official launch is at the WA Maritime Museum on November 10 near the

19th November anniversary date of the sinking. The book is written for ordinary people that know nothing about the loss of the ship. Hopefully it will take readers on the same passionate journey that has captured me and resulted in me spending so much time looking for answers.

"I used to do my laps working out how many potatoes I needed for dinner and just enjoyed it."

Are you planning to write more books?

Probably down the track. I am interested at the moment in recording my family history as I have 4 little grandchildren. I'm also involved in a couple of documentary films. It's strange; I'm 60 in December and doing screen tests at my age is a bit of a giggle.

Do you have any advice for AUSSI swimmers of today?

Just keep setting goals and having fun. I really think those two things are what AUSSI is all about. If you can set goals, keep fit and enjoy it along the way, you can swim for life. AUSSI has given me so much. It's taken me to places in the world that I would never have otherwise visited, introduced me to absolutely remarkable people, and made me see what I was made of at times when I had to stand up and be counted. I think that is the priceless gift that AUSSI has given. It didn't help me swim much faster I might add, but certainly I used my swim training to relax and get away from the phone and pressures. I used to do my laps working out how many potatoes I needed for dinner and just enjoyed it.

Do you recommend people to get involved in AUSSI from the

volunteer viewpoint? Why?

I think people need to volunteer. I realise times are changing and people have very busy lifestyles and volunteer hours are very precious. When you get involved, you have ownership and if you don't volunteer you don't have full understanding of what being an AUSSI member is. For me, my involvement built up my personal capacity and skill basis. I actually believe most AUSSI members are already volunteering, especially at swim meets. This is why AUSSI is successful - members have ownership of the organisation and feel they belong.

What direction would you like to see AUSSI Masters Swimming Australia take for the future?

I think I want to see AUSSI maintain its credibility, gain in members and stay at the forefront of Masters sport in this country and in the world. I want to see AUSSI contribute to Australian sport and health in a positive manner, and I want to see AUSSI management listen to the members and do what they can to meet those needs. I also want AUSSI management to keep up with current best practice in coaching and administration. We need to think of members and their workload when we make some of our administrative decisions and we need open and honest communication, treating all members with respect, particularly executive and board members who devote so much of their time to our organisation. What I want for AUSSI is a myriad of things.

I must admit I made a conscious decision to step back when my period as President ended. I don't think you can live and breathe something for so long and then sit on the side and still try to influence the process. When Mary (Sweeney) took over as President,

Continued page 19...

COACHING

Legal Responsibility of Coaches

As sport becomes more professional, those involved are increasingly turning to the courts to protect their rights, particularly against negligence. AUSSI Masters Swimming is not exempt from this trend and as such, coaches should be aware of their legal responsibilities.

Negligence is 'conduct that falls below the standard regarded as normal or desirable in a given community'. The essence of negligence is that in certain circumstances the law imposes a duty on a person to take reasonable care not to cause harm to others. In determining whether you owe a duty of care to another person there are two prerequisites:

- Foreseeability (whether or not a 'reasonable person' would have foreseen the possibility of injury in the same circumstances); and
- Proximity (there must be some relationship or connection between two people)

A person will only be liable in negligence if the injured person can prove that the:

- Defendant (e.g. the coach) owed the plaintiff (e.g. the injured swimmer) a duty of care;
- Defendant was in breach of that duty of care;
- Defendant's breach of duty of care was the cause of the plaintiff's loss;
- Damage suffered by the plaintiff was not too remote.

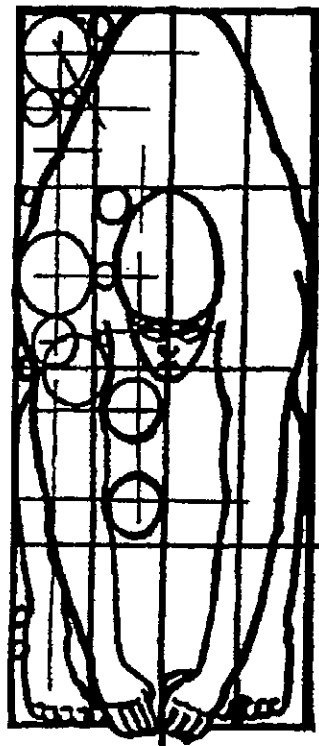
Coaches should be aware of what constitutes a 'breach' in duty of care, as this is the area the coach has the most control over in regards to negligence. The standard of care required is assessed against what a 'reasonable person' would do

under the same circumstances. It will vary according to the situation that a person is in, their skills and attributes and what is normal and reasonable practice. If the coach's conduct is above the standard, the coach will not be negligent.

If you are a Masters Swimming Coach, the standard of care that you must demonstrate to your athletes is that of a reasonable Level 1M AUSSI Masters Swimming Coach. This does not mean that a coach will be judged at the same level as the most experienced or qualified coach. If a coach claims to have special skills or qualifications then the standard of care will be rated higher. The coach will be judged against the reasonable person who has the same skills and qualifications.

For most accredited Level 1M AUSSI Masters Swimming Coaches this does not present a problem, as to obtain their accreditation they have undertaken a formal course and been assessed as competent along the way. Problems arise in situations where a coach has either let their qualification lapse or does not possess the appropriate qualification. If a coach is coaching, they are professing to have the skills necessary and the courts will determine that the standard of care they must demonstrate is that of someone who is accredited.

The coach who has let qualifications lapse will be judged by the peers who are qualified. If techniques and training methods have advanced since that person gained coaching qualifications, but he/she continues to teach using 'old' methods, the coach is squarely in the spotlight for liability.



So the best defence against a negligence claim is accreditation. Anyone coaching Masters Swimmers should ensure they have a current Level 1M AUSSI Masters Swimming Coach accreditation and ensure they have access to on-going education to maintain their knowledge to the required level. This knowledge should then be used by the coach to minimise the level of risk to the swimmers in his/her charge.

