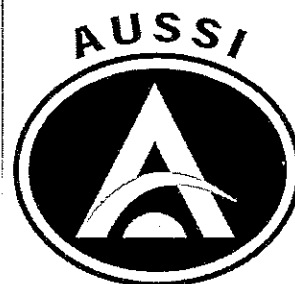


# AUSSI

## masters news

vol 5 number 1 March/April 2007

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**MASTERS  
SWIMMING**  
Australia

## National President John Pugh



Welcome to a new year of swimming, fitness, fun and competition. From the newsletters that land on my desk I can see that the competition part is in full swing and I am sure that fun accompanies it. We don't all swim to enjoy the pain!

News from Darwin is that arrangements for the National Swim are nearly complete. Darwin is a lovely city to be in during a Tasmanian autumn and the Taswegians in particular will revel in the warm weather and equally warm water. I hope that many of you are making the trip north and rewarding the organisers for their efforts.

After the meet we will hold the Annual General Meeting, which is followed by a Board Meeting. The AGM will confirm the election results for the new Management Committee. The only

change is that there will be a new Director of Finance as Cathy Codling decided not to stand for re-election. Cathy has done an excellent job in her two years in office and converted our manual accounting system to MYOB and instituted electronic payments. Thanks Cathy for a job well done!

A main issue for the Board meeting will be the draft rules for the new system of corporate governance, and I will be pleased when this project is finished. It has taken more than three years of consultations with branches to make sure that the purpose and structure of the system will meet the organisation's needs into the future, without upsetting the balance of the powers and responsibilities between the branches and the National body.

Most clubs will have received the survey document from the national office asking for details about your club, its demographics,

programmes, facilities and so on. It is part of our marketing activities to attract new members (and keep old ones!). We are hoping for a 100% response so that we can know the state of Masters Swimming in Australia from the point of view of the organisations that actually provide the many swimming related services. As well as just knowing about clubs we hope to set up 'hot lines' with the national office and branches so that we can better deal with enquiries and suggest appropriate clubs for potential new members. Loren Bartley is overseeing the project and will collate the survey results and circulate it to all branches.

I have been reading the 2006 annual reports from

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## NATIONAL OFFICE

### National President (cont.)

branches as they arrive. I am always amazed at the level of swimming and organisational activity that takes place each year, and almost all of it driven by a huge group of volunteers. If you are one of the latter, then well done!

We were recently informed by Swimming Australia that it is terminating our contract for using its membership database. It wishes to develop one more customised for its needs and we understand its position. This means that our IT committee will

be working hard to make sure that we have a system in place to deal with registrations that will be as seamless and friendly as possible. We will keep you posted.

*John Pugh*  
President

### From the Desk of the CEO



With 2007 well underway, Masters Swimming activities have begun the year with a flourish.

In the last issue

(Vol.4 No.4), I referred to the Aerobics Champion-ship. In news just in I am pleased to announce that results are official and that National Aerobic Trophy has been won for the seventh year in a row by the Sunshine Coast Club (Qld). They won convincingly over second placed Talays (Tas) with Darwin Stingers (NT) very close behind in third.

The Aerobic Award, which goes to the club averaging the highest number of points per registered member, was won by Talays (Tas). They managed to turn the tables on Sunshine Coast (Qld), with Campbelltown (NSW) third.

The Aerobic Programme was designed to encourage people to compete in distances from 400m to 1 hour in the full variety of strokes, gaining aerobic fitness along the way. Congratulations to the 84 Clubs and 1169 individuals achieving this by taking part in this wonderful competition.

With a number of marketing and promotional initiatives being launched imminently, it's an exciting time. You will have read about the Club Database Survey in the President's

report and may have completed one yourself. This is now in its final stages and the draw for a \$500 Vorgee equipment voucher and two \$100 Vorgee raffle packs has taken place. Please see the article on page 4 for the winners.

The next step is the launch of a renovated national website. The renovations centre on a new visual image which will be utilised in posters and flyers to be distributed to clubs around the country to promote Masters Swimming. Information gathered from the club database survey will be used to accurately respond to membership enquiries received as a result of the poster/flyer campaign.

At the same time, a national membership / loyalty card is being launched. This is the first time that there has been a single membership card for all Masters Swimming members in Australia. It will contain basic member details and may be used to obtain discounts with some national retailers.

Finally, Masters Swimming was present at the 12th FINA World Championships in Melbourne, promoting the 12th FINA World Masters Championships at a marquee in Market St. The World Masters Championships are a short 12 months away and preparations by the WA Branch are well underway. If you are attending the 2007 ASCTA Convention in May, keep an eye out for the

Masters Swimming booth at the Trade Expo on May 4-6.

Moving on to swim meets, it is probably not an exaggeration to say that the next three years are the most important phase in Australia's history for hosting major Masters Swimming events. From now to the end of 2009, the following major Masters Swimming events will be held:

- 32nd AUSSI Masters National Swim, Darwin May 4-7, 2007
- 1st Australasian Masters Games, Adelaide October 5-14, 2007
- Asia Pacific Outgames, Melbourne Feb 1-3, 2008
- 33rd AUSSI Masters National Swim, Melbourne March 20-23, 2008
- 12th FINA Masters World Championships, Perth April 15-25 2008
- Australian Masters Games, Geelong, 13-22 February, 2009
- 34th AUSSI Masters National Swim, Queensland 2009
- World Masters Games, Sydney October 2009

I encourage all clubs and members to get behind these events and enjoy the unique atmosphere and camaraderie found at large national and international events. Further details can be found at: [www.aussimasters.com.au](http://www.aussimasters.com.au)

*Stephen Cardiff*  
Chief Executive Officer

## NATIONAL OFFICE

### Club Database Project

Masters Swimming Australia received an excellent response to the Club Database Questionnaire circulated to clubs back in March, with 65% of clubs returning the completed questionnaire.

The information obtained to date from clubs through the Club Database Questionnaire has been collated into a National Club Database and will be used to enable more accurate responses to membership enquiries received by both Masters Swimming Australia Branches and the National Office.

The Club Database will also provide the foundation to support a Masters Swimming Australia promotional campaign planned for later this year.

The promotional campaign, involving distribution of promotional ma-

terials, ultimately aims to increase club membership numbers and will feature a central national phone number for membership enquiries.

If your club is yet to return your completed questionnaire, please do so as soon as possible. We need to obtain current information on your club so that we can accurately promote your club as part of this campaign.

