

AUSSI

masters news

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National President

Since the last issue of the AUSSI National Newsletter much has happened in the national arena.

Julia Phillips, our CEO for the past four years, has resigned her position to take up the post of CEO at the International Netball Federation in the United Kingdom. Julia will be missed in the national office and I thank her for her large contribution to AUSSI during her time as CEO. A replacement for Julia is currently being sought.

Jeanette Holowiuk, previously Victorian Branch Administrator, has joined the staff in the full time position of Sports Administrator. The Victorian Branch is now being administered from the National Office and part of Jeanette's duties will involve administration of the Victorian Branch and her other duties will involve AUSSI nationally.

We will also have a new National Management Committee at the end of April. I did not stand for the position of President at recent National Management Committee elections and therefore this will be my last contribution to the newsletter as President. I will of course continue to be involved with AUSSI at club level and be participating in AUSSI events.

John Pugh is our incoming President and I am sure he will continue to uphold the ideals of AUSSI. The incoming National Coaching Director is David Chambers and incoming Finance Director will be Cathy Codling. My congratulations to these people and my thanks for those who stood for the positions but were not successful.

When I think of all the good things about AUSSI, foremost in my mind is always the huge numbers of generous volunteers at all levels who keep the AUSSI wheels turning. We are membership based and are a membership driven organisation and those

wheels would stop turning without those generous volunteers, especially those working at club level.

My thanks to you all and my best wishes for the future.

*Mary Sweeney
President*



Mary Sweeney, President, AUSSI Masters Swimming (May 1999 - April 2005).

A Tribute To Mary Sweeney

By John Pugh

Mary Sweeney finished six years as President of AUSSI at the AGM and Board meetings following the recent National Championships in Hobart. Mary served our organization with distinction and represented it on formal occasions with dignity and charm. She worked hard at her job and kept herself informed and aware of every aspect of Masters Swimming.

Mary worked her way through the administrative ranks at club and branch levels. She is a past President of Queensland AUSSI where she was also given life membership. She knows the history of AUSSI from its inception, most

of the officials in the various branches, and was able to give helpful insights on most matters that were put to the Board.

Much of Mary's hard work was as chair of the National Management Committee, which helped the CEO manage the affairs of the National Office. If interpersonal difficulties ever occurred between the National Office and branches she would

always try and resolve the matters firmly and diplomatically.

We will miss you Mary, but we know that you are always available for advice. Enjoy your tennis and we look forward to having you as a competitor in future swim meets.

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

Farewell AUSSI from the CEO

By Julia Phillips

It seems rather strange to be writing an article for the Australian Masters Swimming newsletter from my study in the heart of the English countryside, but that is exactly what I am doing. I have been in my new role as Chief Executive Officer of the International Netball Federation for a month, and have settled into my new home in a village near Stratford on Avon. After living in Australia for 16 years, a return to England is something I had not planned, but I am enjoying it nevertheless.

As many of you will have read in the 2004 Annual Report, my last day with Masters Swimming Australia was almost four years to the day since I became your Chief Executive Officer. During those four years there have been many highs (and of course, the occasional low!), and I have enjoyed the time more than I can say.

Masters Swimming is extremely fortunate in its volunteers; there are dedicated people at every level of the sport, from the National Board down to the people who timekeep at the many events throughout Australia every week. Every single volunteer has an important role to play, and without their valuable contributions Masters Swimming simply could not function. In writing this last contribution to the national newsletter, I would like to record my thanks for their efforts; not only during the four years that I spent with the organisation, but for their ongoing commitment over many years.



Julia Phillips, Chief Executive Officer, AUSSI Masters Swimming (March 2001-February 2005).

The National Board has spent a considerable amount of energy over the past 18 months in considering ways to improve the management of the sport. Most of the discussion has focused around the issue of Governance; that is, the way in which the Board directs and manages the organisation. There has been extensive consultation with members, and I feel confident that whatever the final appearance of the model the Board approves, it will be the best possible solution for Masters Swimming and its members.

Notwithstanding any change to the structure of the Board, the National Management Committee has undergone quite a dramatic change in personnel. The newly elected President, John Pugh, has been a member of the NMC for six years

as the Finance Director, but the other three members are all quite new. The CEO has yet to be appointed, but my best wishes to Cathy Codling (Finance Director) and David Chambers (Coaching Director) on their respective appointment and election. I met with Cathy before leaving Australia, and spoke several times to David. I have no doubt that they will both be a tremendous asset to the NMC, and a great support to the new President.

As I write, an incredibly successful National Swim has just concluded in Hobart, and would like to congratulate all of those who were involved in organising the event. As anyone who has had anything to do with organising a National Swim will confirm, it is no easy task and requires a great deal of dedication from the members of the organising committee. I am sure people will be talking about this National Swim for years to come, and those responsible should feel very proud of their achievement.

Although I was sorry to resign from Masters Swimming Australia, I do feel that the organisation is in a very sound position, and that it will continue to grow and thrive in the years ahead. I have made a great many friends throughout Australia, and am thankful to have been involved in such a wonderful organisation.

*Julia Phillips
Chief Executive Officer
March 2001-February 2005*

Welcome to the New Sports Administrator

Jeanette Holowiuk

Jeanette Holowiuk started at the National Office in Williamstown on December 13th 2004 in the position of Sport Administrator, taking on the administrative duties for both AUSSI National & Victoria Branch. Jeanette took on the role looking forward to the challenge.

Jeanette started swimming as a youngster in the Latrobe Valley in Victoria. Whilst Jeanette did not get to State or National level, she achieved relevant success at the local level. Jeanette joined the Ringwood Water Rats Masters Swimming Club in 1987. Although a "pool" person,

she did participate in a couple of 5km "YARRA" swims. If you think the Yarra is bad now, you should have seen it in 1989 when competitors had to wait for a body to be dragged from the river before the race could start! Although Jeanette does not compete much these days, she hopes to get back into the water soon.

Jeanette is familiar with the administration processes of AUSSI, previously taking on the role of part-time administrator for AUSSI Victoria in June 2000 after formerly holding the honorary position of Secretary. Jeanette left in September 2003 but continued to be involved in the conduct

of a National Swim (2001) and the World Masters Games (2002). Jeanette has also been active at various meets as an official and part of the recording team.

