

AUSSI

masters news

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National President

John Pugh

The past three months has been a busy time for the National Office and the National Management Committee. The first task of the new NMC was to short list and interview applicants for the position of Chief Executive Officer. Two excellent candidates emerged and, as many of you know already, we appointed Stephen Cardiff. Until Stephen took office late in May the business of the National Office was managed most capably by acting CEO, Loren Bartley, and our Administrative Officer, Jeanette Holowiuk.

One of Stephen's first initiatives has been to upgrade the telephone system, network the computers and adopt broadband. This will make it easier for branches to communicate with the National Office and for staff to carry out their many duties. The new system also means that control of the AUSSI web site will shortly move from Pauline Samson in Tassie to the National Office. Pauline set up the site some years ago and has been an excellent web mistress and put in many hours of her time updating and managing it. If you have accessed our web site you will know what a good job she has done.

On Friday 27th May I travelled to Perth, WA, as the guest of the WA Sports Centre Trust and WA AUSSI. The Sports Centre Trust, with the full support of AUSSI WA and the Minister for Sport and Recreation in Western Australia, has prepared a bid to stage the 12th FINA World Masters Championships in Perth in 2008. My hosts Tom Hoade and Graham Moss showed me the full facilities of the Challenge Stadium and the nearby Bicton and University of WA pools and gave me information about accommodation, transport, officials, social activities and other matters needed to run a competition for up to 10,000 swimmers,



John Pugh with Betty Todd at the 1st Oceania Masters Championships in Suva, Fiji.

water polo players, synchronised swimmers and divers.

The cluster of facilities in Perth is world class, and I was pleased to recommend that the NMC back the bid and forward it to Swimming Australia for its support. The support has been given and the Sports Trust will present its bid to FINA at its meeting in Montreal in July. The outcome of such bids is always uncertain but I hope to be able to give you some good news in the next newsletter.

Lynne Malone took me to a rigorous training session on Saturday morning, which prepared me for the AUSSI WA

annual awards tea on Sunday 28th. There I was asked to present a shield and introduce myself to the swimmers and guests. I enjoyed meeting the WA committee and the swimmers and experiencing how well the Branch services its members. Jack Busch, Lynne Malone and Wendy Holtom were ideal hosts.

A week later I was on the Air Pacific flight to Suva, Fiji, to represent AUSSI and compete in the First Oceania Masters Swimming Championships. Fiji now has a championship class 10-lane 50-metre pool at its National Aquatic Centre in Laucala Bay Road, Suva. The swim was efficiently organised and the team of cheerful high

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school timekeepers added to the pleasant atmosphere. Unfortunately there were only 70 entries from Fiji, Noumea, New Zealand and Australia but the competition was fierce, as it always is in Masters swims. The spread of ages meant that most swimmers got a medal for each swim and event winners established inaugural Oceania records.

The 400 and 800 metre freestyle swims were on the Friday evening under lights, and the remaining events were on the Saturday. The pool was coldish at 24 Celsius and it rained on and off throughout the meet, but the showers were hot and the air temperature warm. The only hitch was an inadequate PA system but the ever-smiling marshals made sure that no swims were missed.

Sunday was free and some of us took a trip from the Pacific Harbour resort to Vanuka Island for some snorkling. We had three hours of sunshine to enjoy the sea, sunshine, palm trees and the contents of a

lunch hamper. In the evening we had a special Fijian lovo meal at the Suva tennis club and were entertained by an enthusiastic band.

On Sunday it was back to Pacific Harbour for the open water swim. The sun shone brightly on the magnificent beach bordered by palm trees and sunscreen was used for the first time. The water was warm with only a slight chop to slow the 33 competitors. Again the organization was slick and the swimmers were well shepherded by young escorts on kayaks.

The 17 AUSSI swimmers provided the youngest and oldest swimmers for the meet. Karen Blencowe, 22, from WA and Arthur Thomas, 88, from Queensland each collected a full complement of medals. The 12 females in the team kept the men in order and we all had a lot of fun. In fact all the swimmers present agreed that this was the friendliest competition they had

been to. It was the spirit of Masters swimming at its best.

On the formal side I met the organising committee. This included Dennis Miller, President of the ASA of Fiji; Roger Smith, Secretary of the Oceania Swimming Association; Lyall Mortimer, NZMS and FINA Masters Committee and Ingrid Saxton; past president of NZMS and editor of the excellent Masterscrawl newsletter. Our own Ivan Wingate was also on the organising committee but could not attend the meet. Together we decided that the Oceania event should continue at two yearly intervals and the next matter of business is to decide on venues. It is an event that deserves the support of AUSSI as we are the largest Masters group in the Oceania area and I gave assurances that we would be a bigger and more active player in future meets.

*John Pugh
President
AUSSI Masters Swimming*

AUSSI NATIONAL OFFICE

Welcome to New CEO

Stephen Cardiff

The new CEO has been appointed. As you may be aware, the previous incumbent, Julia Phillips, moved on to the role of CEO of the International Federation of Netball Associations (IFNA), based in England. After a lengthy and rigorous selection process, Stephen Cardiff was appointed, and he took up the post on May 30 this year.

Stephen holds a Masters degree in Sport Management from Northumbria University in England, and a Bachelor of Economics degree from the University of Queensland. His specialisation is the work of governing bodies on a national and international level, and in particular strategic planning, which was the subject of his masters thesis.

Stephen brings to AUSSI a broad mix of sport management and business experience. He has been involved with BP Oil in U.K., Singapore and Malaysia as a business analyst and software support analyst, and successfully managed numerous projects. Since 2002, Stephen's

time in the U.K. while studying saw him transfer this business knowledge into the field of sport management. Examples of his work were project managing an innovative sport, art and outdoor activity programme for 500 sixteen year olds in Tyne & Wear, and coordinating the university sports portal project then maintaining the website through daily news and services for university sports participants.

In addition Stephen has been heavily involved with volunteering at major events. Mostly undertaking media services roles, he has worked at events including the 2003 World Athletics Championships and the 2003 World Indoor Athletics Championships. Later this year he will undertake a similar role during the World Athletics Championships in Helsinki.

It probably comes as no surprise that he is an active athlete himself. While admitting that he likes many sports, he does concede that distance running is probably his favourite sport. Among his

achievements in this area are the completion of 2 marathons, and placing 7th in the 1500m at the 1993 Australian University Games.

We welcome Stephen to AUSSI and wish him well in his new role.



*Stephen Cardiff, Chief Executive Officer,
AUSSI Masters Swimming.*

From the Desk of the CEO

Stephen Cardiff

It is great to be on board with AUSSI Masters Swimming Australia! While I do not want to cover the same ground as the other article, I would like to provide some context in terms of how I came to be here. I had been living overseas for some years and just finished my Masters in Sport Management before returning to Australia last year. Breaking into the industry here was problematic at first, perhaps because I had not been around to volunteer, do projects, placements or paid work here. But the wait was well worth it. There appears to be a very good 'fit' between AUSSI and my areas of specialty; namely strategy of national governing bodies, development and events.

As I write this, I have been in the role for just over six weeks and am slowly getting up to speed with everything at AUSSI. I intend continuing where Julia left off, and make a strong positive contribution to the organisation.

A particular focus so far has been looking at the best way to upgrade the office systems (broadband, phone and computer issues) to reflect a more modern, professional approach. For example, at the moment it is not possible to receive a fax during business hours due to the internet connection, nor is it possible for two people to be on the phone at once. These are simple enough issues to solve, but important nonetheless. By getting things right in the office, we will move forward into other areas with a better base. And there are many other areas demanding attention!

For a start on the events side, the inaugural Oceania Swimming Championships were held in Fiji between 10-13 June, and coming up in Adelaide between October 7 and 16 this year are the Australian Masters Games. Looking forward a little to 2006, ACT is working hard on preparations for the National Swim, and later on in the year, Stanford University, California, USA will host the XI FINA Masters World Championships.

Among other issues of importance include the proposed changes in governance, which are designed to allow our board to reflect both the members and our complex operating environment. This is ideally done with a board holding

the necessary governance skills to carry out the role with national interests at the forefront, and is a departure from the current system dominated by a representative from each branch who may or may not hold these specialist skills and may or may not be promoting national interests.

I am also keenly interested in the discussion around the National Office taking a stronger lead in the organisation of the National Swim. The major advantage is for the national body to take rightful ownership of their primary property, and then ensure the meet runs to the greatest of its potential. This involves not only national sponsorship which branches can benefit from, but standardisation and consistency in entry forms and procedures, program and activities, and generally more efficient and less conflicting preparations.

