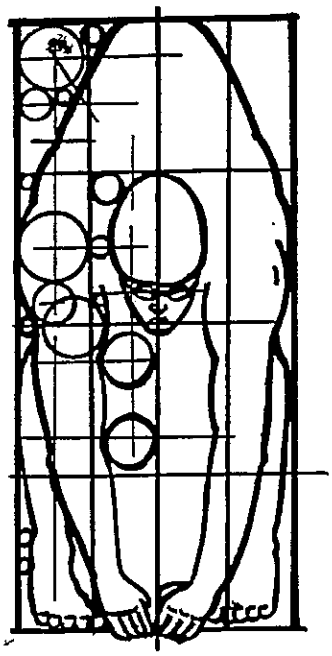

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

VOLUME 7 NUMBER 3

AUGUST 1995

"The truth is that dreaming is essential to an original mind. If we don't learn to dream, we are doomed to merely follow where others have already been. We are condemned to lead a second hand life".

So said Bryce Courtnay author of 'The Power of One'.

In truth day dreamers may have been the scourge of the classroom teacher, but with a little help and encouragement this 'creative visualization' -as I prefer to call it - can be put to great effect.

Visualization, as any good coach will tell you, is an important skill to develop in an athlete, and one which is used constantly and to great advantage by elite athletes.

All high achievers have a dream. The dream becomes a vision. But what separates the high achievers from others is their ability to bring the dream to reality.

It has long been proven that successful people from all walks of life are able to set realistic short and long term goals, and work relentlessly to realise them. They rarely get distracted and if they do, they don't stray far from the stepping stones, except perhaps to reassess where they are going. Successful people are usually very adaptable at changing course mid stream if they feel it will help them to get where they want to go.

Our August issue is devoted to helping you achieve your swimming (or perhaps your coaching) goals.

Try writing your goal times down and then work out what splits you will need to do to achieve this. ('Goal Setting and Visualisation page 18.) Keep in mind that longer races should be negative split (see article on page 11 and try to work out your splits accordingly) and run them by your coach to get his/her oppinion of how realistic they are. This will serve a couple of purposes.

- Declaring your goals publicly to someone supportive of you, will strengthen your commitment and resolve by obligating you to that person. You will also gain an ally who can help motivate you and keep you on track during your tired or 'off' days when you feel like chucking it all in. Keeping them to yourself means you can reneg at any time. No one will be any the wiser except you if you give up along the way, but no-one will be able to help you either.

- Letting the coach know your goals will help him/her devise sets specific to your needs. (See 'Quality Training' on page 15) With more specific workouts you will increase the likelihood of attaining your goals.

Continued on page 10

Dear Anita,

What a great issue you have put together, May 1995! It is inspiring to read the history of Powerpoints, and hopefully we'll see more of the other club profiles appearing.

Our club, the Sunshine Coast Masters is very different, being a rapidly growing area of mostly retirees. We have seen the club grow during the past seven years since we relocated from Adelaide Masters.

There, the late and great Josie Sansom coached our squad and taught us (unknowingly at the time) more about swimming and training than we had learned in our junior swimming life.

Both Graham and I were local club swimmers, never reaching great heights or National level. Under Josie's guidance we swam faster in our thirties than we had in the "teens". The article "Declines of Performance with Aging", was therefore very interesting.

Our squad which we hold three mornings per week, is very much fun and fitness, and if we don't have a good laugh each session something has gone amiss. The youngest swimmer we treasure, and she is 35. Oldest is an 81 year old Breaststroke champion. He swims the 50m in 53 seconds.

The group is so diverse that we have divided into two specific lanes. One lane for "One Lap Wonders" who specialise with Graham in sprint work. The other lane concentrates on distance / aerobic fitness while always practicing skills.

In March, at the State Titles the club won, while more importantly personal best times were achieved constantly across the squad. That is where our rewards from coaching really lie, sharing the joys of swimmers' personal bests!

At present, the various coaches at other coast pools are volunteers, and this system works well for members. So, ever so briefly, this is a titbit about the Sunshine Coast Squad at Cotton Tree, Maroochydore.

Regards, Sue Needham.

Thanks Sue for writing and telling us about your club. Like you, I love to hear how other clubs operate and I'm sure the rest of the readers do too. If anyone has a club history or profile please send them to me c/- the address on the back page. Some of the most interesting ideas to try, often come from the smaller clubs. Besides, sometimes I have trouble filling these pages and would love some more contributions. (Ed.)

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It's timely that you remind your Clubs of By-Law BL27.4.2 which states:

> "For initial registrations and where registration was not current in the previous registration season, shall be reduced by 50% for the last three calendar months of the registration season".

This means that from 1 July to 30 September 1995 the National registration fee will be $8.00 for new Members and for those who were not registered in the 1994 season.

It is hoped in adopting the pro-rata concept in the first place, that Branches and Clubs would make similar concessions to effectively reduce the Member's joining fee to about half. Please consider this and advise your Clubs accordingly.

Ted Tulberg has kindly provided me with the following information.