The questionnaire can be completed either in hard copy (pdf document) or electronically (excel spreadsheet attached). Both versions of the questionnaire can also be downloaded from the Masters Swimming Australia website ([www.aussimasters.com.au](http://www.aussimasters.com.au)).

Completed questionnaires should be sent to:

Hard Copy: Masters Swimming

Australia, 148A Ferguson Street, Williamstown VIC 3016; or

Electronic Version:

[tdo@aussimasters.com.au](mailto:tdo@aussimasters.com.au)

Congratulations to the following clubs who won the Vorgee prizes as part of the Club Database Questionnaire prize draw:

**Noosa AUSSI Challengers Swimming Club Inc** - 1st Prize (\$500 Vorgee Equipment Voucher)

**Cook & Phillip Masters** - Runner Up Prize (Vorgee Raffle Pack valued at over \$100)

**Seaside Pirates Inc** - Runner Up Prize (Vorgee Raffle Pack valued at over \$100)

In the next issue, some results of the survey will be published.

Loren Bartley  
Technical Development Officer

## NATIONAL RECORDS

### Long Course Individual 1/12/06 - 10/2/07

Swimmers	Age Group	Distance	Stroke	Date	Time	Club
LYNNE HAYES	35-39	50M	BUTTERFLY	03.02.2007	0:30.07	QEN
ALAN GODFREY	50-54	100M	BACKSTROKE	20.01.2007	1:09.62	NTS
ALAN GODFREY	50-54	200M	INDIVIDUAL MEDLEY	03.02.2007	2:32.54	NTS
STUART ELLICOTT	55-59	50M	BREASTSTROKE	10.02.2007	0:35.38	NHS
TONY GOODWIN	70-74	100M	BREASTSTROKE	20.01.2007	1:30.86	NML
TONY GOODWIN	70-74	200M	BREASTSTROKE	03.02.2007	3:13.37	NML
TONY GOODWIN	70-74	200M	BREASTSTROKE	20.01.2007	3:21.15	NML
TONY GOODWIN	70-74	50M	BREASTSTROKE	10.02.2007	0:38.76	NML
TONY GOODWIN	70-74	50M	BREASTSTROKE	20.01.2007	0:39.19	NML
TONY GOODWIN	70-74	50M	BREASTSTROKE	20.01.2007	0:40.14	NML
ARTHUR THOMAS	90-94	100M	FREESTYLE	03.02.2007	2:06.21	QTT
ARTHUR THOMAS	90-94	50M	FREESTYLE	03.02.2007	0:53.54	QTT

## LETTER TO THE EDITOR

The following letter was sent to Jeanette Holowiuk, Sport Administrator on 26/3/07 with the subject "Change of rule/butterfly".

Ed

Greetings Jeanette,

*I call on all AUSSI members to argue to keep this rule which enabled Masters to have a go to compete in AUSSI carnivals and their club aerobic programme. To be true to the AUSSI motto 'the more you have a go the better your fitness'.*

*AUSSI Masters is for all swimmers not just the elite. All clubs are made up of good swimmers who can do all strokes. Good swimmers who find one stroke eludes them and the ones who just try to improve.*

*AUSSI Masters have seen membership and attendance at carnivals declining so thought must be given how to encourage new members, rather than altering rules to discourage competing.*

*Please all AUSSI members argue this change of rule and any other changes which are detrimental to all ages and skills in participating in our wonderful sport.*

Geoff Lander  
Noosa AUSSI Masters

A letter concerning similar issues was received from Wendy Ivanusec, Club Captain of Noosa AUSSI Masters. Gary Stutsel, Chair of the National Technical Committee's response to Wendy was:

26 March 2007  
Wendy Ivanusec  
Club Captain  
Noosa AUSSI Challengers  
NOOSA, QLD

Dear Wendy,

Your email regarding Butterfly has

*been sent to me for comment.*

*In addressing your concerns it seems there are two issues.*

*The first of these is the AUSSI Swimming Rules.*

*After 18 months discussion the Branch (state) Technical Directors agreed that the rule for swimming Butterfly with a breaststroke kick would be changed so that swimmers are limited to two kicks to each arm stroke. This alternative was chosen because most swimmers who use a dolphin kick do two kicks to each arm stroke. It should be noted that the US Masters Rules limit their swimmers to one breaststroke kick per arm stroke.*

*This rule change (and others) was adopted last October and it now applies to all AUSSI sanctioned competitions. There are two other points related to this that you should be aware of.*

*1. This is not a "cycle" like Breaststroke where you must do one arm stroke followed by one leg kick throughout the race. In Butterfly you can use dolphin or breaststroke kicks; or a mixture of both; and you can change from one to the other at any time throughout the race, provided that, when you do a breaststroke kick, you can only do two kicks (either two breaststroke or one breaststroke and one dolphin) to that stroke.*

*2. In 2001 the FINA Rules for Elite Swimming were changed so that a breaststroke kick was no longer allowed in Butterfly events. As those rules applied to FINA Masters competitions, there was a short period when the breaststroke kick was not allowed. A specific exemption was adopted at the FINA Congress in Christchurch, New Zealand in 2002 and the breaststroke kick is now allowed in FINA Masters events.*

*The second is Aerobics Swim-*

*ming, which appears to be of more concern to your club than competition.*

*I have some sympathy for you here as my own history has been the same as yours, having to first do 8 kicks per stroke, then 4 then eventually 2 breaststroke kicks to every stroke to finish the 400m and 800m Butterfly swims. This was a slow but achievable process that other older swimmers have followed.*

*In reading the AUSSI Masters Rules of Swimming you will see they refer constantly to "the race". An Aerobics swim done at club level and not in a sanctioned competition does not, in my opinion, constitute a race. There are specific rules regarding Aerobics swims and perhaps you should endeavour to have the Rules for the Aerobics competition relaxed. However "These (Aerobics competition) rules are binding on all branches and all affiliated clubs. They may be altered and added to only by the National Board".*

*This means that to have the "Rules for Aerobic Swims" altered you will need to send a motion to your Branch, preferably with the support of other clubs. If you obtain enough support, the Branch will then submit your motion to the National Board Meeting to be held in October, 2007. You will also need to obtain the support of a majority of the six other branches (NSW, Vic, SA, WA, Tas and NT) for the motion to be passed.*

*Yours sincerely,  
Gary Stutsel  
Chairman, National Technical Committee.*

For information, the current version of all Rules (General, Swimming, Open Water) is on the national website.

