

# AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

VOLUME 5  
NUMBER 2



One of the greatest strengths of an organisation like AUSSI is its diversity of members. At the lower end of the age group scale we have youth on our side. As our members embark on careers and start families, they bring vitality and enthusiasm to all they undertake.

At the upper end, members are nearing completion of their life's work and settle back to enjoy their chosen recreation. Freed from work constraints they seek to fulfil their days with meaningful activity and bring patience, wisdom and a wealth of experience ready to be shared.

Pooling these talents (pun intended) many clubs have sought to extend their community involvement, selflessly raising money and supporting charitable organisations. On page 6 an article titled "That's the Bottomline" shows how one Masters group raises money and obtains cans of food for charity, benefiting both the club and community.

Closer to home, I can think of many other Masters clubs which have innovative ways to help the needy. My own club "Powerpoints" hosts a sanctioned one hour swim, which raises money for the National Heart Foundation.

I would be interested in hearing from other clubs which undertake similar fund raisers and the method they go about it.

Mackay Masters have provided "A Brief History" of their club beginning on page 4, and we continue our series on "Administrative Hints for Clubs" on page 12.

On page 15, it gives me great pleasure to include an article which ends, once and for all, the myth that swimming does not help to lose weight. It is surprising how many people have read an article in one of our Melbourne tabloids claiming that research had proven swimming did not burn up as many calories as other sports. These statistics have been quoted to me by many a lay-person, who opted for other sports because "I can't lose weight swimming". Now we have hard facts to support what we already knew.

On a lighter note, the Sports Research Grants are out again, with information available from your Branch Coaching Director. AUSSI are keen to encourage anyone inside or outside of our organisation, who can research topics relevant to our sport.

I am in the process of changing offices and, as a result, the Video Library will not be lending until July. Please make sure any correspondence goes to my new address:

Anita Killmier  
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East St Kilda Vic 3183

# AUSSI

MASTERS SWIMMING IN AUSTRALIA (INC.)

"SHERATON TOWNSVILLE SWIM 24"  
RECORD ATTEMPT BY MIAMI MASTERS

Here is something for your newsletter. MIAMI MASTERS IS HAVING ANOTHER GO AT THIS EVENT. You will recall that my club the Townsville Masters conducted a 24 hr mixed relay in 1989 and then issued a challenge to Masters Clubs around the world.

We call it "Sheraton Townsville Swim 24" as it was sponsored by our Sheraton Hotel/Casino. It is a 24 hour long mixed Freestyle relay for 12 swimmers aged 500+. Our team swam 90275 meters in a 25m pool.

Last year we had two challenges. The first by Miami Masters and the second by Cronnulla, Sutherland. Miami did 91550m in a 50m pool on 2/3 May 1992. Cronnulla - Sutherland did 94625m in a 25m pool on 20/21 June 1992. A summary of these results is attached.

I think you already have seen all the rules. The team comprises 6 Men and 6 Women with a total age over 500 years. Each swimmer is limited to a total of 2 hours but may do the time in up to 8 short swims. Swimmers cannot be replaced if they break down but they may re-enter the water later to finish.

We now have another challenge from the Miami Masters club. They currently hold the World Long Course record but will try to lower it on 24/25 April.

Their proposed team looks like it can do it, too with swimmers like John Crisp, David Taylor and Marg Watts. Gary is the youngest member at 28 and Jim Fountain is the oldest at 59. The other members of the team are Peter Lacey, Marg and Lori Watson, Leanne Brown and Terri Taylor.

I would be pleased if you will use this in your newsletter next issue. Clubs wanting to attempt the relay must write to me as convenor at the above address. As the Sheraton Hotel is the Naming Sponsor please use the full title: "Sheraton Townsville Swim 24" so that we do not breach our agreement with our Sponsors.

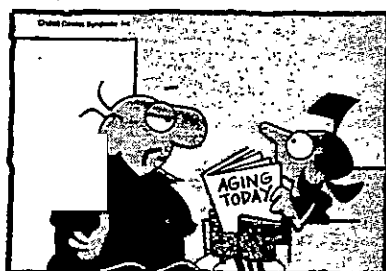
I am looking forward to the next issue of your newsletter.

Yours sincerely

Brian Palmer  
Convenor Sheraton Townsville Swim 24  
Phone (077) 790734

SHERATON TOWNSVILLE SWIM 24 - WORLD RECORDS

<u>CLUB</u>	<u>DATE</u>	<u>TOTAL DISTANCE METERS</u>	
		<u>25M POOL</u>	<u>50M POOL</u>
Townsville Masters	3/89	90275m	
Miami Masters	5/92		91550m
Cronnulla - Sutherland Masters	6/92	94625m	



"I can't be over-the-hill...every day is still an uphill battle!"

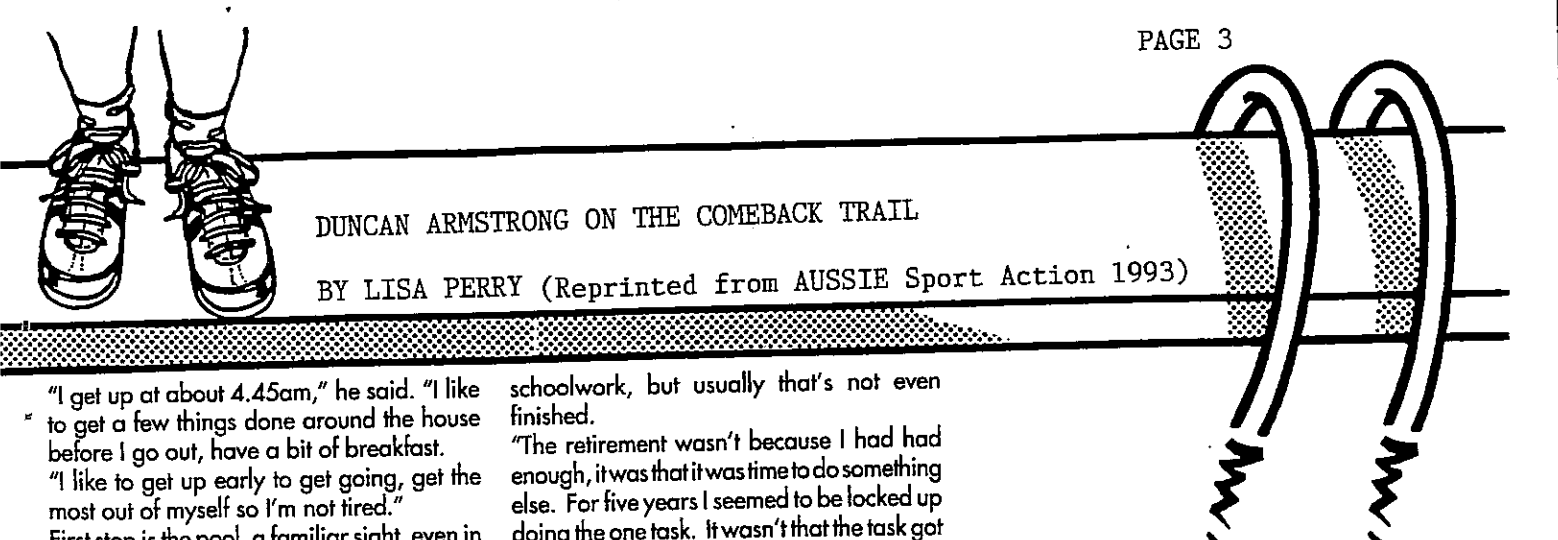


"At our age everything moves slower...except time!"

Congratulations to Geoff Robinson from Mackay Masters. He tells me that 100+ copies of Mastering Swimming have been sold in North Qld, 25 of those going to his club members.

Considering they only have 85 members, that's not a bad effort.

Don't forget all proceeds go back to AUSST.



## DUNCAN ARMSTRONG ON THE COMEBACK TRAIL

BY LISA PERRY (Reprinted from AUSSIE Sport Action 1993)

"I get up at about 4.45am," he said. "I like to get a few things done around the house before I go out, have a bit of breakfast.

"I like to get up early to get going, get the most out of myself so I'm not tired." First stop is the pool, a familiar sight, even in the gloomy light of dawn.

"We stretch out at about 5.45am, then it's into the pool. We're doing 8km workouts this week, which is about 160 laps. That takes about 2 hours 15 mins. Then I can have some real breakfast.

"We come together again at 11am for gym work - lifting weights and increasing weights as you go through the year. That takes us through till 12.30 then it's lunch and bed!

back to the pool at 3.30 for a 4.00 start to swim another 8km. That's 80km this week from 10 workouts. We have Wednesday afternoon and Thursday morning off, and Sunday morning off for sleeping!"

A pretty typical day for Duncan, and he's been doing just that for as long as he can remember. But sometimes it can get even harder.

schoolwork, but usually that's not even finished.

"The retirement wasn't because I had had enough, it was that it was time to do something else. For five years I seemed to be locked up doing the one task. It wasn't that the task got old, I was at the peak, the highest you could go.

"I just wanted to experience a little bit more of life, become one of the fellas, let my hair down and get a bit fat. And I did. I ate everything I could lay my hands on! It was excellent. I was very proud of the fact I was able to do that and come back. Although it has not been an extremely successful comeback so far, I feel very encouraged by my progress.

"The trap of coming back is you are very impatient. You want to get back to where you were... and I was at the top of the world.

"Everyone's expectations are high but that doesn't really bother me. I put a lot of pressure on myself to get back in a certain amount of time when I shouldn't have. I should have just enjoyed coming back and

**"It wasn't that the task got old, I was at the peak, the highest you could go"**

"The year is broken up into an endurance phase which we are in now, a lot of yardage, a lot of miles. Next week we'll crank it up to 90km.

"Then we'll come back down to specific things, lactate work which is high intensity, when you can't really do the mileage, so we come down to about 70km per week.

"Coming into competition we enter the taper phase which can cut all the way down to 1500m six times a week. That just gives your muscles a chance to rejuvenate, replenish. That way you can taper off right to the very day you need to, then jump up and beat the world.

"And that's what a long career is all about. The early years in swimming you experiment with what is good for you, whether you're a distance swimmer or a sprinter, what you need for taper, what you need to eat. In the mature part of your career you are fine tuning the techniques you have learned."

After two Olympic Games and one retirement, Duncan is seen as one of the 'elder statesmen' of Australian swimming in a career that has seen the heights of Olympic gold, and a lot of sacrifice.

"I guess I'd call this my twilight", he said. "You have to understand that swimming is a full-time occupation. You don't get any free time, you don't get any fun time, you don't even get any employment time to broaden your horizons. You get time for a little bit of

doing the job. But the human animal being what it is..."

One thing the human animal needs is food and shelter, something a little harder to come by for elite athletes dedicating their lives to their sport.

"For me right now it would be better if I wasn't swimming," Duncan said. "Then I would have more time to get out there and make some money - whether that be out of my name or some secure, high-profile job. I could get school talks, jobs public speaking and that type of thing but you have to be available - and between 12.30 and 2pm really isn't enough - and besides, that's my sleep time! Time management is an important part of your swimming career. You have to get enough rest, training and everything else."

"I feel good now. I'm 24 years old, but in relative terms I haven't been swimming all that long. I had four years before the last Olympics when I swam really hard and I have swum for the last 18 months. Looking at it I've only had a six-year career.

"Unfortunately the attitude is that I'm an old athlete now in terms of swimming. There are so many other sports out there where you have older 'gentlemen' doing it, surely you have to be able to apply it to swimming.

"We now have swimmers swimming till they're 27, but in the past that has been

financially impossible, you have to get on with a career at some point in time.

"The Australian Sports Commission and Australian Swimming have helped a tremendous amount. Swimming is going ahead all the time. The financial position of swimmers is tough when you consider that you are No.1 in the world and you're still scraping for a bit of cash. But we can't swim 50 times a year like the pro tennis players can play tennis. We can't swim like that to pull the big crowds.

"The Olympics is such a crowd puller - why? Because you are getting the best in the world and everyone is ready to go. That's the only big money-pulling time that swimmers get. But it is getting better all the time. Keiren Perkins made more than me in '88, I made more than Jon Seiben in '84, he made more than the guys in '80. It is getting better.

"But if you are dedicated to the task, you will always make it work."

Time management is a large part of Duncan's day as he juggles swim training, marriage and two small sons, Branston 21 months and Tomas 10 months.

One of the favourite 'Dunc' stories doing the rounds of the AIS is that he was late for his first training session, but with an excuse coach Bill Nelson found hard to fault - he had to pick up the babysitter!

"The guys are very supportive with everything I do," he said. "I get up that early in the morning to go and pick the babysitter up.

"Everyone says we're doing it tough, and sure, it is tough at times, but as long as you manage your time well, it's no different to any other family out there.

"It's part of the whole package. It's not a swimming career, it's a swimming life - for your whole family."

**SUBSCRIPTION RENEWAL**  
Your renewal date will now appear on your envelope address label. Failure to renew by this date will mean missing that month's issue.

## A BRIEF HISTORY

MACKAY MASTERS

The Mackay Masters AUSSI swim club was formed in January 1983 when club member Desley Williams returned to Mackay from down South where she had been a member of a Masters club, and advertised for adults who would be interested, to attend a public meeting for the purpose of forming an adult swim club in Mackay.

From this meeting a steering committee was formed and the Sugar City Swimmers Club was initiated and their first unofficial swim nights were held in January at the Pioneer Pool where the club swam for the remainder of that season. The first official club night and Inaugural Annual General Meeting was held at the Pioneer Pool on Wednesday, 9th February 1983. The first Committee comprised Errol Patterson President, Hugh McArthur Vice-President, Desley Williams Secretary, Doris Leslie Treasurer, Judy Lockhardt Fitness Director, Margaret McArthur Recorder/Chief Timekeeper, Maureen Farrow Social Secretary, Pat Evans Registrar, Peter Jardine Club Handicapper. Geoff Robinson was elected to the Committee in September of 1983 and has remained in an Executive position since.

