

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

VOLUME 4

NUMBER 4



The year has flashed by again and I have been caught running late with this issue.

At the time of writing I have 8 weeks remaining till the birth of my first child. It has been an interesting 7 months of reflection and growth as my life takes on a new and different meaning. Watching my body change shape and feeling the new life increasingly making its presence felt within me, has been profound. Was that a dolphin kick I just felt? No, definitely a breaststroke kick. Will I be a good mother? What hope does my child's future hold in a world of increasing violence and ugliness?

Of course I have continued to swim and have felt fantastic right throughout. No morning sickness, no cravings and no weight gain other than baby weight. Swimming has not only benefitted me during the pregnancy, but I am sure it will help throughout labour.

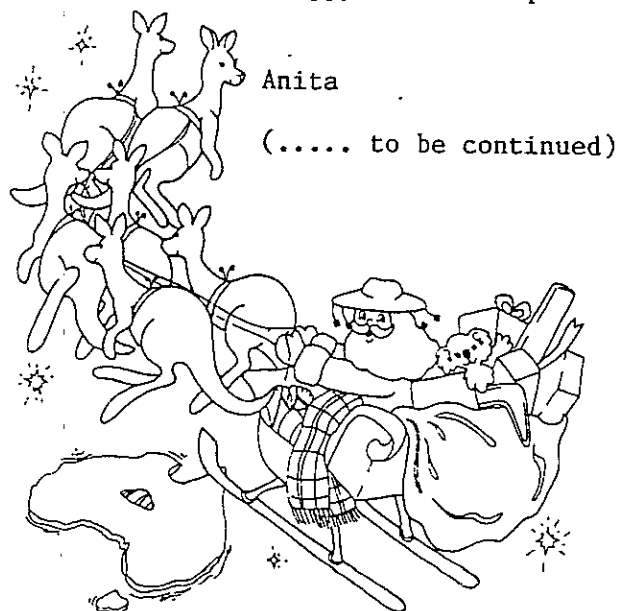
At our ante-natal classes we were taught the benefits of breathing and relaxation techniques, visualisation, massage, pain coping strategies and positive affirmations. In short, I did not learn anything that I have not been practicing regularly for the past 25 years in swimming. What came naturally to me was often difficult for others. Also of interest was the participants attitude to child birth. I look forward to the day as a positive experience, where most of the other mums and dads to be view it with fear and trepidation.

Whilst I have yet to go through this ultimate test I know that whatever the outcome I will have over 150 Powerpoints "uncles and aunts" who will support us, take an active role in the babies growth.

Being surrounded by such warm and caring friends brought together by our mutual interest in swimming, together with the physical and mental benefits of our sport, gives me nothing but optimism for the babies future.

Time will tell!

Best wishes for a safe and happy Christmas period.





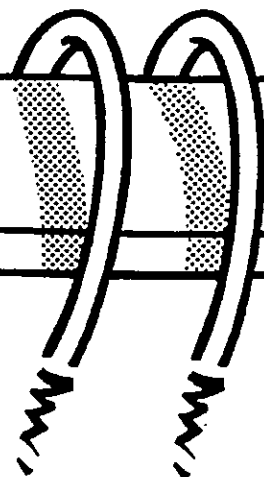
Breathing?

Yes, Breathing!

By Bob Prichard, Director, Somax Posture & Sports

Always check with your physician prior to beginning any stretching program and always use good judgment when performing these exercises.

Reprinted with permission from SWIM magazine, Nov/Dec 1988



This is the last in our series of articles on how to stretch to improve your swimming technique and performance. As we stated in our earlier articles, most stretching to date has been based on physiological criteria (loosen muscles/reduce soreness). After working two years with the Cal swim team plus studying swim films and measuring the ranges of some of the world's top swimmers (Biondi, Evans, Meagher, Nagasaki), we came to the conclusion that few of the ranges swimmers use during swimming were actually increased by standard swim stretches.

So, we then identified 11 ranges critical to good technique. These 11 ranges proved to be so useful that we found we could identify chronic stroke problems in swimmers without even seeing the swimmer. We only had to know his ranges and his stroke, and we could predict his stroke problems and the distances he or she would swim best. Once swimmers started on our program and stretched those ranges where they were deficient, they improved phenomenally in performance.

This last article will cover the range that is the most crucial to winning races. Interestingly enough, we have not found a *single* swimmer or swim team that stretches this range. Yet, increasing this range has produced the biggest improvements in performance and accounts in large part for the fantastic accomplishments of one of the greatest swimmers of this decade—Janet Evans.

Think for a moment. Apart from moving your arms, legs and trunk, what do you do while swimming? You breathe! How many times have you ever "run out of breath?" And when you do, you tell yourself you'll just have to "put in more yardage" in order to improve your endurance.

Wouldn't you be surprised to learn that: (a) You probably never get any-

where near your full physiological potential as far as endurance is concerned; (b) You're not even able to use the endurance that you have now; (c) What you need is not more endurance, but more flexibility?

Let me explain.

Besides moving your arms, trunk and legs, anytime you swim more than 50 meters you have to breathe! Just as there has been a lot of confusion about swim mechanics, there has also been a lot of confusion about breathing mechanics because there are many aspects of breathing that are often mistaken for one another.

We think of breathing as the amount of air that we take in, but that is only part of the story. How much air you can take in during a single breath is known as your *vital capacity*. Therefore, you would think that the bigger your vital capacity, the better your performance.

Not true!

As far as endurance is concerned, it's not the size of your lungs that's important, but rather the size of your heart. Oxygen is of no use until it gets to your muscles and that is largely a function of the transport system—the heart, blood, arteries, capillaries and veins. The amount of blood that you can pump out, and the amount of oxygen your blood can carry determine how much oxygen gets to your muscles. Therefore, you actually put in all those yards to build up the strength and pumping power of your heart.

And yet, our breathing must have something to do with our endurance. If not our vital capacity, what could it be? Part of the answer is MBC—Maximum Breathing Capacity. The better conditioned swimmers can breathe more air per minute. This is probably due in part to greater strength and endurance in the breathing muscles. So, when we "run out of breath," we just run out of strength

and endurance in our breathing muscles!

As the diaphragm (our major breathing muscle) fatigues, our whole body shuts down to protect it. We "run out of gas" long before we run out of oxygen. Does the diaphragm fatigue only from lack of strength? No. Absolutely not.

The diaphragm fatigues primarily from lack of flexibility in its antagonist muscles. You see, every muscle in the body has a muscle that opposes it. The diaphragm, however, has six muscles that oppose its action and these muscles are much stronger than the diaphragm. Any lack of flexibility in these muscles will oppose and overpower the diaphragm muscle itself.

How can we tell if any of these muscles are stiff? And how can we tell if that stiffness is causing problems with our breathing? The same way we can tell if we have flexibility or range problems in our legs and arms—we measure our range and compare it to those of elite swimmers. For breathing, as for the arms, there are three ranges that are important. To understand why these three ranges are important, we need to understand more about the *anatomy* and *mechanics* of breathing.

There is a lot of confusion about breathing. Largely an involuntary activity, it can unfortunately be interrupted voluntarily—often for the worse.

Let's take a look at the anatomy of breathing. As you can see in Figure 1, the diaphragm (the major muscle of respiration) is a large, double-dome shaped muscle contained within the trunk. The bottom of the dome attaches to the bottom edge of the rib cage (Figure 2). The diaphragm itself is the thickness of thin cardboard.

We breathe in (inhale) by contracting the diaphragm. As the individual fibers of the diaphragm muscle contract (shorten), the whole double-dome pulls down and flattens (Figure 3). This

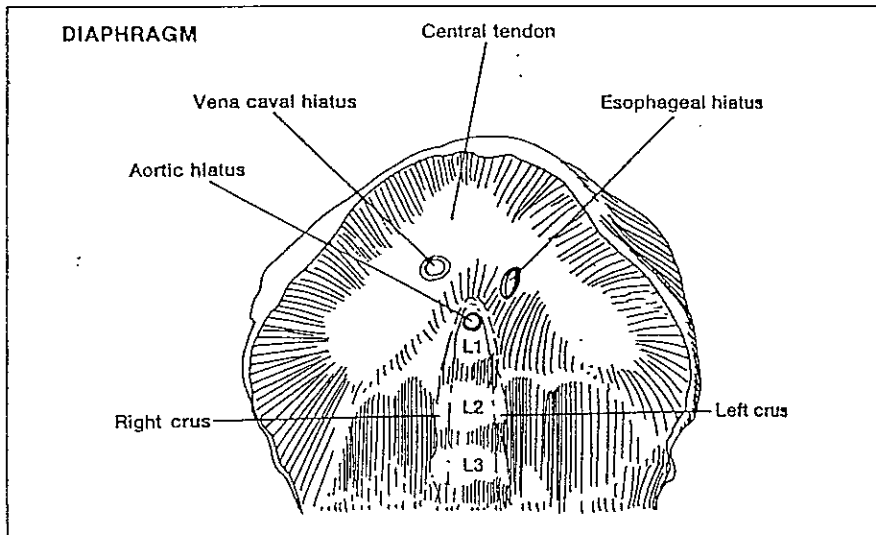


Figure 1

ates a vacuum in the chest. The lungs, which consist of soft, spongy tissue, have air in them. The air expands as the pressure outside the lungs decreases. As the inside of the lungs expands, its pressure drops to the point where it is less than the pressure of the atmosphere. The outside air then pushes air into our lungs. So we really don't suck air into our lungs—it's pushed in.

In addition to the diaphragm, the external inter-costals (the tiny muscles between each rib) also contract, lifting and expanding the rib cage. This increases the vacuum in the chest and more air is pushed into the lungs.

We breathe out (exhale) by relaxing the diaphragm and inter-costals. The diaphragm ascends again to its original position, increasing the pressure in the chest (Figure 4). The inter-costals also relax and the rib cage shrinks in size, also increasing pressure in the chest. The increased pressure squeezes the lungs which expels the air.

We can expel the air in our lungs forcefully by contracting the antagonists to the diaphragm. These are the abdominal (stomach) muscles (rectus abdominus, obliques and transversus), the chest muscles (internal inter-costals, pectoralis major, serratus anterior) and the back muscles (serratus posterior inferior and serratus posterior superior). As you can see, the list of muscles that exhale is much greater than the list of muscles that inhale.

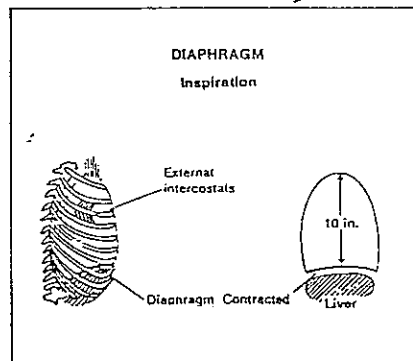


Figure 3

This is why breathing becomes inefficient. As you can see, the muscles with which we inhale are not just in the chest—they cover the whole trunk. So, in order to gauge the efficiency of our breathing, we have to consider the whole trunk.

As our diaphragm contracts and descends, it pushes against the contents of the abdomen (stomach, liver, pancreas, intestines) and this increases the pressure in the abdominal cavity. If the diaphragm is to move freely, *the abdomen must expand as much as the chest*. Otherwise, the abdominal contents will limit and resist the movement of the diaphragm. So, for the diaphragm to work efficiently we need flexibility in the abdominal muscles and in the rib cage. Swimmers rarely have the rib cage flexibility necessary for efficient breathing. In Figure 5, you see what the bony rib cage looks like. Notice that the space between each rib is equal to the width of each rib. Now, lying on your back, feel

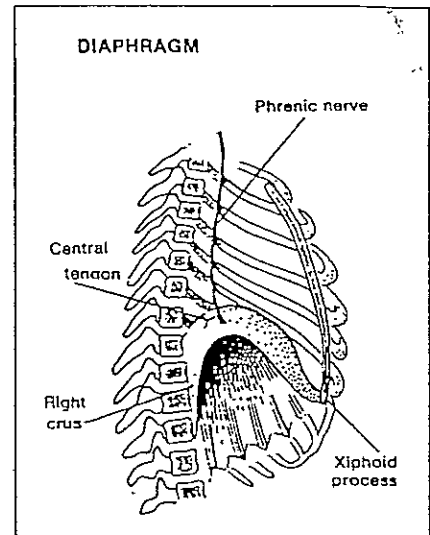


Figure 2

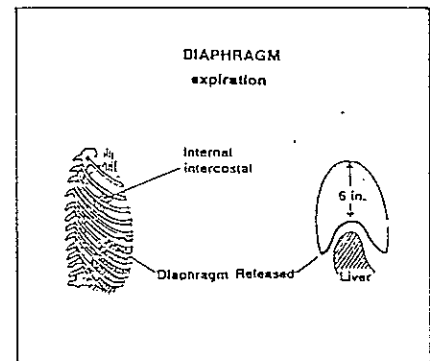


Figure 4

with the fingers of your right hand the ribs along your left side. You'll notice that few, if any, of the spaces are the same size as the width of your ribs. Now check the ribs on your right side with your left hand. You'll probably find a similar picture.