Now that there is a "full-time" person in the office Jeanette is looking at providing a day-to-day contact for members and branches alike. She is also looking forward to working with the new incoming National Management Committee, especially the CEO.

A Message from the Incoming President

John Pugh

Changing roles from Finance Director to President involves lots of 'homework' as I have already found out! However, I look forward to the challenge and thank the branches for allowing me the privilege to take on the new job.

The National Body is in a good state. It has a well thought out strategic plan, a good budget process and is well able to finance the administration of the National Office and special projects that are important for branches, clubs and individual club members. These aspects of our organization will continue.

Unfortunately the context of the sports industry changes inexorably and presents ongoing challenges for AUSSI. I foresee our priorities for the next few years as being:

- To adapt our system of corporate governance in a way that allows for better strategic planning and policy making while

leaving decisions in the hands of our member branches

- To ensure that we develop and maintain affordable computer software that easily integrates our membership database with swim meet results, records, aerobic swims and Top Ten records.

- To help branches and clubs attract, retain and thus increase the number of adult swimmers that make up our membership.

- To develop and reposition our education programmes for AUSSI coaches and officials.

- To manage our finances wisely.

AUSSI has a good 'team' in its Board members and I am sure that we will see to these and other issues that will emerge. I look forward to meeting more of you at National Swims and on other occasions.



John Pugh, Incoming President, AUSSI Masters Swimming.

Incoming Director of Finance

Cathy Codling



From Left: Cathy Codling, Incoming Director of Finance, AUSSI Masters Swimming, and Sally Bell (Claremont, SA).

AUSSI Masters Swimming is pleased to welcome Cathy Codling as the new Finance Director. Cathy will take over from John Pugh, who is taking on the position of President.

Cathy has been a member of AUSSI since 1996 when she joined Warringah Masters Swimming Club in NSW. In 1999 she was a founding member of a new club in NSW, Seaside Pirates Inc. Cathy took on the role of Treasurer for that club and assisted

in the set up and running of the club for the following three years.

In 2000 Cathy joined the organizing committee for the National Swim in Sydney, Homebush, and was awarded the NSW AUSSI Administration Award for outstanding contribution to club administration that year. Cathy was re-elected onto the Seaside Pirates committee as Club Treasurer in 2004.

Cathy is currently the Accountant for a sports marketing company called Repucom Pty Ltd (previously Total Sport and Entertainment Pty Ltd), where she has been working in a part-time capacity for approximately five years. Cathy has also been involved in various voluntary accounting roles for soccer clubs and the preschools that her children attended.

Cathy has a degree in Mathematics from the University of Birmingham and was qualified as a Chartered Accountant in England in 1986. Cathy is 42 years old and married with three children. Her husband is a Partner with PricewaterhouseCoopers in the banking and finance sector.

Acting CEO

Loren Bartley

The National Management Committee has appointed Loren Bartley, the present Technical Development Officer, as Acting Part-time CEO until a new Chief Executive Officer is appointed. Loren will perform both roles during this time and can be contacted in the usual manner through the National Office or at tdo@aussimasters.com.au.



Loren Bartley, Technical Development Officer and Acting CEO, AUSSI Masters Swimming.

CAS Eunice Gill Award

Kay Cox

Congratulations to Kay Cox on being awarded the 2004 Confederation of Australian Sport (CAS) Eunice Gill Award for special contribution over a period of time to a member organisation in an honorary capacity. Kay was presented with this award for her contributions to AUSSI Masters Swimming at the Melbourne Town Hall on Monday 22 November 2004.

Kay Cox being presented with the 2004 CAS Eunice Gill Award.



Million Metre Winners

Congratulations to the following people, who have achieved their ZOGGS Million Metre Awards since October 2004. 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.

First Name	Surname	Club	State	Distance
Ailsa	Duncan	Sunshine Coast	QLD	10 Million
Ailsa	Duncan	Sunshine Coast	QLD	7 Million
Peter	Forster	Toowoomba Milne Bay	QLD	7 Million
Ian	Redpath	Brisbane Southside	QLD	7 Million
Dave	Smith	Innisfail	QLD	5 Million
Anne	Mc Kenzie	Sunshine Coast	QLD	5 Million
Peter	Cain	Cairns legends	QLD	5 Million
Robyn	Payne	Townsville	QLD	5 Million
Greg	Smith	Sunshine Coast	QLD	3 Million
Peter	Long	Seaside Pirates	NSW	3 Million
Ian	Goudie	Oceana	TAS	3 Million
Graham	Johnson	Novacastian Masters	NSW	1 Million
Peter	Long	Seaside Pirates	NSW	1 Million
Anne	Mc Kenzie	Alice Springs	NT	1 Million
Bernadette	Ward	Rum City AUSSI	QLD	1 Million
Margot	Irwin	Miami	QLD	1 Million
Vicki	Davies	Sunshine Coast	QLD	1 Million
Moir	Wigley	Darwin	NT	1 Million
Merilyn	Burbidge	Stadium Snappers	WA	1 Million
Simon	Olden	Launceston Lemmings	TAS	1 Million
Tania	Olden	Launceston Lemmings	TAS	1 Million
Rob	Hamilton	Talays AUSSI	TAS	1 Million

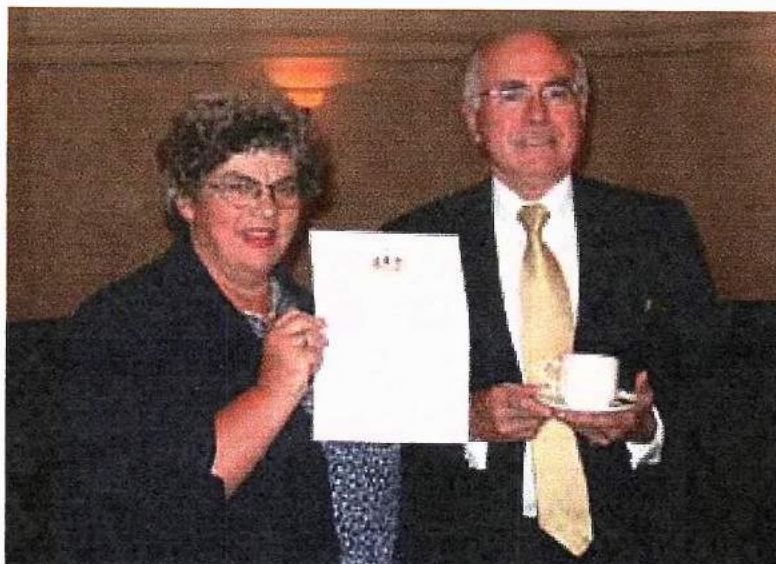
Commonwealth Sports Achievement Award

Helen Rubin

Congratulations to Helen Rubin on being awarded the 2004 Commonwealth Sports Achievement Award. Helen was presented with this award for her contributions to AUSSI Masters Swimming by John Howard in December 2004.

