



Volume 6, No 4, December 2008, ISN 1448-3580



**Masters
Swimming
Australia October
General
Meeting**

Wishing you a Merry Christmas and Happy New Year from the National Board of Management & Staff of Masters Swimming Australia

The National Office will be closed from 4pm Monday 22 December 2008 and will reopen on Thursday 8 January 2009

We look forward to more fitness, friendship and fun in the New Year!!!

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TOGETHER WE MAKE AN OCEAN,"
— RUTHIE SULLIVAN

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NATIONAL BOARD OF MANAGEMENT

National President

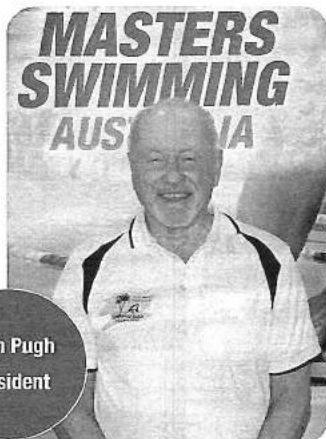
The October General Meeting was held in Alice Springs. Business was dealt with efficiently, with the only contentious issue being the Oceania Swim. Queensland made a unilateral decision not to host this swim in conjunction with the 2009 National Championships in Brisbane, which raised some contractual matters. These will be sorted out for future cooperative swim ventures. Fortunately, Tasmania has offered to host a stand-alone Oceania Meet in Hobart in July 2009, and you can look forward to news about this as details are finalised.

The new National Board of Management (NBM) had its first face-to-face meeting in Alice and set its first objective, which was to review the National organization's strategic plan, especially in the light of a desired future relationship with Swimming Australia. A second NBM meeting to begin this process was held in Melbourne in early November. It was useful in many respects and Branches will get news of the outcome and be involved in due course.

One matter became clear. Our organization is not a 'sport' in the traditional sense of having a focus on competition. We also straddle recreation and community health. So we are not quite like other sports that focus on competition and elite programmes, yet national funding bodies include us within their definition. Periodically this leads to 'pressures' for Masters Swimming to merge with Swimming Australia at state and Branch level, but funding is a poor reason for mergers when the dominant body always controls the purse strings.

The Clubs-on-Line database is progressing well and we should have a clean start to registering members for 2009. Its unavoidably slow roll out has made aspects of administration difficult and frustrating at all levels, but our volunteer IT Manager has done a sterling job in getting it introduced and training users.

The NBM has also reviewed the administration of the



John Pugh
President

National Office. We have advertised for a General Manager and will be upgrading the office IT infrastructure in 2009.

There are lots of good competitions to look forward to in the new-year. As well as the normal Branch Championships there will be the Australian Masters Games in Geelong, the National Championships in Brisbane, the Oceania Swim in Tasmania and the World Masters Games in Sydney. I hope that lots of you will participate, do well and have fun.

Finally, I thank the staff of the National Office for their hard work during a difficult year. I wish them and you a very happy festive season.

John Pugh
President

NATIONAL OFFICE

FROM THE DESK OF THE CEO

As we end the year, it is a time to look forward to 2009 and all it has to offer. Our National Registration Database is up and running and will make both registrations and operations much easier for 2009. We have some great projects in the pipeline for 2009, including the new Aerobics program, a research project to ascertain the barriers to participation for younger swimmers and the establishment of a working party of younger swimmers to address the issues raised, as well as the revision of the our Coaching Framework.

There will also be some significant changes to improve the administration of the National Office in 2009, including the commencement of annual Administration Workshops for all Branch Administrators, an upgrade of the National Office IT infrastructure and a new office structure.

The National Office will say goodbye to Viv Merrill at the end of the year as she moves quite literally over the partition to Boxing Australia. Viv will continue to work with us part-time in early '09 to assist with the handover.

We have commenced talks with Swimming Australia at the national level to investigate how the two organisations can work more closely together. I recently attended the Telstra Swimmer of the Year Awards in Sydney and saw firsthand the quality events their organisation has the capacity to deliver.

Although both organisations have unique differences, there are certain to be areas where the sharing of resources will be of benefit to all.

*Loren Bartley
Chief Executive Officer
Masters Swimming Australia*

FINA MASTERS OFFICIALS LISTS

Please note that following a recommendation from the FINA Masters Committee and approval by the FINA Bureau, the FINA Masters Officials Lists will be discontinued.

Consequently, FINA Masters Officials Lists will no longer be a requirement for applications to officiate at the FINA World Masters Championships.

FINA Member Federations, who wish to nominate qualified officials for the FINA World Masters Championships, starting with the 13th FINA World Masters Championships Sweden 2010, may submit the application to the FINA Office. All Federations will be informed of the application procedure at a later date.

Current FINA Masters Officials list Nr. 7 (Valid from 01.07.2005 - 31.12.2008) and list Nr. 8 (Valid from 01.07.2007 - 31.12.2010) will remain valid until the expiration date. However, following the expiration of the above mentioned FINA Officials lists, no new lists will be compiled.

NATIONAL OFFICE

HOW TO RE-REGISTER FOR 2009 ON-LINE

Swimmers can now check their own registration information details and also pay their next season fees through the registration portals for each Branch (State) on the Masters Swimming Australia website, www.mastersswimming.org.au.

The following provides details on how to renew your membership and pay your fees for the 2009 season.

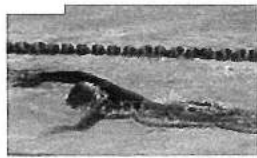
REGISTRATION



NEW REGISTRATION



GROUP DISCOUNT



Connection is via the yellow "Swimmer Registration Portals" tab at the top of each page of the Masters Swimming Australia website.