Area	Number of ASI Swim Coaches	Number of Masters Coaches	No. of Coaches with Dual Accreditation			Total
			Level 1	Level 2	Level 3	
ACT	103	5				0
NSW	1034	11	4			4
NT	37	3				0
Qld	1637	42	14	1	1	16
O/seas	17					0
SA	294	7	3	2		5
Tas	110	3	2	1		3
Vic	685	29	15	3		18
WA	318	53	4			4
Unknown	840	8				0
Total	**5075**	**161**	**42**	**7**	**1**	**50**

Remember, a number of both the above totals could be taken off the list as this was prior to purging those who had not reaccredited by the due date.

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Did you know that recent research by the Thrombosis Research Centre in England shows that swimming in cold water could help fight off colds and flu. According to their study, volunteers who swam in cold water each day had an increase in white blood cells as well as higher levels of sex hormones. Those "Icebergers" who swim in the ocean all year round are obviously onto a good thing. Come to think of it, I don't remember ever having many colds training in unheated outdoor pools as a child, but teaching in an indoor heated pool now I seem to have a permanent sniffle. (See article on coughs and colds on Page 4).

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In the last edition of this newsletter I described the use of Heart Rate Sets in my overall programme and mentioned "critical velocity". At the Australian Coaches Conference held on the Gold Coast in May, Bob Treffene described Critical Speed as "the speed at which you first reach Max VO2." Whilst this can be determined using his Step Test (see elsewhere in this newsletter) and taking blood lactates and heart rates, this is not a method available to many coaches. He has therefore come up with a formula for determining a 'safe' Critical Velocity. Divide your 200m PB in half, then subtract your PB 100m time from this number. The difference is then added back to your halved 200m time. EG a swimmer has a 100m time of 1.02.00 and a 200m time of 2.12.00. 2.12 divided in half is 1.06. 1.06 minus 1.02 is a 4 second difference. Add this to 1.06 and you get a Critical Velocity of 1.10.00.

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Some items of interest that came out of the Australian Coaches Conference included:

- Scott Volkers, coach of Samantha Riley classifies a quality set as any set where 25m are swum within .5 of PB, 50m within 2.5 secs and 100m within 5 secs..
- Alexander Popov aims to race his 100m with no more than a 1.5 sec drop off in the second 50m.
- Most coaches are now talking about toughening up swimmers by racing them as often as possible. Race meets effectively become a substitute training session. Alexander Popov was purported to have had 150 race starts in the last 3 months leading up to the Olympics in Barcelona.

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Obstacles are what you see when you take your eyes off the goal.

Facts Abou_ Coughs and Colds

Most people catch a cold from touching something that has been touched by someone else with a cold and then making contact with the nose or eyes. This contact may happen several days before you actually experience any symptoms. Often that results in passing the cold on to others before you are even aware you have a cold. Here are some interesting bits of information about coughs and colds;

- Every year 69% of people will suffer at least one cold.
- The "common cold" is caused by over 200 different viruses.
- Adults tend to suffer fewer colds than children
- Eating well, plenty of rest and lots of fluids are helpful to combat a cold.
- Washing your hands regularly can help to prevent the spread of colds.
- A cold virus can survive up to three hours on a hard surface.
- Vitamin C may be one of the most popular remedies around, but extensive studies have been unable to prove or disprove it prevents colds.

Myths About Coughs and Colds

Even though many people realise that a "cold" is caused by viruses, long held notions are difficult to abandon. Here are a few of the misconceptions related to a cold.

- Going out in winter with your hair wet will give you a cold.
- People always sneeze in threes.
- Taking cold showers and sleeping in a cold room will decrease your chances of getting a cold.
- Applying a mustard plaster to your chest will cure a cold.
- Hefty portions of garlic will ward off a cold.
- Getting your feet wet outside during the winter will cause a cold
- Not wearing a scarf on a cold windy day will cause a cold.

It is natural for people to assume that cold temperatures and the illness known as a "cold" are related. However no evidence has been found to prove any of the causes mentioned here as well as many other commonly held beliefs. In general, a good number of remedies may make the person "feel" better and that can help a person through a cold.

Cough and Cold Relief

There are hundreds of no-prescription cough and cold remedies on the market. Thankfully, most of them can be grouped into a few simple categories. The following is a brief outline designed to help you find relief for your specific symptoms. Of course the simplest way to choose your the medication that's right for you is to ask your pharmacist.

Nasal Decongestants

Relieve the feeling of a plugged nose and/or pressure in your sinuses. They work by shrinking the swollen tissues in the nose allowing you to breath more freely. Decongestants take the form of nose drops and sprays which work very quickly — usually in seconds. Decongestants are also available in liquid or tablet form which take longer to work but some find easier to use.

Analgaesics

Are used by many to relieve the aches, pains and fevers often associated with colds.

Expectorants

Can help to reduce coughing by allowing you to cough up phlegm more easily and effectively. If you feel the need to clear phlegm from your chest your cough can be described as a "productive cough".

The Common Cold Can you prevent it ?

Scientists have yet to discover a cure for the common cold and flu. Minimising the risk of becoming infected is one strategy practiced by many individuals. While the proper use of non-prescription drugs such as decongestants, antihistamines and cough suppressants can be effective in relieving many of the symptoms of the common cold and flu, they do not cure or prevent these illnesses.