Helen is the Chair of National IT Committee, Web Master for NSW AUSSI Branch and a member of NSW Ryde AUSSI Masters.

Helen Rubin being presented with the 2004 Commonwealth Sports Achievement Award by John Howard.



"Swim Like a Legend" – Postal Swim

A big thank you to everyone who entered our postal swim. It was definitely a success with 15 clubs and 57 individuals across Australia getting involved. We received lots of positive feedback about the length of the swim and how much fun was had finding the answers to the quiz.

The swim is definitely on again this year, details will be posted on the National web site or please contact me on 02 6766 3419 or Donna.Anderson@hnehealth.nsw.gov.au

Congratulations to Adrienne Vassallo from the Caringbah Aussie Masters Club who won the \$50 cash prize for finding all the

correct answers to the quiz. We are looking forward to an even better and bigger postal swim this year.

*Donna Anderson,
Postal Swim Co-ordinator,
Tamworth Aussie Masters Swimming Club Inc.*

Postal Swims 2005

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

PS05/04 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

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

An Interview with the new Director of Coaching

David Chambers

W hat is your swimming background?

For most of my swimming career I was a lazy trainer and refused to get out of bed before 8AM. My then coach (Dianne Gilchrist) gave me an option of giving up or actually putting in some effort. That year I put in some effort and made finals at States and swam Nationals (a good example of taking a coaches advice). Unfortunately after a successful States campaign and shocking Nationals campaign in the following year, I succumbed to a chronic groin injury. After two operations I decided it was time to quit. I tried a mini comeback with Andrew Gilchrist coaching me, however after doing the hard work I decided that it wasn't for me any more.

I swam my first Masters competition this year at the Surrey Park Relay Meet. After five events I was feeling very proud of myself, however when I got home I could hardly walk up the stairs because of my back. Something about core strength should be written here.

What have been your main coaching positions?

Most of my coaching has been with the Aquabears Swim Club (Aquastyle Swim School). I started coaching when I was sixteen. Dianne told me that they were starting a Masters club and that she thought it would be good for my swimming if I coached them. When I first started the job I was very unsure on how adults would react with a sixteen year old. Coaching adults first up was the best thing that I could have done for my coaching. I was lucky enough to also coach young squads at the centre.

I left Aquabears for a short period of time, coaching a bit at a few different places. After finishing playing around a bit I went back with Aquabears and coached Age group swimmers. Again I was able to learn a lot about my coaching working with Andrew and the swimmers that I coached. It is amazing how much you can learn off 12 year olds.

After three or so years I decided that 5AM starts were really not for me so I started

coaching at the City of Yarra (Yarra Roughies). I have been very lucky to be involved in such a big programme with a large amount of swimmers and triathletes. This also lead to the opportunity of helping out the Glamourhead Sharks and going to the Gay Games with them. This would have had to be one of the best times of my life.

As well as coaching the Yarra Roughies I am also coaching at the University of Melbourne where I coach a wide range of athletes that includes swimmers, triathletes, pentathletes, water polo players and even an underwater hockey player.

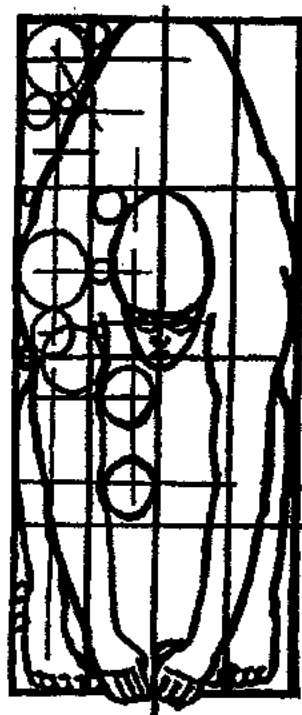
I feel that I am a very lucky coach with exposure to many types of swimming coaching and having great organisations supporting me.

What do you think are good qualities of a coach?

There are many things that make a great coach. I feel the most important quality is to recognise that you cannot coach 100% of the swimmers out there. From time to time you are going to have clashes with some athletes because you are not the coach they are looking for. Obviously a good coach should try to work out what the swimmer needs are and coach them around that, however with many different personalities in the world this is not always possible.

A good coach should always be open for learning new things. You can learn many things from swimmers of all ages and abilities. If you only listen to the experts then your coaching is going to be very narrow minded.

The last thing that I have to say on this topic might sound a bit funny at first. I believe the coaches who are the greatest are able to blend the science behind swimming but with an artistic touch. I find some academic people are brilliant on their knowledge but cannot express it to their athlete. On the other hand there are some people out there that can see and explain what they are seeing to their athlete but have no long term plan of what they are



doing or they do not know why they are doing it.

I think that if you can find a balance of the above things then you will be a good coach.

What is your take on Masters Swimming?

All coaches know what the effect of age has on swimming performance, however not many adults do. I see too often adults getting upset when they are not doing times as fast as they were when they were 25 at the age of 40 plus. I feel that for many Masters swimmers your first race of the year should be your new PB even at the age of 20.

Swimmers must remember that life tends to get in the way of sport performance. Things such as having children, changing jobs and the lack of ability to find time to train affect the way that we perform. This also ensures that we have personal success and enjoy swimming much more.

Where do you see AUSSI Masters Swimming coaching in the next 5 years?

It would be great to get the coaches involved more with their club. You don't see a lot of coaches at competitions taking splits and watching race technique. The majority of programming is based around competition swimming so coaches need to be able to identify areas that need

improvement and areas that are working well.