I have been lucky enough to meet and talk to some members so far. During these conversations, one thing has really stood out...a strong shared passion and energy for Masters Swimming. I personally find this very exciting and comforting, and certainly hope that this attitude is prevalent in most if not all people involved in masters swimming throughout Australia.

For my part, I would like to let you know that I am available to assist you in any way I can. There are three staff here at the national office, who all share a passion for our work, who are here to improve the sport within Australia, and provide the greatest level of opportunity to current and prospective members. If we can assist your branch, club or committee, do not hesitate to get in touch.

Good luck with your swimming and I look forward to meeting you soon.

Stephen Cardiff
Chief Executive Officer
AUSSI Masters Swimming

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Archives to Live On in Melbourne

Thank you to Mary Sweeney

The National Office is announcing that the archiving function is moving from Mary Sweeney to the National Office effective July 2005. Due to relocation, Mary is unable to continue holding the archives. They will now be held in off site storage in Melbourne along with other National financial and swim meet records.

Mary has held this responsibility since volunteering for the role at the April board

meeting in 2001. She took over from Peg Wilson of Tamworth who had been looking after the AUSSI archives since its inception in NSW in 1975.

Under Mary's leadership, the archives have evolved from boxes to a filing cabinet based system. Currently, they are in excellent order and the National Board would like to extend a hearty thank you to Mary for her great work over the last 4 years.



Mary Sweeney, Archives 2001-2005

Website Changes

@ www.aussimasters.com.au

The national office is announcing that the hosting and content management of the national website www.aussimasters.com.au is moving from Pauline Samson to the National Office effective mid July 2005. Pauline has been the pioneer of the national website, as well as its greatest contributor over many years. For this, we say a big THANK YOU.

If you are wondering why this change is taking place, it's a simple case of logic. The main reasons are:

- Pauline is happy to reclaim her own

personal time after many years involved with the time consuming task of looking after the website;

- The national office has a CEO once again, and via current staff is best positioned to source stories and update the site;
- The site will now be hosted by the same organisation that handles the telecommunications for the national office; streamlining billing and payment, and utilising bundling discounts.

Some changes to the look and content can

be expected, so keep an eye on the site! Any changes will be improvements to build on the great content already there. As such, the site will continue to incorporate great features such as results and records, as well as information for coaches and officials.

If you have any suggestions as to how the website can be improved, please send your comments to: sportadmin@aussimasters.com.au or post to the National Office at 148A Ferguson Street, Williamstown Vic 3016.

Thank you to Pauline Samson

Pauline Samson took on the onerous job of creating a web site for AUSSI Masters Swimming in 1998 after the task had been lingering in the "too hard" basket for about a year. Pauline agreed to take on this task as it would also form part of her IT certification for teaching. Her introduction into web publishing consisted solely of a five minute lesson using V3 of NetObjects Fusion and then she set about organising an ISP and constructing the website.

Trial and error and some complete crashes of the site saw it begin at least three times over the following few weeks. The site was officially "launched" on 25th January 1999 after much 'pain' as no one could really help with using FTP (all Pauline's experience was with the web publishing at her schools' server which was controlled by a government overseer).

Once the process of uploading had been mastered, it was plain sailing from then on – well most of the time. The site got lost

on one or two occasions as the upload limit was exceeded – quirks of the system; however with a local ISP just five minutes away, everything usually got fixed within a few minutes.

There have been lots of changes of the past six years, including the addition of buttons, flash files with roll overs and lots of pictures. When you view the statistics, most 'hits' are made on the results, national swim, aerobics, Top 10 newsletter and events pages. Pauline soon learnt that people have a thirst for information and fast, sometimes even before the information has been released! The latest addition of the online results/records database has provided a more dynamic, up-to-date service for our members.

Upon reflection, Pauline stated that she feels "it is time that the website had a new look and the most appropriate place for the website is in the National Office. I don't think I'll miss it, well perhaps a tiny bit." Pauline has dedicated the past six years to



Pauline Samson, Webmaster 1998-2005

developing and updating the AUSSI Masters Swimming National website and the above is a very limited view of the time and effort she has put into this aspect of her "AUSSI" life. Thankyou to Pauline for this most valuable contribution to AUSSI. It is now time for you to "visit" the site with the view of obtaining information instead of ensuring it is there in the first place.

PROFILE

Who is John Pugh?

A profile of our President

John Pugh was born in Bulawayo, Southern Rhodesia (now Zimbabwe), in 1938. He went to Baines Junior School and Milton High School. He taught himself to swim at age 10 and developed a love of sport that has lasted all his life. At high school he swam, played water polo, hockey and badminton and 'dabbled' with athletics and basketball. In his last two years at school he was captain of the swimming and hockey teams, was a prefect and won the sword of honour as the best officer cadet in the country. He even found time for some academic work and gained a Cambridge School Certificate and a Higher School Certificate.

In 1957, funded by a Mobil Oil Scholarship, John moved to the University of Cape Town to read for a Bachelor of Commerce degree with a view to becoming an accountant, like his father. After graduating he did his compulsory full-time national service with the Rhodesian army before training as an accountant for four years in Cape Town and Bulawayo. In 1963 he married Elizabeth, a graduate social worker whom he had met in Cape Town.

In 1966 he decided that he was better suited to teaching than being an accountant and joined the Bulawayo Technical College as a lecturer in accounting. In 1969 the Pughs moved to

the University of Cape Town where John began his career as a university lecturer that lasted until he 'retired' from the University of Tasmania in 2001. During this time he acquired a Post Graduate Certificate in Education, a Bachelor of Education and a Master of Arts. In Tasmania he added a CPA to the list.

From 1948 through to the present day swimming and swimming administration have been central threads in his life. As a swimmer he achieved School colours, a university 'Blue' and Rhodesian National colours. He also played water polo for Western Province, South Africa, and for Rhodesia. On the administrative side he has been Committee Member, Secretary, Treasurer and President of several swimming organizations. In South Africa he helped found a swimming club and was its President and Coach for eight years. He also served for 10 years as Secretary and President of the South African Universities Swimming Association.

Masters swimming started in South Africa in 1983 and John naturally joined up and swam in the National Championships in 1984 and 1985. In 1987 he and his family moved to Launceston, Tasmania, where he joined the Launceston AUSSI Masters club. Except for an 18-month spell he has been the Club Coach since 1987 and sometime Secretary, Treasurer and President. He was President of Tasmania



John Pugh, President, AUSSI Masters Swimming.

Masters Swimming for five years before becoming National Finance Director in 1999.

Administration and active swimming have always gone together. Since being a member of AUSSI he has competed in inter-club competitions every year, has competed in seven National Swims, three World Masters Swims and two World Masters Games. He feels that there is time still to compete in a few more. Several times he has got rankings in the FINA Masters Top Ten.

John has a wife, two daughters (both in Tasmania), a son in Sydney and a six-year old grandson. His 96-year old father lives nearby. They are all very tolerant of his 'obsession' with swimming. His 'vision' is to help other Masters swimmers to enjoy the exercise, competition and camaraderie as much as he does, making him the ideal President for AUSSI Masters Swimming, the position he now holds.

Lawrie Fabian

QLD Branch Administrator

Lawrie Fabian commenced the position of Branch Administrator for QLD AUSSI Masters Swimming on 6th June 2005. Lawrie's background includes involvement as a professional Manager and Sports Administrator with experience in sales, community and elite sport, including Diving Australia, Carlton Football Club and QLD Academy of Sport.

Lawrie has a significant portfolio of tertiary qualifications, including:

- Master of Business Sports – Victoria

- University Certificate in Athlete Career and Education Management – Australian Institute of Sport
- Certificate in Marketing – Macquarie University
- Bachelor of Education – Sydney University

Lawrie is in the office every Monday, Wednesday and Friday and is contactable on (07) 3876 2822 and at administrator@aussimastersqld.com.au. The national office warmly welcomes Lawrie to AUSSI.



Lawrie Fabian, QLD AUSSI Branch Administrator.

NATIONAL COMMITTEES

National IT Committee

News

Purchase of New Swim Meet Software

The National Office has ordered "Meet Manager" software for each Branch from Hy-Tek, complete with electronic timing interface. This will be for the running of Branch level meets such as Branch championships. These were distributed to Branches (except QLD) on 20th June 2005. Another bulk order is planned for later this year, after each Branch has had time to determine the appropriate number of club licences that will be needed. Under the licencing agreement, clubs conducting meets will be required to purchase their own copy of the software.

Documentation for Meet Manager

The National IT Committee will be meeting shortly to prepare supplementary documentation on the use of Meet Manager, by AUSSI Masters Branches and clubs. It will provide instructions

specifically tailored to the running of AUSSI Masters Swim Meets. The Committee will make every effort to distribute this within a short time frame after the meeting.