Ed.

## FEATURES

# WA English Channel Masters Swimmers Win Australian Sport Award

The WA Masters swimmers, who became the oldest team to swim the English Channel in July 2006, won the "Sydney 2009 World Masters Games Masters Team of the Year" award at the Australian Sport Awards in Melbourne on Wednesday 21 February.

The award was great recognition for the team consisting of Sue Oldham (61, Westcoast Masters), Tony Parbery (51, Westcoast Masters), Selwyn Jellie (49, Westcoast Masters), Les Stewart (70, Westcoast Masters), Dieter Loeliger (73, Margaret River AUSSI) and Stan Davies, who all attended and received the award.



Coach Pauline Pratt accepting the award with her team, said "We took on the English Channel and we won!"

The team made the crossing on 24/7/06 in 13hrs 15mins. To meet the requirements for a team crossing, they had to swim for exactly 1 hour each in rotation. The average age of the team members is 60.

Pratt continued, "They're amazing people. It's amazing what people can do. They're not ex-swimmers but they decided to take on this challenge. Suddenly they're the best in the world and now they've been recognised as the best Masters Team in Australia. I'm very proud of them."

Sue Oldham also reached the top 3 in the "Sydney 2009 World Masters Games Masters Athlete of the Year" category for her achievement in becoming the oldest woman to swim the English Channel. After winning the team award, she said "Unbelievable. I'm just absolutely overwhelmed. Pauline (Pratt) has a great ability to see potential and bring out the best in us. No matter what your age is, with a good team, coach and team spirit you can achieve anything. We've achieved a wonderful thing."

Three other Masters Swimming representatives were finalists:

Masters Athlete of the Year - Lynette Stevenson (61, Blacktown City Masters). In 2006 Lynette broke 3 World records, 7 National records and 15 State records. In 2003, Lyn and her husband Rick made a pact to work together to reduce their spiralling weight. Lyn returned to the pool, lost 16kgs in 6 months and began competing in Masters Swimming just two years ago.



Above: Rick and Lynette Stevenson

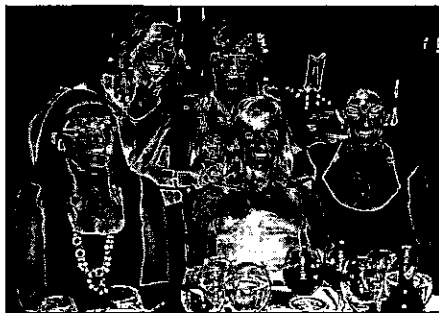
Masters Team of the Year - Seaside Pirates. The Seaside Pirates (NSW) top 5 performances for 2006 were:

- (1) Women's 200+ freestyle relay team broke the World Record at the AUSSI Masters National Swim;
- (2) Club Pointscore Champion Club

at the AUSSI Masters National Swim 2006 - only the second club from interstate to achieve this;

- (3) NSW State Long Course Champions;
- (4) NSW State Relay Champions;
- (5) NSW Short Course Champions.

The club ethic is to participate, and all members are encouraged to participate in at least three Swim Meets during the year. The coaches believe this is what builds club spirit.



Above: Seaside Pirates

Volunteer of the Year - Helen Murphy. During 2006, Helen (68, Darwin Stingers) encouraged a group of senior citizens with whom she attended gym sessions to try Swimming. She organised the pool two mornings per week, swimming instruction by herself and other members of the Darwin Stingers Club, produced newsletters and provided morning tea at the end of the sessions. The members of the group are now all competent swimmers and 22 have joined the Darwin Stingers.

The awards are organised by the Confederation of Australian Sport, the peak national body for sport in Australia, to recognise exceptional performances by athletes, coaches, administrators, officials and sports business. For more information on the awards, visit:  
[www.australiansportawards.com.au](http://www.australiansportawards.com.au)

## BRANCH NEWS

### South Australia

#### Jetty to Jetty - Australia Day Swim

The SA Branch conducted its annual Jetty to Jetty Swim on Australia Day. With 252 entries the event proved again to be a great hit with open water swimmers. The weather was perfect and times were excellent.



Above: Jeff Attenborough (Eyeline), Jo Sutcliffe, John Baranoff, Mayor Anderson and Ted Geary.

#### Results

Fastest Male: John Baranoff - 25.06

minutes

Fastest Female: Jo Sutcliffe - 25.32 minutes

Oldest Male: Ted Geary - 86 years

Oldest Female: Barbara Pearce - 70 years

Top Club: Adelaide Masters

Well done to all those who competed!

#### World Police and Fireman's Games

The SA Branch has conducted the 100m Freestyle swim component of the "Toughest Competitor Alive" event. There were various age groups with individual and team events spread over 4 mornings from March 18 – 21. The Games have over 6,000 competitors.

This event was followed by the pool swimming (March 22 – 24), with a

more conventional program of events. Swim SA are in charge of this sport.

#### SA Regional Masters Games

The SA Branch supported this event with swimming held on March 3 at Murray Bridge. With our regular band of officials we had a great day of swimming.

#### 2007 Pool program

The 2007 Pool program is now available on the Branch website or from club officials. There are 4 Interclub Swims, 2 State Cups (Long & Short Course) and a Long Distance Meet (Short Course). We encourage all members to consider entering these events – it is competitive but the spirit is one of friendly rivalry.

Pool events are an excellent way to show your support for your club as well as masters swimming generally.

John Gamlen - Secretary

### New South Wales

All NSW clubs have re-affiliated in 2007. At the end of 2006, two new clubs joined – Picton Masters and Can Too. In 2007, we also welcomed the two ACT clubs who have now affiliated with NSW. Up to mid March 2007, NSW has over 1400 registered members.

In 2007, there are five State swims. We commence with April's NSW Open Water Swim in Lake Macquarie on Easter Saturday. The NSW Long Course Championships will be held later in April again at SOPAC due to the resounding success of the venue in 2006.

The MSNSW Relay (fun) Meet is in July again at SOPAC; the MSNSW Long Distance (Short Course) Championships in August at Mt Annan in Sydney; and the MSNSW Short Course Championships in October at Tuggeranong, ACT.

Clubs host the Branch Point Score,

and in the first quarter of 2007 we have held six meets - four in Sydney metro and two in the country. Once again a large number of record swims have kept our Branch and National Recorders busy.