For this to happen I think that within five years most coaches will be on a paid position. There are still going to be clubs that have volunteer coaches however I think 80% of the clubs will have paid coaches.

This will add more professionalism to the Masters coach and make it easier to hold on to the same coach for a period of time.

What will you be focusing on in this position?

There are quite a few behind the scenes things that I would like to work on that will have a positive impact on Masters coaches. The main objective that I have for the following years is to give Masters Swimming coaches more incentive to perform as a coach. At the moment the only incentive is coach of the year. This is a great award however only one person per year can be awarded this and that leaves a lot of un-rewarded coaches that deserve something.

I also would like to bring all the coaches together using an internet forum to share ideas and communicate more effectively with each other. I would like to use this forum for coaches to communicate with me about ideas that they have or what they expect from me in this position.

I want to be proactive in this position and make a difference for all.

Why did you take on this position?

I as a Masters coach felt that there was not enough direction and that Masters coaches have not been seen as an important part of AUSSI Masters Swimming. This has frustrated me over the years and instead of complaining I

thought that I would try to do something about it and apply for the Coaching Director position.

I think that mainstream swimming coaching has moved on a lot where as Masters coaching is still stuck at a spot 10 years ago. I guess that I was at an advantage of being out of Masters swimming for a long period, so when I stepped back into it I have been able to see things with a fresh set of eyes and ears.



David Chambers, Incoming Director of Coaching, AUSSI Masters Swimming.

Revised Technical Course Resources

By Loren Bartley

The AUSSI Masters Swimming Technical Course Resources have been updated and distributed to Branches on CD for the following units:

- 4.2.1 – Timekeeper
- 4.2.2 – Chief Timekeeper
- 4.2.3 – Check Starter
- 4.2.4 – Marshal
- 4.2.5 – Starter

The updated resources for each unit consist of:

- Candidate Notes & Worksheets
- Presenter Notes
- Log Sheet

In addition to the unit resources, the following documents are also included on the CD:

- Officials Code of Ethics – To be completed by all candidates, with the exception of timekeeper
- Process to Apply to Conduct Technical Units
- Technical Course Guidelines NOAS
- Unit Time Requirements
- Approval Form to Conduct Technical Courses
- Technical Course Candidate List

The resources provided are current as of March 2005 and should be used for any AUSSI Masters Swimming Technical Courses conducted after this date. A second CD will be distributed within the next couple of months which will contain the resources for the following units:

- 4.2.6 – Roles & Responsibilities
- 4.2.7 – Resource Management
- 4.2.8 – Communication
- 4.2.9 – Referee

If you require any additional information or have any feedback in regards to any of the resources provided, please do not hesitate to contact Loren Bartley, Technical Development Officer, at ldo@aussimasters.com.au.

ASCTA Convention

26 April - 3 May 2005

The 12th ASCTA Australasian-Oceania Swimming Professionals Convention and Expo will be held on the Gold Coast from 26 April to 3 May 2005.

This year the convention features:

- USA's Development Coach of the Year Gregg Troy
- World Class Introduction to the Sport of Swimming by John Leonard, USA
- GO Club Coaching topics
- Silver Coaching Licence: 26 - 30 April
- SWD Coaching Course: 28 April
- Paralympian GOLD Seminar: 27 April



- Coaching Masters Swimmers Seminar: 1 May
- Pool session with GOLD Olympians: 28 April
- Pool session with 7 - 10 year-olds: 29 April
- Presenter-Assessor Accreditation Seminar: 29 April
- IR - Awards Seminar: 29 April
- Teaching Stream: 30 April & 1 May
- Laurie Lawrence on teaching the strokes and large groups
- Swim Australia Conference: 2 - 3 May

For more information go to:
www.ascta.com

FINA Masters Official List No.7.

Effective from 1 July 2005 to 31 December 2008

The following AUSSI Masters Swimming Technical Officials have been named on the FINA

Masters Official List No.7.:

Kay	Cox	Referee (Swimming)	Referee, Judge (Open Water)
Alan	Davis	Referee (Swimming)	
Leigh	Hansen	Referee, Starter (Swimming)	
Gary	Hoff	Referee, Starter (Swimming)	
Simon	Hooten	Starter (Swimming)	
Kenneth	Liddy	Starter (Swimming)	Referee, Judge (Open Water)
John Lesley	Kay	Referee (Swimming)	



1st Oceania Masters Championships

10-13 June 2005

The 1st Oceania Masters Swimming Championships are being held in Suva, Fiji from 10 to 13 June 2005.

The event is being hosted by the Amateur Swimming Association of Fiji and organisers hope to attract masters swimmers from Australia, New Zealand and the Pacific Rim countries. The swim meet will be held in the same venue as the Oceania Swimming Championships in May 2004 (National Aquatic Centre and Pacific Harbour).

Hosted by Fiji Swimming Association with assistance from NZ Masters Swimming, under the auspices of Oceania Swimming Association, this inaugural event is to promote participation in Masters Swimming in the Oceania region. A warm invitation is extended to all registered Master Swimmers or swimmers 25+ years old registered with their local federation within

the Oceania region.

The swim program will follow a format covering all strokes and distances from 50m to 200m plus 400m IM, 400m free and 800m free, with competition being held on Friday, Saturday and Sunday. An 800/400m freestyle pool event will be on Friday and a 3 KM Open Water Harbour Swim on

Monday morning. It is proposed that a 'Grand Finale Function' will be held Sunday night if sufficient numbers of people are interested.

Entries close on 1 May 2005. For more information visit www.fijiswimming.com.



National Aquatic Centre, Suva, Fiji.

National Registration System

The start of 2005 was a major milestone for AUSSI Masters Swimming in Australia with the introduction of the new on-line registration system.

Below is some feedback that the National IT Committee has received.

Victoria

Congratulations to everyone involved in developing the new registrations system. I found it very easy to navigate and it appears an efficient way of

maintaining member records. I had no need to refer to the tutorial, though I did skim through the Powerpoint presentation once before negotiating the new system.

New South Wales

NSW applauds AUSSI National and the National IT Committee for the new database. The only downside was the issue of going 'live' a week prior to Xmas. The NSW State Branch now has most of our clubs trained to enter online.