Preventing colds and flu is ideally accomplished by avoiding exposure to the viruses that cause them. They are spread by microscopic droplets that we exhale through coughing, sneezing and even normal breathing. Our hands, eyes, lungs and skin are in contact with these droplets. As we breathe the air near sick people, the viruses can be inhaled. Avoiding cold and flu viruses appears nearly impossible unless we live as hermits.

Having a strong immune system is all important. If the viral war cannot be prevented, a strong defence system may win the day. As the viruses enter the body, they encounter nearly one trillion specialised cells that identify and destroy foreign bodies. Keeping this protective body vigilant and healthy is where you get involved.

The immune system is affected by several factors, including diet and mental stress. Malnourished or highly stressed individuals are more prone to infectious diseases because of enfeebled immune systems. Exercise also affects the immune function. Too much exercise may be harmful but moderate exercise may be helpful.

From "Swimming Technique"

Antihistamines

Help relieve the runny nose and sneezing that accompany a cold. These should be used carefully as they may cause drowsiness in some people. In addition, combining antihistamines with alcohol, sleeping pills or anti-anxiety drugs may increase your drowsiness.

Suppressants or Antitusssives

Can be used to stop you coughing, when your cough can be described as a "dry cough" or "hacking cough". They lessen the sensitivity of your coughing reflex to triggers such as cold air, dust or smoke.

From "Wave Lengths"

Only those risking to go far will ever know how far they can go.

Summary FINA Masters World Records - Dated 1st May 1995

Long Course

		25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100-104
50m	Free	00:26:68	00:26:37	00:26:82	00:28:05	00:29:08	00:29:33	00:32:59	00:33:11	00:34:75	00:37:58	00:40:85	00:41:31	00:50:93	02:02:38		05:10:84
100m	Free	00:58:23	00:58:09	00:58:94	01:01:41	01:05:44	01:07:42	01:11:01	01:14:25	01:16:84	01:26:65	01:38:28	01:39:30	02:03:90	04:08:22		
200m	Free	02:07:11	02:07:84	02:08:93	02:14:97	02:24:24	02:29:22	02:36:58	02:43:83	02:48:51	03:13:62	03:37:64	03:44:00	04:45:10	07:28:92		
400m	Free	04:27:53	04:30:38	04:31:35	04:48:82	04:59:86	05:16:62	05:26:57	05:47:52	06:05:22	06:46:55	07:38:77	08:23:50	10:44:25			
800m	Free	09:18:43	09:16:82	09:20:62	09:57:69	10:20:95	10:58:47	11:30:97	12:01:79	12:27:60	13:51:53	15:41:45	17:21:19	24:23:38	30:55:09		
1500m	Free	17:38:78	17:40:50	17:59:12	19:00:40	19:28:34	21:02:46	22:18:91	23:17:39	24:07:05	27:05:80	29:45:90	33:43:00	52:15:77			
50m	Back	00:30:80	00:31:47	00:32:39	00:32:25	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	01:42:49		
100m	Back	01:06:46	01:07:13	01:08:49	01:11:03	01:17:06	01:19:45	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	02:22:04	02:26:66	02:36:89	02:50:27	02:51:11	02:59:18	03:12:84	03:17:12	03:46:20	04:06:64	04:22:89	04:47:82	10:47:76		
50m	Breast	00:32:01	00:34:56	00:34:41	00:37:02	00:36:97	00:39:52	00:39:91	00:42:49	00:43:42	00:49:47	00:52:90	00:59:60	01:15:55			
100m	Breast	01:16:05	01:14:52	01:17:44	01:21:73	01:22:27	01:28:83	01:29:88	01:35:25	01:42:25	01:51:36	02:05:99	02:17:08	03:06:40			
200m	Breast	02:42:02	02:48:41	02:51:75	02:56:21	03:09:19	03:13:64	03:18:11	03:24:83	03:45:71	04:03:16	04:35:90	05:01:36	07:15:13			
50m	Fly	00:28:79	00:29:22	00:29:27	00:29:89	00:30:74	00:31:69	00:35:29	00:38:10	00:41:31	00:46:55	00:55:38	01:06:65	01:27:77	04:57:25		
100m	Fly	01:03:91	01:06:08	01:05:39	01:06:27	01:12:67	01:13:86	01:27:49	01:31:52	01:38:33	02:00:57	02:19:44	02:27:91	03:01:14			
200m	Fly	02:18:69	02:27:43	02:26:38	02:33:51	02:38:78	02:49:53	03:17:68	03:26:76	03:36:25	04:37:05	04:54:79	05:24:52	07:18:41			
200m	Med	02:22:00	02:27:66	02:28:93	02:38:20	02:46:91	02:54:57	03:04:30	03:15:30	03:20:58	03:51:91	04:20:42	04:47:02	06:44:53	12:10:93		
400m	Med	05:05:29	05:08:67	05:34:47	05:39:70	05:54:98	06:12:08	06:18:94	06:57:33	07:09:69	08:29:65	09:11:23	10:05:13	14:02:65			

