

# AUS

## masters news

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**MASTERS  
SWIMMING**  
Australia

## National President John Pugh

A belated welcome back to a new year of swimming!

I see that inter-club swims are on the go and I am sure that many of you have competed in your state championships and may have taken part in the National Swim in Canberra.

This means that administrators too have been busy, registering members, taking swim entries and organising programmes, while officials have seen that meets run smoothly. The mix of volunteers that we rely on so much is again busy with 'normal' activities.

In the two previous newsletters I spoke about membership and the challenge of attracting the many lap swimmers who don't train with an AUSI club. They are present in all our pools at all times of the day and we think that we have lots to offer in fitness training and camaraderie.

We also know that there are several hundreds of independent competitive swimmers who emerge

whenever when ever a Masters Games is staged.

In the December issue New South Wales and Western Australia described their innovative approaches to supporting clubs and attracting members. The former has a mentoring system to support new clubs and smaller country clubs, and the latter has its new BE ACTIVE Sandgroppers Club for swimmers who frequently relocate in their jobs or who live in areas without clubs. We can all learn from their efforts.

Unfortunately, the official registration statistics for 2005 show that membership overall is still going down. The numbers, with 2004 figures for comparison are displayed on page 3.

The *change* column shows that only NSW, ACT and Tasmania had a net gain for the year.

The *members gained* column reflects new members who paid the four-month or sixteen-month memberships (only available to new members) so all branches are still attracting

swimmers. The final *members lost* column is either disturbing or a 'natural phenomenon' of our type of activity, which is something we prefer not to accept. Loosing 88 members also means a loss to National of \$2,200.

How we tackle this issue was the subject of the second day of the board meeting after the National Swim. Thoughtful and lively discussion with lots of thinking 'outside the square' definitely took place. Any research that branches have into why people leave AUSI will also be very useful.

I hope many of you enjoyed the National Swim and took part in activities such as the members' forum. Meanwhile, good swimming!

John Pugh  
President

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## AUSSI NATIONAL OFFICE

### From the Desk of the CEO Stephen Cardiff

Welcome to the first issue of AUSSI masters news for 2006. This was intended to be published in March, however due to some delays has become a March/April issue. Every cloud has a silver lining though, and this allows us to include a write up on the 31<sup>st</sup> National Swim held in Canberra from April 6-9. Please see pages 4 - 5 for the story.

Those who were at the National Swim in Canberra will have no doubt seen and heard about our new national sponsor, Vorgee. Vorgee is a relative newcomer to the scene, and produces an extensive range of high quality swimming goggles, caps, swimwear and training equipment. I am very pleased to welcome Vorgee on board as a proud supporter and partner of AUSSI Masters Swimming Australia.

At the National Swim, Vorgee marked their new relationship with AUSSI by generously donating a

high quality silicone swimming cap for every registered swimmer, trophies and Vorgee hampers for Male and Female Swimmer of the meet, a \$250 cheque for the winning club, and 2 raffle packs. They are on board as supporters of the Million Metres award, in which capacity you will no doubt learn more about the company. Please support those that support us. Visit [www.vorgee.com.au](http://www.vorgee.com.au) to learn a little more about Vorgee.

In addition to our main travel sponsor, International Sports Tours, we have a number of sponsorship opportunities currently available. I would love to speak to anyone who is interesting in becoming associated with the National body, or hearing about any individuals or organisations that you feel might be interested in sponsoring us. Full details are in the "AUSSI Sponsorship Opportunities" section below.

In the last issue, I touched on the Aerobics Programme review. Following receipt of feedback on the Programme last year, points categories will reduce from five to three per event and age group, with new points allocated for each level, while the cutoff times for each category will be proposed based on the statistical analysis of times which is in progress. The next major step is to overhaul the software used, which has cost and time implications. Budgets and plans are under discussion with the National IT Committee.

Also in this issue, readers are invited to submit their favourite swimmer's recipe. Free tickets to a new swimming movie - "On a Clear Day" are up for grabs. Full details are found on page 19.

Stephen Cardiff  
Chief Executive Officer

## AUSSI Sponsorship Opportunities

Current sponsorship opportunities exist in the following areas:

- National Swim (National Championships)
- National Swim Camp (September 2006)
- Grassroots:
  - ◆ Sponsor a club coach or network of coaches
  - ◆ Sponsor a group to do officiating courses
  - ◆ New member / New club kits
  - ◆ Uniforms for volunteers, officials, coaches, board members, staff
- Providing discounts and/or products to members
- National Aerobics Championships
- Website advertising
- Merchandise – shirts worn by staff; national swim; sales via national website

- Other Swim meets
- Newsletter (printing, advertising or distribution)
- International Swim teams
- Handbook Printing

Why not harness the potential of our membership base to:

- √ Expand your business?
- √ Achieve a change in perception of your organisation or brand?

We can customise products and services to meet your needs.

Get involved now!


For a confidential chat, contact the CEO, Stephen Cardiff on (03) 9399 8861 or by email at [ceo@aussimasters.com.au](mailto:ceo@aussimasters.com.au)

## AUSSI NATIONAL OFFICE

### National President (Cont. from page 1)

#### 2005 Registration Statistics

Branch	2004	2005	Members gained	Members lost	Change +/-
ACT	152	153	8	7	+1
NSW	1640	1645	76	71	+5
NT	105	89	7	23	-16
QLD	1606	1517	82	171	-89
SA	612	611	29	30	-1
TAS	281	309	9	(19)	28
VIC	993	987	33	39	-6
WA	1227	1217	60	70	-10
	6616	6528	+304	-392	-88



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*We proudly support*  
**AUSSI Masters Swimming**

## FEATURES

### 2006 National Swim

The 31<sup>st</sup> National Swim was an overall success. The 509 competitors who swam during the four days of the meet at the AIS pool produced 2 World Records, many PB's and had a great time.

For many, the Welcome Function held the night before commencement of competition at the Canberra Labor Club, was their first contact with the event. After registration and a short welcome speech by ACT Branch President Greg Gourley, many swimmers enjoyed the facilities. I have no doubt that most thoughts were firmly focused on the swimming that would take place over the next four days.

On day 1 of the swim, the programme got underway with the 400IM. At it's conclusion, the Opening Ceremony took place, featuring the Governor General of Australia, his Excellency Major General Michael Jeffery. Attending with his wife, Mrs Jeffery, the Governor General gave an excellent welcome speech which showed good knowledge of not only Masters Swimming, but the specific health and well being effects that participation in

swimming provides. He highlighted a number of famous as well as fundamentally influential people involved with Masters Swimming, including Shane Gould, Ivan Wingate and Gary Stutsel. After a vote of thanks from Meet Director Craig Allatt, the state shoot out relay took place. Each Branch team was aiming to finish the relay as close as possible to their nominated time without exceeding it. Tasmania did the best job of this and won the relay, finishing just 0.27 seconds outside their nominated time.

The swim programme proper saw some incredible performances. The first of the two World Records broken was by Lynette Stevenson (Blacktown City, NSW) on day 3. Swimming in the women's 60 - 64 age group in the 50m freestyle, Lynette clocked an amazing time of 31.40, taking 0.15 off the old record. In the second last event of the National Swim on day 4, Seaside Pirates (NSW) were being



**Above: Seaside Pirates (NSW) World Record 4 x 50m freestyle relay team. Left to right: Cathy Codling, Tracy McGuire, Robyn Miller-Walton and Pam Hutchings.**

Announcer as potential World Record breakers in the Women's 4 x 50m freestyle relay in the 200 - 239 age group. With their sights set on the old record of 2.04.78 and with the crowd on the edge of their seats, they brought the house down taking 1.77 seconds off and setting a new mark of 2.03.01.

Congratulations to our new World Record holders, Lynette Stevenson, and the Pirates team of Robyn Miller-Walton, Pam Hutchings, Tracy McGuire and Cathy Codling.

Many National Records fell over the 4 days; 49 individual and 6 relay. Male swimmer of the meet, Victor Paul (Bold Park, WA) topped the list with six National Records, tying with Bob Barry (Wollongong, NSW). In the women's, Lise Mackie (Yarra Roughies, VIC) broke 4 National Records, 3 of which were more than 10 years old. A full list of new National Record holders will appear in the next AUSSI masters news.

Two swimmers managed the remarkable achievement of swimming in the maximum



**Above: Action in the 800m freestyle**

## FEATURES

### 2006 National Swim (cont...)

allowable number of individual event - 12, and winning them all. They earned the maximum possible points of 120 for their clubs. Well done Ebony Ebenwaldner (Casey Seals, VIC) and John Crisp (Miami, QLD).