Accidents do happen and a coach cannot avoid all risk, but a common sense approach is integral to avoiding a potential negligence claim.

The above information has been adapted from the Australian Sports Commission "Beginning Coaching" manual and is consistent with the information presented as part of the NCAS AUSSI Masters Swimming Level 1M Coaching Course.

Loren Bartley
Technical Development Officer

COACHING

Upcoming Coaching Courses

The following AUSSI Masters Swimming Coaching Courses are planned for the remainder of 2005. Please check with the relevant Branch for more details if you are interested in attending any of these courses.

No.	Course	State	From	To	Venue	Contact
070/05	1M	VIC	28/10/2005	30/10/2005	Melbourne University	admin@aussivic.com.au
071/05	1M	QLD	12/11/2005	13/11/2005	Sport House, Milton	administrator@aussimastersqld.com.au

Coaches wishing to update their AUSSI Masters Swimming accreditation should contact their local Branch or visit www.aussimasters.com.au for details on how to do so.

National Coaching Committee

Good news just in from the Australian Sports Commission is that AUSSI has received official approval for our updated Level 1M and 2M course curriculums. This is a fantastic endorsement for the great work of the Technical Development Officer, Loren Bartley and the Coaching Committee. It also clearly highlights the benefits AUSSI members can gain from attending these courses.

There have been three level 1M coaching courses so far this year; in NSW, WA and Qld (bridging). Victoria and Queensland are holding level 1M courses on 28-30/10/05 and 12-13/11/05 respectively. If you are interested in attending, please contact the branch offices - Victoria 03 9399 8861; Queensland 07 3876 2822.

A level 1M coaching workbook has been developed by Loren and I. This is the result of hours of work and research, and will be now trialed at the Victorian and Queensland courses to iron out any issues. The workbook will be used for all level 1M course across Australia with the reference folder that Loren and I are developing at the moment to replace Mastering Swimming. Topics that we do not have information on will be written by professionals within the swimming industry.

Discussions have taken place with Len Yates, Swimming Australia Sport Development Manager, and Ralph Richards, Australian Swimming Coaches and Teachers Association (ASCTA) Chief Executive Officer, concerning the process of matching competencies of our coaching courses. The aim here is to allow for an AUSSI specific module extension to the ASCTA coaching courses. A consultant has been engaged with funding for this piece of work coming from Swimming Australia.

Loren and I have had regular contact with Swimming Australia and ASCTA regarding our coaching courses. Both of our organisations are happy that we

are working together to achieve more education courses across Australia. This has been a very big and successful step for AUSSI Masters Swimming Australia to progress strongly into the future.

There are four nominations for the National Coaching Committee to be considered by the National Board. I see this as a great step to gaining enthusiasm within AUSSI Masters coaching. I am looking forward to working with the upcoming coaching committee because there are a lot of positive and exciting projects happening at the moment.

David Chambers
National Coaching Director

2005 National Coach and Official of the Year

These awards provide the opportunity for members to recognise the very valuable contribution that coaches and officials make to AUSSI Masters Swimming. Often these areas are taken for granted and this should not be the case.

Each Branch may nominate one candidate for the National awards. Most Branches conduct their own Coach and Official of the Year awards and the winner is then selected as the candidate to be nominated for the National Awards.

We encourage members and clubs to take the time and effort to submit a nomination for a coach or technical official that meets the criteria for these awards. Please contact your Branch for more information.

NATIONAL COMMITTEES

Information Technical

Meet Manager

A copy of Meet Manager with Electronic Timing Interface has now been purchased for each Branch for use at Branch level meets. Branches will shortly be asked the number of additional standard copies they wish to purchase for use at Club level meets.

The National IT Committee is in the process of writing accompanying AUSSI specific documentation for this software. It will detail the most common aspects of using MM at Masters Swimming Meets, including information on:

- Setting up the meet
- Running the meet
- Reports available

On-Line Meet Registration System

Work has commenced for an on-line web-based swim meet registration system. We will have more news on this in the next IT Update.

Registration System

With the end of year approaching, it will soon be time to renew memberships for next year. Clubs can now use the registration system to print out a membership renewal form for each member.

*Helen Rubin
National IT Committee
Chairperson*

Governance

The corporate governance project is progressing steadily. Three motions were passed at the October 2004 National Board meeting:

Motion 1: That the board resolves to implement an Independent Hybrid model of governance for AUSSI Masters Swimming in Australia Inc.

Motion 2: That a detailed proposal for an Independent Hybrid model of governance for AUSSI will be placed on the agenda for the April 2005 meeting

Motion 3: That a sub committee be formed to consider the options for the governance restructure (this was formed with Ian Davis, Di Gregory, Craig Smith and Julia Phillips/Stephen Cardiff)

Ian Davis has been putting considerable effort into the detailed proposal mentioned in Motion 2. A discussion paper was written, the purpose of which is to inform the current debate about

the way in which the governance structure of AUSSI Masters Swimming in Australia Inc might be changed to the best advantage of the organisation and its members. The discussion paper outlines a preferred model in greater detail, although it does not purport to be a revision yet of the Constitution and By-Laws themselves.

Ian also examined the Constitution and By Laws in light of the details contained in the discussion paper. The impact of the governance change on the Constitution and By Laws is therefore given some focus. It is anticipated that Board members and branches are to provide constructive criticism on the latest information, so that the details of the new governance structure can be agreed.

National Governance Committee

Technical Support for Meet Manager

A few months back AUSSI Tasmania conducted a short course long distance meet and decided to use SAT but not the AOE interface. This required manual input of the split times for both the 800 and 1500m swims and for a small number of swimmers (60) was not an onerous task.

We encountered a Runtime error which continuously shut MM down; this is usually a software problem and any data not saved was lost. It occurred when the 'enter' was used at the end of each line of split times and always at line 9. As long as we didn't use the 'enter' key, and used the mouse to start the next line, it was okay. So I emailed Technical Support for MM one Friday afternoon and explained the problem, included a copy of the error message.