All first placings at the first official club night became Inaugural club records. The club's Inaugural Inter-City Carnival was held on Saturday 12th March, 1983 with swimmers from Townsville and Mackay competing. Within a month there were 75 swimmers regularly competing on club nights. The club format took the form of races every week. During the first season there were seven registrations only - Jill Miller, Donna Davie, Desley Williams, Doris Leslie, Geoff Robinson, Errol Patterson and Robert Cook (deceased). Three foundation members are still active in the club today - Geoff Robinson, Donna Davie and Desley Williams.

Although the club was only three months old, a team of representatives competed at the National and Queensland Masters Titles held at the Chandler Complex in Brisbane April, 1983. - The team comprised Donna Davie, Jill Miller, Desley Williams and Geoff Robinson. They scored a total of 15 places in the National event and 19 places in the Queensland Titles.

Jill Miller, who was a Queensland Butterfly champion in the 60's, won four National Titles for 50, 100, 200m Butterfly and 200 Medley with two second placings in 50, 100m freestyle and one third place in the 400m freestyle. Jill gained two National records for 100 and 200m Butterfly and she also won her National aggregate in the 30-34 age group. Jill also won the Queensland aggregate gaining five first and two second placings and set four State records for 50, 100, 200 Butterfly and 200 Medley.

Donna Davie was placed second in four events, 50, 100 and 200m Breaststroke and 200m Butterfly and two third placings for 50 and 100m Butterfly in the 30-34 age group. Donna who was a New Zealand Breaststroke champion in the 60's and who defeated Beverley Whitfield the Australian champion at that time, twice, was narrowly beaten by Pat Somerville, who was an Australian National Breaststroke record holder three times. In the Queensland titles Donna



gained three first placings four second placings and broke three Queensland records in the breaststroke taking 23 seconds off the 200m breaststroke record. She was second aggregate overall. Desley Williams, who was a marathon swimmer in the 60's, was placed second in the 200m Butterfly and third in the 100m Butterfly in the 35-39 age group. In the Queensland titles Desley won two first placings for 100 and 200m Butterfly, one second for 50 Butterfly and two third placings for 400 freestyle and 200 Medley. She broke a State titles for 200m Butterfly.

Geoff Robinson was placed fourth in the 400 Freestyle and fifth in the 200m Medley and finished in 7th place in the National event in the 40-45 age group. This was Geoff's first ever National competition and from this he went to the First World Masters Titles held in Christchurch, New Zealand as the club's first representative in a World Titles event the following year. Jill Miller's success earned her a nomination in the Mercury Sports Award for 1983.

In the 1984/5 season the club moved over to the Memorial Pool for it's weekly sessions and continued to meet once a week on a Tuesday evening up until after the World Titles in Brisbane in 1988. Pat Wright the Memorial Pool Coach offered her services as Fitness Duiector and the club now has training squad two nights a week and on a Saturday morning with coaching from Pat Wright and four assistants. Pat Wright and Reg Francis were appointed dual Patrons of the club in 1986. In 1987, the then committee changed the name of the club from Sugar City swimmers to Mackay Masters and the club colours were changed from red, white and blue to blue and white. In 1988, under the urgings of the Secretary we became incorporated.

Since the first World titles in New Zealand, the club has had representation at the following World titles in Tokyo, Japan - Geoff Robinson, Jennie Mack, David Forsyth, Lesley Kelly and Mavis Morrison - Brisbane, Australia - Geoff Robinson, Jennie Mack, David Forsyth, Mavis Morrison, Lesley Kelly, Ann Howell, Steve McGrath, Steve Burchill, Greg Tobin - Rio, Brazil - Geoff Robinson, Jennie Mack, Marie Bragg and Mavis Morrison.

We have produced National title holders since Jill Millar - they are Lisa Murray, 1500m Freestyle, 20-24 age group; Steve Burchill, 800m Butterfly, 30-34; Jennie Mack, 9 National records and one New Zealand record in breaststroke, Butterfly and Medley, 50-59. Numerous Queensland State record holders include Jill Miller, Donna Davie, Desley Williams, Jennie Mack, Olga McCausland, Lesley Kelly, Carrie Smith, Robin O'Rielly, Mavis Morrison, Bob McCausland, Geoff Robinson, David Forsyth, Alan Drent, Steve Burchill, Robert Lucas, Tony McCutcheon, Ron James, David Brookes and Stan Ridland.

In 1989, David Forsyth was appointed National AUSSI Director of Finance and Pat Wright was appointed North Queensland Director of Coaching. The club membership comprises members from other codes of sport including triathletes, surf lifesavers, runners, water polo players and outriggers who swim to improve their fitness and endurance. The club now fields two men's and one women's Masters Team in the local Water Polo League and last season the Men's A Team won the Mackay Championship.

Since Jill Miller, our first nomination in the Mercury Sports Award, we have nominated Jennie Mack for this Award in 1990 and 1992, Robert Forsyth in 1991 and Geoff Robinson as the male nomination for 1992. In 1987 Jennie Mack was our nomination in the MVQ

# That's the **BOTTOMLINE!**

**By Ron Chlasta and Kim A. Hansen**

The most complete survey ever of America's sports tastes was recently conducted by the Sports Marketing Group (SMG) of Dallas. Of the many significant findings in this survey, swimming surpassed 69 other sports ranking as the second largest participant sport behind home exercise. Swimming has become a hit among families in America and it is no small wonder that so many of our IRSA clubs are finding increased activity and interest around their pools.

At last year's IRSA convention in San Francisco, Ron Chlasta and Mike Bottom of Bottomline Aquatics made some predictions for the year 2000 and beyond concerning the future of aquatics in our clubs. It was predicted that the type of fitness activities offered on land will all some day move to the pool. (This is beginning to happen with step aerobics and hydro toning classes.) Furthermore, clubs will have to begin to divide pool time so multiple activities can take place at the same time, including a cross section of ages and user groups. The pool will become the hub of activity for families, and swimmers will begin to look for the help of professionals, such as personal trainers, and stroke coaches, who can give lessons and input much like a tennis or golf instructor.

Interesting predictions, when you consider what Bottom and Chlasta have

developed with their business, Bottomline Aquatics.

Bottomline was initially started in 1987 when Mike and Ron gathered world-class and Olympic swimmers from the United States to share their combined experience and knowledge on a Far Eastern tour. The group traveled to Indonesia and Korea to teach swimming clinics to the national teams of those countries. After returning home, Mike and Ron were swimming in a Masters workout at a club in Santa Cruz. The coach asked if Mike would do a demonstration and Ron to make some stroke technique comments. An hour later, as they were sitting in the hot tub, they decided that there was definitely a market for aquatics services.

Since then, the two have collaborated with the world's finest athletes and have conducted clinics throughout the United States, New Zealand, Australia, Singapore, and Guatemala. Even though they have had

the opportunity to work with these elite groups, Ron and Mike feel that the needs are more at the local health club and team level. They have worked with high schools, Masters swimmers and health club fitness swimmers.

Bottomline Aquatics also acts as an educational resource to clubs at the local level. Recently, they won an award from *City Sports Magazine* entitled "Best Pool Programming" in Northern California for the Peninsula Covenant Community Center where they direct the programming. Among the various activities they offer is a swim school for all ages and abilities using proven methods with the goal of moving the beginner into the competitive swimming arena. Fitness Commandoes, another class offered, provides the ultimate in cross training. This class completes an hour of circuit training and aerobics, then hops into the pool for a half hour of aquatic workout.

More recently, Ron and Mike have been training personal clients in the water. These sessions are more than just

*This is part of what Bottomline Aquatics is all about . . . helping children and their families get together for aquatic fun and exercise.*



TV Sports Award and another member, Geoff Howell was nominated by the Sporting Wheelies. In 1990 the club had two other members who were nominated for other codes - Stan Ridland for Surf Lifesaving and Mark Smoothy for Triathlons. In 1991, Mackay Masters was the top club in Queensland with a record 139 registrations and we won the Registrar's Trophy for Queensland. Geoff Robinson was appointed Queensland Registrar that year. The present club registration stands at 85.

# Bottomline Aquatics

## FITNESS COMMANDOES

Combines the best of land and sea! This class gets the participants using all areas of the health club: the weight room, aerobics studio and pool. The workout lasts two hours and combines the following:

1. Aerobic warmup
2. Reebok step sequence
3. Bungee cord set - triceps, biceps, shoulders
4. Running segment - includes running stairs
5. Bungee cord set - back, chest, leg
6. Aerobic dance segment
7. Hand-held weights on Reebok step
8. Hand-held weights floor work
9. Swimming pool warmup
10. Aquajogger aerobic set
11. Strength work using side of pool and diving board for pullups (triceps and back)
12. Cool down

a swim lesson. Components of the hour-long session include stroke technique training, aerobic (distance) sets, interval training, and strength training with the use of the edge of the pool, training tethers, hand paddles, aquajoggers, fins, and kickboards. "It's important to keep the training fresh. So many of my clients are bored following the same black line back and forth swimming between two cement walls," says Chlasta. "By mixing things up and incorporating new products into the workouts, people are motivated and continue coming back for more."

Aquatics programming is a great way to reach out to family members in the club. Chlasta and Bottom have developed an after-school program for elementary school children of dual-career income families. The program runs after school and centers around events in the pool but also utilizes all the other facilities in the club. All types of water games are included that teach children life lessons—just about everything imaginable has been incorporated, including putting a sailboat in the pool, teaching the children junior sailing. Where else can the whole family get together around a fitness activity than in the pool? Family plunge nights and theme potluck barbecues are a wonderful and cost-

effective way to entertain the family.

Each year in December, Ron and Mike host what is called the Canned Food Invitational Swim Meet. The meet serves many purposes. First of all, it is a showcase for Olympic and world class swimmers to come and participate in races and demonstrations. Last year's meet featured the three fastest men in the world—Matt Biondi, Tom Jager, and Steve Crocker in a 25-meter sprint challenge entitled "The Fastest Man Afloat." In addition, 26 other Olympians were on hand to sign autographs, do demonstrations, and basically hang out with the participants in the event.

The second purpose for a meet like this is the camaraderie it builds among swimmers in the club. The meet combines ages and ability levels in the low-key competition. "The meet is not sanctioned, so last year we had three generations of women in one family swimming in the same heat! The grandmother, the mother, and the daughter. A clear testimony that swimming is the sport for a lifetime!" said Bottom. Corporate sponsors donate products and cash donations to the meet so it makes the event festive—almost like a swim carnival.

The third purpose for the meet is that it raises canned goods for charity.

Each participant who enters the event pays by bringing a can of food for the entry. Last year volunteers loaded over 4,000 cans of food and with the help of sponsors over \$10,000 was donated to charity. This is a tremendous way for the club to meet the needs of the community, and also at the same time, showcase its facilities, staff, and program to participants.

Bottomline Aquatics has come a long way since that first series of clinics in 1987. Ron and Mike have produced a swim video series entitled "From the Bottom - Up." The series features top U.S. athletes demonstrating the various competitive swimming strokes. Each tape devotes a half hour to the particular stroke. This is a unique approach, since most instructional videos include all strokes on the same tape. "We feel it is important to pay attention to the detail," said Chlasta. In their freestyle video they made a separate tape for triathletes that includes tips on triathlon transitions—validating their commitment to detail. "Our tapes are for swimmers at all levels and abilities," said Bottom. "There are so many individuals out there who need help but do not have resources available to them. These are the people we are trying to help."

Bottomline Aquatics provide numerous services which meet the needs and expectations of all swimmers. Combining the experiences of Chlasta and Bottom creates a unique working chemistry that challenges the world of aquatics.

## Personal Interviews

What makes Ron and Mike so vigorously supportive of swimming? Why are they so willing to give back to the community through swimming when so many people haven't the time nor the desire to give any more of themselves? SWIM recently tracked down these two swimming activists via telephone to obtain a better understanding of their commitment to the sport. Interestingly, they both come from very different aquatics backgrounds, but have come together to promote a common cause in Bottomline Aquatics.

## COACHES LIABILITY INSURANCE

THIS INSURANCE IS AN EXTENSION OF THE AUSSI 'LEGAL LIABILITY' POLICY WHICH IS SPECIFIC TO AUTHORISED AUSSI ACTIVITIES ONLY. HENCE, IT COVERS THE COACHING OF AUSSI GROUPS, BUT NOT NON-AUSSI SQUADS.



*Ron Chlasta with  
Emily Haase, one  
of his students.*

### Ron Chlasta, 34

**SWIM:** Tell me about your swimming career.

**RC:** I started off in the cabana club league back in the '60s. I was a real tall kid and kind of uncoordinated in land sports. I really enjoyed individual sports, so right from the beginning swimming was something at which I excelled.

I'm originally from Pittsburgh and at the time, the only really good year-round program was at the University of Pittsburgh. So at the age of 12 I started swimming with a college program under Dick Bradshaw. (I was one of those kids that matured fast; I was 6'1" at the time.) I swam at Pitt and in high school, we really didn't have a good program.

So in my junior year (1974), my family decided to move to Illinois so I could train at Hinsdale under Don Watson. I swam on the senior team at Hinsdale and we had a real domination in swimming in Illinois (for 13 years). Right before the '76 Olympic trials, I broke my shoulder in a horseback riding accident and that pretty well ended my career.

So I decided to get involved with coaching age group swimming at the McDonald's Hinsdale club and that's

where I really got interested again, kind of like when the dream dies and then you get excited all over again. They had a really good swim school at Hinsdale and that was really fun. Then I moved out to Santa Barbara in 1980 and I broke my ankle playing volleyball. (I'm very uncoordinated.)

