

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

In May I attended a National Coaching Directors Conference in Canberra. Hosted by the Australian Sports Commission and the Australian Coaching Council, it brough together NCD's from all sports, Australia wide. One topic which generated much discussion was the issue of compulsory accreditation.

If you had a legal litigation brought against your club do you feel you could say "All due care has been taken?"...

Do clubs employ only accredited coaches? Do all coaches have to be accredited? Is it either/or, or is it a combination of both? Many pools/councils will not allow you on deck unless you are accredited.

Can you club guarantee the safety of your participants if your coach is not accredited (given that our members are in the highest risk category of the athletic population)?

We want participants to have "quality" programmes and that comes through "quality" coaching. Would you want your child at school to be taught by a non-qualified teacher? By making sure your club coach becomes accredited we can maximise the chance of quality programmes.

Not only should we broaden the base of our coaches, but we can also develop those in higher positions that effect the educatior of others. In four years all State Coaching Directors must have a minimum of Level 1 qualification. Within eight years this minimum requirement will be raised to Level 2.

Do not get me wrong — my club and clubs all across Australia have grown because of the tireless help from volunteers. Many of us have assumed the title of "coach" because we happened to be faster or more knowledgeable than our peers. But with the growth of fitness swimming AUSSI is competing against many private coaches who are setting up "adult fitness squads", and in some cases that I know of, have lost their pool space to these "income producing" coaches.

The choice is clear. AUSSI clubs must provide better coaching and better programmes than those offered elsewhere, if we want to survive and grow.

Page 6 has a run down of accreditation courses on offer across Australia. Those already accredited will now have 4 (four) years to update that accreditation. AUSSI now have an updating policy, the guidelines of which are outlined on Page 4. This policy will become effective from 1 October, 1991 and more details will be available soon from your State Coaching Director

In this issue I have included Elly Fleig's SA Coaching Directors Report as an inspiration to other States (Page 13). WA is certainly tireless in the activities offered by Kay Cox and Richard Johnson and I have included some excerpts from the WA Coaches Newsletter that Kay produces (Page 25).

AUSSI's Executive Director, Ivan Wingate (who is also an accredited coach and referee - no he is not in an ivory tower!), has contributed an article on Page 7 which looks at the AUSSI rules and their true meaning. Swimmers and coaches alike should take the time to read this thoroughly.

This is plenty more within, so open the page and dive on in.

Cheers,

KITH ANNUAL AUST. SWIMMING COACHES AND TEACHERS CONFERENCE

April 30th to May 3rd 1991

MELECURNE by Ted Tulberg
State Coaching

Together with the Australian Open Championships which preceded it, this period provided a real smorgasbord for the coach.

This is the first time the Conference has been held in Melbourne and was sold out with 270 participants. A great success! Provision was made for an extremely wide range of interest ranging from the teacher to the elite level coach.

The Eden on the Park Motel in Queens Road together with the Melbourne Grammar School Swimming Pool (a short walk away) seemed an ideal location and was provided at a very reasonable cost.

TUESDAY APRIL 30TH

Stroke lectures were presented at the motel.

BREASTSTROKE - John Kilpatrick and Alwyn Barrett Very different approach showing debate is always healthy look forward to completed video.

FREESTYLE/BACKSTROKE DRILLS - Dick Hannula
Use of many skills were shown and those in attendance would
certainly be using some not used in their repertoire
before.

BREASTSTROKE/BUTTERFLY - Professor Kurt Wilke Kurt whetted our appetite for further talks by him by providing a very lively and extremely interesting presentation. The girls voted him "Mr Words 1991". I """ why??

SEEN AT THE COACHES CONFERENCE WERE AUSSI COACHING DIRECTORS TRISH BEVERIDGE (TAS), PAT WRIGHT (NTH QLD) AND TED TULBERG (VIC) AND A WHOLE HOST OF AUSSI CLUB COACHES WHO RELISHED EVERY MOMENT.

TRY TO MAKE THE EFFORT TO GET TO THE CONFERENCE NEXT YEAR IN ADELAIDE - YOU WON'T BE DISAPPOINTED (MANY TEACHERS AND SWIMMERS ALSO ATTENDED) - ED.

While the toke lectures were on, the Uncle Toby's Dolphins and ASCA ASI members were at the "Swimmer of the Year Award" where swimmers walked away with prizes for various efforts during the year. Hayley Lewis taking out Swimmer of the Year and being presented with a car. We certainly have come a long way in swimming giving the participants some of the just rewards they deserve.

LONG DISTANCE SWIMMERS - Bernie Mulroy
Rating high in world rankings, Bernie advised what was
required to prepare swimmers in this area.

The official opening of the Conference was made by Mr Tom Brazier - President of A.S.I. - who thought we had raised our standards BUT not enough. This was followed by Don Talbot who looked back at Perth with some critical remarks (and some good) and threw the gauntlet down for Barcelona.

Social time afterwards was great for mixing with attendees

WEDNESDAY MAY IST

COACHING THE YOUNG SWIMMER - Kurt Wilke
This time Kurt was confined to the lecture theatre and
again impressed. Highlighting many points on developing
the young swimmer. Interesting was the average age of
competitors at major meets as follows:

MUNICH '72 LOS ANGELES '84 SECUL '88 AV. RANGE AV. RANGE

FEMALE 17.3 13 - 26 19.1 14 - 23 19.5 14 - 27

MALE 19.9 15 - 29 20.5 17 - 25 22.1 17 - 28

The Conference allowed selection of two streams of lectures:

ELITE CONCIES - Dr Brent Rushall
What to expect from coaches.
Content of Competitive Strategies.
Psychological Measurement Tool for coaches

PAGE 2

A very busy day for Brent who crammed much into one day. Great for those coaches with swimmers at the higher level and very useable by those at the teaching level.

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LEVEL 2 STROKE LECTURES

RACING RULES - Bruce Welch (Victorian Chief Referee)
This could have gone on a lot longer as there are many controversial situations provided by the roles. Bruce also highlighted same of the little known rules.

BACKSTROKE - Gene Jackson

Gene reinforced skills shown by Dick Hannula and provided us with others. Most interest was shown in the "turn".

BITTERFLY/INDIVINAL MEDIEY - Bill Sweetenham

Bill flew back from Hong Kong where he now coaches and as usual lectured in his own interesting and very individual style.

STRUKE CONSOLIDATION - Professor Kurt Wilke

Kurt presented a different view on feedback methods and steps taken in consolidating a required motor skill.

STAFT & TURNS - Dick Hannula

SPRINT FREESTYLE - Ken Wood

The comedian was at his best and no one missed what Ken had to say. Ken even took the exportunity to advertise his swimming organisation using the hard out - typical Kenl

DISTANCE FREESTYLE - John Carew

John found Ken a hard act to follow but put forward his theory on relaxation in arm recovery and provided some ideas for each area of the stroke and training specific to Distance Freestyle.

THURSDAY MAY 2nd

All attended the great debate on Heart Rate VS Lactate led by Dr Alan Roberts and Dr Bob Treffene. This proved very interesting and left us with doubt on accurate results from both methods.

 The highlight of the day and particularly for Victorians was the presentation on Breaststroke by Leigh Nigent and Terry Cathercole. Surprise to the packed audience was attendance by Linley Frame who gave a paper on her lead up to the World Championships – certainly the way Terry performed and Linley spoke (precise and confident) bought a tear to my eyes having first seen Linley swim as a little girl. With Linley's permission I have included her paper at the back of this report.

A panel evaluated the National Team Training and Performance which proved of some insight into the different areas of input required to produce a top team. On Thursday night ASCA held its Annual Award Banquet with Pobert De Castella as guest speaker and Terry Gathercole receiving Coach of the Year Award. Joe King showed us all that life at 80 can be great - JOE IS UNREAL!

FRIDAY MAY 3rd

FLANNING WORKSHOP - Kurt Wilke Kurt reinforced knowledge on cycles and periods of training A free presentation of Disabled Swimming was provided by Anne Green which is certainly an expanding area in our sport. While this was on I was the only Victorian representative in the Annual 18 Hole Golf Day at Malvern. I am not a golfer, won no prizes but certainly enjoyed accompanying Bob Treffene - one of the winners.

Free eats provided by the Insurance Exchange.

A C.P.R. Update Course was held to ensure all coaches are gournent in this area.

I would like to thank all those from Victoria who attended to make this the most successful Conference to date and also to Australian Swimming, Department of Sport and Recreation (Victoria), Australian Swimming Coaches Association, Australian Coaching Courcil, Victorian Institute of Sport and anyone else I've forgotten who donated so generously to the event.

P.S. To Paul Quinlan and staff - A GREAT JOB - WEIL DONE.

ACCRED ITED AUSSI COACHES

UPDATING POLICY AND GUIDELINES

Abbreviations used within this Policy

NED - National Executive Director
NCD - National Coaching Director
SCD - State Coaching Director
ACC - Australian Coaching Council
ASI - Australian Swimming Incorporated
ASCA - Australian Swimming, Coaches Association

INTRODUCTION

With the aim of improving and standardizing the Coaches Accreditation scheme, AUSSI are implementing a National Accreditation Updating Scheme in line with the Australian Coaching Council guidelines.

WIAT IS IT? Accreditation Updating is a policy that requires conches to attend prescribed amount of post accreditation course refresher activity.