Downloading Membership files from Registration System

Two sets of instructions are available for download from the AUSSI website:

1. Downloading membership files for Club Aerobic Recorders. This is aimed at club recorders who need to load membership files into the aerobic software.
2. Downloading membership files for Meet Software. These have been written for Branch Recorders who need to load membership details into either of the existing swim meet software programs.

If you have any queries, please contact the National IT Committee by emailing it@aussimasters.com.au.

Membership


Ideas Requested

The Membership Committee is seeking ideas from clubs and individual members on how AUSSI Masters Swimming should approach gaining and keeping members, including thoughts on what people are looking for when they decide whether or not to join a club.

Please submit any feedback to: sportadmin@aussimasters.com.au or post to the National office at 148A Ferguson Street, Williamstown Vic 3016.



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Rule Changes Coming

The National Technical Committee tabled a large number of proposed rule changes at the March meeting of the National Board. These changes have been referred to each of the eight Branches for comment.

They will be presented to the October meeting of the Board for adoption and if adopted will come into effect on 16th December 2005. Copies of these proposals can be obtained from your Branch.

Please be aware that none of these changes have any effect on the way in which the current rules of swimming strokes (SW11 to SW17 inclusive) are applied. Their effect is more on the conduct of meets and events.

It was found that there are a number of clauses in the By-Laws that would sit better in the rules. They are basically rules concerning the conduct of the

National Top Ten and the National Swim. It is proposed that they become the two new rules SW20 and SW21 respectively.

It is also considered that clubs that follow the current rules when holding competitions or carnivals are stopped from conducting any events outside a set and sometimes monotonous formula. For example under the current rules it is only possible to have a sealed handicap (closest to nominated time handicap where the one who swims closest to their nominated time is the winner) where everyone starts at go. If clubs want to hold individual or relay events which are handicap started, so that all swimmers finish together, they have to break the current rules. To overcome this, changes to the following rules have been proposed: rules SW6.4, SW6.5, SW6.9, SW8.1, SW8.2, SW10.5, SW17.1, SW19.3, SW19.13, SW19.14.

The rest of the proposed changes are rewording that has been made to remove

any existing ambiguity, or ambiguity that will arise if the above changes are adopted. This also includes the addition of the 25 metre events and the 4x25 and 4x100 relays which are now recognised but are not included in the current rules. The rules affected by this are SW1.1, SW6.13, SW6.17, SW8.3.2, SW8.3.4, SW8.4.4, SW8.4.6, SW*5.2, SW8.5.5, SW8.5.6, SW9.4.6, SW9.6.3, SW9.9.2, SW9.11.4, SW10.3, SW11.1, SW15.4, SW17.9, SW19.2, SW19.4, SW19.5, SW19.5.5, and SW19.7.

There may be some further proposals from the branches. For example, NSW has detected the need for further clarification of the breaststroke rule SW14.4 and this will be forwarded to the National Technical Committee once the final wording has been determined.

*Gary Stutsel
National Technical Committee*

The Medical Disability

The MD as listed under SW8.5 in the rules is unique to AUSSI Masters Swimming and only applies to swims conducted in Australia under AUSSI Masters Swimming rules. Swimmers cannot use the MD at meets conducted under FINA rules.

Every so often there is discussion about abolishing this rule, usually after a swim meet where it appears that a swimmer has flouted the rules, and therefore a knee jerk reaction. After a Board Meeting a few years ago, swimmers with an MD were informed that they could no longer claim records, be eligible for Top 10 rankings and in some cases medals. At the next Board Meeting, the ruling was overturned and the swimmer with the MD was reinstated. Out of the 7000 swimmers registered with AUSSI there are about 40 swimmers with a registered MD and very few actually

mention this at a major meet, preferring to swim events that don't require an MD.

Of course if there was no swim rule SW8.5, it would make refereeing at a meet so much easier. And remember it is only considered at the discretion of the Referee.

The MD is for a *non-manifest disability* ie one that is not obvious until the swimmer is in the water.

A few years ago, I received an emotional letter from a older male swimmer who informed me of the considerable pain he was in swimming breaststroke after 2 hip replacements – you might ask – why? This swimmer could have chosen not to attempt breaststroke, however would've missed out on the points and medals in the longer distances.

Another swimmer conceded that her breaststroke days were over (her knees could no longer cope) and rather than swim with an MD, she indicated that there were plenty of events in freestyle and backstroke.

The MD cannot be used to break the rules eg a dolphin kick in breaststroke (any amount) cannot be accepted – if the swimmer can't complete the breaststroke kick, the legs must not be used at all for propulsion.

So what is the future of the MD? For the time being it is safe.

*Pauline Samson
Chair
National Technical Committee*

Aerobic Program

Review

At the National Board Meeting held in March 2004 at Adelaide, it was decided that a five yearly review of the aerobic program would be introduced. The first review is to take place this year (2005).

Submissions are now being called for with:

1. Suggestions for improvement of the system
2. Anomalies within the point scoring system.

Both positive and negative comments would be welcome as we do not wish to change something that suits people. Please send submissions to: sportadmin@aussimasters.com.au or post to the National Office at 148A Ferguson Street, Williamstown Vic 3016 by Friday 29th July 2005.

COACHING

Payment for Swim Coaches

By Loren Bartley

Many AUSSI Masters Swimming clubs are often faced with the quandary of whether or not to pay for a coach and if so, how much. There is no easy answer to this dilemma; however an interesting article "Payment for Coaches" was recently published in Sports Coach Vol. 27 No. 4 2005 that may shed some light on the issue. The article examines some of the issues surrounding when and how payment should be sought for coaching services and has been summarised below in relation to AUSSI Masters Swimming.

An AUSSI Masters Swim Coach by definition is a person that coaches AUSSI Masters Swimmers and has a current Level 1M or 2M qualification. This means that the coach has undergone the relevant training course, completed the appropriate experience, paid the associated course and accreditation fees and is registered with the National Coaching Accreditation Scheme via AUSSI Masters Swimming.

It is likely that the coach has a passion for what they do and is happy seeing their athletes succeed in competition as a result of the coaching they have given them. However, at the end of the day the coach may start to look at how much it is costing and ask themselves "are the results that my athletes achieve reward enough for the hours I put in coaching them and the expenses I incur, or do I want a more tangible benefit?"

For some coaches, the love of the sport will always be enough. Other coaches come to the opinion that they are providing a professional service and believe it should be recognised as such, either with out-of-pocket expenses covered or a fee charged commensurate with the level of expertise being provided.

When should a coach seek financial remuneration?

Although AUSSI Masters Swim Coaches have been around for many years, the majority receive no financial remuneration or benefit for the time and effort they put into coaching. Some coaches will always be happy to coach for the sheer pleasure

of doing so. However, in order to achieve recognition for Masters Swim Coaching as a profession, many would say that all accredited coaches should expect to be paid for providing their expertise. A coach may seek payment for their services when:

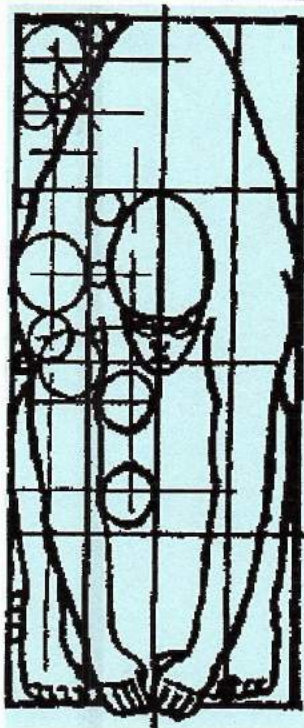
- The coach is engaged by a club to coach its teams or individual athletes.
- The coach is approached directly by the athletes for coaching.

When an AUSSI Masters Swimming Club pays a Masters Swim Coach to coach its members there are many benefits the club receives, including:

- Ability to attract a coach with the AUSSI Masters Swimming qualification and appropriate experience.
- One person has overall responsibility for the program, which can result in fewer personality clashes and a more coordinated approach.
- Because the coach is semi-professional they have the time, knowledge and experience to develop better training schedules for the swimmers and research the strategies and form of other teams and their swimmers to the club's advantage.

When a swimmer seeks out an AUSSI Masters Swim Coach for one-on-one training there are many benefits to the swimmer, including:

- An expectation by the swimmer that they will receive a professional service and a feeling of comfort and justification when requesting clarification, support or assistance with all aspects of training from the coach.
- An individually designed program developed by the coach around the swimmers lifestyle that is tailored to meet the needs of the swimmers training, competition, work and family commitments.
- Individual attention and assurance when things go wrong or times get tough!
- A financial commitment encourages compliance by the swimmer to a tough schedule. Even just knowing someone is checking on them encourages the swimmer to try to achieve more.