Long Course

		25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100-104
50m	Free	00:22:59	00:23:21	00:23:20	00:24:93	00:25:18	00:26:16	00:27:05	00:27:86	00:28:94	00:29:35	00:32:50	00:33:88	00:41:53	00:48:70		02:05:49
100m	Free	00:51:25	00:51:50	00:52:13	00:55:26	00:55:66	00:58:62	01:01:13	01:02:80	01:08:15	01:11:61	01:14:86	01:22:50	01:41:27	01:57:91		05:28:10
200m	Free	01:52:17	01:54:04	01:55:36	02:03:28	02:04:97	02:09:74	02:17:63	02:23:11	02:32:90	02:44:86	02:53:73	03:17:87	03:48:91	04:28:34		
400m	Free	04:05:99	04:07:04	04:10:37	04:24:26	04:27:70	04:43:72	04:57:21	05:05:54	05:38:79	05:57:45	06:20:87	06:54:60	08:14:50	09:44:11		
800m	Free	08:29:22	08:40:19	08:44:46	09:19:34	09:24:19	09:49:89	10:27:08	10:36:08	11:35:87	12:34:22	13:07:66	13:50:05	17:11:21	20:13:74		
1500m	Free	16:28:69	16:36:06	16:37:34	17:30:13	18:27:49	18:49:43	19:54:72	20:06:80	22:29:32	23:59:01	25:41:55	28:54:95	33:08:42	36:47:02		
50m	Back	00:26:68	00:27:26	00:28:04	00:29:38	00:30:42	00:30:93	00:32:94	00:33:13	00:35:47	00:37:35	00:39:49	00:45:69	00:58:07	01:10:27		02:22:39
100m	Back	00:57:93	00:58:66	01:00:95	01:03:39	01:06:00	01:09:82	01:12:33	01:14:72	01:20:74	01:24:84	01:30:11	01:45:37	02:07:06	02:56:58		04:57:01
200m	Back	02:05:86	02:05:62	02:13:83	02:18:17	02:26:69	02:32:81	02:37:16	02:45:93	02:55:46	03:13:25	03:15:00	03:47:46	04:43:49	07:18:52		
50m	Breast	00:29:77	00:29:42	00:30:79	00:30:82	00:32:48	00:33:38	00:33:03	00:35:91	00:38:28	00:40:56	00:42:58	00:46:59	00:57:92	01:18:31		
100m	Breast	01:04:60	01:05:65	01:07:90	01:09:95	01:12:96	01:15:60	01:17:87	01:21:58	01:28:91	01:33:20	01:37:55	01:51:25	02:18:92	03:09:64		
200m	Breast	02:26:73	02:24:06	02:33:05	02:32:17	02:41:02	02:50:57	02:56:20	03:06:65	03:16:90	03:32:90	03:34:86	04:17:62	05:09:86	06:24:54		
50m	Fly	00:25:16	00:25:31	00:25:93	00:26:66	00:27:12	00:28:19	00:29:74	00:31:39	00:33:34	00:35:65	00:37:57	00:49:28	00:59:50			
100m	Fly	00:56:34	00:56:64	00:57:39	00:59:96	01:02:84	01:05:83	01:09:27	01:14:98	01:20:59	01:32:85	01:39:80	01:58:99	02:33:63			
200m	Fly	02:05:25	02:07:43	02:08:51	02:20:81	02:25:23	02:32:65	02:48:05	03:00:99	03:08:79	03:38:48	03:43:56	04:31:96	05:24:28			
200m	Med	02:07:00	02:09:69	02:15:21	02:18:92	02:24:39	02:28:70	02:40:01	02:50:08	02:57:61	03:11:42	03:24:38	04:01:29	04:40:15			
400m	Med	04:31:47	04:40:22	04:50:18	04:57:46	05:12:03	05:25:32	05:45:62	06:04:99	06:25:02	06:59:24	07:22:43	08:45:17	10:28:43			

