

# AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

VOLUME 5 NUMBER 4



NOVEMBER 1993

I realise it is not good practise to begin with an apology, however the standard of the last issue was down and I have taken steps to remedy this.

## CONGRATULATIONS TO KAY COX FROM ALL THE MEMBERS OF AUSSI.

I am pleased to announce that Kay Cox from WA has been awarded the Australian Coaching Council's Eunice Gill Award, for her outstanding contribution to Masters' Coaching.

I have precised the nomination put forward to the Australian Sports Commission by AUSSI, as I feel it is important for our membership to know of the great contributions Kay has made to our wonderful organisation.

The award was presented at the annual Australian Coach Awards in Melbourne, where she was cited in front of Australia's creme of sporting personalities and coaches. Not only was it great for Kay, but it was also a good opportunity for AUSSI to be put on equal footing with the higher profile sports.

Sadly, I attended the function in my last official duty as National Coaching Director. Due to my work commitments and expanding family, I feel I can no longer dedicate the necessary hours needed, in a voluntary capacity, for the job which has expanded considerably since I took it on in 1988. The position will effectively be split in two, with Kay taking on the official title, while I will continue to edit the newsletter and run the resource centre. I will also remain involved in any future reprints or rewrites of Mastering Swimming.

All matters relating to Accreditation should now be directed to :

Kay Cox  
8 Syree Court  
Marmion WA 6020  
Phone (09) 4471409

From the wave of letters I received as a result of my last editorial, it is obvious that I have created a bit of a storm in a teacup. For your edification they have been reprinted within this issue.

As well as the letters, this issue has a host of information ranging from stroke tips and workouts, a call for nominations for the AUSSI "Coach of the Year" Award, a fitness challenge from the USA, Fina Masters World Records, and a club profile from our southern friends in Tassie - Talays.

Finally, thanks to the many people who have written words of encouragement. They really are appreciated, and to those who have contributed to this issue. I am a bit thin on the ground for February's issue, so please keep the club profile's coming.

MERRY CHRISTMAS, EVERYONE.

Anita Killmier



Dear Anita,

I read with interest your article which highlighted "2 problems faced in AUSSI" and as you invited thoughts or comment, I felt obliged to respond.

Without naming a Club but alluding to a "second high profile Victorian club", I can only assume the Club you are referring to is Malvern Marlins, and in doing so made some rather serious and incorrect allegations.

Earlier this year we did reassess our coaching program and as part of developing some long term goals for the club, we initiated a policy by which our coaches did not receive "cash in hand", but recognition of their valuable contribution to the Club by paying for things such as annual membership subs., entry fees to both Long and Short Course Championships, plus financial assistance to attend Coaching courses, Seminars or Conferences.

I might add, this decision was made by our complete Committee, of which five members are practising coaches. As a result of our decision, it is true to say ONE coach left, but also that this coach was the ONLY NON MEMBER of Malvern Marlins who was engaged in any coaching.

Whilst we were disappointed to lose the services of this particular coach, we believe our decision to be in the true spirit of AUSSI Masters Swimming where the motto is "Swimming for Fitness and Fun". Swimming for most of us is relaxation, an escape from other daily pressures, and with sound management need not be treated as a "business" with monetary remuneration the only form of reward or payment.

Neither is it appropriate for others to sit in judgement (particularly with inaccurate information!) of Clubs who have developed Policy which meets the needs of the membership rather than the individual. As with any Policy, our Coaching Policy will be appraised regularly to meet any changing needs of the membership, or perceived future direction of the Club.

With a membership of 150 plus, and growing all the time, we do however ensure we are catering for all abilities through our coaching and skills development program.

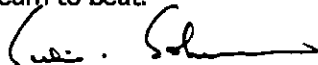
Under the direction of our highly respected Head Coach Grant Watson, and his team of 12 qualified and competent coaches (all unpaid!) and recognising the key issues to be participation, fitness and enjoyment, we are achieving our goals.

To take out second place at the recent Short Course Championships, surely demonstrated we had a strong and cohesive team of dedicated individuals of all standards, who were there for pleasure, and to swim to the best of their abilities, for their Club.

It was only through the support and encouragement of our enthusiastic coaching team, that many of them developed the confidence to even participate in a major competition for the first time.

Our TEAM SPIRIT was obvious for all to see on August 7th, and it is this spirit we will continue to nurture and further develop.

The Club motto for Malvern Marlins is "The Team To Beat", which not only refers to the points on the scoreboard, but the friendships which develop through mutual support and encouragement both in and out of the pool, and in this regard, Malvern Marlins, we feel, are the team to beat.



Julie Johnson  
President

Dear Anita,

It has taken me some time to reply to your comments in the Australian Swimming Newsletter Volume 5 No. 3 August 1993. I apologise for this as I have been involved in many other things and really I believe you should not answer something like this on the spur of the moment.

Firstly, Anita, I fully support your call for AUSSI coaches to be qualified as Level 1 Masters. I do not believe that the Level 1 Accreditation course covers those areas which are important or specific to adults. The only disagreement I have with you is calling it "our" scheme. My belief is that the Aquatic Industry is a total scheme and AUSSI is one part and an integral part of that scheme, and therefore the scheme of coaching and training should be a combined, integrated and total scheme, not a divisive "ours" or "them" type of situation.

My main concern Anita is the comment using the saying "You pay peanuts -you get monkeys". I know where you are coming from and I know we are trying to get a structure where coaches have a career path, however the use of this term at this time when most clubs are struggling to obtain pool space at reasonable cost is unwise. Extra costs will retard AUSSI growth.

No coach is paid at Syndal for coaching the club, however, at least 4 of our coaches including myself are professionally paid coaches / teachers at other times.

We do not believe we should be paid to coach our AUSSI club - as members we give of our time.....maybe our club is unique.

I know this reply is brisk but would gladly sit down and discuss how we can all achieve our aims and the aquatic industry benefit as a whole through combined objectives.

Yours in swimming,  
TED TULLBERG

Your editorial in the last issue of The Australian Masters Swimming Coaches Newsletter (Vol.5, No.3) managed to highlight some thought-provoking issues currently facing Masters Swimming. Amongst the issues emphasized were Masters Coaching Accreditation, remuneration for professional services, volunteer coaches, coaching complacency, legal aspects, elite swimming and the provision of quality coaching for Masters Participants.

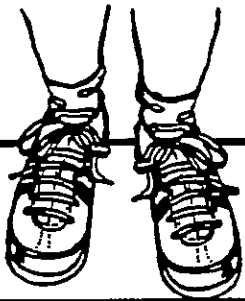
It is high time that such critical issues are resolved. In the future these issues (and others) must be addressed in detail and acted upon. If no action is taken coaches are likely to (1) fall short of fulfilling the needs of individual/team participants, and (2) there will continue to be polarised views and unhappy coaches.

Sport, Recreation and Fitness Professionals are generally paid little for the services they provide. In all facets of life one pays for the use of services (eg swim lessons, car repairs, dentist, doctor, etc.) Professional Coaches (Masters or other) cannot continue to be full or part-time volunteers. Our capacity to act as casual volunteers in sport is limited. The truth is that we provide services for remuneration, as this work sustains our living.

I feel strongly about meeting the individual needs of those that I coach. Although I am an accredited Level I Master Swim Coach, my main area of service has been in strength and conditioning for Sport, Health and Fitness. In the last decade, a mass of new information and guidelines relevant to Master Sport participants has been addressed. The volume of information (both practical and theoretical) on weight training, fitness and conditioning for adults is enormous. I would suggest that professionals who are willing to invest time, money and effort into the provision of such services should be equally remunerated.

Your article provoked me to write a paper titled "Masters Sport: Bust or Boom?", as an entry to the Rothmans Foundation Sport Coaches Paper Award for 1993. Good effort on your editorial.

From  
Concerned Fitness & Coaching Professional (Dip.T.,  
Grad.Dip.Sport Sci, Bach Appl.Sci (P.E.) Masters  
Candidate (Sport, Exercise & Aging); NCAS Level  
One Coaching Accreditation.



## KAY COX



In April 1977 Kay co-founded AUSSI Masters Swimming WA Branch, and served as the inaugural Vice-President of the first AUSSI club in WA. That club acted in the capacity of a State Committee until a Branch could be formally constituted in 1979. She then took on the newly created position of State Director of Fitness Education and Coaching, a position which she still retains to this day.

With little or no research data on aging athletes, Kay set about using her scientific and technical knowledge to supply the quality documentation required by the growing organisation. She has also provided most of the literature on coaching the adult swimmer, which AUSSI coaches have had the benefit of.

In her work to educate Masters swimmers and coaches, and to gain accredited coaches for over 200 AUSSI Masters Swimming Clubs Australia wide, Kay set about devising a coaching course designed specifically for adult athletes. She encountered quite a bit of opposition initially, but had a firm belief that coaching Masters (with a whole range of potential health related problems) was significantly different to coaching our younger counterparts and warranted a course.

She was rewarded when after 2 pilot courses held by her in 1985, Australian Swimming Inc. and The Australian Coaching Council accepted the course, giving full accreditation status on par with other sports.

Since then she has held another 7 Level 1M courses and has completed the first Level 2M pilot in WA.

In 1988 she developed and piloted the first course for Teachers to teach adults to swim. This also became recognised nationally as the official "AUSTSWIM Extension Course for the Teaching of Adults to Swim".

Kay has been a member of the AUSSI National Coaching Panel since 1987 and was the inaugural recipient of the Australian Masters Swimming Coaches Award in 1990.

Kay's work output has been prolific and too numerous to recount here, but it is worth mentioning that she has chaired a variety of AUSSI committees, is Chief Referee (WA Branch), is a Delegate on the National Technical and Coaching Committee, has completed her Masters Degree in Physical Education, raised 3 children and is currently completing her PHD in Exercise Physiology and Cardiovascular Medicine.

If all of that makes you tired just thinking about it, she also has swimming coaching and teaching certificates, Royal Life and Surf Life Saving awards and is a member of many sport and health societies such as the Woman's Sport Foundation and the Sports Medicine Federation.

Every now and then, someone comes along who has the capacity to have a profound influence on an organisation. Kay is one such person who has worked tirelessly and ceaselessly over a 15 year period, in a voluntary capacity. While Kay has never done anything for her own self promotion, it is lovely when one so deserving is finally recognised for their invaluable contribution. **THANK YOU KAY!**

# NCAS ACCREDITATION UPDATING

*In March 1993 the Australian Coaching Council distributed the following letter to all of the 100,000 coaches accredited with the NCAS. The information in this letter outlines the Accreditation Updating Policy initiated by the Australian Coaching Council and National Sporting Organisations in January 1991. Please read this information carefully as it has implications for all of Australia's coaches.*

**1994**  
**THE YEAR**  
**OF the**  
**COACH**

Dear Coach,

## UPDATING: Ensuring Quality Coaching For All

This letter has been prepared to inform you about the Australian Coaching Council's policy relating to the updating of coaching qualifications under the National Coaching Accreditation Scheme (NCAS). In January 1991 the Australian Coaching Council (ACC), in association with National Sporting Organisations, introduced a policy related to ensuring ongoing quality coaching. The policy is the Australian Coaching Council's Accreditation Updating Policy.

In addition to this letter, sport specific updating information which expands on the ACC's general policy framework can be obtained from National Sporting Organisations.

### Why Update?

- Updating ensures that coaches stay abreast of rule changes in their sport.
- Updating also keeps coaches in contact with the most up-to-date techniques and coaching methods.
- Updating will play an important role in ensuring that the coaching environment is safe for all participants and reduce the likelihood of coaches becoming involved in legal actions.
- Updating will ensure that sports and the ACC will have an up-to-the-minute register of active coaches.

This policy requires coaches, once they have completed an accreditation course, to participate in a variety of coaching and coach education activities to maintain their place on the National Coaching Accreditation Scheme active register.

### Typical updating activities include:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>• Attending an accreditation course at the next level</li> <li>• <b>Coaching</b></li> <li>• First Aid/Cardio-Pulmonary Resuscitation/ASMF Sports Trainer Qualifications</li> </ul> | <ul style="list-style-type: none"> <li>• Seminars conducted by Sport and Recreation</li> <li>• Work with a mentor coach</li> <li>• Sport related tertiary study</li> <li>• ACC organised events</li> </ul> |
|---|--|

"The most important thing you wear is the expression on your face".

Anon

"Jumping to conclusions seldom leads to happy landings."

S. Siporin



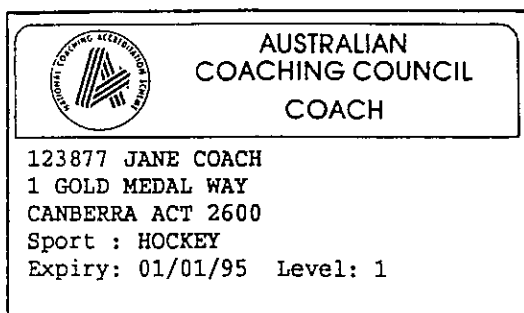
- Sports related workshops and seminars
- Training Camps
- Lecturing at a coach education course
- Involvement in State, National and International competitions
- Referees/officials courses
- Events specified by your sport

Your national governing body will be able to advise you about which updating activities are acceptable.