Some innovative awards have been introduced in the last few years. The first of the '100 club', awarded to those who have participated in 100 meets since the award's introduction in 2004, will be presented soon.

2006 age group winners - those who accumulated the most points in their age group at NSW meets in the previous year - are awarded at the State Championships. North Sydney club have compiled the results of the MSNSW Ocean Swim Series Awards for the summer of 2006/07 and winners will also be announced at the State Championships.

A large group of masters swimmers appeared on Tim's Teams on

Channel Ten in November 2006.

This 5 o'clock News spot saw three live crosses in one of Ten's highest rating shows. Well done to all concerned!

In January 2007, MSNSW hosted a Referees and Starters workshop on the rule changes, communication, common faults and myths. We welcomed members of the National Technical Committee from WA, Vic & Qld plus NSW and ACT officials. The workshop was very successful and it is hoped that we will have better informed officials and a consistent approach across the nation as a result.

We continue to prosper as a branch and appreciate the vast amount of work done by the many volunteers in every capacity from grass roots club level to Committee and Board members.

Di Coxon-Ellis - Administrator

## BRANCH NEWS

### Tasmania

The Tasmanian branch has had a reasonably busy end of Summer with the AGM and Summer (long course) Championships held at Devonport over the weekend of 24/25 Feb.

The Devonport pool provided a great venue – it was the site for the 1st Australian Masters Games in 1987 and hosted the National swim in 1991. We even had to break out the sunscreen for a change.

A total 90 competitors representing all eight Tasmanian clubs took part. The Launceston "Lemmings" took the Champion Club award for the eighth year in a row, closely followed by the Hobart based Tattersalls and Talays clubs.

Female swimmer of the meet for the second year in row (and sixth time overall) having set 5 state records was Sue Mayne swimming for the Talays club.

Male swimmer of the meet, setting 4 state records was Maciej Slugocki from the Tattersalls club.

Immediately prior to the swim meet the branch conducted its AGM. The

majority of the incumbent members of the branch executive were re-elected to their positions. The Branch president stood aside as he had reached the Constitutional limit of 4 years in office, but accepted the position of Publicity and Promotions officer.

The position of President remains vacant whilst negotiations with a number of interested people take place.

Hobart based Anne Steele is well into her training regime for her attempt on the English Channel later this year. Anne will be the first Tasmanian woman to attempt the swim.

She has teamed up with Australian Cricket captain (and Tasmanian) Ricky Ponting to use the swim to raise funds for the Children's Cancer Institute. Anne recently completed a 20-kilometre swim down the Derwent River to coincide with the Hobart Regatta.

Anne was making such good progress that she was advised to slow down so her arrival could be

fitted into the program. Eventually she had to extend her swim by 2 kilometres to fill in time!

Anne commented, "Once you have swum 20 another 2 is not really a problem!"

If you wish to help Anne's swim and fund raising, visit the web site: [www.swimforlife.com.au](http://www.swimforlife.com.au).

Cheers from the Tassie Branch.



Above: Anne Steele at the completion of her 20/22 km swim in Hobart, removing the seaweed from her toes!

### Queensland

In October with the assistance of the Branch static display, handouts and practical technical help poolside from our Coaching Manager, the Townsville Legends conducted a very successful "Come and Try" day. It resulted in many new members signing up to join for the Fitness, Friendship and Fun of Masters Swimming. The display board was also used at the ASCTA Conference on the Gold Coast to spread the AUSSI message. Miami club helped to staff the booth and were able to answer questions.

The new "New Members Kits" which contain a reference book for future involvement have been appreciated by these new recruits as well as the

many other new members throughout the state. A successful coaching day was held at Miami too.

Many Qld swimmers had wonderful results from the FINA World Masters Championships in San Francisco which shows the extent of talent we have in AUSSI.

With the planning and assistance of a small committee, another very successful Pan Pacific event was held in November at the Southport pool. After a rainy beginning to the Games we were blessed with good weather and thanks to all the volunteers who assisted, the competition was enjoyed by all who attended. Many new friendships were made with overseas visitors who have

vowed to return. The dedicated officials and recorders overcame the inconvenience of working from tents to ensure the best outcome for all.

Swimming Queensland invited us to join them in their Open Water Swim in November. The swim took place in the lake at Kawana which proved to be a lovely safe venue for the event. The number of swimmers was also very rewarding, proving how popular these events are. We held our own Open Water Swim at the same venue in February with even more success and look forward to future swims in the Lake.

Helen Holmes  
Manager of Internal Marketing  
Qld Masters Swimming

## BRANCH NEWS

### Western Australia

#### Celebrations abound in WA – 2 New Life Members

At the 2007 Annual General Meeting on Tuesday 20 February there was unanimous and enthusiastic agreement for two long-time members to be awarded life membership of Masters Swimming WA.

Our new State Life Members are Lynne Malone and Robert Dunstan. Both are stalwarts of Masters swimming, dedicated volunteers, enthusiastic swimmers and always prepared to go the extra distance for others.

Lynne has been a member of the Carine club since 1978 and her commitment to Masters swimming has been amazing, at club, state and national levels. She is widely respected for her expertise, her organisational skills and her ability to get things done.

At State level, one of Lynne's particular strengths is in the area of major events. For example from 1990 to 1993 she was State Swim Meet Director. She has also stepped forward when Western

Australia has hosted National and International events. She was National Swim Meet Director in 1995 and 2003, Swim Meet Director for the Australian Masters Games in 1993 and also for the Pan Pacific Swimming Championships in Perth in 1999.

Another strength is as a great team member in leadership groups. For example she has been a member of the State Board, as National delegate, since 2000 and is an integral member of our current Board team. Her understanding of members' needs and her vast experience complemented by her down to earth approach are at the core of her contribution. And she is a great team player.

Robert has been a member of the Melville club since 1992 and he has also made a remarkable contribution at club and state level.

Robert was State President for four years (1997 – 2000), a period of significant development. For example the appointment of the first full time Executive officer, leading the State committee which won the right to host the 1999 Pan Pacific

Swimming Championships in Perth in 1999, and leading early negotiations to host the first ever State Swim outside the metropolitan area (Geraldton in 2004).

Also always willing to step forward to help ensure major events are successful in Western Australia he was a member of the Organising Committee of the 1999 Pan Pacific Swimming Championships and Chair of the Organising Committee for the 2003 National Swim Meet.