You will then be presented with the "Club-online Branch Portal" screen, displaying individual Branch/State logos. Click on your Branch logo and the appropriate portal page will open, presenting several registration options.

If you were a member last season, click on the "Re-registration" icon (on the left hand side of the screen) to be taken to the login screen, where you will be prompted to enter your username and password. If you have forgotten your username/ password, you can click on "Forgotten Password?" to retrieve them. Once you have logged in, click on the "Registration Renewal" button on the left hand side. The system will take you through a series of screens.

As you are renewing, the system assumes that you will renew with your existing club. If this is not the case, click on

the Contact Us Button and send an email to the Branch Administrator.

Select the appropriate registration type from the options presented within the "Registration Renewal" page. Different clubs may have different Registration Renewal options. The comments area allows you to enter any comments that you may wish to pass on to your Club Registrar. When finished, click the "Next" button.

The next screen displays the Club/Masters Swimming Australia declaration screen, which requires you to read and agree before it progresses further.

Click on "I have read and agree to the above" and then the "Next" button to proceed. You may have to do this in two separate places if your club has their own declaration.

You will then be presented with your current details, which you should check and update where information is incorrect or missing. When finished, click on the "Next" button to proceed.

NATIONAL OFFICE

NATIONAL REGISTRATION DATABASE UPDATE

Continued from previous page...

This next screen gives you the option of selecting which payment option you wish to choose. Selecting "Select Application Only" initiates an application to renew and then requires you to arrange payment with your club for the full amount to be invoiced. Selecting "Submit Application & Pay Online" enables you to pay by the IMG Credit Card gateway and the entire fee is

paid and there is no more for you to do.

You will be required to enter your credit card details and then click "Next". You will be then be provided with a receipt as proof of payment.

New members are also able to register on-line, so members should encourage their friends who are yet to take the plunge

into membership of a Masters Swimming Club to do so using this convenient tool. Full details of how members can register on-line, along with a more detailed version of this process, complete with step-by-step visuals can be seen at www.mastersswimming.org.au.



FEATURES

BEATING DAWN FRASER AT HER OWN GAME

The story of Barbara Wilson-Brooks road to triumph is a long one. Barbara was a late starter to swimming at age 18, making her first Victorian Winter Championships two years later. Barbara's father had promised her a new tracksuit for her first Championship win. Dawn Fraser was also trying to win her first championship race at this event and swam the fastest time in the 200yard freestyle heats. When Dawn

developed pleurisy and returned home, Barbara capitalized and won the 200yard freestyle. Barbara's father kept his promise and a delighted Barbara received a new tracksuit!

Barbara was later chosen in the Victorian team to swim in Adelaide where she came sixth to Lorraine Crapp in the 400m freestyle and sixth behind Jan Munro in the 800m freestyle. At these Championships

Barbara witnessed Dawn Fraser win her first Australian Championship in record time from the outside lane in the 200 Freestyle. Barbara's parents had travelled to Adelaide to watch her swim. She remembers asking her father how she was going. His response still echoes in her ears today, "Barbara, you are not the best until you beat everyone".

FEATURES

BEATING DAWN FRASER AT HER OWN GAME

Continued from previous page...

Two years later Barbara was devastated to be left out of the Victorian team after placing second to Faith Leech in the 100m butterfly and second in the 800m freestyle, with the third placed girls making the team. When Barbara questioned the decision, the Officials told her she was too old and would never be picked in a team again. Barbara didn't let the disappointment curb her enthusiasm, as she loved her swimming dearly, so she set about challenging the girls of her club, Surrey Park, to catch her. Barbara continued to make state finals and the word of the officials over time.

Barbara performed the role of usher at the 1956 Melbourne Olympic Games, witnessing Dawn Fraser win her first Olympic medal firsthand.

When Masters Swimming started up, Barbara was happy to be given the opportunity to swim against her age group swimmers again. In 1980 Barbara went to swim in the

US Masters Nationals at Santa Clara and won the 400 Individual Medley, her first international gold medal, which she proudly showed her father, who died two months later. He



L-R:
Dawn Fraser &
Barbara Wilson-
Brooks at the Alice
Springs Masters
Games

was Barbara's inspiration and she knew he would want her to try harder, so that is what she did. As Barbara enjoyed the masters swimming circuit, she managed to rack up wins against former rivals such as Marjory McQuade, but a win against Dawn eluded her. Barbara met up with Dawn in Toronto, Canada and Tokyo, Japan where we both broke world records but were in different age groups. Dawn was younger and faster.

On Sunday 12th October 2008, Barbara arrived to a media

frenzy at the Alice Springs Masters Games, as Dawn was swimming in the 50m freestyle that day after several years break. Upon meeting, Dawn gave Barbara a hug and asked her to warm up with her.

Barbara had no expectation whatsoever of beating Dawn, but was determined to get a good second. There was no head-to-head, as

Barbara and Dawn had drawn separate heats, so Barbara had to endure a long wait for all heats to finish and the results to be posted.

Barbara was so overwhelmed – Gold for Barbara Wilson-Brooks and Silver for Dawn Fraser. Barbara had to sit in the dressing room until she stopped shaking, with the words of her father coming back to her, "you are not the best until you beat everyone". At the age of 74, Barbara had beaten everyone, proving you are never too old to achieve your goals.

FEATURES

ALICE SPRINGS MASTERS GAMES - SWIMMING IN IT! *From a Darwin Stinger's Perspective*

Yes, this year the Alice Springs Masters' Games again lived up to its reputation as the Friendly Games. Maybe it's the water, maybe it's the dry desert air, but whatever it is, it's contagious – The Alice is a very friendly town.