Your attention is drawn to **coaching** as an updating activity in the above list. Coaching is what coaches do; and, as such, active coaches are "rewarded" for their coaching efforts. National Sporting Organisations have developed updating policies specific to the needs of their coaches.

**You should contact your National Coaching Director for more information about your sport's updating policy.**

### How Does Updating Work?



When a coach receives an ACC accreditation card after completing a course the 'update clock' starts. This is indicated by the expiry date shown on the card:

The coach who wishes to ensure his or her name will remain on the ACC's active NCAS register should ensure that the activities are completed during the updating period specified by your sport.

Note: Accreditation cards for coaches accredited prior to January 1992 do not show an expiry date.

### Coaches Accredited Prior to 1 January 1991

For coaches accredited prior to January 1991 the clock has started as of 1 January 1991, which means updating activities will have to be completed by 1 January 1995. In some sports e.g. gymnastics, updating is required on a yearly basis.

### Coaches Accredited After 1 January 1991

The four year accreditation period starts when the ACC receives notification that all accreditation requirements have been met. For example:

Accreditation entered onto ACC database: 13 May 1992  
Accreditation period expires: 13 May 1996

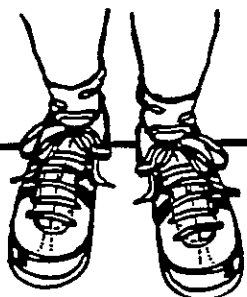
*The Australian Coaching Council will inform coaches prior to the expiry of the accreditation period.*

### How Are the Update Activities Recorded?

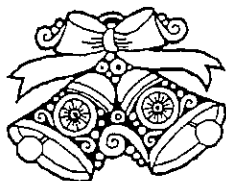
The ACC supplies newly accredited coaches with a Log Book to record all update activities. Some sports have their own log books. Check with your National Coaching Director if you are unsure. Take this book with you to any updating activity and have it signed by the course co-ordinator.

### Replacement Books

Coaches seeking a replacement Logbook should do so through their National or State Sporting Organisation.



## MASTERS SWIMMING COACH OF THE YEAR



ATTENTION ALL CLUBS!!!!!!!

Nominations for "Coach of the Year" will close with the National Executive Director on 1 March each year.

Presentation of the Award will be at the AUSSI National Swim and when applicable, the ASCA Conference too.

CRITERIA for judgement will be:

- \* accredited Masters Swimming Coach.
- \* current AUSSI Member, for at least twelve months.
- \* demonstrated a proven capacity to improve the level of performance of Masters Swimmers.
- \* practices and espouses a philosophy of fair play.
- \* presents a positive image of coaching and the role of the coach.
- \* demonstrates concern for the development of Masters Swimmers in and out of the sporting arena.
- \* demonstrates the application of relevant coaching theory.
- \* outstanding contribution in coaching and/or towards the development of coaching at Club, Branch or National level.

The judgement will be made essentially for the achievements during the previous calendar year, but if this is the culmination of an extended period of activity, the preceding contributions will be part of the consideration too.

Branches may nominate more than one candidate.

The Coaching Panel, being the most qualified to make a decision, will do so if practical, but any member who is a nominee, obviously cannot participate in the selection process. The endorsement and/or final judgement will rest with the Management Committee.

## Notes for "Coach of the Year" nominations:

- Winners to date are high profile coaches and certainly have made meritorious contributions to Masters Swimming coaching, but an extraordinary contribution/application above and beyond the call of duty at Club level will be equally considered - if the judging panel knows about it.
- Submissions need to be well documented and related to the criteria for judging. It is a "coach" we are looking for, not just a popular personality.
- "Performance" referred to in criterion 3, can mean an improvement in times, technique, greater distance and/or a higher level of fitness.
- It is a Coach of the Year award. Some submissions in the past barely related to the good work done in the year under consideration.
- The criteria and above notations are from the Coaching Directors' workshops held in Adelaide in April 1992. A recommendation from the Workshop is that Branches should consider a Branch Coach of the year too.

We put the call out with plenty of notice again because:

1. response in the past has been disappointing (in quantity of nominations - quality has been excellent)
2. Clubs owe or have a duty to their Coach to spend time and prepare an appropriate standard of submission in keeping with the many hours of quality work their coach has given to the Club - paid or not.

## Masters Swimming Coach Of The Year 1992

**NEROLI NIXON**

**Doncaster Dolphins AUSSI**

THE result of all the submissions for Coach of the Year was announced at the Presentation Dinner at the conclusion of the National Swim in Darwin by the National Director of Coaching, Anita Killmier.

Neroli is a Level 1 Masters swimming coach, Level 2 swimming coach, Level 1 Lifesaving coach, holds an AUSTSWIM certificate and a HALLIWICK (Disabled) certificate.

### **Cure For Insomnia:**

"Go to a committee meeting."

Neroli has also been responsible for the introduction of transplantees and a spina bifida swimmer to the group. She willingly gives her time to enable all club members to achieve their goals, and was instrumental in enabling two of her charges to achieve times necessary for inclusion in the World Disabled Games team for Canada in July 1993.



**Another season begins**

**All systems go**

**Aerobic swims**

**commence**

**All clubs registered**

**All Executive eager and  
enthusiastic**

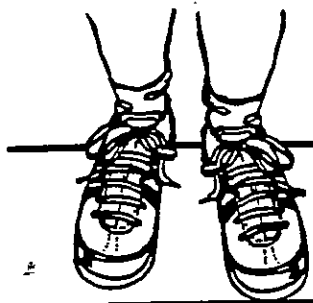
**All pigs fed and ready  
to fly!!**

A philosophical Lucy says to Charlie Brown: "Life, Charlie Brown, is a lot like swimming in a pool. Some people love the fast lane, others are content to stay in the slow lane. Some can't resist passing other swimmers, others are content to drag off the one in front."

"In the swim pool of life, Charlie Brown, where are you swimming?"

"I think I should have gotten out ten laps ago!!" says Charlie.





## CLUB PROFILE.

# TALAYS AUSSI MASTERS SWIMMING CLUB INC.

Talays AUSSI Masters Swimming Club was established in 1988 in Hobart with just 4 members. The Club was the fourth AUSSI Club in Tasmania and has since grown to a membership of 89.

When the Club began, the home base was an outdoor pool which was okay in the Tassie summer, but towards the end of the season in March, much of the swimming was done in the dark and cold of a Friday evening. The Club then used a very small indoor pool on a Saturday morning (during the winter months) until the St Michaels Collegiate Pool was built and ready for use in January 1990. Talays is the only outside Club to regularly use the facility of 6 lanes indoor. The Club meets on Wednesdays evenings for 1 1/2 hours training session with a coach, and on Saturday mornings for 'doing their own thing', and includes aerobic swims. Of course as soon as the outdoor pool is available from the 1st Sunday in October, the 'hardy' ones meet at 8.30am (no matter the weather), usually to complete aerobic swims.

The Club colours are red and white, with the platypus on the logo, which is usually printed or appliqued in white on the backs of windcheaters.

Membership is fairly diverse ranging in ages from 22 to 75, however the members are predominantly women.

Although many of the members are not ex-swimmers, the participation at Club and Branch Championships is always encouraging and the Club usually picks up a good share of the medals.

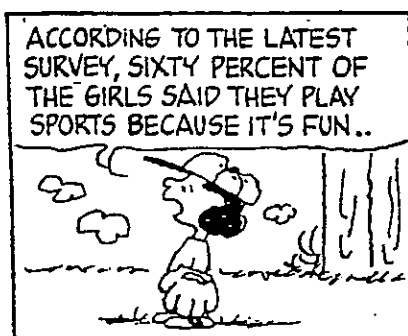
The Committee is always active and most attend all swim sessions. Two members are on the Branch Committee as Registrar and Recorder and 1 on the National Board. There is always some activity planned for members and a regular newsletter keeps all members informed of latest events and gossip.

The Club is a happy, friendly group of people and although there is a large group, all members are well known. Many are there of course to improve their overall fitness, however many are there for the fun of swimming. Members are always praised for any improvement or achievement and this is one of the strengths of the Club.

The Club also encourages members to take part in Life Saving Courses.

Some of the fun things organised have been Kick Board Race Nights, Relays, and Flipper Ball.

The Club often meets socially (as well as with the other AUSSI Clubs) with well-organised events. There are many advantages with living in a small place such as Tasmania; although there is great rivalry in some of the age groups. Swim Meets are always good fun, and most competitors know one another quite well (no, we are not all related !).



# Get into the swim of things

## FOCUS ON FITNESS

by ABBY HAIGHT  
of The Oregonian staff

### *Patience to do laps pay off in a sport that's kind to the body while it builds strength.*

When humans left the swamp eons ago, we left behind gills, fins and, for many of us, the urge to swim beyond summertime splashing at the beach.

In an age when the search for food means finding a parking space near the door at Safeway, we still return to our hunting and gathering past for exercise—walking, running and lifting. Swimming for exercise doesn't feel as natural—especially done in a chlorinated, 25 yard pool—but it's hard to find another sport that's better for you.

People have always existed who swam for their workout, but they were a small club compared to the legion of runners and walkers. Some chose swimming simply because they liked it. Others took up swimming to heal an injury caused by another sport and stuck with it. Some headed for the pool to train for triathlons.

Swimming is one of the best ways to strengthen your heart and lungs. It also is excellent for building upper-body strength. It does not jar your joints or strain muscles—usually. Swimming stretches your muscles and leaves you relaxed and tired. On a good day, an hour in the pool can clear your mind better—and cheaper—than 50 minutes with a therapist.

The problem with swimming goes back to that natural feeling: it's tough to start a swim program and stick to it when you thrash the water and either are exhausted or bored within 10 minutes.

Skip Runkle, who coaches elite and Masters swimmers at Multnomah Athletic Club (Portland, Oregon), has three tips for an enjoyable and successful swimming program: *Be patient. Get help. Swim with others.*

If you're fit from another sport, starting pool work can be frustrating. Most of us had our last swimming lessons as "minnows" at the local YMCA, and we've developed lousy technique since then. We expect to trade an hourlong run for an hourlong swim, so we swim too hard—using muscle we haven't used before—and have to quit from exhaustion after only a few laps. Runkle advises patience.

*"A lot of people, if they don't see quick results, if they aren't doing laps quickly, they'll quit and do something else," he said. "The ones who are successful start moderately and add laps."*

At the start, don't worry about your technique. Get in the pool, swim slowly so you don't explode and accept

that you can't swim long as you run or cycle. Let your muscles adjust to the new demand and become comfortable in the water. You can add laps sooner and at a greater rate than the traditional 10 percent weekly increase recommended in running.

Some athletes can't bear the thought of swimming back and forth. They claim boredom before they even try it.

"You don't have those external stimuli," Runkle acknowledged. "You aren't looking at trees or at people. You're basically looking at a line at the bottom of the pool. So people internalize more. They look inside themselves."

If you have trouble with the mental aspect of swimming, try focusing on your breathing or your technique. If you do a stroke correctly concentrate on repeating it. Swimming with others helps, as do formal workouts that use a pace clock. Break up your workout with a warm-up, stroke work and an aerobic set. Use a kick board and pull buoy both to improve technique and to keep your mind busy.

Swimming allows you to free your mind more than most other sports. Listen to your body, but let your daily swim be a time when your mind can take a break. Enjoy the cushion of the water and the echoing music of your arms churning through the water.

Once you've adapted to swimming, seek out a coach or experienced swimmer to help improve your technique. Bad technique is like doing laps in Levis and a sweatshirt: no matter how you work, you'll go slowly. It can lead to one of the few injuries associated with swimming: tendinitis in the shoulder or "swimmer's shoulder." The injury occurs when a swimmer doesn't rotate her body enough as she breathes, which stress on her shoulder.

A coach—whether a professional or a friend who's a better swimmer than you—can point you to techniques and make sure you do them right.

"It's really easy to change technique so you're moving through the water," Runkle said. "When you've been swimming for a long time, you get into set patterns. If you change, it's important to have someone there to watch."

*Swimming with others, especially in a Masters program, gives companionship and competition to make the laps go quickly. Such programs are available at almost all health clubs that have pools. As in any sport, a training partner keeps you honest in your workouts. You're motivated to work consistently harder. You'll also learn to swim better when you're watching—trying to catch—better swimmers.*

*Editors note: This excellent article ran in the November 3, 1991, Sunday Oregonian newspaper from Portland, Oregon. I highly recommend that all Masters coaches post many copies of this around their pools for all adult fitness swimmers to easily run into and read. Courtesy of John Zell, Oregon Masters*

## Treating A Pulled Muscle

**Q:** I'm a well-conditioned and experienced masters swimmer, my specialty being the breaststroke. In the past three years I have pulled my groin muscle twice (once on both sides). My question is what exactly is a pulled muscle and what is the recommended therapy for the recurring problem?