Updating is required to retain the full rights of a untionally accredited coach, which includes the opportunity to join the Australian Swimming Conches Association. Hembers of this association (ASCA) have access to information and insurance schemes unavailable elsewhere.

ensure that coaches are up-to-date with the latest safety/injury to provide an avenue for the post accreditation servicing to ensure that coaches are up-to-date with the latest safe to extend the knowledge and skills of coaches prevention information

IMPLICATIONS OF ROT PPRIME

- Coaches whose accreditation status lapses will be removed from the current ACC Register.
- Conches may be re-admitted to the list at a later date on the advice of the Mattonal Executive Director (NED).
- Conches OMLY and to ensure that these maintain their accreditation status. Clubs will be adrised that it is in their interests to employ Accredited
- Coaches whose accreditation status lapses will be incligible to join ASCA.

COLUMNICATION OF UPDATING SCHOOLS

As from October 1991 ALL currently accredited Level 1M coaches will have years to complete their updating requirements (i.e. to October 1995). All coaches newly accredited after October 1991 will have 4 years to complete provided by the ACC/ASI and is also shown on the ACC Mailing Lists which are circulated to the National Coaching Director. their updating requirements from the date which appears at the bottom of their accreditation card. This date is the official accreditation date

requirements · period Candidates can finish the requirements before the allocat and can submit before the closing date, but scheduled com remain at fixed 4 year intervals.

spread over the 4 year period, rather than do all the updating in one year. It is strongly recommended havever, that conches accumulate hours/points

All accredited conches will be sent an Epharing Package (which will include an ACC Record book), by State Coaching Directors (SCD's to obtain from NCD). All accredited

Packages will initially be sent directly to those who have been accredited already and then to new coaches, as accreditation status is approved by the ACC.

UP-DATE REQUIRECTING

LEVEL 1M	LETEL 2H*	LEVEL 34*
Attain level 2M (AUSSI) or Attain level 2 (ASI) or or	Attain level 3:: (AUSSI) cr Attain level 3 (ASI:	
Complete 24 points of approved up-date activity in 4 years	. Complete 48 points of approved up-date activity in 4 years	. Complete 100 points of approved up-date activity in 4 years

According to the above table a Lovel II ceach would have to average 6 points of up-dating activity per year, over a 4 year period, to retain full rights of a Nationally Accredited Crach.

This table has been drawn up or the assemption that : (e)

our pilot Level 21 crire will sicessfully become a part of our National Coaching Acer-litation scheme and that we will eventually have a Level 21 course.

3

are put in place now for the ";-dating requirements of these higher courses. sensible that for the sake of cur long term planning, provisions It seems

Details can be worked out, and added to at a later date.

SPECIFIC REQUIREMENTS FOR UP - DATING LITTL, III and LEWEL 28

Coaches must be current members of AUSSI Husters Swimming Inc. and have a current CPR Cartificate.

LEVEL 2N LEVEL IN

	48 points -	Av 12 points/year	
•	24 points -	Av 6 points/year	

PERSONAL DEVELOPMENT

48 points	•	
24 points		
next level	SI or	
Complete the	of Coachi	VSI)

PRACE THE COACHING

2

و د point/hour (3/15) First Aid Course Resuscitation Course Sports Trainer Level

> points 2

points

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hours of coaching rust be

done turing this period

A minimum of 6 practical

At grap, club, State or Kettonal Level

Level 2

offered by any kindred

associations c.g. ACHPEN

1 point/2 hours

Department of Sport & Reservation Australian Coaching Council Asthma Foundation

Sports Psychology/Disabled Tertiary Institutions Epilepsy Foundation

These non-specific tasks hist te approved by the State Coaching Director. Written permission much be sought by the Coach from the SCD BEFORE the event is attended.

Hame of organization c ...icling the workshop/event Hame of Lecturer/s inv...red

Durotion, date and bere on of Worlshop/Brent.

10 points 10 points

MASTLES SWIMMING PEACTICAL

WORKSHOPS - 1 point/hour,

e.g. 3 hours/3 points Woekerl Workshop/Camp

SPECIFIC) STILKARS

.e. lirectly related to

NSI or AUSSI activities

PARTECTPATION IN STITLING

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but caly 12 hours can be

completed for Level 21, claired. (1 point/hour)

12 briss must be

Level III. Aminimum of

claired for up-dating and 6 ..ours can be

1 paint/hour

Technical Official Course

Technical Course, e.g.

Referens

Assistant Coaching with/ Assis int Coaching :: Uh/

for State Branch

for betinnal Body

10 points 10 points

1 point/lour 1 point/hour

year for ceaches to up-date, by off with State run fectures/kerkeheps State Coaching Director's and prov., suitable opportunities every

Swimming Conches Mewsletter". This will give conches the eppertunity to travel interstate to attend courses if warranted. A list of these (and any other known men-specific lectures etc) will be submitted by the SCD to branch neesletters, the Unitonal Hews sheat and to the NCD for publication in the "Australian Masters

SUITARY OF PROCEDURE STITIS

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1 point mont

Presectation of Jectory at

Lovel

Level

Level

Preparation of Constant Loctures/ Works are no State & Cartonal Level

points/bour

CURRESTLY ACCREDITION COACHES;

Coaches have until October 1995 to complete all their requirements. Requirements may be completed and submitted before the end of the 4 year paried, but the next updating period will not begin until 1st November 1995. No points will be carried over into the next updating period.

It is strongly recommended that Conches spread Lieir points over the 4 year period rather than loave it until the last year. Updating packages will be sent directly to all conches by the State Coaching Director (SCD).

points/hour points/hour

Seminars or Worksheps offered by AST, AUSTSWIM, Reyal Life Saving Society, Surf Life Saving Society

1 point/hour

points/hour

1 point/hour

of Cosching Accreditation

Courses

Level

Level Level Level

Planning & Co-ordinating

event in the ACC Record Book provided in the Up-dating package... The co-ordinator of each event/workshop IMST sign the Record The coach must record all attendance details of each up-dating look as verification.

Lecture/Workshop/Seminar

Australian Sports Hedicina Federation

The following information will be required for approval to be considered:

Content

Level IM IN NOV-SPECIFF PARTICIPATA SPORTS TASKS

Level 2Nº

The coach must seek written permission from the SCB for non-specific events/werkshops $\overline{\rm BEFORE}$ the event is attended.

On completing the workshon/legiure they must complete the "Post Workshop Form".

On complexing all the requirements, the coach will submit to the SCD the fallowing:-.

Completed ACC Record Book

Verification of current AUSSI Nembership Copy of current CPR Certificate

NEWLY ACCREDITED COACHES

Coaches follow the same procedures as set out above, except that packages sent after official notification has been received by the ACC of full accreditation status. The 4 year portod will bogin from the date set out on the Coaches Accreditation card. will be

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SWIMMING STYLE ABBREVIATIONS

Just a quick reminder of the standardised abbrevia-tions used throughout AUSSI, They are as follows:

IM	Individual Medley
FLY	Butterfly
BREAST	Breaststroke
BACK	Backstroke
FREE	Freestyle

/ears.

REGISTRATIONS FEES

from 1st October, 1991, the Member National registration increase to \$15 as irst increase in the last few increase each year in line with the Consumer Price Index In future, fees will fees will (CPI).

COACHING ACCREDITATION COURSES AUSSI IMSTERS FORTHCOMING

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This course is a pre-requisite for the Pilot Level 2 M course which will be run later this year. Contact Ron Tinfall (387 973) - Ministry for Sport and Recreation UEVEL 2 GENERAL PRINCIPLES - Monday, 2 September 1991 Closing date 26 August 1991. ·±:

;

Enquiries to Par Wright, PO Box 436, MACKAY QLD 4740 Relephone 079 5: 1117 LEVEL 1 A - September 9

27 October 1991. Please note : this is a bridging course only, which means you must have already completed your Level 1 ASI course, \overline{OR} complete Level 1 ASI within 12 months of sitting your Level 1 M Supplementary course. LEVEL 1 M SUPPLEMENTARY COURSE - Saturday 26 and Sunday Victoria College, 221 Burwood Highway, BURWOOD VIC 3125 Telephone 03 805 3201. MIC

Elly Fleig has just completed a Level 1 M Course which I believe was well attended. Š

As this goes to print Geoff Tindall is running a Level 1 M Course. NSY.

Congratulations #3SSII This is the first year that ALL major branches have/will have run an accreditation course in the one year. Let's keep the ball rolling next year and the next

As at February 1991 AUSSI had 53 Level 1 M Accredited conches. The breakdown is as follows:

1 1 VIC M ACT - 1 WA - 20NSW - 0 SA - 4 QLD - 19 TAS - 0

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Seminars will go any where from 30 - 60 minutes and it will count topic that is dear to you and you feel you could get up and talk about I am looking at running a series of seminars to be held in conjunction with the Nationals in Melbourne next year. If you have a particular (as long as it relates to swimming, of course!) please drop me a toward your updating requirements (both to attend and/or talk). line.