Tasmania

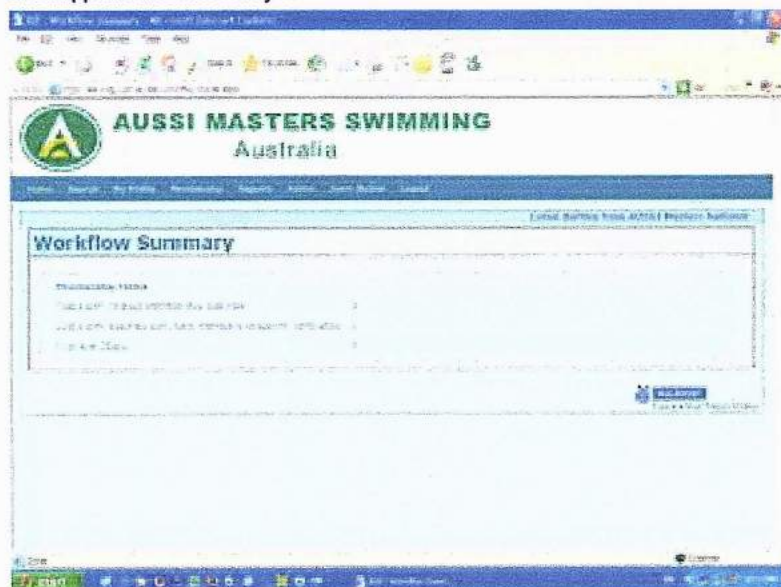
The database has been used since mid-January with no problems accessing or loading data. To date six of the seven clubs are using the system without any formal training (except the Powerpoint presentation). All have reported that it is easy to use, efficient and instant.

The web program has many advantages as clubs are easily able to access their registration data. Everyone likes the summary sheets – there is no question about the amount of money owing as it is clearly listed on the summary sheet.

The National IT Committee has prepared documentation on downloading membership files from the registration system for use in the current swim meet programs (both MeetSys and Meet) and the Aerobic software. This will be sent shortly to Branch Administrators for distribution to Branch and/or Club Recorders.

There will always be minor hiccups and teething problems, we just have to work our way through them. If you have any queries, please contact the National IT Committee by emailing us at it@aussimasters.com.au.

*Helen Rubin
Chair
National IT Committee*



A screen snap shot of the AUSSI National Database Home Page.

Meet Manager Software

A resolution was passed at the recent National Board Meeting held in Hobart to accept Meet Manager as the Swim Meet software to be used by AUSSI Masters Swimming in Australia. The resolution was as follows:

"AUSSI Masters Swimming Inc will purchase a full copy of the Meet Manager software with electronic interface for each Branch."

It was then discussed and agreed that it is the responsibility of each Branch to assist clubs to acquire the relevant copies of the

software they will need to conduct swim meets.

Under the licensing agreement, clubs hosting carnivals will need to purchase a copy of the basic module of Meet manager & for those clubs that hold inter-clubs at infrequent intervals, the hiring of the relevant software could be arranged rather than an outright purchase.

The National IT Committee will provide supplementary documentation on using this software for AUSSI Masters Meets.

*Helen Rubin
Chair
National IT Committee*



Susie: A Mother's Story

By Pauline Maroney

Susie Maroney, Australian champion marathon swimmer, made history when at 15 she became the youngest and fastest Australian to swim the English Channel. In 1997 Susie made world headlines by achieving the unthinkable and becoming the first person to swim from Mexico to Cuba (208 kilometres), the longest swim in history. Her record-breaking swim of the Florida Straits made her an international success and an Australian sporting icon.

In this heart-warming and inspirational book Pauline Maroney chronicles Susie's story through a mother's eyes. It is a book about a girl with a dream, determination, family and love. It is also about enduring the unendurable and how Susie used the same courage with which she achieved her dreams to cope with the tragedy of losing her soul mate, her best friend and twin brother Sean. From the tragic and

accidental death of Susie's twin brother Sean, to Susie's friendship with Cuban leader Fidel Castro, Pauline Maroney gives a mother's insight into the fame, fortune and fate of a true champion and her family.

Pauline Maroney lives with her husband Norm in the beachside suburb of Cronulla, Australia. Her children all live nearby in the Sutherland Shire. She is a Clinical Nurse Specialist in the Respiratory and Oncology areas and has worked at Sutherland Hospital for the last 32 years. This is her first book.

The book is published by Hay House and is due for release on 18th April 2005. All proceeds will go towards a memorial scholarship to help a young athlete achieve their dream of competing in the Hawaiian Ironman, which is what Susie's brother Sean was doing when he so tragically died in an accident.



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

www.australianmastersgames.com

NSW 1500m Butterfly Records

Peter O'Sullivan, Michael Parkinson and Frank Funibaldi of West Auburn Masters Swimming Club each set a NSW butterfly record for their age group. What makes these records special is the distance they set the records over. All three men broke their respective age group record for the 1500m butterfly at the NSW Masters Long Distance Championships at Blacktown Pool on 5 September 2004.

Whilst AUSSI Masters Swimming and FINA Masters do not recognise records for that distance of butterfly, such an achievement is worthy of note. The trio got together and worked toward achieving the record over several months. They were doing 1-2km of butterfly per session in the lead up to the race.

From Left: Peter O'Sullivan, Michael Parkinson and Frank Funibaldi holding their record lane markers at Blacktown pool.

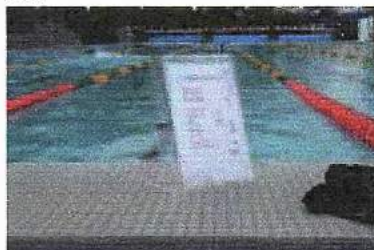
The NSW records set were as follows:

Name	Age Group	Time
Michael Parkinson	30-34	31:29.0
Peter O'Sullivan	40-44	34:44.7
Frank Funibaldi	50-54	28:39.9



Launceston AUSSI, TAS - Swim Program Holders

Our summer home pool - Windmill Hill - has a slight problem with the evening breeze. I suppose that is why they built a Windmill there. The breeze was causing problems with the coaches' whiteboard - blowing over and generally being a hazard. We went to laminated programmes laying on the end of the pool but they tended to get lost in the clutter of pull buoys, kickboard, fins, etc. The commercially available 'menu' holder were too light and also got blown away. Our coach approached a local plastics firm and described our plight. The result being as shown in the photo. The Perspex is about 4 mm thick and reasonably heavy and the deep rear wings provide strength and support. The program holders are set up in line with the lane ropes, easily visible from either lane. Great for our swimmers with 'mature' eyesight who had trouble reading a whiteboard some distance from their lane.