Thank you to those that came to the Members Forum at the Labor Club after the conclusion of events on day 3. Really useful discussions took place in a number of topics including the National Swim, the planned National Swim Camp, the Million Metres Programme and the

Club Pointscore 2<sup>nd</sup> Place Shield:  
**Blacktown City (NSW)**

Visitor's Trophy:  
**Seaside Pirates (NSW)**

Male Swimmer of the Meet:  
**Victor Paul (Bold Park, WA)**

Female Swimmer of the Meet:  
**Lynette Stevenson (Blacktown City, NSW)**

National Heart Foundation Trophy:  
**Jane Lindsay (Tuggeranong, ACT)**

National Aerobic Trophy:  
**Sunshine Coast (QLD)**

ZOGGS Aerobic Award:

**Kawana Water Dragons (QLD)**

Coach of the Year 2005:  
**Nicole Badani (Armadale, WA)**

Official of the Year 2005:  
**Jane Noake (Seaside Pirates, NSW)**

Age Group Relay Trophy Winners:

80 - 119 years:  
**Seaside Pirates (NSW)**

120 - 159 years:  
**Seaside Pirates (NSW)**

160 - 199 years:  
**Adelaide Masters (SA)**

200 - 239 years:  
**Seaside Pirates (NSW)**

240 - 279 years:  
**Warringah (NSW)**

280 - 319 years:  
**Seaside Pirates (NSW)**

320 - 359 years:  
**North Lodge (VIC)**

Finally a big thank you goes to



*Above: Leigh from Vorgee presents Male Swimmer of the Meet, Victor Paul (Bold Park, WA) with his prize pack.*

*Below: Seaside Pirates (NSW) Club Captain, Robert McLellan happily receives the Founder's Cup and Visitor's Trophy from National President, John Pugh.*



Aerobics Programme. If you have any feedback on National matters, please do not hesitate to contact the National Office on [sportadmin@aussimasters.com.au](mailto:sportadmin@aussimasters.com.au)

To top it all off, the Presentation Dinner was held at Rydges Lakeside. The food, MC'ing speeches and awards were all received very well. Congratulations to recipients of trophies on the night:

Founder's Cup:  
**Seaside Pirates (NSW)**

everyone involved. Thank you to all the swimmers, the masses of volunteers, the officials (a number traveled from interstate to help), the local organising committee and of course the sponsors.

We are already looking ahead to the 32<sup>nd</sup> National Swim to be held in Darwin from May 4 - 7, 2007. I hope to see you there!

Stephen Cardiff

*Full individual results are on the results, records and rankings portal at:*

*<http://www.portal.aussi.org.au/>*

*All other results, news and photos from Canberra can be found on the event page:*

*[http://www.home.aussi.org.au/html/national\\_swim\\_2006.html](http://www.home.aussi.org.au/html/national_swim_2006.html)*

*The 2007 National Swim page is up and running. For information, please visit:*

*[http://www.home.aussi.org.au/html/national\\_swim\\_2007.html](http://www.home.aussi.org.au/html/national_swim_2007.html)*

## FEATURES

# AUSSI Contrasting Member Interviews

*In this issue, I wanted to illustrate how diverse our members are by interviewing 3 very different types of swimmer. While at the National Swim, I spoke to a young swimmer, an older swimmer, and a disabled swimmer. Here's what they had to say...*

-Ed

### Young Swimmer - Lee Howell

**Where are you from and which AUSSI club are you a member of?**

Newcastle; Novocastrians Swimming Club

**Can I ask how old you are?**  
21

**Why did you join AUSSI Masters?**

My fiancé was involved and his parents. I wasn't really a swimmer, but I got involved because I had to do it for a course at uni - Aquatics - so I had to do it really.

**What do you think is the best thing about swimming with AUSSI Masters?**

For me it's challenging because I'm swimming against older people who are sometimes quicker. So it makes me swim as fast as I can. I'd love to still be doing good times at 50 or 60. I love seeing people get out and be active because I'm going to be a PE teacher.

**What do you think is the worst thing about swimming with AUSSI Masters?**

I guess it's a positive and negative: When carnivals are all over the place, it makes it hard to get to all of them. But then again it's good if you're older because you get out and travel and you can do it more easily when you're not working.

**What are your swimming goals?**

To get under 30 seconds for the 50 free - I'm at 35 at the moment; and to keep up my training 4-5 mornings / week.

**What is the highlight of your swimming career to date?**

Getting to travel to the Nationals and compete in Canberra and last year in Hobart, for the experience. I get to know what competition is like.



**Tell me something about your age and how it affects your swimming.**

I think being younger, I have more advantages to improve my fitness and strength in swimming compared to someone older who may not be able to keep lowering their times. So being younger I can improve a lot more. But obviously I've got to keep up training, which is hard in Winter. But it's worthwhile and I love the feeling after I've swum.

**Is there anything else you would like to say to the readers of AUSSI masters news?**

I think anyone can do it because I was never a swimmer. I couldn't even swim 50m! Now I'm swimming 1km most mornings. I think swimming is one of the best ways to keep fit because it's an all over body workout, and I think it's awesome that older people come together and swim as it's not only the exercise but a social thing as well.

*Interesting fact: Lee was in fact the youngest swimmer in attendance at the National Swim in Canberra*

-Ed

### Older Swimmer - George Corones

**Where are you from and which AUSSI club are you a member of?**

Brisbane. QTT - Twin Towns.  
**Can I ask how old you are?**  
88

**Why did you join AUSSI Masters?**

They twisted my arm - Arthur Thomas. The first one I did was at Coffs Harbour as an independent. I just decided to take up swimming in retirement for fitness reasons.

**What do you think is the best thing about swimming with AUSSI Masters?**

It's certainly helping to prolong my life and enriching it with the friendship that exists in the organisation, without question.

**What do you think is the worst thing about swimming with AUSSI Masters?**

I can't think of anything bad about AUSSI Masters. I'm impressed with the organisation. I really could not criticise it as a sporting organisation.

**What are your swimming goals?**

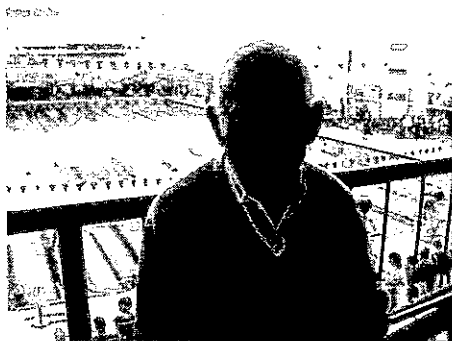
I'm hoping to be medal material for my age group at San Francisco - FINA World Masters Aquatics. Probably breast stroke; vaguely hopeful in freestyle - short events. I've got plenty of top 10's but you never know who's going to turn up from where. There might be some swimmers coming up into the 85-89 age group when I'm almost ready to move up, plus, it's almost the headquarters of American Masters Swimming in San Francisco.

## FEATURES

### Interviews (cont...)

***What is the highlight of your swimming career to date?***

Taking home 7 Gold Medals at the last AMG in Adelaide in 2005. Not sure if I broke it there, but I hold a National Record for the 100 breast stroke at the Uni pool (in Brisbane).



***Tell me something about your age and how it affects your swimming.***

Over the years you notch back a bit. The attrition factor has noticeably set in since entering the 85-89 age group!

***Is there anything else you would like to say to the readers of AUSSI masters news?***

As a retired medical practitioner, I can offer professional advice gratuitously that physical effort will certainly solve Australia's current obesity problem.

**Disabled Swimmer - Carol Cooke**

***Where are you from and which AUSSI club are you a member of?***

Melbourne. Yarra Roughies.

***Can I ask how old you are?***  
44

***Why did you join AUSSI Masters?***

When I came to Australia back in 1994 I had always been a swimmer so I wanted to get involved in swimming here again. I went to the

local pool, met up with some Masters Swimmers who were forming a club. This was the Fitzroy Sea Lions, and that would have been around 1994, with the club actually forming in about 1996. I just continued because it's fun.

***What do you think is the best thing about swimming with AUSSI Masters?***

There's no pressure. It's everybody come in any enjoy themselves whether it's fast or slow. Having come from a competitive background as a kid, that was a whole new idea to me.

***What do you think is the worst thing about swimming with AUSSI Masters?***

That's a tough one. (thinking..) Getting beaten by 70 year old women! I really don't think there is anything bad about AUSSI Masters because it doesn't discriminate against anyone because of:  
-what their body type is  
-what their age is

***What are your swimming goals?***

This year is to make the Australian team for the World Disability Championships at the end of November in South Africa. I'm trying to qualify in the 5km Open Water swim and I have qualified for the Australian Open Water Swimming Championships in Sydney in April, which I think I will have to win to even be considered for the team as the National Coach has said he will only take about 20 swimmers.