To say that the town was full of fun and games for the whole eight days is no exaggeration. There were so many competitors and friends, so many sports and so much competition it even spilled into

our extra curricular activities. For the swimmers, the fierce competition didn't finish at the pool; if you wanted a table at your favourite restaurant afterwards you needed to be a quick change artist and to book early!

There was no shortage of restaurants or places of refreshment, but on entering any of these establishments you were greeted by a sea of Masters' Games team shirts, mostly from interstate. This is probably the only occasion in

Alice that the international tourists are out numbered by the Australian tourists and the foreign visitors can't hold a candle to the AUSSI Masters' for uninhibited frolicking – tasteful frolicking, of course.

Did I mention the swimming yet? Fantastic! A great venue. The water was just perfect and there was plenty of shade around while you were waiting for your race or cheering your team on – shade is essential in Alice, particularly if you are semi-naked and forget to bring a big hat.

The organisation and management of the meet was outstanding and a credit to the small team who worked tirelessly to pull everything together.

Everybody involved in the process, including the day to



Stingers' relay team – the gold standard

L-R: Mark Fitzsimons, Paul Gibson, Paul Bredhauer, Chris Frey

FEATURES

ALICE SPRINGS MASTERS GAMES - SWIMMING IN IT! *Continued from previous page...*

day helpers and officials, worked well together, ensuring that the event ran smoothly. Coordination even included making sure that ice creams were available before the medal presentations began.

Some 245 competitors from all over Australia came to swim in Alice. Understandably, the largest and most successful swimming contingent was from the Darwin Stingers club, although their two sister NT Branch clubs, the Katherine Kroaks and the Alice Springs also had credible performances.

For the NT clubs, there were some outstanding performances in absolute terms from many members and almost everyone came away with at least one medal.

The Stingers had some standout individual performances which are worth mentioning. Their Games Age Aggregate point score winners were: 50-54 Lesley Scott, 60-64, Charmaine Aplin, 65-69

Gerda Williams, 35-39 Peter Rogers, 50-54 Paul Bredhauer, 55-59 Paul Gibson and Don Taylor (equal), and 80-84 Bill Trigg. Peter, Charmaine and Gerda also won all their events and Gerda topped the record tally with nine ASMG and three NT records

But it's not all about winning huge clusters of medals (although that can be quite satisfying) and heaps of frolicking after the race (although that can be quite satisfying too). Many of us do it for the pleasure of competing and being part of the team, and just one medal or even a PB can make all that hard training worthwhile. Always remember that it's the people who don't get the medals who make the winners look good – they can't do it without us!

If there was an award for courage and tenacity it would have to go to the Stingers' 84 year old Rosemary "just try

and stop me" Bromwich. Only six weeks prior to the Games Rosemary was undergoing treatment in hospital, but that didn't stop her from winning five gold, two silver and her age aggregate point score.

You could be forgiven for thinking that the Stingers 13 relay wins would be their crowning achievement and the one that would go into the record books, but only if you weren't there. As the photograph shows the daring young men in their tights definitely made a loud statement on the blocks and are already part of Alice Games lore. What the photo does not show is how brightly the Stingers green and gold colours burned in the Alice Springs' sun – thank goodness for sun glasses. Yes, a good visual is by far the most enduring brand and will be recalled well after the record stats have faded.

*Steve Mullins
Darwin Stingers*

FEATURES

MASTERS SWIMMING WA CLUBS SUPPORT A CAUSE CLOSE TO OUR HEARTS

Nearly 200 swimmers swam their hearts out on Saturday 1 November 2008 at Challenge Stadium, raising funds for the Heart Foundation and much needed cardiovascular research.

HeartSwim was conducted by Masters Swimming WA in conjunction with the WA Sports Centre Trust and Challenge Stadium, who provided the venue (2 pools), staff and resources not only on the day but in the 12 months leading up to the event.

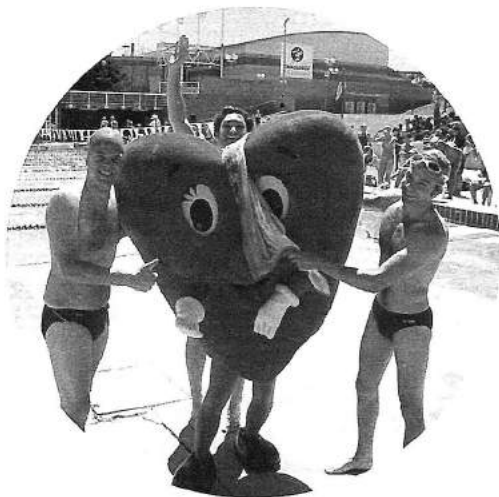
Included in the three hour relay event was a team of WA Institute of Sport's Olympic rowers who volunteered their time to support the community

event and to also swim in honour of the the founding Executive Director Wally Foreman who died suddenly of a heart attack in November 2006.

The rowers did Wally proud, swimming a total distance of 13,300 metres, however near the end of the three hour event a team of teenage girls swam

over the top of them to complete a total 14,350 metres between them, an amazing feat.

HeartSwim was well supported



by teams from Masters Swimming WA clubs who got behind the event with their participation and most importantly, their fundraising. The event also included swimmers in family, community and corporate teams who learnt first-hand how our members enjoy the "Fitness, Friendship and Fun" that abounds at all our clubs.