This narrow space means your rib cage cannot expand completely, because of tightness in the muscles and connective tissue between the rib bones.

How do we know if we have full range or not?

Simple, we measure it.

We measure our breathing range at three places (Figure 6)—the belly button, the costal arch and the nipple line. In each area, there should be three inches difference in circumference between inhalation and exhalation.

It can be more. Janet Evans, who can swim longer distances far faster than anyone her size, expands 3½" at her diaphragm. But Janet only has a 21" chest. To expand proportionately, an adult

(Drawings by Lawrence Elson, Ph.D.)

**What was the workaholic charged with?
Resisting a rest.**

**Where are all your letters? You all have
opinions, ideas, constructive comments - why
not share them?**

Breathing

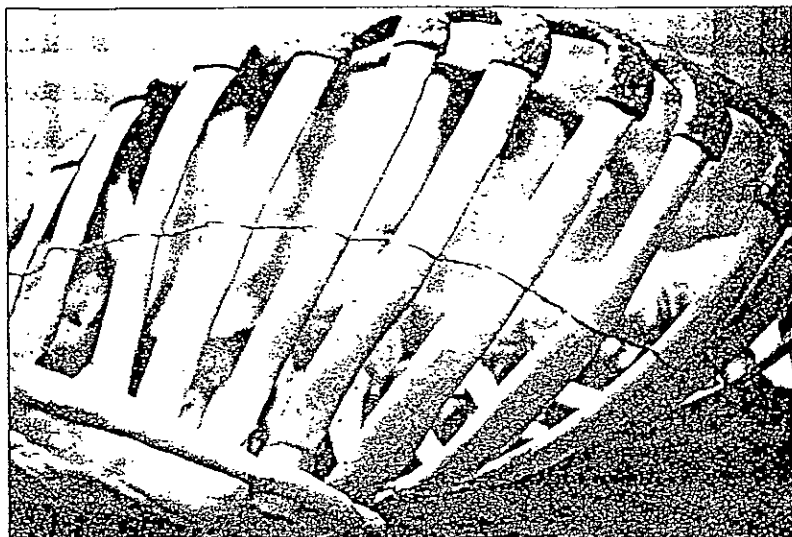


Figure 5

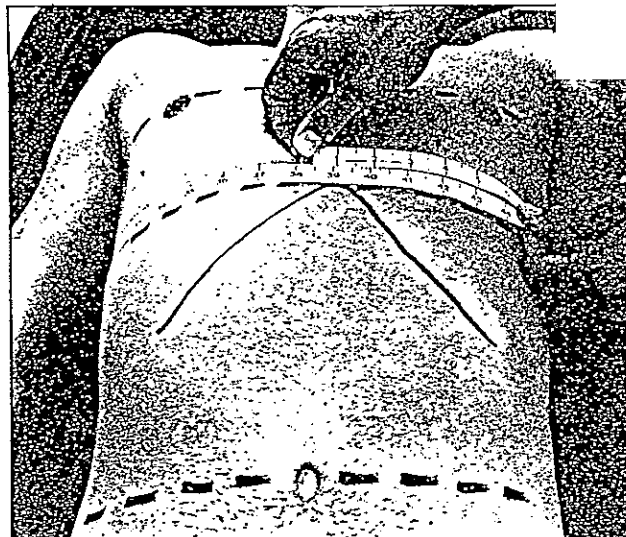


Figure 6

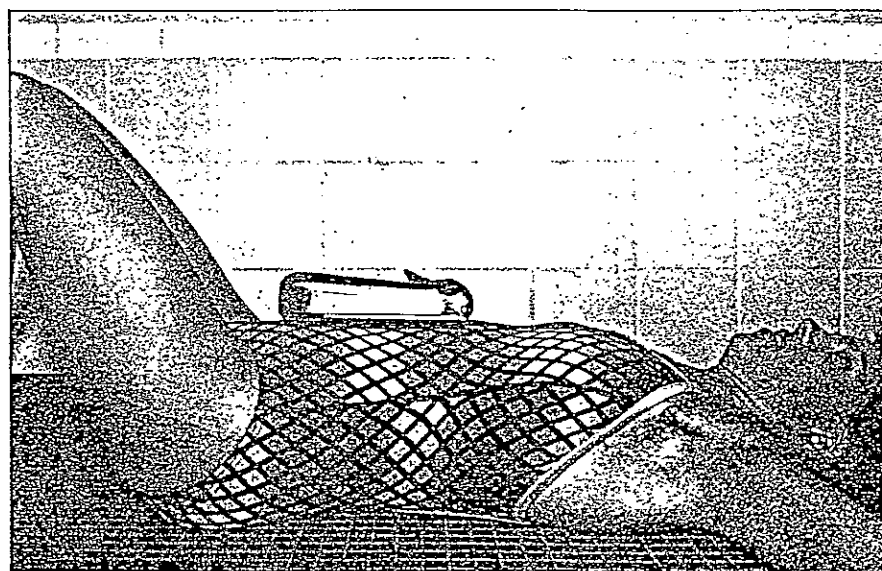


Figure 7

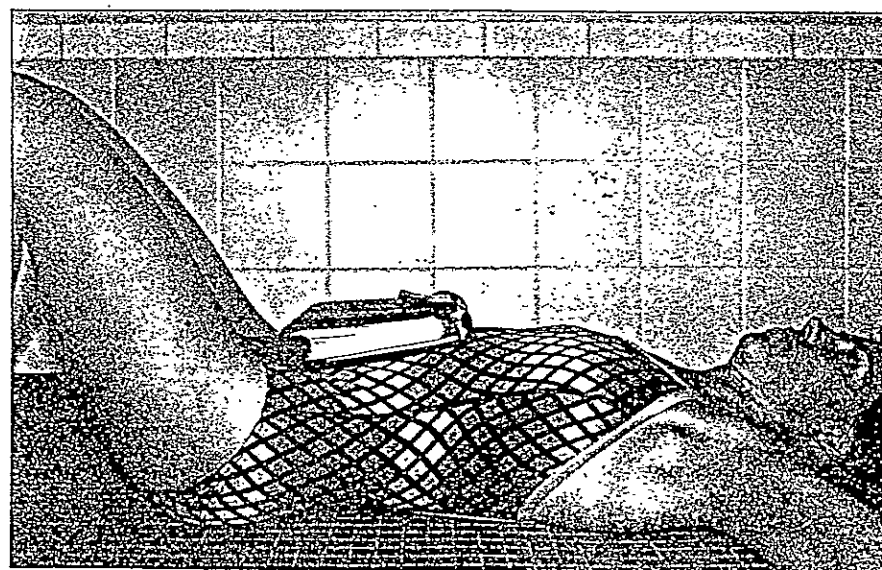


Figure 8

swimmer would have to expand 6"-7", depending on chest size. The greatest expansion we have measured is 4" on a nationally ranked college swimmer. Janet Evans is the only swimmer that we know of who swims anywhere near her full physiological potential.

If you want to make use of your potential, and use all of those yards you've been putting in all these years, you've got to increase your breathing range.

Where do we start?

First, you have to make sure you're breathing correctly. Then you have to make sure that you measure your range correctly. Thirdly, you have to stretch correctly.

We mentioned earlier in this article that breathing can easily be interfered with, unlike other largely involuntary processes in the body like pumping blood or secreting insulin. The major way breathing is interfered with is that the mechanical order is reversed. Many swimmers pull in their stomachs when they inhale, which is really no different than walking or swimming backwards, and it is just as bad for performance.

You *must* change the way in which you breathe, otherwise you will be constantly opposing your own diaphragm.

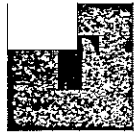
After a lifetime of sucking the stomach in during inhalation, it can be difficult to change. But we have found a good way using biofeedback—or bibliofeedback. Place a book on your stomach (Figure 7), and breathe into your stomach until the

Backstroke swimmers who turn over very close to the wall do not tumble but touch on the front and push off on the back comply with the "new" backstroke turning rule so long as their movements are continuous.



BOTTOMLINE AQUATICS

Reprinted with permission from
SWIM magazine Jan/Feb 1992



Training can sometimes be overwhelming to the adult athlete. Should I be training aerobically, anaerobically, lifting heavy weights, doing flexibility, hanging sit-ups or crunches, or do I focus on muscular endurance with my weights or hit the swim bench? These kinds of questions face the Masters swimmer on a daily basis. Most adults who exercise regularly adhere to a self-directed program and even the most highly motivated individuals occasionally need guidance. Masters swim workouts are a wonderful way to experience a coached workout. But what about the individuals who want to enhance their overall ability with weight training or other alternative forms of exercise? Today, fitness enthusiasts have so many options available to them that offer a full body workout. Even though the options are endless, the choices we make must be carefully planned to ensure we get the maximum results in the limited time frame that we have to complete our workouts on a daily basis.

Many Masters swimmers are members of a gym or health club that offer comprehensive weight training facilities. Swimmers of all levels can benefit from weight training, but the most important thing is to feel comfortable in the weight room environment. In

the past, weight rooms used to consist of a bench press, dumbbells, barbells, and chin-up bar. Today, the fitness industry has so revolutionized workout equipment that when you walk into the fitness center, you feel as if you have entered the twilight zone. High-tech machines from wall to wall capture our attention. Gravitrons, cybex, liferowers, and stairmasters all flash and beep out intervals. These new "state-of-the-art" fitness centers can be intimidating to even the most experienced user.

When beginning to use weights it is very important to have a thorough introduction to the weight room equipment. Set up a time to meet with the fitness consultant or personal trainer. In these sessions, you will learn to use

proper form and figure out the number of repetitions to do. Do not begin lifting without an orientation to the equipment. Second, define what length of time you plan to spend in the weight room. This will enable you to select body parts and exercises that can be done with

the proper form in a designated amount of time. Thirdly, chart your progress and celebrate new breakthroughs. Don't get caught in a rut—be flexible enough to try new routines or concentrate on specific muscle groups if time is running short.

The following weight workouts are programs that the athlete can use during the lunch hour or possibly 45 minutes before a Masters workout in the morning or evening. Let's begin with a

basic routine that a beginner can use to develop an overall foundation for weight training. This program incorporates all of the major muscle groups and can be completed in approximately 45 minutes. When beginning a program, select a resistance that allows you to start with 8-12 repetitions. If 15 or more repetitions can be performed, increase the resistance by five to 10 percent at the next workout. Do not sacrifice form in an attempt to produce results. Work the largest muscles first and move quickly from one exercise to the next. This procedure develops muscular endurance and aids cardiovascular fitness. Accentuate the lowering portion of each repetition. Do not train past fatigued, burning muscles. Finally, begin with no more than three times a week and keep accurate records—date, resistance and repetition of each workout.

Beginners Program

Body Part	Developing Exercise	Reps
Chest	Bench press	2 x 10
Hamstring	Leg curl	2 x 10
Shoulders	Military press	2 x 10
Quadriceps	Leg extensions	2 x 10
Upper back	Lat pulldown	2 x 10
Hamstring, Glutes, Quads	Leg press	2 x 10
Biceps	Bicep curls	2 x 10
Triceps	Triceps pushdown	2 x 10
Abdominals	Crunches	3-4 of 25-30

Intermediate Program

In this program the individual should begin to use free weights. When exercising on a machine, the athlete is limited to the range of motion determined by the machine. It is also easier to favor your strong side when lifting. Free weights enable the athlete to evenly distribute the weight and contribute more to bilateral strength. Use dumbbells whenever you can as you will have to control the weight and not depend on your strong side to push the weight.

Again, the following repetitions work all body parts and can be completed in 45 minutes if you continue to

When beginning to use weights it is very important to have a thorough introduction to the weight room equipment. Set up a time to meet with the fitness consultant or personal trainer.

We hear that Graeme Middleton, who swam the Murray River earlier this year, received a Tattersall award for achievement and promptly donated the \$2500 to Kids with Cancer.



move quickly from one exercise to the other.