Robert has a wonderful unassuming leadership style which brings out the best in everyone around him, a deep passion for Masters Swimming and is superb role model for the way he makes things happen.

Lynne and Robert have made a fantastic contribution, at State level, to Masters Swimming in Western Australia and we are all delighted that their special contribution has been recognised by Life Membership. Congratulations Lynne and Robert.

Wendy Holtom  
Executive Officer

### Northern Territory



In January this year, the new Branch website was launched. Please visit:

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

...and say g'day!

The Branch is currently focused on preparations for the National Swim, taking place in Darwin between May 4 - 7.

Entries closed on March 23 and draft entry lists are being prepared.

Registration will take place at the Darwin Trailer Boat Club, Fannie Bay, between 1000h and 1700h on Thursday 3 May and during the

meet at Casuarina Pool.

The welcome function, hosted by Hon Kon Vatskalis, NT Minister for Sport and Recreation, will be held on Thursday 3 May at Parliament House.

For more details, please see the article on p.11 or visit the event website at:

[http://www.home.aussimasters.com.au/html/32nd\\_aussi\\_masters\\_national\\_sw.html](http://www.home.aussimasters.com.au/html/32nd_aussi_masters_national_sw.html)

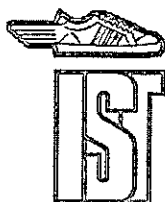
John Pollock  
Secretary



## SPONSORS

### International Sports Tours

From the desk of AUSSI Masters' Preferred Travel Agent



32<sup>nd</sup> AUSSI Masters  
National Swim  
May 2007 - Darwin



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\* Conditions Apply - please refer to Tour Brochure



## AUSSI PROGRAMMES

### Million Metre Awards supported by **vorgee** for water

First Name	Surname	Club	State	Distance
Caireen	Zaina	Rum City	QLD	1 Million
Susanne	Apted	Oceana Orcas	TAS	1 Million
John Davis	Bourne	Toowoomba	QLD	1 Million
Lyn	Robinson	Toowoomba Tadpoles	QLD	1 Million
John	Coleman	Redcliffe Peninsula	QLD	3 Million
Lynn	Bartlett	Ipswich City	QLD	3 Million
Mike	Dooley	Brisbane Northside	QLD	3 Million
Gerry	Tucker	Malvern Marlins	VIC	3 Million
Tony	Stanton	Albany	WA	5 Million
Thelma	Bryan	Cairns Mudcrabs	QLD	5 Million
Kristina	Price	Brisbane Westside	QLD	5 Million
Paul	Summerfield	Twin Towns Services	QLD	5 Million

Congratulations to the above people, who have achieved their Million Metre Awards from December 06 to March 07!

Any AUSSI club member who has received one of these awards, may purchase

additional personalised garments at cost price from the National Office.

Please direct all enquiries to:  
[sportadmin@aussimasters.com.au](mailto:sportadmin@aussimasters.com.au) or phone (03) 9399 8861.



Left: Stan Jacobs (Brisbane Southside) receiving his 5 Million Metre award from Max Gillespie.

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## EVENTS

### 2007 National Swim, Darwin (NT)



The 32<sup>nd</sup> National Swim is now only a couple of weeks

away. At close of entries, there were 493 competitors from 92 clubs, including five from Singapore Masters. The largest group (apart from Darwin Stingers with 60) is from Power Points (Vic.) with 19.

The larger than expected number of competitors (3616 individual entries) has resulted in some rather long days. Bring plenty of sun screen and keep up the water consumption during the day. The full program is available on the National Website.

A good number of visiting technical officials have also indicated their willingness to help at the meet - a roster will be available at

registration.

**Registration** will take place at the Darwin Trailer Boat Club, Fannie Bay, between 1000 and 1700 on Thursday 3 May and during the meet at Casuarina Pool. The Trailer Boat Club is a short distance along the harbour foreshore from the city on the no.4 bus.

The **Welcome Function**, hosted by Hon Kon Vatskalis, NT Minister for Sport and Recreation, will be held 1800 – 1930 on Thursday 3 May at Parliament House. Admission will be by entrée card only, available at registration to those who indicated that they wish to attend (502).

The Official Opening will be on Friday morning by the Administrator of the NT, His Honour Ted Egan, AM. (Perhaps he'll compose a special song for us!) This will be

followed by the Branch Relay, a fun event in which the winner is the team that swims closest to its nominated times.

The normal bus service to Casuarina (No 10) leaves the CBD early enough to enable competitors to reach Casuarina in time for the start of warm-up at 0730 on Friday 4 and 0700 Saturday 5 May (timetables and routes are on the National Website), but not for the 0700 start on Sunday 5 and Monday 6 May (public holiday). The Darwin Bus Service has been asked to provide special buses in the early morning for competitors and spectators on these two days. Details will be included in competitors' welcome bags. Information about mini buses, a cheap alternative in Darwin, will also be provided.

See you in Darwin!

### 2008 FINA World Masters Championships



XII FINA WORLD MASTERS  
CHAMPIONSHIPS 2008  
Perth Western Australia | 15-25 April

The Organising Committee recently announced that the XII FINA World Masters Championships 2008 will run from 15<sup>th</sup> -25<sup>th</sup> April 2008.

The venue is Challenge Stadium, Perth which has already been home to two FINA World Championships.

Executive Officer of the Organising

Committee, Tom Hoad said the event would run concurrently over 10 days.

Challenge Stadium is a regular training location for Australian Olympic swimmers and boasts pools for the full range of FINA Masters aquatic disciplines. Other venues have had limitations in how many sports can run in one place, but Challenge stadium's five pools will mean all five disciplines are accommodated: Swimming, Diving, Waterpolo, Synchronised Swimming and Open Water Swimming.

This will allow competitors and visitors to spend more time socialising and watching events. The stadium will also become 'entertainment central' with a great array of food choices, live entertainment and shopping

"More than 70 countries were represented at the last event in California in 2006, and Perth can expect at least that number," according to Mr Hoad.

Competitors can find out more information or register for the event by going to [www.2008finamasters.org](http://www.2008finamasters.org)

### 2008 National Swim, Melbourne (Vic.)

The dates and venue have now been finalised for the 33<sup>rd</sup> National Swim. It will be a 4 day pool meet with no Open Water swim, held over the 2008 Easter holidays.