How much should a coach charge?

If a coach is employed by a club, the level of remuneration will usually be determined in negotiations between the parties. There is no singular Australia-wide award for coaches within AUSSI Masters Swimming, nor across sports within Australia. There are a number of contractual arrangements under which a coach might find themselves. Regardless of the circumstances, coaches should check whether an award or other legislative requirements apply to their employment.

When a coach is not employed under an award, the amount that the coach charges can depend on a variety of factors such as:

- Level of qualification/profile/experience
- Nature of the sport (for example, higher insurance requirements)
- Level of service provided
- Level of facilities provided (some coaches run their own pools, others provide expensive training equipment)
- Age or competition level of the athlete
- Level of benefits that the coach receives from the employer (in the case of coaches employed by sporting organisations).

A coach considering charging for their services should look at all these factors and investigate levels of remuneration

other coaches have received for similar services for a benchmark. Some coaches receive an annual salary, while others are engaged on an hourly basis or a monthly fee.

When should a coaching 'contract' be put in place?

A coach should obtain a contract for employment or provision of services if they are being engaged by 'an employer'. This

may be an aquatic facility, an AUSSI Masters Swimming Club or other commercial provider.

While there are no hard and fast rules, when a coach is providing services at an individual level, it may be valuable to develop a 'service agreement' between the coach and the athlete so that both parties are aware of their respective responsibilities.

Another reason to develop an agreement is to properly allocate risk and liability. Professional indemnity insurance is an essential requirement for coaches. If a coach is employed by a club, the club's professional indemnity and public liability policies may cover the coach. It is the responsibility of the coach to check whether or not they are covered under the club's policy. Where the coach is engaged as an independent contractor, the coach should take out and maintain their own policies of insurance.

ASCTA National Conference

By Dave Chambers

AUSSI Masters swimming were asked by ASCTA to have a representative at the awards dinner to present the AUSSI Masters Swimming Coach of the Year Award. As the newly appointed Coaching Director it was my honour to attend and present the award to Louise Stovin-Bradford. It was great to meet with Louise (a fellow Branch Coaching Director) to discuss many ideas and issues relating to AUSSI Masters coaching. A major issue that we discussed was the lack of respect given to AUSSI Masters coaches from junior age group coaches. I have two theories on why this happens.

Theory 1: A lot of coaches do not get paid well for the amount of hours and work that goes into coaching swimmers, so therefore the industry has a lot of egos. These coaches tend to think that coaching adults is below them.

Theory 2: The AUSSI Masters market is made up mainly of people who have not

competed at a high level or even competed at all as a teenager/young adult. Majority of AUSSI Masters coaches are volunteer coaches who have had very little experience in the sport of swimming and have only completed a weekend coaching course. Most of these coaches have only coached adults at a very basic level.

AUSSI Masters Swimming Australia, Swimming Australia and ASCTA need to work together so that all coaches are respected equally no matter what level or expertise they coach. We need to encourage our coaches to coach different age groups to give them the understanding of the differences between Masters and Age Group coaching. Not only will this help coaches respect each other, it will also educate coaches on different approaches to coaching swimmers.

Discussion also took place about the lack of resources for AUSSI Masters coaches.

This is exceptionally important for AUSSI Masters coaches because they are mainly volunteers. I am currently working with Loren Bartley, Technical Development Officer, to build up a database of articles to be made available for coaches doing AUSSI Masters Coaching Courses and for use by current coaches. We are also considering a coaching forum on the AUSSI Masters website where coaches could share ideas with fellow coaches. Another project being investigated is the development of a National program designed around Nationals, providing coaches with a basic plan of what type of sessions coaches should be giving to their swimmers at a particular time of the year to benefit less experienced coaches and clubs that do not have coaches.

The awards night was great for me to attend because I felt that I was able to get some great insight to many different areas that will help me in my role as Coaching Director.

Seeking Coach Feedback

As a first step in the role of Coaching Director I am seeking feedback from all coaches with regards to the type of resources required and programs that AUSSI Masters Swimming National could implement to assist you with your coaching. Examples of suggestions to date include; a coaching forum on the website, a question/answer section in the newsletter and regular articles contributed to by various coaches, but please don't limit yourself to these ideas.

Once all the responses have been compiled, we will then be able to determine where and how to better cater for needs of coaches, which in turn will filter across to swimmers. Please include all ideas you may have (however big or small) as we may even be able to use a few good ideas and turn them into one sensational idea.

Please submit any feedback to David Chambers at: coaching@aussimasters.com.au or post to

the National office at 148A Ferguson Street, Williamstown Vic 3016 by Monday 1 August 2005. If you can provide your contact details when submitting ideas that would be greatly appreciated, as it will enable me to gain further clarification if necessary or discuss the idea further.

*Dave Chambers
National Coaching Director*

Upcoming AUSSI Coaching Courses

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

Level 1M	VIC	28/10.2005 - 30/10/2005	Melbourne University
Level 1M	QLD	26/11/2005 - 27/11/2005	Sport House Milton

EVENTS

10th Australian Masters Games

Adelaide 7-16 October 2005



It's less than 100 days to go until one of the most anticipated events on the Masters Swimming Calendar.

The 10th Australian Masters Games, Australia's largest multi-sport festival, will take place in Adelaide 7-16 October this year. And, as with previous Games, swimming will represent one of the most popular and exciting sports of the event.

If you haven't taken part in an Australian Masters Games before then make sure that you don't miss out! While the competition is of course important it's the ten days of celebration and festivities, the fantastic social atmosphere, the new friends (and the chance to meet up with old ones) that make the Australian Masters Games an unforgettable experience.

Swimming will be held at South Australia's premier indoor pool venue, Adelaide Aquatic Centre, over three days commencing Friday 7th October 2005. The only qualification you need in order to participate in swimming is your age – at least 25 years old.

All swimming participants are invited to a welcome function at 5pm Thursday 6th October at the Aquatic Centre, giving everyone a chance to get the celebrations started.

The official Games Opening Ceremony, to be held on Saturday 8th October, will feature a spectacular night of entertainment including the infamous James Reyne and Ross Wilson, at the picturesque Adelaide Oval.

The evening of Tuesday 11th October is the official mid-week party! Get in fast for tickets to the Kingston Estate Gala Wine Dinner at the prestigious Hyatt Regency Adelaide. The dinner offers local and interstate participants to mingle while experiencing some of the best food and wine South Australia has to offer. If you're just looking to relax and unwind, then why not hit the Games Centre, SKYCITY Adelaide. Enjoy a drink and listen to some of the best live bands around.

The Games Closing Ceremony "Street Party" on Saturday 15th October will

feature live bands, street stalls and more along Rundle Street East, one of South Australia's premier dining precincts.

Over 10,500 participants are expected to take part from all over Australia and overseas. There are over 60 sports on offer, so why not make the most of the event and enter in an additional sport or two? This is not only a great chance to participate in a fantastic swimming competition, but also to be part of Australia's largest multi-sport festival.

To register or for more information about the Games go to www.AustralianMastersGames.com or call the Games office on (08) 8202 0000.

Postal Swims

PS05/04 Baddaginnie AUSSI Animal Event

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

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.



10th Australian
Masters Games
Adelaide 7-16 October 2005

For information: admin@amg2005.com or call on (08) 8202 0000.

www.AustralianMastersGames.com

31st National Swim

Canberra, 6-9 April 2006

The ACT Branch, on behalf of AUSSI National, is pleased to invite you to participate in the 2006 National Swim, to be held in Canberra from 6th to 9th April 2006. The competition will be held at the Australian Institute of Sport Pool, with the event promising to be a great sporting and social occasion.

Canberra is a small city and so event, accommodation and social venues are only

Program of Events

Wednesday 5th April 2006

Welcome Dinner - 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

a short drive from to the city centre. The National Swim is being held the week prior to Easter 2006, so to ensure your accommodation requirements are met, please book early.

Individual entries should be submitted with payment through clubs. Clubs must submit entries for individuals and relays on the official summary forms. Maximum number of individual swims is three swims

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

per day (total 12 events for the meet). Relay swims are exempt from this total. Entries will open early December 2005 and close on Thursday 9th March 2006.

I look forward to seeing you at the meet!

Craig Allatt
Chairman
Organising Committee



World Swim for Malaria

Can AUSSI Swim Across Australia?

World Swim for Malaria is a global swim. The aim is to have one million people swimming all over the world on 3 December 2005. We are issuing a challenge to everyone associated with AUSSI to have 3,000 people around Australia swimming and to collectively 'Swim Across Australia' a distance of 4,000km.