Short Course

		25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100-104
50m	Free	00:26:65	00:26:46	00:26:24	00:27:76	00:29:73	00:30:48	00:31:83	00:33:54	00:34:36	00:37:53	00:42:50	00:45:40	01:03:78	01:36:77		
100m	Free	00:58:93	00:57:35	00:58:66	01:00:68	01:05:20	01:06:41	01:11:18	01:13:68	01:20:80	01:28:93	01:38:34	01:48:30	03:01:15	03:24:13		
200m	Free	02:05:80	02:06:83	02:07:74	02:14:32	02:22:24	02:27:95	02:34:77	02:39:93	03:00:72	03:14:78	03:33:90	04:07:41	05:33:83	07:01:11		
400m	Free	04:25:94	04:26:55	04:33:17	04:50:68	04:56:49	05:12:43	05:34:32	05:38:06	06:13:42	06:47:59	07:23:29	08:39:15		14:16:35		
800m	Free	09:18:99	09:09:90	09:24:81	10:04:16	10:34:52	11:20:21	11:29:99	11:30:55	12:35:26	14:29:66	15:28:60	17:51:63	24:05:34	28:45:45		
1500m	Free	17:30:18	17:23:60	17:43:10	19:00:81	19:54:67	21:44:35	21:35:84	22:54:51	23:38:44	26:18:70	29:30:20	34:13:00				
50m	Back	00:30:63	00:30:94	00:32:50	00:31:55	00:35:30	00:35:96	00:37:10	00:39:60	00:40:48	00:45:08	00:48:06	00:58:78	01:13:57	01:55:07		
100m	Back	01:04:66	01:05:07	01:10:47	01:10:84	01:16:29	01:19:17	01:21:90	01:29:13	01:30:41	01:43:97	01:48:13	02:06:95	02:52:17	04:19:46		
200m	Back	02:17:86	02:18:29	02:31:78	02:38:22	02:45:58	02:48:88	03:00:66	03:16:14	03:15:72	03:39:24	04:00:43	04:38:53	06:00:16			
50m	Breast	00:33:60	00:33:74	00:34:63	00:37:64	00:37:54	00:38:82	00:40:69	00:42:02	00:44:61	00:49:15	00:53:94	01:05:64	01:25:54	01:49:01		
100m	Breast	01:13:60	01:15:39	01:16:70	01:22:19	01:23:49	01:25:73	01:28:13	01:32:12	01:41:68	01:50:57	01:59:41	02:19:17	03:09:62	04:05:59		
200m	Breast	02:40:90	02:49:16	02:50:93	02:54:12	03:04:75	03:06:63	03:12:85	03:19:67	03:46:02	03:55:30	04:29:68	04:54:39				
50m	Fly	00:29:37	00:29:63	00:30:05	00:30:18	00:32:97	00:33:85	00:36:10	00:38:40	00:40:24	00:46:86	00:56:53	01:02:58	01:24:53			
100m	Fly	01:05:24	01:04:69	01:07:28	01:06:86	01:12:53	01:12:66	01:22:22	01:29:99	01:37:53	01:54:16	02:12:17	02:28:34	03:29:58			
200m	Fly	02:17:13	02:24:97	02:28:96	02:29:19	02:37:88	03:11:83	03:11:42	03:17:00	03:35:80	04:05:45	04:48:50	05:22:65	07:15:07			
100m	Med	01:06:84	01:07:26	01:08:15	01:11:65	01:14:41	01:18:05	01:22:29	01:27:50	01:31:89	01:43:67	01:58:06	02:07:52	03:00:23			
200m	Med	02:24:07	02:23:87	02:30:87	02:33:89	02:42:88	02:57:65	02:57:53	03:11:59	03:18:77	03:51:68	04:17:89	04:40:77	09:49:36			
400m	Med	05:06:88	05:06:19	05:23:30	05:32:53	05:50:45	05:56:24	06:36:03	06:50:55	07:18:55	08:06:71	09:07:66	09:50:43	15:34:06			

Short Course

		25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	95-99	100-104
50m	Free	00:22:48	00:22:82	00:23:80	00:24:78	00:24:70	00:26:35	00:26:60	00:28:30	00:29:63	00:31:01	00:32:78	00:35:16	00:41:92	00:50:09		
100m	Free	00:50:86	00:50:51	00:52:64	00:55:02	00:56:45	00:58:39	01:00:08	01:04:91	01:07:13	01:12:57	01:15:94	01:20:65	01:41:46	01:58:42		
200m	Free	01:53:82	01:50:91	01:57:08	01:59:27	02:05:81	02:12:18	02:17:95	02:21:77	02:34:27	02:46:86	02:48:67	03:18:97	03:48:20	04:27:70		
400m	Free	03:59:78	03:59:83	04:18:22	04:18:45	04:29:82	04:38:22	04:59:35	05:02:20	05:26:81	05:55:12	06:20:11	07:05:20	07:54:24	08:50:65		
800m	Free	08:29:19	08:19:44	08:56:81	08:52:23	09:26:18	09:49:95	10:28:98	10:41:44	11:33:11	12:15:49	12:45:40	15:07:97	16:53:90			
1500m	Free	16:23:21	16:21:25	17:06:28	17:38:17	18:10:24	18:32:56	19:45:72	20:12:52	21:57:69	23:59:12	24:46:19	28:43:31	32:20:20	51:43:20		
50m	Back	00:25:43	00:26:58	00:27:54	00:28:88	00:29:33	00:30:14	00:32:40	00:34:05	00:35:61	00:35:71	00:39:83	00:43:71	00:56:85	01:15:84		
100m	Back	00:54:82	00:56:83	00:59:57	01:03:70	01:05:31	01:08:49	01:10:88	01:13:55	01:19:07	01:21:74	01:27:41	01:37:17	02:09:91	03:21:36		
200m	Back	02:01:78	02:04:63	02:10:01	02:17:87	02:24:39	02:30:21	02:33:21	02:40:75	02:52:77	02:59:92	03:10:22	03:33:91	05:15:31	06:35:42		
50m	Breast	00:28:81	00:29:34	00:30:10	00:30:80	00:31:95	00:33:09	00:33:17	00:36:99	00:38:48	00:39:76	00:42:33	00:45:52	00:56:81	01:20:92		
100m	Breast	01:04:49	01:04:23	01:08:30	01:07:98	01:10:41	01:14:72	01:16:32	01:21:56	01:26:14	01:29:48	01:36:61	01:56:36	02:09:33	03:01:95		
200m	Breast	02:24:02	02:24:86	02:28:35	02:31:37	02:35:71	02:45:11	02:49:98	03:03:39	03:15:29	03:22:60	03:34:29	04:17:11	04:58:98	06:41:56		
50m	Fly	00:25:41	00:25:06	00:25:89	00:26:66	00:27:08	00:28:65	00:30:12	00:31:66	00:33:63	00:35:25	00:39:71	00:49:08	01:04:19			
100m	Fly	00:57:07	00:56:43	00:57:02	01:00:79	01:02:66	01:05:10	01:09:63	01:16:56	01:20:32	01:27:28	01:36:80	01:52:51				
200m	Fly	02:05:97	02:11:52	02:06:48	02:16:15	02:23:40	02:29:99	02:42:05	03:00:48	03:07:91	03:20:51	03:49:00	04:25:99				
100m	Med	00:56:90	00:59:95	01:00:79	01:02:30	01:04:80	01:07:60	01:12:67	01:15:84	01:19:45	01:21:87	01:27:43	01:44:08	02:06:37	03:00:53		
200m	Med	02:10:85	02:09:16	02:14:75	02:18:35	02:23:69	02:31:52	02:38:95	02:46:69	02:56:23	03:08:13	03:20:35	03:50:55	05:02:31			
400m	Med	04:40:82	04:35:97	04:53:16	04:56:49	05:12:41	05:19:87	05:54:37	06:02:73	06:28:87	06:50:27	07:08:53	08:34:45	10:47:13			