Apart from that, my goals change every year. As we get older every year, our focus on our PB's should change so I start off each year with a new set of PB's and my goals are to better those during the year... and just to continue having fun swimming. The day it becomes a chore is the day I don't want to do it any more.

***What is the highlight of your swimming career to date?***

Swimming at the Commonwealth Games Trial at the new MSAC pool in Melbourne and making the final of the 50 breaststroke multi-disability category on Feb 3rd -- 6:40pm.

***Tell me something about your disability and how it affects your swimming.***

I was diagnosed with MS in 1998. My MS has affected basically my legs in regard to swimming so I don't have the strength in my legs that I used to in regard to kicks or pushing off the wall, so a lot of my training is based on upper body strength. The other thing I find especially with training is that because of my MS I get very fatigued, so I have to judge my training so I don't get too fatigued and can't live the rest of my life that day. And I think the hardest part of racing is that because my balance is not good, getting up on the blocks with no handles is really scary. That's why I use the (walking) stick. I don't use it in the house.



***Is there anything else you would like to say to the readers of AUSSI Masters News?***

Just that I honestly believe that swimming has gotten me out of a wheelchair (up to 2002) and for anybody, it's probably the best form of exercise and is something that I'll never stop as I do believe it's kept me walking.

## COACHING

# Masters Swimming Extension Module

AUSSI Masters Swimming is embarking on a significant partnership with Swimming Australia (SAL) to provide additional pathways for individuals wishing to become a Masters Swim Coach to achieve the AUSSI Masters Swim Coach accreditation. AUSSI Masters is in the process of developing a Masters Swimming Extension module to be undertaken upon completion of the SAL Bronze course as a means toward achieving the L1M accreditation.

A project has already been conducted to map competencies between the AUSSI L1M and the SAL Bronze coaching accreditations. Significant overlap between the two training programs were identified and those L1M competencies that are not covered as part of the SAL Bronze licence will form the basis for the Masters Extension module.

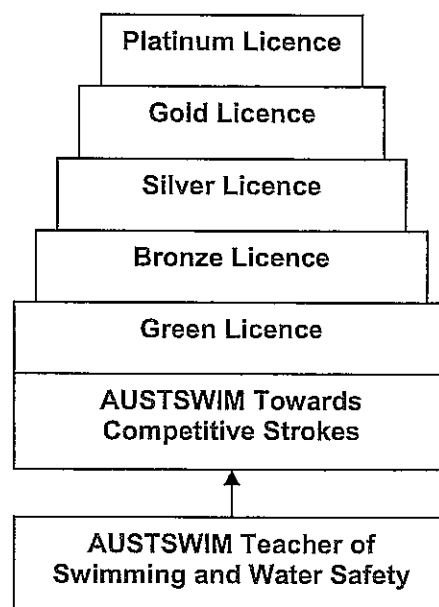
The decision for change has arisen to address a direct member need. In addition to this, the following benefits will also be achieved:

- **Increase access to training for coaches** – The number of L1M coaching courses that have

been conducted throughout Australia over the past few years is very low and on the decline, with some states being unable to run courses for more than five years due to insufficient numbers. However, SAL Bronze courses are being run in these states. Future plans for the Masters Extension course include the development of remote learning tools for this module, making the L1M more accessible to these states and remote areas.

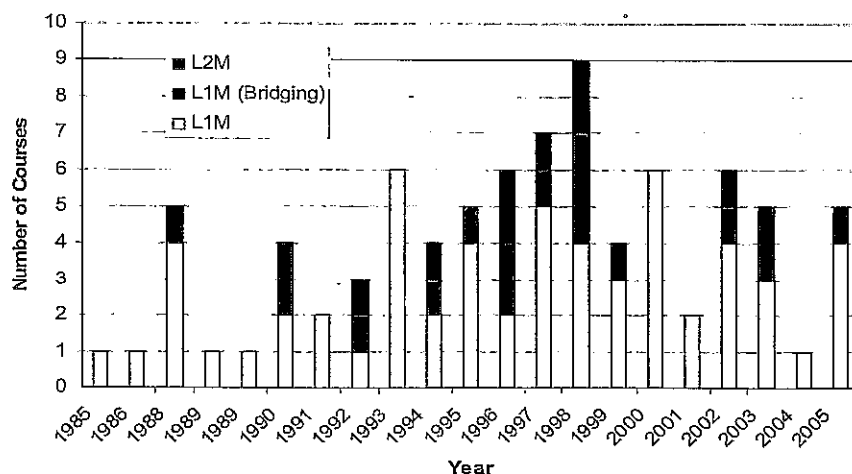
- **Formalise the current L1M Bridging Course** – AUSSI has offered a L1M Bridging course in the past at events such as the ASCTA Conference, however there has been no formal course structure for this program. The Masters Extension course will replace the L1M Bridging Course.
- **Reduce the workload on Branches** – The revised format will take the pressure off the Branches when running coaching courses, as the time and financial cost of conducting the Masters Extension course will be significantly less than the full L1M course.

### Outline of current SAL National Coaching Accreditation Scheme

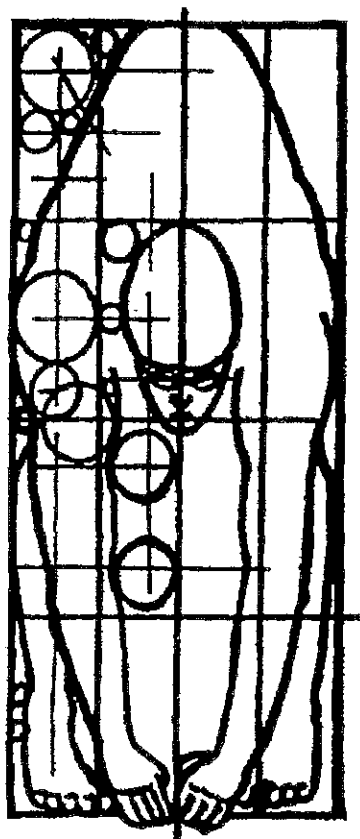


- **Provide additional education opportunities for SAL Bronze Coaches** – Because many coaches do not have the swimmers to be able to achieve the performance criteria associated with the SAL Silver licence, many coaches feel they have no direct swimming specific education pathways available to them beyond the Bronze licence. By creating the Masters Extension course, these coaches will be able to gain further swimming education specific to the special population of Adult Swimmers.
- **Increase the number of Masters Swim Coaches** – By providing more direct pathways for SAL accredited coaches, there is the potential to increase the number of accredited Masters Swim Coaches.
- **Higher standard of educational resources** – Rather than re-inventing the wheel when it comes to the development of training resources, AUSSI will tap