Malaria is the largest killer of children in the world. One to three million people die from malaria each year. 70% of the

deaths are children under five years old, with one child dying of malaria every 30 seconds. That's equivalent to seven jumbo jets full of children dying from malaria every day. Malaria kills so many because:

- Over 60% of the world's population lives in malaria infected areas.
- Malaria-carrying mosquitoes feed on human blood (that's how people get infected).
- People living in malaria regions cannot take malaria-protecting drugs (the drugs taken by travellers are too strong to be taken for any more than a few weeks).

Malaria is preventable and treatable. The best prevention is to avoid being bitten at all. Sleeping under a bednet is the single most effective way of preventing malaria, as bednets protect people at night when mosquitoes are most active. World Swim For Malaria is a one off international fundraiser which will put 100% of the money raised towards buying and fitting

mosquito bednets. This is possible as World Swim For Malaria has few costs and the costs that they have are covered by a group of private donors. All you have to do is:

1. Organise a swim and obtain sponsorship money. You can swim as little or as far as you like and raise as much or as little as you are able to.
2. Anyone can swim, from AUSSI members, friends, family and members of the public. Who knows, you might even attract members to your club from this!

So far, more than 100,000 are already lined up to swim including 5,000 each from Microsoft, Catholic Schools of WA and the BBC. If they can do it, so can we! Visit www.worldswimformalaria.com to register your swim, download the sponsorship forms and get all the information you will need. Be sure to select "AUSSI Masters Swimming Australia" when registering your swim. So what are you waiting for? Organise your swim and save lives!



International Sports Tours

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

In April's issue of AUSSI News we reported International Sports Tours would be conducting a site inspection of the Stanford University complex and neighbouring cities - the scene for the XI FINA World Masters Championships in August 2006.

Well, "yours truly" was certainly not disappointed with what I discovered last May - fantastic venue as described above and set in truly beautiful surrounds and only a few kilometres from Palo Alto. This city (approx. 61,000 residents) is part of the San Francisco Metropolitan Bay Area and Silicon Valley - only 20 minutes from San Francisco's International Airport and 50kms from downtown San Francisco and only an hour's journey on the local Caltrain system making this an ideal excursion on a no-swim day!

Meeting up with Event President, Michael Moore, and Executive Director, Anne Cribbs, to hear how proud and honoured they are to be staging these Championships was certainly a pleasure. A scripted quote "our

goal is to provide the best competitive conditions for all athletes - the venue is key and you can be assured that the California sunshine will be ever present!"

Tracking down and checking accommodation throughout the Santa Clara County was a "no means task" but certainly proved exceptionally worthwhile ascertaining the varying styles and grades available and of course travelling distances to the venue etc.

More news in ongoing AUSSI News!

*Brian L. Travers
Managing Director
International Sports Tours*

For more details on the XI FINA World Masters Championships, visit www.2006finamasters.org

Please Note: Test International Sports Tours for airfares if you are travelling to the 10th Australian Masters Games.



International Sports Tours

International Sports Tours
Suite 304, 83 Mount Street
North Sydney NSW 2060
Ph: 02 99226166
Fax: 02 99574026



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



**XI FINA World Masters
Championships**

**Stanford
California, USA
August, 2006**

CLUB NEWS

Darwin Stingers Strike Again!

World Top Ten Rankings

Darwin Stingers' female members certainly laid down the standard for their male counterparts in the 2004 FINA World Masters Top Ten rankings released recently. Three of the thirty women in the club were placed in last year's list – Gerda Williams (60-64) in 800m Back and 200m IM; Bobbie Lea (70-74) in 50m, 100m and 200m Fly and 400m IM; and Rosemary Bromwich (80-84) 1500m Free and 200m IM.

Gerda and Bobbie are regulars amongst Australian listings in the World Top Ten, but this is Rosemary's first appearance. The girls are wondering why the men are so slack, but the boys claim they are just waiting for a good price with the bookies!



From Left: Bobbie Lea, Rosemary Bromwich & Gerda Williams.

Campbelltown Collegians

25th Anniversary

This year is the 25th Anniversary of the Campbelltown Collegians AUSSI Masters Swimming Club. Our celebrations begin with our Annual Carnival on the 16th July and continue later in the year with a special Dinner.

The club was started by Barry Jarvis and John Hunter who heard about AUSSI Masters Swimming and decided to establish a local club back in 1980. They competed against each other on the club's inaugural day. They then started to hold races over 50m, 100m and 200m.

Gradually the membership grew and they published the results in the local newspaper. This is how others became aware and interested in the Club. Members who are still with the club after 20 years or more and still competing are Mavis Corderoy, Helga Duncan, Russell McLeod, Steve Clough and Richard Lindsay.

We used to swim in the wintertime at the Airds Activity Center's 25m pool. There was no roof for the first few years and it was a bit of a challenge temperature wise. Even when it did get a roof it was a challenge as it was often so foggy in winter that you couldn't see the end of the pool. The lane ropes were so narrow that during butterfly your arms often touched the ropes. The condensation dripped off the roof continuously so that finding a dry spot for your cloths was difficult. Then in

1987 our prayers were answered when Campbelltown Council opened the 25 meter heated pool at Bradbury.

Club numbers were quite large in the early years, up to 30 to 40 members in some years although still only 15 to 20 diehards all year round. There have been many fine swimmers pass through our club, as record books will show. Every year our member's feature well in the National & State top ten. In past years some have reached the World Top Ten. Club members both male and female have held several Pan Pacific, National & State records. One of our members Kevin Price, who swims in the S8 disability category held 7 Australian swimming records. He represented Australia in the Sitting Volleyball in the World Championships in Iran in 1998 as well as the Paralympics in 2000. Our club competes in carnivals in a wide variety of locations and we are often represented at the National and World Championships. In our formative years we even hired buses to take our members to carnivals. A favorite used to be Tamworth carnival held on the Queens birthday long weekend. Everyone competed in all events (approximately 10) over two days. We enjoyed the amenities of Tamworth Workers Club where the pool was housed.

Our club is proud of the fact that last year we won the National Aerobic Total Points Placing Trophy, the National Average Points per swimming placing as well as the

NSW Average Aerobic Point Score trophy. Our yearly program is geared towards this. We currently have some exciting new members who are performing some excellent times. Some members, who have been with the club for over ten years have experienced several age bracket creeps, yet are still performing very well. The club has an active social side besides its swimming agenda and this all helps to create a reasonably harmonious club. Each member contributes in some way to the clubs success.

In 2004 we were asked by the Campbelltown Catholic Club to join their internal club structure. We hope that this move will be of benefit to our club & our members in the future.

Barbara Briggs
Secretary/Publicity Officer
Campbelltown Collegians AUSSI Masters Swimming Club



Members of Campbelltown Collegians AUSSI Masters Swimming Club.

ZOGGS PROGRAMS



Good Ideas

Casey Seals

In an attempt to get more AUSSI members and to increase participation in AUSSI meets, our coach Stuart came up with some innovative training ideas that consisted of setting different relay drills towards the end of most training sessions. These have different emphasis such as change over, streamlining off the blocks, finishing hard, etc. Everyone is expected to participate in these drills including the triathletes, social swimmers and AUSSI members. The teams are heavily handicap to keep the interest, with the faster teams given more swimmers than the slower teams to even it up. This has promoted teamwork and fostered good team spirit within our club.

To link this training the state relay competition was promoted within our club and our regular members encouraged to attend. Our regular relay training encouraged non-members to put their hand up. We had 15 swimmers attend the meet; five new swimmers joined AUSSI and swam their first meet as a direct result of our training strategies.

The teams were made up with new members being placed first, allowing all our new members the choice of what strokes and distances they wanted to swim. Experienced AUSSI swimmers were then used to fill these teams. The experienced swimmers were "team captains", their role to provide enthusiasm and to ensure the new members were at marshalling at the right time and swam the correct stroke in the correct order. Our club decided to forgo potentially faster teams in place of greater participation. Despite this, we did have some success with three teams winning their age group state titles and many more placing.

This initiative has increased our AUSSI membership by five swimmers (up from 18 swimmers in 2004). The fun training drills have kept enthusiasm for training at high levels and have increased numbers at training by 30%. All our "first time" AUSSI swimmers have expressed wishes to keep swimming and three swam in the recent Frankston Club Meet. All of the new members have expressed interest in the future state short course titles, provided they can swim relays!

Ann Hutchings
Casey Seals

AUSSI Stadium Snappers

For the last five years, the Snappers have been conducting a Swimathon to raise money for the Motor Neurone Disease Association of Australia Research program. Recently, the Club has lost two swimmers to this debilitating disease. Every year more people contract the disease. The cause is not known and there is no cure at this stage. The Snappers try to help by raising money for the research of a cure.