I received a reply within 10 minutes (this was about 1.30pm Oz time). Charlie Hogan (based in Carolina, USA) was a bit baffled and asked for a zip copy of the results for that swim meet. Within 35 minutes, Charlie had replied, that "yes, it was a bug in the program" and although the program could do this type of recording, it wasn't the usual practice and the reason the error occurred was that we had deck seeded all 60 swimmers and not allocated heats and lanes within the program and the program was expecting a new heat after every eight swimmer. Also he had fixed the 'bug' and I could then download the latest version from the HyTek website.

I've been in touch with Charlie on other occasions and have received almost immediate replies; and yes he does sleep. Fantastic support for a great swim meet recording program.

*Pauline Samson
Branch Recorder AUSSI Tasmania*

NATIONAL COMMITTEES

Technical

After much discussion at the National Technical Committee workshop held in Melbourne earlier this year the committee presented a draft paper to the National Board Meeting in April with considerable alterations to the swimming rules. The rules weren't being changed in any way, just rearranged into more appropriate sections (e.g. some rules were also in the By-Laws).

The Branches were then asked to consider the proposed 'rearrangement' and were given until the end of July 2005 (four months) to submit their thoughts and suggestions. Six of the eight Branches provided feedback, either suggesting minor changes or

asking for further clarifications. Feedback received has been included in the paper which is being submitted to the National Board Meeting for ratification in October 2005.

In addition to this, FINA recently made some changes to the Breaststroke and Backstroke rules. The final wording was passed by FINA on 25 September 2005 and these won't be effective until 24 November 2005. The National Technical Committee has included these rule changes into the document for consideration at the Board Meeting in October (SW3.3). If the proposed revisions

are accepted by AUSSI Masters Swimming, they will become effective as of 16 December 2005.

Please note that rules for a meet are as advertised as at close of entries and also

that changed rules have a 60 day waiting time before they become effective (SW4.1).

For a full copy of the current AUSSI Masters Swimming Rules and By-Laws, please visit www.aussimasters.com.au.

*Pauline Samson
Chairman, NTC*

"If the proposed revisions are accepted... they will become effective as of 16 December 2005."

Membership & Participation

Membership has been, presently is, and will remain a major issue for AUSSI Masters Swimming in the future. We love this sport and we want to share the fun, friendship and fitness with more and more people! From the organisation point of view, we also rely to a large extent on membership fees to keep the organisation running.

The National Membership and Participation Committee has gained a few members and some momentum in the last few months. The sole member on the Committee presently is Therese Crollick. With keen interest from Sport Administrator, Jeanette Holowiuk and I, we started to kick around some ideas to raise membership numbers. I attended

a very informative membership growth workshop and then we put our heads together to work out how we could best use what was learnt to raise membership.

The next step is the Membership Growth Workshop to be held in conjunction with the National Board Meeting on 16 October 2005. Broadly, this will explore whether we want to have different types of membership and the pricing structure, what we can offer members and how to increase the membership benefits, sponsorship and sponsor benefits and what the role of the National Membership and Participation Committee and National Office will be.

Perhaps in the past, this committee has had few members

and progress has been slow. At the Board Meeting, National Committee nominations are being received. Lawrie Fabian, the Queensland Administrator, has nominated to join the Committee. This is a positive piece of news, boosting the committee and along with the input of Jeanette and I, sends a message to the AUSSI Masters Swimming community that things are going to happen.

Keep an eye on the December 2005 issue of 'AUSSI masters news' for a full update on what's happening in the membership area.

*Membership & Participation
Committee*

PRESIDENTS REPORT (cont...)

National President

John Pugh (continued from cover story)

October 2004 the Board resolved to implement an 'Independent Hybrid Model' of governance. A sub-committee was formed to give substance to the model and put a detailed proposal for the Board to consider at its forthcoming meeting.

I support the proposal because competent

professional administrators now administer the National Office and many of the roles and tasks given to the members of the Management Committee have become redundant. Also the present structure does not provide an effective forum for considering, debating and advising the Board on strategic relationships with the wider swimming and sporting community. Ian Davis and Diane Gregory have done most of the work that members of the Board will consider at the October meeting. The work is considerable, and there is still more to be done and people to persuade. Changing a way of governance and a constitution is a big issue, and never easy.

The I.T. Committee has been one of the busiest. They have put in enormous amounts of volunteer time. However, we now have access to an excellent on-line membership database, the branches have their copies of Meet Manager and the merging of membership details with swimming results is making the lives of branch registrars and recorders a lot easier. New systems inevitably have teething problems that make some users irritable, but I hope that most of these are solved. Helen, Paul Watmough and Mark

Hepple deserve our thanks, as does Frank Braun (not a committee member) for his many hours of work on the Top Ten system.

"Competent professional administrators now administer the National Office."

Committee. Pauline Samson and her committee put in an enormous effort this year to get these right (the wording) and separate rules meant for the National Swim from more flexible ones better suited to Branch and inter-club meets. Branches have had plenty of time to look at the changes and comment, so I expect that this will be dealt with fairly quickly at the Board meeting.

There is lots of activity in coaching.

David Chambers, his committee and Loren Bartley are seeking a new relationship with ASCTA, matching

coaching competencies with ones recognised by Swimming Australia, and developing a workbook and new resources to be used by Level 1M presenters and candidates. David is also planning a swim camp for coaches and swimmers with more information to be forthcoming shortly.

AUSSI has a membership that is gradually declining overall, and it is difficult getting people to serve on the membership committee. It is a fact that members are gained or lost at club and branch level, and

Changes to Rules and By-Laws have been a favourite sport at Board meetings during my six years on the Management

perhaps it is time to look at types of membership that are not club based. I don't think that this is a matter of financial incentives, because the combined fees charged by National, Branches and clubs are very modest. However, we can debate this matter vigorously and pool ideas in one of the workshops following the Board meeting.