Body Part	Developing Exercise	Reps
Shoulders	Barbell upright rows	3 x 10
Upper back	Bentover barbell rows	3 x 10
Lower back	Seated rows	3 x 10
Upper chest	Incline dumbbell press	3 x 10
Lower chest	Decline dumbbell press	3 x 10
Biceps	Dumbbell curls	3 x 10
Triceps	Dumbbell kickbacks	3 x 10
Hips	Dumbbell side lunges	3 x 10
Quads	Leg extensions	3 x 10
Hamstrings	Leg curls	3 x 10
Calves	Seated calf press.	4-5 of 15-20
Abdominals	Crunches/leg raises	3-4 of 30-50

Advanced Program

Assuming the athlete has a well-developed background in strength training, the following routine is an excellent way to develop strength, muscular endurance, and aerobic ability at the same time. The athlete should select a sequence of body parts to be worked and then choose three exercises for each body part. The exercises will be com-

pleted in what I call a "mini circuit." The goal is to hit the exercises in sequential order doing 10 reps and completing three rounds of the circuit before taking any rest.

Exercise	Mini-Circuit
Chest	Bench press, incline press, decline press
Back	Wide grip pull-ups, lat pulldowns, reverse 45° pulley rows
Shoulders	Military press, upright rows, delt raises
Biceps	Seated dumbbell curls, preacher curls, easy bar curls
Triceps	Triceps pushdown, triceps kickbacks, bar dips
Legs	Jump squats, burpees, jumpovers (take flat bench and do continuous jumping side-side over the bench for 20 reps)
Abdominals	Overload the abdominals forcing them to do more work than they are used to. Hit them from a variety of different

angles so that all the muscles get a workout.

Face it, gang—all of us have a wide variety of responsibilities, and commitments to family, work, and friends, so sometimes it is impossible to fit everything in. Even when we have it all under control, our lives can go from calm to chaos in a split second. The time we had set aside to complete a workout has suddenly been consumed because Johnny had an accident in P.E. class and we have to meet him at the emergency room, the boss inflicts another one of those last-minute deadlines and a proposal is due tomorrow; or you realize you are overdrawn on your checking account and you have to rush to the bank to transfer some funds from savings to cover. These mini crises arise daily! So use the time you have for your strength training wisely . . . maybe even at lunch . . . Come in for lunch and let's have a "crunch."

CONDUCTING A SWIMMING MEET

The following points are the requirements set by VICSWIM and should be adhered to. Also, the listed First Aid Kit listed below is a necessity when holding a Meet.

FIRST AID KIT - CONTENTS

First aid rooms should include the following items:

• emergency services telephone numbers and addresses	
• basic First Aid Notes or Booklet	
• individually wrapped sterile adhesive dressing (50)	1 Pkt
• sterile eye pads	4
• sterile covering for serious wounds	4
• triangular bandages	4
• safety pins	12
• small sterile unmedicated wound dressing	8
• medium sterile unmedicated wound dressing	4
• large sterile unmedicated wound dressing	4
• adhesive tape 1.25 cm wide roll	1 Roll
• rubber thread or crepe bandage	1
• scissors	1 Pair
• disposable gloves	1 Box
• burns module	
• eye wash module	

This kit should be portable, for use at the site of injury

The above is considered the minimum requirements for the Basic Occupational First Aid Kit as defined in the Victorian Department of Labour, First Aid Code of Practice, 1978. Additional items appropriate to the workplace may be available in the First Aid room, provided their use is understood by personnel expected to use them.

Recommended Optional Additional Items:

• suitable oxygen equipment (if appropriate)	
• cotton wool balls 200g	
• adhesive dressing strips assorted sizes, individually sealed packets	100
• gauze pieces, sterile 75mm x 75mm	
• adhesive strapping tape 25mm	
• liquid skin antiseptic	
• surgical scissors, blunt nose	1 Pair
• dressing forceps 125mm minimum	1 Pair
• kidney tray, stainless steel, 17cm	1
• splinter forceps, tweezers	1 Pair
• disposable drinking vessels, 200 ml	20
• clinical thermometer	1
• torch, pocket size	1
• paracetamol tablets 500 mg	100
• soap and nail brush	
• paper towel and dispenser	
• clean garments for use by first aiders	
• cervical collar	
• ice packs	
• sunscreen cream	
• towels	

COACHES COURSE AT NATIONALS

Anita is looking at holding a Level 1M Coaches Course at Nationals in Darwin. If you are interested in attending the course please fill in and return the back form by March 1 1993. Further details will be mailed to you after this date.

Candidates will have the option of doing the complete course (Level 1M) if they have not got their Level 1 ASI Coaching certificate, or attending the shorter supplementary course if they are currently accredited with ASCA as a Level 1 coach.

continued next page...

COACHING

LAW



Australian Coaching Council
Incorporated

by Jane McCallum,
Technical Officer with
the Australian
Coaching Council

The law touches all aspects of our lives and sport is no exception. Coaches, whether volunteers or professionals, have a legal responsibility to provide athletes with the utmost care.

Claims of negligence against coaches in Australia have been rare but are increasing. The issue of sports safety and the legal responsibility of the coach is an extremely important one. This article is an attempt to outline both the legal issues as they relate to coaching and steps a coach should take to increase the quality of care provided in a sporting situation. The article is not to be regarded as legal advice.

Coaching: A legal responsibility

By accepting a coaching position, you have made a legal commitment to your

athletes. You have:

- indicated you possess coaching and other related skills;
- indicated you will maintain your skills at a level equal to the skills of other competent coaches in your field.

Some injury in sport is inevitable, and although coaches have a legal responsibility for the safety of their athletes, it should not assume such intimidating proportions that they give coaching away, or unduly restrict programs to the point where athletes' needs are not being met.

Coaching and the legal terms

■ Negligence

Negligence is the failure to take reasonable precautions to avoid injury to persons or property. In the coaching environment negligence can be defined as a coach's breach of a legal duty of care owed to an athlete, and where the breach results in actual damage to that athlete which should have been foreseen by a reasonable and prudent coach.

The court, in determining whether a coach is negligent or not, will ask:

Has the coach failed to provide the standard of care owed to an athlete by a reasonable and prudent coach?

The court will look at what a competent coach could be expected to anticipate under the circumstances relevant to the case. If the coach being sued met this standard of care no breach of duty or negligence will be found.

■ Standard of Care

A coach owes athletes a standard of care. A coach is providing athletes with the standard of care required of a competent, reasonable and prudent coach if they:

- take all necessary precautions to prevent injuries from occurring;
- treat injuries correctly;
- ensure the treatment provided prevents further injury;
- take no action that could cause injury.

A reasonable and prudent coach provides a standard of care based on what should be known about the sport and/or the injury. Ignorance is no excuse.

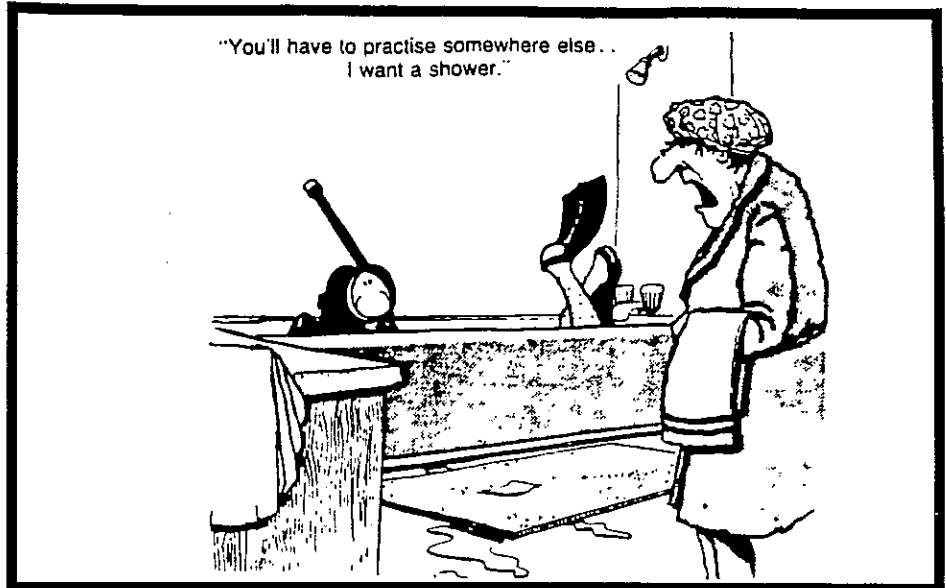
Most legal cases involving sports injuries arise not because the coaches were careless, but because they failed to act in accordance with what knowledge they had or should have had.

Was the coach directly responsible for the injury?

This protects the coach from being liable for an unlikely chain reaction of events that end in an unforeseeable injury and removes responsibility beyond practice and competition.

Providing the required standard of care

In addition to applying the careful parent test, (i.e. the way you would act with your own child), carrying out the following steps will assist you to be a competent, reasonable and prudent coach and substantially reduce the chances of a successful claim of negligence against you.



NOTE : All aspects of the course must be completed within the given time frame for accreditation status to be granted. This includes compulsory attendance at all lectures and completing assessments and assignments satisfactorily. Costs to be decided but will be determined by numbers i.e. the more people attending, the cheaper the course.

continued next page

■ Provide a safe environment

Facilities and equipment must be safe for both the users and the others involved in the competition. Adverse weather conditions must also be taken into consideration during competition and practice sessions.

■ Activities must be adequately planned

Impaired learning ability and injury may be the result of unplanned practice sessions. Using appropriate progressions in teaching a new skill, especially potentially dangerous skills, is imperative.

■ Athletes must be evaluated for injury and capacity

Athletes with an injury or incapacity should not be expected to perform any potentially harmful activity. No athletes should ever be forced to take part in any activity that they do not wish to. Individual differences must be taken into account.

■ Young athletes should not be mismatched

Young athletes should be matched not only according to age, but also height, weight and maturity. Skill levels and experience should also be considered.

■ Safe and proper equipment should be provided

Existing codes and standards for equipment should be met and all equipment should be kept in good order. It should always be adequately repaired so that it is safe to use at all times.

■ Athletes must be warned of the inherent risks of the sport

The inherent risks of any sport can only be legally accepted by the participants if they know, understand and appreciate those risks. In some situations even such a warning may not be enough: for example, where young people are involved in a school-supervised activity.

■ Activities must be closely supervised

Adequate supervision is necessary to ensure the practice environment is as safe as possible. Each sport will have its own specific requirements in this regard.

■ Coaches should know first aid

Coaches should have a knowledge of basic emergency procedures and keep up to date on them. Coaches should know STOP (Stop, Talk, Observe, Prevent further injury) and RICER (Rest, Ice, Compression, Elevation and Referral) procedures for managing injuries. Coaches should have a written emergency plan and ensure that appropriate medical assistance is available. At the very least coaches should

ensure that nothing is done which could aggravate any injury.

■ Develop clear, written rules for training and general conduct

Many injuries are the result of fooling around in change rooms and training venues. Clear written rules should be developed for general conduct and behaviour in such situations.

■ Coaches should keep adequate records

Adequate records are useful aids to planning and are essential in all cases of injury. Record cards should be kept on all athletes, including relevant general and medical information and progress reports. Accident reports (not diagnoses) should be made as soon as possible after each injury occurs.

The prudent coach

The knowledge and skills required of a prudent coach in any sport are available through the Australian Coaching Council's National Coaching Accreditation Scheme. All practicing coaches in Australia, volunteers or professional, in schools or in clubs, should be accredited and have access to ongoing education to maintain their knowledge at the level required of a competent, reasonable and prudent coach. This is particularly so for the coaching of children, who should never be left in the hands of the 'enthusiastic amateur'.

Coaches should become familiar with their responsibilities to athletes so they can protect them from unnecessary injury, and protect themselves from potential lawsuits for negligence.

BMX slide

The Australian Sports Medicine Federation (ASMF) operates the National Sports Trainers Scheme. Three levels of courses are offered in this scheme which is designed to give people involved with sport and recreation the knowledge of basic sports medicine, injury prevention and first aid.

• Level 1 involves 27.5 hours of lecture sessions and practical demonstrations.

• Level 2 is a progression of the Level 1 course.

• An Awareness Course is also offered but this course does not carry accreditation.

The ASMF can be contacted on (06) 251 6944 or through branches in your state.

Other organisations such as Red Cross and St John Ambulance also conduct regular first aid courses although these are not sport specific.



FACTS AFTER 50

■ The longer you live, the longer a life you can expect to have.