The venue is the Melbourne Sports &

Aquatic Centre (MSAC) in Albert Park, Melbourne. The Welcome Function will be on Wednesday March 19<sup>th</sup> March and the Presentation Dinner on Sunday March 23<sup>rd</sup>

Day 1: Thursday March 20<sup>th</sup>;

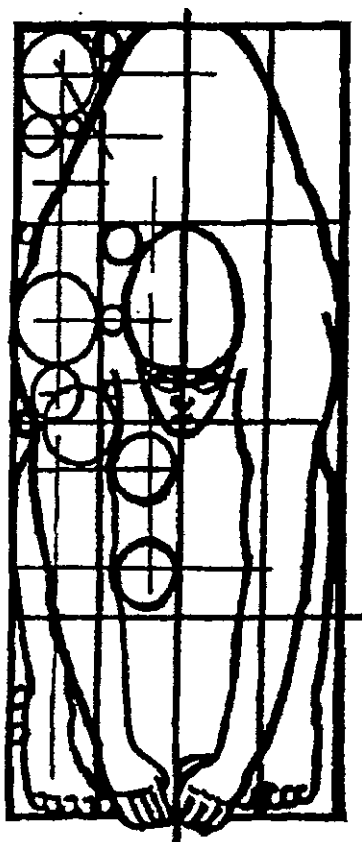
Day 2: Friday March 21<sup>st</sup> (Good Friday);

Day 3: Saturday March 22<sup>nd</sup>; and  
Day 4 Sunday March 23<sup>rd</sup> (Easter Sunday).

More details will be available soon.

## NATIONAL COMMITTEES

### Coaching



#### The Inclusive Masters Swimming Coach

#### Coaching for All Levels of Ability

#### What is 'Inclusive Coaching'?

Not only should a Masters Swimming Coach be able to organise, observe, analyse, communicate, and provide solutions and strategies that enable Masters Swimmers to improve their performance, a Masters Swimming Coach must also be inclusive.

Being an inclusive coach means offering programs and experiences that meet the individual needs of every swimmer. This principle is the same regardless of whether the swimmer has a specific impairment, has a medical condition that might impact on their training program, or if they are simply developing their skills and fitness at a different rate to

others in the group. Being responsive to these various situations is part of ensuring that everyone has the opportunity to maximise their potential. Inclusive coaching, therefore, is no more than good coaching practice.

#### Including Swimmers with Disabilities

Approximately 20% of the population have some form of a disability, so chances are Masters Swimming Coaches will have swimmers with a disability in their squad at some stage. If not, they are missing out on a significant demographic within the population. People with a disability have a disadvantage in accessing sporting opportunities compared to people without a disability. The main barrier to participation in physical activity is not specific impairments or conditions, but is more likely to be attitudinal, economic and environmental barriers that society places in the way of people with disabilities. The coach plays a significant role in overcoming disadvantage by removing or minimising these barriers through the provision of an inclusive environment.

It is not regarded as essential that coaches should have disability knowledge. More importantly, it is essential that the coach has a thorough knowledge of the sport that they are coaching. Information that concerns a swimmer's impairment and the resultant effect on their performance would be the kind of background knowledge that any coach should acquire by talking to their swimmer. Any disability specific knowledge obtained through study should be used as background only, as no two swimmers with the same impairment are rarely the same. Rather than focus on individual impairments and plan sessions as a response to this, coaches should concentrate instead on a variety of modifications to activities to make each activity more accessible to a

range of abilities.

#### TREE Principle

Whilst there are some considerations concerning rules, equipment and sometimes technique, coaches do not need to treat swimmers with a disability differently from any other swimmer in the squad. The different stages of learning and the basic techniques of skill teaching apply equally for swimmers with disabilities. A coach can ensure their approach is inclusive by applying the TREE principle. To better include all swimmers, coaches can make changes to:

Teaching/coaching style

Rules and regulations

Equipment

Environments

Good coaches modify to include differences in skill and the TREE principle is simply a way of remembering the concept. In applying the TREE principle, the coach must ensure that the integrity of the activity is maintained. Coaches should only change that part of the activity that needs to be changed and only when it needs to be changed. It is important not to adapt and modify an activity to the point that the basic aims of the original activity have been lost.

#### Teaching/Coaching Style

Coaches should be adaptive and creative, thinking laterally in relation to how best to apply their sport-specific knowledge to the functional ability of the athlete. However, this should not be done in isolation. The coach should use the athlete as a resource of information on themselves, asking them what they can do and encouraging joint decisions on how specific tasks may be modified to best suit their skill level.

Modifications may also need to be made to communication styles to take into account the specific needs

## NATIONAL COMMITTEES

### Coaching (cont.)

of Masters Swimmers. For example, writing the program on the whiteboard on pool deck may not cater for the individual needs of swimmers with vision impairment. In addition to the whiteboard, the coach may need to hang a large print water proof copy of the program off the side of the pool to enable swimmers with vision impairment to be able to refer back to the program more easily. Clear verbal instructions and regular questioning of understanding should also be used. These modifications to coaching style may have the resultant effect of assisting all swimmers within the squad.

#### Rules and Regulations

Masters Swimming in Australia is a very inclusive sport, as evidenced through the number of modifications made to the FINA Masters Swimming Rules, along with the Medical Disability Certificate. Coaches should ensure that any squad regulations, such as squad qualification policies, are not worded in a way that would exclude a swimmer on the basis of disability. Coaches can also modify rules and regulations in training to better include all swimmers in activities. For example, rather than describing a set as "dive start sprints", the sprint set could have the option of either "dive start" or "push start" to provide an alternative for swimmers who experience difficulty in exiting the water or are unable to perform a dive start.

#### Equipment

Swimming training aids such as kickboards, pull buoys and fins can be very effective tools for modifying

activities to include differences in skill, as well as providing a competitive balance in an activity, which is just good practice regardless of whether or not there is a swimmer with a disability in your squad).

Training aids may be used to assist a swimmer in performing an activity, such as the addition of fins to assist a swimmer with muscular atrophy of the legs to be able to perform repetitions on the same times as the rest of the swimmers in the lane. This may also be achieved by modifying the use of the training aid. For example, a kickboard can be used at a right angle to increase the resistance and slow down the stronger kickers in the lane, at the same time as giving them a harder workout. In some cases, it may be necessary to modify training aids to meet the individual needs of the swimmer, as is sometimes done for swimmers with an amputation.