Cathy Codling is controlling our finances well. The National Office now does the record keeping using MYOB and we will soon be doing much of our banking electronically. This involves a shift from the Commonwealth Bank to Westpac, which provides the electronic facilities we need. Cathy will tell us more in her report and when she presents the draft budget for 2006.

There is a change to the traditional agenda for the October meeting.

There are some discussions that seem to need a free flow of ideas not impeded by the formalities of a meeting, so we have put them into post-

meeting workshops. They are still part of the proceedings of the Board but in a more relaxed context. We will see how this innovation works.

I get copies of your branch newsletters and know how hard your volunteers work to organise the many swimming activities that you enjoy. Participate well and they will feel rewarded.

*John Pugh
National President*

"We now have access to an excellent on-line membership database."

TECHNICAL

A Basic Guide to Timekeeping

All swimmers want to know what time they swam, whenever they are in any competition and quite often when they are training. Now, more than ever, Masters Swimmers are taking to timekeeping as well as swimming up and down the pool and have found that it is no big deal. They do not have to have a university degree to operate a watch, but a little common sense will go a long way.

Stopwatches are provided at swim meets, however having your own watch helps with familiarity as all stopwatches are a little different. Always check out the watch you are using, which button to press to start, taking splits, stop and return to zero. Not all brands of watch operate the same way, so checking out the watch you are going to use is important. Depending on the amount of use the watch gets, the battery should be changed about every two years.

The Chief Timekeeper will allocate you to a lane with two others if it is a major meet or with one other if there is a shortage of timekeepers. However there will always be one or two spare timekeepers where records are expected. Three times are required for National/World records.

Three timekeepers will give a more accurate time. If the three times are all different, the intermediate time is the official time. If two out of the three are the same time then that time shall be the official time. One of the three timers may act as a Chief Lane Timekeeper, and take responsibility for writing down the three times on the race card and recording the official time in their copy of the program. When the Referee blows the whistle, check that your watch is set to zero. When the Starter says

Always count the number of laps that have been swum, as you don't want to stop a watch too soon or miss the finish. Check the nominated time of the swimmer and the lap times. When the swimmer has about half a lap to go to the finish, position yourself at the lane end so that you can see straight down the wall and when the swimmer touches, stop the watch. Don't anticipate the finish. If the swimmer touches incorrectly, still stop the watch. An incorrect touch is the Referee's concern, not

yours.

Likewise, if you see any infringement during the race, don't worry, it is up to the Referee to take care of it.

Electronic timing (AOE) takes precedence over manual timing. However manual timing is still very important in case of an electrical malfunction.

The Starter activates the electronic starting system and the swimmer stops the system when the pad is touched. There is also an electronic back-up system (SAT) which requires a timekeeper to press a button to turn it off. A timekeeper can only use one watch but can use the back-up system in addition to the watch.

National Technical Committee



"Take your marks", watch for the flash of the starting gear, press the start button immediately, and then check that your watch is going. You should start your watch whether there is a swimmer in your lane or not as you may be called upon to act as a spare timekeeper if a watch fails or for a record. If your watch fails to start, let the Chief Lane Timekeeper know, so the Chief Timekeeper can be asked to find a replacement.

BRANCH NEWS

New South Wales

The best way for you to find out what is happening in NSW is to read our "Splash" Newsletter available on our website - [www.aussimastswimnsw.org.au/Splash/September 2005 Newsletter.pdf](http://www.aussimastswimnsw.org.au/Splash/September%2005/Newsletter.pdf)

This issue includes a valediction for Alfredo Cherchi, our 97 year old who passed away this year. Alfredo, (pictured) enjoyed a very long and healthy life and a very short old age.

"Splash" also contains lots of news on our clubs with special articles on Campbelltown 25 year anniversary, Blue Mountains Phoenix success story, Dubbo Redfin now swimming in winter plus Port Macquarie club's stars over the years.

We have reports on seven NSW carnivals including great photos of our Tricom State Relay Meet and the calendar of events for 2005. The newsletter details the records

broken over the past three months and the new officials in NSW.

There is news about the Level 1M coaching Course co-ordinated by Coaching Director Louise Stovin-Bradford plus a coaching article on "Perseverance can move mountains".

"From the Admin Keyboard" gives some insight into the workings of Masters Swimming NSW.

Technical Director, Gary Stutsel, gives an insight into women being more reliable than men. Read it and weep, guys!

There are little tidbits on the activities of some of our Masters Swimmers and best wishes to those 'on the sick list'.

"Splash" is sent to every member of Masters Swimming NSW - either posted as hard copy or a reminder is sent electronically to those who can download it from



Alfredo Cherchi (1907-2005)

the website. If you are not in NSW and haven't had the chance to read "Splash" yet, we KNOW that you can't wait to get on the website now.

*Di Coxon-Ellis
Administrator
Masters Swimming NSW*

Branch Contact Details

Branch	Address	Phone	Website
National Office	148A Ferguson Street, Williamstown, VIC 3016	(03) 9399 8861	www.aussimasters.com.au
ACT	PO Box 27, Jamison Centre, ACT 2614	(02) 9566 123	www.actaussi.org
NSW	PO Box 366, Glebe, NSW 2037	(02) 9566 1223	www.aussimastswimnsw.org.au
NT	PO Box 418, Parap, NT 0804	(08) 8981 5919	
QLD	1st Floor, Corner of Castlemaine & Caxton Street, Milton, QLD 4064	(07) 3876 2822	www.aussimastersqld.com.au
SA	PO Box 219, North Adelaide, SA 5006	(08) 8277 3702	www.aussisa.org.au
TAS	PO Box 659, Rosny Park, TAS 7018	(03) 62231183	www.trump.net.au/~tasauss
VIC	148A Ferguson Street, Williamstown, VIC 3016	(03) 9399 8861	www.aussivic.com.au
WA	PO Box 57, Claremont, WA 6910	(08) 9387 4400	www.aussiwa.com.au

