

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

VOLUME 5 NUMBER 3



AUGUST

Recently a member of a high profile club in Queensland told me that their club (and coach) felt that the A.S.I. Level 1 Accreditation was good enough to coach their club, and they didn't think it necessary to get the AUSSI equivalent.

A second high profile Victorian club had a mixture of paid and unpaid coaches. The committee decided that they could not pay some, and not others, so they decided not to pay anyone. Needless to say at least one of the coaches has since left.

These examples highlight 2 problems faced in AUSSI.

The first is ignorance concerning our own accreditation scheme. It has been devised for Masters, by Master's. That is not to say that the A.S.I. course is not good. It is. It just doesn't go far enough for our purposes.

AUSSI recognised years ago that some principles applied when coaching children, could put the older swimmer at considerable risk. While there are similarities, there are enough differences to warrant a separate course. This course has been given the blessing of A.S.I., as well as approval by the A.C.C. (Australian Coaching Council).

Personally I would not want to be coached by someone who was so complacent that they didn't have my interests at heart, or who was not interested enough to want to improve their knowledge base by sitting a course.

I also wonder if an insurance claim was made against an A.S.I. Level 1 coach coaching a Master's club, whether the coach (and club) would be seen as negligent for not having the appropriate qualification.

It is AUSSI'S commitment to ensure that all clubs have suitably qualified coaches in OUR scheme, thus ensuring (to the best of our ability) our coaches have safe, effective programmes.

However this undertaking is continually being undermined by attitudes such as these.

The second problem highlights the attitude that still pervades a large percentage of Master's thinking i.e. that because someone is organising our leisure time, coaching should be seen as a "labour of love", and thus be an unpaid position.

Master's coaching is still in the Dark Ages. Twenty to thirty years ago our A.S.I. counterparts were more often than not, coaching as a part time hobby on a voluntary basis. Elite swimming has, of course, a higher profile and more money that has raised the level of coaching to a respected, paid profession, complete with an inbuilt career path.

The A.C.C. oversee the interests of coaches and set the standards of accreditation by which all sports must comply (including AUSSI).

The fact remains however, that regardless of the level you coach at, a coach has spent considerable time, money and effort in gaining their knowledge and experience. In the business world, no-one would hesitate in remunerating them accordingly. To not pay a coach renders their accreditation as meaningless.

The argument that business is for profit, AUSSI is not, should not enter the equation.

AUSSI clubs who want good quality coaching to attract and maintain members should be prepared to pay our trained professionals.

"You pay peanuts - you get monkey's"

Others may argue that if coaching is a business that people will coach for the money, not for the love of the sport. On the contrary more often than not that love and commitment is heightened as more swimmers at the end of their youthful career want to remain in the sport that has given them so much.

Research has indicated that one of AUSSI's main aspects that attracts members is its Professional coaching. Therefore fostering our coaches instead of paying lip-service should benefit clubs and swimmers alike. Let's look after our coaches afterall, they are the backbone of our clubs.

Your thoughts and comments are welcome.

into constructing a course. It needs to be trailed a few times to iron out the bugs, then gets rubber stamped by ASI, and lastly it needs to meet with the approval of the Australian Coaching Council who set stringent guidelines for sports to adhere to. The wait will be well worth it though, I'm sure.

*Congratulations to the following coaches who have gained full accreditation status this year.

From N.S.W.:-

Peter Bell
Helen Evans
George Fatseas
Julienne Harnette
Max Hull
Sue Johnstone
Janne Robertson
Ann Robinson

and from Qld:-

Kayleen Dunkley
Sharon Green
Russell Ogden
Brian Palmer
Matthew PEDRAZZINI
Patrick Riley

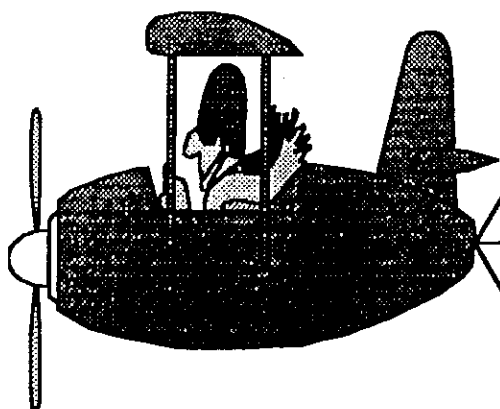
from W.A.:-

Carol Frazer
Leonie Gaston
Glenn Paddick
Bonnie Millard
Suzette Pow
Geoff Ruhen

and from N.T. :-

Norman Jarvis

*How many of you know that AUSSI National put out a National Newsletter that gets sent to every club secretary? They are asked to make it available to club members either by distributing copies or by posting it on a notice-boards. Copies are free to clubs, but it is cost prohibitive to send one to every member. It includes many interesting items, and is just one more in a long list of items that your membership provides you with. If you have not yet seen a copy get onto your club secretary. The following is a reprint from the newsletter on our new National President who took over from Graeme McDougall in May.



ANNUAL SUBSCRIPTION

Your subscription renewal date is now printed on your envelope address label. Failure to renew by this date will mean missing that month's issue.

PROFILE

GLENYS MCDONALD - LIFE MEMBER

If one reviews all the achievements and positions held in the AUSSI movement by Glenys McDonald, it is very obvious that she has had experience at every level, i.e. club, Branch and National, and with every facet of our activities. In the 16 years that Glenys has been a member of AUSSI she has worked diligently and tirelessly for the ideals of the organisation.



She is a person of many talents, but perhaps those that stand out in her contributions to AUSSI are her administrative and planning skills, her forward thinking and the ability to get

the idea off the drawing board into AUSSI clubs for all to benefit.

Glenys was a foundation member of the first AUSSI club in WA---Carine---which began in April 1977. She became the foundation secretary of the club, which also acted as WA Branch. Glenys was one of the members involved in the setting up of the WA Branch of AUSSI, and in 1979 became Branch Secretary.

Since then, Glenys has held a variety of positions, as follows:

Club: Secretary, Vice President, committee member, assisted in conducting State swims;

Branch: Secretary, Recorder, Registrar, Delegate to National Council meetings, National Swim organising committee, Life Member, Administrator;

National: Aerobic Recorder, Review Subcommittee Chairperson, Secretary, Life Member.

As well as this, Glenys has served as Secretary and Chairperson of the Veterans' Sports Steering Committee, and has served on the committee of the WA Sports Federation and the Task Force.

International: Glenys has also served Masters Swimming International (MSI) extremely well and is regularly Australia's delegate to their Council meetings. She is currently Publicity Officer and edits the MSI Newsletter, as well as being Area Director for Oceania.

Glenys was instrumental in obtaining Government support for funds for projects and for the employment of an Administrator in WA. She also negotiated with the government for a Learn-to-Swim program for adults.

Glenys has been involved in various projects that have benefited all AUSSI members, for example:

* the promotion of the Aerobic awards and Aerobic Trophy

* the printing of the Basic Conditioning Booklet

* the Review of AUSSI activities, 1982 and yearly update

* writing and printing the AUSSI Club Guide

* writing and printing the Swim Meet Guide

* various reviews and updates of the constitution

* negotiation and promotion with ASI and Australian Coaching Council for the Coaching Accreditation Course

* instrumental in helping with the initial world swim bid and planning

* prepared a submission and was invited to represent AUSSI at the Australian Government and Lifestyle Conference 1989.

Glenys's enormous capacity for work, sense of duty, fairness and unrelenting drive for high standards of performance have allowed her to make an outstanding contribution to AUSSI Masters Swimming.

Since taking up residence at Port Gregory in country WA five years ago, Glenys has formed an AUSSI Club there and they hold annual Swim Thrus (open water swim).

The Australian Sports Medicine Federation sponsored by "Dencorub" have produced a series of brochures chock full of information on:

1. Prevention of Injury
2. Warm up, stretching/cool down
3. Walking for fitness
4. Exercise and back care
5. Soft tissue injury management

There could very well be a riot at the pool if a quantity of brochures were available for your members to read. Contact: ASMF or Carter-Wallace (Aust) Pty Ltd, PO Box 216, Brookvale NSW 2100.

An Anonymous Lament..

We are the Willing
Led by the Unknowing
Doing the Impossible
Sometimes for the Ungrateful!!

Helpful Hint - Overtraining

You may be overtraining if you are experiencing any of the following:

1. Extremes in muscle soreness and stiffness.
2. Inability to complete training sessions.
3. Higher than normal resting heart rate.
4. Greater susceptibility to colds and other illnesses.
5. Unexplained weight loss.
6. Loss of appetite.
7. Higher than normal resting blood pressure.
8. Depression.
9. Anaemia.

If you are experiencing any of the above, maybe it's time to visit your GP or have a SPORTEST.

No man is a failure until
he gives up

Administrative HINTS FOR CLUBS

Planning for the future

Planning for the future makes sense, especially for sporting clubs. Jeff Dry offers clubs some valuable advice on why you would want to and how to go about planning your club's future

AUSSIE SPORT action, Summer 1993

I remember receiving a telephone call last year from the president of a community sporting club during which he sang the praises of his club and their administration practices because the club had won its third premiership in as many years at the senior level. We talked at length about how the club, 'his club', had been able to become so successful in such a short period of time when two years previously it had been struggling to field teams both at the junior and senior level.

What had brought about the transformation? In his opinion it had been good management.

However, in my mind and the mind of many others inside and outside the club, it had been the money 'invested' in buying good players from other teams. The club executive (his 'club executive') called it 'good management and good planning' - others with a better understanding and knowledge of what sport is about called it a possible strategy for short term success. Who was right?

Only last week the same club president rang to tell me about the troubles with 'that club' and he was after some quick answers to solve the club's problems which had surfaced just prior to the new season.

What were the problems?

The problems he identified included:

- shortage of players for all grades;
- lack of available coaches, managers and umpires;
- financial difficulties;
- numerous letters of complaint from parents, spectators and coaches about the lack of support shown to the members of the club;
- motion from the Association to ban some of the junior teams;
- notice of motion to the AGM to pass a vote of no confidence in the current executive

An unfortunate story, but one that is duplicated throughout the many sporting clubs in schools and the community.

Short-term success is what many clubs aspire to, without fully realising the impact of their short-sightedness.

The real success of a club, no matter in what sport or at what level, is the success both on and off the sporting arena.

The club that has ongoing success in all aspects is more likely to be one that has planned for its future.

Does your club have a plan for the future or is it really only interested in the next game? Is it still dreaming about when it last won the premiership back in...?

Planning is the process through which an organisation establishes its goals and future directions. Clubs generally need to plan for an overall direction which is considered long-term planning, or for specific events which necessitate short-term planning.

Before commencing the planning process a club should be able to answer some basic questions which relate to its purpose or existence.

1 What is the reason for the club existing? It seems many clubs take for granted why they exist and, in turn, they take for granted the reason for any long or short-term planning. Some people join a club because of what it offers - an opportunity to participate in a sporting activity at a particular level. Others join a club because of the social opportunities provided both on and off the field. Still others might join because of the non-playing opportunities created through the avenue of coaching, officiating or administration.

Planning assists the sporting club to cater for the needs of these particular groups of people who have joined.

2- How is the club going to achieve its goals or meet the various needs of its members? As with the example discussed in the opening paragraphs, the club saw as its goal on-field success, without considering the implications off the field. The essential needs of many of the members were being sacrificed to satisfy one short-term objective. Maybe that's all the club considers is important!

3 Who is the Club?

A club needs to realise that its membership comprises the elite player and the beginner, the senior coach and the lowest side-team manager, the life member and the volunteer canteen helper.

All of these people belong to the club in some capacity so they need to feel they have a say in its running. The greatest resources in any club are the people involved in it.

Our daily lives are full of planned activities. At work we plan what tasks are to be performed, by when and for whom. At home we plan what we are going to eat, how to budget our finances, how to spend our leisure time and so on.

Our lives are determined by planning, so it is only natural that the planning focus should be an integral part of our sporting environment.

Planning enables the club to:

- set directions and keep on track;
- increase the ability to cater for changes in members' needs;
- set out the plan for the year and more

- evenly spread the workload;
- identify key tasks and responsibilities;
- recruit volunteers;
- ensure that facilities and other resources are used effectively.

How can you plan?

There is no one way to conduct the planning process. However, to be most effective, a number of steps should be taken:

- involve your members in the planning process;
- involve a cross-section of members;
- have at least eight to ten participants in the planning process;
- conduct a specific planning exercise;
- consider surveying current or potential members;
- make the draft ideas from the planning exercise public.