*Wendy Holtom
Executive Officer
Western Australia Branch*



MERCHANDISE

AUSSI MASTERS GIFTS & STOCKING FILLERS

The AUSSI Masters online store has a heap of good potential Christmas Gifts and many of what is available simply won't be found elsewhere. There is our range of AUSSI Masters t-shirts, polo shirts, sun hats, swim caps and swimsuits – many of which could prove excellent gifts for swimming mates and old friends. The site also enjoys a huge range of



swimwear, caps, goggles, fins, snorkels, DVD's and much, much more, catering for all levels of swimming, so you can find something for Mum, Dad, kids, toddlers - the whole family!. And by shopping on the site, as long as you click through from the link on the AUSSI Masters website, you will be earning royalties to help support Masters Swimming in Australia. Don't forget to check out the great Vorgee products on offer also whilst you are there. A Vorgee present under the Christmas tree will not only put a smile on the face of the receiver, but will also help support our major sponsor Vorgee, who have been a great supporter of Masters Swimming throughout Australia for many years now.

PROGRAMMES



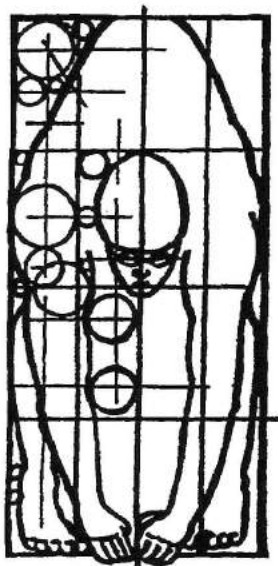
MILLION METRE AWARDS

Congratulations to the following people, who have achieved the following Vorgee Million Metre Awards from October to December 2008:

FIRST NAME	SURNAME	STATE	CLUB	DISTANCE
Michael	Butler	QLD	Barbarians	1 Million
John	Lorang	NSW	Cessnock	1 Million
Robyn	Saultry	QLD	Brisbane Northside	1 Million
Glen	Boorn	WA	Inglewood	2 Million
Merilyn	Burbridge	WA	Stadium Snappers	2 Million
Joe	Gilbert	QLD	Noosa AUSSI Challengers	2 Million
John	Marshall	VIC	Malvern Marlins	2 Million
Cyril	Baldock	NSW	Coogee-Randwick Masters Swimming	3 Million

COACHING

WA COACHES WORKSHOP



WA Branch conducted their second Ford & Doonan Coaches Workshop on

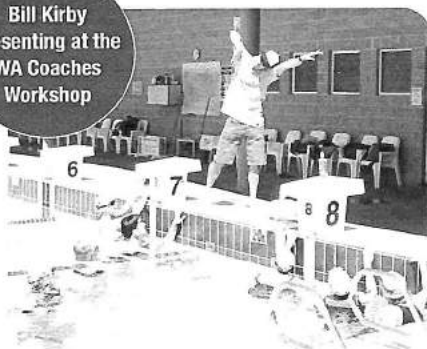
Sunday 19 October with 16 club coaches participating.

Excellent feedback was received from those in attendance. Olympian Bill Kirby's theory and practical sessions were a highlight, as too was the presentation by former National open water swimmer, Tamara Bruce. Tamara enlightened the group on OWS tactics and helpful hints for competition. The Coaches

Workshop was supported by Ford & Doonan and the Heart Foundation's Be Active health message campaign.

Anyone who would like further details of the content presented at this workshop should contact the WA Branch.

Bill Kirby
presenting at the
WA Coaches
Workshop



LEVEL 2M COACHING COURSE

Several Level 1M Masters Swimming Coaches have recently expressed interest in undertaking the Level 2M accreditation.

Should sufficient interest be obtained, Masters Swimming Australia would consider conducting on a course in the Branch with the most interested coaches and subsidising attendance for interstate coaches to attend.

Any coaches who hold a current Level 1M and would be interested in taking their accreditation to the next level should e-mail their expression of interest to admin@mastersswimming.org.au

COACHING

TOOLS, TIPS & RESOURCES FOR COACHES

ASC Tools & Tips - Coaching Older Athletes

The Australian Sports Commission provides tools and tips for coaches via their website, www.ausport.gov.au. The following tips are available in relation to coaching older athletes.

In general terms, changes occur physiologically in older athletes. There tends to be a reduction in the work capacity, heart-lung efficiency, endurance, power, strength, agility and coordination after 30 to 40 years of age.

When coaching older athletes it is important to:

- Check with the athlete regarding any health or injury issues. A medical clearance may be advisable for some types of activities
- Include longer warm up and cool down periods
- Provide alternatives to reduce intensity of activities
- Include longer recovery periods between activities

- Encourage feedback on the intensity of training
- Encourage the individual. Fitness levels can still be improved, regardless of the current standard
- Be aware that endurance capacities slowly decrease between 25-65 years. Greater decreases occur after 65 years
- Be aware that while strength decreases with age, it can be improved with training
- Be aware that the reasons masters athletes participate may be different to their younger counterparts. Social reasons and health may be more important than performance outcomes to many masters athletes.

Further tips and tools for coaches, officials and clubs are available through the ASC website.

Coaching Adult Swimmers Manual

Masters Swimming Australia has a Coaching Adult Swimmers manual, which

provides more detailed sport specific information on coaching adult swimmers, including:

- The needs of the adult swimmer
- Health and medical aspects of swimming for adults
- Training the adult swimmer
- Teaching new skills to adult swimmers
- Rules for Master Swimming
- Planning for the adult swimmer

These manuals are available for purchase from Masters Swimming Australia.

Individuals wishing to coach masters swimmers should undertake the Level 1M Masters Swimming Coach Accreditation as the basic requirement. Contact your Branch Administrator to find out when they are conducting their next course.