So from 1976 to 1980, I didn't spend much time in the water. However, after breaking my ankle, that forced me to get back into the pool. (Also the fact that I had gained about 25 pounds after breaking my shoulder.) Swimming really helps the rehabilitation process and helps get the mobility back. My doctor agreed and said the best thing to do was to get back into the water. So that's when I got involved with the Masters swim program under Judy Meyer. She was a real cheerleader for the Masters and with her contagious enthusiasm, she got me back into meets and open water programs. I was successful in the open water swims.

From there, I moved to Pasadena and got involved with Industry Hills and was teaching in their swim school. They had a real intentional skill program and I was able to work with Rick and Connie Early and I think Connie is probably one of the best teachers I've ever worked with. (Rick is now the head diving coach at

USC.) My wife Mary also taught with me, so that was a lot of fun.

From there, we moved up to Redwood City, Calif., in 1985 to work at the Peninsula Covenant Community Pool as the fitness and aquatics director. It's been a lot of fun, because coming up, they didn't really have a program in aquatics. They didn't have a vision of where they could go. So having come out of all of this wealth of experience and great background, it was a lot of fun to come up and develop a program.

So we started a swim school and Masters team. What I found after the first year of coaching Masters, between Masters and triathletes there was a bit of friction in their differences in training. So we had to accommodate 1 triathletes. One of the veteran triathletes, Rick Sutton and I decided together we should develop a team that would be a triathlon training team, so we've built a program that has weekly workouts in cycling, swimming, and running. It was the first and only tri team of its type on the San Francisco peninsula. We would designate different nights in our Masters programs that would be geared for distance, open water, and longer kinds of sets so that we could get the triathletes going. We've had a great deal of suc-

Continued from Page 21

haven't done, but rarely do we see anything to recognise what has been done.

Have you thought what it takes to put stickers on and stuff 2,000 wallets for the New Member Kits---let alone pre-

paring all the printing, shipping, etc.? I hear that the Brisbane Westside Club members say "never again". I thought that Bren did a super job in getting it together with limited finances and resources. If you feel that it has been worthwhile, how about dropping her a line? We'll probably never know how

of "Mastering Swimming"---especially from Kay (Cox) and Anita (Killmier). Peter (Gillett) has now been keeping the National Records for ten years and most Top Tens have been prepared manually. Last year Darryl Hawkes (also from SA) put the Top



cess. There are 43 triathletes including everyone from the entry level to the professional level. It's called Tri Team Peninsula. We have 800 families at the Peninsula Covenant Community Center (PCCC) and there are 85 members on our Masters team.

**SWIM:** How do you possibly fit in time for your family?

**RC:** We're in a really good environment as far as being able to balance swimming and the family. My wife is a lap swimmer and my older son Scott (6) swam on a summer team and he was the most valuable swimmer in the 6 and under age group.

The funny thing about Scott is it's not his great passion, so it's kind of fun to see him get in and have a positive experience. I'm not pushing him to be a great swimmer, but if something develops that will be a lot of fun.

Cody is 18 months and he's into the "No" word. Because of the fact that the community center is a family club, it's real easy to get everyone up there and find a good balance.

**SWIM:** Is there any time left over for you to compete?

**RC:** I'm not competing. The last competition was in 1988 at the World Championships in Brisbane and I think I placed 10th in the 200 free. But to swim at that level takes a big commitment and for me at this point with my family and children being so young, I've put my competing on the back burner. The way I keep in shape is by working out with a number of Olympians at the pool—some high intensity sets in 50 minutes.

**SWIM:** Do you enjoy your job working with Masters?

**RC:** I really empathize with people who have to commute and can still train. My wife is a school teacher and works three blocks from where we live and I can ride my bike to the pool. So I try to be sensitive to people who are trying to juggle family, career and training to

really affirm their goals. It is very important for Masters coaches to be empathetic. There's such a diversity of people we're trying to reach in Masters that it can't be just geared to the elite level athlete. You really have to look at both that level and the entry level athlete and then try to aim down the middle.

**SWIM:** How did you and Mike get hooked up together?

**RC:** I met Mike through competitive swimming. In fact, I contacted him when I first moved up in 1987 for him to come over and do a clinic because he was living in Danville at the time. While he

was there at the clinic, we talked and there was this great chemistry that developed with our humor and style of teaching. It just clicked right away.

Also at that time, I met this guy from Indonesia and he invited us to bring some elite athletes over

to his country and work with their national team and other provinces. So Mike and I started to contact some old friends from swimming and the government of Indonesia paid for us to come over. On the way, we stopped in Singapore and put on a clinic there and we also worked with the national team of Korea. We went to all of the Olympic villages.

After that trip, we were visiting in Santa Cruz and while we were at the club, the coach asked if Mike would do some demonstrations and if I would do some talking. So we ended up doing a clinic for 45 minutes. Afterwards in the hot tub, we decided we should consider taking these clinics to health clubs because there was such a need. So that's when we decided to start Bottomline Aquatics. (Bottomline for the name recognition.)

**SWIM:** Is it hard on your ego working with such a big, Olympic hero?

**RC:** Frankly, Mike IS the big Olympian, the Big Star as far as really making it with his competitive career. I find

where I contribute and strike a good balance is that I've had good experience training with different stroke coaches and I've taught for over 15 years. So between the two of us, Mike is really good at inspiring people. A lot of times I watch him and I'm blown away—he is so visual! He's real articulate and he's an excellent public speaker. What he does is make up some hilarious skits for teaching; there is always a surprise working with him. That chemistry has been real good for us. And we both emphasize that in order to do a good job, you have to be real creative and have a good feel for developmental skills that build on top of one another.

**SWIM:** How did you get other Olympians involved with Bottomline?

**RC:** Starting with the success of the Asian tour, we discovered how many Olympians were willing and interested in coming back to the swimming community and giving something back. So we decided that what we should do with this business is get these Olympians back off their pedestals and back in contact with swimming on the local level. So with that intent, we went forward and developed our little company.

In the '70s growing up, in your workout you would swim with all caliber of swimmers. Everyone was stuck together—it wasn't segregated. You would go to workout and everyone would swim fast, swimming next to their heroes and role models in workout. What we see today a lot of times is you have your junior team, senior team, and the kids at the local level don't have much contact with elite swimmers. They see their heroes once every four years on television or read about them in *Swimming World*.

**SWIM:** What niche does Bottomline Aquatics fill in the swimming community?

**RC:** A lot of coaches don't have the time within their workouts to focus on stroke technique and what we're doing is coming in to support a coach and allow that coach to have some special time and focus on the finer aspects of technique. So we're really a resource.

**SWIM:** What are your fees?

**RC:** Mike and I work with an under-

many "domestics" have been invested in the Aerobic Trophy results, rules and points, but an expression of gratitude may be a good investment if you want to see the results published for this year. Have you thought what professional expertise has been "given" to AUSSI in the publication

Tens together. Geoff Upton and his committees in WA have also given AUSSI hundreds of professional hours to produce the NACS. Do you like Judy's Newsletter? How about the Super Sets put together by Anita and Trish—does your club use them? Michele (Schofield) and the Technical

Committee in NSW will soon be showing you the results of their countless hours and there are good things to come on Safety from a committee involving four Branches, etc. etc.

CONTINUED OVER



*Mike Bottom was ranked No. 1  
in the world in the 100 fly in  
1974 as a high school senior.*

water cinematographer. So if we have to bring other people in, the fee would start at \$50 per participant and it would be a two-hour clinic including stroke work and underwater filming. Above-water filming is approximately \$35 per person. A regular clinic with no filming is \$25.

**SWIM:** Why are you so actively supportive of swimming?

**RC:** What we're trying to encourage is a winning attitude; a good attitude. Basically, what we're trying to promote is longevity and that swimming is the sport of a lifetime. (Mike has been involved for three decades because of a love for the sport.) That's what we're trying to promote. There's so much more that can be done to encourage people to get into the water and enjoy the water. Everything that you see on land is coming into the water. There are so many exciting things that can happen around the pool to keep people healthy and fit.

### Mike Bottom. 35

**SWIM:** Could you refresh our memories of all your swimming accomplishments?

**MB:** In 1974, as a senior in high school, I was ranked Number 1 in the world in the 100 fly and was on the winning 4 x 100 free relay that broke the East German/American Dual Meet world record.

I went to USC from 1974-1978 and three years out of four we were the NCAA Division I champions. I was also voted the most inspirational swimmer. After that, I continued to coach and train and actually swam better after college. I was training by myself, my coach was Steve Garberson, and he would coach me a couple of times a week. I swam in a couple of international meets and made the 1980 Olympic team, went to Hawaii and won the 100 fly.

I didn't swim in 1981 or '82 and came

back in 1983 and broke the Masters world records in the 50 and 100 fly. In 1984, I tried out again for the Olympic trials and basically at that point, my goal was to make the trials. So I made the finals and realized I should have set my goals a little higher. Three years ago, I competed in Senior Nationals at USC and I was 13th in the 100 fly while training under Mike Troy. (I think I was the oldest swimmer to make finals at the Nationals.)

While working at Pacific Bell in the late '80s, I would train at lunch, having fun working out with other Masters. In 1988, I chose not to try out for the Olympic trials and instead did Tae Kwon Do. Later, I set the world 25-29 50 and 100 fly Masters world records in New Zealand and the 30-34 world records in Australia.

**SWIM:** Have you gotten back into the pool?

Communication with any of our "workers" can be made via the National Office (address on this newsletter).

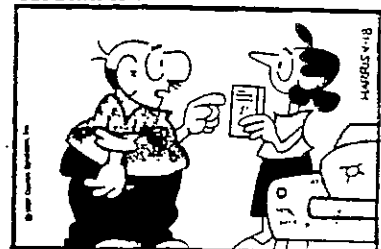
P.S. There are major things happening on the international scene which I feel your Club ought to know about. The National Newsletter will cover it, but if you would like to know more, you

should subscribe to **MSI News** - it is only \$10 per year. It's produced by an AUSSI too---Glenys McDonald, Life Member of AUSSI.

\* \* \*

If you don't learn from your mistakes, there's no sense making them.

### The Better Half



"A friend of mine tried that workout tape, and now he looks just like Jane Fonda!"

**MB:** I'm currently enrolled at Auburn University in Alabama and I'm working toward a doctorate degree in psychology. So once again I have the opportunity to be around a college team. What I do is get in on my own and do a set with the kids. I'm definitely going to continue to swim this year and I haven't closed the door on the 1992 Olympic trials. Realistically, making the team is not a goal. Making time standards is another story.

**SWIM:** How did Bottomline Aquatics get rolling?

**MB:** As Ron mentioned, we were doing clinics and taking trips to the Far East, New Zealand, and Australia. At that point, I took a leave of absence from Pacific Bell to train and get the business going, so Ron and I worked together full time. We had two swim teams over in the Palo Alto area and ran their swim lessons and swim team programs. Then I got into a car accident and I wasn't able to compete. That's kind of when my swimming career ended. But the business took off and at that time we also got our videos going.

Ron and I are really kind of a comedy team together and we keep adding things to our clinics, including a rip-away business suit plus my dog, Mickey, who even gets up on the blocks and does a great spin turn.

**SWIM:** How do you and Ron implement your ideas?

**MB:** Ron and I have these sessions where we sit down and dream ideas. Our motto is, "If you can dream it, you can do it." Our thing was not to make a lot of money, but rather to see our dreams fulfilled. So we brainstorm, and just do it. We try to keep our goals to "do-able" things. "Let's do this clinic; let's travel here."

**SWIM:** In what way has Bottomline Aquatics furthered your personal goals?

**MB:** As far as my personal development, it's been the best. Most top caliber athletes are afraid to branch out because they're so successful in one particular area. But for me, by doing karate and

this venture, it has made a major impact on my life.

**SWIM:** What's on tap at the moment for Bottomline?

**MB:** Ron and I still work together over the phone three times per week and we're putting together this Christmas meet. Tom Jager and Steve Crocker are committed and Matt (Biondi) will be getting back to us with his decision. We're also trying to pull together the first-ever women's competition for cash and hope to add this event to this year's meet.

**SWIM:** What are your long-term goals for Bottomline?

**MB:** We're trying to pull together some international clinics to Japan and we're also trying to finish our stroke series video on butterfly. We have other things going too. This past summer, one of the most exciting things we did was run camps for kids, teaching them life lessons using sports as a medium. Lessons such as positive reinforcement, team work, goal setting and believing in themselves. In our clinics, everything has an underlying life goal. We're building the person, not just teaching swimming.

**SWIM:** In what other ways are you involved with your community?

**MB:** Our meet is all community involvement. At the community center where Ron is working, the camp that we started this past summer is now a full-time, year-round after-care program run by Dave Alexander. I feel like that's our biggest contribution. Fortunately, we train our coaches not only to do our clinics, but also to help build the person.

**SWIM:** So, what's the bottom line on your career goals?

**MB:** I love to speak and have had the opportunity to talk at awards conferences, and psychological conferences from a sports psychology/athlete's point of view. Although my experience gives me the platform to speak from, I don't have the education to stand up in the world of academia. So my life goal is to get back and earn a Ph.D. in psychology.

When my brother Dave took the assistant coaching job at Auburn under David Marsh, I decided to follow him and applied as a graduate assistant in the psychology department. So it's an exciting place to be.

**SWIM:** Have you missed out on life because of all your swimming?

**MB:** Being an older swimmer is incredibly great. Especially this experience going back to college. I think back to the way I was and who I am now and all that I've learned. The availability to transfer that knowledge right now is exciting. What I thought I missed while I was training hard and being focused—now I realize what I've gained and that far outweighs the things that I've missed. Swimmers have a tendency to think they're putting in all of this time and their focus is so direct they're missing a lot of things in life. But what they gain is so much more! Just the experience of doing something to your potential is well worth doing. It also adds a new dimension to life—not just to win the big, gold medal, but to improve yourself.