What is a planning exercise?

The major aim of a planning exercise is to gather together a summary of collective ideas and an agreed direction. From these ideas a plan can be developed which provides a framework within which the club's administrators, coaches and members can operate.

It provides the chance for the club to step aside from the worry of 'who are we playing this week' ethos in order to take a long-term view of itself.

Major steps involved

The planning exercise should be conducted in a number of steps. The first step is to identify the purpose of the exercise. This is done by asking the following questions:

1. What is the purpose of the exercise?
2. What are the objectives of the exercise?
3. What are the resources available for the exercise?
4. What are the constraints on the exercise?
5. What are the risks involved in the exercise?
6. What are the potential benefits of the exercise?
7. What are the potential costs of the exercise?
8. What are the potential outcomes of the exercise?
9. What are the potential impacts of the exercise?
10. What are the potential feedback mechanisms for the exercise?

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5. What are the potential risks involved in the exercise?
6. What are the potential constraints on the exercise?
7. What are the potential resources available for the exercise?
8. What are the potential objectives of the exercise?
9. What are the potential purposes of the exercise?
10. What are the potential impacts of the exercise?

Following the planning exercise, the club will have a much clearer direction for the future. It should have a calendar of activities and events for planning as well as an operating summary for all other aspects of the club.

Planning takes time and effort and, to be successful, needs a commitment from management and members. The club will

however reap the benefits and rewards in the long term as it will save time and in turn lead to successful and satisfying involvement for all members.

I believe that if my friend, the 'club president' reads this article, he will again realise what his club needs to achieve the success he so strongly desires.

What about your club?

Acknowledgments

Most resources were used to help with this article. If you want more information on club planning, you may refer to them.

- *Planning for success* - No 7 in a series of Club Planning Booklets, Sport and Recreation Victoria.
- *Club Sport* - a newsletter for clubs, Sport and Recreation Victoria.
- *Planning in Sport* - a guide for sporting clubs, available from the National Sport Information Centre, PO Box 176, Canberra ACT 2616. Price \$15 (incl GST).

WHAT IS AEROBIC EXERCISE?

Aerobic vs. Anaerobic Exercise

'Aerobic' means simply 'with oxygen.' Aerobic exercise is that for which energy is provided by metabolic processes in which oxygen is in. Anaerobic exercise, on the other hand, ends upon energy produced in the absence of oxygen.

Aerobic-type exercise involves short bursts of intense effort, and is fueled by ATP stored in muscles (which lasts only a few seconds) and glycogen. Bodybuilding training is, for the most part, an anaerobic activity.

Aerobic-type exercise, on the other hand, is maintained for much longer periods of time, though at a much lower level of intensity. The aerobic metabolism can draw upon both glycogen and fat for energy production.

In general, aerobic activity involves effort at a relatively low level of intensity that it can be sustained for long periods of time. The longer you continue this type of activity, the greater proportion of fat you use as fuel. When you do short bursts of intense exercise, very little fat is burned.

Red Fibers vs. White Fibers

White, or fast-twitch, muscle fibers can contract powerfully for short periods and are best suited to use anaerobic sources of energy, i.e., carbohydrates. Red, or slow-twitch, fibers are more adapted to aerobic metabolism and fat as their fuel. Red fibers are smaller and not as numerous as white fibers, but are capable of sustaining activity for much longer periods, almost indefinitely in some cases, provided that activity is not so intense that 1) there is too great a build-up of lactic acid, a byproduct of the exercise that prevents the muscles from continuing work, or 2) the level of activity outruns the ability of the heart, lungs and circulatory system to provide sufficient oxygen to sustain the effort.

NATIONAL SPORTS SERVICE AWARDS

In 1992 the Australian Sports Medicine Federation launched an award scheme aimed at recognising sports medicine professionals working voluntarily for community level sport. The National Sports Service Awards (NSSA) scheme recognise the work of sports medicine professionals who devote many hours, voluntarily assisting in the care of local level athletes and teams.

To be eligible for the award sports medicine professionals must be nominated by a club official, e.g. coach, team manager who provides details about the nominee's involvement with that club or athlete. The main criteria to be used in assessing nominations will be:

- Extent of the nominee's involvement
- Extent to which the work is voluntary
- The level of sport that the service is provided i.e., local and regional support is preferable to state or national level
- Professional activity within the community e.g. giving sports medicine lectures etc.

Award winners will receive local and national recognition through publicity in the Sport Health magazine. An engraved plaque and one years complimentary membership to the Australian Sports Medicine Federation will also be awarded.

Application forms are available from:

Australian Sports Medicine Federation
PO Box 897, Belconnen ACT 2616
Phone: (06) 251 6944
Fax: (06) 253 1489

Applications will close 30 October 1993. Winners announced 1 February 1994

WEIGHTS,

HOW SUCCESSFUL

CORDS

COACHES USE

AND

SWIM GADGETS

FINS:

HAVE YOU EVER WONDERED HOW OTHER COACHES TRAIN THEIR STAR ATHLETES? AUTHOR RICHARD MICHAELS, THE MEN'S SWIMMING COACH AT OBERLIN COLLEGE OF OHIO DID, SO HE GOT ON THE PHONE AND ASKED. FOLLOWING ARE THE RESULTS OF HIS SURVEY.

It's something we coaches do all the time—call up some friends in the coaching fraternity and ask them about their weight program, what they are doing on the swim benches or power racks, how they are integrating fins and paddles into their workouts or any number of things that we are curious about. Our curiosity may come from the never-ending search for new ideas to make our practices more effective, keep them interesting for our swimmers, insecurity about whether we're doing the right thing or a combination of the above. But nonetheless, we are a curious lot.

My curiosity led me to survey a number of college coaches around the country, including all three of last year's NCAA Division I, II and III men's winners, as well as a smattering of other college programs. My questions focused on the following issues:

- *Weight Program:* Type, duration, variations, taper.
- *Gadgets:* Frequency, duration, taper method and use of the power rack, swim bench, dryland stretch cords, swim-assisting stretch cords, hand paddles, tubes, Zoomers/fins and any other "gadgets" they might employ in their respective programs.

Here's what I discovered:

WEIGHT PROGRAMS

With the exception of Don Megerle at Tufts University, all the coaches I surveyed employ free weights in their strength training programs, some in combination with other devices, such as Nautilus, Universal Gym, etc. Several coaches reported a preference for using Universal gyms whenever possible because of the safety factor.

Six of the 11 teams surveyed use a circuit training weight program that includes free weights, Universal gym, gravity exercises (pushups, pullups, etc.), stretch cords and Nautilus in various combinations. Bill Wadley at Ohio State also has his swimmers use the medicine ball, in addition to their weight program.

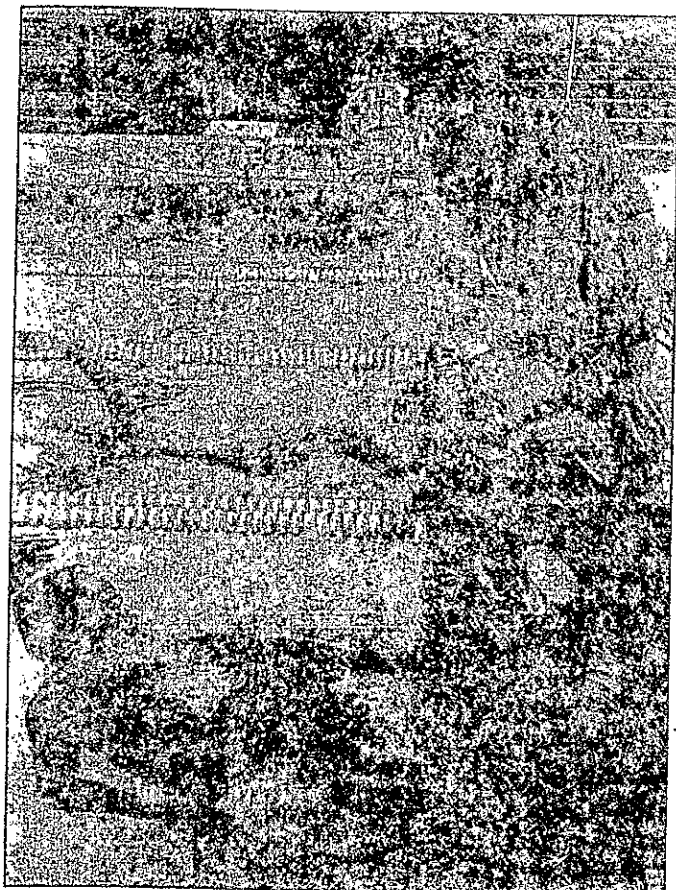
Most weight programs took from 30 minutes to one hour to complete, with three times per week being the most favored frequency. University of Texas Coach Eddie Reese has his middle distance and sprint swimmers lift three times, while the distance men pump iron twice a week.

In preparing for major meets, all of the coaches reduce the intensity of their weight programs, gradually

"And I don't think in sport we've got time for that nonsense debate about sport for all versus the elite, because you need both."

Federal Sports Minister, Ros Kelly, during the "Great Sport Debate", Melbourne, 3 March 1993.

SPORT report



ERNIE MAGLISCHO OF BAKERSFIELD HAS HIS OWN VERSION OF THE POWER RACK, WHICH HE CALLS A "SWIMMING WHEEL." THIS DEVICE ALLOWS THE SWIMMER TO GO A FULL 25 YARDS AGAINST RESISTANCE, THEN RETURN TO THE STARTING END IN ASSISTED SPRINTING.

tapering to zero. But the length of the taper varies widely, from approximately two weeks for Charlie Butt's Bowdoin swimmers to about eight weeks for Stanford. Most of the coaches discontinued their weight program about three to four weeks before the big meet.

Stanford Assistant Coach Ted Knapp has his swimmers lay off weights from four to five weeks out from the Pac-10 conference meet and hopes for a full taper to kick in at the NCAA Championships three weeks later. Eddie Reese gets the Longhorns off weights about three weeks before the Southwestern Conference meet, and doesn't do any weight work at all between

the conference meet and NAAs for an approximate six-week hiatus.

Gregg Parini at Denison University discontinues his swimmers' weight work at Christmas break and shifts his emphasis to the swim bench and power rack work for greater specificity.

Virtually all the coaches with whom I spoke made a point that they were general responses, and that they adjust their weight programs to fit the individual needs of each swimmer. Some individuals, for example, need to develop greater upper-body strength; others require extra rest and recovery time. Several coaches noted that in the case of an already "massive" swimmer, a weight-lift-

ing program might not be necessary at all, and might even be counterproductive to his swimming faster.

POWER RACKS/SWIM BENCHES

Kenyon, Denison, Ohio State, Stanford, Tufts and Texas A&M all are using the power rack. Bakersfield coach, Ernie Maglischo, has his own version of the rack, which he calls a "swimming wheel." This device allows the swimmer to go a full 25 yards against resistance, then return to the starting end in assisted sprinting.

Power rack work was generally initiated in the mid-fall. Kenyon's program begins with once-a-week use through the first four to five weeks, then goes to twice weekly. Texas A&M uses the rack one to two times a week in the fall, and then steps up to two to three times a week (depending on the swimmer and his specialty) during the winter. In general, teams utilizing the power rack use the device two to three times per week. In the early season, training consists of high numbers of repetitions with light weights and short rest intervals. Later, the teams use heavier weights with fewer reps and longer periods of rest.

Kenyon tapers to discontinuation nine days out from a major meet, while Mel Nash at Texas A&M stated that a few of his swimmers like to get a few sprints in on the machine as late as two days out. Bill Wadley of Ohio State has his swimmers get off the rack about two-and-a-half weeks out.

The swim bench was less frequently used than the power rack. Kenyon and Clarion use the swim bench

as a station on their circuit course, while Bowdoin and Denison use the bench two to three times a week for stroke-specific work. Discontinuation of the bench reflected the individual school's taper program with weights.

OTHER GADGETS

Surgical Tubing

Dryland use of surgical tubing was incorporated by Bowdoin, Clarion, Kenyon, Ohio State and Stanford. Texas A&M and Tufts use it only as therapy for injured swimmers, while Bakersfield, Denison, Kalamazoo and Texas do not use it at all.

Use of surgical tubing in the water—both as resistance and to assist sprinting—was reported by Bowdoin, Bakersfield, Kalamazoo, Texas and Texas A&M.