BRANCH NEWS

Queensland

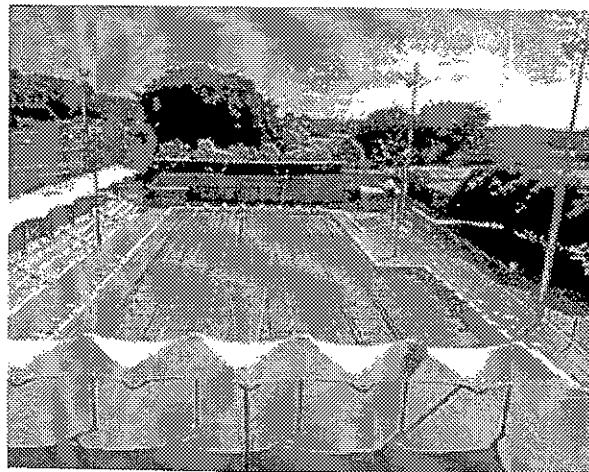
Queensland Masters Swimming is in the process of organizing two major swim events for its members to bring 2005 to a close.

The State Open Water Swim Championships are to be held at Southport, on the Gold Coast, on Saturday October 15th over 1.25km; 2.5km and 5km. This event is being organized with the cooperation of the Southport Surf Lifesaving Club and Miami Masters Club. It would be impossible to conduct these types of events without the cooperation of the Clubs and the numerous officials needed to ensure the event runs smoothly.

One of the officials who is crucial to the success of the event is Derek Coghill, Manager of Technical Services. Derek is typical of the sporting official around Australia who give their time, energy and expertise so very freely and with such goodwill and humour.

Our members are heading to beautiful, tropical Cairns for the State Short Course Championships to be held on November 5 and 6. The theme for the championships is "The Taste of the Cape" and promises to be one of the premier events on the Queensland Masters Swim meet calendar. For the first time we will be having an official Opening Ceremony with invited guests and local dignitaries taking part.

We are fortunate to have secured partnerships with local radio station 4CAFM, Mercure Harbourside Resort, Frankland Island Cruises and Vorgee Products to assist us in ensuring we have a successful meet. Our Trophy Presentation Dinner will be held in the Blue Mango Room at the Mercure Harbourside Resort where we will also have an



State Short Course Titles Venue, Cairns 2005

opportunity to honour our Life Members Mary Sweeney, Max Gillespie and David Ryan.

2006 is shaping up as a year of milestones for Queensland Masters Swimming. We will be celebrating our 30th Birthday in October and once again hosting the swim meet program of the Pan Pacific Masters Games in November on the Gold Coast.

Lawrie Fabian
QMS Branch Administrator

Tasmania

On August 6th, the Sport & Recreation Industry Awards for Excellence were held and AUSSI Masters Swimming Tasmania was a finalist in two categories – Marketing & Communication and Event of the Year.

The awards are to recognize the achievements of the organisations, administrators, volunteers, coaches and officials who are the backbone of Tasmania's sport and recreation sector.

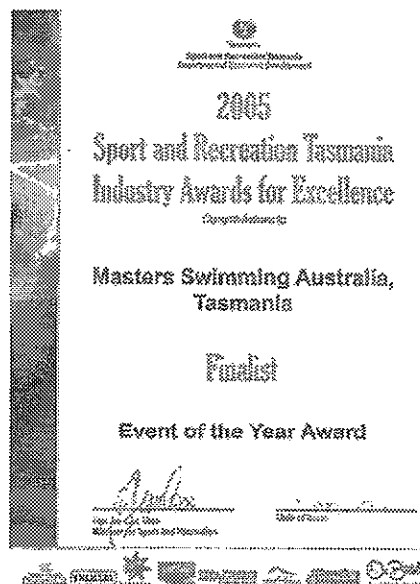
The Marketing and Communication Award recognises the importance of

marketing and communications in promoting programs, activities and key messages within the sport and recreation sector and to the wider community.

Event of the Year Award recognises best practice in the marketing and management of a sport and recreation event.

There were four finalists in each category and although we didn't win, we all had a great night and were presented with certificates.

Pauline Samson
Tasmanian National Board Delegate



BRANCH NEWS

Victoria

The administration of the Victorian Branch was formally handed over to the National Office when a final contract was signed between the parties on 29 July 2005 after the initial trial period of six months had elapsed. Both parties are happy with the arrangement, and the contract will now run until December 2007.

The Branch held its Annual General Meeting in August with a majority of the incumbent members not standing for a further term. This resulted in the Branch not being able to form a Board because only one member of the Management Committee had nominated for a further term. A Special General Meeting was held two weeks later to formulate a plan for the Branch to continue to operate. A Management Committee was formed without a President, comprised of a Finance Director and two Vice Presidents. In terms of general Board members, the Director of Coaching was returned, as was the Recording Director. The Committee was then completed with the club delegates. The first Board meeting of the new Committee took place in late September. Many of our members have been approached about taking on the role of President, but to date with no success. It is hoped in the coming months that the Committee can develop its structure to ensure the Branch makes a positive move into 2006 and beyond.

The Swim Meet Committee organises all our state meets and sanctions the interclubs. It is an important Committee and received an injection of new blood in the past few months. The Committee is in the process of finalising the 2006 Swim Meet Calendar.



... click for more clubs

Visit the Victorian website at www.aussivic.com.au

The IT Committee have introduced the Branch into the workings of the Registration Database (98% of clubs have taken it up) as well as Meet Manager Software and has been instrumental in the development of the new web site. (www.aussivic.com.au). The site now has all the flyers, programmes and results from each of our meets allowing the members easy access to this information. Additionally, the site has links to all other AUSSI sites and is the main 'portal' for communicating information within the Branch to the clubs.