My work experience has included being a teamsters/truck driver, cost accountant for a major company, and a systems programmer. It has given me a great speaking forum from which I can relate to Masters swimmers who have to balance their time, wishing they could train while haying to make every second count.

**SWIM:** Do you wonder how your Masters swimmers fit it all in?

**MB:** The great thing about Masters swimming is their drive absolutely amazes me. I've thought to myself that if I could keep that kind of drive and motivation that these people have, I would definitely be competing again on the national level. It's a real motivator to everyone around them.

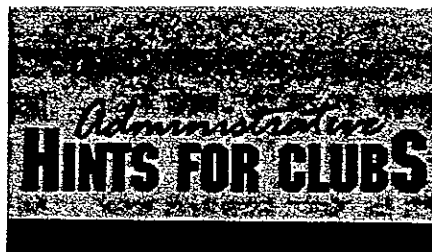
It's much more fun to work with Masters than some of the age group teams. Masters have a lot of questions and they want to know everything. U.S. Masters swimming is one of the most exciting things going in swimming! ■

#### AUSSI INSURANCE

AUSSI insurers IEA have now qualified "guest swimmers" which has always been a "grey" area in the past. After 3 sessions the prospective member must sign the application form and the Club must register the swimmer.

"OPEN SWIMS" means when our Members compete in events run by others e.g. ASI swim meets, Corporate events, Open water events conducted by other organisations, triathlons etc. Clearly, events organised by others, could not claim on our public liability cover even if it was an AUSSI member who was found negligent. The "others" would have

marise points of view before asking members to vote.



## 'MEETINGS, BLOODY MEETINGS'

AUSSIE SPORTaction, Autumn 1991

I first saw this popular episode in a series of training videos starring John Cleese at a staff meeting. Cleese has produced several in the series, none better than this, all with a serious message portrayed in a humorous manner. "Meetings, Bloody Meetings" was shown to illustrate a point to the executive of the school at the time. Cleese dreamt he was on trial for his inept meetings. The right and wrong (Cleese's way) were simulated with the message being that properly conducted meetings can foster co-operation and a sense of belonging, whilst poorly conducted meetings can destroy morale. Cleese was able to see the light and was shown involved in similar meetings but with a much better technique. (Unfortunately, Cleese's humour was too subtle and the message was lost on those who counted.) His 'wrong' meetings were frequently from ignorance or lack of experience and although people in management now have an array of courses and training in the area of effective meetings, this might not be the case for the volunteer involved in sporting club administration.

The Bureau of Statistics estimates the monetary value of the work done in sport by volunteers as around \$1,650 million per annum. However, whilst the volunteers are undoubtedly enthusiastic and dedicated to their sport, many may lack the necessary skills and experience to effectively conduct meetings. This may cause dissatisfaction among the general membership of the organisation.

Not all meetings need to be disasters! The following guidelines will help your office bearers to conduct more effective meetings.

### The Role of Office Bearers

The main office bearers in clubs have important roles to play.

### The Chairperson or President

The chairperson plays a crucial role and this function can be the most entertaining and satisfying of all roles — provided the chairperson is reasonably proficient. The chairperson steers the conduct of the meeting and must be familiar with the responsibilities of the office.

The chairperson must see that the meeting runs smoothly by leading discussion and ensuring that speakers are not repetitious or stray from the topic. It is the chairperson's role to, after a balanced discussion, sum-

### The Secretary

A successful club depends on the secretary who is the linchpin in the organisation. The secretary's basic roles are to keep records of the organisation and to deal with correspondence. The secretary, in association with the chairperson, calls meetings and distributes the agenda.

Keeping a record of meetings (taking minutes) is an essential responsibility and should be completed soon after the meeting so that the discussion is fresh in the mind. The minutes should be available to all members as soon as possible.

Your club may decide to elect a Minutes Secretary, whose job it would be to take the minutes, thus relieving the usually busy secretary.

### The Treasurer

The treasurer is responsible for the financial management of the organisation. The larger the club the more money involved, so

ideally the treasurer should have accounting or book-keeping experience.

The treasurer must account for all money received and expended by the club and prepare financial statements for each meeting.

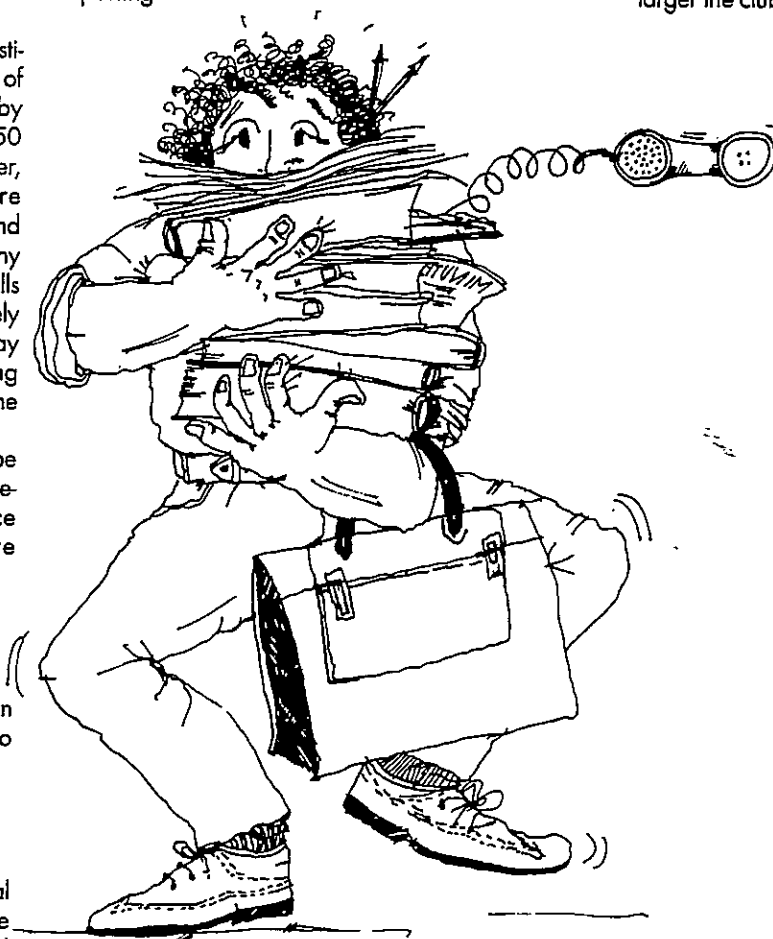
Careful, accurate record keeping is essential as the club's constitution, and government regulations if the club is incorporated, will require the treasurer to have all records audited. This audited statement will be presented at the Annual General Meeting.

### Conducting Effective Meetings

#### The Agenda

An agenda must be prepared for each meeting and distributed to members prior to the meeting. It is important that members are familiar with the topics to be discussed so that they can properly formulate their position on major items.

The chairperson has the task to keep the meeting running smoothly and following the agenda at a brisk pace.



Continued from Page 11

to have their own public liability cover in place. (footnote - an AUSSI event must be run by AUSSI people for our policy to cover it. You cannot just lend the AUSSI name to another organiser or group, so that they do not have to take out their own insurance.)

## Agenda for General Meeting

### Meetingsville Sports Club

#### 1 Opening Meeting

The chairperson should declare the meeting open on time. It is suggested that the chairperson should not sit in the 'chair' until ready to open the meeting.

#### 2 Attendance and Apologies

The chairperson introduces special guests and visitors and calls for any apologies.

#### 3 Minutes of Previous Meeting

The secretary should ask that the minutes of the previous meeting be accepted as a proper record. It is best not to waste time by reading the minutes. Amendments to the minutes, to correct any inaccuracies, should be noted.

#### 4 Matters Arising

Discussion is allowed on matters from the minutes of the previous meeting not listed for discussion or reports.

#### 5 Correspondence

The secretary should present lists of the correspondence received and sent. It is only necessary for the secretary to read the date, meaningful contents and signatory of each item unless a member requests otherwise. Formal motions accepting the correspondence should be passed.

#### 6 Reports

The treasurer and other sub-committees should have the opportunity to present reports. The treasurer should ask that the report be accepted and seek permission to pay outstanding accounts.

Committee reports should be brief with more detailed copies circulated before the meeting.

#### 7 General Business

Any new matters are raised at this time. Major items should be placed on notice for a later meeting to allow members time to properly consider their position.

#### 8 Next Meeting

The date, time and venue of the next meeting should be decided and recorded in the minutes.

#### 9 Closure

The chairperson formally closes the meeting and must vacate the chair. This action is a clear indication that the meeting is over and further discussion is unofficial.

### Meeting Procedures

An effective meeting allows everybody to make a contribution, but plan in advance

that these contributions should only take a correct proportion of the meeting time.

Before the meeting starts make an effort to ensure that everyone knows everyone else. Briefly introduce special visitors at the beginning of the meeting even though they may be due to speak at a later time.

Pay attention to minor points such as the physical setting. A comfortable room temperature and adequate lighting will aid the meeting.

It is important that attention is paid to facilitating worthwhile discussion. Try to separate dominant people — sit one on the right of the chairperson and the other on the left. This will make it more difficult for them to take over discussions. It is best if all members of the group can make eye contact with each other, perhaps in a circular arrangement.

### Types of Decision Making

An understanding of the ways decisions are reached, and the skill to guide a discussion so that the decision most acceptable to the group is reached, are important to any leader and to anyone working with groups. Townsend identified six types of decision making. These were:

- decision by lack of response;
- decision by authority rules;
- decision by a minority;
- decision by majority;
- decision by consensus;
- decision by unanimous consent.

The most effective type of decision making in an ideal world is by unanimous consent, but it is also a rare occurrence. The least desirable is decision by lack of response.

However, as each decision type has disadvantages as well as advantages, no process can be labelled as the 'best'. What is important is that the process used involves a high level of communication that provides accurate information to those who require it.

### Motions

Passing motions make meetings sound very formal but are necessary. A motion is put to the chairperson and must have a seconder for it to proceed. The chairperson should then ensure that both those for and those against the motion have the opportunity to present their arguments. The chairperson's management skills may be required here so that speakers are given the opportunity to speak, that they stay on track and that the

debate does not drag on longer than is necessary.

When debate is completed, the chairperson should summarise the main arguments before putting the motion to the vote.

Amendments can be moved at anytime. Members speak on the amended motion before the vote is taken. If the amended motion is lost, a vote is taken on the original motion.

### A Dozen Ways in Which to Destroy a Club

(from Tasmanian Sport and Recreation Department Club Administration Series No 1)

1. Don't attend meetings, but if you do, come late.
2. If you do attend a meeting, find fault with the work of the officers and other members.
3. Never accept an office as it is easier to criticise than work. Nevertheless, get upset if you are not appointed to a committee — but, if you are, do not attend committee meetings.
4. If asked by the chairperson to give your opinion regarding some important matter, have nothing to say.
5. After the meeting tell everyone how things ought to be done.
6. Do nothing more than is necessary, but when other members roll up their sleeves, and willingly and unselfishly help matters along, howl that the club is run by a clique.
7. Keep your eyes open for something wrong, and when you find it, resign.
8. At every opportunity, resign, and get all your friends to resign.
9. Agree to everything said at the meeting, and disagree with it outside.
10. When asked for information, don't give it.
11. Don't attend general meetings, but if you do, say nothing and accept everything — then leave before the voting starts. Afterwards complain that the club is not being run democratically and accuse the committee of dictatorship.
12. When everything else fails, curse the secretary, president or leader, preferably in their absence.

### Hints for the Chairperson

- Be prepared — know the club's constitution and the specific purpose of the meeting.
- Start on time and follow the agenda unless the meeting directs otherwise.
- Keep the meeting moving and on track.
- Be impartial and try to elicit an opinion from all the members present.
- Leave the chair at the close of the meeting as an indication of the end of proceedings.

### SWIMMERS SEMINARS AT DARWIN

Are you going to Nationals in Darwin?

Don't forget to attend the lunchtime seminars on Wednesday, Thursday or Friday.

### THOUGHT OF THE YEAR

- Wisdom is knowing when to speak your mind and when to mind your speech.



BUTTERFLY SWIMMING

(Extract from : Handbook, AUSSI Masters Swimming in Australia - The Rules of Swimming : Rule 14 (6 Butterflystroke Swimming)).

- (a) Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept on the breast and both shoulders in line with the surface of the water from the beginning of the first arm stroke, after the start and on the turn.
- (b) All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs or feet need not be at the same level, but no alternating movement is permitted.
- (c) At each turn and upon the finish of the race, the touch shall be made with both hands simultaneously either at, or above or below the water level. The shoulders shall remain in the horizontal position.
- (d) At the start and the turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface.

CLARIFICATION

- (a) Both arms must be brought forward together over the general surface of the water with the elbows being visible on the top of the water and the arms being brought back simultaneously. This is the minimum requirement in accordance with this Rule.
- (b) Either a dolphin or a breaststroke leg action may be used with the butterfly arm action.
- (c) A mixture of these types of leg action may be used during the performance of the Butterflystroke.