Approved AUSSI Courses



## COACHING

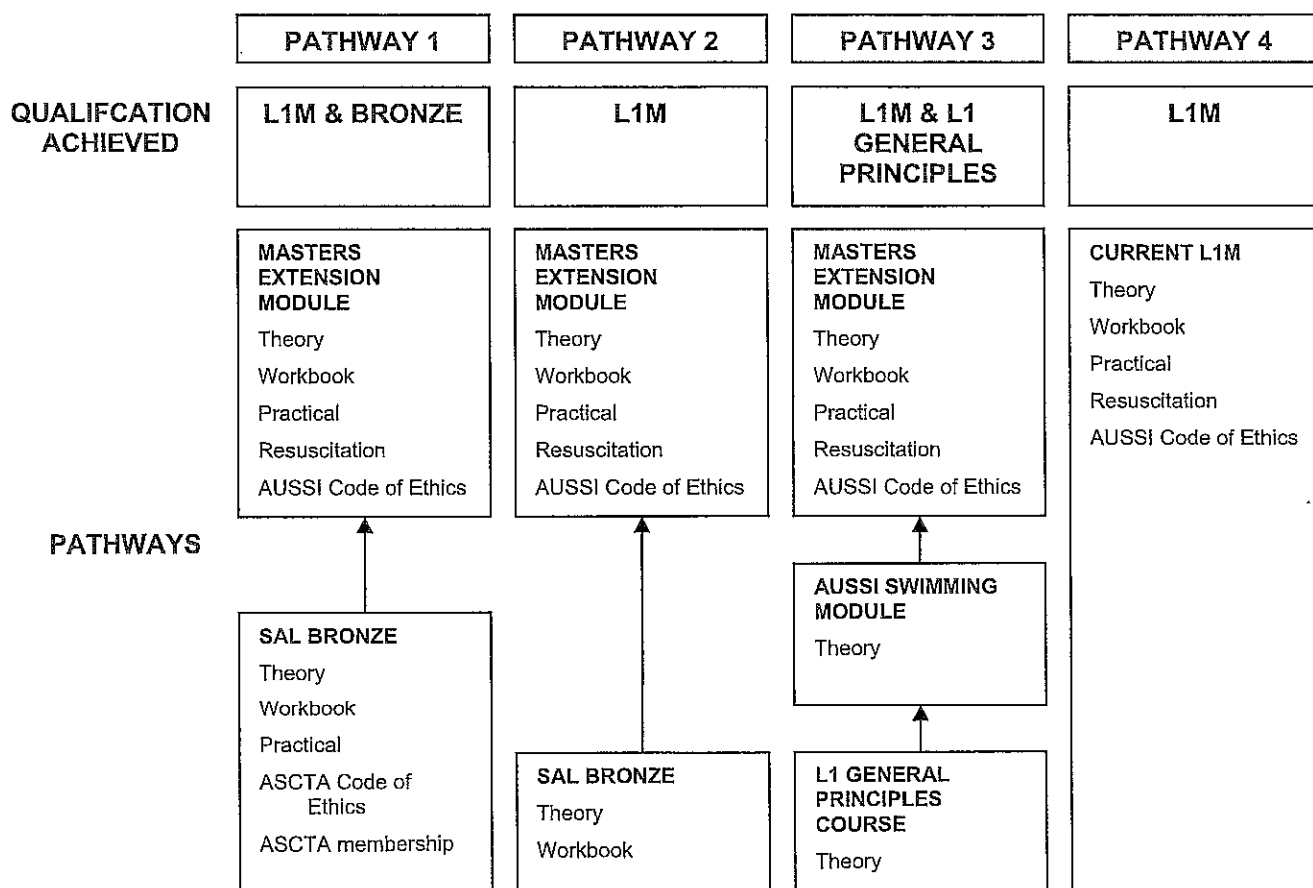


into the training resources currently available through the Bronze licence. This will have a twofold effect, L1M coaches will have access to a higher standard of educational resources, as well as enabling the limited finances AUSSI has available for resource development to be directed toward the Masters specific aspects of our course, therefore improving the standard of educational resources available. AUSSI will also have access to funding through SAL to further develop these Masters specific resources, particularly for remote learners. Without access to this funding, the cost of developing these resources would need to be absorbed by our current program and would therefore result in a significant

increase in course fees for the L1M, making the course exceptionally expensive for potential coaches wishing to achieve the accreditation.

- **Gain a stronger identity for Masters Swim Coaches** – AUSSI Masters coaches will gain a stronger identity within the coaching community, including a greater level of respect due to a perceived higher level of training
- **Provide opportunities for further development of the Level 2 Masters Swim Coach accreditation** – It has been four years since a L2M course has been conducted and there are no L2M courses approved for 2006. By developing a pathway of progression alongside the current SAL structure we will be

Proposed pathways to achieving the AUSSI Masters Level 1M Swim Coach Accreditation



## COACHING

able to provide a progression for Masters Coaches beyond L1M in a revised L2M format that will incorporate the theory of the Silver licence with an AUSSI specific module and appropriate performance based criteria.

Several pathways have been identified to assist coaches with varying backgrounds and needs in gaining an accredited AUSSI L1M Swim Coach. The benefits of each pathway are as follows:

- **Pathway 1** – This pathway is the recommended pathway to become an AUSSI L1M Swim Coach and has the added bonus of gaining two qualifications in the process. It is also the best option for coaches that are currently hold a SAL Bronze licence (or higher) who would like to become a Masters Swim Coach.
- **Pathway 2** – This pathway is recommended for those individuals that wish to become a Masters Swim Coach, who have no interest in coaching junior swimmers.
- **Pathway 3** – This pathway is suitable for those individuals who do not wish to or are unable to do the SAL Bronze Licence. It would involve the coach undergoing the NCAS Level 1 General Principles courses through their local Sport

Education Agency and then doing an additional AUSSI swimming module, which picked up those aspects of the Bronze course that are relevant to the L1M and not already covered in either the L1 General Principles course or the Masters Extension Module. This pathway will take longer to develop than the first two pathway and once established, will be further refined over time to enable the full course to be delivered remotely via this pathway.

- **Pathway 4** – This is the current pathway, which is likely to be phased out over time (due to the reasons outlined above) as the other three pathways become more established.

This AUSSI Masters Extension Module project is being driven by the National Coaching Committee. Several meetings have already taken place between AUSSI Masters Swimming, SAL and ASCTA to determine the logistics and feasibility of developing the Masters Swimming Extension course. Significant advancements to date in these partnerships include:

- SAL provided funding for an independent consultant to match the competencies between the two courses.

- The AUSSI Masters Swimming Technical Development Officer is now recognized by SAL as another Development Officer within their network and has started to attend their National Development meetings.
- AUSSI is now represented on the SAL Coaching Development Committee.
- Insurance options for AUSSI coaches are being currently negotiated with ASCTA.

A course overview has been developed for the Masters Swimming Extension module, including a purpose and learning outcomes for each of the units within the module. The full course curriculum is now being developed, with the first pilot course planned for later this year.

The information provided above is still developing and may be modified as appropriate as the feasibility of each of the above pathways are further developed. There will be a further update on progress in the next edition of AUSSI masters news, along with answers to FAQ's in regards to the proposed changes, so please direct any further queries you may have to [coaching@aussimasters.com.au](mailto:coaching@aussimasters.com.au)

David Chambers  
National Coaching Director

## National Swim Camp 2007

A National Swim Camp is planned for September 2006. The theme is "How to Prepare for the National Swim (4 day programme)"

While venue and dates are presently being finalised, details are as follows:

**When:** Either September 16 and 17 or September 23 and 24.

**Where:** Melbourne. Exact venue to be confirmed.

**Cost:** Approx. \$150

**Topics Covered:**

- How to train and race for all distances and strokes
- Recovery Techniques
- Race Day Psychology
- Race Day Nutrition
- Race preparation (taper)

Lunch, morning/afternoon tea (for the two days) will also be included in the cost.

During the Sunday lunch, a high profile guest speaker will present a

lecture.

Thank you to those that registered your interest at the National Swim in Canberra recently. I will be in touch as soon as details are confirmed.

Expressions of interest are still invited from any AUSSI members. Please send a short email containing your name and contact phone number to me at [coaching@aussimasters.com.au](mailto:coaching@aussimasters.com.au)

David Chambers  
National Coaching Director

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Dear Swimmer,

Every year, Australian sport is becoming much more competitive. The financial rewards are huge and there is enormous pressure on our coaches to find ways of improving performance. So where do the best coaches get their training advice? How can you tap into the same advice to improve your strength, speed and stamina?

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## **How trainers improve performance**

The days when training was left to amateur theorists are now gone. Sports scientists have taken over.

Substantial amounts of money are pouring into worldwide research and these scientists spend millions of dollars searching for ways to improve the performance of competitive athletes and sports people. Their results are passed on to the world's top coaches to put into practice. This, for example, is where the training techniques came from that gave Australia the record 58 Olympic medals and 149 Paralympics medals in 2000.

You won't find these breakthroughs reported in the national press. As you've no doubt noticed, newspapers and over-the-counter magazines are far more interested in personalities, events, disputes and scandals. Even when interviewed, the coaches give little away. And why would any coach reveal his or her secret methods?

Unless you subscribe to the *Peak Performance* newsletter, you are unlikely to hear of even the biggest breakthroughs.

## **Your personal access to coaching secrets**

As one of the leading publishers in this field we have access to this information. We condense it into a concise, twelve-page newsletter, available only on private subscription.

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## **“Now you can benefit from the new performance enhancing techniques used by the world’s top coaches.”**

Our recent achievements at the Olympics revealed the value of this knowledge. Our athletes couldn't have achieved such success without the information contained in *Peak Performance* – information that has yet to percolate down to the average athlete or sports competitor.

### **Improve performance, save time and prevent injury**

Here are ten tips, shortcuts and performance boosters you won't have heard about unless you have access to the world's science laboratories, famous coaches or learned journals.

#### **1) Boost your oxygen supply**

Discover two 'cheats' to increase blood volume to exceptionally high levels before important competitions. These techniques will:

- **Reduce heart rate during exercise**
- **Deliver more oxygen to hard-working muscles**
- **Send more red-hot blood to the skin for cooling**
- **Furnish a reserve supply of internal fluid so that sweat rates can remain pleasantly high during exercise**

#### **2) Swimmers - Is Fatter Faster?**

Most swimmers believe that slimming down can lead to swifter swim performances. However, propelling one's body through water is quite different than moving through air, and it's possible that pudginess might be an advantage in the water.