All those involved in our 2005 Swimathon deserved credit for their considerable contributions and remarkable achievements. Two Snappers set up the framework for the event to run smoothly and several gave up their morning to be timekeepers and collect donations from the swimming public. Many club members, as well as families and friends of swimmers, gave generously to sponsor those doing the laps.

Altogether this added up to a wonderful Club effort that will result in our fifth annual substantial donation to the MND Association when the money is totted up. At the same time, all swimmers achieved something remarkable individually and scored points for Snappers in the 2005 National Aerobic Trophy awards.

Pat Sugars, Secretary
AUSSI Stadium Snappers Inc

Malvern Marlins

The Malvern Marlins have a great idea that enables our young family members to keep swimming and be involved in our club. It was generated out of the fact that Patrick & Ros Devine played with their grandson after they had trained on Sundays at our 8am session. Since then, we have had at least five marlin couples start a family. Now we have a play session of baby marlins at 9:30am. A wonderful sight!

Parents take turns to do the 8am training session and then the other spouse arrives with family in tow to swim at 9:30am. The first swimming parent takes their child inside to the heated indoor pool at Harold Holt to play and the other parent hops into train outside. They then have other marlins to train with as well. Everyone is happy. To add to this, other members with little ones can join this second session and there are lots of "uncles and aunties" willing to baby sit upstairs in the cafe. Whilst we relax and socialize after training, we make full use of the children's library and toys nearby to entertain our charges.

Our membership is up and flourishing. Fun, fitness & friendship abounds with the marlins. I hope this may help other clubs, as a club that plays together stays together.

Jan Jeffrey, Vice-President
Malvern Marlins



The winner of the July ZOGGS
Good Idea Award is **Malvern Marlins**
for their Baby Marlins initiative.
Congratulations to all concerned in
developing such a great initiative.



Baby Marlins in training!

April 2005 ZOGGS Good Idea Winner

The winner of the April ZOGGS Good Idea Award was Launceston Lemmings for their Swim Program Holders initiative. The club decided to present the gift pack to Dayle Stagg, who is the first Launceston Lemmings Club swimmer in the club's history to complete all events in the AUSSI Masters' National Aerobic Program. In 2004 Dayle gained the maximum points available in all the required races, included her beloved 400 and 800 metre butterfly events. Dayle's one regret is that the aerobic program doesn't include butterfly events beyond 800 metres.



Dale Stagg, first Lemming to complete the National Aerobic Program.



Million Metre Award

Achievements

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

First Name	Surname	Club	State	Distance
Jan	Penny	Cairns Mudcrabs	QLD	1 Million
Gordon	Ferguson	Ettalong Pelicans	NSW	1 Million
Jackie	Walkington	Canberra North	ACT	5 Million
Noel	Peters	Warringah Masters	NSW	5 Million

Apology: Incorrect information was published in the ZOGGS Million Metre Winners section of the April 2005 AUSSI Masters News. Anne McKenzie of Alice Springs (1 Million Metre award recipient) should have read Anne McMahon. Apologies for the mistake Anne – Ed.

Proud supporters of AUSSI Masters

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

RESULTS & RECORDS

National Records

Long Course - Individual

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Male	20-24	50m	Breaststroke	Roger White	26.02.2005	31.84	QTM
Male	20-24	400m	Breaststroke	Roger White	16.04.2005	5:52.83	QTM
Male	35-39	400m	Butterfly	Frank Braun	06.02.2005	5:31.08	VMV
Male	35-39	800m	Butterfly	Frank Braun	06.02.2005	12:08.75	VMV
Male	40-44	100m	Breaststroke	Anthony Dunne	14.05.2005	1:13.89	WCM
Male	45-49	100m	Breaststroke	Mark Smedley	29.03.2005	1:14.41	SAM
Male	45-49	200m	Breaststroke	Mark Smedley	29.03.2005	2:44.74	SAM
Male	45-49	200m	Freestyle	Francis Christian	29.03.2005	2:03.71	VDC
Male	45-49	400m	Freestyle	Francis Christian	29.03.2005	4:22.26	VDC
Male	45-49	200m	Individual Medley	Lary Forsyth	29.03.2005	2:25.56	QCS
Male	45-49	200m	Individual Medley	Mark Smedley	29.03.2005	2:27.34	SAM
Male	45-49	200m	Individual Medley	Mark Smedley	26.01.2005	2:28.30	SAM
Male	45-49	400m	Individual Medley	Mark Smedley	29.03.2005	5:10.23	SAM
Male	50-54	800m	Backstroke	Mark Taylor	06.02.2005	12:19.67	VSP
Male	50-54	100m	Breaststroke	Mark Taylor	29.03.2005	1:18.82	VSP
Male	50-54	100m	Breaststroke	Mark Taylor	26.02.2005	1:19.14	VSP
Male	50-54	400m	Breaststroke	Mark Taylor	06.02.2005	6:14.09	VSP
Male	50-54	50m	Butterfly	Mark Fitz-Walter	26.02.2005	28.57	QMM
Male	50-54	50m	Butterfly	Mark Fitz-Walter	05.02.2005	29.14	QMM
Male	50-54	50m	Freestyle	Ross Clarke	07.05.2005	26.79	QBB
Male	50-54	100m	Freestyle	Ross Clarke	07.05.2005	59.08	QBB
Male	55-59	400m	Freestyle	Graham Croft	29.03.2005	4:49.44	WBP
Male	60-64	100m	Butterfly	Victor Paul	14.05.2005	1:17.59	WBP
Male	60-64	200m	Butterfly	Victor Paul	14.05.2005	2:57.51	WBP
Male	60-64	400m	Freestyle	Vic Paul	29.03.2005	5:17.60	WBP
Male	60-64	200m	Individual Medley	Vic Paul	29.03.2005	2:53.42	WBP
Male	60-64	200m	Individual Medley	Victor Paul	14.05.2005	2:50.29	WBP
Male	65-69	400m	Butterfly	Christian Thiess	16.04.2005	7:40.10	QHB
Male	70-74	1500m	Backstroke	Patrick Galvin	06.02.2005	31:30.39	VMV
Male	70-74	50m	Butterfly	John Crisp	16.04.2005	36.50	QMM
Male	70-74	50m	Butterfly	John Crisp	29.03.2005	37.19	QMM
Male	70-74	100m	Butterfly	John Crisp	16.04.2005	1:28.41	QMM
Male	70-74	100m	Butterfly	John Crisp	29.03.2005	1:31.61	QMM
Male	70-74	100m	Butterfly	John Crisp	05.02.2005	1:33.39	QMM
Male	70-74	200m	Butterfly	John Crisp	07.05.2005	3:34.52	QMM
Male	70-74	100m	Freestyle	John Crisp	16.04.2005	1:10.89	QMM
Male	70-74	100m	Freestyle	John Crisp	29.03.2005	1:11.70	QMM
Male	70-74	100m	Freestyle	John Crisp	05.02.2005	1:12.23	QMM
Male	70-74	200m	Freestyle	John Crisp	29.03.2005	2:32.49	QMM
Male	70-74	400m	Freestyle	John Crisp	29.03.2005	5:33.40	QMM
Male	70-74	800m	Freestyle	John Crisp	29.03.2005	11:19.41	QMM
Male	70-74	200m	Individual Medley	John Crisp	26.02.2005	3:01.60	QMM
Male	70-74	400m	Individual Medley	John Crisp	29.03.2005	6:47.83	QMM
Male	75-79	200m	Backstroke	David Lawler	29.03.2005	3:41.41	NML
Male	75-79	50m	Breaststroke	Fred Elsom	19.02.2005	47.26	NET
Male	75-79	50m	Breaststroke	Max Van Gelder	12.02.2005	47.79	NWG
Male	75-79	50m	Butterfly	Max Van Gelder	12.02.2005	42.63	NWG
Male	75-79	400m	Butterfly	Bill Walker	19.02.2005	10:05.24	NNC
Male	75-79	50m	Freestyle	Max Van Gelder	29.03.2005	32.04	NWG
Male	75-79	50m	Freestyle	Max Van Gelder	12.03.2005	32.35	NWG
Male	75-79	50m	Freestyle	Max Van Gelder	12.02.2005	32.37	NWG
Male	75-79	100m	Freestyle	Max Van Gelder	29.03.2005	1:14.94	NWG
Male	80-84	800m	Breaststroke	Perc Edwards	16.04.2005	23:23.57	WCM
Male	80-84	100m	Butterfly	George Stewart	16.04.2005	2:21.92	QSC
Male	80-84	400m	Butterfly	George Stewart	16.04.2005	18:08.89	QSC
Female	20-24	50m	Backstroke	Anita Rodger	12.03.2005	32.74	NSP

National Records

Long Course - Individual cont.