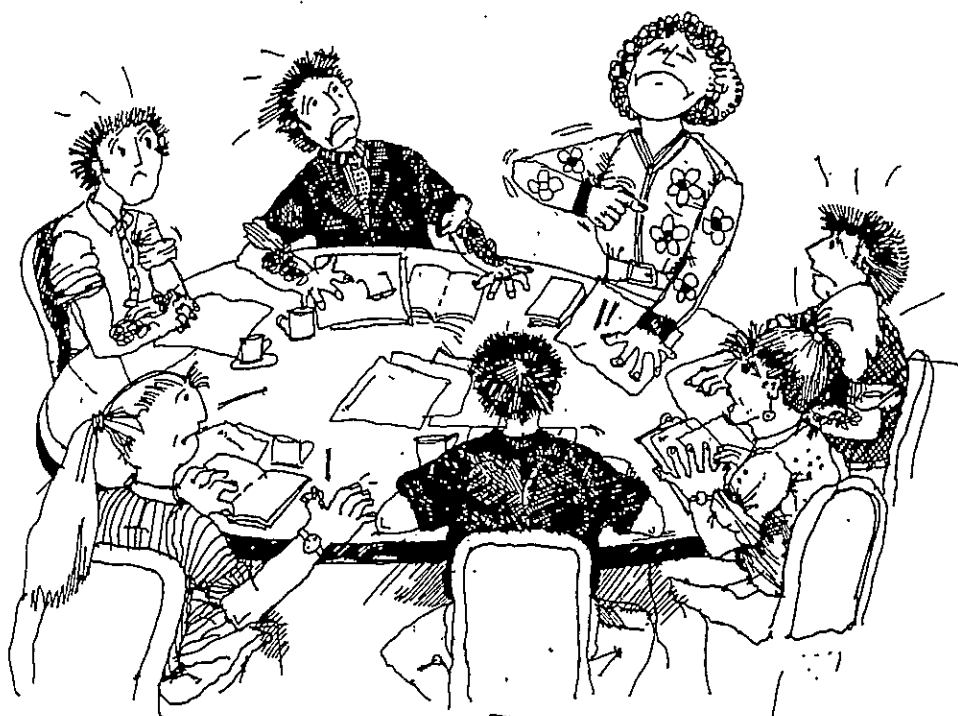
(NOTE : Chapter 26 of Mastering Swimming edited by Anita Killmier provides a detailed guide to Butterfly and includes some graphic illustrations and self help drills to assist in perfecting the stroke and correcting common errors in stroking.)

**Voting**

The chairperson decides when a vote should be taken. The chairperson must be sure that the discussion has been adequate and that both sides of an argument have been heard. A summary of the main view should be given before members are asked to vote.

Voting can either be by show of hands, voices, ballot or division. The actual method may be written into the constitution but voting is usually either by show of hands or by the simple 'aye' or 'no'. A division is only necessary if there is some doubt about the chairperson's ruling on hands or voices.

Normally a simple majority is all that is required. If the vote is tied, the status quo prevails — that is, no change is made. **AS**



## Body Sense

# Swimmers: Lighten Up

■ Let's put an end to the weight loss myth.

By Lewis G. Maharam, M.D.

"Swimming's great exercise, but it's no way to lose weight." Have you heard that one lately? So have I. Do you believe it? You shouldn't. Not only do I say that, as a sports medicine specialist who regularly works with swimmers as both coach and physician, but scientific evidence now says it too. Because of earlier, flawed research, however, the good news is falling on skeptical ears.

Weight loss is a process of burning more calories than you take in, and swimming is an excellent calorie burner. In fact, it's been estimated that four times as much energy is needed swimming a given distance as running or biking it. Unlike dry-land sports, it takes arm muscles *and* leg muscles to move you through the water, not to mention to provide buoyancy and fight drag, so the calorie-consuming potential is enormous. Joan Samuelson, the 1984 Olympic Marathon gold medalist, knows. Commenting on the aqua-running exercises she does in the pool, she says, "A half-hour in the pool is like a 15-mile run for me."

## Those "Eat All You Want" Studies

Unfortunately too few people reach that potential, including the subjects in scientific studies that have questioned swimming's weight loss power. About four years ago, for example, Dr. Grant Gwinup at the University of California, Irvine, studied a group of moderately overweight women who either walked, or cycled, or swam, each day for an hour over a six-month period. At the end, they were tested for weight loss and body fat content. The cyclists lost an average of 12 percent of their bodyweight; the walkers, 10 percent. And the swimmers? They gained 3 percent.

Never mind the fact that nobody knew what any of the subjects ate, since that wasn't considered part of the study. And never mind the fact that muscle is a lot denser than fat, so some or all of the weight "gain" could actually have been weight "conversion." To people mostly interested in losing pounds, the results were reason enough to leave the pool.

And the news soon got worse. A subsequent University of Missouri study not only reported similar findings, but added that swimmers had retained up to 5 percent more body fat than fitness walkers, appearing to confirm again the view that cold water triggers the body into adding more insulation to itself in the form of fat, and that swimmers aiming for less of that on their bodies are therefore in a losing battle.

But even if the swimming body does add a little insulation, that hardly destroys the slenderizing potential of aquatic sports. All it proves is that if you start swimming and don't pay any attention to what you eat, your scale may not notice the difference. Swim *and* watch your diet, however, and progress is certain.

More crippling than ignoring their subjects' diets, however, was the fact that the studies failed to address the central issue of exercise intensity. Just as a mile on a bicycle is not as much work as a mile on foot, there are many ways of "swimming," say, 5,000 yards. What if we could precisely standardize exertion levels between swimming and at least one other sport, *then* test two groups and see who lost what?

## Now: Better Even Than Running?

That's what researchers at the University of California, Davis did. Reported in a 1989 scientific journal, *Medicine and Science in Sports and Exercise*, their impenetrably titled article, "Effects of Run-Training and Swim-Training at Similar Absolute Intensities on Treadmill  $\dot{V}O_{2max}$ ,"

doesn't seem to have caused much of a stir. Curious, since it all but puts to rest the eyewash about swimmers trapped with their pounds.

For one hour a day, three days a week, over three months, 12 previously sedentary men ran, and 14 swam. To level the playing field, each was first tested on a treadmill and his body's  $VO_{2max}$  calculated. Every man was then assigned a training heart rate, based on achieving 75 percent of that  $VO_{2max}$  value, so exertion levels were standardized across the board. Swimmers' target heart rates were adjusted downward, since water's cooling effect suppresses the pulse slightly from what it would be on dry land. (I tell my patients to subtract 15 from their dry-land target heart rate to get the right number for the pool. For swimming, the adjusted, direct formula is 205 minus your age, times 65 to 85 percent).

This time, things were different. Both groups lost weight, but the swimmers lost more than the runners—though the difference was slight, statistically speaking. And

cold water or no, "The swimmers experienced a significant decrease in the percent bodyfat with training." So, by the way, did the runners.

Understandably, the researchers took this to be good news for swimmers, declaring that "These data suggest that for the conditions of this study (i.e. without dietary caloric intake monitoring), swim-training results in a greater loss in body weight and fat weight than run-training." Translation: swimmers lost weight *even without watching what they ate*, and they lost more than runners did. Think what weight-loss-minded athletes getting into the pool could achieve if they also paid attention to calories! My feeling is this: Any swimmer having trouble with the pounds ought to blame his fork, not his sport. □

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*Dr. Maharam is a sports medicine specialist in private practice in New York City. His book, Maharam's Curve: The Exercise High—How to Get It—How to Keep It, will be published this fall by W.W. Norton & Co.*

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## FINS

Bjorni, Fjorni, Greshnejk. Sveemink, keekink, ja goot. Oh, wait....wrong "Fins" ....sorry!

A few years ago, while I was training with the Badger Swim Club, I discovered the one and only thing I could do faster than any of the young Badger studs---kick with fins. A few weeks after that discovery I was to begin nearly a year of doing nothing but fin-work as I rehabilitated one shoulder. In that time I logged literally hundreds of miles, both long course and short course: tried probably every possible way to use fins short of putting them on my ears (ok, I did put them on my ears once) and, as any veteran coach will do, thoroughly analyzed their uses and benefits. I learned a lot.

Now, it seems ever since the introduction of "Zoomers" by Dr. (actually "Dentist") Marty Hull, there's a widely growing interest in the use of fins in training for competitive swimming. So here's my best information on the subject.

First of all, the long and short of it is: fins fall into two categories---long and short. The short being the Zoomers-type that are now proliferating, and the long being the type we're more familiar with from snorkeling...and watching Seahunt.

### COACHES CORNER

by Dave Samuelsohn

Connecticut Masters USA

In shopping for a long fin I recommend a stiff, thin-blade fin, full foot for comfort. Current models meld a rubber shoe to a graphite or crystal silicon blade. Stay away from the high-tech scuba fins: they're usually louvered for efficiency only at slow speeds, and too wide to kick rapidly. Also stay away from the older all-rubber fins: they're usually either too heavy or too soft for your purposes. Good models to look at are the shorter (or more normal-length), Cressi-Sub, and my fin, the Plana by Mares. Both are comfortable, stiff, and grooved longitudinally for stability.

If you're going to use long fins, I recommend you kick only: don't try to swim with long fins. Kick without a board, first to eliminate stress on your lower back, and second to keep yourself underwater for most of your work. Underwater you can concentrate equally on your downsweep and your upsweep---very important. The exception is backstroke, which you can do at the surface, but at least your kick should remain underwater.

.....Kick with both arms over your head in a streamlined position. Kick underwater by diving down, kicking a number of times (more on that), then surfacing for a breath with a short breaststroke pull (I've learned to let my head break the surface just a bit, just before going for a breath---it seems to eliminate surface drag.)

REPRINTED FROM MACA NEWSLETTER

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....Plan to warm up alot, slowly over a long set. Or better et, plan a descending set, starting easy for a few reps, then picking up the pace. It always takes me a while to get going; if I start too fast, I die horribly.

....Get into a regular breathing pattern you can stick with. I like to kick fly with three full kicks between breaths, maybe six for freestyle kicking.

.....Do flip turns---much easier than trying to drag fins through the water--although you'll need a breath right out of the wall.

A lot of what you read recommends devoting 20-25% of your workout time to kicking. I've found it best to devote just one of my workouts each week solely to finwork---to get that long warm-up, then really stress it. More days fin work in the Fall, less-to-none as you approach the big meet.

A good fin set, say 10 x 100--descending the last five, feels great. You can really get going by the end, and you know you've worked. You learn to really appreciate Oxygen!

Shorter fins, most commonly "Zoomers", have all the benefits of longer fins, plus some others. You can get a great kick workout with Zoomers just like using longer fins, although the shorter blade means less resistance and so slower swimming and less yardage. The good news is Zoomers allow you to kick more rapidly---more like you'd normally kick in a race.

But the real advantage to Zoomers is you can swim with them! And they work. (They work for freestyle. They work for backstroke. And they work for fly....more fly!). Or more accurately, they make you work. We've heard the rap on Zoomers, that they're too heavy. But I think that's OK, because when you're wearing them you can't not kick.

When you use your legs that consistently, you activate more muscle-mass, require more oxygen, and tax your heart more and longer. Get it? More cardio vascular fitness! I find this to be the case. So much so, that I strongly recommend easing into Zoomers: like with 25s for a while, with alot of rest, then gradually 50s and 100s. When you get to the point where you can do your 10 x 100s on the same interval you did them before Zoomers, you'll be in shape (but don't stop there).

Which brings us to the other clear benefit of using Zoomers. You've heard me say, "in order to swim fast you have to swim fast." Zoomers help you work closer to quality speeds for more of your work-out. Remember, when you swim faster things happen differently. The more we can rehearse that high, fast stroke, the better we'll get at it. And it's not cheating because you will work harder. But it's ok, you look good with a little color in your cheeks....and your shoulders....and across your back. You'll recover....go sit in the hot tub. Zoomers work. Good stuff, Marty.

Here are a couple of work-out ideas:

### Kicking with Long Fins

10 x 200 descending as follows:

1. Alternate 25 back/25 fly: Easy
2. 200 Back: moderate
3. 200 Back: faster
4. 200 Fly: moderate
5. 200 Fly: faster
6. 200 Back: negative split
7. 200 Fly: negative split
8. Alternate 100 Back/100 Fly: fast!
9. Alternate 50 Back/50 Fly: faster
10. Alternate by 25s again: for time

### Swimming with Zoomers

15 x 100 descending as follows:

1. 5 x 100 - pick your interval
2. 50 E/Z
3. 4 x 100
4. 50 E/Z
5. 3 x 200
6. 50 E/Z
7. 2 x 100
8. 50 E/Z
9. Timed 100

I recently had occasion to be in the water with three Tursiops, bottlenose dolphins--a dream of mine since Bud first sent Flipper to "Go get Dad! Thandy's Thtuck on the reef in the mini-Thub." (Flipper, you'll recall, articulated matters to Porter Ricks who came and saved the day just in time for the show to end.)

On that Bahama morning, I wore nothing but my fins and goggles (and a Speedo, of course). It was the closest thing to an idyllic moment I could imagine. And it brought into focus for me just how natural fins are---almost as though we shouldn't be in the water without them. If you're into endorfins, I recommend you try them.

\*\*\*\* Author's note: "There's an interesting side-bar to my finning experience (which may add to my credibility): After spending nine months on fins with my injury, I was very curious about the sport of finning--racing a la European--with a giant fluke-shaped mono-fin. So I went down to Fordham University for the first-ever East Coast Finning Championships, and actually got to try one of the big fins.

....Thought I was gonna die!

The stress across my feet was more than I was ready for (big fin---lots of resistance). Nevertheless, I got talked into entering one of the races: 50 m. a prés (no breath). Only, since I couldn't use the big fin, I entered with my Plannas....and won! :22.6 for 50 m. a prés. So I was the first-ever East Coast Finning Sprint Champion. (Actually, after 200+ miles in training, I had a little advantage.)

The **AUSSI** Purpose is: "To encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve general health."

\* Don't worry about avoiding temptation; as you get older it starts avoiding you.  
\*  
\*

# WEIGHT . T LIFTING?

REPRINTED WITH PERMISSION FROM  
"SWIM" MAY/JUNE 1992

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## At My Age?

**D**on't be silly." That's the typical response many alumni and members of the Pritikin program have to the notion of starting up a weight training program. "What do I need bulging muscles for?" they ask. "And besides, isn't the three miles I put in on the track every morning enough?"