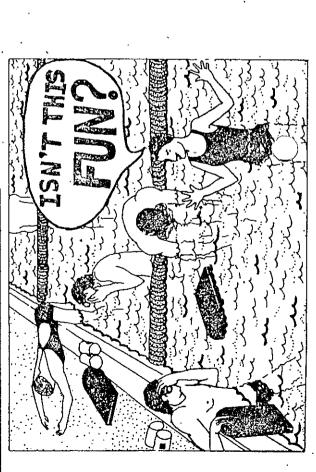
If you have a topic that you would like someone else to talk about also drop me a line (see address

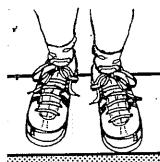
NEW VIDEOS

The National Video Library has two new videos.

"Strength Training" while not specifically aimed at swimmers, takes the plan and progress through a season. It will serve as a good foundation viewer through the different types of weight training and shows how to For anyone seeking information in this area.

"Visualization" is also a general look at how athletes prepare themselves Although not specific to swimming it is easy the same principles to our mentally through imagery. to apply





Not the AUSSI Rules. but a guide for Grandstand Referees. PAGE 7

The complete AUSSI Rules are available from your Club Secretary, but the following should cover most points you need to know about the rules of swimming strokes, and remove some of the distortion caused by 'grape-vine' communications.

The Start

On the referees long drawn out whistle, you take your position the front of the starting block or pool edge, or enter the ter ready to push off but one hand must be held on the pool end wall.

For backstroke, both hands hold the starting grips and toes must be under the water.

The starter will call "take your marks" when you should immediately take up your starting position and remain steady. The starter will wait until all (or most) are steady before giving the start signal. It is the swimmers who determine the "speed" of the start, which will depend on how quickly everyone is in position and steady. The starter will not necessarily wait for slow

given if swimmers are unsteady — hence the reason for sometimes "fast" and sometimes "slow" starts.

False starts — Only one false start is now permitted. After the first false start, any swimmer starting before the signal will be disqualified.

Finish.

When you've finished, remain in your lane until the referee blows two sharp blasts on the whistle which will not occur until all swimmers have finished. Sometimes however, you may be invited to leave the water if others are a long way behind. Othertimes you may be requested to remain in the water whilst the next heat starts over the top of you.

FORWARD PLANNING

1992

March 11-15 17th AUSSI National Swim, Melbourne, VICT.

27 June to 5 July . 4th FINS/MSI World Swim, Indianapolis, USA.

1993

18th AUSSI National Swim, Darwin, NT.

5th Pan Pacific Masters, New Zealand.

1994

5th FINA/MSI World Swim, Montreal, Canada.

1995

20th AUSSI National Swim and 6th Pan Pacific Masters, Perth, WA.

Life Membership was conferred on Peter Gillett (South Australia), Director of Recording, at the recent Annual General Board Meeting of AUSSI in Devonport, Tasmania,

Peter joined AUSSI in 1979 and in 1980, he attended the second , National Council Meeting and has attended every Council/Board Meeting held since that time. In 1982 Peter was appointed National Recorder and a year or two later, accepted responsibility of being World Recorder. In 1981, Peter compiled his first National Top Ten. He has continued to perform this task despite the fact that the task has grown to mammoth proportions over recent times.

Peter has contributed with sustained excellence to the furtherance of the ideals of AUSSI for over a decade.

When timing pads are installed you must leave the pool from the side. NOT CLIMB OVER THE TIMING PADS.

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Freestyle.

Freestyle is just that, you can use any style: crawl, sidestroke, butterfly, kicking on your back etc., you just have to complete the distance and touch the wall with any part of your body. In medleys however, freestyle means anything other than backstroke, breaststroke or butterfly.

You may also nominate a formstroke for a freestyle event for setting records etc. Details are in the Rules.

Backstroke.

Backstroke is similar to freestyle in that you can do what you like as long as you stay on your back. "On your back" can include a roll movement of the body up to 90° from horizontal.

During the turn the shoulders may be turned over the vertical to the breast but the swimmer must have returned to a position on the back upon leaving the wall. When executing the turn there must be a touch of the wall with some part of the swimmer's body.

You must break the surface with your head within 15m from the start and turn.

Upon the finish of the race the swimmer must touch the wall while on the back.

Breaststroke.

Interpretation of this stroke is debated far more than the others, so if you are unsure — study the Rules. In brief, the Rules state that you stay on your breast with shoulders in line with the water surface. The hands push forward together from the breast and are brought back simultaneously in the same plane under the water, and except from the start and turn, not beyond the hip line.

The feet should be turned outwards in the backward movement. Up and down or alternating movements (dolphin or flutter kick) are not permitted. AUSSI Rules do not require the kick to be simultaneous nor symetrical and the word should is used deliberately so as to not make it mandatory for the feet to turn out. This could all change in the near future.

The touch at the turn and finish must be with both hands at the same time but they do not have to be in the same plane. The shoulders however, must remain horizontal. Dipping a shoulder at the turn is a common disqualification.

At the start and turn you are permitted one armstroke (which can go beyond the hip line) and one leg kick under the water. Thereafter the head must surface between each cycle of one arm and one kick. (only one kick is permitted for each cycle of one arm pull and vice versa).

If in doubt - consult the Rules.

Butterfly.

Most disqualifications in butterfly are to those who simply cannot do it properly and they flirt with the extremities of the Rules and interpretations to 'get through' sometimes and gain those lucrative points.

"Both arms must be brought forward together over the water and brought backward simultaneously" is the Rule. Amateur swimming say "This does not mean ON the water therefore swimmer's arms must CLEAR the surface...". AUSSI to be lenient, publish the clarification. (that is, it is not the Rule) "...over the general surface of the water with the elbows being visible on top of the water".

AUSSI swimmers have now invented a range of styles with which they can expose their elbows to the air and become most indignant when they incur disciplinary measures from the referree. They are not doing butterfly so this 'clarification' is under review too.

Arm recovery must be over the water, therefore if the arms push forward at any time under the water, other than re-entry into the water, you can be disqualified. Common faults are when the hands fall short of the touch and a mini-breaststroke pull is used to bridge the gap and the other is when the hands are 'feathering' in the glide position, particularly when multiple kicking is used.

The kick only has to be with both legs simultaneous and they don't even have to be on the same level. A breaststroke type kick can be used (and it doesn't have to comply with the breaststroke rules), you can alternate between dolphin and breaststroke kicks

and you can have as many kicks as you want between arm pulls. The kick cannot be alternating as in a flutter kick nor sidestroke (screw) type kick which maybe acceptable under our relaxed breaststroke rules.

The shoulders have to remain horizontal and the touch is the same as for breaststroke.

Medley Swimming.

In individual events, the order is: Butterfly, Backstroke, Breaststroke and Freestyle.

In medley relay events, the order is: Backstroke, Breaststroke, Butterfly and Freestyle.

Each section must be finished in accordance with the Rules which applies to the style concerned, therefore when changing from backstroke to breaststroke the shoulders <u>must not</u> "turn over the vertical" before you touch the wall.

Wrong Stroke.

If in a Medley, you commence with a wrong stroke, you can negate disqualification by stopping and returning to the pool end and recommence using the correct style. Amateur swimming now no longer allow for this 'erasing the error', so our rule is under review too.

Stopping during the Swim.

If you have to stop for any reason (loose costume, swallowing water, out of breath etc.) you may stand on the bottom or hold the lane ropes, but you must not walk or propel yourself forward — you must float off when restarting.

A thought for the Referee.

Referees should disqualify only on infringements they see and are sure of — not what they think they may have seen, therefore (usually due to limited numbers of stroke judging personnel) many infringements are not penalised. "Grandstand" Referees of course don't have such limitations — they can even condemn on hearsay.

Sometimes, rarely I would suggest, Referees make a mistake in judgement, usually on a borderline decision which could go either

way. Your interpretation in such cases of course is borderline too. In the main therefore, the swimmer (collectively) is well in front. Please keep this in mind when you next get up tight about a decision you do not like and think of all the ones "that got away".

There is of course much more written about swimming strokes in the Rules and you should learn them all in due course. I have attempted to make it a little easier to understand the basics and to dispel some of the myths. I am always available to discuss my understanding of them if you have any doubts.

IVAN WINGATE REFEREE

SEX AFTER 60 If the mind's willing, exercise may keep the body able.

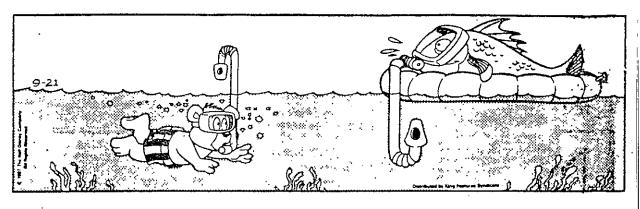
George Burns isn't the only oldster with an enviable sex life, it seems. There are plenty out there, apparently, all hanging out at the pool.

Researchers at Bentley College, in Waltham, Massachusetts, surveyed 160 people ages 40 to 80, all of them active in Masters swimming competitions - about their interest and participation in sex. "We found that these men and women have the sex lives more like people in their late 20's or early 30's," says Phillip Whitten, Ph.D., the study's co- author. According to the swimmers' responses, sexual activity was 7.1 times a month for those in their 40's and 6.7 times a month for those 60 and older. Whether exercise alone produced these results, or, indeed, whether these swimmers' egos were more active than their evenings, could not be determined from this survey.