In membership news, we have had three new clubs form over the past three months and one sadly had to disband due to very low numbers. One of the new clubs is based at HMAS Cerberus, the naval training base in Hastings. Our membership numbers have remained steady as a result of this new influx, but we still need to work on those that are not returning. We are hopeful that the

workshop (being held in conjunction with the next Board meeting) will bring many ideas which can be passed onto the Branches/Clubs for their consideration/implementation.

The Branch has held its Relay Meet, Short Course Championships and Long Distance Short Course Championships over the past 6 months. Participating numbers have remained steady. Swimmer participant feedback is increasingly positive.

The Level 1M Coaching Course is to be held over the weekend of 28-30 October 2005. This is the first to be run by the Branch in three years. Technical/Officials workshops/courses have been conducted ensuring our officials are being kept informed and updated on a regular basis.

Victorian Branch Administration

BRANCH NEWS

Western Australia

Masters Swimming WA conducted its annual awards presentation function on Sunday 29 May 2005 at the University of WA's Boat Club overlooking the Swan River at Crawley. It was a beautiful morning and an ideal venue for the approximately 100 members and key stakeholders in attendance including the National President, John Pugh.

Many members were recognised for their efforts and their achievements during the function, including the highly sought-after annual "Service to AUSSI award". This award is presented to the member whose efforts have been outstanding in supporting the management of the organisation through contributions at all levels from Club through to National.

Robert Dunstan of the Melville Club was announced as the 2005 winner from a field of nine; a record number of nominees. Clubs were congratulated accordingly and also encouraged to nominate their members again in the future as the standard was so high!

Swimming WA magnificently over many years, highlights including three years as State President during which time many major initiatives were achieved including:

- Establishing the new Board of Management structure
- Purchase of the State Office
- appointment of the first full-time Executive Officer (and involved with selection of first two incumbents)
- Development of new state swim meet program
- Leading early negotiations to conduct first State Swim outside metropolitan area (Geraldton 2004)
- Winning right to hold 1999 Pan Pacs in Perth and Robert served as Ex Officio on Organising Committee
- Establishing Dale Alcock State Open Water Swim and Robert chaired organising committee
- furthered relationship with Swimming WA

Nationally Robert chaired the 2003 National Swim Meet Organising Committee and represented WA at two National Board meetings.

serving as President, Captain and Vice Captain over several years, chaired the committee to prepare 20-year history of Melville club and chaired the committee to coordinate inaugural Bank to Bicton and Back open water swim in 2004.

Another highlight of the awards function was the interview with paralympian Priya Cooper, who entertained the audience with her exploits and her wit! A future Westcoast Masters Club member in the making. Priya also represented our sponsor Healthway at the event in her capacity as a Healthway Sports Committee member.

Many members in attendance were presented with awards for winning their age group in the 2004/05 Dale Alcock Open Water Swim Series, the competition that is open to all Masters Swimming WA members who participate in open water swimming events. Overall winners of this award were Viki Shelver (Westcoast) and Jon Haines (Perth City).

Award winners included:

Robert has served Masters

His Club achievements included

Award	Details/Year	Winner - Club
Outstanding Service	2005 (in presentation year now)	Robert Dunstan – Melville
McDonald Shield	Most Efficient Club - Branch Management	Riverton
Coach of the Year	2004	Jean Armstrong – Osborne Park
Official of the Year	2004	Perc Edwards – Claremont
Department of Sport & Recreation Official of the Year	2004 (different criteria to Masters SWA)	Ivan Wingate – Mandurah
State Aerobic Trophy	2004 (eight consecutive win)	Somerset
Country Aerobic Trophy	2004	Albany
Dale Alcock OWS Series	2004/05	<ul style="list-style-type: none"> ➤ Male Overall : Jon Haines – Perth City ➤ Female Overall : Viki Shelver – Westcoast Masters ➤ Top Club : Westcoast Masters

SPONSORS

International Sports Tours

From the mini group of travelers IST sent to the 6th World Masters games in Edmonton last July, we proudly present a letter worth reporting from one of AUSSI Masters' "keenest" members.

Can you imagine a 24 hour delay in Sydney, finger-printing and photos in Honolulu before touching down in Edmonton?! The Opening Ceremony cheered us up with bands, fireworks and all the varying sports bearing different colours - a sight to behold. Swimming Alberta ran the swim meet efficiently, which created a casual and friendly atmosphere. It was great to catch-up with "old acquaintances" from near and far and also good to see the programme included "Swimmers with Disabilities" events.

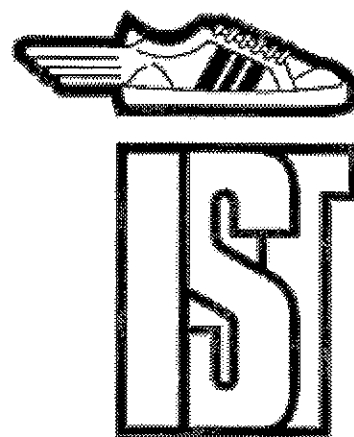
Swim highlight: last day - relay time - Event 320+ members

Margo Bates: (95) Nancy Ayers (82) Jan Finn (71) and myself (75). Gold, Gold, Gold...and this was after Margot had already broken two world records earlier that day. A bad Games start but a great finish!

Returned to Vancouver to board the Holland America Line Ms Zaandam for the seven day "Inside Passage Cruise". I sat in deck chairs basking and reading in the sunshine each day whilst taking in the scenes of glaciers, jumping salmon and whales passing me by...total relaxation during the day and plenty of partying at night. A fabulous tour conclusion. Thanks to IST for a great trip with hopefully more to come!