FOR CARDIOVASCULAR BENEFITS,  
YES. AEROBIC EXERCISE IS STILL  
THE WAY TO GO

Weight lifting, or what exercise physiologists now term strength or resistance training, will not significantly benefit your heart. Nor, as recent research points out, will it improve blood profiles (cholesterol and triglyceride levels) the way that aerobic conditioning can.<sup>1</sup>

So if all you have time for is a walk, a run, or a swim, fine. Do it, and pat yourself on the back.

But if you can spare an additional 15 minutes two times a week (yes, that's all it takes), the benefits of strength training are pretty amazing. Moreover, you don't have to bulk up like the Incredible Hulk. In fact, experts preach against "power lifting." The new norm, research confirms, is moderate resistance.

No less than the American College of Sports Medicine (ACSM), the group of scientists who devise exercise guidelines for the entire country, is trumpeting the value of strength training. A year and a half ago, they altered their recommendations, which had focused exclusively on aerobic conditioning, to include resistance exercises. It was the first modification to ACSM guidelines in 12 years. Shortly thereafter, the Pritikin Program Policy Board added the same ACSM strength training guidelines to the Pritikin® Program.

What are the benefits of strength training? For starters, a leaner body. As we get older, our muscle tends to be replaced by fat. Yes, we're biologically destined for the proverbial battle of the bulge. In fact, Dr. William Evans, chief of the Human Physiology Lab at the Human Nutrition Research Center on Aging at Tufts University, estimates that as we move from young adulthood into middle age, we lose about 6.6 pounds of lean body mass each decade. And, he writes in his book *Biomarkers*, "the rate of loss accelerates after 45."<sup>2</sup>

"But isn't flab inevitable?" ask alumni. "What, after all, can we really do about sagging skin?"

Plenty, assert Dr. Evans and Harvard Medical School's Dr. Maria Fiatarone. Both are currently researching the impact of strength training on older people. A couple of years ago, Dr. Fiatarone took 10 nursing home residents, all between the ages of 86 and 96, and had them sit on exercise benches and lift weights, extending one leg at a time, three times a week. At the end of just eight weeks, the men and

women tripled their muscle strength. The absolute weight lifted increased from about 15 pounds on each leg to 43 pounds.<sup>3</sup>

Dr. Evans and Fiatarone at Tufts netted similar results with a 12-week program of resistance training for 60- and 70-year-old men. Muscle strength of all 12 men increased two- to three-fold. Muscle mass grew by 10 to 15 percent.<sup>4</sup>

"We don't make Arnold Schwarzeneggers out of them," comments Dr. David Peck, who specializes in research on exercise and mature individuals at Michigan State University, "but what they *do* get . . . well, you can't put a price on it."

All of Dr. Fiatarone's nursing home residents were overjoyed, for example, at their new-found freedom. Two threw away their canes. Another began walking five miles daily. Sam Semansky, a 93-year-old participant, said, "I feel as though I were 50 again. Now, I get up in the middle of the night and I can get around without using my walker or turning on the light. . . . Every day I feel better, more optimistic."<sup>5</sup>

The 12 men in Dr. Evans' study were equally elated. By the end of their training, many could lift more weight than the 25-year-old graduate students working in the lab at Tufts. Their muscle growth, concluded Dr. Evans, "was as much as we could expect to see in younger people doing the same amount of exercise."<sup>6</sup>

But why all the fuss about strength training, ask walkers and runners. Wouldn't aerobic exercise alone preserve muscle mass?

"No," stresses Dr. James Barnard of the UCLA Department of Kinesiology and School of Medicine, and educator at the Pritikin Longevity Center. "Aerobic conditioning has very little impact on the loss of muscle. Oh sure, the muscles in your legs aren't going to deteriorate. But the rest of your muscles probably will. That's why marathon runners, though really muscular from the waist down, are skin and bones on top."

It all boils down to the old maxim: Use 'em or lose 'em.

And when you lose those muscles, "you just can't enjoy life as much," explains Dr. Peck. "Sure, you can breeze through a five-mile walk, but picking up your grandchild is a real chore. So is carrying a couple of suitcases. Or shoveling snow. All of a sudden, you feel old. The good news is that improved muscle mass can make a big difference."

A STRONGER BODY WILL ALSO ENHANCE  
YOUR WEIGHT LOSS EFFORTS.

Put simply: the more muscle mass you have, the more calories you burn, and the leaner you get. Your body, in effect, is operating at a high metabolic rate. That's because muscle is an active tissue, requiring



nourishment. Fat, on the other hand, is much less metabolically active. It just sits there, a storage bank for the extra calories you eat.

It's easy to figure out what happens in our middle years, as muscle mass shrinks and fat tissue multiplies. We no longer need as many calories. There's not as much muscle tissue to feed. Our metabolic rate slows down.

But our appetite doesn't. All too often, we eat the same number of calories at age 40 that we ate at age 20. At 40, though, those calories increasingly have only one place to go: fat tissue. That's why Rhoda Morgenstern, heading into middle age, used to lament, "I don't know why I bother to eat this candy bar. I may as well just put it on my hips." It's frustrating: the slightest overindulgence seems to put on pounds.

To maintain the same body weight from age 20 onward, say scientists, we would need to take in about 100 fewer calories per day each decade. States Dr. Evans, "An average 70-year-old person needs 500 fewer calories per day to maintain his or her body weight than an average 25-year-old. The average 80-year-old needs 600 fewer calories."

Restricting calories is one way (and not a very appealing one, we might add) to maintain weight. Another way is to build back muscle mass—trick your body, in other words, into thinking it's 25 or 30 again. It works. "With more muscle tissue to feed," says Dr. Barnard, "you'll burn more calories every hour of the day, even while you're sleeping."

#### ANOTHER KEY ARGUMENT IN FAVOR OF RESISTANCE TRAINING IS STRONG BONES

Just as our muscles deteriorate with age, so do our bones. They literally start to go soft. "Peak bone mass occurs somewhere around the age of 30 or 35," explains Dr. Christine Wells, professor of exercise physiology at Arizona State University and guest lecturer on strength training at institutions all over the country. "After the mid-30s," she continues, "both men and women are losing bone." Indeed, researchers estimate that approximately one percent of bone mineral mass dissolves *per year*. Over a lifetime, the average woman can lose as much as 55% of bone mass in the hip area.

Too much bone loss, called osteoporosis, can be life-threatening, because it doesn't take much for brittle bones to snap. One in three very old women and one in six very old men suffer hip fractures. Fifteen percent die as a result; another 50% endure long-term debilitation.

"We thought aerobic exercise was sufficient protection against osteoporosis," states Dr. Wells. "It turns out it's not. Research is now telling us that the best way to strengthen the bones is to stimulate the muscles that pull on them—all the muscles, not just the legs."

#### IMPROVED POSTURE IS YET ANOTHER PLUS OF RESISTANCE TRAINING

As we get older, our bodies tend to slump. "That's one reason why some women are bent over," says Dr. Peck. "Their muscles simply can't hold them up. An

excellent way to maintain an erect body is to tone your muscles." Calisthenics which support the spine, like sit-ups and back arches, could also eliminate quite a few back problems.

#### WEIGHT TRAINING CAN ALSO PROVIDE GOOD ARMOR FOR YOUR BODY, MAKING AEROBIC WORKOUTS

Running and jogging, after all, can be tough on sensitive areas, like the knees and back. Dr. Barnard's back, for instance, had gotten so bad that he quit running for almost four years. Recently, though, he took up weight training—just five to 10 minutes three days a week, as well as a few stretching exercises every day. "I haven't done weight training for years," he laughs. "It's amazing . . . all these years I've been preaching these things and now I'm finally getting around to doing them." The final result? His back problems disappeared. He's out on the track once again.

The best news of all about strength training may be that you don't have to do much to collect all the benefits: just 30 minutes or so each week will endow you with more strength, more mobility, leaner body mass, better prevention against osteoporosis, and last but not least, a well-toned, good-looking body. ACSM recommends two moderate-intensity sessions weekly, each consisting of eight to 10 exercises. And each exercise ought to be repeated eight to 12 times. So, for example, you'll begin with eight sit-ups, eight bicep curls, and so on.

#### START OUT LIGHT—JUST FIVE POUND WEIGHTS—THEN WORK YOURSELF UP

Remember: to get stronger, your muscles must be exercised against resistance. It won't take long before five pounds isn't enough.

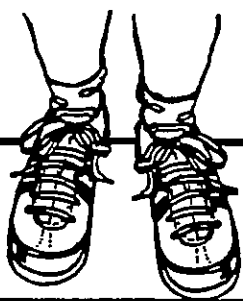
Don't think you have to join a gym either. These days, strength training is portable, especially with the advent of products like Dyna-bands®. They're stretchy latex bands that, when used, contract targeted sets of muscles, just like regular weights. Dyna-bands, though, weigh less than a running sock.

"When I travel across the country giving talks," says Dr. Wells, "I always tell people I've brought my own gym with me. It's two five-pound hand weights and some packing strap—the elastic band that delivery companies wrap around your refrigerator and other big appliances. It does a great job of exercising muscles."

"After my run, as I'm cooling down and stretching, I do a few resistance exercises—just for about 10 minutes, and I'm done."

Sound easy enough? We hope so. The rewards are indeed plentiful. "I get such a kick out of my new body," laughs Margaret Healy, age 62, who took up strength training a year ago. "I'm no Jane Fonda, but my pop-out stomach finally popped back in—something my daily walk has never quite done for me. My arms are firm. I stand straight up. Best of all, I don't have to wait for my son to come by to help me lift heavy things."

"I'm independent." That, in and of itself, may be reason enough for everyone, at any age, to begin strength training. □



## WHAT IS AN EXERCISE STRESS TEST

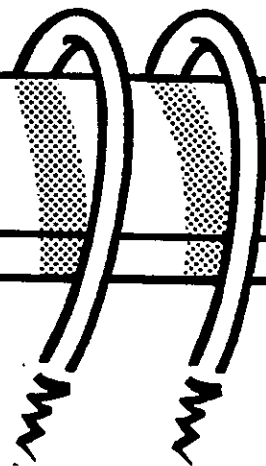
A common concern among people soon to undergo an exercise stress test—especially those who are inactive or not in good shape, or who already have symptoms of heart disease—is that they will be pushed into a workout so strenuous that it will itself bring about a heart attack or, at the least, chest pain. In fact, the goal of an exercise stress test is to determine just what your heart is capable of—not what is too much for it.

Many people over 50 undergo a stress test each year (see box on page 7). According to Medicare statistics, over 600,000 Americans had a stress test in 1989—up 22% from just three years ago. Like most tests, the procedure is not risk-free—but it is *low* risk. The risk of a heart attack during a stress test is less than 1 in 500; the risk of dying is less than 1 in 10,000. The test is not going to require you to run a mile if you get winded going up two flights of stairs. Rather, it is designed to determine just what level of activity is within bounds for your heart—be it walking a block or running a marathon. During the test, you will be continually monitored for any possible cardiac trouble. And you will be able to stop the test if you have any significant chest pain. (However, it is normal to feel fatigued, somewhat breathless, and sweaty during the test, as you would during any

exercise.)

### What it measures

Coronary artery disease (CAD) is due to the buildup of fatty plaque in the heart's arteries, and is the leading cause of heart attacks. As the arteries become progressively narrowed by plaque, less blood can be pumped through them, so less oxygen reaches the heart. In the early stages of CAD, the reduced blood supply may still be comfortably sufficient for nonstrenuous activity. But CAD may make itself known when you exercise, as this increases the demand for oxygen beyond what the diseased arteries can supply. If the oxygen deficiency is severe enough, it can cause the heart-muscle pain known as angina. Lesser deficiencies of oxygen may cause changes in blood pressure, heart rate, and heart rhythm, and may produce certain changes on an electrocardiogram. (An ECG, or EKG, as it is called, depicts the electrical activity produced by the heart. Leads attached to your body during a stress test conduct these electrical charges to a machine that prints out a tracing of them.) An abnormal ECG during an exercise stress test generally indicates that further tests are in order to pinpoint just which arteries are blocked and by how much. **CONTINUED OVER PAGE**



## Walking through the test

A stress test may be performed in your doctor's office, at the hospital, or at a freestanding test center. Wherever, it requires a special facility equipped to handle any emergency that might arise, and should be per-

CONTINUED OVER

## SNIPPETS FROM THE NATIONAL NEWSLETTER

### DID YOU KNOW?

Funnily enough, I hear rumblings about vast hikes in fees charged to be a member of AUSSI.

Your fees are divided into three parts: the Club, Branch and National components.

The National component of your fees has risen from \$15 to only \$15.50 in line with the C.P.I. rise.

Club and Branch fees vary from Club to Club and Branch to Branch. Further investigation on your part will be needed to ascertain these components.

Remember, all members of your Club pay the same National fee. Social membership is NOT ALLOWED.

### SAFETY IN THE POOL

As swimmers, we are all placing ourselves in a situation of risk. The more we know about swimming, and the fitter we are, the less the risk. But can you say that the person swimming in front of you at the pool has the same degree of safety? You may be the one who is required to help him/her in an emergency!

If you are the one called upon to help a swimmer in difficulty, do you know how? Can you move a person safely to safety? Can you get a person out of the pool? Do you know how to administer Expired Air Resuscitation?

If not, you should aim to get your Bronze Medallion **THIS YEAR!** You never know when you might need it!

(Courtesy Platypus Press)

(Ed. Remember Safety is important, and an on-going issue. Has your Club elected its Safety Officer and notified your Branch? The National Safety Policy will be launched at the National Swim in Darwin in May and National wishes to know the names of all Club Safety Officers prior to then.)

## 3RD WORLD MASTERS GAMES

The organisation of the World Masters Games took a step forward with the recent appointment of the International Board of Governors. The Games, planned for Brisbane in September/October 1994, will involve over 15,000 participants (that's more than the Olympics!) in more than thirty separate sports. Masters Swimming International (MSI) and AUSSI have sanctioned the conduct of the swimming section of the Games and a programme has been approved.