—Edward Nessel, Edison, N.J.

**A:** A pulled or strained muscle is an oft-occurring problem for many a swimmer and is characterized by a range of symptoms. These symptoms, depending primarily on the severity of the injury, can include a dull aching feeling, similar to a local feeling of fatigue, to a sharp and immediate sense of pain. Once the pain is noticed, further exertion may cause additional and extensive damage to the muscle.

The causes of muscle pull are varied and include such factors as: improper warmup—the muscle fibers are rigid when they are cold and the warmup period is vital to increase the stretching capacity of the fiber as well as the general cellular capacity of the cell; poor flexibility—the muscle cannot be extended beyond a certain point, as the muscle fibers are joined end-to-end, poor flexibility will reduce the extent to which the tissue can be stretched before a tear may occur; overtraining—the muscle fiber that is overtrained may be slightly damaged and unable to overcome the same force. Other factors have been implicated in the predisposition of muscles to strain injuries including muscle imbalance, mineral deficiencies and structural abnormalities (Mirkin and Hoffman, 1978).

One of the most important considerations for a "well-trained" swimmer is to always begin the training

session with an extensive warmup period that accomplishes the task of increasing the body and specifically the muscle temperature. This should be done gradually with no intense swimming done until adequately warmed.

A recommended warmup might be 400, 4x100 on 1:30, 4x50 on :55, increasing the intensity with each set. The warmup is obviously equally important prior to competition where most injuries occur. The swimmer should do the same warmup as he/she does prior to his/her training session and should not do any less. In addition, the warmup should be performed within a half hour of the competition to be effective in preventing muscle injury.

The process that occurs following a muscle pull involves the tearing of the fibers and releasing chemicals that have very specific cellular functions. One such chemical that is released is histamine which acts to cause localized hemorrhaging and swelling. White blood cells enter the damaged area to begin the process of "cleaning up" the dying and dead tissue that results, which is then followed by the laying down of fibrous scar tissue.

Upon immediate occurrence of the injury the most important treatment should be to minimize the swelling by icing the area and applying compression. This should be done over the first 24-48 hours at which point the swelling should begin to reduce. In large muscle masses, such as the groin muscle, swelling may not be as evident but the same guidelines apply. By the third day following the injury, the goal is to increase blood flow to the area which will increase the removal of damaged tissue.

An increasing number of trainers and therapists are using contrast cold and mild heat massage to increase circulation. This is generally done by 20-minute periods of massage with ice and heated towels or a whirlpool. During these first few days of treatment the affected area should not be used during exercise

and stretching of the area is not recommended. Exercise may begin once pain is minimal at rest and then exercise should be only of a light intensity.

It should also be remembered that the younger the swimmer the faster the healing process will take place and with the masters athlete a greater rehabilitation period will be required. Up to a week after the injury is sustained, the swimmer may begin to increase the amount of stretching of the injured area following heat massage. This should be done slowly and not be "ballistic" (bouncing) in nature. Following a muscle pull the athlete may have a sense of tightness in the area for many weeks and/or months afterwards. This is primarily due to the laying down of scar tissue which in contrast to the muscle fiber is rather rigid.

These recommendations are best utilized under the supervision of a trained and certified therapist or athletic trainer who can properly monitor the swimmer's progress.

Depending on the severity of the injury, a doctor may need to be consulted.

Once the injury has been thoroughly rehabilitated, the swimmer needs to be cautious to ensure that similar incidences don't occur again.

It often happens that a similar injury will occur to the opposite leg, as in this reader's problem.

This may be the result of the athlete overcompensating for the weakness of the previously injured muscle thereby placing a greater stress on the uninjured side.

This is hard to avoid but all precautions need to be undertaken to ensure that important muscle regions used for such events as the breaststroke are properly prepared for the stresses that will be imposed.

For a handy home-guide to sports injury and rehabilitation, I would recommend *The Sportsmedicine Book* (Little, Brown & Co., Boston) by Gabe Mirkin, M.D. and Marshall Hoffman as a ready reference guide to many similar questions. □

### About the Author

David C. Salo is working on a Ph.D. in exercise physiology at the University of Southern California. His area of research includes cellular adaptations to exercise. He received his masters degree in 1983 from California State University Long Beach in physical education-exercise physiology.

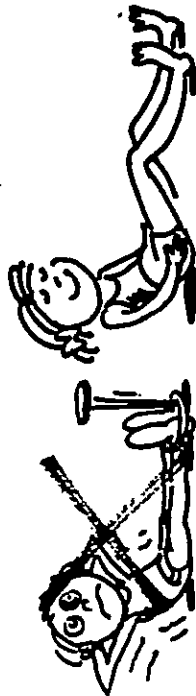
Swimming World/July 1987

Australia's marathon swimmer Shelley Taylor-Smith battled through two metre swells on the way to her sixth consecutive win in the 25km FINA World Cup circuit of Long Island.

## SIT-UPS

Sit-ups with straight legs result in the legs lifting slightly off the ground. This is because a muscle called the iliopsoas comes into play immediately the shoulders are lifted off the ground. Excessive development of the iliopsoas muscle can lead to lower back pain.

In order to work the abdominal muscles more effectively, the iliopsoas muscle should be taken out of action. This can be simply done by bending the knees. At no time should the feet be held down, even if the knees are bent.



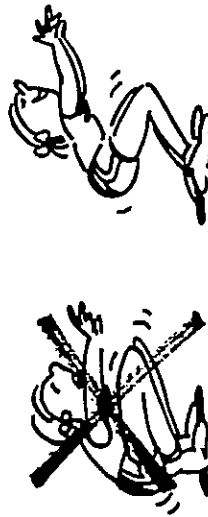
**DON'T!**

**DO!**

## DEEP KNEE BENDS

When the knee is placed at an angle greater than 45 degrees, the force on the knee joint can increase by up to 7 times the body weight. This force puts added pressure on the kneecap which is not well nourished, causing excessive wearing as the joint surfaces slide past each other.

The dangers of the squat can be minimised; by doing quarter squats, by keeping the centre of gravity over the middle of the feet and by not moving too quickly in the descent phase.

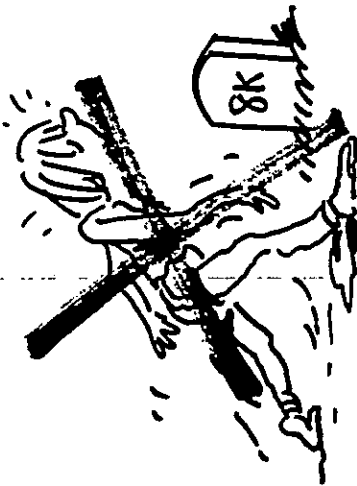


**DON'T!**

**DO!**

## ENDURANCE ACTIVITIES

Be careful when training children that you don't ask them to participate in long or intensive endurance activities. The coach should be particularly aware of the need for water in warm or humid conditions and must provide for adequate rest periods. Children should be encouraged to wear hats.



**DON'T!**

Coaching sessions should consist of short bursts of activity with lots of variety and frequent rests. As a general guide, the maximum distance running of children under the age of twelve should not be above five kilometres.



**DO!**



## EXERCISING SAFELY

Sport Coaches Australia is the coaching arm of the Confederation of Australian Sport. This brochure is part of a series on general coaching information prepared by Executive Members of the Confederation's coaching assembly for the betterment of sports coaches within Australia. The Committee Members are Mrs Wendy Ey (Chairperson), Mr Peter Corcoran (Deputy Chairperson), Mrs Pam Barham, Mr Nigel Champion, Mr Dennis Coffey, Ms Di Learmont, Mr Ivan Spedding. More details on Sport Coaches Australia or the Confederation of Australian Sport may be obtained by writing to the Secretary, Mr Garry Daly.

## GENERAL

Over the past 10 years sports science has become a major consideration for sports coaches wishing to improve the performance levels of their athletes. This has caused many changes to some of the traditional training techniques that were once thought to be safe and effective. Listed below are a few examples of common exercises that were once believed to be safe but are now considered to be potentially harmful.

### EXERCISING SAFELY

Coaches should make themselves familiar with the needs of children and the factors related to the normal growth and development of kids of various age groups. Through awareness of the different levels of efficiency of children's movements, astute coaches do not expect too much of their charges. Coaches should be sensitive to the different growth patterns of various children and always be on the lookout for low fitness levels, joint abnormalities and obesity. These and other factors will affect a child's performance. Most importantly of all, however, is the coach's awareness of the necessity to:

- ★ ensure children are protected from injury through the wearing of appropriate clothing and/or safety equipment
- ★ ensure all children (including late-comers) partake in a thorough warm-up
- ★ ensure all children cool down correctly after the activity

It is said of Master Swimmers:

"The older we get, the faster we were."

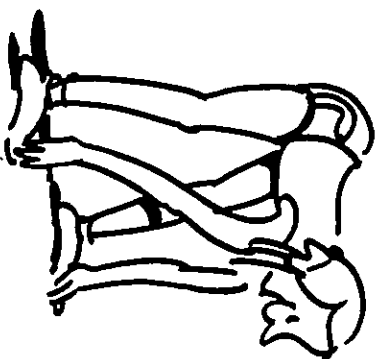
### TOE TOUCHING

In toe touching exercises, the back acts as a fulcrum which can have forces up to ten times the weight of the trunk exerted on it. This can lead to excessive strain and subsequent lower back pain.



**DON'T!**

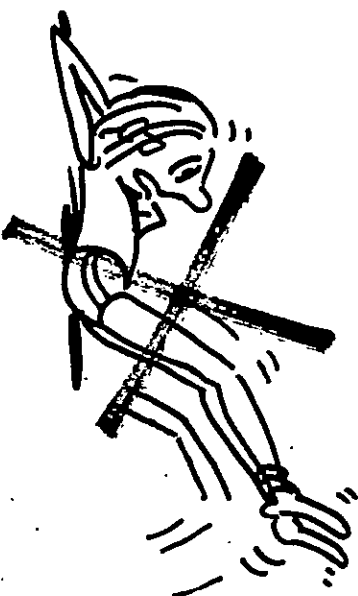
To prevent unnecessary back strain when touching the toes, the movement should be slow, breathing in while standing, exhaling as the trunk flexes, tilting the pelvis back and keeping the back straight. There should be no double bouncing movements while in the flexed position.



**DO!**

### DOUBLE LEG RAISES

Traditionally the abdominals were trained by raising straight legs slowly off the ground followed by scissor movements before being lowered to the floor. Again, with this exercise the lower back is the fulcrum, which places increased pressure on the discs of the lumbar region.



**DON'T!**

To take the pressure off the lower back, keep the back flat on the floor and either have the legs bent or raise them alternately.



**DO!**

# "Lactic Acid" Workouts

BY BONNIE ADAIR AND  
CLAY EVANS

**SWIM**  
magazine

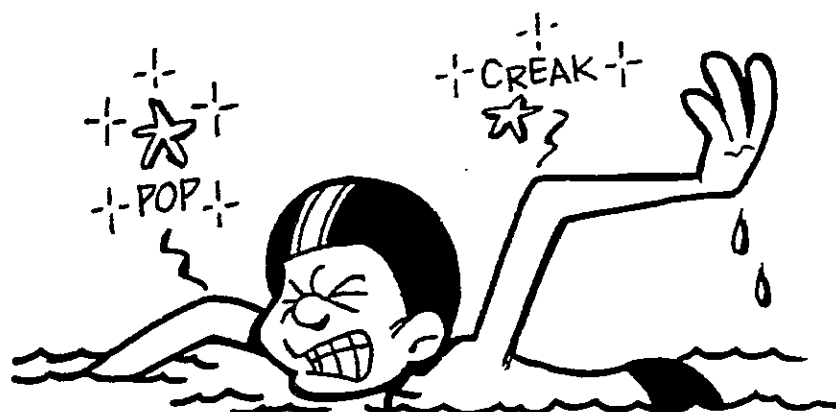
Reprinted from March/April 1993

For those of you who compete, April/May means the end of short course season or, in other words... *taper time!* It's time to rest the ole' bod, fine tune the engine, blast a few 25's and shave down for the big meet.

Well, there may be some bad news for those of you who have just started your taper as you read this issue of *SWIM*—it may be too late!

We at SCAQ believe that it takes more than a few weeks of rest and sprinting to achieve a peak performance at the big meet. The months of long mileage and short rest interval training get you in shape, but they do not prepare you physically or mentally for the 100% effort you need to achieve a personal best at the big meet. That's why early in our season (February 1st) we begin a weekly "lactic acid" workout for those swimmers training for a championship meet in April/May.