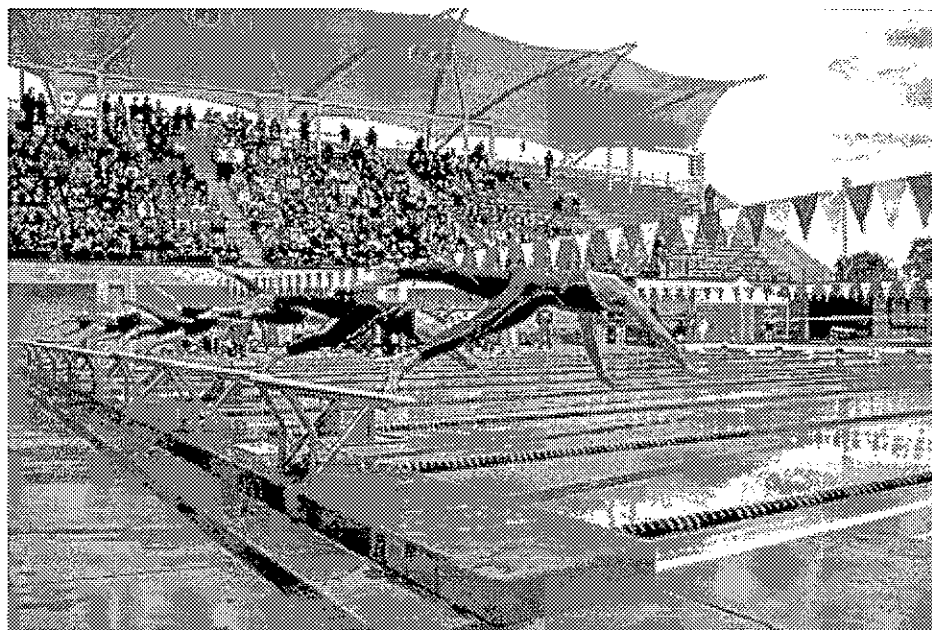
Sincerely

*Dorothy Dickey
Doncaster Dolphins*

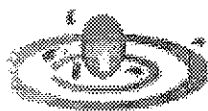


**International
Sports Tours**

International Sports Tours
Suite 304, 83 Mount Street
North Sydney NSW 2060
Phone: 02 9922 6166
Fax: 02 9957 4026



Avery Aquatic Centre, Venue for the XI FINA World Masters Games.



**XI FINA World Masters
Championships**

Stanford
California, USA
August, 2006

AUSSI PROGRAMS

Million Meter Award Achievements Supported by **ZOGGS**

First Name	Surname	Club	State	Distance
June	Newland	Twin Towns Services	QLD	1 Million
Jennifer	Dooley	Ripples	NSW	1 Million
Penny	Green	Osborne Park	WA	1 Million
Michael	Scott	Westcoats Masters	WA	1 Million
John	Marshall	Malvern Marlins	VIC	1 Million
Rod	Oliver	Launceston Lemmings	TAS	1 Million
Joe	Gilbert	Noosa AUSSI Challengers	QLD	1 Million
Stan	Hearn	Kawana Water Dragons	QLD	1 Million
Tony	Dunn	Twin Towers Services	QLD	3 Million
Peter	Cain	Cairns Legends	QLD	7 million



Carl Wallace with Graham Johnson (1 million meter award recipient), Novocastrian Masters Swimming Inc

Congratulations to the above people, who have achieved their ZOGGS Million Metre Awards since July 2005. 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.

Proud supporters of AUSSI Masters

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

ZOGGS
visit www.zoggs.com

EVENTS

31st National Swim Canberra, 6-9 April 2006

Program of Events

Wednesday 5th April 2006

Welcome Function - Venue TBA

Thursday 6th April 2006

400m Individual Medley
100m Freestyle
50m Backstroke
100m Breaststroke
4x50m Mixed Freestyle Relay

Friday 7th April 2006

400m Freestyle
50m Butterfly
200m Breaststroke
100m Backstroke
4x50m Mixed Medley Relay

Saturday 8th April 2006

800m Freestyle
200m Backstroke
50m Freestyle
200m Butterfly
4x50m Women's Medley Relay
4x50m Men's Medley Relay

Sunday 9th April 2006

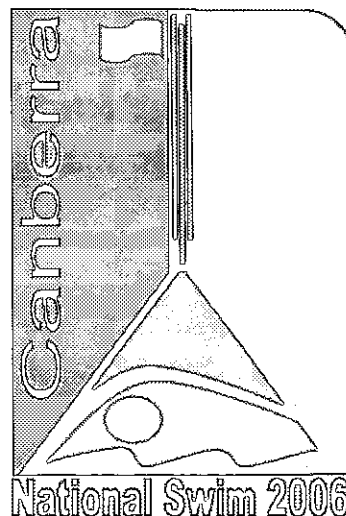
200m Freestyle
50m Breaststroke
100m Butterfly
200m Individual Medley
4x50m Women's Freestyle Relay
4x50m Men's Freestyle Relay
Presidential Dinner - Rydges
Lakeside Hotel

The organisation of the 2006 National Swim to be held from 6-9 April 2006 at the Australian Institute of Sport in Canberra is well underway.

Autumn is a beautiful time of the year to visit Canberra so make sure you put this date in your diary.

The Swim program has now been finalised and a sumptuous buffet dinner booked at the Rydges Lakeside Hotel for Sunday night. A tempting range of merchandise displaying the swim logo will also be available.

Accommodation in Canberra is in high demand during this time of the year so make your bookings early. Details are available at www.canberratourism.com.au. This is also a useful site for information on Canberra.



Entries will open in early December 2005, with 9 March 2006 the closing date. The maximum number of individual swims allowable is three per day (total 12 events for the meet). Entry fees are \$40 plus \$5 per event. Relay team entry is \$7.50.

Officials

As a small Branch we will require help with Technical Officials. If you are available to assist e-mail: gillianlaughton@smartchat.net.au

Postal Swims

Applications for the sanctioning of any postal swims for 2006 close on October 31st 2005. Any AUSSI National Postal Swim conducted on behalf of AUSSI Masters Swimming in Australia Inc must be sanctioned and a fee of \$50 must accompany the application form. This form must be forwarded to the National Office.