Launceston AUSSI Swim Program Holders

TAS - "The Lemmings" Monthly Time trials

We conduct a time trial session each month. The concept is not outright competition, but for swimmers to nominate the time they intend to swim for the stroke/distance and then try and swim as close as possible to that time. Most nights have at least 5 events - 50m free and form stroke, 100 free and form and a 200 of choice. We have a sliding scale for points score ranging from 10 points for an exact time to 2 points for having a go. The number of points varies with swim distance and time difference between nominated and actually swum. The swimmer with the most points wins the year long series. If you would like a copy of the point score table please contact Launceston AUSSI. We find that the club members enjoy the format - swimmers work as hard as they want. It is a popular event with new swimmers as they can



The Hills (NSW) won the ZOGGS Gift Pack for its Good idea in the last issue of the Newsletter. The club decided to present the gift pack to the Club Member of the Year. Congratulations to Di Coxon-Ellis and Anne Elsegood, who tied for the award and shared the ZOGGS Gift Pack. Congratulations to the club and its members and the local council for this joint initiative and great idea.

practice starts and turns without the pressure of actual competition. Also the less stronger swimmers can take part in these events and build confidence, whereas they may not be capable of undertaking aerobic swim distances. Swimmers also assist with timekeeping duties allowing us to maintain a large number of qualified timekeepers for state championships.

St George Masters Swim Club, NSW - St George Skins

We currently do a swim call St George skins. This idea originated from the Qantas skins. What we do is, once every few months we ask members to nominate their times for 100, 50 and 25 m Freestyle (can be any stroke). This time is then

totalled. The swimmer then swims each event consecutively with 1 minutes rest between from when the last swimmer touches the wall. It is important not to tell the swimmer their time so that they can't cheat. The three times are then totalled and the closest to their nominated times win. It is very handy to have a laptop computer at the pool on the night to total times. We usually just give prizes away like swimming goggles, movie tickets.

ZOGGS

The winner of the April Good Idea Award is Launceston AUSSI for their Swim Program Holders. Congratulations to all concerned in developing such a great initiative.



30th National Swim - Hobart, Tasmania

30 March - 2nd April 2005



The organising committee would like to thank everyone who attended the National swim.

The response was well in excess of our expectation. We had 575 entries and 567 actual swimmers. The level of entries in the 800 (261) and 400 (289) metre freestyle events necessitated swimming two to a lane due to time restriction on pool availability. The championships have attracted 102 clubs, which represents over half of all the AUSSI clubs in Australia.

The entire event ran smoothly and we received lots of positive comments. The team of officials and volunteers put in a tremendous keeping the event on track. The group of volunteer officials came from all over Australia.

At the completion of the third day of competition over 20 Individual National records have been set, but the highlight was the provisional setting of a World Record for 50 metres Butterfly set by Paul Smith from Colorado Masters USA. Paul swam 25.94 seconds to set the new 45-49 age group record. Paul was one of six international swimmers at the meet. This was the first Masters World record set at the Tattersall's Hobart Aquatic centre

The main social events were very well attended – the welcome function, hosted by the Governor of Tasmania at Government House provided just the right start to the event. The presentation dinner

was held at the Hobart Function centre located on the refurbished Elizabeth pier right over the water in the heart of the famous Hobart waterfront. A great venue with great food and atmosphere.

The winners of the Founder's Trophy for the Highest scoring Club and the Visitors Trophy were Blacktown, NSW, followed by Seaside Pirates (NSW) 35 points adrift with the Launceston Lemmings (TAS) only 11.5 points behind in third place. A great result for Blacktown well deserved for their effort.

Female swimmer of the meet was Ebony Currell from Casey Seals (VIC) who set 3 national records and won 11 gold and 1 silver from 12 events. Male swimmer of the meet was John Crisp from Miami Masters (QLD) with 8 National records, eight gold from eight events. The Coach of the Year for 2004 award was presented to Louise Stovin-Bradford from Seaside Pirates (NSW) and Official of the year for 2004 award went to Ken Liddy of Queensland.

The swim meet finished with a "Inter-Branch challenge relay" – a handicapped 4

x 50 mixed freestyle relay based on nominated times. Tasmania led off with NT 7 seconds later, QLD at 21 seconds, SA at 23 seconds, NSW and VIC on 25 Seconds and WA trying to make up 32 seconds. Tasmania managed to hold off the hard charging remainder of the group, with NT second and WA third. The award for closest to nominated time went to QLD - missing out by only 0.07 of a second, closely followed by WA at 0.81, with SA coming in third only 1.85 seconds out. The finish was very close with less than 2 seconds between second and seventh place. This event really got the crowd on its feet and proved to be a fitting end to a tremendous swim meet.

We are working on the results booklet and individual achievement certificates and will get them out to respective clubs as soon as possible, hopefully within the next three weeks. If you won a medal but didn't pick it up, we will post them out with the results. All results are available on the web site.

Again, thanks to all that attended, be they competitors, supporters, officials or volunteer helpers.

*Ray Brien
2005 National Swim Meet Director*



From Left: Louise Stovin-Bradford being presented with the Coach of the Year Award by Tony Keogh, National Coaching Director.