"The most important factor here may well be psychological," Dr. Whitten admits. "These people were proud of their bodies and they *felt* younger." (Excerpt from Prevention, Nov., 1988)

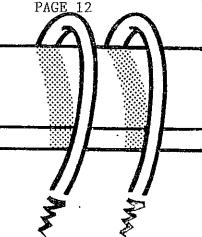
The following thoughts are the courtesy of Maxell Garret of the United States Fencing Association:

"Let us remember that nobody grows old by merely living a number of years. Instead, people grow old by deserting their ideas. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. We do not quit playing because we grow old; we grow old because we quit playing."





2nd Part of a Four Part Series by Jim Montgomery



Reprinted with permission from the MACA Newsletter

BACKSTROKE

- I. Arm Recovery "Rifle Barrel", "Little Finger", "Karate Chop"
 - A. Arm recovery begins while hand and arm are still in the water.
 - 1. After downward push of hand, the palm turns inward to face thigh.
 - 2. Thumb leaves water first.
 - B. Arm breaks water and is lifted straight upwards in a vertical plane, elbow locked.
 - C. Arm rotates so palm faces out.
 - D. Arm enters water shoulder width, little finger first.
- II. Body Roll "Barbecue Skewer", "Speedo Panel"
 - A. As little finger enters water, both arms are straight.
 - B. Hand continues sink to a depth of 8 12 inches, with no bend in elbow.
 - C. Pull begins at maximum shoulder rotation, opposite shoulder at maximum point, hand at deepest point.
- III. Arm Pull "Arm Wrestle", "S-Pull", "Downsweep, Upsweep, Downsweep", "Shot Put", "Basketball Dribble", "Anchor"
 - A. Arm pull begins when arm has entered water and sunk to a depth of 8 12 inches.
 - B. Elbow begins to bend as arm is pulled down and back.
 - C. Elbow bend continues increase until halfway through pull, arm reaches its maximum bend 90 degrees inverted high elbow.
 - D. 2nd half of pull begins when elbow begins to extend and hand starts to push downward.
 - E. Pull is completed with the final push of the hand downward past hip.
- IV. Head Position and Breathing
 - A. Head is carried so water line breaks at middle of head, chin held out of water.
 - B. Air should be inhaled on the recovery of one arm and exhaled on the recovery of other.
- V. Kick "Boiling Water", "Kicking the Ball"
 - A. Legs kept straight on downbeat and upbeat, exact opposite of freestyle kick.
 - B. Ankles are flexed, toes are pointed on upbeat kick.
 - C. Opposite leg up when hands enter the water.

BACKSTROKE - COMMON MISTAKES

- I. Body Position Head or Arms Swing Laterally
 - A. One-armed swimming
 - B. Catch-up
 - C. Money on forehead/sight ceiling
 - D. Wrist resting on top of head
 - E. Half moon
 - F. Touch shoulder to ear
 - G. Heil Hitler

Continued on page 14

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FITNESS AND COACHING DIRECTUR'S REPORT 1990 - 1991

This is the first year that a Fitness Panel has been appointed with the idea of assisting the Fitness and Coaching Director. All clubs have been asked to nominate a suitable person to volunteer with the view of sharing the work load. At present only four clubs have complied.

Adelaide Masters - Andrew Lemme:
Atlantas - Danita Clark
Marion - Jim Fuller
Reynella - Tony Brown

Aims and objectives were chosen so that an end result could be defined and a line of action agreed upon.

- 1. Be a Information/Resource/Teaching Body
 - Run a Level 1 Course
 - Run a Supplementary Coaching Course
 - Run workshops on stroke technique, warm up exercises and stretching
 - Hire or borrow resources such as Video camera for use of all clubs.
 - Research and Write articles on such subjects as effect of heat stress, cold water, bad posture, swimming injuries, nutrition and any relevant information deemed beneficial to the adult swimmer.
- 1 2. Have an input into the planning of Interclubs, longswims and any competitive carnivals, from a coaches viewpoint, by nominating a representative.
 - Timing and number of interclubs per year.
 - Distance interclubs.
 - What order of swim events (safety, fairness,)
- 1 3. Review the Coaching Course Structure.
 - General and liaise to update if necessary
 - How can we improve the coaches knowledge and what level of knowledge is needed.
 - . No Psychology of swimming mentioned. Adults find competing more stressful than young people.

The main aim of the fitness and coaching panel year was to organize and run a Level 1 National Accreditation Coaching Course and a Supplementary Course for the AUSSI Branch of South Australia. Thereby providing a pool of potential club coaches, which will help raise the safety and swimming standards, that can be provided for the ever increasing demand for membership to clubs in all parts of South Australia and Australia. Sufficient number of applicants would need to be recruited.

To find out who was interested and what type of information was needed, most of the city clubs were visited at their various venues and, also, the Reynella club at their venue on Sherriffs Road. This had the dual purpose of ascertaining what conditions they were training under and be able to speak to members personally with regard to the Level 1 Coaching Course. The response was excellent with two or three from each session showing some interest. Most of the people were interested in obtaining knowledge so that they could improve

their own swimming technique, not necessarily so that they could become coaches, on pool side. A desire to coach may eventuate for some of these members after they have acquired and gained sufficient confidence with their new knowledge. The next step taken was the distribution to all clubs of a notice giving more information and 'expression of interest' handouts. Unfortunately due to a poor response from clubs, with the exception of Adelaide Masters who had eight members interested in the course, the course was deemed to have insufficient numbers to be financially viable and had to be cancelled for 1990.

It was agreed that a personal approach will be made to all clubs, attention being drawn to the fact that the course can be done for personal use, not just for future coaches. The Course is presently in progress with seventeen members attending and has been extremely well received with excellent Lecture presentation and information given.

Personal visits to swimming pools to interest management in encouraging their staff to increase their qualifications by enrolling in the Level 1 Supplementary Course scheduled to run Saturday the 6th and Sunday the 7th of July 1991 is also envisaged. As is advertising through the S.A.A.S.A. 'Competitive Swimmer' and the AUSSI's newsletter.

The articles on the importance of 'Posture' or Streamlining was well received and work is currently being undertaken to write two articles on 'heat stress' and 'cold water', the effects, and type of precautions to be taken when swimming in these; conditions.

I would like to thank my committee members for their time and efforts and look forward to seeing the resultant trainee coach's on poolside in the near future.

Elly Fleig Coaching & Fitness Director

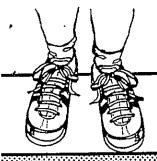
BACKSTROKE (CONT.)

PLEASE NOTE: The other parts to this series have been reprinted in past issues of this newsletter.

- II. Kicking Knees Popping Out of the Water A. Holding kickboard over knees
- III. Timing Hesitation of Arms on recovery, Irregular Kick

A. Roll drill (fins optional)

- B. Spin drill
- IV. Arm Pull No Shoulder Roll, Too Much Drag From Upper Arm and Shoulder on Recovery; Swimmer Begins to Pull Back as Soon as Arm Enters Water
 - A. Shoulder roll drill
 - B. One-armed swimming
 - C. Roll drill
 - D. Fists



How to Videotape

and Analyze Your Stroke Underwater

By Bob Prichard, Director, Somax Posture & Sports

Reprinted from "Swim Magazine" Jan-Feb 1989

his is the first article in a ten-part series on underwater video stroke alysis. We will begin the series with a discussion of the different tape formats available, what kind of recorder and playback equipment you'll need, and what equipment you'll need to video your strokes underwater. Then, we'll show you how to set up your equipment to record your stroke. Finally, we'll show you how to measure your stroke mechanics. Measuring your stroke mechanics and comparing your measurements to those of the world's top swimmers will tell you exactly where and how much you'll need to correct your own stroke.

Let's face it. Nothing important happens above the water in swimming. Janet

s has shown that one can swim fast ut even bending the elbow on recovery. Yet underwater analysis shows that she is almost 100 percent efficient with her hands and arms underwater. Underwater video stroke analysis is the future of swim training. This is where the big gains will be made. Unless someone can show that gains can be made above 20,000 yards a day (the current maximum for collegiate swim training), it's unlikely that swimmers will become more fit. There will be gains made in power training. We have found that elite swimmers have tremendous power in unexpected ranges. These ranges are not being trained today simply because the equipment does not exist to train these ranges.

But the big improvements are going to come from stroke changes. We have found, for instance, even the world's best swimmers have major asymmetries in their stroke mechanics. Matt Biondi, for instance, was .25 meters/second slower



Bob Prichard

on one side until we worked with him before last year's Olympic Trials. Think of that! The world's fastest swimmer, slower on one side by 16 percent (his peak velocity was three meters/second on his fast side). If we assume an equal number of strokes on each side, that means a potential improvement in time of almost 8 percent, minus whatever time is spent in the turn and start!

The problem with improving stroke technique has been four-fold. The first is that stroke analysis has lagged far behind stroke production. It wasn't until Doc Counsilman realized that swimmers' hands were more like propellers than paddle wheels slicing the water at an oblique angle to the direction of travel rather than pushing the water backwards, that stroke analysis caught up to stroke production.

The second problem has been techno-

logical. It wasn't until the past year or so that video recorders with high speed shutters were available to accurately record a swimmer's motion. You need a shutter speed of 1/250th of a second to clearly record the angle of a swimmer's hand. And you need to be able to do it underwater.