Lactic acid is a byproduct of short-term, high intensity exercise. As lactic acid builds up, it prevents the muscles from contracting. Improvement in higher intensity swimming—swimming faster—can only be obtained by adapting



your body to the increased stresses by overloading the metabolic and physiological systems involved. What all this means is that training at or near race speed is the only way to prepare for and adapt to the stresses placed on the body during peak competitions.

We do not recommend these workouts for the lap swimmer or part-time (2 workouts/week or less) Masters swimmer. However, for those of you training regularly, athletes training for triathlons or ocean competitions, an occasional lactic acid workout may just be what

the coach ordered to break up the monotony and prompt you to a new level of performance.

We rotate 4 different sets of all-out swims each month as described below. In addition to enhancing high quality performances, these workouts promote team enthusiasm and camaraderie.

Lactic acid workouts should be discontinued 2 weeks before your big meet and replaced with the conventional taper: a long warm up, some build/pace 50's and 100's and a few all-out sprints from the blocks.

WEEK 1	WEEK 2	WEEK 3	WEEK 4
1) Meet warm-up	1) Meet warm-up	1) Meet warm-up	1) Meet warm-up
2) 6 x 100 @ 10 min	2) 12 x 50 @ 5 min	3) 4 x 200 "broken" [10 sec rest each 50 @ 12 min.]	2) 8 x 75 @ 6 min.
4) 400 yd. cool down	4) 400 yd. cool down	4) 400 yd. cool down	4) 400 yd. cool down

## ABOUT THIS WORKOUT

**1.** Always begin with a complete meet warm-up to be ready for an all-out effort on the first swim. Most Masters swimmers need a minimum of 1,000-1,400 yards warm-up.

**2.** These rotating sets add up to only 600 yards, but they are "all-out" efforts—hold nothing back. Simulate meet conditions by starting from the blocks. Record your times on a log sheet to compare with the next month, when the set is done again. If the set is

done correctly, your times on the first three swims will be fairly consistent and close to meet performance times. Then it happens... *lactic acid* invades the body. Your times start dropping off. You tighten. You shake. You fatigue. But keep fighting! Think "technique" to battle the fatigue. Keep your stroke long. Streamline off the wall. Head down on your finish. When the big meet comes, the pain and fatigue will be familiar friends that you will face without fear or intimidation.

**3.** The "broken" 200's in Week 3, are

approached somewhat differently than the other 3 sets. The goal here is to achieve your meet 200 time *and splits*. (Remember you are getting 10 seconds rest in between each 50, which you won't get in the big meet.) By repeating this set over the course of the season, a swimmer will learn how to pace a meet performance 200 yard swim.

**4.** 400 loosen down. This is a *minimum* and a must!

You worked hard. Let your body cool down gradually.

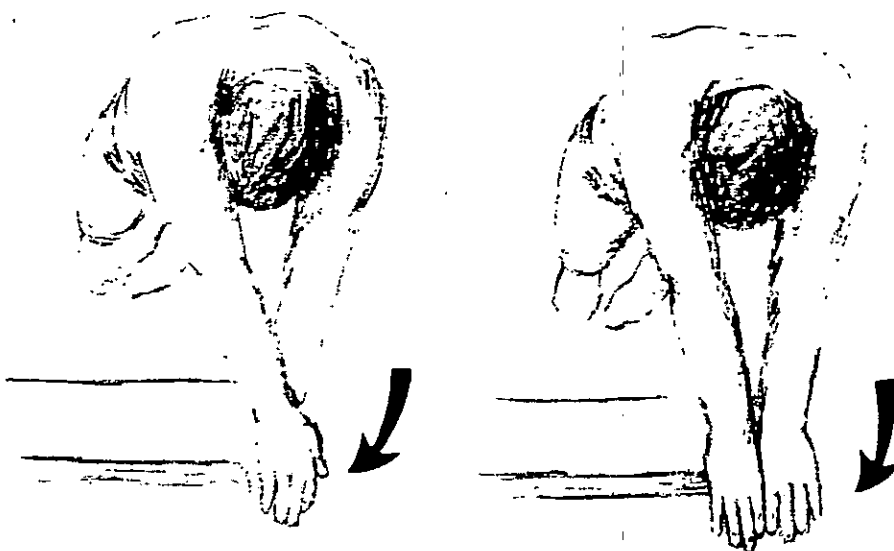
**Remember, ruining an athlete, especially those motivated to play at this higher level of competition, requires diligence, miscommunication, and a total lack of understanding. Make sure not to go to any clinics, especially the National Governing Body's Coaching Accreditation Program events, since you already know so much. Good luck and be sure not to change, since it worked when you were a player, there is no reason to think things might have improved.**



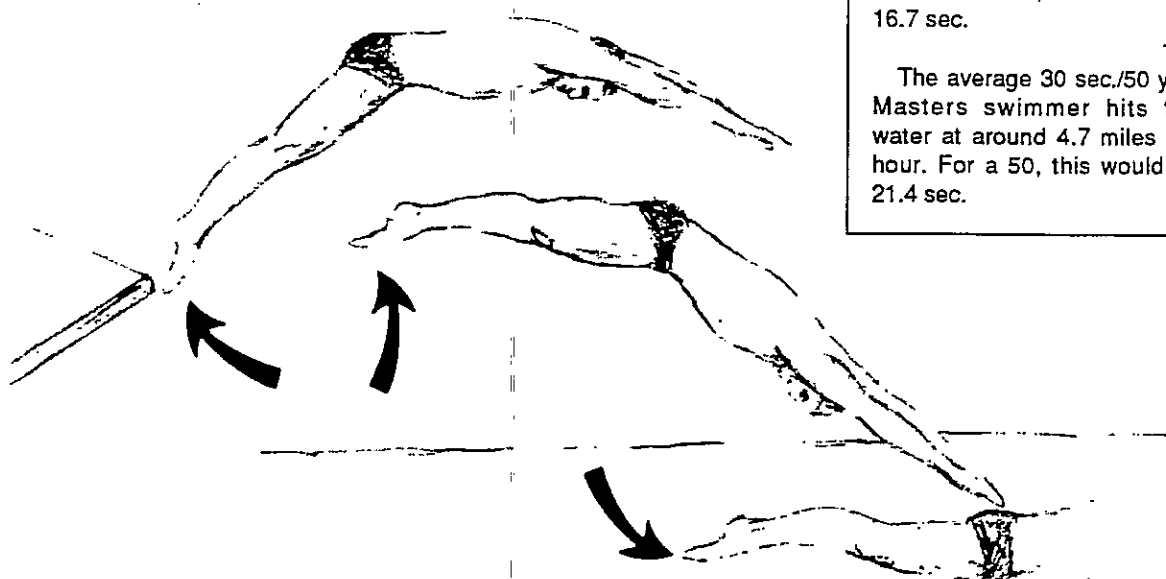
**TECHNIQUE TIP**

Let's discuss dives.

Most coaches encourage their swimmers to have their hands on top of each other during the start. We teach that it is equally acceptable to have the fingers just lightly touch, thumbs together (below). We leave it up to the individual swimmer depending on his or her level of flexibility.



Notice the pointed toes (below). It is essential to concentrate on extending to a complete toe point. The foot flex is dramatic and powerful right from the push off the block. Keep your toes pointed throughout the dive. Your knees will stay together and won't bend if your toes remain pointed. Your entry into the water will have a better chance of being streamlined if your toes stay in this extended pointed position.

**DRILL**

The best drill for improving your dive: practice!

**WARNING:**

DO NOT DIVE UNLESS YOUR POOL IS OVER 6 FEET IN DEPTH AND PERMITS DIVING—CHECK WITH YOUR COACH OR POOL MANAGER!

**TID-BIT FACTS**

The fastest swimmers (under 20 seconds for the 50) hit the water at just about 8 miles per hour (11.9 ft/sec.). If these swimmers could continue at this speed, they would complete 50 yards in 12.5 sec.

The average 25 sec./50 yds. Masters swimmer hits the water at around 5.7 miles per hour. For a 50, this would be 16.7 sec.

The average 30 sec./50 yds. Masters swimmer hits the water at around 4.7 miles per hour. For a 50, this would be 21.4 sec.

Each issue of SWIM Magazine will provide you with a workout to do on your own or preferably with a partner(s). Cut them out and take them to the pool with you. Use a plastic folder to keep them dry on the deck. Then file these away in a notebook. This workout notebook has different sections designed and written by USMS Coaches Clay Evans and Bonnie Adair of the Southern Aquatic Masters Swim Club in Los Angeles. The goal: to optimize your time and efforts in the pool. If you ever wondered what Olympic-level swimmers do to train and maintain their performances, these workouts will introduce you to that at the three levels of beginner/fitness, intermediate and advanced.

SWIM Magazine and SCAQ suggest that you have a medical exam before starting any exercise program, then at least once a year thereafter. Also warm up for at least 10 minutes and warm down at least 10 minutes in each workout. These workouts are designed for approximately one hour. If you are just beginning your swim program as a fitness swimmer, please allow about 30 days for your body to acclimate to its new regime. SCAQ recommends that you start off your training program by swimming three times a week and eventually build up to five to six times a week. Remember, all exercise programs extend your fitness and health, but they do have inherent risks.

**Timing Your Fluid Intake**

It's important for health and performance to drink your carbo-electrolyte beverage early in a race, before you lose valuable body fluids. According to recent research from the University of Limburg in the Netherlands, male subjects who ran for two hours or lost 4% of their bodyweight (whichever happened first) before consuming such beverages vomited, felt nauseous, became dizzy or experienced stomach pain after consumption. Those who drank water as they were running experienced no symptoms. In addition, body temperatures rose during the runs when no fluids were consumed early in the race.

POINTS TO PONDER - FROM THE STATE COACH

I have recently had several queries regarding the use of training aids, so the following is a summary of the various aids and their uses.

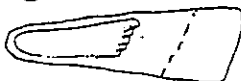
Kickboards are of course used for kick training. It is important to hold the kickboard in the correct position to keep the correct body position for the kicking stroke being practiced. In freestyle, the board is gripped over the edge, with the arms resting on the board. This helps to keep the buttocks touching the surface, which is important to reduce drag.

In butterfly, the hands are placed together, palms downwards, about  $\frac{1}{3}$  along the length of the board. The end of the board is half way along the forearm. This position enables the body to undulate naturally in reaction to the kick.

In breaststroke, the position would depend on whether breathing practice is being combined with kicking practice. Breaststroke kicking practice can also be done with several kick boards bound together. This develops the desired high position of the feet as the kick start. Because of the steep body position, the feet have to recover high in order to perform a strong kick. This drill is also a good conditioning exercise.

Backstroke kicking practice is ideally done without a board, with the arms extended overhead - the wrist crossed with the palms pressed together. If this is not possible due to restricted shoulder movements a kickboard can be grasped at the corners, with the arms outstretched as far as possible.

Flippers (Fins) are also used in kick training, but can also be used in whole stroke training. There are many sizes and shapes of flippers available. Large diving fins are not advisable as they put too much strain on the legs if used with effort. If you find your fins are too big, they can be cut down. Angle the cut to follow the shape of the toes.



When using fins in kick training it should be done with effort, to help strengthen the leg muscles. Always ensure that a full, correct kicking action is performed.

Flippers are helpful on whole stroke training as they provide propulsion, and help to keep the correct rhythm going.

Pull buoys have a dual purpose. Firstly, the swimmer is able to concentrate solely on arm action and breathing, as the legs are held afloat and immobilized.

Secondly, without the aid of the legs, the arm muscles are overloaded, and therefore pull buoys can be used for conditioning exercises.

Bands can be used with or without the aid of a pull buoy to further immobilize the legs. A set of bands for the entire squad can be made by cutting up a car tyre inner tube.

Paddles also have a dual purpose. They can be used to overload muscles as a conditioning exercise, and also used to achieve a more efficient stroke. When using paddles, you should be able to "feel" the water at all times. Weak points in the stroke can be discovered as the paddles are felt to slip. An incorrect hand entry may cause the paddles to catch on the water, or flick off the finger, and this can then be corrected by further work with paddles. Always be careful and courteous when using paddles, especially in crowded lanes.

Drag Suits - suits with pockets which fill with water and drag bags - bags which are towed behind the swimmer, and used to overload muscles for conditioning. Coaches can improvise by getting their swimmers to wear loose clothing during the training sessions to create drag.

Stretch cords can be used for "tethered" training. They can be used for kicking, pulling, and entire stroke, and are again used to overload muscles. A stretch cord is also an ideal way of training in small pools (eg the back yard pool).

Any or all of these training aids may be useful in your training program. Used properly they are a valuable addition, but care should be taken especially when they are used for muscle overload.

Reprinted from WA Newsletter

Reference: Colwin, Cecil  
An introduction to  
Swimming Coaching  
Canadian Amateur Swimming Association

FEB. 93

Reprinted from the WA coaches newsletter February 1993

Continued from page 6.