It sounds paradoxical, but life expectancy statistics reveal it to be so. Actuarial tables tell us that the average 50-year-old can expect to live to about 75; 60-year-olds, to age 77. But those who make it to 80 have an average life expectancy of eight more years (to 88). And strangely, these figures have changed very little from pre-history to the present and from civilization to civilization, even though life expectancy for infants has fluctuated dramatically throughout the ages. (In ancient Rome, a newborn could expect to live to 22; in 1900 in the US, 49.2 was the average. Currently in the U.S., it's 75.4 years.) But for those who do survive into the ripe old ages, living longer seems to be, at least statistically speaking, the best guarantor of living longer. There is course, a limit: Barring disease, accident, or disaster, we are built to last about 100 years.

■ You can lose more than 15 pounds in a year with even a modest regimen of 30 minutes of aerobic exercise, three times a week (assuming your caloric intake stays the same). Each mile you walk or run burns about 100 calories. An added bonus: Such a regimen has been shown to lower systolic blood pressure by an average of 10 points; diastolic, by seven points.

COACHES CORNER

ON THE SUBJECT OF PAIN

The two types of pain a swimmer experience are:-

Normal Training soreness will be felt over the whole muscle surface. A general soreness is felt when a particular limb is moved, the muscle will feel tender to touch all over. This soreness is attributed to the lactic acid build-up in the freshly-worked muscle. Gentle exercise again and a good flexibility session will help the dispersal of the lactic acid and soothe any soreness.

Training injury pain must be treated very differently. The pain will be felt in an isolated area just by probing with the fingers deeply into the affected area. Usually it can be traced back to the muscle ending, although in some cases the pain does radiate from the injured area (a tendon in the shoulder joint) down the arm as a dull uncomfortable pain. This is a danger signal, and only rest will have any effect on this type of injury. Swimmers should not be afraid to take a day or two off training when this type of pain is first felt. A few gently flexibility exercises will tell if it is cured or on the mend. DO NOT LET PAIN PERSIST, seek professional help.

Proposed Outline Level 1M Supplementary

Mon. 3rd Off

Tues. 4th]

Wed. 5th] Lunchtime

Thurs. 6th] Lectures

Fri. 7th]

Sat. 8th All day

Sun. 9th Off

Level 1M

All day

]

] Lunchtime

] Lectures

]

All day

All day

Recommended Text : Mastering Swimming

Coaches Insurance (see article, Page 9). Swimming teachers and coaches have a number of options open to them when looking for insurance.

AUSTSWIM : provides insurance cover for accredited swimming teachers only. Phone the relevant AUSTSWIM body in your state for further information.

AUSSI : provides a coaches liability insurance which is an extension of the AUSSI "Legal Liability Policy". It is specific to authorised AUSSI activities only. Hence it covers the coaching of AUSSI groups but NOT non-AUSSI squads (see page 29 for further information).

ASCA : cover provides for all accredited swimming teachers and coaches while they are acting in the course of their teaching/coaching activities. Applicants must be a member of ASCA and each member can elect their desired level of cover. It also offers optional benefits for coaches owning their own pools or leasing pools or lane space for specific times each week.

SWIM SCHOOL OWNERS ASSOCIATION OF AUSTRALIA : offers full cover for members and staff undertaking business related activities at any venue.

- . Teachers and coaches would be well advised to hunt around when looking for insurance.
- . If employed at a pool find out where you stand legally from your employer to help determine whether you need to take out independent insurance cover.
- . Don't compare insurance according to price as it usually omits something if it is cheaper.
- . AUSSI coaches who only coach at authorised club sessions would be advised to take out the AUSSI coaches Liability.
- . Coaches/Teachers who teach a variety of different groups, or at a number of locations would be better to take out the ASCA policy.
- . Any claim can only be made off one policy, so there is NO advantage to taking out a couple of policies.
- . Think carefully of the amount you want to be covered for. Most companies advise that \$1million is insufficient in this litigious age. The recommended level is \$5million (for public liability cover) due to the extent of payouts being made for serious compensation claims. Remember, if your policy does not cover the amount of compensation granted, you will personally be responsible for making up the difference.
- . Check to see if your policy covers your legal costs if defending an action brought against you.
- . Volunteer, non-accredited coaches may be covered by the AUSSI policy but would not be eligible for any other policy. Volunteers should note that if you are acting in the capacity as a swim coach you will be judged by swim coach standards. If you hold yourself as a first aider, you will be judged by first aid standards.
- . If you are an "Occupier" you have a responsibility to everyone who comes onto your facility.
- . If you are a lessee check your contract and see if it has a "cross indemnity" clause. This means you take on all the responsibilities of an owner i.e. you need to insure not only your legal responsibilities, but your landlords as well.

I can think of no better reason for clubs to encourage their coaches to be fully accredited "AUSSI Masters Coaches".

VOLUNTEERS

Just a few short points on the subject of Volunteers from The Committee Members' Handbook.

They need clear instructions, sensitive direction and adequate support.

They need to be given tasks for which they have the skills and confidence, or for which the skills and confidence can be obtained.

They need recognition for their commitment.

They need to be able to feel proud of the organisation to which they donate their time.

They need stimulating work, and often they need variety...particularly when their tasks are challenging or stressful.



"All the way home from work the motor kept conking out. Not the car's motor — mine!"

Dear Sir/Madam,

A number of Aussi clubs recently completed a survey detailing the various activities they undertake. This letter outlines the results of this survey in the hope that it may give you some ideas for your own club. Of the 35 survey forms sent out 21 were returned. Looking at the swimming activities of these 21 clubs:

Over 90%:

- have a coach,
- the coach sets the programme for club night,
- have coaching on club night,
- have stroke correction on club night.

Between 80-90%:

- have timed swims on club night,
- compete in carnivals,
- vary the programme from week to week,
- have coaches that swim with the swimmers. N.B. It was made clear at the recent coaching weekend it is bad practice for the coach to swim.

Between 70-80%:

- perform long distance swims.

Between 60-70%:

- perform aerobic swims.

Less than 30%:

- run learn to swim lessons. Note that it is generally felt that learn to swim lessons should not be a major part of Aussi as there are numerous other avenues for people wishing to learn to swim.

Looking at the social activities of these 21 clubs:

Between 80-90% have non-club night social activity at least once per year. These include:

- picnics
- BBQs at a member's home
- restaurant outings
- BBQs at the pool
- bush dances
- progressive dinners
- dinner/dances
- presentation nights
- camping weekends
- car trials
- champagne breakfasts
- games nights
- cabaret nights
- bushwalks
- tennis nights
- video nights
- sailing days
- children's Christmas parties
- carols by candlelight
- theme dinners (Chinese, German, Soup & Stew, Port & Pizza, mid-year Christmas dinner)

1993 Masters Games

Registration forms for the Fourth Australian Master Games, to be held in Perth from April 24 to May 2 1993, will soon be available to clubs. The entry fee is \$50, or \$60 if you wish to attend the closing ceremony. There is a late entry surcharge of \$20 on forms received after February 28.

The swimming segment is on the weekend of April 24-25. The venue is the Superdrome, there are 504 relay and 1386 individual medals for presentation and the tourist potential is enormous with many overseas swimmers coming.

The fee allows entry to the official welcome, to Games special events, a free Masters welcome bag, souvenir programme and memorabilia and admittance to a happy hour. The opening ceremony will be held at the Fishermans Harbour, Fremantle and the closing ceremony at the Superdrome. The Games comprise of 42 sports, runover 9 days.

SOME FOOD FOR THOUGHT

There are those who *HOPE* things will happen

There are those who *EXPECT* things to happen

There are those who *WATCH* things happen

THERE ARE THOSE WHO MAKE THINGS HAPPEN

bicycle) become permanent through practice and won't desert you if you're out of the pool for several weeks. By practicing particular stroke techniques, you create permanent changes in the central nervous system. If you swim inefficiently, that's what you train your neuromuscular system to reproduce. Consequently, you have to be conscious of technique by striving to swim with maximum efficiency every length of every workout.

Experts agree that it can take 10 years and thousands of hours of practice to approach that expert level in any skill. Masters careers can easily last for decades, so any Masters swimmer willing to devote diligent and consistent attention to stroke detail can eventually reach the expert skill level.

Here are some tips on how to become a more skillful swimmer:

1 Count your strokes on a regular basis. Stroke counting seems deceptively simple as a way of improving technique, but it works! If you can decrease your stroke count for one length from 26 to 24, you've increased your efficiency.

2 Practice "stroke deprivation." If you typically take 24 strokes per length, during warmup, cooldown and other easy sets, limit yourself to just 22 strokes. With patient practice, 22 strokes will gradually become your norm.

3 Do a "Matt Biondi." Matt swam the 100 yard free in 41.8 seconds, taking only 12 strokes (six stroke cycles) per 25 yard length. Do a series of 12-stroke 25s (extreme stroke deprivation) yourself. Streamline, kick and push off a long way, stroke S-L-O-W-L-Y, kick the last five yards . . . do whatever it takes to complete a lap in 12 strokes. Keep trying and you'll soon require fewer extraordinary measures to make it. After you've wrung all the efficiency you can out of 12 strokes, try it at 14, then 16 strokes. You'll be surprised how generous 16 seems.

4 Do "Strokes plus Seconds" repeats. On a series of 50 yard repeats, count your strokes and add your stroke count to your time in seconds to create a value. Then try to reduce that value during the rest of the set. For example, if you swim 40 seconds and take 40 strokes

on the first 50, your total is 80. You could reduce that total to 78 by holding 40 seconds and taking only 38 strokes, or by holding your stroke count at 40 and bringing your time down to 38, or by completing the 50 in 39 strokes and 39 seconds. This is a creative way of using the pace clock to reinforce stroke efficiency.

5 Do stroke drills on a regular basis. Most Olympic-level swimmers do drills for at least 10 percent of their total yardage. The less polished your stroke, the higher your percentage of drills should be. For the novice Masters, that could mean doing 60 percent or more of total yardage in drills. The great virtue of the drills is that they are both diagnostic and corrective, and can be integrated easily into a conditioning series, allowing you to improve fitness and efficiency at the same time. A sample drill series: 12 x 75 x 15 seconds rest. On each 75, do right arm only on the first 25, left arm only on the second 25, and full stroke on the third 25, counting strokes for each length.

6 Seek some stroke coaching. While the previous five hints will help, there's no substitution for a coach's practiced eye in correcting poor technique. Even if you're fortunate enough to be in a coached program, most programs offer training with stroke correction only on an intermittent basis. Private coaching can be expensive, but a cost-effective alternative is to attend a Masters stroke camp or clinic.

7 Have your strokes videotaped. Most people can process visual information more easily than any other form. For that reason, seeing a video of your stroke (shot underwater) and comparing that with an underwater video of proper technique, is easily the most powerful way to understand and correct poor mechanics. ■

About the Author

Terry Laughlin is director of Total Immersion Instructional Camps and Clinics, publisher of the newsletter *SwimSmarts*, and a consultant to Speedo America. For a free list of stroke improvement drills, send a S.A.S.E. to the author at 38 Main St., Goshen, NY 10924.

So, you don't want to swim in competition? Well, go to the swim meet anyway and you'll find yourself barracking with and for your club mates. There are always plenty of jobs to do - why not volunteer for time-keeping? You'll soon learn how and enjoy being involved. Good swimming!

WATCHING BRIEF

JO CHANDLER

Exercise sours breast milk

MANY nursing mothers adopt a sometimes-vigorous exercise regime to get back in shape after birth. But, according to research published in the journal 'Paediatrics', their efforts may not be appreciated by their babies.

The research says that infants can distinguish between sweet and sour, and that milk produced after exercise has a distinctive sour taste, causing babies to reject their milk.

Strenuous jogging, swimming, aerobics or walking could cause up to a 400 per cent increase in lactic acid in breast milk, altering its taste, according to researchers at the University of Indiana in the United States.

Their investigation noted occasions where babies tried to avoid post-exercise milk or expressed their displeasure by making faces. One child spat out the milk.

The paper suggests that breastfeeding mothers express milk before exercising heavily.

TAKE YOUR MARKS

To give fit and competitive swimmers the opportunity to gauge their improvement and measure their standing in their age groups, AUSSI Masters Swimming runs a series of interclub swim meets. These range from social meetings with other clubs to Branch and National Championships. Every 2 years World Masters Swims and Pan Pac Masters Championships are held - the World's in even years, the Pan Pacs in odd years. In addition to AUSSI programs there are a number of Masters Games appearing on the Australian Calendar.

Within our own programs, AUSSI Masters Swimming ensures that our swim meets are open to ALL. There are no qualifying times and members are never made to feel embarrassed or outclassed. Heats are conducted according to nominated times so swimmers compete against others with similar times, the results being calculated by the recorder. Age group categories for competition swims are: 20-24 years, 25-29 years, 30-34 years etc. Relays are composite age groupings of 80+, 120+ etc.