Fins/Zoomers

Conventional fins and/or Zoomers are used in some way by all of the coaches with whom I spoke. Stanford uses the Zoomers for six to seven of its nine workouts a week, using them both on kick and swim sets, and occasionally with hand paddles. Mel Nash has his Aggies using Zoomers for 25-30 percent of main swim sets. In contrast, Ohio State uses Zoomers only for weak kickers who can't keep up without them, and Bakersfield uses them only as a novelty.

Bill Miller at Clarion has his swimmers use conventional fins after Christmas to ease shoulder strain. Eddie Reese finds that cut-off fins are helpful in training backstrokers to do the underwater dolphin kick. The use of full-size fins ranges from 25-30 percent of workout distance by Tufts to only five percent by Kenyon. Texas A&M uses

Aspirin For Heart Disease

Aspirin and beta-carotene may help reduce heart attack. But recently some research has shown that aspirin may be beneficial to those high-risk males who have established cardiovascular disease. This comes via the study of more than 22,000 subjects. In another study of more than 300 men with coronary artery disease, 60 mg/day of beta-carotene has shown promise in reducing the incidence of heart attacks, strokes and death. Additional research is needed to pinpoint those who will benefit the most from either of these treatments.

Swimming Technique

Stroke Counts You might be surprised to learn that the fastest swimmers at the 1992 Baylor Sprint Classic were taking the smallest number of strokes per length...Crocker took 15, Biondi 16, Jager 17. *Emmett Hines in May 1992 Gulf Masters Newsletter.*

Breaststroke Streamline: Regardless of the style of breast swum...reach and hold a streamlined and fully extended body position after completing the kick on each stroke. Hold the position at least momentarily (longer if you're swimming the 200) before separating the hands to start the pull. *Terry Laughlin in Jan/Feb 1993 SwimSmarts.*

Freestyle Power Turn: Charge the wall and don't breathe the last stroke into the wall. Bring your knees to your chest and get into the wall real tight to help your spin velocity. The faster and tighter you tuck, the faster your turn will be. *John Smith in the February 1992 Gulf Masters Newsletter.*

Backstroke Arms: Deflecting water backwards by moving your limbs in slightly lateral and vertical directions (like propellers) is more desirable than moving them straight backwards (like paddles). In the final phase of the arm stroke, the hand does not push straight back toward the feet, but in a slightly lateral, inward direction and then down toward the bottom of the pool as the elbow extends..." *Mari- anne Brems in July-August 1987 SWIM.*

Progressive Sprint Drill: 1. With hands in back, flutter kick while chin rests on surface. 2. With hands in front, flutter kick with water at eyebrow level. 3. With head out of water and looking straight ahead, swim freestyle. This sequence develops a high-speed kick, a high head position, and a good turnover rate. *Charles Cunningham, Glendale Arizona Swimming Gauchos coach, in Feb-April 1991 Swimming Technique.*

The Two Phases of the Stroke: All the strokes of competitive swimming can be broken down into two phases: the catch phase and the power phase. The catch phase cocks your stroke; the power phase pulls the trigger. The catch phase generates elastic muscular force that is transferred plyometrically to the muscles in the power phase. The plyometric catch phase in swimming gets the body behind the punch, much as in boxing. *Dan Thompson in Gulf Masters Newsletter.*



THERE WAS A FULL RANGE OF RESPONSES REGARDING THE USE OF HAND PADDLES, FROM NOT USING THEM AT ALL TO USING THEM 4,000 YARDS A DAY. KENYON'S COACH JIM STEEN ALLOWS HIS SWIMMERS TO USE THEM AS THEIR SHOULDERS DICTATE.

the fins primarily as a "pre-Zoomer" conditioner.

Hand Paddles

There was a full range of responses regarding the use of hand paddles, from not using them at all to Ohio State's use of the paddles up to 4,000 yards a day, twice a week on long repeats (i.e., 5 x 800 for distance swimmers). Texas, Tufts and Bakersfield make no use of hand paddles, while Bowdoin, Clarion and Denison use them only occasionally. Bill Miller stated he uses paddles primarily for technique. In contrast, Jim Steen allows his Kenyon swimmers to use them as their shoulders dictate. Stanford uses paddles of varying sizes "frequently," sometimes with tubes. Mel Nash eases most of his swimmers into the use of the paddles with as few as 200 yards a day, at first, building to 1,200 to 1,500 yards a day. Some of his swimmers, however, pull as much as 3,000 to 4,000

yards a day with paddles.

CONCLUSIONS

Some very successful coaches were represented in this survey. Yet, there are major differences in their training methods.

One theme I heard continuously was the need to "tailor" training methods to the needs of individual swimmers. While these coaches' training methods work well for the majority of their team, there are some individuals who have to be trained a little differently from the rest.

It appears that there are a number of ways to integrate weights and gadgets successfully into training programs. What the different approaches have in common, however, is an emphasis on stroke-specific work and on the need for sufficient rest before the big meet. As one coach told me, "The swimmers will do just fine—as long as we don't over-coach them and mess 'em up." ■

"We must make sure our sporting systems do not eliminate poorer performers, girls, late-maturing boys and kids who are not aggressive enough."

Shane Innes (nee Gould), AUSSIE SPORT action, summer 1993.

MEMBERSHIP REGISTRATION

OR Why our social swimmer's should pay by Ivan Wingate

An AUSSI Club is no different from any other club or society which is part of a National structure when it comes to the perennial question of - "Why do we have to register all our Members and pay them all that money?"

It's a simple answer of course, in that Clubs, Branches and National administrations need finance to operate. How much, can and should be questioned from time to time, but to withhold supply, should never be a consideration.

At our recent Board Meeting, the need for Clubs to register all swimmers was again discussed, and the meeting directed me to write to the Clubs and explain why.

First and foremost, is that it is in our Rules.

Rule 2 a) states "Membership of AUSSI Masters Swimming in Australia is gained by joining a Club which is affiliated with a Branch of AUSSI and being registered with the Branch of that Club".

Rule 3 a) states "All intending members of AUSSI, must register with a AUSSI club, which is itself affiliated to a Branch".

So, it is the Law but why so much money?. Obviously I can speak only on behalf of National, but the exercise is similar for the Branch. The National registration fee is set each year in conjunction with setting the Budget at the April A.G.M. The present fee is \$12.00 per member and if you look at the financial statement of last year, the membership fees fell short of the cost of administration by about \$10,000.00. So you can tell your Members that they get more than what they pay for. And, there are thousands of voluntary hours given to your Association on top of that. Last year you had a fulltime unpaid National Secretary, now you have a fulltime part-time-paid National Executive Director. Without outside funding, we could soon be heading towards a financial crash - or we could double the registration fees (?). (No, I am only joking, but it is a feasible solution).

Now, that may all be logical, but what tangible benefits are there for the Registered Member?.

The most obvious I believe, is that your Members would not be swimming "regularly in order to promote fitness and improve their general health" if there were not an organisation such as AUSSI.

I feel that there is a very real moral obligation to pay all fees due in respect to the many thousands of voluntary hours invested over the years by AUSSI Members to give you the wonderful vehicle to Fitness, Fun and Friendship you have today. The safe, yet beneficial training programmes, the awareness of safety aspects, the many manuals available, the compilation and publishing of the Top Ten, the maintenance of the many National Records, the adult coaching and swim teaching accreditation courses, the Award System and Aerobic Trophy, the postal competitions and efficiently run swim meets etc. etc. etc. didn't just happen - it was all created by your fellow Registered Member.

We used to "frighten" Members into Registering because of the Insurance aspects. However, now that we successfully negotiated to have "Guest Swimmers" included under the umbrella of our policy, it is thought that unregistered swimmers are covered. Are you comfortable in the case of an accident, that the insurance assessor will accept a regular attendee as a guest?. Also, explain to your registered members that a significant part of their fee is going to subsidise the unregistered swimmer and see what reaction you get. It simply is not fair.

The vast majority of Club Secretaries, I am pleased to say, will be wondering what this is all about as they have always registered all of their Members. Therefore, I should explain that it had come to the attention of a few Board Members, that a few Clubs had adopted a policy of only registering Members who enter competitions.

It must be clearly understood, and we have to work relentlessly towards educating "Joe Public", that competition is only a very small part of AUSSI. The big part is that swim regularly together. Many perceive us as being an organisation that runs swimming races - mostly perpetuated by the media, as the Carnivals have become our "shop front". The swimming race is important because it is a means for measuring fitness, the competition brings a great deal of joy to many Members and it is a good reason to have a barbecue - also an important aspect of our Organisation. I feel that if we can be seen for what we really are, many more "lap swimmers" would join the Club.

A lot of work is presently underway to analyse what our Members want, to enable us to develop new programmes for their benefit and to entice new Members. Many of your Members will soon receive a survey questionnaire for this purpose. It is costing each and everyone of us a lot of money to implement (even though there will be many many hours of skilled voluntary work associated with it) so we would be grateful if you could assist in seeing that as many forms are properly completed and returned as you can. "Membership Development" is a key issue with the National Board at present and there will be lots of assistance coming your way in the near future to help your Club grow - in members and quality.

FINA BRIEFS

- * Long distance swimming is now officially 'OPEN WATER SWIMMING'. FINA have appointed a 12 member technical committee to oversee the development and technical matters of the event. ASInc's Board member Berry Rickards is Australia's representative on that committee.
- * FINA's TOWS Committee called for 3 nominations from each Federation for OWS Referees. ASInc have nominated John Koorey (NSW), Chris Guesdon (TAS) and Kevin Holtom (WA) as their representatives along with Board member Berry Rickards who is a member of the FINA committee.
- * The next World Champs are scheduled for Rome from 1-11 September 1994. The Italian Federation has chosen 3 sites for the OWSwim but as yet have not settled on the venue. A warm-up event has also been requested but no details are as yet to hand; a date for sometime in September 1993 has been mooted and ASInc is keeping its options open for participation in the event should it eventuate.
- * Olympic representation may be just around the corner for our OWSwimmers. FINA have indicated that the event is now 2nd/3rd in line for promotion to olympic status.
- * The FINA medical committee have been asked to look at the effects of OWSwimming events in cold water and the effects it has on swimmers and their performance. The present minimum limit of 16C may be under review depending on their findings.
- * FINA is calling for bids by September 1993 for the 1996 OWS World Cup event. NSW and Victoria have indicated their interest in conducting the swim on ASInc's behalf - WA has withdrawn its bid.

From "Splash" Winter 1993

DOC'S SPOT

Herewith is a summary of the talk given at the State Cup by Russell Spinks and myself. The talk was divided into three sections:

1. When not to swim

Any acute infection, be it bacterial or viral, should be a reason not to swim. Very occasionally acute heart problems can arise on exertion especially from viral infections.

Chronic ear infections, particularly infection in the external ear canal, are aggravated by water and hence swimming should be avoided.

Swimmers are liable to joint strains, very often in the shoulder joint, and these strains need rest.

A good basic rule is "if it doesn't hurt it's OK". Swimmers may be able to swim all strokes except butterfly without pain; this is satisfactory.

Swimmers should be properly prepared for the entered events. Generally, swimmers should be able to swim the distance easily in training before entering for that event in a carnival. So, don't enter in the hope that you

might get there; most times you will not!

Plan your carnivals so that an adequate recovery time is available between events, remembering that some events take longer than others. Always have a good warm-up.

2. When to stop.

The question of "stopping" during a swim is a very vexed question as many AUSSI swimmers consider it a sign of weakness to stop. My personal view is that "stopping" is a sign of strength. The reason for this is that to continue swimming when all is not well is to put yourself and the people who will look after you, if and when things go wrong, at considerable risk. If in doubt about your ability to continue STOP!

What symptoms and signs tell you that all is not well?

a) Disorientation

If, when you are swimming, you lose your sense of where you are going, which stroke you should be doing, or develop a feeling of unreality, then you are becoming disoriented. These symptoms are very hard to describe but are very real once you have

experienced them. They mean that the brain is not getting enough oxygen.