### Cost of Updating

At the end of the 4-year updating period a \$10.00 re-registration fee will apply. The ACC will issue sport governing bodies with special updating stationery. This will be forwarded to the ACC in the same way as the existing accreditation stationery which includes a list of names and \$10.00 per candidate.

### What Happens if I Don't Update?

Coaches who do not complete the updating requirements as specified by your National Sporting Organisation will be removed from the NCAS active-coach register.

To re-enter the list the coach will be required to complete appropriate updating activities as specified by the National Sporting Organisation. In some cases National Sporting Organisations require coaches to re-do the appropriate NCAS level course.

Special leave considerations (such as maternity leave, leave related to employment, etc) are available and should be discussed with your National Coaching Director.

The Updating Policy has been designed to ensure Australian sport takes place in an environment where quality, standards, safety and personnel are of the highest order.

We thank you for your support in implementing this program.

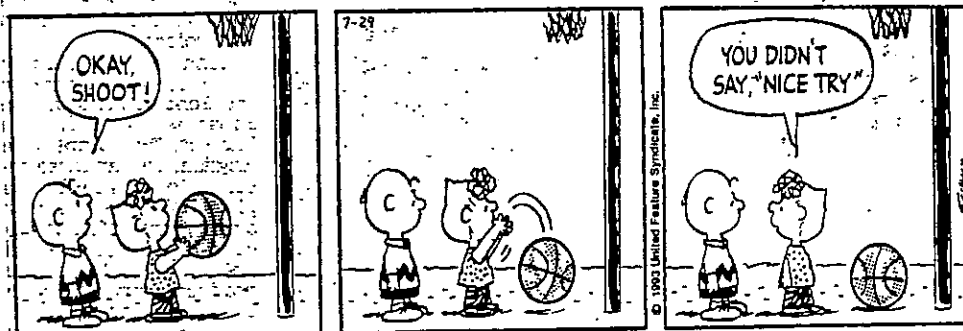
Yours faithfully,

Lawrie Woodman  
Director

### Success..... from a Frog's Perspective:

Success isn't marrying a handsome prince, but marrying a frog, and watching him turn into a handsome prince because you loved him even though he was a frog.

### PEANUTS



# CHALLENGES - OBSTACLES - GOALS

You will often find that those who seem to get ahead, who are seen to be "achievers" in the sporting or corporate environment, have clearly established personal strategic objectives or goals. They are organised in that they know where they want to go and they also know how they are going to get there.

Often, however, when pursuing personal goals, somewhere along the line the individual will undoubtedly encounter obstacles which will test his or her resolve.

The challenge then lies in the individuals' ability to overcome these obstacles to keep things moving forward, to

keep their sporting or professional career on track. The individual may need to rethink strategies for achieving their set goals---to be able to regain and control the environment they are operating in, rather than succumbing to twists of "fate".

Successful people are often seen as selfish, or described as single-minded. However usually these traits are merely symptoms of being goal directed and committed. The most difficult facet of working towards achieving a goal is maintaining a positive outlook and believing that the goal can be achieved despite the onslaught of unpredictable barriers which arise along the way. Goal-directed people are able to do this. Some key words which apply in this area are commitment, passion, desire, zeal, hunger, purpose and belief. All of these words share a common factor---a definite emotional connection with achieving against all

odds.

Actually achieving the goals we have set ourselves can be extremely satisfying. However the satisfaction often comes from the fact that having achieved the set goals, the individual has managed to survive and overcome all of the obstacles along the way. The journey has enabled the individual to discover more about him or herself. This can be as rewarding for the individual as the actual outcome of the process itself.

In business or sport, the goal-directed personal who can overcome challenges in a positive manner is able to demonstrate to all that he or she has the qualities within to be in there for the long haul---invaluable traits that employers and coaches both will appreciate in the competitive environment that we live in today.

(courtesy Sports Link)

Dear AUSSI Coaches Newsletter:

The purpose of this letter is to inform you of the 1994 FEBRUARY FITNESS CHALLENGE, an international swimming postal event designed to encourage swimmers to practice regularly and to track their results during the month of February. The sponsors of the event are the United States Masters Swimming Fitness Committee, Southern Masters Swimming (the states of Louisiana and Mississippi), and SPEEDO.

The "FFC" began in the United States in February, 1993 as 606 participants entered and accumulated over 18,000 miles! Each entrant calculates total distance for the month and sends in the completed form with entry fee. In return, each swimmer receives a copy of the final results, a certificate of achievement, and may purchase custom FEBRUARY FITNESS CHALLENGE swim caps and shirts. Top achievers in each age-group receive medals. It all serves to motivate the swimmer to greater heights!

I am interested in working with you to offer the FEBRUARY FITNESS CHALLENGE to the swimmers in your area and/or country.

I may be contacted at the following address:

FEBRUARY FITNESS CHALLENGE  
c/o Scott Rabalais  
950 South Foster Drive #29  
Baton Rouge, LA 70806  
U.S.A.

Let's work together to help make our world a more healthy one. I look forward to hearing from you. Should you wish to call me, my telephone number in the United States is 504-928-5596.

# February Fitness Challenge '94



**Purpose:** To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

**Sponsors:** Southern Masters Swimming, United States Masters Swimming Fitness Committee, SWIM Magazine, Speedo America, American Lap Swimmers Association

**Eligibility:** Must be at least 19 years of age

**Recording Distance:** Beginning February 1, 1994, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

**Monthly Totals:** At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

**Caution:** Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

**Awards & Results:** All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Allow 30 days after deadline for mailing of results/awards.

**Age Groups:** 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

**Age:** Determined by your age on February 28, 1994

**Rules:** Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

**Entry Fee:** \$5.00, all fees (check or money order) payable to **Southern Masters Swimming**

**T-shirts:** \$12.00, short sleeve, 100% cotton.

**Theme:** "Fitness Frog: Sittin' On Top Of The World!"

**Caps:** Swim caps with FFC logo available for \$3.00

**Entry Deadline:** Entries must be RECEIVED by March 21, 1993. Late entries will be returned!

**Entry Procedure:** Send form below and fees to:

FEBRUARY FITNESS CHALLENGE

c/o Scott Rabalais

950 South Foster Dr. #29

Baton Rouge, LA 70806 USA

Phone: (504)928-5596

**International Entries:** Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

**Workout Guide:** For a free brochure entitled "Ten Great Workouts for the February Fitness Challenge," send a self-addressed stamped envelope to above address.

## FEBRUARY FITNESS CHALLENGE '94

(please print)

NAME: \_\_\_\_\_ AGE:(as of 2/28/94): \_\_\_\_\_ SEX: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
 ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ PHONE:( ) \_\_\_\_\_ USMS MEMBER? Y N

TUE FEB 1 _____ yds	TUE FEB 8 _____	TUE FEB 15 _____	TUE FEB 22 _____
WED FEB 2 _____	WED FEB 9 _____	WED FEB 16 _____	WED FEB 23 _____
THU FEB 3 _____	THU FEB 10 _____	THU FEB 17 _____	THU FEB 24 _____
FRI FEB 4 _____	FRI FEB 11 _____	FRI FEB 18 _____	FRI FEB 25 _____
SAT FEB 5 _____	SAT FEB 12 _____	SAT FEB 19 _____	SAT FEB 26 _____
SUN FEB 6 _____	SUN FEB 13 _____	SUN FEB 20 _____	SUN FEB 27 _____
MON FEB 7 _____	MON FEB 14 _____	MON FEB 21 _____	MON FEB 28 _____

TOTAL MONTHLY YARDAGE = \_\_\_\_\_ YARDS

TOTAL MONTHLY MILEAGE = \_\_\_\_\_ MILES

(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

\*\*\*\*\*  
**FEES**  
 Entry fee \$ 5.00 \_\_\_\_\_ (required)  
 T-Shirt 12.00 \_\_\_\_\_ (optional)  
     Shirt size: \_\_\_\_\_ S M L XL  
 Swim cap 3.00 \_\_\_\_\_ (optional)  
 Int'l fee 3.00 \_\_\_\_\_ (outside U.S.)  
 TOTAL \_\_\_\_\_ (U.S. dollars)  
                     (payable to Southern Masters Swimming)  
 \*\*\*\*\*

#### Workout #7

Lucky Meisenheimer, Team Orlando Masters

E - Elite Masters, M - Masters,  
F - Fitness Swimmers

Warm Up: E-800 swim, M-600 swim, F-400 swim

Set: E - 8 x 75/1:20

25 catch-up drill, 25 build, 25 hard

M - same

F - 8 x 50/1:20, 25 catch-up, 25 build

Main Set: E - 90 x 25, M - 90 x 25

F - 90 x 25 (every other one)

20 choice on :30

20 IM (5fl, 5ba, 5br, 5fr) on :30

10 free, 1 easy, 1 hard on :30

20 kick on :40

20 swim (5/:30, 5/:25, 5/:20, 5/:15)

Concentrate on streamlining off the push off!

Swim Down E-200 easy, M-100, F-100

Total: E-3850 yards, M-3550, F-2025

#### Workout #8

Jim Miller, Virginia Masters

Warm Up:

300 free easy, swim 25, kick 25

4 x 50/1:00 - easy perfect stroke

300 non-free, swim 25, drill 25

4 x 50 non-free/1:10 - easy stroke

Main Set:

3 x 100 free/1:30, steady even pace

3 x 75 IM/1:15 (fl-ba-br)

3 x 100 free/1:25, steady even pace

3 x 75 non-free/1:15

3 x 100 free/1:20, hold even pace

3 x 75 drill IM easy/1:30-1:45

3 x 100 free/1:45, faster pace than above with more rest

Warm Down: 300 easy, alternate 50 free and 50 non-free

Total: 3175 yards

#### Workout #9

Nancy Miller, Virginia Masters

Warm Up: 100 easy free

100 back (swim/kick/drill/swim by 25's)

100 breast (swim/kick/drill/swim by 25's)

100 free (swim/kick/drill/swim by 25's)

100 fly (swim/kick/drill/swim by 25's)

100 free easy

Main Set:

5 x 100 free/easy interval

2 x 50 easy choice stroke or dr/sw on 1:15-1:30

4 x 100 free/interval :05 faster than 1st interval

3 x 50 easy choice (same as 1st group of 50's)

3 x 100 free/interval :10 faster than 1st interval

4 x 50 easy choice (ditto)

2 x 100 free/interval :15 faster than 1st interval

5 x 50 easy choice (ditto)

1 x 100 free/interval :20 faster than 1st interval (fast)

6 x 50 easy choice (ditto)

Note: Set the interval for last 100 first (i.e. fastest all out 100 pace), then add time to create other ints.

Warm Down: 200 yards

Total: 3300 yards

#### Workout #10

Scott Rabalais, Crawfish Masters

"BROKEN 500's" - :30 rest within each 500

Intervals: 10/7:00 or 9/8:00 or 8/9:00 or 7/10:00 or 6/11-12:00 or 5/13-15:00

#1 - 200 (:10) 150 (:10) 100 (:10) 50

#2 - 150 (:10) 100 (:10) 150 (:10) 100

#3 - 25 (:05) 50 (:05) 75 (:05) 200 (:05) 75 (:05) 50 (:05) 25

#4 - 100 (:05) 100 (:10) 100 (:05) 100 (:10) 100

#5 - 50 (:05) 100 (:05) 50 (:05) 100 (:05) 50 (:05)

100 (:05) 50

#6 - 125 (:05) 125 (:10) 125 (:15) 125

#7 - 75 (:05) 75 (:10) 200 (:05) 75 (:10) 75

#8 - 200 (:10) 25 (:10) 200 (:10) 75

#9 - 50 (:05) 75 (:05) 125 (:10) 125 (:05) 75 (:05) 50

#10 - 50 (:05) 50 (:05) 300 (:15) 50 (:05) 50

Total: 2500 - 5000 yards

# Ten Great Workouts

for the

## February Fitness Challenge



#### Contributing Coaches

Robert Bablak

Judy Bonning

Dick Bower

Michael Collins

David Diehl

Tom Harmon

Lucky Meisenheimer

Jim Miller

Nancy Miller

Scott Rabalais



**Workout #1**  
**t Bablak, Ohio Masters**

Warm Up: -  
Swim 2 x 250 IM's (rest :30 between 250's)  
(25 fly, 50 back, 75 breast, 100 free)  
Note: Can be done in reverse order  
Kick 1 x 300 using two kicks, alternate 50's

Main Set:  
Swim 5 x 50 (various)  
Kick 4 x 25 (:30 sendoff)  
Swim 1 x 50 (free)

Repeat all three sets for each stroke, suggested sendoffs are free :50, back, breast, fly 1:00  
Rest :30 between each 400 yard set

Kick 4 x 100 IM's continuously with no board  
Swim 6 x 125 IM's - 50 yards of least efficient stroke

Swim Down 300 yards choice

Total: 3550 yards

**Workout #2**  
**Judy Bonning, Coral Springs Masters**

Warm Up:  
400 choice - every 3rd 50 is 25 right arm, 25 left arm

Kick: 10 minute kick for distance; how far can you kick in ten minutes? Choose kick and method of kicking (with or without board, fins, etc.) Record your distance and method for future reference.