EVENTS

UPCOMING EVENTS

DATE	EVENT	LOCATION
20 February - 1 March 2009	12th Australian Masters Games	Geelong, VIC
30 April - 4 May 2009	2009 AUSSI Masters National Swimming Championships	Brisbane, QLD
16-24 August 2009	Mildura Masters Games	Mildura, VIC
10-18 October 2009	World Masters Games	Sydney, NSW
28 July - 7 August 2010	XIII World Masters Championships	Goteborg & Boras, Sweden

POSTAL SWIMS

DATE	DETAILS	CONTACT
1 Jan - 29 Feb	Swan Hills DO 45 PS09/1 2/4hr swim - any stroke, any length pool	Sandra Mutch sandragds@bigpond.com
1 Jan - 30 Apr	WETS Auburn "5000m Turtle Swim" PS09/2 5000m as an individual swim (Free, Breast or Back) or Freestyle relay (2x2500m, 5x1000m or 10x500m)	Terry Gainey t.s.gainey@bigpond.com.au
1 May - 30 Jun	Bunbury '3x400m Winter Postal' PS09/4 400m Freestyle, 400m Backstroke, 400m Butterfly or Breaststroke	Gira Neumann neumann@iinet.net.au
1 Mar - 31 Mar	Five of your best Postal Swim PS09/3 Toowoomba Masters Choice of 3 courses to be swum Sprinters choice: 50m Fly, 50m Back, 50m Breast, 50m Free and 100m IM Middle Distance: 100m Fly, 100m Back, 100m Breast, 100m Free and 200m IM Long Distance: 200m Fly, 200m Back, 200m Breast, 200m Free and 400m IM	Stephen Gray toowoombatadpoles@westnet.com.au
1 Aug - 30 Sep	Aqua Jets "Task Master" PS09/5 800m, 1500m, 30min, 60min any stroke	Sharen Smith shazzashome@yahoo.com.au

EVENTS

MURRAY ROSE FORMING MASTERS GAMES DREAM TEAM

Olympic Games champion Murray Rose is putting together a crack squad of swimmers to compete in the 3km open water swim at the Sydney 2009 World Masters Games.

Speaking at a recent Australian Olympic Committee function in the 2009 World Masters Games

host city, the legendary winner of four Olympic Games freestyle gold medals said that he had joined forces with other ocean swim devotees in training for next year's seventh edition of the world's largest multi-sport event, which will take place from 10-18 October.

Murray Rose,
Olympic
Champion & WGM
participant



"I was a bit reluctant to

get involved but I've found a group of another three swimmers and we're putting forward a Dream Team to take on the ocean swim," said Mr Rose, who goes for a morning dip in the Pacific off Bondi Beach most days.

Scheduled for Saturday 17 October, the Chowder Bay open water swim is set to be the last race on the Sydney 2009 World Masters Games swimming program. The focus will switch to Mosman after seven days of action at the Sydney Olympic Park Aquatic Centre.

You do not have to be an Olympic Games champion

like Mr Rose to compete at the Sydney 2009 World Masters Games. The swimming competition is open to people of all abilities aged 25 years and over. Competitor registrations are open now at the Games website: www.2009worldmasters.com.

TECHNICAL OFFICIALS

If you are and official interested in officiating at the World Masters Games at Sydney Olympic Park Aquatic Centre (SOPAC) during October 2009, please express your interest to Jane Noake, Organising Committee Chair, by e-mail to jnoake@ozemail.com.au. Please include in your e-mail details of which accreditations you hold and your availability over the period of the Games.

Sydney
2009
World
Masters
Games

EVENTS

2009 AUSSI MASTERS NATIONAL SWIMMING CHAMPIONSHIPS, BRISBANE, QUEENSLAND

The Queensland Branch is proud to host the 2009 AUSSI Masters National Swimming Championships. This event will be held at the Brisbane Aquatic Centre, Chandler from the 30th of April to the 4th of May 2009. The open water swim will be held at Lake Kawana on the Sunshine Coast. This is a fantastic venue in a salt-water lake that is protected and very safe for this type of competition. The venue is used regularly for rowing and open water swim events. We have held numerous events there over the last few years and the venue and surrounds are very attractive for competitors and spectators alike. The event will be adjoined with a presentation dinner on the 3rd of May at the Greek Club in Brisbane to celebrate the event.

Full details of the event, including the program, venues, social events, officials nomination form, accommodation and registration details can be found at www.mastersswimming.org.au. Closing date for entries is **Thursday 26 March 2009**.

The event promises to be a great sporting and social occasion. Please e-mail any enquiries regarding the championships to convener@aussimastersqld.com.au and myself or one of the organizing committee members will assist. We are looking forward to seeing you at the meet and in the meantime, keep checking the website for new information.

Mary Sweeney

Convenor

2009 AUSSI Masters National Swimming Championships

ATTENTION ALL CLUBS

We would like to honour any of your members who have been Olympic, Commonwealth Games and/or World Championship representatives for Australia at the upcoming national championships.

If your club has members who have been representatives for Australia at any of these games, please forward their names and what events they represented Australia in as we would like to recognise them for their efforts.

You can send these details to: externalmarketing@aussimastersqld.com.au

EVENTS

2009 AUSSI MASTERS NATIONAL SWIMMING CHAMPIONSHIPS AMBASSADOR

30th April – 4th May 2009

Chandler Aquatic Centre

Championships Ambassador - Daniel

*"Swimming has been a
huge part of my life
as I am sure it is a
part of your life. I look*

Daniel
Kowalski, 2009
Masters Swimming
Championships
Ambassador



*forward to seeing you all in Brisbane for
the National Masters Championships.*

Train hard! Have fun. "

Daniel Kowalski



EVENTS



2009 JETTY TO JETTY AUSTRALIA DAY LONG SWIM

The South Australia Branch will again host the 2009 Jetty to Jetty Longswim, supported by the Australia Day Council. Please mark Monday 26 January 2009 on your calendar! This swim is well worth the journey for those interstate.

All swimmers will receive a 2009 T-Shirt. Polo Shirts are also available for pre-order purchase or on the day. Entries will close on 16 January 2009. After this date all entries will be regarded as "Late entries". Full details of the swim and entry forms can be found on the South Australia Branch website (www.aussisa.org.au).