RELAYS	LONG COURSE 100-119	120-159	160-199	200-239	240-279	280-319	320-359	360-399	SHORT COURSE 100-119	120-159	160-199	200-239	240-279	280-319	320-359	360-399
Women's Freestyle	01:53:20	01:53:05	02:03:48	02:08:96	02:25:83	03:09:01			01:54:54	01:55:08	02:01:10	02:11:64	02:25:52	03:04:95	04:09:37	
Women's Medley	02:06:67	02:08:21	02:12:91	02:27:18	02:49:96	03:35:00			02:09:61	02:05:27	02:18:65	02:29:96	02:52:00	03:28:26	.04:55:62	
Men's Freestyle	01:37:40	01:37:43	01:39:27	01:46:69	01:58:54	02:10:18	02:53:29		01:35:91	01:37:89	01:41:93	01:47:41	01:58:22	02:11:55	02:51:43	
Men's Medley	01:49:84	01:48:75	01:53:79	01:58:50	02:17:59	02:34:57	03:22:86		01:48:16	01:45:01	01:54:91	02:02:44	02:16:44	02:33:74	03:44:22	
Mixed Freestyle	01:43:89	01:44:83	01:47:46	01:55:50	02:09:67	02:31:29	03:03:15		01:46:19	01:46:27	01:50:55	01:57:25	02:12:98	02:38:80	03:37:67	
Mixed Medley	01:56:58	01:58:03	02:02:10	02:14:32	02:29:30	02:37:98	03:57:45		01:58:28	01:58:28	02:01:59	02:12:50	02:32:46	03:04:69	03:56:40	

HEART RATE MONITORING

Part 1 by Kevin Polansky

The following article was taken off the internet.

For years, American swimmers and swimming coaches have been asking the questions "How much is enough?" and "How much is too much?" Even today's adult fitness swimmers are in search of optimal training methods that will deliver the greatest physical benefits. Likewise, endurance athletes in all sports have long been in search of a reliable monitoring system that would guide them to "smart" training.

Testing the blood for lactic acid concentration has proven to be the most reliable method for determining the effect of training on our bodies. This method, however, proves to be impractical for most adult swimmers simply because of the expense and the advanced equipment required.

Currently, the most practical method for measuring training effect is using a heart rate monitor (HRM). This device is capable of measuring your heart rate continually during the course of exercise. Following the exercise, your heart rate can be plotted on a graph using computer software to show levels of exertion. A typical HRM consists of a wrist monitor, a chest band, and a sensor/transmitter that straps around the chest. The most widely used water-proof monitor on the U.S. market that can be used for swim training is made by POLAR CIC, Inc.

HRMS can be beneficial for both the elite competitive swimmer and the recreational swimmer. Kieren Perkins of Australia, current world-record holder in the 800m and 1500m freestyles, uses a heart rate monitor in virtually all training sessions. For swimmers with heart conditions or those labelled "lap swimmer", the monitor keeps a close and accurate measurement of pulse during exercise. Author Sally Edwards, in The Heart Rate Monitor Book, says "being the best isn't as important as being your best, and heart rate monitors can help you get there.

So you might be asking yourself, why do I need to strap this equipment around my chest? Why can't I use a pace clock and count my own pulse at the end of a set or an interval? Unfortunately, this quick-check method for monitoring your heart rate is quite inaccurate. Research has shown that an athlete can be off by as many as 17 beats per minute using this method -- a huge discrepancy! Also, as you count for more than five seconds after you finish a swim, your heart rate will start to drop in proportion with your fitness level.