Main Set: (locomotive)  
25 free - 25 back, 50 free - 50 back, 75 free - 75 breast, 100 free - 100 IM  
100 free - 100 IM, 75 free - 75 breast, 50 free - 50 back, 25 free - 25 fly

Pull: 500 Free - breathe every 3rd, 5th, and 7th strokes by 50's if possible, if not breathe at least every 3rd stroke. Work on distance per stroke.

Loosen 4 x 50 - 25 drill/25 swim, choice of drill and stroke

Total: 2500 yards (approximate)

**Workout #3**  
**Dick Bower, Bolts Masters**

Swim easy choice, 10 minute warm up  
Swim 3 x 6 minute distance with descending times (Swim as far as you can including :20 to :30 rest, leave every 6:00)

Swim 15 minutes of 100's, stopping to rest for :10 after each 100, medium pace

Pull 16 x 25 on :30 (or 12/40), medium to fast pace

Kick 5 minutes continuous, medium pace, with or without fins  
Kick 16 x 25 on :30 (or 12/40), fast pace, with or without fins

Swim 20 x 25 on :30 (or 16/40), all fast pace, then swim down easy

Total: 3500 yards (approximate depending on ability)

**Workout #4**  
**Michael Collins, Davis Aquatic Masters**

Warm Up: Swim easy 200 free, 100 back, 100 breast

Kick/Swim 8 x 50/:15 rest interval  
25 kick without board, 25 swim  
2 x 50 in each stroke, reverse IM order  
Substitute free if unable to do strokes  
2nd 50 of each stroke faster than 1st 50

Main Set:  
Pull 1 x 800/:30 rest  
Swim 8 x 100/:15 rest, odds 25 specially/75 free; evens IM  
Pull 1 x 600/:30 rest, avg. 1-2 secs. per 100 faster than 800

Swim 6 x 100/:15 rest, odds 50 spec./50 fr; evens IM  
Pull 1 x 400/:30 rest, avg. 1-2 sec. faster than 600  
Swim 4 x 100/:15 rest odds 75 spec./25 fr  
Pull 1 x 200/:30 rest avg. 1-2 sec. faster than 400  
Swim 2 x 100/:15 rest, odds 100 spec., even IM  
Warmdown: Swim 1 x 200 choice easy

Total: 5000 yards

**Workout #5**  
**Davie Terrapin Masters**

A-Advanced, I-Intermediate, E-Easy

Warm Up: 50's freestyle (A-1/2/50, I-1/0/1:00, E-8/1:10) Concentrate on technique:

Odd - Reach (roll shoulders), Push (finish stroke)

Even - Bilateral breathing, every 3rd stroke

Kick Set: 50's back (A-1/2/1:00, I-1/0/1:10, E-8/1:20)  
Arms above head, streamlined

Drill Set: 50's free (A-1/2/55, I-1/0/1:05, E-8/1:15)  
Odd - Finger drag (high elbows on recovery)  
Even - Thumb drag (down center of chest, hands under body)

Main Set: 500's free (A/7:30, I/9:00, E/10:30)  
Build intensity with each 500  
1- Broken at 100's for :15  
2- Broken at 50's for :10  
3- Broken at 25's for :05  
4- Straight Swim (A-3 times, I-2 times, E-1 time)

Swim 200 choice easy

Total: A-5000 yards, I-4200 yards, E-3400 yards

**Workout #6**  
**Tom Harmon, IRCC Masters**

Warm Up: 200 free swim, 200 kick, 200 pull, then 8 x 75 - each 25 drill, 25 swim, 25 build

Main Set: 6 x 100 - Odds free, Evens other than free  
Descend first to last, after set swim 50 long & smooth

4 x 125 - 50 drill, 25 build, 25 long & smooth, 25 no breath

8 x 25 kick - 25 sprint, 25 underwater (can be done with or without fins), then 50 long & smooth

Pull 6 x 50 negative split, then 200 warm down

Total: 3100 yards

# TIPS FOR LONG DISTANCE SWIMMING

## The Program

	Advanced	Intermediate	Fitness/Lap Swimmer
Warm-up	1) 200 free	1) 150 free	1) 100 free
Warm-up	2) 2x200 drill	2) 2 x 150 drill	2) 2 x 100 drill
Kick	3) 200	3) 150	3) 100
Main Set 1	4) Straight (20. min)	4) Straight (20 min.)	4) Straight (20 min.)
Kick	5) 200	5) 150	5) 100
Main Set 2	6) Straight (15 min.)	6) Straight (15 min.)	6) Straight (15 min.)
Kick	7) 200	7) 150	7) 100
Main Set 3	8) Straight (10 min.)	8) Straight (10 min.)	8) Straight (10 min.)
Warm Down	9) 200 Easy	9) 150 Easy	9) 100 Easy
<b>Total</b>	<b>3000+</b>	<b>2450+</b>	<b>1800+</b>

**About this program** This program is designed for all adult summer swimmers, pool and open water workouts. It is long and it is aerobic. It's geared for building an aerobic base which will assist all swimmers, from recreational to Masters National competitors, and from open water aerobicers to drop dead sprint aerobicers. Distance swimmers must maximize aerobic capacity - that means yardage.

Remember, when doing any exercise program, balance is critical. You may like sprints but you should do some long distance swimming to build your aerobic base.

1. Easy Warm-up
2. The drill is catch up freestyle. The catch-up can be on one side or alternating arms after each stroke. Start with one side, you can try alternating later. The idea is that you swim only one hand, while the other hand sits stretched out in front at your head on the centreline of your body like Superman. This stationary hand acts as a target. It does not move. Your other arm does the stroke cycle alone, recovering over the water to meet it. Since it is stretched out you are forced to stretch out to meet it with the moving arm. Glide, glide, glide. I suggest you do

the drill on all the even laps, and regular swim on all the odd laps. Practice your technique from these warm-up drills through the end of the long sets.

3. A kick set will finish off your warm-up and prepare you for the first long swim. If you are in the open water, roll on to your back and kick this casually with your hand extended above your head. Go for 3 minutes.
4. Here is the work: 20 minutes straight swim. Count your laps.
5. Kick again to space the long swims. This should be medium effort. If you are trying this in the open water try it again where you can keep kicking as your kick backstroke.
6. Back to work: 15 minutes - this time of straight crawl. Your goal is to go farther than 3/4 of the 20 minute set.
7. Another kick to give you a breather, physically and mentally, and get you ready for that last long swim.
8. Last, but best effort: 10 minutes. The goal is to go farther than at the 10 minute average of the 20 or 15 minute swims. If you want to make this a pull set, go ahead and put on the pull buoy and paddles.
9. Loosen down.