The third problem has been lack of objective standards by which to judge a swimmer's stroke. That has changed, too, in just the last two years. Enough research has been done, including our own, to be able to measure a swimmer's mechanics. This means that coaching will enter a new era. Coaching will no longer be a matter of opinion—it will be a matter of measurement. Every swim coach will learn how to measure stroke technique and will train swimmers to improve their measuréments. Expressions like "feel for the water" and "finding still water" will go the way of "Tippecanoe and Tyler, too!" Paradoxically, this will free swimmers to experiment and develop new strokes-because for the first time they and their coaches will know exactly what they are doing. And children of 8 and 10 years of age will be able to swim more precisely than our present Olympians because they will have learned how to measure and perfect their strokes by that age.

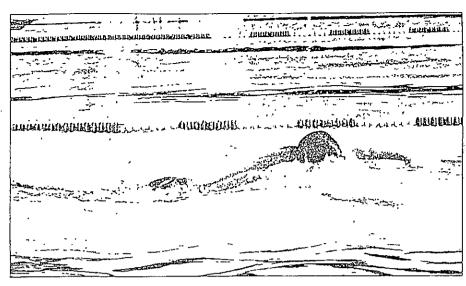
The fourth problem has been the assumption that chronic stroke problems are mental—and therefore amenable to instruction alone. Those of you who read our series last year on stretching and range in swimming know that this is not true. Especially for Masters swimmers, chronic stroke faults are primarily caused by poor range of motion. The reason for this is simple: swimming requires a greater range of motion than any other

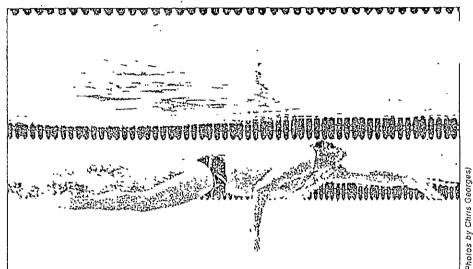
sport. It's no accident that great swimmers like Spitz, Gross and Caulkins are noted for their flexibility. Fish (which are certainly more supple than any human) can swim at a top speed of 12 meters/second. Compare that to our top sprinters who have an average speed of a little more than two meters/second and reach a peak velocity of only three meters/second.

We find that swimmers lose 50 percent of their range in one or more joints crucial to swimming from the ages of 5 to 25. This loss of range often stems from injuries and stresses that occur before a child enters swimming. But it can also be caused by training methods such as overuse of weights, too much yardage and too many sit-ups. And, it is not helped by the fact that swimmers do not stretch enough; those that do are not stretching the ranges that are important for swimming. Janet Evans, for instance, has a VO₂max of only 56 (other world class athletes average 70 to 80), and at 100 pounds, not a lot of muscle mass. Yet, she has 100 percent of nine of the 11 ranges we consider crucial to swimming, and in one range she goes completely off the charts. This is the range crucial to performance above 50 meters, yet is one that no one stretches-breathing. Janet expands 16 percent of her chest circumference when she breathes-far above any athlete we've measured in the past 10 years. It would be a good idea to keep this range in mind as you advance through this series. If you find that you have good mechanics but are not as fast as you'd like, measure your range of motion across the middle of your trunk. If it's less than 16 percent of your chest circumference, stretching your chest will help you go faster.

Since most of the problems concerning stroke mechanics have been solved, let's proceed with the task of recording and analyzing your stroke mechanics.

The first problem to solve in recording stroke mechanics is which tape format to use. There are now three formats to choose from—VHS, 8mm and Super VHS. There are also Beta and EDBeta; since the number of users is so small we will not be able to cover those formats for lack of space.





When you begin video taping your strokes, you will see above-water (top) and below-water (bottom) views of how you look in the water. This will enable you to clearly see which parts of your stroke are good and which parts need improvement.

Let's begin with VHS. VHS is 1/2-inch composite format. That means that what the camera sees is recorded on 1/2-inch tape in the cassette with the color (chroma) and brightness (luminance) combined together. Every object has both color and brightness. When the two are combined together (composite), you lose definition. Small things get blurred together. Also, the frequencies that are used for color and the frequencies that are used for brightness overlap in VHSleading to a kind of mushy quality when recorded. Of the three formats we will consider, VHS gives the poorest quality because of the way the signal from the camera is recorded and played back through your television set. The advantage of VHS is that everyone has one. It is the most common of the three f mats. Cameras and VCRs tend to cheapest in the VHS format.

Many of the problems inherent in VHS are solved with Super VHS. The difference is astounding. The first thing that strikes you is the tremendous clarity of the picture. The smallest detail is clear and sharp. The picture is almost twice as sharp. VHS has a horizontal resolution of 240 lines while Super VHS can resolve 400 lines. This is not to be confused with the number of lines on a TV. This 400 lines of resolution for Super VHS tape is not to be confused with the number of lines on the TV (525)—the two systems of resolution are entirely different. Television will improve its resolution in the next couple of years-another

"SHOW ME AND I FORGET

good reason to go to a high resolution VCR and camera. How engineers were able to almost double resolution on the same size tape is an interesting story.

Basically, they changed the recording method from composite (color and brightness combined) to component (color and brightness recorded separately). This change in recording method was pioneered in professional broadcast cameras several years ago, which is why "on location" news reports have looked so much better.

The second step was to play the recorded tape back with the separation intact. For this you need a television with a separate Y (brightness) and C (color) inputs. The effect is very much like the advent of stereo sound—much greater clarity and realism.

While you must have a Super VHS recorder to play Super VHS tapes, you can still get better quality from Super VHS with your present TV—you just won't get the full range of definition.

The drawback to Super VHS is that the equipment is more expensive, and a VHS deck cannot play your Super VHS tapes. At the present time, there are no camcorders that will play back in slow motion, freeze frame and frame advance—so you will have to buy a separate deck. However, the quality is so much better that if you have an old VHS VCR and are thinking of getting a new one—I'd go with Super VHS. When high definition TV comes in, VHS will go the way of mono audio equipment.

The third format presently available is 8mm. Developed jointly by electronic manufacturers around the world; the 8mm recording system is a marvel of modern engineering. 8mm tape is only 1/4-inch wide—and thus the cassettes are not much larger than standard audio cassettes. This allows the camcorder (camera and recorder combined into one unit) to be much smaller and lighter.

Even though 8mm tape is one-half the size of VHS, the 8mm picture is much better. Whereas VHS has only 240 lines of resolution, 8mm often has 300. How was this done? You guessed it—component recording. This time the colors were recorded separately—red, green and blue (RGB). In fact, one of the first things you'll notice about 8mm is how vivid the

colors are.

The drawback to 8mm is that the equipment is more expensive. The other drawback is that while 8mm is recorded onto the tape in component form, it is played back in composite form. While you don't need a special TV to get the full effect of 8mm, you also don't get the resolution of Super VHS. Rumor has it that a HI-Band or component 8mm system will be coming out in the middle of this year. We will

keep you posted.

In our next article, we'll describe the various types and brands of equipment available for recording and analyzing your stroke technique. The array of equipment to choose from is enormous—we will try to make your job easier by recommending what we consider to be the best models in each format.

As they say in television—stay tuned, there's more to come.

Publications Of Interest To Masters Swimmers

1991 United States Masters Swimming Rules - the rule book for Masters swimming. \$6 for USA orders, \$8 for foreign orders.

Dorothy Donnelly, USMS Executive Secretary, 2 Peter Avenue, Rutland, MA 01543.

Swim-Master - the official publication of USMS, Inc. Championship results, top - 10 times and special articles. \$9 for nine issues (\$15 for foreign subscriptions.)
2308 NE 19th Avenue
Fort Lauderdale, FL 33305

Swim - an official magazine of USMS, now associated with Swimming World. Published exclusively for adult fitness and competitive swimmers. \$12 for six issues.

116 W. Hazel Street Inglewood, CA 90302 (213) 674-2120

Masters Swimming International:Newsletter

c/o P. O. Box 142, Northhampton W. A. 6535 Australia

European Masters Swimming

Mr. Zsolt Fejer Mooswiesstrasse CH-8122 Binz Switzerland

World Aquatic News & Travel

Margaret G. Samson P. O. Box 70366 Pasadena, CA 91117 USA

The trouble with doing something right the disb time is that noticely appreciates now arriculate was

They are able because they think they are able.
- Virgil



SPORTS PSYCHOLOGY

For All the Right Reasons

By Dr. Keith Bell

Reprinted courtesy of "Swim Magazine" March-April 1989

wim for the health of it and because I love to swim. To me, swimming is the basis for an exhilarating, healthy, fulfilling and enjoyable lifestyle.

You have your own personal reasons to swim. You might swim for health reasons, for weight control, for the social contact, for the joy of competition, or because it is just plain fun to power through the water. Whatever your reasons, it is useful to take stock of them often and keep them close.

It's easy to get lost in the routine and forget our purpose. In a competitive sport, such loss of perspective easily takes its toll. It's easy to forget that much of the value in competitive swimming lies not in the results of the contest, but in the byproducts derived from striving to meet the challenges inherent in the sport. It's easy to let triumph become too important. Let's face it. We're not in it for the prize money. So what place does winning or even improvement hold?