In the brief time that I have used a heart rate monitor, I have found that getting back into aerobic shape has taken on a new meaning in my training. With a heart rate monitor, I do little or no guessing in my workouts as I know specifically what type of effort I am putting forth. Training by the "hit or miss" method or by our own "feel" for what our coach thinks we need may be a thing of the past. It is highly likely that the use of a HRM will produce a more scientific training regimen for all levels of Masters swimmers.

So, you may ask, what does the HRM do to help enhance your training? Your heart is the "engine" of your body. Much like the tachometer in your car, the monitor tells you just how hard you are working. The HRM gives you hard-line biofeedback, concrete evidence that can cut through misleading feelings, thoughts, and perceptions.

Many heart rate trainers and coaches have stated the reason why a lot of athletes don't show greater improvement is because they do not effectively train the appropriate energy systems. As stated later in this article, the energy system used is determined by the heart rate sustained over a period of time. Maintaining a relatively low heart rate will train aerobic energy systems while maintaining a higher heart rate will train the anaerobic energy systems. The monitor can give

immediate feedback as to which energy system is being used, and it gives the swimmer the opportunity to make an adjustment in training pace to meet workout objectives.

In order to begin applying this tool to benefit your training, you must first determine your resting heart rate (RHR)* (See Editor's note at end of article.). The RHR can vary by as many as 50-60 beats per minute between two people of the same weight, height, and age, though for trained athletes the difference is usually much smaller. RHR's also vary between sexes: on average, a female's resting heart rate is roughly five to seven beats per minute higher than a male's heart rate.

Take your RHR first thing after waking up in the morning. Feel your pulse at either your carotid (neck) or radial (wrist) artery for one minute over several days to obtain an average RHR. In general, the more efficient your heart, the lower your RHR will be. (Note: As you grow older, your RHR will generally increase slightly).

The next step is to determine your maximum heart rate (MHR). Most physiologists believe that 226 beats/minute (female) and 220 beats/minute (male) are the closest approximations of MHR (before age adjustment). To calculate your age-adjusted MHR, take either 226 (females) or 220 (males) and subtract your age. This will give you a reasonaably good idea of your MHR on land.

For swimmers, though, the MHR is usually an additional 10 to 13 beats per minute lower, mainly due to four factors:

1) Water allows our bodies to cool faster (water is cooler than our skin temperature):

2) In water, because we are in a non-weight bearing environment, less effort is required to train: **See Editor's note at end of article.

3) We are situated in a horizontal position, which allows our heart to work more effectively. (The blood is able to return to the heart more easily, with less gravitational effect - Ed.)

4) We are using our smaller upper body muscle groups more as opposed to "land" aerobic sports that primarily use the larger, lower body muscle groups.

Using this age-adjusted method for a male, age 30, the MHR would be calculated as: 220 - 30 + 190 - 10 = 180 beats/minute MHR.

Although this method of determining MHR is generally accurate, the most accurate method for finding your MHR is by taking a stress test. Unfortunately, this may cost anywhere from $100 to $500. A more economical way, as Sally Edwards suggests in her book, is after warming up, swim 50 yards aggressively (about 80% effort) using your favourite stroke. Rest two minutes. Using the time from your first 50 yards, add ten seconds to get your starting pace. Next, begin swimming a few 50s at this calculated pace. On each 50, try to decrease the lap time by about five seconds until you can no longer increase the speed. Stop for a few seconds after each 50 and check your heart rate monitor. Your highest value during the test is equal to your MHR.*** (See Editor's note at end of article.)

Once you know your RHR and your MHR, you are ready to train more scientifically with your HRM. By using the monitor and making some small calculation, you can begin to gain a better understanding of how to train more effectively and efficiently. Now you are ready to calculate your five different training levels by using your own MHR. Those levels are:

--Moderate to Easy swimming: 50% to 60% of your MHR

--Weight Management swimming: 60% to 70% of your MHR

--General Aerobic swimming: 70% to 80% of your MHR

--High Aerobic Threshold swimming: 80% to 90% of your MHR

--Anaerobic or Red-Line swimming: over 90% of your MHR

In a future article, I discuss the different training levels, the purpose of each level and a step-wise approach to training by using your HRM. This information can help anyone from lap swimmer to world champion to understand and use the HRM for better physical fitness. It can give you a scientific edge to help you fashion a training programme that will be specific for you and your coach.

FURTHER READING

THE HEART RATE MONITOR BOOK, by Sally Edwards. Fleet Feet Press, 2408 J Street, Sacramento, CA 95816. Very clear and concise for the beginner!

TRAINING LACTATE PULSE RATE, by Dr Peter Janssen. Polar Electro Oy, 99 Seaview Blvd., Port Washington, NY 11050. For the experienced athlete only who enjoys technical reading. May be beneficial for the exercise physiologist, but not recommended for the average Masters swimmer.

EVERYONE'S AN ATHLETE, by Dr Phillip Maffetone, David Barmore Productions, Box 785, Miller Road, Mahopac, NY 10541. Offers a well-rounded approach and solid advice for tailoring a healthy Lifestyle.

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Kevin Polansky has coached high school swimming for twenty years and was named Colorado high school Coach-of-the-Year on four occasions. He holds eight Masters world records and ten national records. He ran the first Masters training camp at the US Olympic Training Center last summer.