### 19th National Swim Adelaide - March - 1994

**Yes!**

**Fliers are now available from Club Secretaries.**

## Dates for Diary

**MARCH 22-26, 1994:** 19th AUSSI Nationals, Adelaide, S.A.

**APRIL 23-1 MAY, 1994:** W.A. Masters Games, Albany, W.A.

**JULY 2-10, 1994:** World Masters Swim Championships, Montreal, Canada.

**SEPT 26-8 Oct, 1994:** 3rd World Masters Games, Brisbane, Qld.

**OCT 15-23, 1994:** Masters Games, Alice Springs, N.T.

**MARCH/APRIL, 1995:** 20th AUSSI Nationals, Perth, W.A.

## How To Kill A Club The Twelve Basic Rules

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

*Courtesy Ministry of Sport & Recreation*



## Summary FINA Masters World Records - Dated 1st May 1993

			25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90 +
Long Course	50m	Free	00:26:68	00:26:37	00:27:38	00:28:05	00:29:08	00:30:04	00:32:59	00:33:60	00:34:75	00:37:61	00:40:85	00:44:25	00:51:48	02:02:38
	100m	Free	00:58:23	00:58:09	01:00:25	01:02:99	01:05:44	01:07:42	01:12:34	01:14:25	01:18:84	01:28:07	01:39:28	01:59:30	02:07:61	04:08:22
	200m	Free	02:07:11	02:07:84	02:09:33	02:21:09	02:24:24	02:32:25	02:42:04	02:50:03	02:48:51	03:21:01	03:52:90	03:44:00	04:49:52	
	400m	Free	04:27:53	04:30:38	04:33:08	04:54:49	05:08:67	05:16:82	05:36:66	06:02:28	06:05:22	07:15:99	08:04:16	08:23:50	13:22:48	
	800m	Free	09:18:43	09:18:82	09:24:54	10:07:92	10:48:41	10:58:47	11:30:97	12:19:35	12:27:60	15:04:91	16:33:41	17:21:19	24:23:38	
	1500m	Free	17:38:78	17:40:50	18:12:11	18:30:40	21:08:30	21:02:46	22:18:91	23:45:76	24:07:05	28:46:45	31:46:49	33:59:65	52:15:77	
Women's	50m	Back	00:30:80	00:32:11	00:32:39	00:32:42	00:34:51	00:34:87	00:37:30	00:40:35	00:39:85	00:44:53	00:46:64	00:53:73	00:58:42	02:01:70
	100m	Back	01:06:46	01:09:07	01:10:94	01:11:03	01:17:06	01:21:01	01:21:42	01:30:22	01:31:58	01:39:85	01:49:73	02:01:87	02:13:13	03:59:89
	200m	Back	02:19:97	02:26:99	02:35:44	02:45:63	02:50:27	02:51:11	02:59:18	03:15:92	03:17:12	03:47:59	04:07:44	04:22:89	04:47:82	10:47:76
	50m	Braast	00:32:01	00:34:56	00:34:41	00:37:02	00:37:77	00:39:52	00:39:91	00:42:49	00:47:05	00:49:57	00:52:90	01:04:36	01:28:69	
	100m	Braast	01:16:05	01:14:52	01:17:44	01:21:73	01:26:28	01:28:83	01:29:88	01:38:72	01:42:84	01:52:88	02:07:86	02:22:79	03:18:97	
	200m	Braast	02:42:02	02:48:41	02:53:64	03:01:46	03:09:19	03:14:70	03:18:11	03:35:36	03:45:71	04:06:80	04:36:72	05:07:83	07:45:92	
	50m	Fly	00:28:79	00:29:22	00:29:27	00:30:13	00:30:74	00:32:76	00:35:29	00:38:54	00:43:35	00:46:55	00:57:22	01:13:71	01:27:77	
	100m	Fly	01:03:91	01:06:08	01:05:39	01:06:27	01:12:67	01:15:47	01:27:49	01:31:52	01:40:35	02:02:61	02:18:44	02:37:32	03:01:14	
	200m	Fly	02:18:69	02:27:54	02:26:38	02:33:51	02:44:10	02:49:53	03:17:68	03:28:58	03:42:61	04:37:05	04:54:79	05:29:93	07:18:41	
	200m	Medley	02:22:00	02:29:22	02:37:26	02:43:49	02:46:91	02:54:57	03:06:11	03:17:40	03:20:58	03:51:91	04:20:42	04:47:02	06:44:53	
	400m	Medley	05:05:29	05:11:39	05:34:47	05:45:58	05:54:98	06:12:08	06:42:05	06:59:45	07:09:69	08:33:57	09:11:23	10:05:13	14:02:65	
	Long Course	50m	Free	00:22:59	00:23:21	00:24:56	00:24:93	00:25:30	00:26:16	00:27:42	00:27:86	00:28:94	00:29:35	00:32:50	00:36:62	00:44:65
100m		Free	00:51:25	00:51:50	00:54:28	00:56:01	00:57:04	00:59:25	01:01:95	01:02:80	01:06:15	01:11:61	01:14:86	01:28:22	01:43:03	02:14:06
200m		Free	01:52:17	01:54:04	01:57:95	02:04:82	02:07:18	02:10:45	02:21:33	02:23:11	02:32:90	02:44:86	02:53:73	03:31:79	03:48:81	06:03:12
400m		Free	04:06:99	04:08:70	04:15:49	04:26:60	04:27:70	04:43:72	04:58:41	05:05:54	05:38:79	05:57:45	06:27:76	07:23:09	08:14:50	
800m		Free	08:36:83	08:46:99	08:52:22	09:19:37	09:31:38	09:55:59	10:20:08	10:36:09	11:35:97	12:34:22	13:35:96	15:46:62	17:11:21	
1500m		Free	16:28:69	16:42:28	17:26:29	17:30:13	18:34:73	19:28:41	19:54:72	20:08:80	22:29:32	23:59:01	25:41:55	28:54:95	33:08:42	52:41:53
Men's	50m	Back	00:27:39	00:27:32	00:28:04	00:29:38	00:30:67	00:30:93	00:32:94	00:34:39	00:35:47	00:37:49	00:40:47	00:45:69	00:59:15	01:16:30
	100m	Back	00:58:24	01:00:19	01:01:60	01:03:39	01:06:00	01:10:14	01:13:15	01:16:38	01:20:74	01:25:35	01:32:92	01:45:37	02:18:74	03:19:14
	200m	Back	02:07:57	02:11:77	02:13:83	02:18:17	02:26:91	02:34:01	02:42:37	02:49:36	02:55:46	03:13:25	03:25:93	03:58:25	05:08:97	08:59:53
	50m	Braast	00:29:88	00:29:42	00:30:79	00:30:82	00:32:76	00:33:38	00:33:30	00:35:91	00:38:28	00:40:56	00:42:58	00:46:59	00:58:96	01:36:87
	100m	Braast	01:04:60	01:05:85	01:07:90	01:09:95	01:12:88	01:15:60	01:17:87	01:21:58	01:28:91	01:33:20	01:39:69	01:51:25	02:18:82	05:16:03
	200m	Braast	02:26:73	02:24:06	02:33:05	02:32:17	02:41:88	02:51:68	02:58:20	03:08:59	03:16:90	03:32:90	03:44:71	04:25:69	05:09:86	
	50m	Fly	00:25:16	00:25:31	00:26:35	00:27:04	00:27:12	00:28:63	00:30:17	00:31:66	00:33:34	00:35:65	00:41:25	00:52:05	00:59:50	
	100m	Fly	00:56:34	00:56:64	00:58:08	01:02:05	01:02:84	01:05:83	01:10:28	01:17:39	01:20:59	01:32:85	01:39:80	02:21:06	03:23:06	
	200m	Fly	02:05:25	02:07:71	02:09:18	02:23:05	02:27:56	02:33:79	02:48:98	03:00:99	03:08:79	03:38:48	03:43:56	05:11:48		
	200m	Medley	02:09:21	02:09:69	02:16:49	02:18:92	02:24:39	02:34:67	02:43:57	02:51:41	03:02:81	03:11:42	03:30:50	04:20:72	05:33:20	
	400m	Medley	04:34:08	04:40:44	04:55:13	04:57:46	05:12:03	05:29:95	05:53:53	06:04:99	06:37:79	06:59:24	07:33:32	09:47:72	12:27:27	
	Short Course	50m	Free	00:26:93	00:26:55	00:26:47	00:28:25	00:29:73	00:30:48	00:31:83	00:33:54	00:34:92	00:38:95	00:42:88	00:48:76	01:03:78
100m		Free	00:58:93	00:57:35	01:00:29	01:01:15	01:05:20	01:06:41	01:11:63	01:13:68	01:20:80	01:31:84	01:45:53	01:53:70	03:01:15	04:23:67
200m		Free	02:05:80	02:06:83	02:12:69	02:14:32	02:28:69	02:27:95	02:40:27	02:49:55	03:02:54	03:27:01	03:50:58	04:17:73	05:33:83	
400m		Free	04:25:94	04:30:59	04:46:93	04:50:68	05:16:35	05:12:43	05:34:32	06:02:43	06:13:42	07:17:22	07:56:05	08:48:24		
800m		Free	09:18:99	09:09:90	09:46:95	10:04:16	10:51:84	11:20:21	11:29:99	12:21:67	12:35:26	15:06:99	16:20:48	18:11:90	24:05:34	
1500m		Free	17:30:18	17:41:81	18:27:71	19:00:81	22:18:64	21:44:35	21:35:84	23:28:15	23:38:44	28:29:85	33:53:33	35:07:91		
Women's	50m	Back	00:30:63	00:31:99	00:32:50	00:33:85	00:35:43	00:35:96	00:37:92	00:39:60	00:40:48	00:45:08	00:48:06	00:59:47	01:13:57	01:55:07
	100m	Back	01:04:66	01:09:59	01:10:47	01:10:94	01:17:13	01:20:50	01:21:90	01:29:13	01:30:41	01:44:02	01:48:13	02:06:95	02:52:17	04:19:46
	200m	Back	02:17:86	02:32:32	02:34:09	02:38:40	02:51:16	02:48:88	03:00:66	03:16:14	03:15:72	03:53:86	04:00:43	04:38:53	06:00:16	
	50m	Braast	00:33:60	00:33:74	00:34:63	00:37:64	00:38:67	00:38:82	00:40:69	00:42:02	00:47:39	00:50:53	00:58:41	01:05:84	01:37:05	01:49:01
	100m	Braast	01:13:60	01:16:13	01:16:70	01:22:19	01:23:49	01:25:73	01:28:13	01:37:78	01:43:57	01:54:84	02:00:27	02:21:80	03:09:62	04:05:59
	200m	Braast	02:44:82	02:49:16	02:50:93	02:54:12	03:04:75	03:08:87	03:12:85	03:29:39	03:46:02	04:09:41	04:35:24	05:00:63		
Men's	50m	Fly	00:29:48	00:30:20	00:30:05	00:30:18	00:32:97	00:35:23	00:37:50	00:38:40	00:44:27	00:48:27	00:59:09	01:05:04	01:24:53	
	100m	Fly	01:05:71	01:04:69	01:07:28	01:07:59	01:14:85	01:12:66	01:27:88	01:31:43	01:38:74	02:04:25	02:12:17	02:30:84	03:29:58	
	200m	Fly	02:17:13	02:26:35	02:28:96	02:32:19	02:37:88	03:11:83	03:11:42	03:21:73	03:38:65	04:36:96	04:48:50	05:22:65	07:15:07	
	100m	Medley	01:06:84	01:07:78	01:08:15	01:11:65	01:14:41	01:18:05	01:24:19	01:27:50	01:37:07	01:43:67	02:00:07	02:07:52	03:00:23	
	200m	Medley	02:24:07	02:27:11	02:31:39	02:33:89	02:42:88	02:57:65	03:05:23	03:14:28	03:18:77	04:01:01	04:17:89	04:45:93	09:49:36	
	400m	Medley	05:06:88	05:13:69	05:30:35	05:32:53	05:55:35	05:56:24	06:36:03	06:50:55	07:33:72	08:34:79	09:07:66	09:50:43	15:34:06	
Short Course	50m	Free	00:23:16	00:22:82	00:23:98	00:2										

# Body Temperature reprinted from



## Physiology

**How does a change in water temperature affect a swimmer's ability?**

The ability to maintain a safe body temperature during training depends upon the ability to cool oneself. During training or competition in land sports, this ability to maintain a safe body temperature depends on the ability to sweat.

Swimmers do not tend to sweat very much. Fortunately, however, water conducts heat (removes heat) about four times faster than air. This means that when swimmers train, the water is very good at removing the excess body heat produced by heavy training. Unfortunately, the high heat conductivity of water presents two important concerns.

First, when the water is cold (less than 78 degrees Fahrenheit) swimmers can cool off too quickly between sets.

One of the worst things a coach can do is have swimmers work very hard for a set and then have a long rest period before beginning the next swimming set. Too much time between sets allows swimmers to begin to cool off, increasing the possibility of hypothermia (low body temperature).

Hypothermia does not occur often. It is more likely when the water is very cold (less than 70 degrees Fahrenheit) and the environmental temperature is low.

On the other hand, when the water temperature is high (above 84 degrees Fahrenheit) swimmers cannot effectively cool themselves. In this case the water acts to hold the heat in the swimmer's body and caution needs to be observed to prevent a dangerous rise in body temperature.

One of the more interesting observations recently noted is the change in body weight seen during swim training. A recent research project conducted on

Aug-Oct 1993 *Swimming Technique*

swimmers performing high-intensity interval training showed that training resulted in nearly a one percent loss in body weight due to fluid losses. Fluids were lost as a result of sweating and urination.

Urinary losses occur because of the body position used during swimming, the increase in pressure on the body caused by water, and the lack of gravity that occurs in the water. Almost all swimmers experience the need to urinate during training.

However, fluid losses can be prevented by consuming small amounts (16-32 ounces per hour) of beverages like sport drinks that contain sodium and carbohydrates. In addition to the sodium, carbohydrate consumed during exercise helps maintain blood glucose (sugar) levels and prevent fatigue.

Steven G. Gregg, Ph.D.

Gatorade Exercise Physiology Laboratory

Gatorade Sports Science Institute

# Breathing life into life

**I** REMEMBER when I was in high school and we all had to do our lifesaving "Bronze Medallion".

It was all a bit of a hoot — after a sweaty summer morning in the classroom we would pile into a big green and yellow bus and head down to the ocean pool at the local beach, swim a few laps, jump into the water fully clothed to "save" one of our school friends who was pretending to be drowning.

We would ham it up and award points for the most dramatic re-creation.

We then had to drag our partners to shore and "bring them back to life".

We would practice CPR (cardiopulmonary resuscitation) on life-size mannequins.

It was always a fun afternoon, a kind of organised chaos with the usual teenage hysterics when the instructor paired you up with one of the boys for the mouth-to-mouth drill.

At the time I don't think any of us really understood the enormous gift that was being handed to us.

The knowledge and skills to save a human life.

Sure, we passed the examination and got our certificates, but I wonder how many of us really thought we would ever have to use it ourselves.

*You never know when you may be called upon to bring a person back to life.*



## ISSUES

Dr Kerry Phelps

Time was obviously running out. In my limited Spanish I indicated that I was a medical student and got to work, drawing on all those drills they had taught us back in our school days on the beach.

Theory instantly went into practice. No rubber dummy this time.

Well, the lessons paid off and by the time the ambulance arrived the man was breathing for himself and had started to wake up.

Over the years I have heard of many cases of lives saved with CPR and, sadly, I've also seen a few lives lost that might have been saved if only someone at the scene had known the basics of resuscitation.

Summer is approaching again and Australians are about to revive their love affair with the water.

Families will be heading for beaches, backyard pools, rivers and dams, and experience tells us that if you are in a situation that might need

CPR skills, chances are the victim will not be an anonymous man on a foreign beach. It will be someone close to you, probably someone in your own family.

I will never forget the time I met a couple who had almost lost their young son who had fallen into their partly-completed backyard pool.

At the time, the mother had no idea how to do CPR.

The father was a Telecom linesman who had been taught CPR as one of the safety requirements of working with electricity.

As luck would have it, the day his three-year-old son slipped out of sight under the murky water in the hole in the backyard, dad happened to be home on a rostered day off.

When they eventually pulled the boy from the bottom of the pool, he had stopped breathing and had no perceptible pulse.

Had his dad not been around, he would not be alive today.

If you have never learnt CPR, do your family a favor and sign up for a course.

If it's been years since you learnt, think about brushing up your technique with a refresher course.

One day the life of someone you love could depend on it.

# The Fifty Free

REPRINTED FROM "SWIM" MAY-JUNE 1993

## How the winners get to the wall first

by Tom Lyndon

"They don't have to train," "I can't get into my stroke that soon," and "That's all they can do," are what some think of the fifty free types. Agreed, some sprinters seem to scarcely prepare for this brief exertion and some of them have serious trouble holding it together for even a decent hundred. Still, the fifty free—the fastest of them all—is swimming's match for the runners' hundred. Winning it in the big meets is not something handed to anyone.

They do train, so what is it they do to get to the wall first? To find out, I asked some of the winners at the Chapel Hill and Seattle nationals to share their training and other strategies that helped them win. Here's how twelve women and eight men did it:

### Pool Times and Patterns

Average years of swimming  
before in

Age	# Masters	Masters
20-29	3	14
30-39	5	13
40-49	6	9
50-59	2	5
60-69	3	7
70-79	2	5

#### Coached

Yes 12, No 8

#### Frequently videotaped

Yes 8, No 12

#### Type of workout during off-season

Fat loading season	0
Maintenance	10
Lotsa yards	7
Same as before meet	3

#### Yards/workout during off-season

0-2000 yards	3
2500-3000 yards	8
3100-4000 yards	7
> 4000 yards	1

#### Hours/workout during off-season

1 hour or less	11
1-1/2 hours	8
2 hours	1

#### Workouts/week during off-season

0 workouts	1
3 " "	3
3.5 " "	3
4 " "	5
4.5 " "	2
5 " "	3
5.5 " "	1
6 " "	1

#### Yards/workout in the 3 months before the big meet

0-1500 yards	1
2000-2900 yards	7
3000-3600 yards	9
4000-4800 yards	3
6000 yards	1

#### Workouts/week in the 3 months before the big meet

1 workout	2
2 " "	1
2.5 " "	1
3 " "	5
3.5 " "	3

4 " "	2
4.5 " "	1
5 " "	3
6 " "	3

#### Workout emphasis in the 3 months before the big meet

Stretch cords	2
Weight training	5
Hand paddles	5
Arms	6
Fins	8
Kicking	10
Form	9
Stroke technique	11
Anaerobic sets	11
Short yards & long rests	14

#### Short yards & long rests sets

- 12-1/2—50 on 30 seconds/25 yards
- 25s & 50s in more than 1 minute
- 25-50-75-100 on 1 swim/3 rest ratio
- 50s & 100s on 3 & 5 minutes
- 25s-100s on 2-3 minutes
- 25s & 50s on 2 & 4 minutes
- 25 yards-long rest
- 10 x 12-1/2 with complete recovery

### Did you do anything different this year?

**Jayne Bruner:** I spent three weeks in the Galapagos Islands scuba diving until ten days before the meet.

**Bob Bailie:** Went off weight training in late winter due to a back problem...may have

slowed times.