Being able to keep off the lane ropes, swallowing water and generally "floundering" are all symptoms of oxygen lack or "hypoxia" and should be treated seriously by swimmers and officials. A swimmer falling behind his usual performance is a warning sign that all is not well. Inhaling even small quantities of water will rapidly and seriously aggravate hypoxia.

b) Exhaustion

Exhaustion during an event is a danger sign. We have felt, on many occasions, that the finishing wall is the most beautiful sight in the world. This is quite normal after a hard swim. If however, the task of getting to the end seems too difficult, then several options are available. A short pause at pool's end may be enough to allow you to complete the event. A change of stroke during a freestyle event may be all that is required.

c) Cramps

Cramps are a sign of inadequate oxygen supply to the affected muscles. Severe

continued

Footnote: Australia's LDS PAN PAC Team members for Hawaii in September of this year are Shelley Taylor-Smith, Melissa Cunningham and Penny Bond. With any luck, our team can go 1-2-3 and we all wish them every success.

cramping is an absolute indication to stop. Minor cramping which is relieved by rest, change of stroke or by gentle stretching is an indication to be careful and if recurring, an indication to stop.

d) Chest Pain

Chest pain is an absolute indication to stop. There are no exceptions!

e) Breathlessness

Again this is an indication to stop. Many swimmers swim without any problems when properly treated. However, any increase in breathlessness or any sudden onset of breathlessness is an absolute indication to stop.

In any facet of life prevention is better than cure. Proper attention to training, careful selection of events, warming-up, diet, etc. will lessen the need to stop during an event. My own philosophy is that it is better to stop than put yourself at risk. If you have any health problems, these should be assessed and treated before you undertake serious swimming.

It has been stated that some AUSSI swimmers need to be protected from themselves.

Remember, AUSSI swimming MUST BE FUN, FITNESS & FRIENDSHIP.

David Pullen

ESSENTIALS OF PROMOTION

by Lucky J. Meisenheimer, M.D., Head Coach,
Team Orlando Masters Swimming

Why promote?

Promotion increases participation which results in increased profitability for the program. Promotion benefits the Masters coach by increasing his or her visibility, thereby increasing job security, control, and income.

Few Masters programs have the luxury of opening their doors to waiting lines of swimmers begging to join. Promotion is required, at least to a small degree, in all programs. Certainly, if your program is bursting at the seams with swimmers, the need for promotion is minimal.

In promoting a Masters team there are basically two types of promotion done—internal and external. Internal promotion refers to the promotion done within the aquatic facility, whereas external promotion is promotion outside the facility.

Internal promotion is the most rapid way to increase numbers in your program. Those potential members are already familiar with the facility and typically reside close by. Most aquatic facilities have hundreds of people who pass through the gates each week. They may be recreational swimmers or participants in other programs. They may not be aware of the existence of the Masters program unless there is some sort of internal promotion at the aquatic facility.

As a coach—and especially if you are not a full-time coach—it is vital that every other employee at the pool know you and about your program. Introduce yourself to everyone and tell him or her about your program. Let them know how they can reach you. These individuals can greatly increase referrals to your program.

It is also important to make the team highly visible in the facility. Signs on the walls with logos, team banners, etc., make it known within the facility that there is a Masters team. If the team has an office, a sign should be placed to make it visible. Directories at the facility should also include the Masters coach and contact phone numbers.

If pool equipment is owned by the Masters team then it should display the Masters team logo. Signs at the end of the pool when the team is practicing, stating "Masters Team in Session," are an easy way to identify your program to visitors. Posting Masters workouts and leaving them up throughout the day also creates interest.

Perhaps the most important internal promotion device is the bulletin board. It is important to get a bulletin board that is dedicated solely to the Masters program. Be selfish—don't share or it will soon be covered with unrelated rubbish. The board should contain useful information for potential participants such as contact people, workout times, fee structures, meet entries, meet results, team records, photographs of team members, and a calendar of upcoming meets and social functions. Newspaper articles on the team and interesting articles on Masters swimming may also attract potential participants.

If the team has funds available, brochures are a very useful marketing tool when left at the entrance to the facility. A team handbook that explains about Masters swimming, practice times, team records, etc., can also be a valuable promotional tool.

Finally, once an individual has chosen to join the team, it is important to continue the internal promotion by keeping him or her involved. The best way to do this is by having a newsletter. The newsletter should be printed regularly (at least every 6-8 weeks) with up-to-date information. A newsletter should contain sections on upcoming meets, recent meet results, social events, a gossip column regarding non-swimming achievements and milestones, stroke tips, and team business. When Masters swimmers have to miss practice because of work, illness, etc., the newsletter can act as a reminder of what they are missing and can be an effective instrument for keeping them in touch, and perhaps hastening their return to the pool.

"I want to see a greater concentration and a greater sharing of that [sport budget] dollar in the areas where it really matters, and that is showing young people how they can enjoy and benefit and participate in sport."

Shadow Sports Minister, Senator Michael Baume, during the "Great Sport Debate", Melbourne, 3 March 1993.

What about spending some of those \$\$\$'s on showing the old-ies the same thing!

Ed

MY STORY

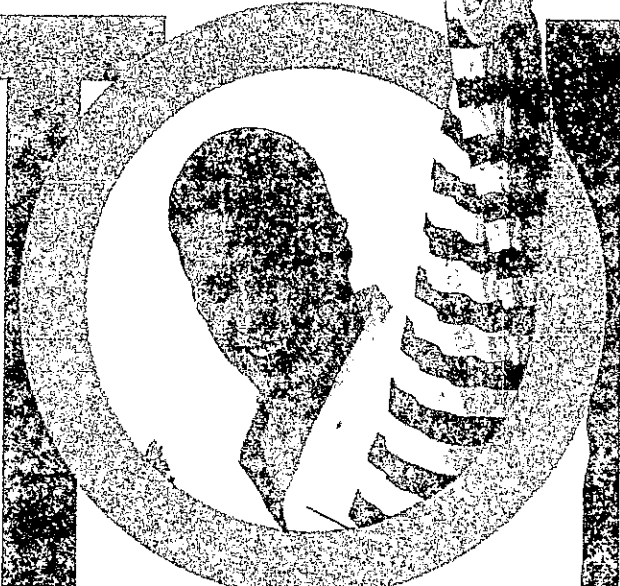


Photo: Greg Gajjar

BY PABLO MORALES
WITH KIRK D. DEETER

Reprinted with permission
from "SWIM" March/April '93

The saga of Pablo Morales' unlikely comeback was one of the top human interest stories of the 1992 Olympics. That story had its fairy tale ending last July 27, when the 27-year-old Morales stroked to victory in the 100 meter Butterfly, capturing the imagination of the American people and winning the hearts of swimming fans and sports aficionados everywhere.

For his unprecedented feat, Pablo received countless awards and accolades from around the world. Just as we went to press, the U.S. Olympic Committee honored his achievement by naming him "Sportsman of the Year."

Here, in a SWIM Magazine exclusive, is Pablo's personal account of his stirring comeback.

—Editor

Last year was an incredibly satisfying chapter in my swimming career, to say the least. In eleven months, I went from retired athlete/law school student, to winning an individual Olympic gold medal—fulfilling a dream I'd had for the past twenty years. It was a journey that involved tremendous support from family, friends, and my coaches, and there's no doubt that the experience will be a part of me for the rest of my life.

From time to time I've been asked, "What prompted you to try a comeback, and what made you believe that, at age 27, you had a realistic shot at reaching that goal?"

There really isn't one clear answer to those questions. There wasn't a specific incident or reason that triggered the notion of a comeback.

A PERSONAL DECISION

I was in my second year of law school at Cornell, the year before the Olympic games, when I started playing with the idea. I think once you have a goal, it doesn't ever really go

away. And while, at that time, my swimming career seemed to be over, there was always a thought in the back of my mind that said "wouldn't it be nice if I had another shot at the Olympics?"

The more I thought about it, the more I began to weigh whether or not this idea was feasible. And, over time, I realized that the possibility of a comeback was left open for me, basically because of two factors. Number one, the last several years had shown that swimmers could come back and compete well into their twenties. I had seen guys like Rowdy Gaines in '84, and other swimmers who followed him, compete successfully at the highest level well after the age when swimmers were traditionally considered "past their prime." I think the notion that swimmers are finished after college had been proven false, so I was pretty confident that, at age 27, I could potentially make a successful comeback.

The second factor that prompted the comeback was that I was still in law school, and therefore, I was in a position where I could commit myself to the type of training it would take to make the Olympic team. I wasn't locked into a job with the nine-to-five routine. I

A Pill For Cavities

Believe it or not, a pill has been found that can prevent cavities, but it won't be available to consumers for some time. According to investigators at Emory University School of Dentistry, this unnamed pill prevents cavity-causing bacteria from building up and ruining your teeth. An amazing decrease of 99% has been shown in a closely monitored study. Regular brushing is still a must to prevent gum disease and keep your teeth white.

could easily take a year off from what I was doing at the time, delay my final year at school, and not sacrifice too much. Being in school also made the whole idea of competing again more feasible.

Those were the practical reasons that affected my decision to try a comeback, but there were also a number of thoughts relative to my swimming career, particularly regarding my experiences in the previous two Olympiads, that also figured into the process.

In the sense that everybody wants to realize a lifetime goal, sure, that had something to do with the desire to come back. I had had a great swimming career, but there still was something missing. An Olympic gold medal was a goal of mine for as long as I can remember. I can distinctly remember at age seven, watching Mark Spitz in 1972 and wanting to win a gold medal just like him. I just missed my chance at the gold in '84, and then I didn't even make the team in '88. So there was a sense that I still had a goal to accomplish, something major for me to shoot for in swimming.

On the other hand, it really wasn't a situation of vindication, like I *had* to go out and fulfill a mission I hadn't yet accomplished. I'll admit that I reached a point where I questioned whether or not the Olympic gold medal was really in the cards for me. Maybe, I mused, as fate would have it, that simply was one aspect of my involvement with the sport that wouldn't turn out as I hoped it would.

But it wasn't gnawing away at me, nor was it something that would cause me to reflect on my swimming career with any less satisfaction. It wasn't at all like I was looking ahead at another Olympic year, feeling that I *had* to come back.

Actually, the decision gradually became more and more logical. I still had a goal. It was a goal I felt I was still capable of achieving. And I was in a situation that allowed me the opportunity to try to reach that goal. Over time, things began to fall into place in my mind. Once the goal was set, and I was able to start focusing on that goal, getting back in the pool

seemed natural.

I think a lot of athletes feel this way, and that's why a lot of them come back after retiring from competition. They have questions about themselves that they want answered.

Mark Spitz's comeback bid generated a lot of publicity while I was still at law school. When I started hearing about his comeback, I thought it was great. And I honestly hoped he would make it. I think he can be satisfied with what he accomplished. At 42, he proved a lot. And while I know he wanted to make the Olympic team, he at least went out and answered the questions he had in his mind.

Making a comeback comes down to being a very personal decision. Mark Spitz's comeback didn't really affect my decision to return to competition, because I was looking for my own answers and I had my own goals. My decision was made independently of all of that. And I think that's the only way to

successfully approach a comeback or any competition—to be sure that what you are doing is for yourself and not let other influences control you. That way you don't feel any outside pressure.

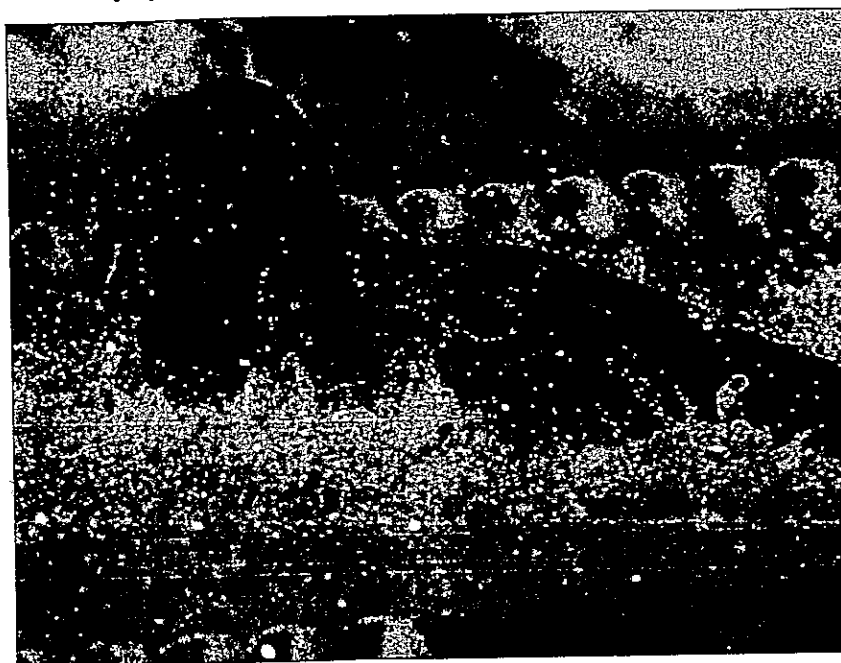
Throughout the months leading up to the Olympic Trials and the Olympic Games, I didn't really feel any pressure other than what I put on myself, and that allowed me to focus and train better.