Competition helps you to improve yourself, it is a valid part of our activities and it enables you to measure yourself against your peers. Competition often brings out the best performance. It brings together swimmers of similar abilities and give them the opportunity to make new friends. The cheers of team mates are sometimes all the encouragement we need to put in a PB (personal best). Some even excel and make the national or world record books.

Administrative HINTS FOR CLUBS

INTRODUCING A VOLUNTEER MANAGER

***We need a coach!!
Whose turn is it to umpire?
I did it last year.***

***I've had enough of being club secretary.
I need a break after 15 years.***



Sound familiar? If not, your club must be one of the lucky ones, not faced with the ever-present problem of finding volunteers to run from year to year. Much has been written about the area of volunteers in sport and the apparent decline in numbers of volunteers prepared to offer their services in the conduct of sport at all levels. A recent study on Volunteers in Sport commissioned by the Australian Sports Commission in conjunction with the South Australian Department of Recreation and Sport has identified a number of key initiatives that need to be introduced in order to overcome some of the major problems.

One such initiative, it is believed, has the potential to provide community sporting clubs with a possible answer to many of their volunteer problems.

That is the idea of developing the concept of a **Volunteer Manager** as a new role in sport.

This newly created position should be considered in the same light as the person responsible for coaching, for development or for administration because without a person primarily responsible for the volunteer area it is likely no-one will consider the relevant issues.

It is envisaged the crucial volunteer manager position would have a major aim of ensuring the experience for all volunteers in the particular club is enjoyable and satisfying.

By providing this environment for all volunteers it is more likely that retaining volunteers and recruiting new ones will be much easier.

Volunteer Manager's tasks

Given that the single most difficult job a club seems to have is gaining and retaining volunteers, it seems logical to have a person with this responsibility.

In his research, report author Dr John Daly identified that many volunteers were not recognised for their effort no matter how large or small and as a result become disinclined to continue providing their valuable time.

Satisfied volunteers are more likely to continue as well as attracting others to join the ranks. Thus sporting clubs need to concentrate on satisfying their volunteers. The Volunteer Manager would, through a range of tasks, be able to provide that potentially satisfying experience for the club volunteers in the following areas:

■ Job descriptions

Providing job descriptions for all levels of volunteers within the organisation. It may not be the specific role of the Volunteer Manager to write these job duty statements but it could well be his/her responsibility to organise their production.

■ Training

A key element for any volunteer is to have the opportunity to receive either on the job training or attend volunteer training programs. It is envisaged the Volunteer Manager would be able to provide that training or facilitate the opportunity for volunteers to attend courses. The Volunteer Manager would need to be aware of the available courses and inform club volunteers accordingly.

■ Recognition

Recognition is also an important and often neglected area of volunteering. Too many

"S.C.A.T." F/S DRILL : Try this next time you swim. You can use any stroke and the aim is to swim as fast as you can using the least number of strokes to learn how to keep a long stroke at race pace.

SCAT = Stroke Count And Time. Swim 50m and count how many strokes it takes you. Also record the time. Now add the 2 numbers together to get a total.

e.g. F/s 48 strokes + 38 seconds = 86,

continued page 17

MSI's 5th Pan Pacific Masters Championships

New Zealand, April 10-17 1993

The Pan Pacific's are drawing closer, and the New Zealand Masters are in full swing planning. Hamilton will be host city and lots of activities have been planned for your enjoyment.

All pool swimming will be held at the Waterworld complex in Hamilton. This complex includes an indoor heated 50m, eight lane pool for competition, and an indoor 25m five lane pool for training and warm ups. In addition there is a 50m recreational outdoor pool to relax in.

The organisers regret that an open water swim is not available within the program due to the doubt as to the water temperature at that time of the year.

On site accommodation

All competitors will be required to become accredited before being allowed to compete. Accreditation for the swimming, diving and synchro will be at the Waterworld complex in Hamilton and will commence on Friday 9th. The accreditation booth will be manned each morning during the competition from 8am to 11am. Water Polo accreditation will be at the West Auckland Aquatic Centre from Thursday April 15th.

Age eligibility for all disciplines will be as per FINA rules.

Fees:

All participants in the 1993 Pan Pacific Masters Championships must pay the one time US\$60 registration fee regardless of the number of sport disciplines entered. Registration fee covers attendance at social functions including food and entertainment (drink at own cost). If you do not wish to attend social functions deduct US\$25 from the registration fee.

Additional Fees

Individual swimming: Swimmers may enter up to six events at US\$5 per event.

Relay team events: US\$20 per relay team. Only one entry per club per age group.

Confirmed Schedule of Events

Friday, 9th April

Registration, Welcome Party.

Saturday 10th

200m Backstroke, 50m Breaststroke, 100m Freestyle, 200m Mixed Medley Relay, Happy Hour.

Sunday 11th

200m Butterfly, 200m Freestyle, 50m Backstroke, 200m Mixed Freestyle Relay, Happy Hour.

Monday 12th

400m Individual Medley, 50m Freestyle, 100m Breaststroke, 200m Medley Relay, Happy Hour.

Tuesday 13th

800m Freestyle, Happy Hour.

Wednesday 14th

100m Backstroke, 200m Breaststroke, 50m Butterfly, 200m Freestyle Relay, Happy Hour.

Thursday 15th

200m Individual Medley, 100m Butterfly, 400m Freestyle, Koro's Kiwi Kaper.

Friday 16th

Diving, Synchro, Water Polo.

Saturday 17th

Diving, Synchro, Water Polo. Water Polo Function (evening).

Entries Close - midnight 15 February 1993

Late entries - midnight 15 March 1993 - Late fee of US\$30.

Mail to: PAN PAC MASWIM 93
PO Box 86
MATAMATA 2271 N.Z.

Rendez-Vous 94 Montreal

5th World Masters Swimming Championship

The City

Montreal ... bridge between the tradition of the Old World and the vitality of the New, such is the charm and personality of Montreal. An exhilarating blend of North American energy and European flair, Montreal is renowned for its distinctive elan. Stylish shops, gourmet restaurants, Olympic sporting facilities and grand cultural events have captured the hearts of travellers the world over.

The Championship

Out of concern for the environment and for the convenience of both participants and spectators, all hotels, campus lodgings, competition and training pools, as well as the venues for the opening and closing celebrations of Rendez-Vous 94 will be accessible by metro.

The Dates

From Monday 4th Sunday 10th July 1994.

PROGRAMME

4th July

200m Backstroke, 50m Breaststroke, 400m Freestyle, Diving.

5th July

200m Butterfly, 100m Freestyle, 50m Backstroke, 200m Mixed Freestyle Relay, Synchronized Swimming, Water Polo.

6th July

400m Individual Medley, 50m Freestyle, 100m Breaststroke, 200m Medley Relay, Diving, Water Polo.

7th July

100m Backstroke, 200m Freestyle, 50m Butterfly, 200m Freestyle Relay, Diving, Synchronized Swimming, Water Polo.

8th July

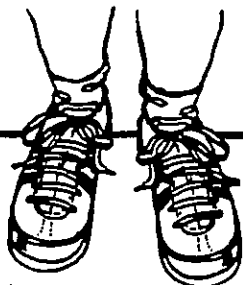
200m Individual Medley, 100m Butterfly, 200m Breaststroke, 200m Mixed Medley Relay, Diving, Synchronized Swimming, Water Polo.

9th July

800m Freestyle, Synchronized Swimming.

10th July

Synchronized Swimming, 5km Long Distance.



Preparing For An

Open Water Race

Long Distance Swimming by Steven Munatones

Reprinted with permission from "Swimming World" Feb & June 1987

With warm weather and summer approaching, thousands of swimmers will find themselves lining up at the water's edge for the start of their first open water swim of the season. Although training in a pool is necessary for increasing aerobic capacity and improving stroke technique, it does not fully prepare you for the rigors of an open water race.

The crowded starts, choppy conditions and colder water temperatures are only a few major differences between open water and pool swimming. This article is the first in a series that will provide some tips that should not be overlooked in your next open water swim.

Proper pre-race preparation is

About the Author

Steven Munatones is a professional long distance swimmer who won the Long Distance Swimming Championships at Lake Windermere in 1982.

PREPARING A NEWSWORTHY NEWS RELEASE

Of course the information in your news release is important. Now all you have to do is convince busy editors that it's important. For an effective news release, observe the following guidelines.

Double space the copy and indent each paragraph. Leave a margin of about 4cm down the left side of the sheet. Type on only one side of the paper.

Create a professional look. Organisation letterhead is appropriate for a news release. Or, if you disseminate enough releases to warrant it, create a custom news release letterhead.

Tell the reader it's a news release. Near the top of the page, clearly label it as a news release. Add a release date nearby and below that, list the organisation contact along with an address and phone number. Continued Page 27

very important and consists of allowing yourself enough time to check in and get your race number before the start, becoming acclimated to the water conditions and familiar with the race course during a warm-up swim and listening to pre-race instructions and warnings. Because you do not want to tighten up before or during the race, your warm-up swim should include some short sprints and end as close as possible to the starting time.

Unless a towel is available for you near the start, be prepared to wait around in your wet suit. If the wind chill causes you to tighten up or the race is delayed, either get back into the water—if possible—stretch or stand in the middle of the pack, surrounding yourself with warm bodies.

During your warm-up, swim to at least the first turn buoy or marker. From this point you can determine the best position to stand at the starting line. If there is no current, then the straight-line tangent from the shore to the first buoy offers the quickest and most direct route. If there is a current flowing parallel to the shore, then position yourself to take advantage of the current.

For example, if there is an easterly flow along the shore, then compensate for it by lining up west of the buoy. This way you will be working with, and not against, the current. Similarly, if there is even a slight tidal pull, locate the spots where the incoming tide is minimal or the outgoing tide is greatest.

If you are having trouble determining which way the current is going, take off your goggles along the course and watch which direction they float. If the water is clear enough to see the bottom, check out which way the sand is being pushed or the direction the plants are swaying. These quick observations will give you a good idea of the current's flow.

While you are at the first buoy during warm-up, look toward the last turning buoy and finish line. Memorize these views from the

water level with your goggles on since these are exactly what you will see during the race. If there is a tall building, utility pole or lifeguard station beyond the straight-line tangent between the first and last turning buoys, you can swim toward these objects if the buoys are difficult or impossible to see during race. By understanding the currents and locating visible landmarks, you can easily decide on the quickest and best course to take.

Before the race starts, know the course well. Most swimmers act like sheep during open water swims and tend to follow the person ahead of them. This may not be the best strategy to follow since even the most experienced swimmers veer off course and do not always take the most direct route. Listen to the pre-race instructions and study the available course maps. It may not be necessary to go around each buoy along the course, and doing so will only add to your time and efforts.

In addition, the middle buoys may not be properly anchored and could drift away from the straight-line course. In any event, the race director will tell you which buoys you are required to swim around and in what direction.

Also find out if drafting is allowed. Although most races permit and even encourage drafting, there are several races where tucking behind other swimmers or paddlers is grounds for disqualification.

Finally, it is important that you are relaxed and as comfortable as possible at the prospect of swimming in the midst of hundreds of thrashing bodies and surf at the start. Naturally the novice or inexperienced open water swimmer may find this impossible, but you must attempt to control your pre-race jitters. With all the excitement, tension and turbulence at the start, it is important that you concentrate on your chosen course and desired pace. Do not let the commotion of a mass start disrupt your normal breathing pattern and rhythm. □

Porpoises and dolphins are beautiful creatures to watch in aquariums, on television, or from boats. But encountering them in the open ocean, where they can be easily mistaken for sharks by the inexperienced swimmer, can be an exhilarating, although slightly unnerving experience.

Coastal and lake waters furnish a fascinating and abundant display of other marine life. While most areas frequented by swimmers are safe and enjoyable, every natural environment has its share of potential dangers. This article will briefly describe some marine life that you should be aware of and may encounter while swimming.

The first rule of open water swimming is safety first. Before swimming in an unfamiliar area, check with the lifeguards or other water enthusiasts. Heed their warnings and swim with a friend or ask someone on shore to keep an eye on you.

Without a doubt, the most potentially dangerous organisms in open waters are humans. Swimmers are difficult to see from a boat, sailboard or jet-ski. Water-skiers, board surfers and rowers can also be hazardous to the unseen swimmer. However, if you take certain precautions, such as wearing a fluorescent swim cap, you can relax and enjoy the beauty of the water and its creatures while you swim.