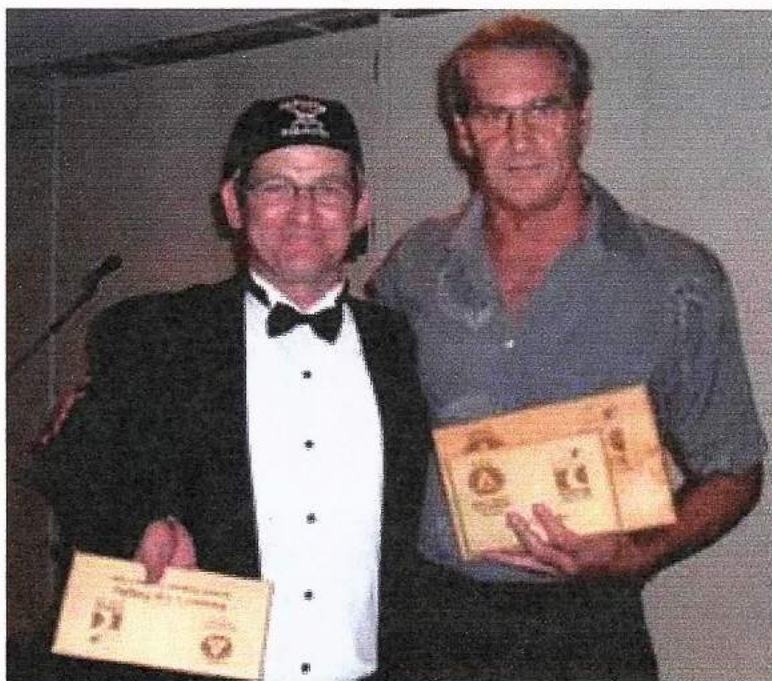


From Left: Ebony Currell being presented with the Female Swimmer of the Meet award at the National Swim in Hobart by Mary Sweeney, President, and Ray Brien, Tasmanian President and 2005 National Swim Meet Director.



Clarice Artis, North Lodge Neptunes (VIC), the oldest competitor at 90 years of age, competing at the 2005 National Swim in Hobart.

National Trophy Winners 2005



From Left: Robert MacLellan of Seaside Pirates holding the Runners Up Trophy and Robert Dorrington of Blacktown holding the Founders and Visitors Trophies.

Founders Trophy
Blacktown Masters NSW

Runner-Up Trophy
Seaside Pirates NSW

Visitor's Trophy
Blacktown Masters NSW

Male Swimmer of the Meet
John Crisp QLD

Female Swimmer of the Meet
Ebony Currell VIC

National Heart Foundation Trophy
Ray Brien TAS

National Aerobic Trophy 2004
Sunshine Coast QLD

ZOGGS Aerobic Award 2004
Kawana QLD

Coach of the Year
Louise Stovin-Bradford NSW

Official of the Year
Ken Liddy QLD

Category Relay Trophy 80-119yrs
Blacktown Masters NSW

Category Relay Trophy 120-159yrs
Seaside Pirates NSW

Category Relay Trophy 160-199yrs
Power Points VIC

Category Relay Trophy 200-239yrs
Doncaster VIC

Category Relay Trophy 240-279yrs
Waringah Masters NSW

Category Relay Trophy 280-319yrs
Seaside Pirates NSW

National Records

Long Course - Individual

MEN	20-24	200m BACK	D. BLACKBORROW	27/11/2004	2:15.34
MEN	20-24	50m BRST	ROGER WHITE	26/02/2005	09:36.00
MEN	35-39	400m FLY	FRANK BRAUN	6/02/2005	5:31.08
MEN	35-39	800m FLY	FRANK BRAUN	6/02/2005	12:08.75
MEN	40-44	400m BACK	PETER THOMPSON	21/11/2004	5:18.42
MEN	45-49	50m FREE	LARRY FORSYTH	14/11/2004	33:36.00
MEN	45-49	100m FREE	LARRY FORSYTH	14/11/2004	04:48.00
MEN	45-49	200m I.M.	MARK SMEDLEY	26/01/2005	2:28.30
MEN	50-54	400m BACK	ROSS PERRY	27/11/2004	5:49.44
MEN	50-54	800m BACK	MARK TAYLOR	6/02/2005	12:19.67
MEN	50-54	400m BRST	MARK TAYLOR	6/02/2005	6:14.09
MEN	50-54	100m BRST	MARK TAYLOR	26/02/2005	1:19.14
MEN	50-54	50m FLY	MARK FITZ-WALTER	26/02/2005	40:48.00
MEN	60-64	50m BRST	IAN INGRAM	14/11/2004	48:00.00
MEN	70-74	100m FREE	JOHN CRISP	5/02/2005	1:12.23
MEN	70-74	100m FLY	JOHN CRISP	5/02/2005	1:33.39
MEN	70-74	1500m BACK	PATRICK GALVIN	6/02/2005	31:30.39
MEN	70-74	200m I.M.	JOHN CRISP	26/02/2005	3:01.60
MEN	75-79	50m FREE	MAX VANGELDER	12/02/2005	52:48.00
MEN	75-79	50m FLY	MAX VANGELDER	12/02/2005	07:12.00
MEN	75-79	50m BRST	FRED ELSOM	19/02/2005	14:24.00
MEN	75-79	400m FLY	BILL WALKER	19/02/2005	10:05.24
WOMEN	35-39	400m BACK	HELEN WHITFORD	6/02/2005	5:33.15
WOMEN	35-39	800m BACK	HELEN WHITFORD	6/02/2005	11:30.35
WOMEN	35-39	50m BRST	NIKKI BURGER	6/02/2005	48:00.00
WOMEN	45-49	400m FLY	MARGARET LANGDON	6/02/2005	7:00.61
WOMEN	50-54	50m BACK	JANETTE JEFFREY	14/11/2004	21:36.00
WOMEN	50-54	1500m BRST	WENDY GORDON	19/02/2005	29:07.72
WOMEN	55-59	50m BACK	PENNY STEELE	14/11/2004	33:36.00
WOMEN	55-59	50m FREE	LYNETTE STEVENSON	11/12/2004	21:36.00
WOMEN	60-64	1500m BACK	GERDA WILLIAMS	17/10/2004	27:10.64
WOMEN	60-64	100m FREE	JEN THOMASSON	5/02/2005	1:14.37
WOMEN	60-64	50m BACK	PENNY STEELE	26/02/2005	57:36.00
WOMEN	65-69	800m BRST	GLORIA HARDY	6/02/2005	16:50.86
WOMEN	75-79	200m FLY	THELMA BRYAN	22/01/2005	5:26.38
WOMEN	80-84	100m FREE	M. CUNNINGHAM	12/02/2005	1:38.93
WOMEN	80-84	200m FREE	M. CUNNINGHAM	12/02/2005	3:42.80
WOMEN	80-84	50m BRST	M. CUNNINGHAM	12/02/2005	19:12.00
WOMEN	80-84	50m FLY	M. CUNNINGHAM	12/02/2005	1:01.41
WOMEN	80-84	1500m FREE	VAL LINCOLN	19/02/2005	36:44.09
WOMEN	80-84	800m FREE	VAL LINCOLN	26/02/2005	19:19.61
WOMEN	80-84	200m BRST	M. CUNNINGHAM	19/03/2005	4:54.92
WOMEN	80-84	400m BRST	M. CUNNINGHAM	19/03/2005	10:52.57
WOMEN	85-89	50m FREE	JOAN GODSALL	11/12/2004	1:02.57
WOMEN	90-94	400m BACK	CLARIS ARTIS	6/02/2005	17:19.53
WOMEN	90-94	800m BACK	CLARIS ARTIS	6/02/2005	34:00.27
WOMEN	95-99	50m FREE	MARGO BATES	5/03/2005	1:18.07
WOMEN	95-99	100m FREE	MARGO BATES	5/03/2005	3:11.62
WOMEN	95-99	50m BACK	MARGO BATES	5/03/2005	2:12.11
WOMEN	95-99	100m BACK	MARGO BATES	5/03/2005	5:53.22