I am often asked, "Was there any fear of failure or apprehension going into this?" The honest answer is no. There was no fear of fail-

ure. I didn't feel any anxiety. I mean, I knew that there was a distinct possibility that I could get back and just fall flat on my face. But I had to give myself the opportunity to find out if I could win a gold medal. I didn't have to perform for anyone but myself—the pressure came from within. The worst that could have happened was that I would have found out the answer to my question was "no," but that would have been better than not knowing. So, in that sense, I didn't feel like I had anything to lose.

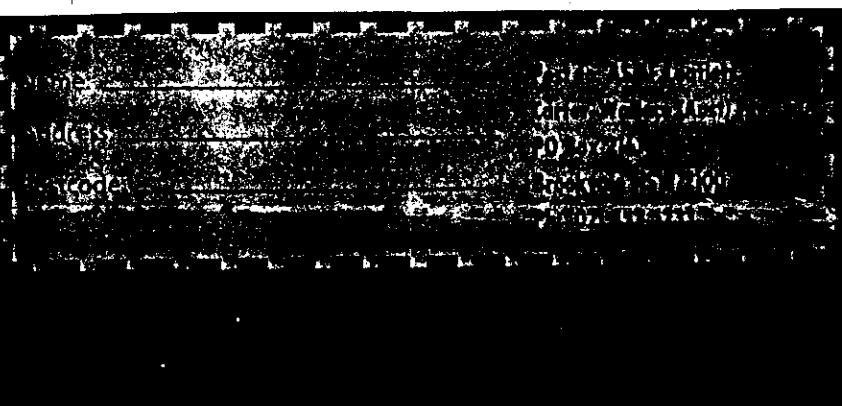
The whole thing was determining whether or not I had the

After a three-year layoff, 27-year-old Pablo Morales stunned the sports world by stroking to a gold medal in the 100 meter Butterfly at the Olympic Games in Barcelona.



Photography by Rod Searcey

Please send me a FREE set of the Australian Sports Medicine Federation leaflets sponsored by Dencorub (Carter-Wallace Aust.).



desire to do it. I wanted it to be something I *wanted* to do, not something I *had* to do. I really didn't know how that would take form until I actually got in the pool and started training and focusing. I took a chance, really, but once the training started, I felt like this was something I could do.

A 3-STAGE PLAN

I wanted to train back at Stanford under my coach, Skip Kenney. The actual training began in September, 1991, and the Trials were in March, 1992. So the time frame that Skip and I had to work with was very short, roughly six months.

Skip and I worked out a plan, and I think Skip's approach to the whole thing really was the key. We approached the comeback in three phases. Phase one was to make the Olympic Trials qualifying standard. If I didn't make that, I wouldn't have been able to go on. There really wasn't any certainty that I

MY STORY

could make it that far. After all, I had been retired for three years. Although I was in pretty good shape when I started working out, I was obviously not in the same kind of shape as the Stanford men's swimming team.

Phase two, assuming I made the qualifying standard for the Olympic Trials, was earning a spot on the Team at the Trials,

and this was where I came up short in 1988. I knew that would be a tough challenge, but if I made the Team, phase three was focusing on the Olympic Games. Though we approached it in three distinct phases, the end goal was always the gold medal.

GETTING IN SHAPE

The actual training was a challenge, both physically and psychologically, especially early on. But once I was able to really commit myself to the idea of a comeback, the physical part

SKIP KENNEY:

ARCHITECT OF PABLO'S COMEBACK



Photography by Rnd Sourcey

When Stanford University Men's Swimming coach Skip Kenney received the phone call, he wasn't sure how to react. On the other end of the line was Pablo Morales, one of the most decorated swimmers ever to have gone through the Stanford program. A world record holder and former Olympian, NCAA champion, and national champion, Morales was one of the greatest butterflyers and individual medley swimmers in history. He had since retired from swim-

ming and gone on to Cornell University to pursue a law degree. Yet, Morales wasn't calling his old coach to reminisce. Morales had a wild new thought: He wanted to make a comeback. He wanted to achieve the one goal that had eluded him throughout his swimming career—an individual Olympic gold medal.

"I think my first reactions were a little mixed," said Kenney, in retrospect. "On the one hand, Pablo had already accomplished more than most athletes dream of accomplishing in their sport. He didn't have to prove anything to anyone. And he was a 27-year-old student, three years out of training. I had no idea what kind of shape he would be in.

"On the other hand, Pablo has always been extremely talented and determined. Once he has a goal set solidly in his mind, it becomes serious business for Pablo. I knew he wouldn't have any fear of failure or apprehensions. That's just the type of person he is—confident, focused, and determined.

"I just knew I was going to do everything I could to help Pablo out."

The deal was struck. The comeback was officially launched in September, 1991.

CRUNCHED

With the Olympic Trials scheduled for March, Morales was crunched for time. He had to get back in swimming shape, and meet the Olympic Trials qualifying standard within a few months, or all bets were off.

"When Pablo first showed up to begin workouts, he was a little soft around the middle," said Kenney. "I think the television stories have blown all of that out of proportion, but he was definitely not in world class swimming shape.

"We were looking at six or seven months before the Olympic Trials, and we obviously had a lot to get accomplished in a short period of time."

FOCUSED

Kenney and Morales devised a strategy to work through this challenge. Pablo would focus only on the 100 butterfly, and training would emphasize technique, speed, and recovery—not megayardage. Most importantly, according to Morales, Kenney took a very cautious and gradual approach to

BY KIRK D. DEETER

Ozone & Your Lungs

Don't exercise on a busy street. A look into lung function during exposure to ozone has shown an adaptation by the lungs instead of permanent damage. Although symptoms disappear around the third or fourth day of exposure, health risks do not. When subjects were exposed to controlled levels of ozone, lung function decreased as much as 50% on the first and second days, respectively. At the end of Day Three coughing and difficulty in deep breathing were gone but lung damage was still possible. Recommendations include early morning exercise before high-level exhaust fumes are present.

seemed to fall into place.

I was in decent shape, physically, but compared to where I wanted to be, I had a long, long way to go. I had been away from serious training for a long time, so the first focus was just to get my body back into shape, where it had to be. Keeping the mental focus and the physical demands went hand in hand.

I remember early on, I would have a great workout at the beginning of the week, then be completely exhausted by the end of the week, and that was kind of tough. Fortunately, Skip had a perfect approach to deal with this dilemma. He really eased me into things. I started slowly and gradually built into the training. It was a hard thing to do, because with so little time to work, the temptation was to work very hard and try to do it all at once. But the flip side was that we had little room for a mistake. I couldn't afford to risk injury or illness by over-

MY STORY

training. So Skip was very methodical. I had to resist the temptation to go too hard. In the end, that was obviously the right approach.

The whole approach to training seemed more scientific this time than it was when I was swimming before. Skip made every yard and every hour count. I focused on every aspect of training, conditioning and nutrition—more than I ever had before.

The training was different than in '88, because back then I was training for three events—not only the 100 Fly, but the 200 Fly and the 200 Individual Medley. I think that drained me a little bit. I don't know why, but I felt burdened doing the endurance work needed to compete in the 200 Fly, and that, in turn, seemed to take away from my speed for the 100 Fly. As a result, at the 1988 Olympic Trials I found myself caught somewhere in between: I was neither a sprinter nor a 200 Flyer. This

workout intensity, slowly easing Morales into the grind of training.

"The natural tendency in that situation (when time is limited) is to work, work, work," said Morales. "But Skip knew we couldn't risk a mistake like injury or illness, either. He was very methodical, very smart about gradually easing me into the workouts, and I think that was a real key. It kept my attitude fresh."

Another key element Kenney incorporated into Morales' comeback plan was a nutritional program introduced to the Stanford teams by Dr. Barry Sears, a leading expert on the hormonal effects of food. The program is designed to provide an ideal ratio of proteins, carbohydrates, and fats which will help the body burn fat for energy, recover more quickly between workouts, and build lean muscle mass.

"When you are dealing with an older athlete, there's less margin for error," said Kenney. "Pablo had to focus on every possible aspect that could effect one race. It took discipline and determination. In addition to being very talented, Pablo is successful because he's a focused individual."

Morales qualified for the Olympic Trials at the U.S. Open in Minneapolis in December, and then stunned the swimming world by winning the 100 fly at the trials in March.

That left only one question unanswered.

BARCELONA GOLD

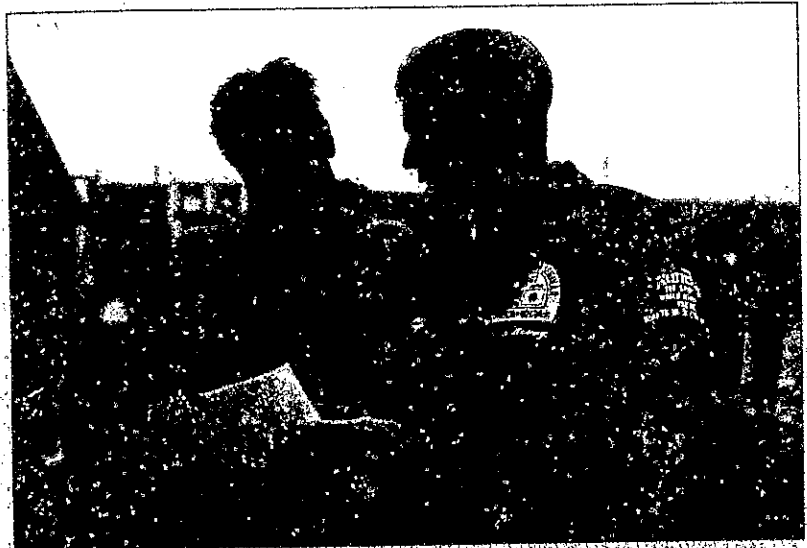
"By the time Pablo left for Barcelona, his body was more chiseled than I had ever seen. He was clearly in the best physical shape of his life. I knew he had a very real chance of winning the gold medal."

On July 27, Morales captured the gold in Barcelona. His time was 53.32. A mere .03 seconds faster than silver medalist Rafal Szukala of Poland and less than a tenth of a second in front of Surinam's Anthony Nesty, the 1988 gold medalist.

Several hours later, Kenney received a collect call back in

Palo Alto. It was Pablo. As Kenney describes the call, it lasted eight minutes, but barely a word was spoken amidst the tears of joy on both ends.

"Pablo is an amazing person, and an amazing athlete," concluded Kenney. "What he did in Barcelona will probably be



Photography by Rod Searey

Skip Kenney, Stanford University Men's Swim Coach, was the architect of Pablo's amazing comeback. Here, Skip and Pablo discuss the day's workout.

remembered as one of the greatest comebacks this sport has ever seen. He set his goal, he did all the work, and he swam a great race. I'm very proud just to have been able to work with him."

ABOUT THE AUTHOR

Kirk Deeter, a former swimmer at the University of Michigan, is a sportswriter in metropolitan Philadelphia. He is the co-author of Drugs, Sport, and Politics, published in 1991 by Leisure Press.

Tea & Iron

Drinking tea can reduce your body's ability to absorb iron, but usually only in extreme cases. And surprisingly, the caffeine is not to blame. Compounds known as polyphenols combine with nonheme iron (iron found in plants) and prevent it from being absorbed by the body. However, lemon juice, for its Vitamin C content, tends to increase iron absorption.

time, focusing on the 100 Fly during all of my training definitely seemed to make a big difference. I had considered the 100 Fly to be my best event when I swam before, and I believed it would be my best chance to make the Olympic Team in 1992.

In terms of nutrition, there seems to be more and more science coming out relative to proteins, carbohydrates, and the protein-carbo ratio for overall nutrition. I was much more conscious of eating the right types of foods to build lean muscle mass. Overall, I was more selective in terms of what I ate, and I think that made a difference as well.

As things went along, I began to feel more confident and could see my body coming back into swimming shape. In all of my training before the Olympics, we really focused on technique, speed and recovery, and that was good for me. It helped keep my attitude fresh and my mind focused on what I was doing. I was confident in myself, and I was confident in Skip — that his approach to all of this would work. Sure, there were mornings when I dreaded getting in the pool, but what swimmer doesn't feel that way now and then? The workout routine wasn't too tough. The grind wasn't so bad, once the goal was firmly set in my mind.