Winning is important. It is clearly the goal of the game. The object of any swimming race is to see who can swim some particular stroke, some specified distance, the fastest. That's the game. To strive for victory brings much of the joy of playing. It does, that is, if you do not make it more than it is: a contest to determine who can swim that race the fastest under existing conditions at one particular moment in time; not a test of personal worth.

While winning is clearly the goal of any race, it need not be one's purpose for swimming. The pursuit of victory, however, and certainly the pursuit of excellence provides the means for fulfillment of most peoples' reasons for participating in competitive swimming. Fitness, stamina, good muscle tone, weight control and many other soughtafter benefits are derived as byproducts

of pursuing excellence in competitive swimming. These benefits are much more easily realized and more greatly derived when training and competing vigorously than when going through the motions of swimming. So it makes good sense to vigorously pursue excellence and victory in competitive swimming, even if you are in it merely_to control your weight or to keep your body toned.

Unfortunately, too often we embrace the pursuit of excellence and victory for all the right reasons only to lose sight of our purpose as we get absorbed in the quest. Yes, the benefits are greater when we get after it. Intense training fosters physical fitness. There is great psychological pleasure in improvement and competency. The feelings of self-efficacy that arise with mastering your sport are rich and vast. And it feels nice to win and set records. But what about those days when you louse up the pool, as we all inevitably do?

I recently had one of the SportsPsych swimmers express to me that she was getting down on herself because she felt like she wasn't improving. She was getting extremely frustrated over constantly bringing up the rear of the slow lane in practice. Of course, it wasn't true that she wasn't making rapid improvement. She was. But then, most of us can relate to those feelings. Even if we are improving, it never seems as through we improve enough. On the other hand, she was correct about her status in the pool. Most everyone in the pool was swimming faster than she. However, did she need to get frustrated over her perceived lack of absolute or comparative success?

As I told her, she always has the option to get upset and frustrated if she so chooses. So too, could she let her relative speed Interfere with her enjoyment. But as I recalled, she didn't join our

Masters team for the expressed purpose of winning the Olympics. She didn't expect to make a living off of the fame she expected to achieve from her swimming success. Nor was it a clear objective fo her to swim a specified time or to swin faster than anyone in particular or everyone in general. She chose to join our competitive swim team for health, fitness and enjoyment reasons. She was training fairly hard and seemingly getting the physical benefits she sought. Her decision to get upset and frustrated over her performance was the only thing that was interfering with her enjoyment. She would have preferred to have swum faster, but in her grand swimming

THÖUGHTS ON COACHING

CAROLYN WALDO Olympic double gold medalist, synchronized swimming

"It's unfortunate that the coaches don't receive enough recognition for what they do... it's the athlete who always gets the gold medal around their neck. I believe that the coaches should be on that podium with the athlete.

"The role of the coach at the community level is probably one of the key factors in the success of an athlete — from day one, I had the right techniques taught to me, so I didn't have to learn the whole process over again.

"I've learned so much from all my coaches to take into the afterlife of sport... I don't think I would have learned in school what I learned in sport."

To overcome difficulties is to experience the full delight of existence.

Arthur Schopenhauer

scheme, it didn't really matter at all.... She understood. For that matter, she knew it all along. She just needed to be reminded.

When your performance falls short of your goals and expectations, take note of all the benefits you derive from striving to excel. When you feel like "dead dog meat" in practice, aren't you still burning calories, getting toned, and

building power? When everyone else is kicking your butt, don't you have a wonderful opportunity to work on your psychological skills? Heck, some of us even get to savor the experience of having a wife "clean our clock" in the power events. Is that a failed test of manhood, or grounds for divorce? What a great opportunity to discover that you aren't a lesser person just because someone or everyone, can swim faster than you?

Aren't there still challenges to be had that can be tremendously absorbing and that bring greater meaning to the day? For most of you, all you seek to gain by swimming is there to be had no matter how poorly you perform. It's there, that is, if you don't fill your head with garbage and an exaggerated importance of victory.

One of the wonderful things about our sport is that it provides such clear measures of performance. Most of us hardly do anything in practice without the pace clock sweeping along, timing the results. In meets our performance gets measured electronically to the one hundredth of a second. The clock doesn't lie. So we get accurate and immediate feedback as to the level of our performance. From these results we tend to set (and from time to time adjust) standards of self-performance from which we reward or punish ourselves. By making self-reward contingent upon our performances matching or exceeding our standards, we create self-inducements to persist in our efforts to reach our goals.

For the most part, this self-regulatory process provides the motivation leading to more vigorous, well-directed action and subsequent improvement. However, sometimes our goals are too high, our level of commitment too low, or our actions misdirected. Some of us even find that working for a living gets in the way of our training! Then, when performance falls short, such self-regulatory systems can engender frustration, self-doubt, or even self-flagellation. Such times are great moments to remind yourself of the benefits you seek from swimming and to take note that you derive these benefits even when you're not causing yourselfto be mistaken for Matt Biondi or Janet Evans.

The bottom line is that no matter how thrilling is victory, most of us choose to participate in Masters swimming for more basic and less fleeting rewards. To pursue victory is the game. To strive for faster swims: a personal game within the game. Health, fitness and a healthful lifestyle are the rewards. The benefits come from the quest, not the conquest. Remind yourself often. Keep your mission close to your heart.

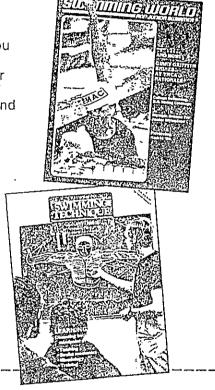
For All Levels of Swimming

SWIMMING WORLD

"The Bible" of competitive aquatics. Whether you're a competitor, coach or parent, you should have a subscription to Swimming World magazine. For over 25 years, Swimming World has been providing the finest and most complete coverage of all aquatic sports.

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A quarterly publication designed for coaches and swimmers interested in up-to-the-minute trends in stroke mechanics, swimming sports medicine and getting the most from their time spent in the water. You'll want to be sure that you don't miss a single information-packed issue of this lively and helpful publication.

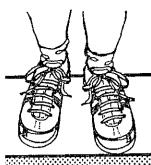


Man to:							
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IF YOU WOULD LIKE TO WRITE IN TO ME WITH ANY PROBLEMS IN SWIMMING OR COACHING THAT COULD BE ANSWERED THROUGH THE NEWSLETTER PLEASE WRITE TO ME AT 44 WARNCLIFFE ROAD, EAST IVANHOE VIC 3079.



TRAINING THE TRIATHLETE

Jim Montgomery, Lone Star Masters, Dallas Texas -

(Ed's note - Jim Montgomery has just broken the World Masters $100m\ F/S$ swim in Tokyo with a time of 52.35!!!!!!)

by Sybil Killmier Reprinted from "The Marion Marliners"

He says "One of the more difficult tasks I have as a Masters Coach, is to co-ordinate the training needs of the Triathletes and those of the varied skill levels of Masters swimmers - all in one swim practice. From my own Coaching experiences, I find it more difficult to train the Triathlete than the "typical Masters swimmer. There are several reasons for this".

"First, most triathletes are Seasonal swimmers: the vast majority swim from October through to March. Beginning triathletes (many of whom can barely swim one lap of the pool) panic in early November because they only have a few weeks to prepare for a Triathlon, which includes a 1000m open water swim and they are looking for a "quick" way to improve their swimming speed and skill".

He tries to explain to them that learning the proper Stroke Mechanics is the <u>most important step</u> towards improving performance in the water AND that six weeks is just not enough time to do a good job of this. If a Triathlete is serious about competing, he should build a solid training base and then train year round.

The "in-season" training programme (October through to March - long course) should consist of swimming three times per week, swimming between 2500m - 5500m. If there isn't a competition on the weekend, many triathletes will swim an additional practice.

The out-of season training programme (April through to October - short course) should involve swimming four or five times per week and because of the limited pool availability and the short course dimensions, it is often impossible to run a practice geared towards distance swimming. This is when triathletes must mix in with the regular Masters practice and this brings the second problem - attitude.

"Unfortunately, many triathletes will drop out of a Masters programme because they feel "forced" to learn <u>all</u> of the strokes, how to kick properly and/or (heaven forbid, tumble turns! "Why should I learn this stuff, when I don't have to do it in the race?" they ask. It is difficult for them to see any value in spending time swimming backstroke or doing tumble turns, when the races only require them to swim freestyle in the open water."

"From my observations (and ours too), the triathlete who practices all of the swimming strokes and incorporates kick sets and tumble turns into his training programme, will improve performance in competition: in less than one year, the difference can be enormous. Furthermore, the majority of this improvement comes in the off-season, when the athlete can devote more time to swim training and is more apt to experiment with different training techniques."

"As Coaches, we know the effect that such a training programme can have on the overall fitness of the athlete as well. Doing tumble turns and swimming an off-stroke, or Individual Mediey set, can improve one's aerobic capacity and maximize aerobic performance just as well, or even better than the overdistance freestyle set. In addition, stretching the legs with kick sets can play a big role in avoiding cramps during competition."

He finds that "many triathletes (especially those swimming alone) follow the "too far, too slow" training regime, which emphasizes distance. In season, it is important to do some sprint training during every practice and some hard interval training, at least once or twice a week. My weekly plan of training includes a high intensity practice (interval, Fartlek and sprint training) twice a week and a long easy to moderate distance practice once or twice per week". He lets them know beforehand which kind of practice they can expect, so they can plan their bike or run workouts accordingly.