EVENTS

12TH AUSTRALIAN MASTERS GAMES - SPORT IT NEVER LEAVES YOU!

For some, the smell of liniment, the pain of a tight hamstring, the joy of winning gold, the blood, sweat and tears of sport remain with you for life. That's what thousands of Australians aged over 30 enjoy about the Australian Masters Games: the opportunity to participate in sport for as long as your body can endure. Geelong will host the 12th Australian Masters Games this summer from 20 February – 1 March 2009. This is your opportunity to participate in Australia's largest multisport festival and re-live those sporting moments with friends and family.

The passion for sport is always burning for the likes of Billy Brownless, Sue Stanley, Russell Mark, Ian Cover and Peter Doak who are Games Ambassadors. Billy will be donning the whites and perfecting the art of the drive in lawn bowls. Triple World Aerobic Champion, Sue Stanley will be water skiing with fellow Games Ambassador and Olympic water skier, Mark Beretta. Olympic Shooter, Russell Mark, can be witnessed Clay Target Shooting, at the Werribee Clay Target club.

Billy is already in training for the Games and can't wait to be part of this historic event. "Along with everyone I know, were excited the Games are coming to Geelong and I'm keen to have a crack...even I can find a few sports to participate in", said Billy.

Ian Cover from the Coodabeen Champions is recruiting an all star celebrity cricket team and



**12th AUSTRALIAN
MASTERS GAMES**
20 February - 1 March
Geelong 2009

will open the bowling with Lee Troop and Bryce McGain (current Victorian player). "Lee Troop will come off a 10km run up, while Bryce will bowl left handed just to make it a bit of fun", Cover said. "I'm also trying to get Steve Moneghetti as first change bowler but I'm afraid he may just run laps" he added.

Former Olympic Games swimmer, Peter Doak will also be participating, reliving the 1964 Tokyo Olympics where he won bronze in the 4x100 metre freestyle relay. "I am trying to get a team together for the relay and just looking forward to enjoying the thrill of my first Australian Masters Games", Doak said.

The Games offers people of all abilities the chance to participate in 70 sports. The ten day festival offers thousands of people a chance to relive their sporting moments or take up sport for the first time. Age is no barrier to participating, just an ability to mix with like minded Australians to celebrate sport and life.

Registrations have been extended, but are closing soon so now is the time to commit. You can register online at

or call

1300-725-266 for more information.

NATIONAL RECORDS

SHORT COURSE INDIVIDUAL 1/08/08 -25/10/08

Distance	Stroke	Name	Club	Age Group	Date	Time
100m	Backstroke	MITCHELL PATTERSON	NSP	20-24	18.10.2008	57.06
200m	Backstroke	KATE LEWIS	NCT	20-24	22.08.2008	2:21.13
25m	Backstroke	JACOB CHAMBERLAIN	TLC	20-24	30.08.2008	16.89
400m	Backstroke	CATHERINE TODD	NRY	20-24	17.08.2008	5:35.66
100m	Breaststroke	KARL WURZER	TAC	20-24	30.08.2008	1:03.04
200m	Breaststroke	KARL WURZER	TAC	20-24	30.08.2008	2:21.32
25m	Breaststroke	KRISTY HARNETT	QRC	20-24	28.09.2008	18.39
50m	Breaststroke	KARL WURZER	TAC	20-24	30.08.2008	29.08
25m	Butterfly	CATHERINE TODD	NRY	20-24	05.10.2008	15.08
25m	Butterfly	SHUK MUI PANG	QAL	20-24	30.08.2008	15.1
200m	Freestyle	KATE LEWIS	NCT	20-24	18.10.2008	2:11.79
200m	Freestyle	KATE LEWIS	NCT	20-24	22.08.2008	2:12.51
400m	Freestyle	KATE LEWIS	NCT	20-24	13.09.2008	4:40.72
100m	Individual Medley	KARL WURZER	TAC	20-24	30.08.2008	1:01.96
25m	Backstroke	MATTHEW ORR	TAC	25-29	30.08.2008	13.91
25m	Butterfly	CHRISTOPHE LIN WEN YING	WSM	25-29	23.08.2008	12.5
50m	Butterfly	ALEXA BROWN	QBN	25-29	30.08.2008	29.28
100m	Freestyle	ALEXA BROWN	QBN	25-29	30.08.2008	59.24
25m	Freestyle	CHRISTOPHE LIN WEN YING	WSM	25-29	24.08.2008	11.21
200m	Individual Medley	LOUISE STEVENSON	NNS	25-29	18.10.2008	2:26.20
25m	Backstroke	JULIAN DOOLEY	WWF	30-34	24.08.2008	14.1
800m	Backstroke	JULIAN DOOLEY	WWF	30-34	14.09.2008	10:19.81
100m	Breaststroke	PETER KERR	NSP	30-34	18.10.2008	1:05.06
100m	Breaststroke	PETER KERR	NSP	30-34	22.08.2008	1:05.41
200m	Breaststroke	PETER KERR	NSP	30-34	19.10.2008	2:29.04
25m	Breaststroke	NATALIE CLARENCE	NRY	30-34	05.10.2008	16.25
25m	Breaststroke	PETER KERR	NSP	30-34	05.10.2008	13.67
100m	Butterfly	LACHLAN MCDOWELL	QBN	30-34	30.08.2008	58.89
25m	Butterfly	LACHLAN MCDOWELL	QBN	30-34	28.09.2008	11.97
25m	Butterfly	LACHLAN MCDOWELL	QBN	30-34	30.08.2008	12.04
50m	Butterfly	LACHLAN MCDOWELL	QBN	30-34	28.09.2008	26.02
100m	Freestyle	LACHLAN MCDOWELL	QBN	30-34	28.09.2008	52.26
200m	Freestyle	LACHLAN MCDOWELL	QBN	30-34	30.08.2008	1:54.84
25m	Freestyle	PETER KERR	NSP	30-34	05.10.2008	11.21
25m	Freestyle	LACHLAN MCDOWELL	QBN	30-34	28.09.2008	11.22
25m	Freestyle	LACHLAN MCDOWELL	QBN	30-34	30.08.2008	11.33
200m	Individual Medley	DAVID LOVELACE	NNS	30-34	06.09.2008	2:14.50
100m	Backstroke	SIMON HO	NNS	35-39	24.08.2008	1:02.06
25m	Breaststroke	MARK THOMPSON	TAC	35-39	30.08.2008	14.95
25m	Freestyle	JULIE BRENNAN	WGT	35-39	24.08.2008	13.52
400m	Freestyle	MARK THOMPSON	TAC	35-39	30.08.2008	4:10.02
100m	Individual Medley	SIMON HO	NNS	35-39	24.08.2008	1:02.94
25m	Backstroke	STEFFAN WENSING	NSP	40-44	05.10.2008	14.62
50m	Backstroke	STEFFAN WENSING	NSP	40-44	18.10.2008	30.21
25m	Breaststroke	DEAN STOCKWELL	WCM	40-44	23.08.2008	14.15
50m	Breaststroke	DEAN STOCKWELL	WCM	40-44	23.08.2008	31.15
100m	Backstroke	SALLY BELL	WCM	45-49	23.08.2008	1:12.54
50m	Backstroke	SALLY BELL	WCM	45-49	24.08.2008	33.74
100m	Breaststroke	ANTHONY DUNNE	WCM	45-49	24.08.2008	1:10.03