#### **3) Increase endurance performance by up to 17%**

Simple strengthening exercises can increase performance by up to 17%. But, astonishingly, most endurance athletes just aren't sure which to include in their circuits. Our training methods improve all five key variables important for endurance success:

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- $\dot{V}O_2\text{max}$
- Lactate threshold, the best predictor of endurance performance.

#### **4) Instantly available injury treatment**

*'Swimmer's shoulder'* and *'breast-stroke knee'* are common injuries amongst competitive swimmers. Peak Performance explains how to avoid and treat these nagging swimming injuries.

#### **5) High-intensity training is a better model than high-volume training for swimmers**

We aim to stir up the debate by suggesting the traditional high-volume model of training will not optimise performance, especially for 100m and 200m swimmers. It is written in the light of research on swim training, scientific analysis of the demands of competitive swimming, and running training methods that have been shown to optimise performance.

**“If you are in any way interested in sports, athletics or fitness, you’ll benefit from this new knowledge.”**

## **6) Swimming Stroke Technique Training:**

An overview of the basics of technique for all strokes (plus a bit extra) and specific training needs. The efficiency of your swimming stroke is the key to success as a competing or training swimmer.

## **7) How to outgun the rest of the field**

Read how one of the oldest training methods, forgotten for most of this century, has been rediscovered – and is being used to win events. It works because in endurance sports, top competitors using this method are able to maintain constant speed and power right through to the final stretch – just when the rest of the field slows.

## **8) Tapering And Performance**

You can reduce your swim times with a good tapering program. *Peak Performance* shows you how to design the best program for you and we reveal what the scientists have to say about tapering .

## **9) Drafting & Swimming**

How can you take maximum benefits from drafting and let your competitors help cut your times? *Peak Performance* reveals the secrets of a scientific study that will give you the edge.

## **10) On-line access – a wealth of ‘best practice’ advice**

You receive free access to the *Peak Performance* ‘best practice’ web site, now established as an international centre for practical, performance-boosting tips and the latest advances in:

**Nutrition, Training, Muscle fuels, Sports medicine, Injury treatment,  
Disease avoidance, Performance, Economy, The psychology of winning,  
Coaching, Cycling, Drugs, Exercise, Fitness, Genetics, Physiology, Rowing,  
Running, Swimming, Veterans, Female athletes**

### **Why Peak Performance is a confidential newsletter**

*Peak Performance* is only available on private subscription. We maintain this policy because if just anyone could read it, it would remove the competitive advantage our paid subscribers get from it. That’s why it’s not available for ‘browsers’ to look through on newsagents’ shelves.

But before you take out a subscription I’d like you to try our techniques first – on an obligation-free trial.

### **3 ISSUES FOR ONLY 97 CENTS!**

If you are interested in improving your own performance, or want to increase your training knowledge, then post the enclosed application form today and we’ll send you your *Peak Performance* starter pack.

Use our advice over the next three issues. If you don’t see an improvement in performance over that time, cancel your order and all the material you have received is yours to keep.

**“Fortunately, scientific research... open minded coaches... not to mention Peak Performance... have breathed new life into the principle... to compete at your highest level”.**

Owen Anderson PhD, founder Running Research News

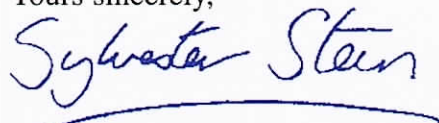
## **Your starter pack**

Your *Peak Performance* starter pack comprises

- **Your first two issues of the Peak Performance newsletter**
- **Two special reports on fitness and sports injury**
- **The 90-page book – ‘Strength Training for Swimmers’.**

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Yours sincerely,



Sylvester Stein  
Chairman

### **PEAK PERFORMANCE STARTER PACK 3 TRIAL ISSUES**

Post this order form to:

**PP Publishing, Reply Paid 4217, Weston ACT 2611 (NO STAMP REQUIRED), or call 02 6282 0822 or fax your order to 02 6282 5822.**

Please send me the three trial issues of the Peak Performance newsletter and my FREE gifts. You will charge me 0.97c (billed to my credit card). I have read the small print and understand the cancellation policy and the easy renewal system.

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Signature .....

#### **The Small Print.**

There is no obligation. We'll send you your free gifts, plus three issues of Peak Performance for you to evaluate. You pay 0.97c. If you decide to subscribe after your trial do nothing, we will charge your credit card **\$69.99** for the next 6 issues and then at the standard rate, currently \$69.99 for every 6 issues thereafter. If you decide not to subscribe simply write or call us within ten days of receiving your starter pack and we will cancel your order. If you do not cancel your subscription it will continue to run and will be renewed on expiry.

You can cancel your subscription at any stage and received a refund on all unsent issues. The starter pack is yours to keep with our compliments

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## SOCIAL EVENTS

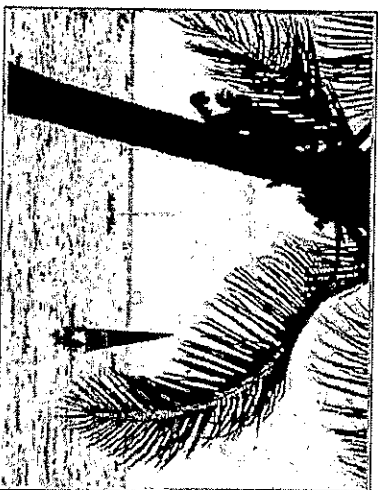
### WELCOME FUNCTION

To be held at NT Parliament House  
Thursday 3 May, 2007.

Admission will be free, but only by  
presentation of an entrée card issued to  
those who indicate they wish to attend.  
Dress code smart casual (no track suits,  
shorts, sneakers, thongs etc.)

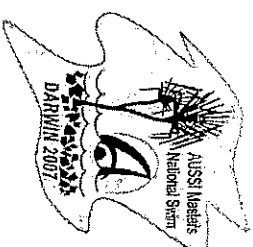
### PRESENTATION DINNER

This will be held on Monday 7 May, at  
the Darwin Trailer Boat Club, Fannie  
Bay.



## MERCHANDISE

The following merchandise will be  
available on a pre-paid basis:

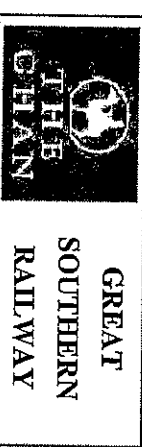


White Polo Shirt  
with Pocket  
and Coloured Collar  
Swim Cap  
Bucket Hat

The NT Branch of AUSSI Masters Swimming  
in Australia wishes to acknowledge  
the generous support of its major sponsors  
for this 32nd National Swim.



FRONTIER DARWIN



These leads are always ready  
to give you a big smile



## 32nd National Swim DARWIN

4-7 May 2007

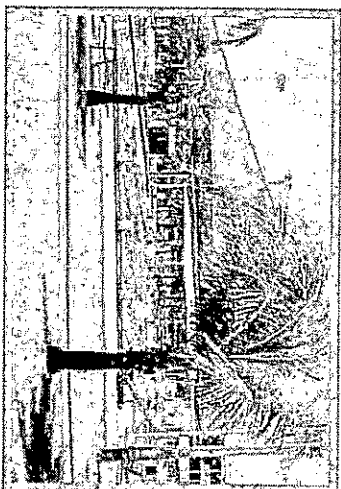


## MASTERS SWIMMING Australia

### DARWIN WELCOMES ALL AUSSI SWIMMERS

NT Branch Members welcome all AUSSI  
competitors, family and friends to  
Darwin.

Relax and enjoy the Territory hospitality  
and help us make this 32nd National  
Swim a great success.



## The Venue

The Casuarina Swimming Complex is an 8 lane, 50m pool, in a tropical outdoor setting, with extensive shade cloth coverage. The water temperature should be around 26C, with warm and sunny weather, daily average temperatures ranging from 22C—32C. The UV radiation level will be very high to extreme, so good sun block, shirt and hat are essentials.

As the pool is located 14 km from the CBD and accommodation in the Casuarina region is limited, cars, taxis or buses will be required to reach the venue. However, Darwin has a good public bus service and the Bus Interchange is situated in the nearby Casuarina Square Shopping Complex. Bus timetables will be included in the Welcome Kit.