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Female	20-24	200m	Breaststroke	Cathy Haynes	12.03.2005	2:54.36	NRT
Female	25-29	100m	Backstroke	Ebony L Currell	29.03.2005	1:10.29	VCS
Female	25-29	200m	Backstroke	Ebony L Currell	29.03.2005	2:28.11	VCS
Female	30-34	50m	Freestyle	Paula Hill	29.03.2005	28.27	SMR
Female	35-39	400m	Backstroke	Helen Whitford	06.02.2005	5:33.15	VDC
Female	35-39	800m	Backstroke	Helen Whitford	06.02.2005	11:30.35	VDC
Female	35-39	50m	Breaststroke	Nikki Burger	04.06.2005	36.56	VPP
Female	35-39	50m	Breaststroke	Nikki Burger	06.02.2005	36.95	VPP
Female	35-39	100m	Breaststroke	Nikki Burger	04.06.2005	1:20.27	VPP
Female	40-44	50m	Backstroke	Sally Bell	14.05.2005	33.46	WCM
Female	40-44	200m	Backstroke	Sally Bell	14.05.2005	2:33.31	WCM
Female	40-44	100m	Butterfly	Sally Bell	14.05.2005	1:10.34	WCM
Female	40-44	200m	Individual Medley	Sally Bell	14.05.2005	2:38.96	WCM
Female	45-49	400m	Butterfly	Margaret Langdon	06.02.2005	7:00.61	VFR
Female	50-54	1500m	Breaststroke	Wendy Gordon	19.02.2005	29:07.72	NNC
Female	55-59	100m	Backstroke	Janette Jeffrey	29.03.2005	1:23.63	VMV
Female	55-59	100m	Backstroke	Lynette Stevenson	29.03.2005	1:23.72	NBT
Female	55-59	200m	Backstroke	Janette Jeffrey	29.03.2005	3:04.85	VMV
Female	55-59	100m	Breaststroke	Susan Harbottle	29.03.2005	1:32.50	VDC
Female	55-59	400m	Butterfly	Sue Needham	16.04.2005	7:56.86	QMW
Female	55-59	50m	Freestyle	Lynette Stevenson	29.03.2005	31.79	NBT
Female	60-64	50m	Backstroke	Penny Steele	16.04.2005	37.56	QFH
Female	60-64	50m	Backstroke	Penny Steele	26.02.2005	38.79	QFH
Female	60-64	100m	Freestyle	Jen Thomasson	05.02.2005	1:14.37	QSM
Female	65-69	50m	Breaststroke	Gloria Hardy	29.03.2005	47.10	VNL
Female	65-69	200m	Breaststroke	Gloria Hardy	29.03.2005	3:52.08	VNL
Female	65-69	800m	Breaststroke	Gloria Hardy	06.02.2005	16:50.86	VNL
Female	70-74	400m	Backstroke	Denise Robertson	16.04.2005	8:09.46	QMM
Female	75-79	200m	Butterfly	Thelma Bryan	22.01.2005	5:26.38	QCN
Female	75-79	400m	Butterfly	Thelma Bryan	16.04.2005	11:34.05	QCN
Female	80-84	50m	Breaststroke	Margaret Cunningham	12.02.2005	58.93	QWY
Female	80-84	100m	Breaststroke	Margaret Cunningham	26.03.2005	2:11.03	QWY
Female	80-84	200m	Breaststroke	Margaret Cunningham	19.03.2005	4:54.92	QWY
Female	80-84	400m	Breaststroke	Margaret Cunningham	16.04.2005	10:29.02	QWY
Female	80-84	400m	Breaststroke	Margaret Cunningham	19.03.2005	10:52.57	QWY
Female	80-84	50m	Butterfly	Margaret Cunningham	26.03.2005	58.61	QWY
Female	80-84	50m	Butterfly	Margaret Cunningham	12.02.2005	1:01.41	QWY
Female	80-84	50m	Butterfly	Margaret Cunningham	19.03.2005	1:03.44	QWY
Female	80-84	100m	Freestyle	Margaret Cunningham	12.02.2005	1:38.93	QWY
Female	80-84	1500m	Freestyle	Val Lincoln	19.02.2005	36:44.09	NGS
Female	80-84	200m	Freestyle	Margaret Cunningham	12.02.2005	3:42.80	QWY
Female	80-84	400m	Freestyle	Margaret Cunningham	16.04.2005	7:42.89	QWY
Female	80-84	800m	Freestyle	Val Lincoln	26.02.2005	19:19.61	NGS
Female	80-84	200m	Individual Medley	Margaret Cunningham	16.04.2005	4:25.05	QWY
Female	80-84	200m	Individual Medley	Margaret Cunningham	26.03.2005	4:25.12	QWY
Female	85-89	100m	Backstroke	Judith Drake-Brockman	14.05.2005	2:19.43	WCM
Female	85-89	200m	Backstroke	Judith Drake-Brockman	14.05.2005	5:11.39	WCM
Female	85-89	50m	Freestyle	Judith Drake-Brockman	14.05.2005	55.27	WCM
Female	85-89	100m	Freestyle	Joyce O'farrell	14.05.2005	2:08.74	WCM
Female	85-89	200m	Freestyle	Joyce O'farrell	14.05.2005	4:45.59	WSM
Female	85-89	200m	Freestyle	Nan Lewis	29.03.2005	5:32.67	TTL
Female	85-89	400m	Freestyle	Nan Lewis	29.03.2005	11:53.25	TTL
Female	90-94	50m	Backstroke	Clarice Artis	29.03.2005	1:28.28	VNL
Female	90-94	100m	Backstroke	Clarice Artis	29.03.2005	3:10.75	VNL
Female	90-94	200m	Backstroke	Clarice Artis	29.03.2005	6:24.72	VNL
Female	90-94	400m	Backstroke	Clarice Artis	06.02.2005	17:19.53	VNL
Female	90-94	800m	Backstroke	Clarice Artis	06.02.2005	34:00.27	VNL
Female	95-99	50m	Backstroke	Margo Bates	05.03.2005	2:12.11	QHB
Female	95-99	50m	Freestyle	Margo Bates	05.03.2005	1:18.07	QHB
Female	95-99	100m	Backstroke	Margo Bates	05.03.2005	5:53.22	QHB
Female	95-99	100m	Freestyle	Margo Bates	05.03.2005	3:11.62	QHB

National Records

Short Course - Individual

Gender	Age Group	Distance	Stroke	Swimmer	Date	Time	Club
Male	45-49	800m	Backstroke	Garth Slade	21.05.2005	10:55.36	TLC
Male	45-49	50m	Breaststroke	Mark Smedley	05.06.2005	33.30	SAM
Male	45-49	100m	Breaststroke	Mark Smedley	05.06.2005	1:12.40	SAM
Male	45-49	100m	Individual Medley	Mark Smedley	05.06.2005	1:04.79	SAM
Male	45-49	200m	Individual Medley	Alan Godfrey	30.04.2005	2:29.44	NWO
Male	75-79	50m	Breaststroke	Fred Elsom	30.04.2005	47.07	NET
Female	75-79	200m	Butterfly	Thelma Bryan	07.05.2005	5:07.10	QCN
Female	75-79	400m	Butterfly	Thelma Bryan	12.03.2005	11:00.51	QCN
Female	80-84	25m	Breaststroke	Margaret Cunningham	12.03.2005	25.73	QWY
Female	80-84	25m	Freestyle	Margaret Cunningham	12.03.2005	18.83	QWY
Female	80-84	50m	Freestyle	Margaret Cunningham	12.03.2005	41.78	QWY
Female	80-84	100m	Freestyle	Margaret Cunningham	12.03.2005	1:34.59	QWY
Female	80-84	400m	Freestyle	Margaret Cunningham	12.03.2005	7:44.00	QWY
Female	80-84	100m	Individual Medley	Margaret Cunningham	12.03.2005	1:59.06	QWY