#### Environments

The training environment can be modified to better include all swimmers in a training session. This can be achieved in many ways. For example, by using a shallow pool rather than a deep pool or alternatively, finishing most repetitions and/or sets at the shallow end of the pool, this may benefit the swimmer recovering from a heart transplant by ensuring they get a true rest period standing up, rather than an active rest period spent treading water. Similarly, the use of a 25m pool rather than a 50m pool allows for more effective programming of 25m and 75m repetitions in training, enabling the programming of more rest

periods for swimmers who fatigue more easily, as may be the case with a swimmer with cerebral palsy or a swimmer that has just returned to training after a long break.

#### Good Coaching Practice

Masters Swimming Coaches should always strive to find ways of including rather than excluding swimmers. The qualities and skills required to be an inclusive coach are the same as those required of a coach who is working with swimmers without disabilities. The fundamentals of inclusive coaching are based on good coaching practice. After that, it is up to the coach to find out about the individual needs of each swimmer, and to get to know and understand training and competition requirements unique to each individual. It is important for coaches to recognise that they already possess many of the qualities and skills required in order to work successfully with swimmers who have disabilities. Masters Swimming Coaches should use these abilities to help provide opportunities for **all** Masters Swimmers.

Loren Bartley

Technical Development Officer

*The above information has been based on resources developed by the Australian Sports Commission Disability Sport Unit. For further information on the Australian Sports Commission Disability Education Program, visit:*

*<http://www.ausport.gov.au/dsu/dep.asp>*

## CORRECTION

There was an error in the article titled "XI FINA World Masters Championships" on pages 3 - 4 of Vol.4 No.3 of "AUSSI Masters News" in October 2006.

Arthur Lith from Warringah Masters in NSW was not included in the list of top 10 finishers.

He was successful coming 9th in

the 50m freestyle in the 70-74 age group.

Apologies, Arthur.

## NATIONAL COMMITTEES

### Membership & Participation

The membership committee has had its' first meeting for the year and everything is progressing well with the projects we have in hand.

We have signed up at least two and possibly three sponsors for the membership card and have several companies who are interested in becoming a National sponsor. Tenders were received for the redesign of the web site and production of new posters and flyers. An advertising agency was selected to undertake the work which is due to be completed by the end of April.

The membership card will be going out to members' Branches within the next six weeks. The Branches will then be distributing to their clubs via their mail – outs, so members should be receiving their cards soon.

Stephen is working hard to secure

a patron and is in the process of approaching the next person who was on the committee's short-list of possible candidates after our original choice was unavailable.

During the National Swim in Darwin, the new website and membership card will be officially launched.

After the National's the committee will be re-evaluating the membership/promotional plan and begin planning their next projects - so watch this space!

As part of getting our name "out there" I would encourage all Branches to look at attending appropriate "life style" expos in their major centres where the message that we are about fun and fitness, not just competition, could be made. People who attend these events go there with time to spend to stop and chat where they may

not have that time during their normal day, at the pool or gym. Even if our information is there they often just grab and go without having that personal contact which is so important in getting people to come along to our clubs. I would also like Branches to encourage their clubs to have a contact phone number with their local Council's community service department and take up the free listing in their local "yellow pages" phone directory.

The high profile successful sports are the ones that get lots of publicity all the time. We can't hope to be on the sports pages in the same way as AFL or rugby league but we can be "in peoples faces" all the time in a small way in our own areas and we should always be looking at ways that Masters Swimming can be seen and heard.

Therese Crollick  
Chairman

### Recording

#### FINA World Top 10 & National Top 10 results for 2006

The FINA World Top 10 results were sent to Walt Reid on 30<sup>th</sup> January. So far I haven't been notified that there had been any problems with these results - these results are only extracted from sanctioned meets e.g. no aerobic times, time trials, however all other results are recognised in the National Top 10.

During 2006, there were 137 meets of various types loaded into the portal with a total of 64 000 individual results. Of course there will always be a few problems with such a large number of results - 5,400 to be exact. Our portal manager, Frank Braun is constantly refining the way results are loaded and ever vigilant. The large number of problems are due to the following -120 results with multiple ID's and

names for one swimmer (13 in total);

-550 results with multiple ID's for one swimmer (60 in total);

-80 results with invalid ID's (26 swimmers) e.g. too short, alpha-numeric, didn't exist in the database;

-80 results with incorrect ID's (18 swimmers) e.g. typo in ID;

-4,600 results with multiple names for one swimmer (257 swimmers) e.g. wrong spelling, nicknames, initials, middle names.

Your AUSSI ID must be correct and must be unique within the same swimming year - numeric and 6 digits. In 2007, all results will be rejected (individual and relay) if the ID's are invalid.

Also, when searching in the personal result history, you must use the name with which you are regist-

ered in the database or use the wild card search e.g. if I am in the database as Pauline Samson, then that's the search I use or \*Samson\*. Using the wildcard would also list all the Samsons registered. However if I enter a swim meet overseas and my middle name or middle initial is used, e.g. Pauline Mary Samson, then my results will be listed using that name and only seen when using the ID or the wildcard search. Same thing happens if the information is put into Meet Manager manually and my name is spelt incorrectly e.g. Sampson, then the results will only show using the ID number (hopefully that being correct).

Have a great year swimming - looking forward to some swims and records.

Pauline Samson  
Chairman

## NATIONAL COMMITTEES

### Technical

#### AUSSI Rule Changes for 2007

Changes to the AUSSI rules were adopted in October 2006 to bring them into line with the Swimming Australia (SAL) rules. Previously the AUSSI rules had different numbering and often different wording. For those who wish to look at the detail, any AUSSI rules which differ from the Swimming Australia rules are now clearly identified with an "M" after the rule number, see website [www.home.aussimasters.com.au/html/rules\\_regulations.html](http://www.home.aussimasters.com.au/html/rules_regulations.html)

There were some FINA/SAL changes which had not been adopted by AUSSI and some other issues which have been addressed as part of the same update.

Most of the differences between SAL and AUSSI rules relate to the key differences in the way the respective competitions are run such as AUSSI working with age groups and timed finals and a few Masters variations such as the starts and allowing breaststroke kick in butterfly. There are some significant changes that will only affect officials or Meet Directors. They will be addressed by your Branch office.

#### So what are the changes from an AUSSI swimmers perspective?

#### General:

Sitting on the block or pool edge for the start is considered unsafe and is no longer an option in the rule. Swimmers can start in the water, standing on the block or standing on the pool edge. Swimmers should take up their starting position on the long whistle from the referee. There is no requirement to advise the referee or starter about the type of start.