NATIONAL RECORDS

SHORT COURSE INDIVIDUAL 1/08/08-25/10/08

Distance	Stroke	Name	Club	Age Group	Date	Time
50m	Breaststroke	STUART MOFFATT	VPP	45-49	02.08.2008	31.16
100m	Butterfly	NEAL MOORES	QMM	45-49	28.09.2008	1:02.77
50m	Butterfly	STUART MOFFATT	VPP	45-49	02.08.2008	27.5
100m	Individual Medley	STUART MOFFATT	VPP	45-49	02.08.2008	1:02.58
200m	Backstroke	JENNY WHITELEY	NRY	50-54	03.08.2008	2:54.08
25m	Butterfly	SHANE GOULD	TLC	50-54	30.08.2008	15.27
50m	Butterfly	JENNY WHITELEY	NRY	50-54	24.08.2008	30.88
100m	Freestyle	JENNY WHITELEY	NRY	50-54	06.09.2008	1:02.06
100m	Freestyle	JENNY WHITELEY	NRY	50-54	19.10.2008	1:01.95
200m	Freestyle	JENNY WHITELEY	NRY	50-54	18.10.2008	2:16.50
200m	Freestyle	SHANE GOULD	TLC	50-54	30.08.2008	2:23.69
25m	Freestyle	SHANE GOULD	TLC	50-54	30.08.2008	14.03
400m	Freestyle	JENNY WHITELEY	NRY	50-54	03.08.2008	4:43.61
50m	Freestyle	JENNY WHITELEY	NRY	50-54	24.08.2008	28.12
400m	Individual Medley	JENNY WHITELEY	NRY	50-54	17.08.2008	5:32.60
50m	Breaststroke	STUART ELLICOTT	NHS	55-59	19.10.2008	33.16
200m	Butterfly	LES SEVARACZ	VPP	55-59	02.08.2008	2:53.77
25m	Butterfly	JANETTE JEFFREY	VMV	55-59	25.10.2008	15.81
25m	Freestyle	JOHN WYNBERG	NNS	55-59	05.10.2008	12.42
400m	Freestyle	MACIEJ SLUGOCKI	TAC	55-59	30.08.2008	4:52.66
400m	Backstroke	CLARY MUNNS	NBT	60-64	03.08.2008	6:33.77
400m	Backstroke	VICTOR PAUL	WBP	60-64	14.09.2008	6:34.76
800m	Backstroke	VICTOR PAUL	WBP	60-64	14.09.2008	13:25.68
800m	Backstroke	CLARY MUNNS	NBT	60-64	17.08.2008	13:11.61
200m	Butterfly	VICTOR PAUL	WBP	60-64	24.08.2008	2:47.02
50m	Butterfly	LYNETTE STEVENSON	NBT	60-64	18.10.2008	36.23
50m	Butterfly	PATRICK DEVINE	VMV	60-64	25.10.2008	31.61
100m	Freestyle	GRAHAM CROFT	WCM	60-64	24.08.2008	1:00.82
50m	Freestyle	LYNETTE STEVENSON	NBT	60-64	18.10.2008	30.99
25m	Backstroke	JENNIFER MCLEAN	NWG	65-69	05.10.2008	20.03
50m	Breaststroke	JEN THOMASSON	QSM	65-69	30.08.2008	45.68
25m	Butterfly	MIKE BOSSLEY	SAM	65-69	03.08.2008	15.72
100m	Freestyle	JEN THOMASSON	QSM	65-69	30.08.2008	1:15.26
1500m	Freestyle	JEN THOMASSON	QSM	65-69	30.08.2008	21:43.60
200m	Freestyle	JEN THOMASSON	QSM	65-69	30.08.2008	2:45.09
25m	Freestyle	GARY STUTSEL	NML	65-69	05.10.2008	13.95
400m	Freestyle	JEN THOMASSON	QSM	65-69	30.08.2008	5:53.92
800m	Freestyle	JEN THOMASSON	QSM	65-69	30.08.2008	11:24.13
800m	Individual Medley	ANITA SAVIANE	NCS	65-69	17.08.2008	16:32.57
100m	Backstroke	PAM HUTCHINGS	NSP	70-74	18.10.2008	1:34.59
200m	Backstroke	PAM HUTCHINGS	NSP	70-74	19.10.2008	3:25.71
50m	Backstroke	PAM HUTCHINGS	NSP	70-74	19.10.2008	40.61
200m	Breaststroke	SUE MAYNE	TTL	70-74	30.08.2008	3:56.84
200m	Butterfly	SUE MAYNE	TTL	70-74	30.08.2008	4:11.40
100m	Freestyle	PAM HUTCHINGS	NSP	70-74	19.10.2008	1:20.29
100m	Freestyle	PAM HUTCHINGS	NSP	70-74	27.09.2008	1:21.90
200m	Freestyle	PAM HUTCHINGS	NSP	70-74	18.10.2008	3:01.93
200m	Freestyle	PAM HUTCHINGS	NSP	70-74	27.09.2008	3:05.05
50m	Freestyle	PAM HUTCHINGS	NSP	70-74	27.09.2008	35.28