"Another problem in training the Triathlete concerns flexibility and strength. (Dr. Jim Miller explained in an article on "Evaluating the New Masters Swimmer"), that there is a lack of crossover in muscle group conditioning from one sport to another. Most triathletes come from a running background) and it is often difficult for them to get "a feel for the water" because their legs and shoulders are not flexible and their upper body is fairly weak".

Jim Montgomery says "the first thing I do with these athletes is to put them on a good stretching programme and be thankful that somebody invented the pull buoy, hand paddles and flippers! The main difference between competitive distance training (400m and 1500m f/s) and triathlete training is that the triathletes tend to do a little more pulling".

As we have seen in Australia also, the Triathlon is here to stay and the triathlete will play an increasingly important role in Masters swim programmes. We need to know a great deal more about a triathlete's training regimen

THE TEN COMMANDMENTS OF FITNESS

Bill Gairdner

After a first-class fitness assessment, new fitness enthusiasts should learn the 10 Commandments of Fitness: 1. YOU SHALL TRAIN, NOT STRÁIN.

1. YOU SHALL THAIN, NOT STHAIN.

Many people associate getting in shape with suffering. It's a shame that people feel compelled to go beyond making a good effort. The pain does more to turn them off the joys of fitness than anything else. They think fitness is a second job. The march into the gym, or hit the street, grim-faced joggers and runners full of determination to succeed, when all the while they only have to let go and experience the wonderful release that accompanies a body enjoying itself at the right level of effort.

2. YOU SHALL WARM UP AND COOL DOWN GRADUALLY

Don't burst into violent physical activity from a resting state. With a long warm-up and cool-down, blood flow and oxygen/carbon dioxide transfer are better, latigue acids metabolize faster, and there's less muscle soreness the next day.

3. YOU SHALL LEARN YOUR TARGET HEART RATE

The best monitor of exercise is your heart rate. Heart rate declines with age. A 20-year-old man can push his heart rate to more than 200 beats per minute, bit it's tough for a 65 year-old-man to get more than 160. Avoid trying to teach your maximum rate -- it's not necessary for fitness and it can be dangerous. Your maximum rate is a number close to 200-minus-your-age. So, if you're 40, its 180. With possible modifications based on your medical and fitness tests, establish a workout target heart rate, usually 70 to 85

per cent of the maximum. In each workout do at least 20 minutes of the target heart rate exercise.

4. YOU SHALL BE PHYSICALLY ACTIVE DAILY
The measurable benefits of a workout last 1 1/2 days. Three workouts a week will help you maintain fitness; four or five times a week means progress. Daily activity and sufficient rest are essential. Lying around once in a while is good for the soul, but on a steady basis, it's bad for the body. Inactivity undermines workout benefits. Do more for your body then give it fitness workouts. Make practical use of your new strength and energy.

5. YOU SHALL BALANCE YOUR PROGRAMME

5. TOO SHALL BALANCE TOUR PROGRAMME.

The essential ingredients of the exercise programme are endurance (it should be 60 per cent of the total), strength and flexibility. Life conspires against us in each of these three areas and we gradually grind downward over time. But the proper fitness prescription will maintain all of these assets at their highest levels throughout life. Those who get fit now will not only be younger on their next birthday, their 'performance age' will continue to be 10 to 15 years younger than their actual age.

6.YOU SHALL BREATHE RHYTHMICALLY

Many fitness routines age typing ideas about breathing. For ordinary fitness routines, don't hold your breath. You can exhale dur-

Many fitness rookies have funny ideas about breathing. For ordinary fitness routines, don't hold your breath. You can exhale during effort. Breathe naturally through your mouth.
7. YOU SHALL STRETCH SLOWLY

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Injuries are what separate the best from the worst athletes and fitness buffs. Good flexibility exercises -- slow ones that stretch muscles more easily to their natural maximum -- are among the best measures taken to prevent injuries.

8. YOU SHALL PRACTISE RELAXATION
In fitness, 'relaxing' isn't 'taking it easy'. 'Relaxing' means not driving with one foot on the accelerator and the other on the brake. To become a graduate student of fitness, learn to get all your muscles working toward the same goal, not opposing each other and building unnecessary tension. Learn relaxation techniques which can dramatically after your appreciation of life and exercise.

9. YOU SHALL CHOOSE A FIT ENVIRONMENT
For motivation, instruction, safety and convenience, choose the right place to work out. A good fitness club offers facilities and the

For motivation, instruction, safety and convenience, choose the right place to work out. A good fitness club offers facilities and the 'support group' phenomenon -- friends who won't let you off easy if you start missing work-outs. The major chore of improving your lifestyle is easier in a good environment.

10. YOU SHALL EAT RIGHT

The art and science of nutrition is in a sad state. What are the newest books telling us? Eat fibre. Fibre's not so important. Eat low fat foods. Don't worry about high fat diets. Eat meat. Don't eat meat. Who knows what to eat? It's important to get back to basics and eat a balanced diet.

Mas ers Swimming in an Age Group Environment

By Peter Karl, M.S.

Reprinted from "Swim Magazine" Nov-Dec 1989

he reality of most aquatic facilities is that competitive programs do not rank high on their priority list. As a result, the available hours for competitive practice are less than Ideal. In some situations, age group and Masters can work together to the mutual benefit and pleasant surprise of both coaches and swimmers.

This advantageous arrangement, however, will not apply to every age group or senior training program. One must look at team philosophy, workout environment and set interval management in order to evaluate whether the blending of Masters and age group/seniors will be feasible.

In this article, I will explain why it does work with our team philosophy, discuss workouts and present a sample workout.

Team philosophy is the key. Our philosophy is that swimming is a lifetime sport. The values and personal skills developed through participation in the sport of swimming apply to all aspects of life, throughout life. Four examples will hopefully illustrate how we incorporate Masters into our program.

First: commitment to excellence. What better way to demonstrate the lifetime goal of excellence than to have a 35-yearold Masters national champion training next to a prospective junior or senior national qualifier? Where else could that senior swimmer gain the insight into the pressures of national level competition than from someone who has swum on that level for 15-plus years, and is still

Second: personal values. What about the average competitor, striving to qualify for his/her local high school cham-

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SAMPLE WORKOUT FOR SATURDAY, OCT. 14, 7:00-9:00 A.M.

End of a stroke/goal set week. Recovery/pace workout with power and speed drills for seniors. Focus: free, breast, back.

Warm-up

3 x 600, broken 100, on a rest interval:

1) free, 15 sec. RI

2) back or breast, 20 sec. RI 3) kick, choice, 20 sec. RI

Main sets

4 (3 x 200):

1) Free on 2:40, 3:00 or 4:00

2) Back or breast on 3:00, 3:30 or 4:30

3) Pull free on 3:00, 3:15 or 4:30

4) Pull back/breast on 3:15, 3:45 or 4:30

Kick set

10 x 100, odds free, evens choice, 30 sec. RI

Swim down 200 choice

Tethered swimming on cords, speed-assisted work on breast/back. We use three cords in three cleared lanes. When: during the kick set we pull out three swimmers at a time. Yes, the kicking lanes are crowded.

Yardage: 5400.

pionship, making the same time and effort commitment; developing an awareness of what they are capable of in spite of the fact they are not setting the pool on fire. We have, in the same lane, a 40 + lawyer with a \$100,000 salary explaining that his success "all started here" and that it is still very important to him. It's funny how these average swimmers stay with the program.

Third: work ethic. I have yet to come across a Masters swimmer who was not an asset to the practice. Masters work out "smart" and do not waste time. It is amazing the effect on the first year "senior" swimmer when he sees a mother of four huffing and puffing through a set of 200s ahead of him. Words can not convey what is meant by work ethic as clearly as that experience.

Fourth: goal setting. We set personal goals and team goals. There is, contrary to what some may think, more to life

than junior nationals, senior nationals and the Olympics. These are great goals, but there are other performance goals as well as other types of goals which are just as (if not more) important. Concepts such as nutrition; a sound, fit body; commitment to personal goals; peer support; and personal pride are vital to one's success. We use our Masters as an example of how swimming offers a social environment as well as fitness, and the fact that it is a very healthful activity throughout life, no matter how fast or old you are. In addition, our Masters are interested in our age groupers (13-14) and seniors (15-18), encouraging them, asking about school and college plans, and being generally interested in their success. How often do high school age swimmers get to talk to people who hold "real world" jobs, who are not associated with their family or school? This is a great asset! >

PATIENCE IS NEEDED MOST JUST AS IT'S ABOUT TO BE EXHAUSTED!!

The workout environment can be explained, briefly, by two points.

First, in every program the coach sets the tone for the workout. In some programs, a coach may be training a pool full of national qualifiers. How many programs can fill a pool with national qualifiers? Not ours. But we do fill the pool with dedicated swimmers striving to do their best. We mix and match our Masters, placing them in the workout group suited for their level of conditioning and capacity for holding intervals. At each level, the Masters work as hard (if not harder) than our program swimmers and they often set the pace for practice. Last week, on a set of 5 x 200 IMs on 2:45, a senior and Masters swimmer went head to head, each one averaging 2:24 over the set. The Masters swimmer may have done it before, but the senior never had.

in the middle and beginning groups, the change is even more dramatic. We have had age groupers swim 10 to 15 seconds faster on 200s on days when the Masters are present versus when they are not.