#### SW 10.15

Is new to AUSSI and reads "No pacemaking shall be permitted, nor may any device be used or plan adopted which has that effect." I understand that in FINA competitions wristwatches are considered pacemaking devices and cannot be worn. This currently does not apply in AUSSI but I suggest that those swimmers in the habit of wearing watches during events should cease doing so. Quite clearly, any swimmer wearing a watch who reads the watch during the turns can be considered pacemaking and will be disqualified.

#### Breaststroke:

During the single dolphin kick which is permitted at the start and after each turn, the feet may break the surface.

#### Backstroke:

The wording changes bring this rule into line with SAL and the clarification on turning now reads "Kicking of the legs while on the breast is allowed provided it is part of the continuous turning action." The focus is on the word "continuous" which still leaves it open to the officials judgment. In practice, if you misjudge the point at which you roll over for the backstroke turn, kicking on the breast to get to the wall is not part of the "continuous" turning action and you can expect to be disqualified.

#### Butterfly:

The arm stroke in butterfly must be continuous. This has now been clarified for those choosing to do a breaststroke kick in butterfly by limiting it to two kicks per stroke.

#### Relays:

It is no longer possible for a swimmer who breaks to recover by going back to the starting point. Each team member must be in the water or standing on the block or pool edge immediately prior to their start. Running starts are not permitted.

John Marshall  
National Technical Committee

#### COMPETITION SWIMMING

At the recent Referees' and Starters' Workshop held in Sydney one of the key discussions was about swimmers not being properly briefed by their clubs or coaches before a swim meet, especially when they have not competed at AUSSI meets before. The points that must be covered are:

1. If you are seen wearing a watch or pacing device in races you will be disqualified (SW 10.15).
2. During warm-up sessions, lanes

will be marked for specific purposes or strokes. To make these work you will need to:

- enter pool feet first except in the supervised dive lane
  - swim in the correct stroke lane
  - if doing freestyle pick the right speed (slow/medium/fast)
  - if you stop at the end, hold onto the rope so you don't stop swimmers from turning.
3. Marshalling;
    - be aware of events and heats be-

ing marshalled

- be there when your name is called
  - stay with your heat. If you need to go to the toilet tell someone you are going.
4. Starts;
    - adjust your cap and goggles as soon as you are behind your block. The Referee and Starter do not have to hold the start while you adjust them on your block
    - don't jump onto your block or en-

Continued page 16...

## NATIONAL COMMITTEES

### Technical (cont.)

ter the pool until the whistle signal is given

- when the signal is given, stand on your block or the pool edge with at least one foot at the edge, or enter the water and hold onto the pool end or backstroke grips.

#### 5. Backstroke Starts;

- there are two whistle signals; the first to enter the water, the second to take up your starting position. Don't tire yourself by holding a starting position before the second whistle.

#### 6. Finishes;

- when you have finished your race move 1 metre from the wall and

hold onto the lane rope

- except in relays do not exit the water until you are given the signal to do so (usually two short whistle blasts)

- exit pool from the sides not over the end as this is a safety issue and you may also interfere with timing equipment. If you need to, ask to be placed in a lane next to the side wall

- do not ask the timekeepers your time until you have left the water

#### 7. Talking to Officials;

- please wait till a break in heats or when the swimmers are at the other end of the pool

- do not interrupt officials at the start, turns and finish of a race.

#### 8. Your Right to question;

- if you feel you have been wrongly disqualified ask for an explanation

- if you are not satisfied by the explanation you may ask the Meet Director for a Protest Form

- never become aggressive no matter how upset you feel.

If every swimmer follows the above we will all have smoother and happier swim meets.

Gary Stutsel  
Chair National Technical Committee

## POSTAL SWIMS 2007

Date	Details	Contact
1 Jan – 30 Apr	<b>West Auburn 5000m Turtle Swim</b> PS07/05 5000m; choice of stroke. As individual swim or in a relay; (2 x 2500m, 5 x 1000m, 10 x 500m)	Terry Gainey <a href="mailto:t.s.gainey@bigpond.com.au">t.s.gainey@bigpond.com.au</a>
1 Mar – 30 Apr	<b>Mega Postal Swim Meet</b> PS07/07 Club Competition- Long and or Short Course Swim Meet	Scott Edwards <a href="mailto:Scott_gs@optusnet.com.au">Scott_gs@optusnet.com.au</a>
1 May – 30 Jun	<b>Bunbury 3 x 400m Winter Postal</b> PS07/01 400 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 – 30 Sept	<b>Baddaginnie AUSSI Animal Event</b> PS07/02 800 Fr, 200 Br, 200 Ba, 200 Bu, 400 IM- all in one day	Shirley Mc Farland <a href="mailto:mcfarls@alphalink.com.au">mcfarls@alphalink.com.au</a>
1 Jul – 31 Aug	<b>Murrumbidgee Monster Medley</b> PS07/06 2000m Medley swam as 500m of each stroke in medley order	Robert Trembath <a href="mailto:Robert_trembath@hotmail.com">Robert_trembath@hotmail.com</a>
1 Sep – 31 Oct	<b>Aqua Jets (QLD) The Taskmaster</b> PS07/03 800m, 1500m, 1 / 2 hr, 1 hr, any stroke. 25m or 50m pool	Sharen Smith <a href="mailto:ssmit175@eq.edu.au">ssmit175@eq.edu.au</a>
1 Oct – 30 Nov	<b>Swim Like a Legend</b> PS07/08 Swim 7 events in which Australian swimmers won Olympic medals between 1900 & 1956 one after another.	Donna Anderson <a href="mailto:donna.anderson7@bigpond.com">donna.anderson7@bigpond.com</a>

## BRANCH CONTACTS

Branch	Address	Phone	Website
National	148A Ferguson Street, Williamstown, Vic 3016	(03) 9399 8861	<a href="http://www.aussimasters.com.au">www.aussimasters.com.au</a>
ACT	Refer to NSW Branch		
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	<a href="http://www.nt.aussimasters.com.au">www.nt.aussimasters.com.au</a>
QLD	1st Floor, Corner of Castlemaine & Caxton Streets, 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) 8263 9958	<a href="http://www.aussisa.org.au">www.aussisa.org.au</a>
TAS	PO Box 659, Rosny Park Tas 7018	(03) 6223 1183	<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>