THE FIRST TEST

After about three months, we tapered a bit so I could try to make the Olympic Trials qualifying standard at the U.S. Open in Minneapolis. Fortunately, I made the cut-off with a pretty good swim (54.18), especially considering the short period of time we had to prepare for that meet. It was a real positive experience for me, because I felt great with only a few months of training under my belt.

It was also my first major competition in years. That was important because it got the competitive juices flowing again. I felt the nervousness of competition and, I did well. I made the time I needed, so I knew I was on course. We were right where we wanted to be, one third of the way into the plan.

Phase one had been completed, and it was at that point when I started to truly believe that the whole goal was within reach. That was when things began to really click. A lot of questions were answered for me. I knew I could swim like I did before, and I was on track from that point. Success breeds success, and that swim helped me focus even more. From December on, I knew I was going to the Trials, and all I had to concentrate on was the one race in March.

TRIALS

When March rolled around, I was feeling confident and relaxed. My training had gone well. Mentally, after my 1988 experience, I knew that making the Olympic Team would be tough, but after having the good swim in Minneapolis, and a few more solid months of training, I was pretty confident. Fortunately, things worked out, and I was able to make the team. That took care of the first two phases, and I was still right where Skip and I wanted to be. With that behind me, I shifted

MY STORY

my focus on going to the Olympics and trying to win the gold medal.

ON TO BARCELONA

At that point, I went into the final months of training. Everything went well: I felt great, I was having fast practices, and I felt like I was in the best physical condition I

had ever been in.

Once I got to Barcelona, I was eager to swim my race. On the day of my competition, I felt really good, and was ready to go. I knew I had a good taper. I just wanted to focus on having a good preliminary race that morning and qualifying for the final.

I was in the second to last heat in the morning. The strategy was to take the race out, have a good turn, and on the second lap, just maintain my stroke and get to the finish. That's pretty much how the race went. Once I touched the wall, I knew I had qualified for an inside lane that night. I felt very comfortable during the race and felt very positive about my chances in the final.

From there, I knew I had only one race, 100 meters to go, and the whole thing would be over. Everything during the previous 10 months or so had gone exactly according to plan, so I felt relaxed and confident between races. I had a good nap between prelims and finals, so, physically I also felt really good.

That night, once again, I was eager to go. The strategy all along was for me to get the race out. I wanted to get a good start, show some fast, early speed, and make a good turn. I wanted to be quick, but in control. Once I made the team in

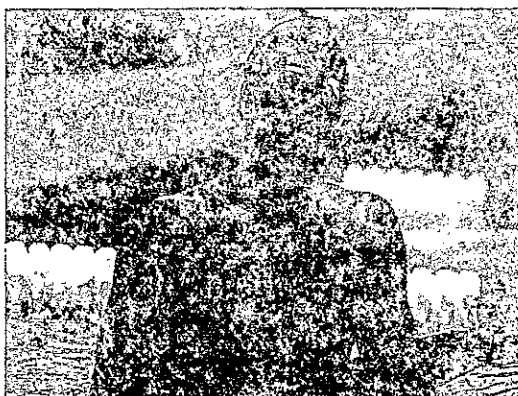
March, I thought my main competition would be Anthony Nesty, the defending Olympic champion. He has a solid overall race, and he showed in 1988 that he's a good finisher, extremely tough from the flags in. I knew he would finish strong in this race, too. If I had any vulnerability, that would be it — the final meters of the race. So, logically, I had to get the race out and hang on if I were going to win.

THE RACE

I had a good start, and going down the pool on the first lap I was just thinking "quick and in control." The first 50 was quick. I was right where I wanted to be. I came off the wall, and I just focused on maintaining my stroke and going as hard as I could until the finish. During the last meters of the race, I knew I was right in there, but the finish would be close. When I made my touch I heard the crowd's reaction, waited a second, then turned around and looked at the clock. There it was—53.32—the gold medal. That's when I knew I had it. Right at that moment.

I finally had my answer, and I finally reached my 20-year goal. It was a feeling that's impossible to describe. It's incredible to know that all the work, and all the support you got from everyone around you all paid off.

So what's next? I'm swimming this year, through next summer, to see if I can maybe build a bit on last year. And after that, it's time to move on to the next goal—my last year at law school. □



Photography by Fred Searcy

"The whole approach to training was very scientific. Skip made every yard and every hour count."

-Pablo Morales

Coffee For Prognosis

By having the patient drink a cup of coffee, a physician can determine how much toxic cancer medicine the patient can tolerate. The breakdown of caffeine in the body parallels that of the cancer drug amonafide. This test allows the patient to receive sufficient cancer medicine to benefit him/her without suffering the negative health- and life-threatening side effects of toxicity.

Reprinted with permission
from "Swim" March/April 1993

By Matt Jones

Swimming in the 1990's has become a speed dominated sport. With the majority of individual events comprised of distances of 200 yards/meters or less, and with the Nationals' emphasis on short distances in the relays, it becomes essential for swimmers to get "off the blocks" and "to the wall" in a quick and efficient manner. The start, turn, and finish should therefore be areas of focus for swimmers striving to be their best. This article will address each of these areas in depth.

THE START

Let's divide the start into four components: the stance, the take-off/entry, the glide, and the breakthrough.

The Stance

The stance is probably the single most important component of the start, for it sets the tone for the entire race. In general, there are two stances: the "conventional" with both feet forward, and the "track" in which one foot is forward and the other back. Like everything in life, each has its advantages and disadvantages.

Most swimmers are more comfortable with the conventional stance. Its biggest advantage is the burst of power uncoiled at the start from both legs directly under the swimmer's center of gravity. It's not always the best for stability while waiting for the horn, or for quickness in getting off the blocks.

The track stance has a big advantage in today's "no false start rule" format because it allows the swimmer greater stability in his or her pose. Separating the feet lowers the center of gravity and, like adding more dirt to the base of a potted plant, both are less likely to topple over. This added stability allows the swimmer to transfer the weight forward onto the balls of the feet during the stance, facilitating a quick start once the horn sounds.

In a conventional stance, the swimmer cannot have the weight forward on



The conventional start

the balls of the feet as this will cause the swimmer to "roll" into the water prematurely. These swimmers must transfer all their weight forward after the horn sounds (which takes precious time).

The decision of which stance to use is a personal one, as neither is intrinsically superior. Each individual must determine whether power or stability and speed are of greater benefit in the stance they choose for the events they swim.

The Take-Off/Entry

The take-off and entry are the most frustrating components of the start because they take place in mid-air where we have little control of our bodies. Let's face it, most of us have little control of our bodies while firmly on land! Despite this, there are a couple of tricks that can improve your start—head position and concentration.

Regardless of which stance you use, your head should be completely flexed so that your chin is touching your chest. This small detail surprisingly adds quite a bit of punch to the take-off,



The track start

as the body will follow the head as it snaps up and out over the water.

The second trick is concentration. While waiting for the horn, all of your thoughts should "hone in" so that nothing exists in your mind except anticipation of that sound to come. Your body should be like a car revving with the clutch in, with the sound of the horn knocking your mind's foot off that clutch. By really focusing on the sound, you will often find yourself off and swimming before your opponents are even in the water.

Lastly, the entry should be as smooth as possible, with the entire body entering a single "hole" in the water (versus an entry where the legs "hit" the water, making a huge splash). Though this aspect of the start is the most difficult to control, with practice your body will develop a sense of the correct entry position.

Always practice starts in water at least 3-1/2 feet deep, preferably 4' (see USMS Rule Book, p. 54, 107.2.3). Better yet, encourage the positioning of the starting blocks at the deep end!

The 3rd Australian Veterans Games will take place from 12th - 20th March 1994



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The Glide

"The glide" is really a misnomer, for after the entry you are not really gliding, but kicking to preserve the momentum that you carried with you off the blocks. In freestyle (and butterfly) starts, the two keys are being streamlined and having a powerful kick. To reduce drag, you should shape yourself like a torpedo, with one hand over the other and both arms extended as far forward as possible. The head should neither be flexed nor extended, but in an intermediate position such that your arms cover your ears. Kick as hard as possible, using either a flutter or dolphin kick (some sprinters use a dolphin kick during the glide portion of the start even for freestyle).

The Breakthrough

Immediately after (but not simultaneous with) beginning the kick, you should begin to pull with one arm, lift your head, and "pop" out of the water. The first two strokes should not be at full speed, but just slow enough to allow you to grab the water without "spinning your wheels" (about 85% of full speed). At this point you are off and swimming, riding high, and on your way to that best time!

By focusing on each of these areas, one at a time, you can build a great start in a relatively short amount of time. Practice is the key, so keep at it!

THE TURN

As the sprinter approaches the wall with the head up and looking forward, he or she should gauge when to begin turning. The goal is to go into the turn full speed, yet be in the proper position for initiating the turn, with both arms down at the sides. One arm will just have completed a pull and the other will have been "hanging around" from the prior stroke. This is the best position for initiating the rotational force necessary for a quick turn.

The next phase involves doing three things at once, all of which maximize the speed at which the swimmer rotates 180 degrees and prepares to start swimming in the opposite direction. First, the neck should be flexed so the chin touches the chest; at the same time, the knees should also be drawn to the

chest. The tighter a ball the swimmer can curl into, the faster he or she will be able to flip over during the turn. This principle is illustrated by the spinning ice skater who spins slower when the arms are extended and rapidly when they are drawn into the body. Thirdly, the arms are involved in a fast flip by sweeping in an arc from the waist to over the head in one quick motion. Actually, the arms do not move through the water at all. Rather, the body rotates around as the arms provide the force for the turn.

Once the feet hit the wall, we concern ourselves with the push-off. The

The key to racing and other components is practice. Focus on proper starts, turns and finishes so that in meets your mind and body will respond automatically.

arms should be in a streamlined position about the head, as in the underwater portion of the start, but ideally the swimmer should be on the side. The kick should be initiated as the push-off is complete, and the first stroke should occur shortly after, as in the start. This first stroke is taken with the "bottom" arm. This will not only supply a powerful initial stroke, but will also serve to rotate the body into the correct position for swimming the rest of the race. The head should "pop" out of the water with this stroke, enabling the swimmer to reach a high position in the water.

The keys to a quick freestyle turn are getting a good tuck during the flip, and streamlining off the wall. Practice them routinely during your workout and occasionally work a few minutes after practice exclusively on your turns.

THE FINISH

As essential as the start and turn, but often overlooked by swimmers preparing for a race, is the finish. We have all seen races where it's a dead heat on the final lap, yet one swimmer seems to "sneak in" and touch first. Clearly, the swimmer who knows how to finish is the swimmer who has the tools necessary to win close races.

On the final lap of the race, the first key to success is—do not watch your

competition! This only slows you down and prevents you from concentrating on the necessary ingredients to a fast finish. Focus on the wall ahead and concentrate on picking up your kick to help you get there.

The final stroke is the key to the finish and performing it is not as natural as one would think. The first step in "reaching for the wall" is keeping your head and arm in the same position that they would be in if you were stretching for a wallet that had fallen out of reach, i.e., the shoulder drops while the torso and head turn to maximize the length that you can extend. Avoid lifting the head or turning it too far, for either of these mistakes will shorten the distance of your stretch. Aim for at least two inches below the top of the pad because higher touches are not as reliable in stopping the clock.

The timing of your extension is critical. Too early and your turned head will act as a barrier to forward movement and your finish will be slowed. Too late and your touch will occur before your full extension and you would have touched sooner had you timed it right. Optimally, the extension will be a continuation of the final stroke.

The critical question is which stroke should be the last stroke? Practice will help you determine this, but one piece of advice is when in doubt, go long! Do not take an extra stroke if there is any doubt in your mind whether to or not. Remember, you will be moving through the water faster in meets (especially when shaved and tapered) and you may tend to overestimate the number of strokes needed. Additionally, extra strokes are probably the leading cause of relay disqualifications. The swimmer on the block anticipates the finish of the swimmer in the water and an extra stroke finds the take-off swimmer in the air too soon.

The key to this and the other racing components of sprinting that we've discussed is practice. Focus on proper starts, turns and finishes in practice so that in meets your mind and body will respond automatically. Good luck! •

ABOUT THE AUTHOR

Matt Jones is a third year medical student at UC San Francisco and swims for the U. of San Francisco Masters. He swam and assisted at UCLA where he was an NCAA qualifier. In 1990 he was All American in the 50 meter butterfly and is currently ranked in the Top Ten for several sprint events.