## Accommodation

**Contact the Quality Hotel Frontier Darwin**  
for unbeatable rates on rooms and apartments.

Ph: 08 8981 5333

Fax: 08 8941 0909

Email: [reservations@frontierdarwin.com.au](mailto:reservations@frontierdarwin.com.au)

## General Tourist Information

Tourism Top End

Ph: 08 8936 2499 or 1300 138 886

[www.tourismtopend.com.au](http://www.tourismtopend.com.au)

## Program of Events

### Friday 4 May

1. 400 Individual Medley
2. Opening Ceremony
3. Branch Relay
4. 50m Backstroke
5. 50m Breaststroke
6. 100m Freestyle
7. 200m Butterfly
8. 4 x 50 Mixed Medley Relay
9. 4 x 50 Mixed Freestyle Relay

### Saturday 5 May

9. 200m Individual Medley
10. 200m Backstroke
11. 400m Freestyle—Women
12. 400m Freestyle—Men
13. 100m Butterfly
14. 4 x 50m Women's Medley Relay
15. 4 x 50m Men's Freestyle Relay

### Sunday 6 May

16. 200m Freestyle
17. 100m Backstroke
18. 200m Breaststroke
19. 50m Butterfly
20. 4 x 50m Women's Freestyle Relay
21. 4 x 50m Men's Freestyle Relay

### Monday 7 May

22. 50m Freestyle
23. 100m Breaststroke
24. 800m Freestyle—Women
25. 800m Freestyle—Men

## Swim Meet Rules

- ◇ Current AUSSSI rules will apply

- ◇ The 400m and 800m Freestyle will be deck seeded, two swimmers per lane. Form strokes will not be permitted.

## Entry Details

- ◇ Entries must be submitted through Club Secretaries.
- ◇ Entry forms will be available in January 2007.
- ◇ Club Secretaries are to forward entry forms together with summary sheets and cheques by the closing date Friday 23 March 2007.
- ◇ If a nominated time is not included on the Entry Form, the form will be returned to the relevant Club Secretary.
- ◇ No late entries will be accepted.

## AUSSSI National Website

[www.aussimasters.com.au](http://www.aussimasters.com.au)

## Contact Details

Enquiries should be addressed to:

John Pollock  
Meet Director  
PO Box 418  
Parap NT 0804

Ph: 08 8981 5919  
Fax: 08 8941 4919  
Mob: 0431 671 871

email: [natswim2007@iinet.net.au](mailto:natswim2007@iinet.net.au)

## NATIONAL COMMITTEES

### Technical

#### Finding it Hard to Find Officials?

By Fran O'Hara, NSW Training co-ordinator

Member National Technical Committee

Back in 2003 NSW Branch recognised it had a problem with officials.

In spite of having over 1500 members competing in over 20 carnivals each year the number of officials was falling. This meant that the load was being carried by a small dedicated group of long time officials. Given the situation something drastic needed to be done!

After intense debate it was resolved that starting January 2005 any club wishing to hold a sanctioned interclub carnival must supply its own Chief Timekeeper, Marshal and Check Starter.

This news was greeted in a variety of ways by the many clubs throughout NSW; however most were accepting of this change and worked very hard to meet the requirements.

Many clubs arranged to have courses held before the start of their carnivals, with attendance open to whoever wanted to come. This usually ensured fairly good numbers, and gave those attending a chance to meet with others from other clubs. Other clubs arranged for the courses to be held either before or after a usual training session. Some clubs opted for one on one training. Which ever option was taken, it also gave opportunities to non-swimmers and non-swimming partners of swimmers, sitting on the side lines, an opportunity to gain a formal accreditation and one they could

use at other non - Masters swimming events.

For our newer or remote clubs, special steps were taken to ensure that they too would not be disadvantaged. We had a few very devoted presenters willing to travel to these clubs, on the promise of a nice bed and some refreshments, along with a bit of a knees up with the attendees



afterwards.

To make it a bit easier we also said that those gaining hours for their log sheets could gain up to half the time required at meets other than AUSSI sanctioned meets – eg, clubs swims, amateur swimming events, and even school carnivals. This initiative has since been adopted nationally.

As a result, the number of officials in NSW grew dramatically. In 2004 a total of 27 courses were run with 250 people attending. In 2005 17 courses were run with 96 people attending.

Conversion to accreditations has been good with 69 accreditations issued in 2004 and 76 accreditations issued in 2005.

The benefits of having this rule

introduced have been many. They include:

- Sharing the load amongst officials
- Even though not part of the compulsory element, there has been a significant increase in the numbers progressing to Starter and Referee courses.
- The rostering of at least 4 referees for every interclub carnival
- Allowing those who have usually officiated to take a turn at 'sitting in the stands' as a competitor
- Social interaction between all the officials
- Volunteers and non-swimmers joining in to take part in the motto of 'Fun,

Fitness and Friendship' by becoming accredited officials (with one person wanting to commence Referee training this year having attained all the prerequisite qualifications!)

Realisation by everyone of the time and effort involved in being an official.

Perhaps making clubs supply their own officials could be seen as a drastic step; however it has definitely achieved our overall aim to increase the number of officials!

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## NATIONAL COMMITTEES

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### Recording

#### Recording of times and distances for Aerobic Swims for inclusion in the National Top 10

As many of you are aware, with the swim times being available for all meets as they are entered in the Portal (on the website), you can check your ranking and to see if swims are correct and are all there.

This also allows closer scrutiny of times and distances swum and in some cases questions being asked about some of the submissions. On a recent look, it was noticed that a number of swimmers had several events e.g. 5 x 400 freestyles and 5 x 800m freestyles all ending with .00.

If you have ever been a timekeeper you would know that it is almost impossible to stop the watch on .00. Therefore you would ask how this occurred in so

many swims – it could be that the 100<sup>th</sup> second was not written down and times were then recorded with .00, or the time for the swimmer which have been 7:49.95 was rounded up to 7:50.00. If the swimmer swam a 7:49.95 and only 7:49 was written down, and .00 added, the swimmer has a faster time, however if the time is rounded up, the swimmer is now disadvantaged with a slower time.

This may not matter so much in the aerobic averages, but does matter where the swimmer is ranked in Top 10 and if this was recorded at a swim meet as such, may mean a missed record or medal placing, or vice versa.

A Branch Recorder did express concern in 2005 that some people were being given distances in aerobics that they had not achieved e.g. if the 30mins clicks over when the swimmer is at the flags, then the

distance must be rounded down to the nearest completed 25m and not calculated when the swimmer hits the wall. Similarly, if the swimmer hits the wall at 29m45secs, the swimmer should continue to swim (even to the flags) to complete the full 30mins in the water (SW17.1).

That would be the same as stopping a swimmer at 1480m in the 1500m swim and saying 'that's near enough'.

The guidelines for the National Aerobic Trophy can be downloaded from the national website [www.aussimasters.com.au](http://www.aussimasters.com.au) -> Publications -> Aerobic Trophy Rules and Point Scores.

Pauline Samson  
Chairman National Records  
Committee

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## BRANCH NEWS

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### Western Australia

#### Masters Swimmers in WA are big on community support

From President Jack Busch: Recently Wendy Holtom and I were discussing the way so many of our clubs contribute to their communities and it reminded me of a statement by Winston Churchill which I strongly support. He said "We make a living by what we get, we make a life by what we give".

So many of our members follow this ethos by what they do within their clubs. But they also do amazing things for others in their communities.

For example the Spearwood Club,

working with the Rotary Club of Cockburn, has developed the annual Coogee Jetty to Jetty open water swim into a thriving success. This has enabled them to make generous donations to local charities.

In addition, last year they launched their "Local Primary School Swimming Support Scheme" with two donations of \$1000 each to two local primary schools to assist their school swimming programs. They plan to extend that.

A number of clubs use the proceeds of their open water swims to support community and not for profit organisations. For example Carine donate a share of their proceeds

from the annual Australia Day Swim to the Dyslexia - SPELD Foundation each year and my club Fremantle supported two local organisations with proceeds from its open water swim this year.

Others conduct special fundraising events, for example the Stadium Snappers have an annual pool "Swimathon" to raise funds for the Motor Neuron Disease Association of WA.

Again others make their skills and time available. For instance four of the Osborne Park members coach the kids at the Tuart Hill Swimming Club.

Like so many things in life

## BRANCH NEWS

### Western Australia (cont)

organisations tend to attract, and retain, people of like minds. Our clubs tend to attract and retain people who enjoy "fitness, friendship and fun" and as I have previously written in this column, part of that is caring and supporting other club members. On a broader perspective it is also people who care about others in their community and are prepared to do something about that. This enriches both the community and the individual members and their clubs. Thank you to all those clubs and all those members who enjoy participating in and supporting their communities outside their club.

Speaking of supporting others, I had my initiation as a participant in the

Rottneest Channel Swim on 18 February. And yes our team got there! And yes we shared a wonderful sense of achievement.