NATIONAL RECORDS

SHORT COURSE INDIVIDUAL 1/08/08-25/10/08

Distance	Stroke	Name	Club	Age Group	Date	Time
400m	Individual Medley	SUE MAYNE	TTL	70-74	30.08.2008	8:18.84
100m	Breaststroke	PATRICK GALVIN	VMV	75-79	02.08.2008	1:37.49
200m	Breaststroke	PATRICK GALVIN	VMV	75-79	02.08.2008	3:40.90
100m	Butterfly	PATRICK GALVIN	VMV	75-79	02.08.2008	1:41.48
25m	Backstroke	GLADYS CLARK	WOP	80-84	23.08.2008	10.63
25m	Freestyle	COLIN BEATON	WSU	80-84	24.08.2008	18.46
25m	Backstroke	JOHN DEJONG	WGT	85-89	23.08.2008	26.01
800m	Freestyle	JOY GRANGE	QSC	85-89	30.08.2008	22:56.27
25m	Backstroke	JOAN GODSALL	QWS	90-94	30.08.2008	33.01
50m	Backstroke	JOAN GODSALL	QWS	90-94	30.08.2008	1:16.87
100m	Breaststroke	GEORGE CORONES	QTT	90-94	28.09.2008	2:33.12
200m	Breaststroke	JACK MATHIESON	NSH	90-94	19.10.2008	7:23.01
25m	Breaststroke	GEORGE CORONES	QTT	90-94	28.09.2008	27.12
50m	Breaststroke	GEORGE CORONES	QTT	90-94	28.09.2008	1:02.62
100m	Freestyle	JOAN GODSALL	QWS	90-94	30.08.2008	2:41.09
25m	Freestyle	GEORGE CORONES	QTT	90-94	28.09.2008	19.93
25m	Freestyle	JOAN GODSALL	QWS	90-94	30.08.2008	29.11
50m	Freestyle	GEORGE CORONES	QTT	90-94	28.09.2008	44.87
50m	Freestyle	JOAN GODSALL	QWS	90-94	30.08.2008	1:08.65

LONG COURSE INDIVIDUAL 1/08/08-25/10/08

Distance	Stroke	Name	Club	Age Group	Date	Time
800m	Backstroke	PAUL VIVERS	WBP	45-49	11.10.2008	12:22.68
400m	Individual Medley	GRANT SIMPSON	SAM	50-54	15.10.2008	5:39.35
800m	Individual Medley	PAULINE MURPHY	WSM	55-59	10.08.2008	14:53.13
400m	Butterfly	VICTOR PAUL	WBP	60-64	11.10.2008	6:31.96
400m	Butterfly	ANITA SAVIANE	NCS	65-69	02.08.2008	9:22.78
800m	Butterfly	ANITA SAVIANE	NCS	65-69	02.08.2008	19:19.44

SHORT COURSE RELAY 1/08/08-25/10/08

Distance	Stroke	Club	Age Group	Time
4 x 25m	Freestyle	WCM	120-159	57.12
4 x 100m	Medley	NRY	120-159	4:48.74
4 x 50m	Medley	NNS	160-199	1:56.64
4 x 100m	Medley	VSP	200-239	4:49.61
4x 100m	Medley	VMV	200-239	5:48.80
4 x 50m	Freestyle	TLC	240-279	2:07.40
4 x 25m	Medley	WCM	240-279	1:13.12
4 x 25m	Freestyle	WSM	280-319	1:33.94
4 x 100m	Medley	VNL	280-319	8:07.83
4 x 100m	Medley	VMV	280-319	6:48.56
4 x 25m	Freestyle	VNL	320-359	1:59.36
4 x 50m	Freestyle	VNL	320-359	4:11.90
4 x 25m	Medley	VNL	320-359	2:19.34

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The Team at **International Sports Tours** are proud to advise that we have renewed our Sponsorship arrangements with Masters Swimming Australia and are now in full working mode for Sweden 2010. Site inspections are planned for later this year and at such stage, we will commence regular communications with our data-base of enquirors. Please register your interest with our office should you be considering travelling to Göteborg in 2010!

Yours in Masters Swimming.



Brian L Travers
(North Sydney Masters Swimming Club)








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PUBLICATION INFORMATION

E-NEWSLETTER

This is the final version of AUSSI Masters News in this format. Future editions will be produced in an electronic version only. This will increase the reach of the newsletter and allow members to access news relevant to them in a more timely manner. Branches, Clubs and Members are encouraged to make submissions at anytime to

admin@mastersswimming.org.au



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