Another benefit of having Masters in practice is that they understand training cycles. We plan our season backwards, starting with the championship meets in

We have had age groupers swim 10-15 seconds faster . . . on days when Masters are present versus when they are not.

the spring, working back to the midseason taper in December, and finally to the start of the swimming season in September. Each week has a training objective within the cycle and each day has its own objective within the weekly cycle. It's all on a computer printout taped to the inside of the attendance book. · Thus, regardless of which coach runs

practice, the daily workout fits into the season's goals. Our Masters and USS swimmers all know of our cycles. Since the Masters (with their experience) understand the value of season goals better than our swimmers, they help support the concept from in the water, rather than just getting it "from the

Interval Management Techniques

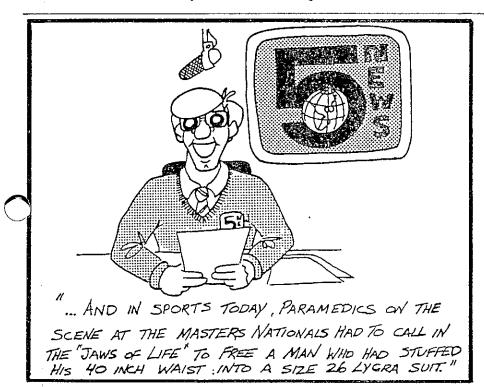
As mentioned above, we run practice sets at various intervals; as many as four in a six-lane pool. Our sets incorporate rest intervals, especially on warm-up sets, kick sets, drill sets and warm-down sets. Though many methods of monitoring workout levels exist, we use two methods: heart rate and percentage of effort. For our Masters, monitoring heart rate is a must. We stress two aspects: peak rate after a swim and the rate of recovery. In this way, we can get our swimmers to recognize how to train properly (not just when it is a set they like) and when to recognize overtraining (which is a problem among Masters, especially when they swam in college and try to train the same way at 40). Another technique we use for interval sets (so we do not lose the feel of a set) is to have a swimmer "sit out" a 50 if they miss the send-off, and re-enter in their normal heat location. This allows the swimmer to get "back up to pace" without disturbing the other swimmers in the lane.

How does it all work? See the sample work out chart! .

We enjoy our Masters, and they enjoy our age group/senior swimmers. We have had success with our program, but it is not for everyone. The way we operate is based on the factors involved with the programs in the Washington, D.C., area; what works here may not apply to your area, If you have any practice or training concepts you like (or dislike), please write them down and send them in to SWIM Magazine. Your ideas are worth exchanging. Workouts are especially interesting to Masters, with so many of us "on the road" away from our home base. Unlike a current trend in age group/senior workouts. Masters are not under the impression that a good workout equals massive yardage. Who knows, maybe your workout might get published!

A SMILE IS THE BEST FACIAL YOU

CAN GIVE YOURSELF



And now, a word from our Announcers

Fun, fitness and friendship. We've seen it all, From our little pigeon-hole, we've seen it all - pony-tailed men shaking hands with opponents, the tears of success, the frantic officials, the belly-flopping Japanese, our view of the carnival was unsurpassed.

We came from all over the World to assist the smooth running of this meet, to ensure its now obvious success, and we all like to feel we've achieved our objective of keeping you informed.

We've laughed, we've sat silent late at night, we've cheered, we've hustled! But above all, we've thoroughly enjoyed contributing to the Masters Swimming movement.

.....AND IT COSTS NOTHING!!

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DRUG TAKING IN HASTERS SPORTS

We have been requested by the National Director to pass on : information or hearsay of drug taking or experimentation with medication that our may be aware of obviously without names or any form identification the National so that Office can evaluate whether there is any problem within Masters swimming. The following is an extract from the Executive Director's memorandum:

> "Drug taking within Masters Sports is potentially a very difficult matter to monitor and control. The present attitude by ASDA (Australian Sports Agency) is to implement educational program about the dangers taking, with associated drug to the of opposed conduct testing.

> It would be of immense value to know Masters Swimmers are any experimenting with drugs to enhance their performance, but of course they admit ţο unlikely to However, rumours about such matters may circulate from time to time and if we collect and document these, it a guide as to what may serve as direction of education we should concentrate on."

The Executive Director, Ivan Wingate, be contacted by phone on 344 1217.

ASDA has also established a hotline provide an information service to the Australian Sporting Community about drugs Up-to-date sport. and accurate information is available on a variety of topics, e.g. which cough medicines contain which banned substances. If you have any which banned substances. If you have any questions regarding drugs in sport, phone the Hotline on 008-020 506.

A Checklist for Beginning Coaches

(and for those who want to be better)

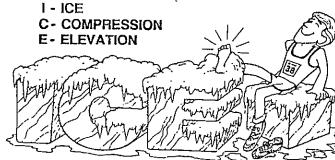
- ☐ Create a Positive Environment
 - · learn names quickly
 - · smile, praise and encourage be patient and supportive
- Set Achievable Goals
 - keep the stage of players' maturation in mind
 - · make sessions challenging
 - ensure skill development is progressive
- ☐ Vary Your Sessions
- - · ensure equal opportunity for all players
 - · avoid elimination games where players sit out
 - include non-competitive team work
- · include supervised play with minimal, guided instruction
- ☐ Teach One Skill
- plan skills for season and introduce easlest ones first
- · teach one skill, of one part, at a time

- □ Demonstrate
 - · remember 'a picture paints a thousand words'
 - · if you can't demonstrate the skill,
 - choose someone who can
 - · demonstrate what to do, not what not to do
 - make sure all players can see the demonstration
- ☐ Involve all Players
 - have ample equipment available
 - use small groups rather than one large group
- have players practise the skill every 30 seconds
- ☐ Provide Instant Feedback
 - · use lots of praise
 - · be supportive -- shouting and criticising won't achieve anything
- ☐ Use Your Voice Well
 - · don't shout or talk too much
 - try to have as much one-to-one as possible

SPORTS MEDICINE HINTS

5-31"

Treatment of Soft-Tissue Injuries (Muscles, Tendons, Ligaments)



1. Use crushed ice.



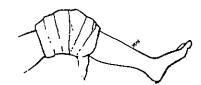
2. Wrap in moist cloth,



3. Pack all around injury site. Firmly apply a crepe bandage for compression.



Elevation - Above the level of the heart.



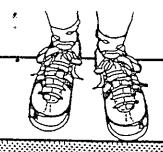
N.B. - Never apply ice directly to the skin

- Ice may be applied for up to one hour, depending on the injury and the site.
- Exercise (stretch and strengthen) should then follow 'within the limits of pain'.

The Better Half



"My diet is working! I've lost 15 inches in 3 hours!"



Swim Meet Disqualifications



Reprinted from the April 1991 Edition of the WA Branch

The high number of disqualifications at the March State Swim had a message for coaches. There were 19 disqualifications - 58% up on last year. Ten of these were in breaststroke events. Even though we tolerate the legs not moving in the same plane, they still have to:

- (a) have the feet turned outward in the backward movement (Rule 14:2 (d))
- (b) up and down movements of the legs or feet are not permitted (Rule 14:2 (c))
- (c) flutter kick or dolphin kick is not permitted (Rule 14:2 (d))

Also, the body has to be kept on the breast and the shoulder in line with the surface of the water.

There are two areas that need coaching attention. In all cases, the fault is a long standing one, that is it is a well learnt habit.

Coaches will have the task of "unlearning" and reteaching the fill. This is a difficult task, but not impossible. It will led careful planning and choice of drills by the coach. Now is a good time to start, with 4 - 6 months to establish a new movement pattern with the pressures of a big training koad and competition.

Reteaching correct technique:

Coaches should:

- (a) identify all swimmers with a problem with the arm or legs in breaststroke
- (b) identify the specific fault—e.g. legs not moving simultaneously.
- (c) show the swimmer what they are doing wrong on video, or have them view their own stroke
- (d) demonstrate the correct action

- (e) physically take them through the correct action both in the water and out of the water. The feel of where the body parts are is crucial to the mental picture of the correct stroke. Often swimmers are quite unaware of the true position of the legs when they kick. Find some way to demonstrate this -e.g. in shallow water if the knees drop, they will touch the bottom.
- (f) exaggerate the correction to the fault e.g. get them to hold the feet together for longer and streamline the toes, click the heels together etc.
- (g) give lots of drills such as touching the heels to the buttocks, kicking with 2 - 3 boards, kicking with a pull buoy between the thighs etc.
- (h) put the drill into the stroke and practice the new kick with the whole stroke during every session.
- (i) give lots of leedback (i.e. tell them show them (ii) and help them feel there the feet are throughout the stroke.
- (j) make sure you counter correct as you go along, don't leave the swimmer to do drills or training without a checking the stroke or they may just be adding another fault to their repertoire
- (k) don't introduce the pressure of competition until the new pattern is well established. When ready introduce race pace sets and simulation of competition. See what hapens and re-evaluate your techniques
- (1) be patient because this reteaching will not happen in the short term. Set some realistic goals for swimmer and tackle one at a time - e.g. turn the feet out

I suggest all coaches make correct breaststroke technique the goal for 1991, and hopefully this will be reflected in the Winter Swim and State Swim in 1992 disqualifications.