National Records

Long Course - Relays

Gender	Age Group	Distance	Stroke	Date	Time	Club
Male	120-159	4 X 50m	Freestyle	12.02.2005	1:39.57	Tattersalls Club Swimming
Male	120-159	4 X 100m	Freestyle	21.05.2005	4:11.10	Malvern Marlins
Male	160-199	4 X 50m	Freestyle	29.03.2005	1:42.82	Tattersalls Club Swimming
Male	160-199	4 X 100m	Freestyle	21.05.2005	5:09.84	Casey Seals
Male	160-199	4 X 100m	Freestyle	21.05.2005	5:03.16	Doncaster Dolphins
Male	160-199	4 X 100m	Freestyle	21.05.2005	4:49.08	Malvern Marlins
Male	160-199	4 X 100m	Freestyle	21.05.2005	5:57.17	Malvern Marlins
Male	160-199	4 X 100m	Freestyle	21.05.2005	4:17.02	Powerpoints
Male	160-199	4 X 100m	Freestyle	21.05.2005	4:55.23	Surrey Park Seahorses
Male	160-199	4 X 100m	Freestyle	21.05.2005	6:01.57	Western Alligators
Male	160-199	4 X 100m	Freestyle	21.05.2005	5:14.05	Yarra Roughies Masters
Male	200-239	4 X 100m	Freestyle	21.05.2005	4:52.90	Frankston Peninsula
Male	200-239	4 X 100m	Freestyle	21.05.2005	5:39.69	Malvern Marlins
Male	200-239	4 X 100m	Freestyle	21.05.2005	5:32.08	North Lodge Neptunes
Male	200-239	4 X 100m	Freestyle	21.05.2005	4:50.70	Powerpoints
Male	240-279	4 X 100m	Freestyle	21.05.2005	5:48.90	Doncaster Dolphins
Male	240-279	4 X 100m	Freestyle	21.05.2005	5:14.77	Malvern Marlins
Male	240-279	4 X 100m	Freestyle	21.05.2005	5:36.09	Powerpoints
Male	280-319	4 X 50m	Freestyle	12.02.2005	2:18.56	Warringah Masters Swimming Inc
Female	120-159	4 X 100m	Freestyle	21.05.2005	6:03.65	Casey Seals
Female	120-159	4 X 100m	Freestyle	21.05.2005	4:45.03	Powerpoints
Female	120-159	4 X 100m	Freestyle	21.05.2005	5:17.58	Yarra Roughies Masters
Female	160-199	4 X 50m	Freestyle	29.03.2005	2:04.21	Powerpoints
Female	160-199	4 X 50m	Freestyle	14.05.2005	2:04.00	Claremont
Female	160-199	4 X 100m	Freestyle	21.05.2005	5:00.06	Doncaster Dolphins
Female	160-199	4 X 100m	Freestyle	21.05.2005	7:08.47	Gippsland Flippers
Female	160-199	4 X 100m	Freestyle	21.05.2005	6:50.05	Malvern Marlins
Female	160-199	4 X 100m	Freestyle	21.05.2005	5:48.46	North Lodge Neptunes
Female	160-199	4 X 100m	Freestyle	21.05.2005	5:07.77	Powerpoints
Female	200-239	4 X 100m	Freestyle	21.05.2005	5:08.51	Doncaster Dolphins
Female	200-239	4 X 100m	Freestyle	21.05.2005	5:21.65	Malvern Marlins
Female	200-239	4 X 100m	Freestyle	21.05.2005	6:51.25	North Lodge Neptunes
Female	200-239	4 X 100m	Freestyle	21.05.2005	5:58.62	Surrey Park Seahorses
Female	200-239	4 X 50m	Medley	12.03.2005	2:29.05	Seaside Pirates Inc
Female	240-279	4 X 100m	Freestyle	21.05.2005	6:23.07	Doncaster Dolphins
Female	240-279	4 X 100m	Freestyle	21.05.2005	7:32.60	Doncaster Dolphins
Female	240-279	4 X 100m	Freestyle	21.05.2005	7:05.32	Malvern Marlins
Female	240-279	4 X 100m	Freestyle	21.05.2005	6:03.27	Powerpoints
Female	280-319	4 X 100m	Freestyle	21.05.2005	7:32.63	Doncaster Dolphins
Female	280-319	4 X 100m	Freestyle	21.05.2005	8:03.89	North Lodge Neptunes

National Records

Long Course - Relays Cont.


Gender	Age Group	Distance	Stroke	Date	Time	Club
Mixed	80-119	4 X 100m	Freestyle	21.05.2005	4:49.71	Casey Seals
Mixed	80-119	4 X 100m	Freestyle	21.05.2005	4:38.79	Malvern Marlin's
Mixed	120-159	4 X 100m	Freestyle	21.05.2005	4:40.19	Powerpoints
Mixed	120-159	4 X 100m	Freestyle	21.05.2005	4:55.37	Yarra Roughies Masters
Mixed	120-159	4 X 100m	Medley	21.05.2005	5:34.81	Casey Seals
Mixed	120-159	4 X 100m	Medley	21.05.2005	5:11.68	Powerpoints
Mixed	120-159	4 X 100m	Medley	21.05.2005	5:22.99	Surrey Park Seahorses
Mixed	120-159	4 X 100m	Medley	21.05.2005	6:15.32	Western Alligators
Mixed	160-199	4 X 100m	Freestyle	21.05.2005	4:36.44	Doncaster Dolphins
Mixed	160-199	4 X 100m	Freestyle	21.05.2005	4:48.97	Malvern Marlin's
Mixed	160-199	4 X 100m	Freestyle	21.05.2005	5:14.93	North Lodge Neptunes
Mixed	160-199	4 X 100m	Freestyle	21.05.2005	4:40.08	Powerpoints
Mixed	160-199	4 X 100m	Freestyle	21.05.2005	5:52.08	Western Alligators
Mixed	160-199	4 X 100m	Freestyle	21.05.2005	5:28.91	Yarra Roughies Masters
Mixed	160-199	4 X 50m	Medley	29.03.2005	2:07.28	Blacktown City Masters Swimming Inc
Mixed	160-199	4 X 50m	Medley	29.03.2005	2:06.73	Powerpoints
Mixed	160-199	4 X 100m	Medley	21.05.2005	6:15.26	Casey Seals
Mixed	160-199	4 X 100m	Medley	21.05.2005	5:10.78	Doncaster Dolphins
Mixed	160-199	4 X 100m	Medley	21.05.2005	5:36.65	Malvern Marlin's
Mixed	160-199	4 X 100m	Medley	21.05.2005	4:54.10	Powerpoints
Mixed	200-239	4 X 100m	Freestyle	21.05.2005	5:57.39	Casey Seals
Mixed	200-239	4 X 100m	Freestyle	21.05.2005	5:29.14	Doncaster Dolphins
Mixed	200-239	4 X 100m	Freestyle	21.05.2005	6:08.73	Malvern Marlin's
Mixed	200-239	4 X 100m	Freestyle	21.05.2005	5:15.86	Powerpoints
Mixed	200-239	4 X 100m	Freestyle	21.05.2005	6:15.75	Surrey Park Seahorses
Mixed	200-239	4 X 100m	Medley	21.05.2005	5:24.93	Doncaster Dolphins
Mixed	200-239	4 X 100m	Medley	21.05.2005	7:07.62	North Lodge Neptunes
Mixed	200-239	4 X 100m	Medley	21.05.2005	5:29.20	Powerpoints Bussell)
Mixed	200-239	4 X 100m	Medley	21.05.2005	6:55.61	Surrey Park Seahorses
Mixed	240-279	4 X 100m	Freestyle	21.05.2005	5:54.57	Doncaster Dolphins
Mixed	240-279	4 X 100m	Freestyle	21.05.2005	5:30.32	Malvern Marlin's
Mixed	240-279	4 X 100m	Freestyle	21.05.2005	6:29.32	North Lodge Neptunes
Mixed	240-279	4 X 100m	Medley	21.05.2005	6:15.65	Doncaster Dolphins
Mixed	240-279	4 X 100m	Medley	21.05.2005	6:02.30	Frankston Peninsula
Mixed	240-279	4 X 100m	Medley	21.05.2005	6:55.48	Malvern Marlin's
Mixed	240-279	4 X 100m	Medley	21.05.2005	6:22.55	Powerpoints
Mixed	280-319	4 X 100m	Medley	21.05.2005	8:35.87	Doncaster Dolphins

Note: For a complete list of records, visit www.aussimasters.com.au to search the on-line database of records, results and rankings.

Apology: Several records published in the National Records section of the April 2005 AUSSI Masters News were incorrect and have been corrected in this issue. Apologies for any inconvenience caused by this mistake – Ed.

30th National Swim

Swim Results & Outstanding Medals

 ur apologies for the delay in posting medals and the printed results. The medals have been ready to go for a short time but we were waiting to post them out with the printed results. A multitude of minor problems caused the delay in the printed results. The results booklet and certificates were posted to competing clubs on Monday 4th July.

Ray Brien
Swim Meet Director
30th National Swim



Swimmers at the 30th National Swim in Hobart.

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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.

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