But also most importantly what I noticed during all the preparations, and during and after the race, was just how much support swimmers received from other club members who were not swimming. There was endless coaching and shared advice based on a wealth of experience. There was lots of tapping in to networks to find boats, to find paddlers and a range of other skills and equipment. On the day there many who were boat skippers, team managers, paddlers, masseurs and supporters. And there were people waiting on the beach to provide a

special welcome for happy but weary swimmers. In one case I heard of very caring support for an exhausted solo swimmer who needed extra assistance after the event.

Among all the participants I have no doubt that Masters swimmers were among the best prepared and the best supported in the event.

So I would like to congratulate all Masters members who participated in the event, whether as swimmers or as supporters. Plenty of fitness and friendship was enjoyed during the event even if on the day the fun was a bit sporadic.

Jack Busch  
President - Masters Swimming WA

### Tasmania

2005 was one of the most successful years in AUSSI Tasmania's history – increased membership for the first time in four years, a very good National swim, increased participation in the state competitions and to top it off we achieved funding from Sport and Recreation to assist in a number of projects.

The 2006 swim calendar commenced with the 20<sup>th</sup> Summer Long Course Championships which were held on the last weekend in February in Launceston to farewell the Windmill Hill swimming complex as we know it. The first summer championships were conducted at Windmill Hill and we have braved the elements there on many an occasion. The bulldozers move in early April (we hope) and new indoor 8 lane 50m pool and complex will be built. For those who haven't had the pleasure, Windmill Hill is in a lovely position overlooking Launceston in park like grounds. However, its name is well deserved and the

winds can be quite icy – as well as whipping up white caps. The pool is a traditional 6 lane pool which can be modified for swim meets to 8 lanes, which makes for interesting swimming if one is used to following the black line.

The Championships were successful, with representatives from all Tasmanian clubs attending and many excellent swims. A Fun Family Farewell barbeque was held at the pool on Saturday evening and a presentation lunch concluded the event on Sunday. Launceston won the interclub trophy (again) and Talays won the 2005 Aerobic trophy (again).

The Branch AGM was held before the championships and we welcomed some

new faces to the committee. Bill Brooks stood down as Treasurer, having steered us to an excellent financial position in the last 4 years. Tracy Dobby of Oceana has taken over as Treasurer and Kay Bailey, now of Launceston and formerly of Alice Springs AUSSI, is Coaching Director.

Margaret Stick  
Secretary, AUSSI Tasmania



## BRANCH NEWS

### Victoria

#### Open Water Swimming in Victoria

The 2005-2006 Open Water season for the first time incorporated a series challenge promoted by the Sunday Age. The challenge linked 12 of the swims on the calendar, with points being awarded for up to 30 places in each of 6 age categories for both females and males. To qualify for prizes, swimmers were required to complete a minimum of 7 of the swims and bonus points were awarded for extra swims.

Motivators for participating consisted of Orca wet suits for each category as well as 3 random prizes, and a random draw trip to participate in the Castaway Island Swim in Fiji, courtesy of Cousins Travel who organised the challenge

series.

The Challenge led to substantial increases in participants at a number of the swims, particularly at those conducted by some of the smaller life saving clubs.

Presumably this was due to regular swimmers competing in more swims, but hopefully also involved drawing new enthusiasts into the water. Apart from the obvious health benefits for participants, the series also provided much needed extra funds for clubs involved.

At the completion of the series, AUSSI Victoria members featured prominently amongst the happy prize winners, as evidenced in the photo below.

I would like to acknowledge the contributions towards the success of this series made by Gina, from Cousins Travel, and Kevin, of Orca Wetsuits, and look forward to its return next season.

Victorian Branch



*Above: Winners and Sponsors - Haydn Tierney, Ann Hutchings (AUSSI), Ebony Ebenwaldner (AUSSI), Karen Maidment-Wood, Chris Andrew, Lois Hill (AUSSI)-Jacqueline Ross Mark Taylor (AUSSI), Helena Morris (AUSSI), Con Duyvestyn (AUSSI), Leigh Ryan, Shana Besanko. Front: Kevin and Gina.*

## NATIONAL RECORDS

### Long Course - Individual (up to 28/2/06)

Gender	Age-	Dist	Stroke	Swimmer	Date	Time	Club
Female	60-64	50m	Freestyle	Jen Thomasson	25.02.06	33.23	QSM
Female	60-64	50m	Breaststroke	Jan Wicks	04.02.06	40.79	QPR
Female	60-64	50m	Butterfly	Jan Wicks	04.02.06	37.11	QPR
Female	70-74	100m	Freestyle	PAM HUTCHINGS	04.02.06	1:23.99	NSP
Female	70-74	50m	Backstroke	PAM HUTCHINGS	04.02.06	43.09	NSP
Female	70-74	100m	Backstroke	PAM HUTCHINGS	04.02.06	1:39.65	NSP
Female	70-74	200m	Backstroke	PAM HUTCHINGS	25.02.06	3:33.83	NSP
Female	70-74	50m	Breaststroke	TRICIA LIDDY	25.02.06	48.39	QTT
Female	70-74	100m	Breaststroke	TRICIA LIDDY	04.02.06	1:54.58	QTT
Female	70-74	100m	Butterfly	TRICIA LIDDY	04.02.06	1:57.37	QTT
Female	70-74	200m	Individual Medley	TRICIA LIDDY	25.02.06	3:47.90	QTT
Female	85-89	50m	Freestyle	JOYCE FAUNCE	04.02.06	53.44	QNA
Female	85-89	100m	Freestyle	JOYCE FAUNCE	04.02.06	2:08.05	QNA

## SPONSORS

# International Sports Tours

## From the desk of AUSSI Masters Official Travel Agent

Slowly but surely we have managed to progress with our XI FINA Masters Tour programme and as you will observe in our current advertisement (now also featuring in most current AUSSI Branch newsletters), we are delighted to be highlighting that our air travel will be with our National carrier, **Qantas Airways**.... and utilising their direct flight from Sydney to San Francisco.

The Tour will have **3 full days** before the Opening Ceremony and the first event (800 metres), facilitating plenty of time for training plus a **full day touring "Hearst Castle" & "17 Mile Drive"**.

IST's "pre-selected" accommodation (booked through the Official Bureau) encompasses the **free shuttle bus**

**service** to Stamford University, full breakfast daily, evening cocktails receptions, rooms including microwave and refrigerators and yes, there's also a pool!!

More answers to current questions:

Frequent Flyer points can be accrued on tour flights.

Hawaii stopover on return is available on request at time of Booking.

Attempts will be made to match up singles to avoid single supplements on tour/s.

Traveling on an Australian passport does not require a VISA.

Post tour travel extensions can be

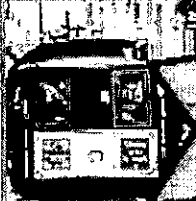
facilitated at a minimal cost.

Please call Emma for a brochure or more information...

**Yours in Masters Swimming,  
Brian Travers**



**International  
Sports Tours**

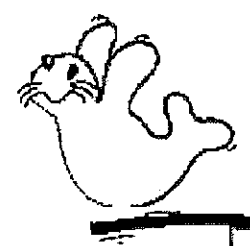




# XI FINA World Masters CHAMPIONSHIPS

STANFORD, CALIFORNIA USA - AUGUST 2006

15 Days. Departing 30 July


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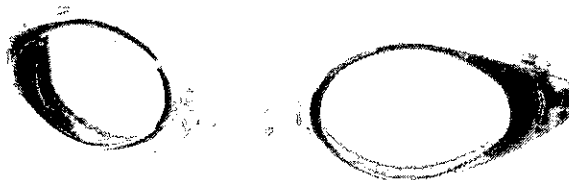
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MASTERS  
SWIMMING**

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AUSTRALIA

Dear AUSSI Masters members,

Firstly, I would like to say that we at Vorgee feel privileged to be able to support and be involved with your Association and its members. I've been proudly supporting the Queensland AUSSI Masters branch for the past 6 years and will continue to do so into the future.

Vorgee is a 100% Australian owned and managed company that is focused on offering high quality, performance style swimming goggles, caps and swimwear to all levels of swimmers. Our products are endorsed exclusively by Swim Australia. We'd be delighted if you would take the time to visit our website at [www.vorgee.com](http://www.vorgee.com) and have a look at what Vorgee has to offer. We think you'll be impressed.

Vorgee has an extensive range of swimming goggles in all Amart All Sports retail stores, Sports Spot at the Melbourne Aquatic Centre, and is busy expanding into most leading aquatic centres across Australia. If your centre does not stock Vorgee, maybe you would like to suggest to them that they trial some of our gear and in the process receive some free Vorgee gear for yourself. Just go to the Vorgee website, click on 'Community', and then scroll down to 'Vorgee Giveaways' for details. We look forward to hearing from you.