Short Course - Individual

MEN	45-49	1500m BACK	CAMERON HORN	21/12/2004	21:22.6
MEN	60-64	50m BRST	IAN INGRAM	9/10/2004	37.07
MEN	75-79	200m FREE	DAVID LAWLER	9/10/2004	2:54.54
MEN	75-79	100m BACK	DAVID LAWLER	9/10/2004	1:40.88
MEN	75-79	200m BRST	BILL WALKER	9/10/2004	4:20.12
WOMEN	45-49	100m FLY	JENNY WHITELEY	9/10/2004	1:12.24
WOMEN	75-79	800m I.M.	OPALEDDY	10/10/2004	33:01.0

The above records do not include the 2005 National Swim, as results had not been concluded at time of printing of the newsletter.

National Records

Short Course - Relay

MIXED	80-119	200m MEDLEY	18/09/2004	02:02.4	NORTH SYDNEY (NAHOMI ERIGUCHI, LILY MATHEWS, DAVID LOVELACE, DANIEL MITCHELL)
MIXED	240-279	400m FREE	2/10/2004	06:42.1	SUNSHINE COAST (TOM JAMES, TIBBY KEMP, ANNE PEARCE, NORMAN WOOSTER)

Sportscover Sponsorship Fund

\$20,000 Grant for Grass Roots Sport



SPORTSCOVER



Sportscover Australia in association with SBS, announced the launch of the 2005

Sportscover Sponsorship Fund (SSF) on 7th March 2005. The SSF will be awarding 20 x \$1,000 grants during 2005, to amateur sporting clubs and associations throughout Australia.

Announcing the launch of the SSF, Sportscover CEO, Mr Chris Nash said, "Sportscover is extremely proud to be launching the 2005 Sportscover Sponsorship Fund as we feel it is a vital contribution to the survival of amateur sport in Australia."

Sportscover has been involved in providing sponsorship opportunities to grass roots sporting clubs since its inception in 1986.

"Sportscover strongly believes in supporting grass roots sporting clubs and associations in their endeavour to achieve excellence in their chosen sport." Mr Nash said.

To be eligible, SSF applicants must be an amateur sporting club or association

located in Australia, and must not have received funding from Sportscover in the past two years.

There will be four rounds throughout the year each with 5 recipients of \$1,000. The Fund is open to applications between the 5th of March 2005 and the 11th of November 2005 and the recipients will be announced on SBS Toyota World Sport:

- Round 1 closes: 15th April; Winners announced: 16th May – 7pm
- Round 2 closes: 24th June; Winners announced: 25th July – 7pm
- Round 3 closes: 2nd Sept; Winners announced: 3rd October – 7pm
- Round 4 closes: 11th Nov; Winners announced: 12th December – 7pm

There is no need to reapply for each round as your application will be automatically valid for all rounds. All applications will be considered based on their individual merit and should comply with the Eligibility Criteria.

Recipients will be selected by a judging panel consisting of representatives from SBS, Confederation of Australian Sport (CAS) and Sportscover Australia.

Michael Sparks, President of CAS, the National peak body for sport in Australia, fully supports the Sportscover Sponsorship Fund.

"Amateur sport in Australia is essential, as it delivers major sporting benefits as well as helping the whole community. Sponsorship at this level will assist with the high costs and hardships of running an amateur sporting club in Australia and it is highly commendable that Sportscover is providing clubs and associations with this opportunity," Mr Sparks said.

Sportscover is one of the world's leading sports insurance underwriters with offices in the United Kingdom, Australia and New Zealand, providing cover to over one million people throughout the world. Using a worldwide broker network, Sportscover deals in accident, liability, property and contingency insurances for sport.

Additional information including an application form for the SSF is available from:

www.sportscover.com/sponsorship.html
or by contacting Sportscover directly on (03) 9721 4700.

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Officially Appointed

From the desk of AUSSI Masters Official Travel Agent - International Sports Tours

From all reports, we are delighted to receive the news that the Nationals were a huge success. Hobart, the Aquatic Centre and weather-wise all received 10 out of ten AND also many successful swims were reported from the merry band of IST travellers.

How time flies... It only seems like "yesterday" we were in Riccione, Italy, and right now in actual fact it's only 16 months to the X1 FINA Masters World Championships being held at the Stanford University, San Francisco, August 2006.

IST will be visiting California in May this year for a preliminary check on accommodation and of course the Avery Aquatic Centre at Stanford - 2 x 50 metre pools, a stadium pool plus a separate diving centre. Competition in all four aquatic sports can be accommodated simultaneously for the first time in the history of the World Masters Championships.

Another reminder, if any AUSSI members are visiting Sydney, our office is in North Sydney and only a 10 minute stroll to our

beautiful Olympic Pool under the Harbour Bridge. Call on us if time permits.

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Please Note: Still time for the World Masters Games in Edmonton, July 2005.



International Sports Tours



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World Masters Games

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22nd - 31st July 2005

www.2005worldmasters.com