Swimming will be held from Wednesday 28 September to Monday 3 October inclusive---five days of swimming events with Saturday 1 October being a lay day when the Games Opening Ceremony will take place.

The Games will be held in conjunction with Brisbane's Warana Festival and other planned city activities including international Sports Medicine and Business conferences and, of course, plenty of socially oriented events. Organised by The Queensland Events Corporation, the Games are being promoted extensively and enthusiastically overseas to ensure a highly successful international sports gathering.

Any coach who has completed all requirements for Level 1M and has received their accreditation card should also have been sent details of how to remain accredited via the updating policy, by your Branch Director of Coaching. If you feel you have been overlooked, please contact your Director.

If you are changing address, please ensure you also notify your Branch Director.

## AUSSI PUBLICATIONS

(or What AUSSI "*National*" has done for you!)

By now your Club should have received a copy of the new Rules and Point Scores booklet for the National Aerobic Trophy. Doesn't it look great? The way Trish has organised the times is a big improvement on the previous edition. Preparation of the point scores and text for the new edition involved many, many painstaking hours by Trish Beveridge, our Director of Programmes, and her husband, Hector. I feel sure that any expression of gratitude would be gratefully received.

We learnt from our Membership Survey in 1990 that most members were unaware of what was happening at "*National*" ---that nebulous monster. We have taken a number of initiatives to try to rectify such perceptions. The National Newsletter is now well established and recently you received the New Members Welcome Kit. In recent months you received Super Sets, the 1991 Aerobic Trophy Results booklets, the Top Tens and the Annual Report. Your National Records are impeccably maintained and hundreds of our 'gun swimmers' would be grateful for the beautifully hand prepared Record Certificates they have received. You now have the new Aerobic Trophy booklet and hopefully your Club has one or more copies of that magnificent publication Mastering Swimming. Four Branches are now using NACS (National AUSSI Computer System). These have **ALL** been produced by AUSSI members just like you and me. We sometimes receive letters for what we

formed by trained technicians. To meet guidelines set by the American Heart Association, all personnel performing stress tests should be trained in cardiopulmonary resuscitation (CPR), and at least one of the two technicians in the room must be trained in advanced life-support. A physician must be on the premises at all times.

Before the test, a resting ECG will be done to check for any abnormalities in the heart even without added stress, and to provide a basis for comparison during the exercise. Resting blood pressure and pulse are also measured, and are continually monitored during the procedure. ECG leads are also kept in place throughout the exercise and for 10 minutes or so afterwards, since some changes may take that long to appear.

Exertion may be produced in different ways: a stair-climbing machine, a stationary bicycle, a treadmill, or a machine for arm exercises. The treadmill is used most often, but patients with arthritis or other problems that make walking difficult will be offered a bicycle, which places less strain on the joints.

The test proceeds slowly and gradually. Usually, you exercise at each level for three minutes. Then the amount of exertion is increased by raising either the speed of the machine or the grade of incline. For example, on a treadmill stress test, you start out walking slowly, progress to fast walking, then to jogging, then to jogging uphill.

Two different procedures may be used. In the more common, the maximum symptom-limited test, you proceed with progressively more strenuous exercise until *moderate* chest pain, fatigue, or severe shortness of breath occurs; then the test is stopped.

The other method is called the submaximum heart-rate limited protocol. In this version, the amount of exercise you are expected to do is predetermined, based on your age and health; the test is concluded when you reach this predetermined level (unless symptoms occur or there is a clear change in ECG, in which case the will be terminated earlier).

### Interpreting the results

If you don't have heart disease, you should be able to exercise up to your target heart rate, or THR (which is determined by your pulse), without undue symptoms or changes in blood pressure or ECG. You can estimate your THR using this simple formula:  $(220 \text{ minus your age}) \times 0.9$ . (For example, if you are 50, your THR is  $(220 - 50) \times 0.9$ , or 153). The more fit will need a more-strenuous workout to reach their THR. Others will achieve their THR at very moderate levels of exercise. In any case, exercising at your THR requires effort. You may feel dizzy, light-headed, and fatigued. These are all normal symptoms that even Olympians experience when they reach their maximum heart rate. However, as long as you reach your THR with no chest pain or unusual blood pressure or

## STRESS TEST cont'd

ECG changes, your heart is probably in good shape.

Inability to reach your THR may indicate that your heart is not operating at its fullest capacity. Further tests, such as a thallium scan (in which a radioactive dye is injected into your arm and its passage is traced through your heart during an exercise stress test to find out just which areas are involved), are likely to be ordered to pinpoint the cause of the problem and so determine treatment.

## Intensity Rather Than Endurance

You've probably heard that you can be very fit by exercising for 30 minutes a day, three times a week. It depends on how hard you do it. The more intensely you exercise the less time you have to exercise to be fit. You can become more fit by running a couple of miles very fast than you can by running ten miles very slowly.

Fitness refers to your heart. The stronger your heart, the fitter you are. Fitness is measured by a test called  $\text{VO}_2$  max, the maximal amount of oxygen that your body can take in and use for a given time. This value depends (within reason) more on how intensely you exercise than how long you exercise.

To compete in events that require speed and endurance, athletes use a training technique called intervals. They exercise very intensely for a short time, rest, and then exercise very intensely again. For example, a runner may run a quarter mile very fast, jog slowly, and then run very fast again, repeating the quarter mile twelve times.

Thirty years ago a top marathon runner would run 40 quarter mile intervals at around 70 seconds each. Now, a top marathon runner runs only 12 quarter mile repeats but he runs each faster than 60 seconds. Twelve quarter mile repeats in 60 seconds, is a much harder work-out than 40 quarters in 70 seconds. Today's marathon runners run more than 10 minutes faster than those of 30 years ago.

Dr. Gabbie Mirkin - CBS News Service

# MASTERING SWIMMING

A SELF-HELP GUIDE FOR COACHES AND SWIMMERS

EDITOR

Anita Killmier

## UP-DATE

\* The Management Committee are looking at ways for this book to be sold through the US Coaches Association.

\* I hear a number of people received a copy for Christmas. You've had plenty of time to read it by now, so I look forward to improved stroke technique and tumbling times at future meets.

\* Quite a number of these books were sold at the Masters World Swim in Indianapolis and USMS is selling the balance.

\* At the Board Meeting at the beginning of November, we were informed that the Queensland Branch only had 12 copies of "Mastering Swimming" left. They had five boxes, which means that they've sold 158 books. Congratulations!

\* The Norwegian Masters Committee has purchased two copies of the book.

\* "Mastering Swimming" is the recommended text for the Level 1M Coaches course.

\* All Branches and the National Office have copies of "Mastering Swimming" available for sale, and all have contributed to the marvellous success of this

To purchase your copy of "Mastering Swimming" contact your Branch or the National Office :

Ivan Wingate  
PO Box 207  
COWANDILLA SA 5033

COST : \$26.95  
plus postage

NOTE : Postage for one book can cost more than sending 5 books in an Express Bag.





<b>YOUR HEART</b>	Strengthened, circulates more blood per beat, permits lower resting heart rate.	Weakened, circulates less blood per beat, requires higher resting heart rate.
<b>YOUR BLOOD VESSELS</b>	Larger, more elastic, less obstructed with fat, freer circulation, lower blood pressure.	Constricted, inelastic, clogged with excess fat, reduced circulation, elevated blood pressure.
<b>YOUR BLOOD</b>	• Decreased cholesterol (fat), triglycerides, blood sugar, insulin, adrenalin, clotting.	Increased cholesterol (fat), triglycerides, blood sugar, insulin, adrenalin, clotting.
<b>YOUR LUNGS</b>	Expanded capacity for oxygen absorption and waste expulsion.	Restricted capacity for oxygen absorption and waste expulsion.
<b>YOUR METABOLIC RATE</b>	Generally elevated, more calories consumed in all activities, promotes leanness.	Generally suppressed, fewer calories consumed per activity, tends to accumulate more fat.
<b>YOUR BODY COMPOSITION</b>	Lean, with less fat and more muscle and bone.	More fat, with proportionally less muscle and bone.
<b>YOUR BONES</b>	Stronger, more dense and resilient.	Weaker, more porous and brittle.
<b>YOUR JOINTS</b>	Capable of a wide range of motion.	Stiff, restricted, sometimes painful motion.
<b>YOUR MUSCLES</b>	Stronger, firmer, more defined and efficient, tending to burn more calories.	Weaker, less toned and efficient, tending to burn fewer calories.
<b>YOUR MENTAL FUNCTIONING</b>	Alert, more clear and concentrated, less boredom and fatigue.	Dull, worried and distracted, more boredom and fatigue.
<b>YOUR EMOTIONAL FUNCTIONING</b>	More patient, tolerant, relaxed and enthusiastic.	Impatient, critical, tense and depressed.
<b>YOUR RISK OF ILLNESS</b>	Decreased risk due to healthier heart, lungs, blood vessels, liver, bones, muscle and body composition.	Increased risk of diseases of heart, lungs, blood vessels and liver; of diabetes, stroke, accidents and broken bones.
<b>YOUR QUALITY OF LIFE</b>	More active, generating greater vitality and endurance, tending toward health.	Inactive, generating less vitality and endurance, tending toward illness.
<b>YOUR LIFESPAN</b>	Possible extension beyond the average.	Possible reduction below the average.
<b>YOUR SELF-CONCEPT</b>	More confident, with positive appreciation of self.	Less certain, more doubtful and self-conscious.

(Chart courtesy Lifelong Health and Fitness for Life)

- *Middle-age spread* — too many nights around the table •

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# 1993 Coaches Calendar



## MARCH

24-28	Australian Open/Pan Pac Trials	Superdrome, Perth
27	Open Water Swimming Symposium	Perth
28	Australian Open Water Championship	Swan River, Perth

## APRIL

3-4	Post Olympic Coaches Conference	Australian Institute of Sport, Canberra
9	ASCA Annual Board Meeting 7.30pm	Carindale Hotel, Brisbane
10-14	Australian Age Championships	Sleeman Sports Complex, Chandler, Brisbane
15	ASCA Annual General Meeting 11.00am	Carindale Hotel, Brisbane
16-22	National Breaststroke Camp, Coach Nugent	Cotton Tree Pool, Maroochydore
16-22	National Backstroke Camp, Coach Sutton	Cotton Tree Pool, Maroochydore
24-26	Australian Masters Games	Perth
24-1	ARAFURA Sports Festival	Darwin
24	S.A. State Teams Championship Long Course	Aquatic Centre, North Adelaide
25-1	National Butterfly Camp, Coach Sonnleitner	Rockhampton
25-1	National Sprint Camp#1, Coach Wood	Australian Institute of Sport, Canberra

## MAY

1-15	National Sprint Camp#2, Coaches Talbot and Touretsky	Hawaii
4-8	AUSSI National Masters Championships	Darwin
16	Magnetic Island Open Water Swim	Townsville
17-22	WSCA Olympic Coaching Conference	Sheraton Waikiki Beach, Hawaii
30-5	National Distance and Middle Distance Camp, Coaches Carew and Lawrence	Cotton Tree Pool, Maroochydore

## JUNE

6-12	National Medley Camp, Coach Nelson	Australian Institute of Sport, Canberra
12-13	ACT Short Course Championships	Australian Institute of Sport, Canberra
21-26	Level 2 Women's Coaching Accreditation Course	Australian Institute of Sport, Canberra

## JULY

3-4	N.S.W. Country Short Course Champs.	Closed Meet
4-10	Australian Blind Championships	Superdrome, Perth
6-10	Australia v New Zealand Tri Series	Australia
8-19	World University Games	Buffalo, USA
9-11	Santa Clara Meet	California, USA
13-14	Grand Prix # 1	Auckland, New Zealand
17-18	Grand Prix # 2	Australia TBA
21-22	Grand Prix # 3	Australia TBA
24-25	Grand Prix #4	Australia TBA
24-2	XVII World Games for the Deaf	Sofia, Bulgaria

## AUGUST

1	South Australian Short Course	Adelaide
12-15	1993 Pan Pacific Championships	Kobe, Japan
21-22	N.S.W. Winter SC Championships	
24	Australian Swimming Board Meeting	Melbourne
25	Australian Swimming Annual General Meeting	Melbourne
26-29	Australian Short Course Championships - Selection Trials World S.C.	Melbourne

## SEPTEMBER

1-12	FESPIC	Beijing, China
23	Olympic Venue Selection for 2000	Monte Carlo

## OCTOBER

25-28	FINA World Sports Medicine Conference	
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## DECEMBER

2-5	1st World Short Course Swimming Championships	Palma Majorca SPAIN
4-5	AIS Sprint Meet.	Canberra
27-8	XIth National Deaf Games	Adelaide



**Australian Swimming**

## Level 1

### Coaching Athletes With Disabilities (CAD) Courses - 1993

**Australian Sports  
Commission**

<b>Adelaide</b>	<b>1st - 2nd May</b>
<b>Woollongong</b>	<b>8th - 9th May</b>
<b>Cairns</b>	<b>22nd - 23rd May</b>
<b>Rockhampton</b>	<b>29th - 30th May</b>
<b>Melbourne</b>	<b>26th - 27th June</b>
<b>Canberra</b>	<b>24th - 25th July</b>
<b>Sydney</b>	<b>14th - 15th August</b>
<b>Brisbane</b>	<b>21st - 22nd August</b>

The CAD course is aimed to:

- i. highlight some of the common learning, social and physical characteristics and their associated coaching implications of the major disability groups;
- ii. emphasise the commonalities of coaching athletes with disabilities and their able bodied peers;
- iii. develop basic CAD awareness;
- iv. build confidence of coaches in relation to CAD;
- v. develop skills relevant to coaching all athletes which have not been adequately covered in generic courses due to time restraints; and
- vi. develop specific skills relevant to CAD.