Sharks, the ocean's most well-known and -feared predators, are found in a variety of habitats and depths. Your chances of getting attacked are minimal, especially if you swim in a protected area. Four kinds of sharks that may venture inshore to feed include, but are not limited to, the tiger, hammerhead, black-tipped and white-tipped shark. If you sight a shark, do not panic and head for shore or call for help. (Naturally, this is easier said than done!) Avoid cloudy or murky waters, especially near fishing wharfs or boats, sewage outfalls, and breeding areas of seals.

Unlike sharks, porpoises and dol-

phins pose no threat to humans. Among the most intelligent animals on earth, they are genuinely curious about people. The Pacific white-sided porpoise, with its shorter snout, and the Atlantic bottle-nosed dolphin, with its longer snout, have even been known to veer sharks away from swimmers.

Seaweed is a marine plant which can cover a great area over the surface of the water. If you swim into a patch of seaweed, do not panic if it wraps around you. Remain calm and swim around the slimy plants.

Jellyfish and Portuguese man-of-war are occasionally swept into shore by storms or winds. These transparent animals have numerous tentacles that can discharge a harmful toxin when brushed against and, depending on the individual, can lead to painful skin irritations, allergic reactions, and even cardiac irregularities. In cases where emergency aid is not immediately needed, unseasoned meat tenderizer can be applied to the sting and rinsed off with isopropyl alcohol 10-20 minutes

later. Other treatments include direct application of urine, green papaya or a nonirritating powder, followed by a wash with a dilute solution of ammonia or a saturated solution of baking soda.

Sting rays, manta rays and whales are not aggressive creatures and only pose a danger when disturbed. When stepped on, a sting ray can recoil its tail and puncture the offender with a venomous spine. As a protective measure, shuffle your feet in shallow, sandy areas where sting rays are known to congregate. Whales have been known to gently brush and literally move swimmers away from their calf, should the swimmer get too close to its calf.

With over 65 percent of all living creatures residing in our oceans and lakes, the number of sea organisms that you may encounter are too varied and numerous to describe here. But if you are prepared for an emergency and swim in protected and familiar areas, your experience will be a most relaxing and enjoyable one. □

CALENDAR OF EVENTS

1993

6-14 February 4th NZ Masters Games, Wanganui, NZ

14-21 March Wagga Wagga Veterans Games, NSW

10-15 April 5th Pan Pacific Swim/Dive, Hamilton, NZ

16-17 April 5th Pan Pacific Water Polo, Auckland, NZ

24 April-2nd May 4th Australian Masters Games, Perth, WA

4-8 May 18th AUSSI National Swim, Darwin, NT

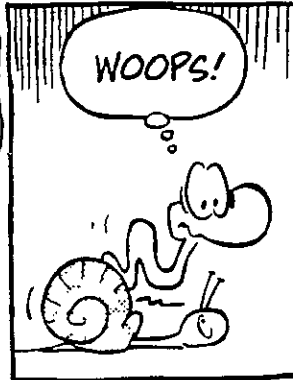
23-24 October North Island SC Champs, Whangarei

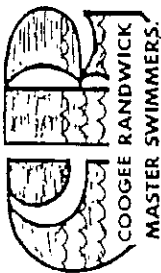
1994

22-26 March 19th AUSSI National Swim, Adelaide, SA

2-11 July FINA World Swim, Montreal, CAN

?? October 3rd World Masters Games, Brisbane, QLD





COOGEE-RANDWICK "MINI-MARATHON"

1 1/2 HOUR CHAMPIONSHIP SWIM (POSTAL)

Sponsored by: Coogee-Randwick Master Swimmers

Location and Time: To be swum in any pool 25 metres or longer, any time during December/January.

Closing date: Entries to be postmarked no later than February, 6th 1933

Eligibility:
Any swimmer 20 years of age or over who is a member of a Masters Swimming Club.

Age Groups:
20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, 70-74, 75-79,
80-84, 85-89, 90 and over.

Event: The object of the contest is to determine who can swim the greatest distance in 1/2 hour. Each swimmer must provide his/her own person to count laps, record splits and time the event with a stopwatch. Swimmer and perimeter must sign the official entry form. All distances are to be rounded down to the nearest five metre increment.

Awards: A medal will be awarded to the first swimmer, with certificates going to all other swimmers.

Results: A copy of the results will be sent to each club.

Fees: \$A5.00 per swimmer. Please make cheques payable to Coogee-Randwick Master Swimmers and cross "not negotiable".

entries: Complete entry form and split sheet and mail together with fee to:

Coogee Randwick Master Swimmers

P.O. Box 421

COOGEE NSW 2034

Your club secretary should already have correct entry forms but if not please write directly to the above address.



pacific masters swimming!



1993 United States Masters Swimming
ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP

comptroller of the state, New York, for the year

Representative, 1901-1903, 1905-1907, 1909-1911, 1913-1915, 1917-1919, 1921-1923, 1925-1927, 1929-1931, 1933-1935, 1937-1939, 1941-1943, 1945-1947, 1949-1951, 1953-1955, 1957-1959, 1961-1963, 1965-1967, 1969-1971, 1973-1975, 1977-1979, 1981-1983, 1985-1987, 1989-1991, 1993-1995, 1997-1999, 2001-2003, 2005-2007, 2009-2011, 2013-2015, 2017-2019, 2021-2023, 2025-2027, 2029-2031, 2033-2035, 2037-2039, 2041-2043, 2045-2047, 2049-2051, 2053-2055, 2057-2059, 2061-2063, 2065-2067, 2069-2071, 2073-2075, 2077-2079, 2081-2083, 2085-2087, 2089-2091, 2093-2095, 2097-2099, 2101-2103, 2105-2107, 2109-2111, 2113-2115, 2117-2119, 2121-2123, 2125-2127, 2129-2131, 2133-2135, 2137-2139, 2141-2143, 2145-2147, 2149-2151, 2153-2155, 2157-2159, 2161-2163, 2165-2167, 2169-2171, 2173-2175, 2177-2179, 2181-2183, 2185-2187, 2189-2191, 2193-2195, 2197-2199, 2201-2203, 2205-2207, 2209-2211, 2213-2215, 2217-2219, 2221-2223, 2225-2227, 2229-2231, 2233-2235, 2237-2239, 2241-2243, 2245-2247, 2249-2251, 2253-2255, 2257-2259, 2261-2263, 2265-2267, 2269-2271, 2273-2275, 2277-2279, 2281-2283, 2285-2287, 2289-2291, 2293-2295, 2297-2299, 2301-2303, 2305-2307, 2309-2311, 2313-2315, 2317-2319, 2321-2323, 2325-2327, 2329-2331, 2333-2335, 2337-2339, 2341-2343, 2345-2347, 2349-2351, 2353-2355, 2357-2359, 2361-2363, 2365-2367, 2369-2371, 2373-2375, 2377-2379, 2381-2383, 2385-2387, 2389-2391, 2393-2395, 2397-2399, 2401-2403, 2405-2407, 2409-2411, 2413-2415, 2417-2419, 2421-2423, 2425-2427, 2429-2431, 2433-2435, 2437-2439, 2441-2443, 2445-2447, 2449-2451, 2453-2455, 2457-2459, 2461-2463, 2465-2467, 2469-2471, 2473-2475, 2477-2479, 2481-2483, 2485-2487, 2489-2491, 2493-2495, 2497-2499, 2501-2503, 2505-2507, 2509-2511, 2513-2515, 2517-2519, 2521-2523, 2525-2527, 2529-2531, 2533-2535, 2537-2539, 2541-2543, 2545-2547, 2549-2551, 2553-2555, 2557-2559, 2561-2563, 2565-2567, 2569-2571, 2573-2575, 2577-2579, 2581-2583, 2585-2587, 2589-2591, 2593-2595, 2597-2599, 2601-2603, 2605-2607, 2609-2611, 2613-2615, 2617-2619, 2621-2623, 2625-2627, 2629-2631, 2633-2635, 2637-2639, 2641-2643, 2645-2647, 2649-2651, 2653-2655, 2657-2659, 2661-2663, 2665-2667, 2669-2671, 2673-2675, 2677-2679, 2681-2683, 2685-2687, 2689-2691, 2693-2695, 2697-2699, 2701-2703, 2705-2707, 2709-2711, 2713-2715, 2717-2719, 2721-2723, 2725-2727, 2729-2731, 2733-2735, 2737-2739, 2741-2743, 2745-2747, 2749-2751, 2753-2755, 2757-2759, 2761-2763, 2765-2767, 2769-2771, 2773-2775, 2777-2779, 2781-2783, 2785-2787, 2789-2791, 2793-2795, 2797-2799, 2801-2803, 2805-2807, 2809-2811, 2813-2815, 2817-2819, 2821-2823, 2825-2827, 2829-2831, 2833-2835, 2837-2839, 2841-2843, 2845-2847, 2849-2851, 2853-2855, 2857-2859, 2861-2863, 2865-2867, 2869-2871, 2873-2875, 2877-2879, 2881-2883, 2885-2887, 2889-2891, 2893-2895, 2897-2899, 2901-2903, 2905-2907, 2909-2911, 2913-2915, 2917-2919, 2921-2923, 2925-2927, 2929-2931, 2933-2935, 2937-2939, 2941-2943, 2945-2947, 2949-2951, 2953-2955, 2957-2959, 2961-2963, 2965-2967, 2969-2971, 2973-2975, 2977-2979, 2981-2983, 2985-2987, 2989-2991, 2993-2995, 2997-2999, 3001-3003, 3005-3007, 3009-3011, 3013-3015, 3017-3019, 3021-3023, 3025-3027, 3029-3031, 3033-3035, 3037-3039, 3041-3043, 3045-3047, 3049-3051, 3053-3055, 3057-3059, 3061-3063, 3065-3067, 3069-3071, 3073-3075, 3077-3079, 3081-3083, 3085-3087, 3089-3091, 3093-3095, 3097-3099, 3101-3103, 3105-3107, 3109-3111, 3113-3115, 3117-3119, 3121-3123, 3125-3127, 3129-3131, 3133-3135, 3137-3139, 3141-3143, 3145-3147, 3149-3151, 3153-3155, 3157-3159, 3161-3163, 3165-3167, 3169-3171, 3173-3175, 3177-3179, 3181-3183, 3185-3187, 3189-3191, 3193-3195, 3197-3199, 3201-3203, 3205-3207, 3209-3211, 3213-3215, 3217-3219, 3221-3223, 3225-3227, 3229-3231, 3233-3235, 3237-3239, 3241-3243, 3245-3247, 3249-3251, 3253-3255, 3257-3259, 3261-3263, 3265-3267, 3269-3271, 3273-3275, 3277-3279, 3281-3283, 3285-3287, 3289-3291, 3293-3295, 3297-3299, 3301-3303, 3305-3307, 3309-3311, 3313-3315, 3317-3319, 3321-3323, 3325-3327, 3329-3331, 3333-3335, 3337-3339, 3341-3343, 3345-3347, 3349-3351, 3353-3355, 3357-3359, 3361-3363, 3365-3367, 3369-3371, 3373-3375, 3377-3379, 3381-3383, 3385-3387

DATA: All swims must be performed during January 1998.

OBJECTIVE To swim as far as possible in one hour. The person swimming the greatest distance will be declared the winner. The person swimming the second greatest distance will be awarded 2nd place, etc. If two or more swimmers complete the same distance, a tie will be declared.

Any pool 75 yards or longer (if the pool is meters, multiply the distance shown by 1.09 to *round down* to the nearest 5 yard increment) and submit the distance in yards). All swims must be done during January, 1993.

ELIGIBILITY Each participant must be registered for 1993 with USYS or a similar body in his/her own country. A copy of your 1993 registration card must accompany your entry.

individuals, men and women separately, will complete in the following age groups, 19: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94 and 95 & over.

RELAY EVENTS Two relay events will be contested. 1) a 3-woman same sex relay and 2) a mixed 3-person relay (2 men + 1 woman). The team with the greatest total yardage will be declared the winner. The age of the youngest relay member determines the age group of the relay team: 19+, 25+, 35+, 45+, 55+, 65+, 75+, and 85+. Each relay member must also have entered the individual event for his/her age group. Unattached relayers are not permitted.

CLUB EVENT Each club will be entered automatically in the club event. The three clubs accumulating the most yards in each division will receive an award. Prizes based on total club entries in the individual one team event, are as follows: (Sandy) 15 or less (Medall) 16-30 (age) 31-49 and (V-Lap) 50 or more entries.

AWARDS

USMS Championship medals will be awarded to the top 10 swimmers in the individual event and the top 6 relay teams in each relay event. 1st place individuals and teams also receive USMS Championship patches. Distinctive awards will be given to the top 3 clubs in each division (See Medal, Page 3-12) of the Club event.