Caution For Runners

Taking nonsteroidal anti-inflammatory drugs on the day of a big race can be very detrimental to your health. Four runners who did before a 90 K in South Africa subsequently suffered acute kidney failure. Three of the athletes required dialysis, but all four recovered.

WHAT ARE RULES FOR?

Would you get out of the pool and have a cup of coffee during a 5km swim? Perhaps you might even stop the watch while you go to the toilet? People have tried this in AUSSI aerobic swims.

If you had a medical disability in breaststroke which affected your arms, would you swim sidestroke in a breaststroke event? People have tried this at AUSSI race meets.

If you were at a relay meet, and one of your co-competitors failed to show up at the starting line, would you invite somebody else to take their place? Yes, swimmers have tried this also!

Just how seriously should we take the Rules of Swimming? Should we follow every rule in the book, or are we just a fun and fitness crowd, so it doesn't matter?

Just remember, if you make out our events are "Mickey Mouse", then you put down the efforts of all those swimmers who DO follow the rules, and who break State, National and World records. And, you write ant the efforts of those who are going to the Australian Government for Sports assistance on your behalf.

(Courtesy 'Platypus Press')

MEDICAL DISABILITY FORMS

As mentioned in the previous issue of Platypus Press, a Medical Disability Form is required if you have a disability which might cause you to be disqualified because you are unable to perform the correct strokes in either Breaststroke or Butterfly.

There is a new form available from your Club Secretary - to be completed by a Medical Practitioner or Physiotherapist, detailing the extent of the disability.

This original form should then be sent to the Branch; the Branch Secretary and Branch Recorder will keep a copy, and the original will then be sent to National Office to be officially registered.

After this has been done, all you have to do when entering either Branch or National competitions, is mark your entry cards with the letters MID.

Pauline Samson - Branch Recorder

The difference between good and great is a little extra effort.

Coaches' Corner

By Dick Bower

Swimming World/August 1985

The Real Benefits of Masters Swimming

Regular exercise is really much more important than most Americans realize. Improved physical fitness is the only way human beings can turn back the clock of time. I am sure that good medical treatment and/or newly acquired wealth can improve the quality of an individual's life. However, only improved physical fitness can allow one to participate in the activities of the younger generation. This may range from the ability to compete in active sports past middle age to the ability to walk and feed one's self in old age.

The average American is in very bad physical shape by age 40. The decline for all except those involved in regular exercise starts at about age 14. It is possible for an American on a minimal exercise program to stay ahead of the physical ability of an average American many years younger. It is also possible to extend one's life expectancy considerably.

Swimming is just one of the activities which can provide the exercise necessary to reap those benefits. However, many fitness experts are recommending swimming as the best means to this end. Body weight works against the participant in almost all other forms of exercise. Therefore the overweight individuals, who make up the largest percentage of our physically unfit, will find swimming the most acceptable conditioner. They can also avoid the muscle and joint injuries which result from running or jogging.

There is also a positive mental health benefit from swimming. In addition to mood elevation, a skilled swimmer gliding along at an easy pace can experience a quiet, weightless freedom not found anywhere else in earth's gravity. For this reason we recommend at least one

"swim as easy as you can" drill in every masters workout.

Everyone needs some kind of motivation to continue the regular participation which is so vital to a fitness program. Some individuals find improved swimming times and progressing workout performances the best form of motivation. Others are not specifically interested in swimming faster but need a measurable indication of improvement.

Consider the following measurable health benefits which can be derived from regular swimming.

Subjective But Easily Recognized Benefits

1. Sense of well being
2. Improved body image
3. Mood elevation

Easily Measured Objective Benefits

1. Weight loss (for the overweight)
2. Improved body composition, fat to lean mass ratio
3. Improved resting pulse rate
4. Quicker recovery of low pulse rate after exercise
5. Improved flexibility
6. Improved muscle strength

Benefits Measured by Blood Tests

1. Improved glucose tolerance
2. Reduced serum triglyceride levels
3. Reduced total cholesterol levels
4. Improved total cholesterol, to high-density cholesterol ratio
5. Increased high-density lipoprotein levels

Cardiovascular Benefits Measured by More Sophisticated and Expensive Tests

1. Improved maximum oxygen uptake
2. Improved oxygen uptake per pulse beat
3. Improved product of pulse times blood pressure per level of exercise

Masters swimmers who wish to improve their swimming times should be encouraged by the fact that others are doing it all over the world. This will be discussed in my next article, "How Masters Can Improve Their Swimming Times."

No matter which type of improvement motivates you, get out and get started now. Remember, the opponent we are really competing against is Father Time and the prize is extended, higher-quality life. □

● RISE & SHINE!

Not quite up to lovemaking at night? Try it in the morning, advises *Health Confidential*. "Men have much higher levels of testosterone in the morning, so impotence may be less of a problem then."

"Actions speak louder than words — and speak fewer lines."

Readers will perhaps remember from the July '92 issue that my prospective interview with one of Britain's greatest Masters swimmers had been interrupted, with the promise of a rendezvous at a future Masters event. And now here I was and there, before me, she was. And she was delighted. I was delighted that she was delighted. Things were looking up this time round. "How are you, Willy van Rysel?" I said. "Fine," she said. "Good," I said. "Well," she said, but I interrupted her, the pace already beginning to break into a gallop. "I know why you're delighted," I said. "Why?" she said, although she knew as well. The previous week, I had sent her eight FINA World Masters Record Certificates, the first issue ever to all record holders. "Yes, I got very emotional when I saw those, not because of my world records, to me they mean much more; it is recognition of the Masters swimmer, for which I have waited all these years. I am still taking it in."

INTERVIEW BY PETER HASSALL

Yes, it was true, FINA had taken over the Masters records from the previous incumbents of the job, Peter Gillett (long course) and Judy Ford (short course) both from Australia. Actual certificates were to be issued – no mean task considering the 15 age groups in Masters and the fact that, for example, 32 world records were in the process of being broken while Willy and I chatted at the event.

"Pity about my name though," she said. "Why," I asked. "They spelled it wrong," she said, annoyed, "and they should know me..." "Yes, they should," I said knowingly. Here's why. I went in hard with my questioning. "So would you describe yourself as a Masters ambassador?" I asked. She paused, eyeing me thoughtfully. She was non-committal, far too modest to give a direct answer, swallowing the consequences of her words before they emerged. "I don't know," she muttered. Good start. I'd have to commence with a gradual!

Memory

"How did you start swimming, Willy? What age were you?" She cast back the net of her memory and trawled in the details. "Well, I've never had a swimming lesson in my life, or a coach. But whenever I saw water I just wanted to go in it. I was about seven, we lived near the sea, and one day there were some people swimming. I wanted to go in as well, so I just walked in until I was out of my depth and that way I soon learnt." (I'll bet you did, I thought) "Yes, I just copied everyone else, and started paddling, but I could only go in a straight line, I couldn't turn round yet."

I had visions of Willy's first swim lasting for several miles until she struck a passing fishing boat! But with her determination, she wouldn't have asked for help, only how to turn round!

But, she was still talking: "Quickly I had to work out how to turn around by pulling more on one arm, and I got safely back to the beach. I never

entered my mind to shout for help. From that moment you could say I was launched. I discovered that seas, lakes and rivers were not there for ships only."

"It's hardly surprising you became a long distance swimmer, is it Willy?" I ventured. She laughed. "Well," she said, "I never had any encouragement from home. My mother didn't think it was the done thing for a young girl to parade around in a swimsuit, so she wouldn't get me one. I had to swim in a vest!" My mind boggled. "With a safety pin holding the back and front together," she added. How that must have improved stroke technique!

"Later I went secretly to an outdoor swimming pool during the school holidays where one was allowed to swim for 20

minutes only. Those 20 minutes were not enough for me and when we were all sent out I waited until my hair was dry and got in again."

Forbidden

"I soon became a regular customer, not much liked by the attendants because I turned up in the most appalling weather conditions – rain, thunder and lightning – and they had to sit by the pool in the pouring rain for the full 20 minutes I was allowed in. I never heard the whistle that said it was time to leave the water."

"There was one snag: the deep bath was forbidden territory for me as I did not have a diploma in the necessary swimming technique, so I watched the advanced swimmers very carefully and copied

the swimming strokes and it didn't take me long.

"I was then allowed to put my name down for that great day to take the test for that necessary diploma, the key to the deep water. I was 12-years-old then I still treasure that diploma. For that day I bought a swimming costume with money I earned with doing odd jobs I had to do all this without my mother finding out – not easy, but I've always been told that I'm a natural."

"Long distance?" I tried again. "Well," she continued, "after the war I was too old for good sprinting, so I started swimming long distances. There was no long distance swimming association then, so I did solo swims until the BLDSA was formed, swimming long distance for about 35 years."

continued over...



Going gently – not this Masters ambassador!

from previous page

Knowing of her achievements, I asked if Willy thought there was anyone to equal what she had pioneered in long distance and then Masters swimming? "I don't know," she said. Oh dear, modesty again. I'll have to fill you in. Her list of marathon swims is stunning: Coniston Water, Ullswater, Bala Lake, Trentham Lake, Poole Harbour, Douglas Bay, Swansea Bay, Folkestone to Dover, Dover to Ramsgate. She was the first woman to swim the IJssel Lake, former Zuider Zee in Holland in 1948 (24 kms), Lake Ontario, Pickmere Lake, The Solent, Walton to Clacton, Dungeness to Hythe, Sandown to Shanklin, in fact the list just goes on and on.

"What was your best long distance swim?" I asked. "All of them," she said. "Really," I replied, delighted by such openness. Finally, she decided that she was proudest of Windermere. "I was the first swimmer to swim it in each direction and I think I'm still holder of six Solent records - over 40, 50 and 60, island to the mainland, and then those same age groups, mainland to the

island."

Indeed, in 1973 Willy became only the fourth recipient, and the first woman, of the Davids Wheeler Memorial Trophy, presented annually by the Marathon Swimming Foundation and Hall of Fame to the person who has done most for the sport of long distance swimming. It is actually a silver tray kept at the International Swimming Hall of Fame in Fort Lauderdale, Florida. Willy's citation was for "gaining acceptance for women distance swimmers and for promoting long distance swimming over the age of 40 in England."

Campaigning

"Yes," said Willy, "even in my long distance days I was campaigning for the older swimmer. The BLDSA didn't want to hear of it initially and so eventually all I got was an over 40s, but I was very pleased to get it. They didn't want to call it 'Masters', so they called it 'Veterans'. Even then I was writing to the ASA about the need for the older swimmer to compete. I always had to go abroad to Germany or the USA for competition."

"Do you think that you

started Masters in England?" I asked. "I believe I had a great influence," she replied. "The Otter SC was the first club to start one, but even then only to 40 years. That was not right. Even the first ASA Masters in York in 1981 did not have the correct age groups."

Throughout the years, she has fought a vigorous and occasionally solo campaign for 'all events for all ages', the correct use of all Masters age groups and, up to 1987, the necessity for a long course Masters championships in Britain. Her vision has now largely materialised, although she still gets hot under the collar about Masters galas favouring younger swimmers.

"Do they not realise that Masters is for everyone over 25, not just the young age groups? It is also a health programme to keep physically fit and mentally alert in advanced age, and the meets themselves are an incentive to exercise and train," she said.

I decided to change tack: "What keeps you so young, Willy? What about vitamins and medicines?" I asked. "Well, I have a healthy lifestyle and a healthy diet. If I'm ever ill, I just stick it out. I don't take pills or anything. As soon as I feel trouble or pain from my swimming I will stop." (Well that's telling me, I thought).

As for the event that was going on around us as we spoke, Willy was fairly successful. She won 11 gold medals including three team events. She couldn't manage the 100 free, 'because she had to go home.' She lives in Bournemouth.

"What ambitions do you have left?" I wondered. "Well, what is there left?" she asked. I was surprised that she hadn't got an instant litany. Indeed, for an incredible moment she was stumped for words. Then she got going: "Well, I will try for the 80 plus group (she is 76) and if I keep my health, I should manage it. I'm still fairly active, so I should be okay!"

Lining up

"There have only been two British women to reach the 80 plus group - soon there will be Dorothy Weston and Edith Hewitt, and then it will be me. We're all lining up. Watch out, here we come!" (The slow 'Charge of the 80-plus Brigade'). As ever, age held no

boundaries for Willy.

I was about to ask her where Masters swimming in England goes now, the National Championships having, in 12 years, gone from nil to almost overcrowded, with more than 300 swimmers in certain events. But I decided that would take too long, so I simply asked if there was still anything she would change.