CAD courses and manuals have been developed in relation to:

Coaching Athletes with Disabilities:

- \* General Principle
- \* Coaching Athletes with Cerebral Palsy
- \* Coaching Athletes with Intellectual Disabilities
- \* Coaching Athletes with Visual Impairment
- \* Coaching Amputees Athletes
- \* Coaching Deaf Athletes
- \* Coaching Transplant Athletes
- \* Coaching Wheelchair Athletes

For further information contact:

Scott Goodman  
Aussie Able Program  
Australian Sports Commission  
PO Box 176  
BELCONNEN ACT 2616

*Please Note: CAD Courses earn coaches 5 points for Updating of Accreditation.*

AUSSI RESOURCE CENTRE

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

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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

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- . Aussi Coaching Seminar with Kirk Marks
- . THE ATHLETIC INSTITUTE SWIMMING SERIES
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  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
- . SWIM SMARTER, SWIM FASTER AND STARTS, TURNS AND FINISHES

- . Strength Training
- . Visualisation
- . Media Matters
- . Exercise beats Arthritis

AUSSI RESOURCE CENTRE - ORDER FORM

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AUSSIE CLUB \_\_\_\_\_

MEMBERSHIP NO. \_\_\_\_\_

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I AGREE TO RETURN THEM IN GOOD ORDER COMPLETE  
WITH MY CHEQUE FOR HIRE AND POSTAGE.

SIGNED \_\_\_\_\_  
DATE \_\_\_\_\_

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## . AUSTRALIAN COACHES CONFERENCE SERIES 1990

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EAST ST KILDA VIC 3182





# AUSI

MASTERS SWIMMING IN AUSTRALIA (INC.)

2 December 1992

## COACHES INDEMNITY INSURANCE

The present Coaches Indemnity Insurance arrangement AUSI has with IEA, expires on 31 December 1992.

We have however, renewed the Policy for 1993 at the same rate, terms and conditions as for this year.

**ALL AUSI COACHES TO MAINTAIN THEIR INDEMNITY COVER, NEED TO RENEW THEIR INSURANCE THIS MONTH.**

The policy cover will commence on 1 January 1993 and we ask you to send a cheque for \$25.00 made payable to: Insurance Exchange of Australia, together with the attached form to:

AUSI MASTERS SWIMMING  
P.O. Box 207  
COWANDILLA SA 5033

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

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

NAME: \_\_\_\_\_ (Please print).

ADDRESS: \_\_\_\_\_

CLUB STATEMENT: \_\_\_\_\_ (if applicable)

Signed: \_\_\_\_\_



# AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

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## AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

WANTED : CONTRIBUTIONS SUCH AS  
LETTERS, UP COMING EVENTS, CLUB  
PROFILES, SAMPLE TRAINING SESSIONS.  
DEADLINE FOR NEXT ISSUE : JULY 20

# THE ROLE OF THE COACH'S PERSONALITY

Continued from previous page

Now I know what your immediate response will be. One of two responses head the list. One is "I love sport and I love swimming." I accept that. In fact, I'm often envious of coaches because of it. When I go into the various school systems I see the differences in coaches and other faculty members.

Coaches love what they do. They are obsessed. Often they are obsessive-compulsive neurotics in their area. If you see a group of coaches together and there could be an earthquake, a fire, a riot in school, and they are in the corner discussing the backstroke and the exact position of the arm. That can be admirable. Everyone should be so lucky as to find their thing.

Part and parcel of having this knowledge is how you will get this information across. Here is where your personality comes into play. I'm going to throw some things out that you may not want to hear, but very clearly is part of your personality. It reflects your style — your method. Here are some traits to consider.

Some people feel they are Olympic champions that never made it and they are going to make it through their kids. They could have made it but they were missing one thing — talent — and so what they do is push the child. G— D—, that kid's going to make it. What you end up doing is living vicariously through the kids with the talent. Very often we are frustrated jocks. I'd rather be playing ball right now to tell you the truth. I'm limited from a talent standpoint. Very often the parents suffer more about this than coaches. They would really prefer participating, but their days are over so they are going to live through the kids. That's not bad in and of itself. It becomes bad, however, when, a) if you lose sight of it, and, b) if your style is such that you are spending all of your time with the talented ones while screening out the untalented ones.

What happens when this is your reason for coaching? You become very "heavy" on the people with the talent. The demands upon them become greater. The things you want from them and the push you are administering is so great that they may burn them out. It is not bad to want to live vicariously through the kids, it is the degree of push. It would be important for you to find out where they are coming from. Nothing irritates a coach more than undeveloped talent. Here is a typical description. "This kid has all the

ability in the world, but the S.O.B. isn't motivated." What the coach is really saying is, "Boy, if I could swim like that, I'd be a fish. I'd always be in the water."

A second psychological reason for coaching is the power dimension. It can be very ego-gratifying, telling people what to do — and they do it. As a professor, I don't have that experience very often, but as a coach you experience it routinely. As a coach, you can become addicted to it. You can become a power addict.

What happens to coaches is that they fall into one of three areas based on their records. You either become a very successful coach, a so-so coach with some wins and some losses, or you are a failure. A great deal of this is dependent upon talent. A funny thing will happen to you over time as a result of being in one of the three areas — your personality will change. A strange thing happens to people who win. They begin to get a different perception of themselves. Their personality changes.

As an example, I worked with an assistant pro football coach when he was striving to get ahead. He believed in motivation and communication and so we exchanged ideas. He was an eager learner on the way up the ladder. Then he became head coach for a national football team. I thought as a friendly gesture I would give him a call and offer any help he might need since I had worked with the same club some time previously. I was happy he got the job and wanted to wish him luck and offer what I could to help him to be successful.

I called, and as is typical, I was put on hold for a day or two, and then he answered. I reintroduced myself and reminded him of the past. He quickly told me he was in a different position now and began to put me off. I was really set aback when he said, "After all, there are only 26 of us in the world." I wanted to say, "Are you standing on water now? Because if you are, you'll go under quick." People who become successful lose perspective of themselves. In a way, it is to be expected. They are saying in their own way, "I am successful and therefore there is something about me that is really good."

If you are in the middle and not a winning coach, you are in the neurotic stage. You think you're good, but you're not too sure, you don't have a track record that verifies it. The coach thinks, "How can a great coach like me end up with crappy material?" I have never met a coach yet who has said, "I'm a piss poor coach, really." It's always something else. The material is bad; the water's too

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warm; the building's too tall; there were clouds that day — something. In essence, when you lose, you have to have excuses. It can't be the coach!

Then there is the last class of coaches — the losers. We need them. If you don't believe me, ask the winners. They need them all the time. We should promote them. There should be more of them. These coaches have to come to some resolution about life. "What's the meaning of all this and what am I doing here anyway? I don't know what I'm doing here at 4:30 in the morning, watching kids splash in the water. I could be home in bed with my wife, or girlfriend, or in some cases, both. I don't need to take this aggravation."

There is nothing more meaningful than to have a losing season. The coach has to realize that he/she must go to the end of the season. How are they going to cope with the frustrations — how can they salvage something from this losing experience? They begin to shift values and attitudes begin to shift.

In a study done in Michigan completed with Little League baseball, they found that winning teams had more instances of arguing, disruption, fights, etc., particularly among parents. They were anxious, up-tight, and worried about future games. In general, there were less instances of happiness, growth and contentment. Strangely enough, the losing teams seem more content at playing the game and learning the fundamentals. In fact, it is quite common for a new coach or a losing coach to talk about working on fundamentals. In the losing group they were looking for some sign of progress, even in defeat.

The coach's personality particularly changes if they are near the top. If you are totally on the top, you are worried about people underneath you because they are constantly nipping away at your butt because that is the only thing they can see of you at the time. The people in the middle, however, are biting butts, but their butts are being bitten, also. They lose on both ends. There is always the hope of getting more talent. "If I only get this kid or that kid." You become neurotic. If these people are involved in a close relationship, then it is seriously deterred.

There are football widows. The husband leaves in September and come back right after the Stupidbowl. The wife sees this guy going in and out of the house, but he is rarely there. Monday night he sits in front of the TV. He has a beer on one side, pretzels on the other, and lights a candle on the TV dedicated to the Steelers. It is like an altar. The per-

## Peanuts



# THE ROLE OF THE COACH'S PERSONALITY

sonality of the coach changes because of the obsession of the season.

The coach should ask himself/herself why their needs are not being met. Is it the power? Have I met needs from the standpoint of talent? Is it because you are really social and just enjoy being around kids? These are all perfectly legitimate reasons. When you are doing it for reasons other than what you are aware of, then it begins to interfere.

If you are power-oriented, the power becomes more important and you lose sight of the needs of the people you are working with. In these cases you may be overly demanding and pushy and sacrifice the needs of the kids.

As long as you are going to be involved in coaching, you will be using a particular style. In our book, *The Psychology of Coaching*, Coach Jack Richards and I have listed several styles. The most popular and respected style and the touchiest one of all is the authoritarian style. It is the most popular for several reasons. It is the style used by people when they have a limited time in which to produce. It produces more hard work, tough athletes, helps dealing with defeat.

What do I mean by authoritarian style? It means that the coach is always right. There is rigidity when it comes to the rub and he makes them. You don't want to hear anything at poolside but water splash; you don't want noises, etc. Right down the line, the coach handles the team with an iron hand. If you make a wave — you're out.

This style is popular for several other reasons. It is seen as the style of successful coaches as reflected in Vince Lombardi. He was the classic authoritarian. This style is excellent if the athletes under you are motivated solely to win and you have the talent. In addition, athletes under you need to be brought up in a home where you are not allowed to doubt or be rebellious. If you are a rebel, you're gone. It is not a bad style if you are aware you are doing it and have the appropriate people under you. It is a horrendous style if you are dealing with sensitive people with minimal talent and people who find it hard to take setbacks. This style is dependent upon the kind of persons you are working with. It is most appropriate for the pros and the mature high level producer on a college level.

The second kind of style is the laissez faire style. "Well, I let the kids go out and swim and we have a kind of schedule, but

it is loose. We try to get there around 5:00, but some come early and some come late, and I accept all excuses. I have a loose ship and they can develop on their own." The advantage to this style is that the athletes get along a lot better and there is little anxiety. The atmosphere ordinarily is positive.

The drawbacks of this style is that the athlete falls apart under pressure. When the push and drive of competition occurs, there is a fear of falling apart. They cannot handle anxiety and particularly, intense pressure.

One of the more popular, present-day styles is the computer coach. This coach runs completely by a clipboard and a machine giving all of the facts. They have all of the details and respond like a computer. The only thing you are concerned about is facts. This includes emotions. Anything to do with feelings is dismissed because it cannot be objectively dealt with. The athlete becomes an automaton.

The drawback to this style is the fact that the feelings are missing. The encouragement, support, positive ties, fears, etc., that constitute the game or sport is eliminated and soon the athlete feels like a machine. As a result, the tasks become dull, boring, and chargeless. Moreover, some athletes simply figure out in a computer-like style that perhaps they can never achieve perfection and thus, quit. All the support and encouragement in the world does no good. Although the advantage of this style is efficiency, the core of the sport, the feeling part, is missing.

The coach should be aware of the fact that the team knows what style the coach uses and responds to it. The coach may not even be aware of his own style, but the team is. Moreover, there are more of them than there are of the coach, and they discuss the coach, his style and his personality. The coach is often judged a great deal more than he or she realizes and often the merits of a style may be discussed. This is why coaches may be confused by athletes' reactions to them. In essence the athletes have "psyched out" the coach.

One of the important parts of coaching is to be in tune with the people you are working with. What are their needs and wants and how can the coach understand and help the athletes in those areas? Of particular importance are the needs of children, especially on the lower levels. The coach should know the various needs at the various levels and what the coach's personality is like in meeting those needs. There are several theories about children's needs. The most notable of which is Eric Erickson's. Not only does he talk about

PAGE 12

the needs of kids, but the kind of person necessary to help the child develop. Erickson believes that ages 6 — 12 are particularly important from a developmental standpoint. Coincidentally, it is also the age at which children are first introduced into competitive athletics. The age is critical since it is the first time kids actually "face" the outside world. It is the first period of serious challenge. It is important to develop at this age a sense of industriousness, i.e., to get involved in things, become active, work hard, attempt new and different things. It is the stage in which kids get involved in all sorts of things. It is a creative, inquisitive and exploring age. Their values are not perfection or competition, but trying new and different and exciting things. In sports, they prefer to play and participate as opposed to winning and intensely competing. They would rather be part of a team than be concerned about winning.

The type of coach that is necessary to meet the needs of children at this age is one who is positive, one who is reinforcing. To teach the fundamentals and have the child feel a sense of accomplishment and progress is vital at this stage — far more vital than winning. Things like pats on the back, positive feedback, rewards, support and encouragement. The coach should explore the degree to which he or she is able to meet these needs.

The ages 12 — 14 are somewhat different. It is more a transition stage. It is the age of peer pressure, rebelliousness, seeking out challenges while trying to belong. Women find it particularly difficult because most cultural values are male oriented and this is especially true in athletics. Erickson calls this stage the period of ego identity. The adolescent is trying to find his or her niche — where do they belong and what are their strengths, weaknesses and boundaries.

A coach needs to be particularly sensitive to this stage because of the variety of emotions exhibited. In addition, a coach can anticipate erratic behaviour. In some instances, the athlete will be cooperative and helpful and in other instances, he will be doubtful and questioning and in still other instances, he will be downright antagonistic. To counter this, the coach needs to be sensitive to the fact that he (the coach) is being tested. Patient understanding, and to some degree, empathy and concern needs to be shown on the one hand while setting firm and fair limitations on the other. Peers are important so be sure not to alienate the athlete from his peers. The coach should be a fair, but tough, authority. It is unfair to avoid limits and not direct, but by the

Continued on Page 23

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

When dieting, TO ERR IS HUMAN BUT IT FATTENS THE BEHIND!