RULES

WJ231-FCS

Individual entries (US\$ 5 per swimmer). Relay entries (US\$ 50 for each relay entered). All fees are non-refundable. Make checks payable to *Pacific Masters Swimming* and mail entries to Michael Collins, P.O. Box 1366, Davis, CA 95617. Entries must be received by February 20, 1993.

Direct questions or requests (send SASE, legal #10 envelope) for split sheets or page charts to: Gary
Tallentire, Asst. Director, Los Pecos, Dr. San Rafael, CA USA 94901. Phone (415) 925-2624 (d.w.s.) or
(415) 436-1145 evenings before 9:00 pm Pacific time.

THE HIGHE.
WHAT HE 'I
BUT WHAT HE 'BECOMES BY IT.' RUSKIN

1993 USMS One Hour Postal Swim Split Sheet

Swimmers Name: _____

Record splits at each 50 yd/meters. Splits must show cumulative times. Mark the swimmers position in the pool at the end of the hour, convert to yards (see rules) and round down to the nearest five yard increment. Submit this sheet with your entry form.

50	1550	3050	4550
100	1600	3100	4600
150	1650	3150	4650
200	1700	3200	4700
250	1750	3250	4750
300	1800	3300	4800
350	1850	3350	4850
400	1900	3400	4900
450	1950	3450	4950
500	2000	3500	5000
550	2050	3550	5050
600	2100	3600	5100
650	2150	3650	5150
700	2200	3700	5200
750	2250	3750	5250
800	2300	3800	5300
850	2350	3850	5350
900	2400	3900	5400
950	2450	3950	5450
1000	2500	4000	5500
1050	2550	4050	5550
1100	2600	4100	5600
1150	2650	4150	5650
1200	2700	4200	5700
1250	2750	4250	5750
1300	2800	4300	5800
1350	2850	4350	5850
1400	2900	4400	5900
1450	2950	4450	5950
1500	3000	4500	6000

ATTITUDES ARE NOTHING MORE THAN
HABITS OF THOUGHT AND
HABITS CAN BE ACQUIRED.

1993 USMS 1 HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP - INDIVIDUAL ENTRY FORM

NAME: _____ USMS REG. No. _____
(As it appears on USMS or National Registration Card) (For National Governing Body Reg. No.)

ADDRESS: _____ PHONE: _____

CITY: _____ STATE: _____ ZIP: _____ SEX: M F (circle one)
CLUB: _____ CLUB ABBR: _____ AGE: _____ BIRTHDATE: _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights in claims for loss or damage arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc. the Local Masters Swimming Committee, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meet or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS and PMS. I certify that I have read the rules of this competition, and that:

on _____ I swim _____ yards at _____ (pool name/size)

(Swimmer's Signature) (Voter's Signature)
Entry Fee is \$5.00 \$ 5.00 Indicate T-Shirt Qs. Ordereds (at \$12.00 each)
T-Shirts @ \$12.00 each \$ _____ Small _____ Medium _____ Large _____ X-large _____
Total US \$ _____ Payment in US \$ from US banks or International Money Order only.

Make Checks Payable to: PMS Send Entries to: Michael Collins, P.O. Box 1356, Davis, CA USA 95617

1993 USMS 1 HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP - RELAY ENTRY FORM

(Use individual (above) and this relay form for relay entry)

CLUB: _____ CONTACT PERSON: _____ (Mail results back to)

CONTACT ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ COUNTRY: _____

SWIMMER #1: _____ Name as it appears on USMS registration card: _____ Sex (M/F): _____ Age: _____ Yards Swam: _____

SWIMMER #2: _____ Name as it appears on USMS registration card: _____ Sex (M/F): _____ Age: _____ Yards Swam: _____

SWIMMER #3: _____ Name as it appears on USMS registration card: _____ Sex (M/F): _____ Age: _____ Yards Swam: _____

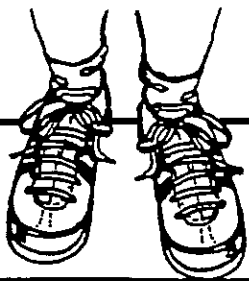
SWIMMER #4: _____ Name as it appears on USMS registration card: _____ Sex (M/F): _____ Age: _____ Yards Swam: _____

Relay Entry Fee \$10.00/relay \$ 10.00
Total US \$ _____ Total Relay Yards _____

Payment in US \$ from US banks or International Money Order only.

Note: An individual entry form (top of page) and individual event entry fees for each relay participant must accompany this relay entry form with the relay entry fee.

YOU NEED TO COMPETE FOR SOMETHING GREATER THAN
THE EXPERIENCE OF JUST WINNING.



A Battle Against Nature

Long Distance Swimming by Steven Munatones

Preparing For A Marathon Swim

Reprinted with permission from "Swimming World" June 1988 & Oct 1986
"Initially it just hurts, then you start to go numb."

—Lynne Cox, the first and only person to swim the Bering Strait

Stroke after stroke, mile after mile, marathon swimmers are in a constant battle against the forces of nature. Although many external factors play a role in the success of a marathon swim, hypothermia—a dramatic decrease in body temperature—is one of the greatest physical dangers swimmers face.

Swimming for prolonged periods of time in cold water causes many physiological changes. First, the major muscle groups begin to shiver involuntarily as a natural response to keep the body warm. Swimmers may also hyperventilate and feel tingling in the fingers and toes and discomfort in the lower back, hands and forearms where there is little fat tissue.

Once the body's core temperature falls before 94 degrees Fahrenheit (F.), the swimmer is in real trouble as hypothermia is usually irreversible unless the swimmer is pulled from the water and receives immediate medical attention. If the individual continues to swim, violent shivering sets in and the body's functions begin to slow down. When the heart slows, there is a reduced blood and oxygen flow to the brain and the swimmer's judgment is impaired. The swimmer starts to swim poorly and inefficiently and may begin to hallucinate.

If the swimmer and his escort crew continue to ignore these danger signals, he then gets numb and nauseous and gradually stops to shiver. His face becomes ashen, his lips and fingernails become blue and his eyes

appear glazed and unfocused. Unconsciousness or cardiac arrest can follow.

Successful marathon swimmers train themselves to tolerate a wide range of water temperatures. In order to swim in the Great Lakes, San Francisco Bay or similar bodies of water, a swimmer must be able to handle 50 to 55 degrees F. water for several hours. In order to swim in Canadian lakes or the English Channel, a swimmer must be able to function in 55 to 60 degrees F. Without adequate preparation and planning, a swimmer has little realistic hope of successfully completing a cold-water swim.

A swimmer's tolerance to cold water depends on his body type and amount of cold-water training. The most effective method of combating hypothermia is to increase the body's percentage of fat tissue by gaining five to 10 additional pounds to the normal body weight. The extra weight is a natural insulator against the cold and acts to retain body heat during long, cold swims. Excessive weight gain is neither necessary nor conducive to swimming fast. Each swimmer should make an individual determination of the optimal weight gain.

Training frequently in cold water is another method of acclimatizing to the cold. However, training in lakes and oceans in the winter, spring and early summer can be especially dangerous because of the consequences of hypothermia. When training in a cold lake or ocean, a swimmer should always be accompanied by a coach or escort.

Acclimatization to cold water is best done over a period of several weeks or months. An intelligent swimmer will gradually build up his tolerance to the cold and plan his training schedule accordingly. Although a swimmer may only be able to swim a few minutes the first time he trains in cold water, persistence and patience will pay off. After several weeks, a properly motivated individual slowly becomes used to



the cold water and will be able to swim for many miles and last several hours.

Applying lanolin to the skin and drinking warm fluids are also methods used by marathon swimmers to help fight the cold. Lanolin, unlike vasoline, tends to stay on for several hours if properly applied. The lanolin should be warmed up in boiling water and put on the skin in a fluid state.

A coach or friend should press the lanolin firmly but thinly over the swimmer's body, carefully avoiding the hands, forearms and tops of the feet. These areas should remain free of lanolin or vasoline. There is no need to use a large amount of lanolin as the extra grease will come off the skin quickly and may get on the goggles.

Drinking warm coffee, tea or electrolyte-replacement fluids will also help make the swimmer feel warmer in the cold water. The drinks should be tepid, not piping hot, as the swimmer will not be able to handle or consume it.

Hypothermia is a serious obstacle that all marathon swimmers must face. With proper training and preparation, hypothermia is a hurdle that a successful marathon swimmer can overcome. □

About the Author

Steven Munatones is a professional long distance swimmer who won the Long Distance Swimming Championships at Lake Windermere in 1982.

Phillip Rush (above) prepares for a cold water swim by having lanolin smeared on his body to help insulate him from the cold.

A marathon swim is one of the ultimate challenges in sports. Any attempt to swim over 10 miles requires stamina, perseverance and courage. Swimming continuously for several hours demands an extraordinary physical effort and strength of character. As heroic as these performances appear, they can only be expected from athletes who have trained properly.

A marathon swim is a viable goal only if you are physically capable of completing the swim *and* you have the motivation to train properly. The arduous demands of marathon swimming requires nothing less than a 100 percent commitment.

Once you have accepted the challenge of a marathon swim, the extent of your preparation is indicative of your commitment toward reaching your goal. The length and type of your training will depend on the distance and conditions of the swim. However, training for any marathon swim can be divided into three areas: physical conditioning, mental preparation and logistical planning.

These three aspects of your preparation are all vital to the success of the swim and will be covered in detail in subsequent articles (refer to either "Self-coached Swimmer" or "Distance Swimming" columns).

Physically, you must be able to complete the required distance, tolerate the water temperature and overcome the currents. If this is not possible, then it is wise to reassess your goals and attempt a more realistic swim.

Psychologically, you must have confidence in your chances for success. Although nothing can be

assumed in a marathon swim, you should have no doubts as to your ability to complete the swim successfully. You must enter the water knowing that you will not stop until you finish. You should be convinced that voluntarily getting out is not an option.

Finally, it is extremely helpful to have a capable support crew. This crew should include a knowledgeable navigator, an experienced coach and enthusiastic volunteers. Although an experienced support crew cannot guarantee the success of a swim, an inexperienced crew can make an easy swim difficult or a difficult swim impossible. How your support crew handles the inevitable mishaps and unpredictable elements may be the difference between success or failure.

Due to the inherent uncertainty and potential dangers associated with any marathon swim, your navigator and coach must know how to react if the weather or water conditions change or if you become tired, scared or depressed. Your coach should work with the navigator to chart the shortest and safest course possible and coordinate all the support activities, such as providing nourishment during your breaks and greasing you down at the start. With this essential help, you can eliminate needless worries and focus all your energies on swimming.

If there is a governing body sanctioning the swim, you should look upon this group as an invaluable source of information and encouragement. Not only can these people tell you what to expect during the swim, they can also introduce you to experienced navigators and volunteers for your support crew. It is important that you be well-versed about the history of previous attempts, the expected water conditions, the prevailing wind patterns and indigenous marine life.

If there is no governing body, the local swimming organization, the fishing or boating people or the

newspapers may be able to provide the necessary information. Researching all aspects of the swim will enable you to prepare for the worst possible conditions on the day of your swim.

Thus, as you plan your training schedule, keep in mind that superb physical conditioning, adequate logistical planning and a positive mental outlook will dramatically increase the chances of a successful marathon swim. Training for a marathon swim will be time-consuming, arduous and occasionally boring, but as you stroke toward the finish, you will realize that all your efforts have been worthwhile. And, as you stand once again on land, the tremendous feeling of accomplishment and personal satisfaction will be your most cherished reward. □

1994 AUSSI NATIONAL SWIM

The news is hot off the press. The 19th AUSSI National Swim and Club Championships will be held at the Adelaide Aquatic Centre from Tuesday 22nd to Friday 25th March 1994, with the open water swim being held at West Lakes on Saturday 26th March.

You can start your long range planning now. I believe the Adelaide Festival will be on at that time, so maybe you can arrange a couple of weeks off work to take in the Festival as well as the National Swim.

No doubt, there will be more details in future newsletters. See you there!!

THREE DAY CAMPS :
FEB 13-15 1993
MARCH 13-15 1993
MARCH 27-29 1993
ONE WEEK CAMPS :
JAN 23-29 1993
FEB 20-26 1993

ATTENTION U.S.A. TRAVELLERS.

US MASTERS swimming Coach of the Year Judy Bonning and husband John (ex Uni Wahoo's Masters from Brisbane) will be holding their highly successful master swim camps again in 1993.

If you are visiting the US and can schedule a camp into your itinerary, the benefits are enormous.