A Postal Swim is defined as any swim in which clubs or members from different clubs, compete in an event organised by a Host club but in which they are not required to swim together at the same venue. Swim results are posted to the Host Club to collate.

For more information or to obtain an application form, contact your Branch or visit the National web site at www.aussimasters.com.au.

Postal Swims Remaining for 2005

PS05/07 The Taskmaster

1 September to 31 October 2005

Aqua Jets AUSSI Masters Swim Club

Contact: Sharen Smith, ph: 07 3800 8541

shazzashome@yahoo.com.au

PS04/04 Swim Like a Legend

1 September to 30 November 2005

Tamworth AUSSI Masters

Contact: Donna Anderson, ph: 02 6767 8468

Donna.Anderson@hnehealth.nsw.gov.au

EVENTS

World Swim for Malaria 3 December 2005

This is a million person global fundraising swim from which 100% of the money raised buys mosquito nets. Millions of them. And every net matters. Why?

- The equivalent of 7 jumbo jets full of children die every day from malaria (3,000 children per day, every day).
- Malaria is preventable.
- The single most effective way of preventing malaria is to have people in affected regions sleep under a US\$5 mosquito net.

The swim happens on 3rd December 2005. How is AUSSI involved? Collectively, our members, family, friends and anyone else who registers to swim for AUSSI will "Swim Across Australia", a distance of 4025km.

This can be done:

- As a specific swim of any format on 3rd December
- As a training swim of any format around that date (the organisers are not fussy about the exact date)
- By school students in your area, whose school is affiliated with AUSSI for World Swim for Malaria
- By family and friends who register for World Swim for Malaria in an AUSSI organised swim

Why should you do it? A few simple reasons:

- To make you feel good about helping people in need
- To coincide with an Aerobics swim
- To add metres to your Million metres total
- To get a tan (the weather is warming up)
- For fun, fitness and friendship!
- For club publicity...you might attract members
- Because you like the feeling when your hair is wet

What do you have to do?

- Get together and organise a swim, or join an existing swim. Register your swim or get information on existing swims at: <http://www.worldswimformalaria.com/en/homepage.aspx>
- Get sponsorship. Ask people you know to give you money if you complete the swim you have planned



- Publicise your swim in your branch and club newsletter (optional)
- Publicise your swim on your branch and club website (optional)
- Contact AUSSI National Office if you would like a sample mosquito net for publicity photos for your local paper/club newsletter/club website (optional)

The swim is now only two months away. Now is not the time to umm and ahh. A child dies every 30 seconds from Malaria. Organise a swim or join an existing swim. The Malvern Marlins and the Darwin Stingers have already signed up - well done guys! Let's get wet and raise some money to save lives.

Once again, visit the website for all the details: <http://www.worldswimformalaria.com/en/homepage.aspx>.

Interview - Glenys McDonald (continued from page 5)

I deliberately did not attend her first Board meeting, even though it was in Perth, and as life member I was able to attend. It was time for her to put her own stamp on AUSSI. This doesn't mean I don't have an interest in AUSSI, but because I don't belong to a club or swim regularly, I might have lost touch a bit. We shouldn't be running AUSSI by looking through the rear vision mirror; we should

go forward, but in saying that we must research the past and weigh up what worked and what didn't.

Have you got anything else to add?

I'm just enjoying retiring on 3 acres with my sheep and alpacas. AUSSI will always be very dear to my heart. I love popping into a swim meet and seeing the same faces around pool that I have seen

for years. It's very special. Next year I hope to be off around Australia in my Winnebago so I hope to attend lots of AUSSI club nights.

Glenys' book can be found at any good bookstore, for further details visit: http://www.uwapress.uwa.edu.au/titles/index/seeking_the_sydney

-Ed

RESULTS & RECORDS

We apologise that there are no National Records listed in this issue. The recording committee is confirming the official records and they will appear in the December 2005 issue of AUSSI Masters News. For the most up-to-date National Records, visit www.aussimasters.com.au.

CORRECTIONS

Apology: The photo that appeared on Page 1 of Vol 3 Number 2 July 2005 edition of AUSSI Masters News showed a picture of John Pugh & Anne Todd and not Betty Todd as reported. Apologies to Anne for the mistake - Ed.

PUBLICATION INFORMATION

SUBMISSION DEADLINE

Clubs and AUSSI Masters Swimming members are encouraged to contribute to the AUSSI Masters News. Contributions may include articles, photos, letters to the editor or submissions for the ZOGGS Good Idea Award.

Submissions for the next edition of AUSSI Masters News can be submitted to: sportadmin@aussimasters.com.au or post to the National office at 148A Ferguson Street, Williamstown Vic 3016 by Friday 25th November 2005.

ADVERTISING RATES

AUSSI Masters News has a distribution of approximately 700 hard copy newsletters, obtaining a readership of over 7,000 via print, e-mail and website. The advertising rates for future issues of the AUSSI Masters News are as follows:

Full page	\$500
Half page	\$275
Quarter page	\$195

The following discounts on the above rates are available for the purchase of consecutive advertisements.

- 10% for two or more consecutive issues.
- 20% for four or more consecutive issues.

For further details contact Stephen Cardiff, Chief Executive Officer, on (03) 9399 8861 or ned@aussimasters.com.au.

CONTACT DETAILS



AUSSI Masters Swimming in Australia Inc

148A Ferguson Street
Williamstown VIC 3016
Australia

Phone: +61 (0)3 9399 8861

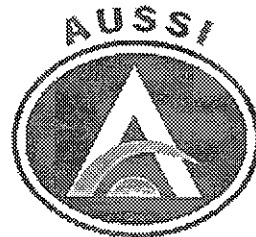
Fax: +61 (0)3 9399 8863

e-mail:

sportadmin@aussimasters.com.au

web: www.aussimasters.com.au

For more information on
AUSSI Masters Swimming,
visit
www.aussimasters.com.au



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