Thanks for your time and we look forward to supporting you in the future.

Yours sincerely,

John Vorgias

Vorgee Australia

## AUSSI PROGRAMS

### Million Metre Awards

supported by  **Vorgo**  
for water

First Name	Surname	Club	State	Distance
David	Misson	Twin Towers	QLD	1 million
John	Hammer	Darwin	NT	1 million
Sue	Vincent	Hobart	TAS	1 million
Lyn	Charlton-Young	Hobart	TAS	1 million
Kay	Hutchins	Rum City	QLD	3 million
Kiku	Mukai	Brisbane Southside	QLD	3 million
Les	Young	Hobart	TAS	3 million
Ian	Redpath	Brisbane Southside	QLD	10 million

Congratulations to the above people, who have achieved their Million Metre Awards since December 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](mailto:sportadmin@aussimasters.com.au) or by phone 03 9399 8861.



*Left: Victorian Premier Steve Bracks MP, a keen swimmer himself, presents David Falzon with his 1 Million Metre certificate while David's Western Alligators (VIC) clubmates provide support.*

## EVENTS

# Perth to Host 2008 FINA World Masters Aquatics Championships

At a recent FINA meeting held in Shanghai, Perth was awarded the right to host the World Masters Aquatics Championships in 2008.

Our President, John Pugh made the journey to China to present the bid, and arrived in Canberra on the last day of the National Swim bearing the great news.

The Championships include all the Aquatics disciplines of Swimming (pool and open water), Diving, Water Polo and Synchronised Swimming and Masters Swimming WA will be responsible for delivering the swimming event.

WA Sport and Recreation Minister John Kobelke said "The championships have the potential to attract the biggest-ever influx of sports people to a sporting event in this State. Organisers expect

between 6,000 and 8,000 competitors will come to Perth to compete..."

The FINA World Masters Championships will be held from April 16 - 23, 2008 and will be staged primarily at Challenge Stadium with open water swimming to be conducted on the Swan River.

The championships are open to competitors aged 25 and over.

"Perth has a proud tradition of hosting major aquatic events, being the only city in the world to have staged two World Swimming Championships in 1991 and 1998," the Minister said.

Masters Swimming WA President Jack Busch said Perth had a track record for hosting successful major national and international events in Western Australia.

"We have proven expertise and capability and are excited about hosting this, the most prestigious and popular event on the Masters swimming calendar," Mr Busch said.

"Having swimmers aged 25 and over from around the world competing in Perth will be a fantastic opportunity to promote the benefits of swimming to adults."

As many AUSSI members as possible are encouraged to attend the meet. Swimmers should note that there are qualifying times. As a guide, times for the 2006 event to be held in San Francisco are on the FINA website at:

<http://www.2006finamasters.org/v2/>

More details on Perth 2008 will follow in future newsletters.

## Postal Swims - 2006

1 Jan – 30 Apr	<b>West Auburn 500m Turtle Swim - PS06/05</b> 500m choice of stroke as individual swim or in relay 2 x 2500m, 5 x 1000m, 10x 500m	Terry Gainey <a href="mailto:t.s.gainey@bigpond.com.au">t.s.gainey@bigpond.com.au</a>
1 Apr – 31 May	<b>Brisbane Southside Masters- The Beast- PS06/07</b> Variety of novelty distances in line with National Aerobics	Helen Holmes <a href="mailto:ajholmes@powerup.com.au">ajholmes@powerup.com.au</a>
1 May – 30 Jun	<b>Bunbury 3 x 400m Winter Postal - PS06/03</b> 400 Fr, 400 Ba, 400 Bu/Br, 3 swims not required to be done at once	Gita Neumann <a href="mailto:neumann@inet.net.au">neumann@inet.net.au</a>
1 Jun – 31 Aug	<b>Ripples Winter Challenge - PS06/01</b> 400 IM, 200 Kick, 400 Br, 200 Feet Drill, 400 Ba	Nerida Murray <a href="mailto:nerida.murray5@bigpond.com">nerida.murray5@bigpond.com</a>
1 Jun – 30 Sep	<b>Baddaginnie AUSSI Animal Event (20th Year) - PS06/02</b> 800 Fr, 200 Br, 200 Ba, 200 Bu, 400 IM - all in one day	Shirley McFarland <a href="mailto:mcfarls@alphalink.com.au">mcfarls@alphalink.com.au</a>
1 Sep – 31 Oct	<b>Aqua Jets (QLD) The Taskmaster - PS06/06</b> 800m, 1500m, 1/2 hr, 1 hr, any stroke, 25m or 50m pool	Sharen Smith <a href="mailto:Smith_ssm175@eq.edu.au">Smith_ssm175@eq.edu.au</a>

## EVENTS

### 2007 National Swim, Darwin (NT)

The Swim will be held between Friday 4th May and Monday 7th May, 2007.

Please note that the draft program distributed at the recent National Swim was revised by the National Board in the light of experience gained from the running of the events there.

All current details on the 2007 National Swim can be found on the National Website event page at:  
[http://www.home.aussi.org.au/html/national\\_swim\\_2007.html](http://www.home.aussi.org.au/html/national_swim_2007.html)

#### 2007 NATIONAL SWIM REVISED PROGRAM

##### Friday 4 May

1. 400 IM
2. Opening Ceremony  
Branch Relay
3. 50m Backstroke
4. 50m Breaststroke
5. 100m Freestyle
6. 200m Butterfly
7. 4 X 50m Mixed Medley Relay
8. 4 X 50m Mixed Freestyle Relay

##### Saturday 5 May

9. 200m IM
10. 200m Backstroke

11. 400m Freestyle Women \*
12. 400m Freestyle Men \*
13. 100m Butterfly
14. 4 X 50m Women's Medley Relay
15. 4 X 50m Men's Medley Relay

##### Sunday 6 May

16. 200m Freestyle
17. 100m Backstroke
18. 200m Breaststroke
19. 50m Butterfly
20. 4 X 50m Women's Freestyle Relay
21. 4 X 50m Men's Freestyle Relay

##### Monday 7 May

22. 50m Freestyle
23. 100m Breaststroke
24. 800m Freestyle Women \*
25. 800m Freestyle Men \*

\* The 400m and 800m Freestyle events will be deck seeded, two swimmers per lane. Form strokes will not be permitted. They will be swum as separate men's and women's events to conform with the FINA rule that prevents men and women swimming in the same lane.

## COMPETITION

AUSSI National Office has 10 double passes to a film called "ON A CLEAR DAY" to giveaway.

"On A Clear Day" stars well-respected British actors Peter Mullan (My Name is Joe, The Magdalene Sisters) and Brenda Blethyn (Pride and Prejudice, Saving Grace).

Frank (Peter Mullan) is a hard-working 55 year-old, respected in his local community, who suddenly

finds himself without a job. For the first time in his life, Frank is without direction. When his friend Danny (Billy Boyd) jokes that on a clear day he could swim to France, an idea is planted in Frank's mind. Concealing his plans from his loving wife Joan (Brenda Blethyn) Frank determines to put his life back together by attempting the ultimate test of endurance - to swim the English Channel. In so doing he cements a broken relationship with

his grown up son.

To win one of the 10 double passes, all you have to do tell us your favourite swimmer's recipe - what you most love to cook and eat after a hard session. The first 10 recipes received will win. It's that easy. Some of the recipes might even be published in future newsletters, so get cracking!

Email your recipes to:  
[sportadmin@aussimasters.com.au](mailto:sportadmin@aussimasters.com.au)

## BRANCH CONTACTS

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

## PUBLICATION INFORMATION

### SUBMISSION DEADLINE

AUSSI Clubs and members are encouraged to contribute to "AUSSI masters news". Contributions may include articles, photos, letters to the editor.

Submissions for the next edition of AUSSI Masters News can be sent to: [sportadmin@aussimasters.com.au](mailto:sportadmin@aussimasters.com.au) or post to the National office at 148A Ferguson Street, Williamstown Vic 3016 by Friday June 30th

### ADVERTISING RATES

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

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

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

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

For further details contact Stephen Cardiff, Chief Executive Officer, on (03) 9399 8861 or [ceo@aussimasters.com.au](mailto:ceo@aussimasters.com.au).

## CONTACT DETAILS



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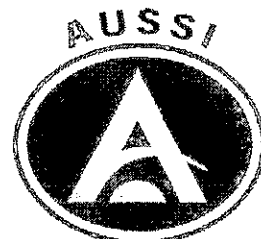
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For more information on  
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