"Well, why is there no 1500 for women?" she rounded on me. I didn't answer, knowing it would be up for discussion soon. "Do you know, I once had to go to an open air pool in Sweden for a 1500. They called me 'The Iron Lady'. I swam it backstroke all the way in the pouring rain."

"We're going to have to close now, Willy. Anything else you want to tell me?" I asked. We quickly spoke about how, in 1952, she had choreographed a water ballet for the Queen's coronation, designing everything herself and apparently getting a 'wonderful press'. She continued: "I was also in at the beginning of synchro in Britain. Beulah Gundling came over from Canada to give a demonstration. She came to see me and I filmed her from the top diving board doing all the figures. At that time, all we had in England was 'floating'."

"From that film, I spent hours and hours teaching a girl diver all the moves and then, during an interval in a BBC swimming gala, she was televised and I gave the commentary."

Perfectionist

Willy then began telling me how she didn't start butterfly, including the dolphin leg kick, until she was over 50. "You never know what you can do until you try. I'm a perfectionist, you see, and to pick up on your first question, yes I am a Masters ambassador and many people have told me so."

She had finally found her conviction. It seemed a fitting ending, and I left her looking forward to her next trip to a major Masters event the following month.

I was reminded of the famous Dylan Thomas poem about going *gentle* to somewhere. You know the one I mean? (If you don't know it read it!). "Do not go gentle into that good night..." Here's one that wouldn't.

Adios, Willy, perhaps we can talk again in five years' time?

CAFFEINE - THE TRUTH

☐ Caffeine is a stimulant and has the potential for abuse. Caffeine is present in coffee, tea, chocolate and coke. Coffee, tea and cola drinks have roughly equivalent amounts of caffeine while a family size chocolate bar will contain twice that amount.

☐ The effect of caffeine commences within a few minutes of ingestion and reaches its peak after about 30 minutes.

☐ In sport, caffeine is banned if found in excessive amounts in the urine and an excessive "banned" level would be equivalent to having 8 cups of regular coffee or 10 cans of cola or 3 family bars of chocolate or various combinations of each.

☐ Caffeine will decrease the sensation of fatigue and drowsiness and this is the main reason for people taking it. But remember it will increase your blood pressure and cause stomach irritation and the long term use of caffeine may cause insomnia, anxiety, depression and withdrawal symptoms.

☐ By all means continue to have your cup of coffee or chocolate bar during competition but do be careful about overdoing it because it does have deleterious effects.

- Discipline-1 Doing what you have to do
- 2 Doing it as well as you can
- 3 Doing it that way all of the time



MASSAGE

AND INJURIES

By Al Ortolani
Pittsburg State University
Pittsburg, Kansas

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Robert M. Ousley, Exec. Dir. A.S.C.A.

My topic today deals with massage and athletic injuries that pertain to the swimmer. I deal mostly with combat sports at my institution, however in the past two or three years I've been introduced to some unusual swimming problems such as sprained ankles due to horsing around, strained backs from playing whiffle ball, strawberries from playing whiffle ball, sore arms from playing off-duty games, etc. Playing different games for the kids in their spare time helps kill time but it also produced injuries.

I'd like to lead off with a universal treatment that you as a coach could use if you were without the services of a doctor or trainer. This treatment is centered around the ice cube. Cryotherapy is economical, it's plentiful and can be done by anyone — coach, manager, or athlete. How does it work? During a training session in Providence, Rhode Island, Nancy Hogshead strained her neck muscles due to practicing her turns too vigorously. When I reached the Providence Hotel, I was hustled up to Nancy's room to check out her neck problem and found it to be a strained Sternocleidomastoid muscle that was causing her all this concern and grief. She had much pain upon movement, her ROM (range of motion) was about zero and her coaches were ready to cancel her out of the meet because they didn't want to swim her and aggravate this injury. I started the ice treatment, massage and a heating pad treatment immediately and after 3-4 treatments her range of motion returned almost to normal, her pain disappeared and she was able to swim the next day and do a respectable job. You may encounter problems like this by yourself and you need a solution. This solution is ice treatment.

Most of you think of ice as a vaso-constrictor, and you're right. However, it's also a vaso-dilator if used for shorter time periods. How can ice do both? How can it both constrict and dilate? Let's see if we can solve this by taking one thing at a time. If you're working towards controlling haemorrhaging ice should immediately be applied to the injured area for long periods of time (one hour or more). However, if you're using ice for follow-up treatment, as we used on Nancy Hogshead and many other swimmers, then we use the ice for periods of 15 minutes per treatment at least 5 times per day. This works with a

majority of those we treat. If we find treatment with ice has hit a plateau we then diversify our treatment by alternating the cold with hot, which is a contrast treatment and gives the best of both. In a case where we have specific pain and swelling then we definitely stick to total ice treatment. If you're not now an ice advocate, give it a trial. One of the most important effects of ice is its ability to break up the "pain reflex cycle" by reducing the spasticity of a muscle when it has undergone injury. Damage to the tissues and cells result in the release of two chemicals, histamine and bradykinin, which are known to stimulate the action in the pain receptors in the body. The pain results in spasms, which increase the tension of a muscle and shuts off the blood flow to the area of the body that has suffered, temporarily resulting in a vicious cycle of pain, spasm, increased pain, increased spasm. This spasticity is a purely reflex action over which the conscious mind has no control.

Contrary to popular belief, ice will increase circulation. For example a person is outside in cold weather with his ears uncovered, when he comes inside a warmed house, what happens to the colour of the ears? They are red and they feel warm. The body has increased the blood flow to this area and therefore also raised the temperature of the area to protect it from frostbite. I call this "reflex vaso-dilation".

Bing, et al. (1) and Clarke, et al. (2) found an actual rise in muscle temperature of .9 to 1.8 degrees F during the first three to four minutes of cooling. At five minutes there was a gradual return to pre-cooling temperatures. Several investigators (1), (2), (3) found that at 10 minutes there was a decided drop off of muscle temperature. These findings might be taken as a reflection of the blood flow through the muscle. If this is so, then any initial vaso-constriction from the initial shock of cold is followed by a period of vaso-dilation. Then with longer applications of ice we again go through a phase of constriction.

Another asset of ice in the treating of injuries is the numbing of pain sensations. Through the influence of cold the sensory nerve endings are made to respond or transmit less. (3) Therefore the athlete is temporarily relieved of pain, and after each treatment of ice the pain becomes less and less. If the pain does not completely diminish after adequate treatment then you must begin to suspect another problem. A physician should always be consulted in any case of injury that is not responding to treatment.

How much ice should be applied to the injury, how long should ice be used per treatment period, how many times should an injury be treated in the course of one day? Let's start off by saying that when ice is used to a **new injury**, for the purpose of keeping the injured area from swelling, we must use ice for a much longer period of time. You must keep the cooling procedure in effect until you are relatively sure that all haemorrhaging, capillary oozing and flow of lymph is gone. In many cases you may find it necessary to keep icing an area for as long as 72 hours. This does not mean keeping the injured area in ice for a **straight 72 hours**, but the use of 30 minute treatments four or five times daily. At this point there must be injected a word of caution; the danger of freezing tissue and causing frostbite. This will sometimes occur if you apply ice directly to the skin for extended periods of time. Be sure to use a towel or another insulating agent between the ice and skin. You should shift the ice pack around and check the skin every few minutes.

When actually treating an injury with ice this is the procedure that I like best: Step 1, Ice 15 minutes; Step 2, Passive exercise following treatment — no resistance, no pain and then move on to exercise with resistance that doesn't produce swelling or pain; Step 3, Enzyme pills if approved or indicated by your team physician or family doctor; Step 4, Strap or reinforce injured area and report to practice. (This step is necessary when speaking in the area of combative sports.)

Step number 1 can vary considerably because each athlete is encouraged to treat himself at least five times per day, and as many as eight times, if this is possible. At least five minutes is needed to produce a relaxation of the muscles. (4), (5). This is also long enough for "reflex vaso-dilation" to take place.

The injuries that we treat with total ice therapy can also be subjected to some variety in treatment, such as the use of a 12 minute whirlpool treatment following an ice treatment, and directly followed by a five minute ice treatment. This contrast procedure has produced fine results in many of our lower leg injuries. When other modalities of treatment have been indicated we will turn to whirlpool, ultra sound and diathermy. The use of infra-red, analgesic packs, etc. are not generally used because of their lack of penetrating power. (6).

Continued on next page

Massage and Injuries

When injuries occur to the big flat muscle our treatment consists of ice massage. We freeze our own ice in 8-10oz paper cups and massage directly over and around the injured area. This treatment is kept up for a longer period of time, generally 20-30 minutes in duration to get maximum effect.

In review, I would like to recall that ICE(1) breaks up the pain reflex cycle(2) and periods of vaso-dilation do occur with the use of ice(3) and pain is temporarily relieved through the numbing effect of the ice(4) and normal ROM is possible.

Ice treatment or "cryotherapy" can be your most valuable tool in training, it is easy to apply, it is economical and it can be applied at school or at home by the athlete himself. This makes the athlete take part in his own treatment and betterment.

Massage

Enough on treatments of athletic injuries. Now about massage and its effect? **Massage is:** "The scientific manipulation of the soft tissues of the body." The general physiological effects of massage are: (1) Increases circulation; (2) Serves to break up effused matter and then by increasing the local circulation, hastens its removal; (3) Softens scar tissue; (4) Loosens adhesions; (5) Could be considered passive massage; (6) It invigorates and stimulates the muscles.

Some words of caution: Don't massage bones — only soft tissues; Don't hurt your patient, or tire him; Don't massage infections, tumours or skin ailments.

Types of Massage:

Effleurage — movement is directed toward the heart, lightly, superficially.

Friction — a rotary or circular compression movement using the tips of the fingers, thumbs, or palms of the hands applied with pressure.

Kneading Movements —

1. Superficial petrissage — Grasp tissue between the fingers and pinch — this isn't used very much.

2. Deep Petrissage — Same as above but you grip more vigorously with hurting the patient.

3. Rolling — Grasp the whole mass of muscle and roll against the underlying bone at the same time squeezing and compressing.

4. Mass Kneading — With a hand-over-hand movement, travel up and down the limb, kneading and squeezing the soft tissues.

5. Wringing — Twist and wring the mass of muscle by using two hands in opposite directions.

Did You Know.....

Bald is beautiful.

God only made so many perfect heads.

He covered the others with hair.

6. Shaking or Chucking — With limb flexed, put one hand under the muscle and shake vigorously by alternately pulling up and releasing the muscles. Popular for loosening "Track Muscles".

7. Ironing — Palms of the hands compress alternately the flat masses of soft tissues against the underlying bone.

Tapotement — Percussion or striking movements. Four different types.

1. Hacking — Use ulnar surface of little fingers.

2. Slapping — Use palmar surface of hands.

3. Clapping — Hands are held cupped.

4. Beating — Use closed fists.

In rehabilitation effleurage is a very important technique whereas kneading movements and friction predominate in the loosening up and increasing the circulation of athletes. **15 minutes** is by far enough time to "rub down" an athlete.

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World Masters Games For Brisbane

The organisation of the Third 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 in more than thirty separate sports. The Swimming will be held from Wednesday 28 September to Monday 3 October inclusive - five days of swimming with Sat 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. There will of course be plenty of social events. Organised by the Queensland Events Corporation, the Games are being promoted extensively overseas to ensure a highly successful international sports gathering.

Technical Congress to be held at World Masters Championships

The 1994 FINA Masters Technical Congress is to be held in Montreal at the time of the Vth World Masters Swimming Championships. A Technical Congress for each of the Swimming disciplines is held every four years at the time of the World Swimming Championships. At these meetings changes to technical rules are ratified. The historic first ever Masters Technical Congress was held at the 1991 World Swimming Championships in Perth. At the FINA Bureau meeting, held in December 1992, the decision was made to allow Masters to hold their next Congress in conjunction with their own World Championships rather than at the World Swimming Championships. This is a step forward for Masters and a recognition of the unique position held by Masters among the disciplines. It will do much to assuage the fears among Master swimmers that as newcomers to the international scene they would be dominated by the more established disciplines.

AFTER A THREE-DAY SEMINAR OF "YOU ARE WHAT YOU EAT" — DELBERT DECIDES TO GO FOR THE GOLD'N SWIM FASTER!



The ideal condition would be, I admit, that men should be right by instinct; But since we are all likely to go astray, the responsible thing is to learn from those who can teach."

Sophocles

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

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