The camp will be individualised as much as possible to help each swimmer achieve his goals, whatever they may be. Lectures and guest speakers are presented on such topics as sports injury and prevention, massage, nutrition, weight and dryland training, stroke analysis and more. Lactate testing, land drills, underwater videotaping, flexibility testing sessions keep Coral Springs campers active. It's the ultimate training experience. The Coral Springs Aquatic facility is located just 30 mins. north-west of Fort Lauderdale and only 40 min. north of Miami. For further details contact Judy at 9975 West Atlantic Boulevard, Coral Springs, Florida 33071 (305) 345 5370.

SWIM MEET DATE : JUNE 25-27 1993

S.A. 8KM CHAMPIONSHIPS

OPEN WATER SWIM

ENTRY FORM

- 8km State Championships
- 4km S.A.A.S.A. Handicap
- 4km AUSSI Handicap
- 2km Allcomers Scratch Event
- 6 x 500m Allcomers Team Relay

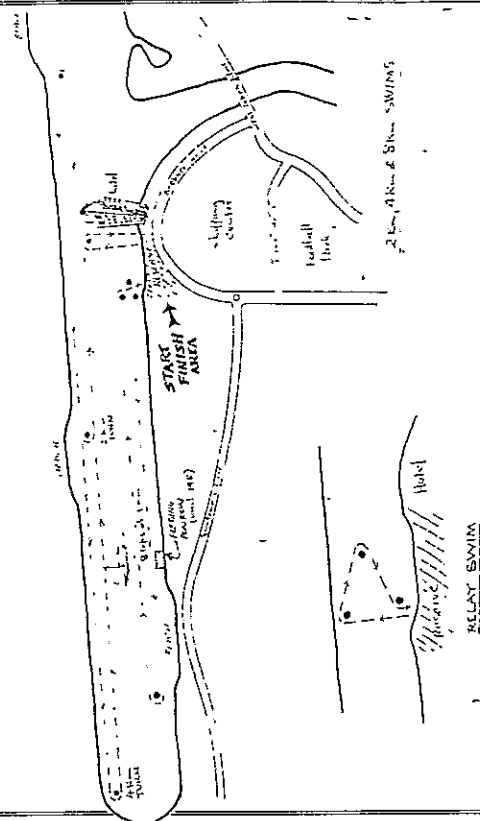


SUNDAY 7th MARCH, 1993 8.00am
WEST LAKES - SOUTH AUSTRALIA

Enquiries : South Australian 8km Swimming Championships
 Convener (08) 344.1217

AS A NATION WE ARE DEDICATED TO KEEPING
 PHYSICALLY FIT AND PARKING AS CLOSE TO
 THE STADIUM AS POSSIBLE.

COURSE MAPS ROWING LAKE - WEST LAKES



FURTHER INFORMATION

- The 8km event is a South Australian Championships. It is therefore a Scratch race with no age categories and open only to S.A.A.S.A. registered swimmers. Non-registered swimmers may enter for a fee of \$20.00 which will cover registration for long swims other than those conducted by Clubs.
- The 2km and 6 x 500m "Allcomers" events will be conducted as an Aquathlon with the start, finish and relay changeovers on dry land. No registration is required, however, registered swimmers may enter.
- All relay teams must contain at least two females
- Late entries will be accepted for the Allcomers events up until 8.30am on the day. A late fee of an additional \$1.00 will apply.
- Swimmers must assemble at 8.00am on the lawn adjacent to the Lakes Hotel, Brebner Drive, West Lakes.
- The 8km event will start first, followed by the 4km and 2km events. The Teams event will start after the 4km and 2km events are finished
- Drinks and barbeque are available for purchase at the event
- The Presentation Ceremony will be held at the conclusion of the last event.

Further enquiries:
 Ivan Wingate - 344 1217
 Sandie Moyer - 269 5595

THE THRILL COMES IN DOING YOUR BEST
 TIME, SOMETHING YOU HAVEN'T DONE
 BEFORE.

STARTS, TURNS AND FINISHES (1991 - 60 minutes)

US Olympic coaches Richard Quick and Skip Kenney explain how you can take valuable seconds off of your swim times by improving your execution of these important aspects of a race. Aspects covered include

- . streamlining
- . dives - grab starts
 - track starts
- . backstroke starts
- . relay starts - wind up
 - running wind up
- . turns - all strokes including medley and the controversial new backstroke turn
- . finishes.

Highly recommended for swimmers and coaches of all abilities.

SWIM SMARTER, SWIM FASTER (1989 - 60 minutes)

Quick and Kenney again team up in another well produced video. Dramatic underwater photography reveals the carefully orchestrated drills, practice routines and stroke technique needed to master the fundamentals of competitive swimming.

Very up-to-the-minute and one of the best videos of its type that I have seen.

MASTER STROKE TECHNIQUES (1991 - 54 minutes)

Produced by the AMERICAN SWIMMING COACHES ASSOCIATION (ASCA). John Leonard (Executive director of ASCA and a master swimmer) takes you through a biomechanical analysis of the 4 strokes, looking at length, width and depth.

He then introduces Masters coaches and swimmers who demonstrate various stroke drills to develop the described technique.

While the video is rather amateurish in production and disappoints by not incorporating any underwater footage, it does provide oodles of information and benefits in being by masters, for masters.

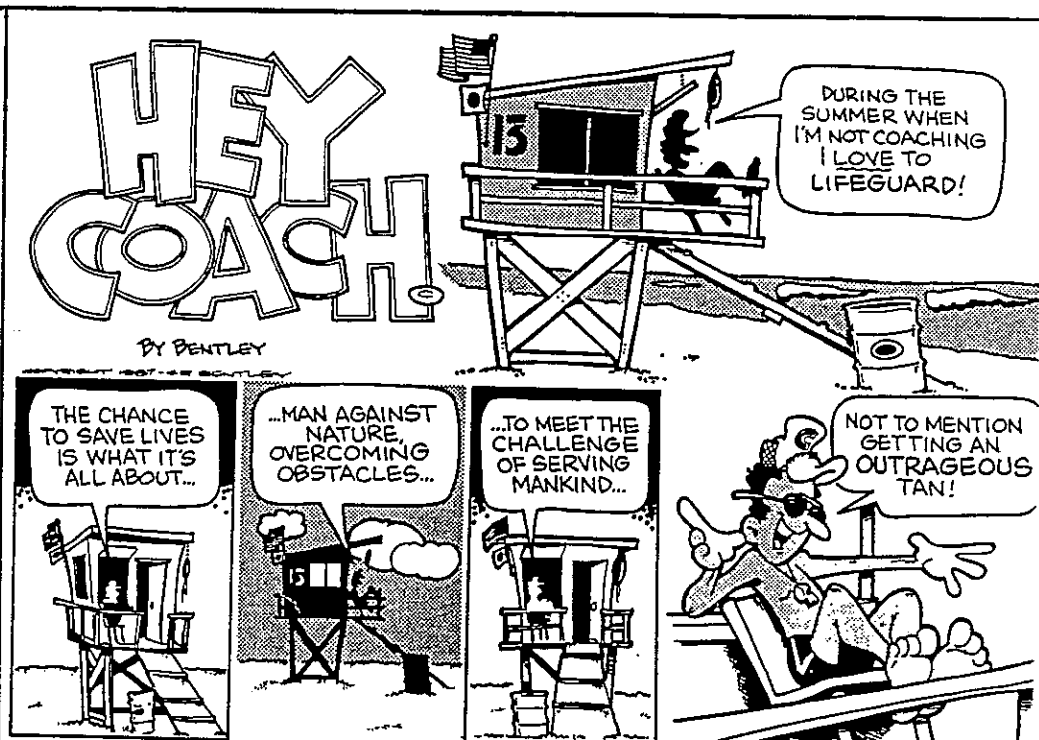
Highly recommended.

Keep it short. In fact, the shorter the better. One to one and a half pages is considered ideal. Two to two and a half pages is the recommended maximum. On releases longer than one page, indicate there's more to come; the word "more" at the bottom right hand of the first page in parentheses is standard. After the last paragraph of the release, or centred at the bottom of the last page, place the word (ENDS).

When you include artwork or photographs, say so somewhere on the manuscript. The simple statement "Artwork (or photo) enclosed" is fine.

Include a headline. Every news release needs one. Use this statement to tell your reader the topic of your release.

Get to the point. Present your information in a straightforward manner. This is, after all, a "news" release, so compose your copy with the urgency, brevity and relevancy that characterise a good news story.



AUSSI RESOURCE CENTRE

A great way to get your club together for a social night/fundraiser is to have a video night. Clubs who may not be able to swim all year round could use this to keep some continuity in their lay off period.

Items are available for the following hiring charges :

1 Video	1 Week \$5	2 Weeks \$8
2 Video's	1 Week \$8	2 Weeks \$12
3 Video's	1 Week \$10	2 Weeks \$15
1 Audio Tape	1 Week \$3	2 Weeks \$5
2 Audio Tape's	1 Week \$5.	2 Weeks \$8

A bill will be forwarded to you with the goods (including postage) and payment must be sent with the items, on their return.

VIDEO'S

- . Mark Tonelli tapes
- . Aussi Coaching Seminar with Kirk Marks
- . THE ATHLETIC INSTITUTE SWIMMING SERIES
 1. Freestyle & Backstroke
 2. Breaststroke & Butterfly
 3. Starts, Turns & Progressive Drills
- . AUSSI Workshop - Tailoring a Programme
- . Give It A Go
- . Stretching - Bob Anderson
- . Food For Sport
- . Masterstroke technique
- . Your Backyard Swimming Pool is your home fitness centre
- . AUSKA - Swimming Strokes
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I REQUEST THE HIRE OF THE FOLLOWING ITEMS

1. _____
2. _____
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I WOULD LIKE TO HIRE THEM FOR A TOTAL OF _____ WKS
COMMENCING _____ (DATE)

I AGREE TO RETURN THEM IN GOOD ORDER COMPLETE
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SIGNED _____
DATE _____

CHEQUES MUST BE MADE TO "AUSSI"
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AUSSE

MASTERS SWIMMING IN AUSTRALIA (INC)

P.O. Box 207
COWANDILLA S.A. 5033

COACHES LIABILITY INSURANCE

For any person who either teaches or coaches swimming, there is a possibility that he or she may at some time be sued by the person they are teaching, if that person is injured. If the person dies, the claimant could be a next of kin.

Unfortunately, neither your swimming club's Public Liability Policy, nor your own Personal Liability Insurance covers this risk. **EVEN WORSE**, you may be sued for your own personal fortune, i.e. your home, car, furniture etc.

Claims of this nature are becoming more frequent and therefore in order to provide protection for our coaches and teachers, AUSSE Masters Swimming has arranged through Insurance Exchange of Aust. a group policy which you can join for a premium of \$25.00 inclusive of Stamp Duty and Policy Fee. The policy will protect you for a limit of \$1 million for each and every claim made against you. There is a policy excess for each and every claim of \$500.00

Consider what you would do if you were presented with a solicitor's letter holding you responsible for a serious accident to one of your members which has resulted in that person becoming a quadriplegic. Now you need worry no longer, as the policy extends to cover your legal costs in defending an action brought against you, as well as for the cost of the final settlement.

The policy cover commenced on 1st January 1993 and we would ask you to send a cheque for \$25.00 **made payable to : Insurance Exchange of Australia** and the attached form to **AUSSE MASTERS SWIMMING**
P.O. Box 207, COWANDILLA 5033

PLEASE NOTE: PERSONS CURRENTLY HOLDING LEVEL 1 OR LEVEL 1 M COACHES ACCREDITATION MAY APPLY DIRECT. NON ACCREDITED CLUB COACHES OR ASSISTANCE COACHES MUST APPLY THROUGH THEIR CLUB, AND THE CLUB MUST PROVIDE A STATEMENT THAT THE PERSON IS ACTIVE IN CLUB COACHING.

Yes, I wish to join the coaches liability policy. I am enclosing my cheque for \$25.00.

NAME: _____

(Please
Print.)

ADDRESS: _____

CLUB STATEMENT: _____

(if applicable)

Signed: _____ Club Secretary

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East Ivanhoe Vic 3079

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OFFICE USE ONLY: Feb.

May

Aug.

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LEVEL 1M COACHING COURSE

Yes I am interested in attending the coaching course to be held in Darwin 1993.

NAME :

ADDRESS :

POSTCODE

PHONE NO. (WORK) (HOME)

Please tick the appropriate box :

I am currently accredited as

An Austswim Teacher ☐A Level 1 ASI Coach ☐or I have no current coaching qualifications ☐

Further details will be mailed after March 1 1993.