**Gracie Goddard:** Went off weights a little bit earlier...I don't know if it helped or not. Each year the ingredients are a little different...so it's always an educated guess as to what might work this year.

**Vern Rogers:** I didn't have time to be serious about training, so I concentrated on feeling good and having fun...

**Liz Hobbs:** I worked out with a coach (and drove 45 miles each way to do so). He helped with technique and confidence. I was much more relaxed than the past few nationals (when that ugly voice in my head said, "You know you're not ready").

**Jo Moore:** I was nervous about diving in with my goggles on. I practiced my dives a lot at each workout. They stayed on.

**Clay Britt:** I trained more long, hard sets and tapered less due to the late start to my hard training. The intensity close to the meet helped me swim my best times.

**Steve Stahl:** I'd been doing a lot of road biking. I stayed off my bike the month before the meet.

**Laura Val:** I was very busy last year (working, finishing grad school, and coaching), so I was lucky to get in one hour workouts three times a week.

**Joel Feldmann:** Vertical kick sets and fast 12 1/2 yards swims.

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### FOOTROT FLATS



**Frank Piemme:** For nine years I've been self-coached. This year I was coached in strokes, turns, and with prescribed drills and workouts. I'm more knowledgeable, but the workouts and drills had no substantial effect on my times.

**Judy Reed:** Once a week I swam with Rich Abrahams and Tom Whatley (both record holders). I also started weight training with them.

### What about your taper?

**Gail Roper:** Drove to Federal Way from San Francisco, arrived the day before the meet.

**Jack McCann:** Short (10 days). Did sprint sets.

**Lisa O'Dell:** From three weeks out, 1500 yards three times a week. Tapering is the key! Even though I wasn't working off a very heavy season, taper is more than just resting; it's focusing on all of the little parts of the race that sometimes get lost in regular workout. Speed takes a while to come out of hiding sometimes, and it takes concentration to get it really going. Back in college, I spent a lot of time going over videos of old races and I learned a lot about timing. I used what I learned in videos to visualize what I wanted to be doing. Then I thought about that during all the 12-1/2s and starts and turns.

**Bob Bailie:** With Short Course in May, Worlds in July, and Long Course in August, I felt like a yo-yo—yardage-wise—all summer long.

**Gracie Goddard:** I love tapers. I discontinued weights altogether two weeks out. Yardage starts to

drop a little three weeks out. By last week, yardage is down to 2000 a day (4500 before).

**Vern Rogers:** Very short taper. 2-3 days.

**Andy McPherson:** One week at most. I don't think I put in enough yards to taper off of (3000/3600 yards; 4/week before)

**Carolyn Boak:** Down to about 250 all out by two weeks out. No sprinting the last seven days.

**Liz Hobbs:** I find that a properly structured taper can make up for months of not training.

**Jo Moore:** Since I only swim three days a week, I tried to keep the yardage up. We did change to sprint sets with more rest. I worked on dives and turns.

**Linda Suhs:** I really couldn't taper off my minimum workload (2000 yards; 3/week)

**Dorothy Donnelly:** One day I will earn one. Mostly, I do reverse tapering as a meet comes along. The last couple of days I do maintenance with short (25-50-75) speed all out.

**Clay Britt:** Short and sweet. Two to three weeks. Sprints, starts, turns.

**Tom Whatley:** Less of the same.

**Clara Walker:** As usual, three weeks prior to nationals I cut down to 1500 yards (from 4800-6000 yards; 6/week)

**Steve Stahl:** The coach's workouts were ideally suited towards a proper taper. There was always the correct amount of sprinting, strength maintenance, and rest.

**Laura Val:** I had a typical taper. I cut down my yardage to about 2000-3000 yards the last three weeks (3000-4000 yards before). Then 1000-2000 the last

week. No all out sprints the last week.

**Joel Feldmann:** One week. I don't have a lot of yards (2600 yards; 3-4/week before), so I can't taper very long.

**Frank Piemme:** I taper 2-1/2 weeks. I try to do what worked for me in past years.

**Judy Reed:** Decreased weights, but didn't stop because going to Worlds later.

### What's the biggest reason you were able to win the fifty?

**Jayne Bruner:** I got to the end of the pool first. I have never really trained for the fifty. Success in these events comes from quickness and focus. I mentally swim my races for weeks before the big day.

**Gail Roper:** Previous competitive experience. Guts.

**Jack McCann:** I outlived most of my competition.

**Bob Bailie:** I lost a fifty at Worlds when I was not focused.

**Gracie Goddard:** I think I got lucky.

**Vern Rogers:** A controlled explosion. Established a frame of mind similar to that of a greyhound...strains to catch the mechanical rabbit...singular hunger is directed at the opposite wall.

**Andy McPherson:** I built my strength by swimming distance for eleven months with one workout per week for sprinting.

**Carolyn Boak:** Lots of quality and long rests during taper. Also some quality each week during the season.

**Jo Moore:** It was great to hear my children yell, "Go, mom!" while I was on the blocks.

**Linda Suhs:** I'm not sure.

**Dorothy Donnelly:** Mostly adrenalin. I love to compete.

**Clay Britt:** I was racing a good friend and I just couldn't allow him to win!

**Tom Whatley:** Rich Abrahams is my training partner.

**Clara Walker:** I train much harder than most Masters swimmers and have an excellent coach.

**Steve Stahl:** Faster guys decided not to show up for the meet. Besides, a tenth of a second is a wonderful thing when it goes your way.

**Laura Val:** I have lots of fast twitch muscle fibers.

**Joel Feldmann:** Consistent weight training for the year and I wanted to win! A training buddy, Barb Thrasher to push me—younger a faster.

**Frank Piemme:** I have read quite a few theories...but?

**Judy Reed:** I hit my turn and a lot of luck!

### Their First Place Times

Chapel Hill	Seattle		Age
(50 Yds)	(50 Meters)		
24.08	Linda Suhs		24
23.63	Lisa O'Dell		27
23.92	Liz Hobbs		31
	28.13	Gracie Goddard	33
	29.64	Jo Moore	37
26.18	Joel Feldmann		41
	28.05	Laura Val	41
26.93	Judy Reed		44
	30.56	Carolyn Boak	44
28.79	Jayne Bruner		58
	37.43	Gail Roper	63
31.01	Clara Walker		66
34.12	Dorothy Donnelly		71
	24.67	Steve Stahl	72
20.95	Clay Britt		71
	25.04	Vern Rogers	71
21.72	Tom Whatley		71
	24.08	Andy McPherson	75
24.53	27.11	Bob Bailie	77
26.49	30.21	Frank Piemme	78
28.91		Jack McCann	71

### COACHES LIABILITY INSURANCE

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

### AUSSI INSURANCE

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



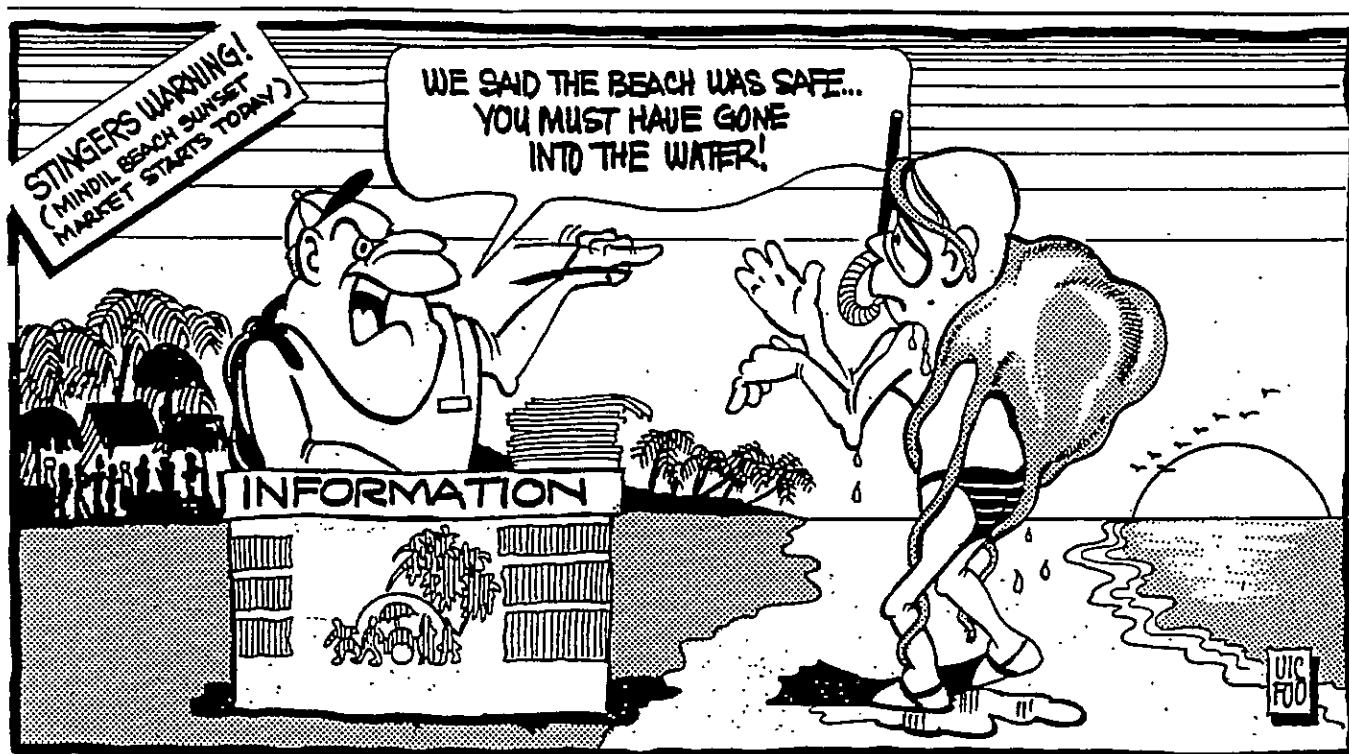
## THE IDEAL CHRISTMAS PRESENT FOR THE SWIMMER IN YOUR LIFE.

MASTERING Swimming is a book for swimmers. Compiled by Anita Killmier the National Director of Coaching for AUSSI Masters and recent winner of Coach of the Year, the book has contributions from Australian and overseas experts, including WA's Kay Cox.

The first line of the media release appealed to me. "What beats jogging as a way to keep fit and healthy"? Not being built to cover the ground like a gazelle I read on, "Water exercise of course", was the answer. The book is a complete guide for swimmers from the novice to the experienced, for coaches, and covers adulthood cycles, diet and all aspects of interest to the aquatic person.

"Mastering Swimming" is available from your Branch Secretary at \$26.95 plus postage, or direct from:

ANITA KILLMIER



### Did You Know?

That placing browned bananas in the refrigerator (below 55 F.) slows ripening and keeps the fruit fresh for additional days while killing only skin cells. ♦ That the drug Lovastatin, frequently used to lower high cholesterol, has been found to lower the cholesterol content in an egg (from 210 mg to about 170 mg) when fed to hens, but is very expensive and unlikely to become common practice. ♦ That because Vitamin E is a potent antioxidant, doses of at least 300 mg/day for two weeks before a coronary bypass appear to improve the heart muscle during and after surgery. ♦ That patients who sprain their necks get better and more complete recovery when bed rest is replaced by regular exercise. ♦ That ounce for ounce raw green peppers have 250 times as much Vitamin C as oranges. ♦ That female athletes who are more vulnerable to stress fractures are more likely to have low bone density, menstrual irregularities and low dietary calcium intake.

—John S. Comareski, MAT; affiliations: American College of Sports Medicine, Weider Research Group, American Running and Fitness Association.

AUSSI RESOURCE CENTRE

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

Items are available for the following hiring charges:

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

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

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- \* SWIM SMARTER, SWIM FASTER AND
- \* STARTS, TURNS AND FINISHES
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# AUSSI

MASTERS SWIMMING IN AUSTRALIA (INC.)

2 December 1993

## COACHES INDEMNITY INSURANCE

The present Coaches Indemnity Insurance arrangement AUSSI has with IEA, expires on 31 December 1993.

We have however, renewed the Policy for 1994 at the same rate, terms and conditions as for this year.

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

The policy cover will commence on 1 January 1994 and we ask you to send a cheque for \$25.00 made payable to: Insurance Exchange of Australia, together with the attached form to:

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

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

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

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DEADLINE FOR NEXT ISSUE : FEB 1ST

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