Editor's note's: Part 2 of this article will be in the next issue.

*In Heart Rate monitoring terms there is the 'Basal' heart rate and the 'Resting' heart rate. The description in this article sounds more like a Basal heart rate being described. You be the judge! The following description comes from Mastering Swimming page 59.

"Basal pulse rate is taken just after waking. This is when the body's metabolism is at its lowest. A low early morning pulse indicates heart efficiency as the heart muscle is strong and pumping more blood with each beat - an untrained heart will beat faster to pump the same volume of blood. The average untrained basal pulse is around 65 to 70 beats per minute.

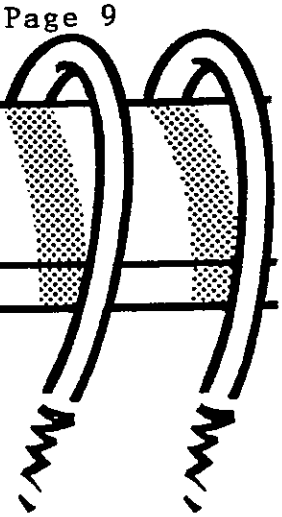
....By monitoring basal pulse rates regularly, you can determine what sort of improvement you are making.....By taking your basal pulse every morning before rising, it is also possible to monitor any increases which may be caused through lack of rest, stress, oncoming illness or a failure to adapt to increased training."

Resting heart rate in my understanding, is your post exercise heart rate after your pulse has returned to normal levels. Again I quote from Mastering Swimming.

"Heart and lung efficiency and fitness are indicated by a quick return to the pre-exercise heart rate (resting heart rate). A drop of 40 BPM (beats per minute) within 2 minutes of the completion of exercise would indicate a fair standard of fitness."

**There has been constant debate over this issue. The article "Which Way to the Training Zone, Coach" from the last issue discusses this in greater detail. Current research has shown conclusively that elite swimmers working at maximum speeds get their heart rate up as high as land based, gravity bearing athletes. However elite athletes swimming at slow speeds are highly efficient and can 'float' through the water with little exertion. This is where the myth that swimming is not good for weight loss has originated. Compare though the novice with poor technique, or someone who is a poor floater or unfit. Their heart rates can skyrocket to

CHRONIC FATIGUE SYNDROME



The following article is reprinted from a weekly column called "Diagnosis" which appears in The Melbourne Weekly. It is written by Dr Malcolm Clark, a practising Melbourne GP and is reproduced with permission.

WHAT IS IT?

Controversy surrounds this illness. Does it really exist, or is it a psychological manifestation of an inability to cope with normal day-to-day life? New research into Chronic Fatigue Syndrome (CFS) confirms it's not purely psychological

WHAT ARE THE SYMPTOMS?

The predominant symptom is fatigue, both physical and mental. It may be associated with intermittent fevers, swollen or tender glands, recurrent sore throats and sleep disturbance. People with severe CFS find it exhausting to even get out of bed in the morning and attend to normal routines like washing and feeding themselves.

Mental fatigue usually manifests itself as difficulty in concentrating for more than a few minutes, and forgetfulness. The combination of the physical and mental symptoms themselves is an extra strain on an already debilitated person. Most cannot manage normal life, let alone hold down a job, and are often perceived by those around them as "layabouts" or "malingerers". Depression and anxiety are also common in sufferers of CFS, as are severe muscle aches and pains.

WHO GETS IT?

CFS is often referred to as the "yuppie disease". However, studies have shown that CFS occurs equally across all social and racial groups. Bad news for women, though: about two thirds of Chronic Fatigue sufferers are female.

WHAT'S THE CAUSE

This is still unclear. Viral illnesses seem to be the most likely candidate, but most CFS experts still only vaguely understand how the illness works.

HOW DO YOU TEST FOR IT?

This is another problem. There is no definitive test for CFS. A diagnosis can only be made when all other causes of severe lethargy and fatigue - like thyroid problems, blood disorders, cancers or depression - have been ruled out, and the fatigue has been a cause of disability for six months or more.

It's a frustrating process for everyone, because the blood tests and physical examinations are usually normal, followed by a long wait before the doctors are satisfied the problem is CFS.

There is some good news on the horizon. Specialised blood tests, looking at white blood cells, have shown that CFS causes abnormalities in the function and numbers of certain sub-types of these blood cells. New X-ray techniques have demonstrated subtle changes in brain function and blood flow in CFS sufferers. Hopefully, these tests will soon enable an earlier diagnosis.

cont. over

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People who feel good about themselves produce good results.

WHAT'S THE TREATMENT?

Getting the person up and about seems to help, as well as encouraging them to push themselves that extra little bit each day.

Emotional and psychological support is vital. Lots of people still don't believe that CFS exists so it can make an enormous difference if family and friends rally around, offer understanding, and give a helping hand when it's needed.

AND THE BOTTOM LINE?

Isolating yourself and giving up are the worst things you can do if you have CFS. If you're struggling to keep going and would like some extra help, the Victorian Chronic Fatigue Syndrome Society can be contacted on (03) 9888 8991

(The material in this column is of a general nature and is produced for information purposes only. It should not be relied on as a substitute for professional advice.)

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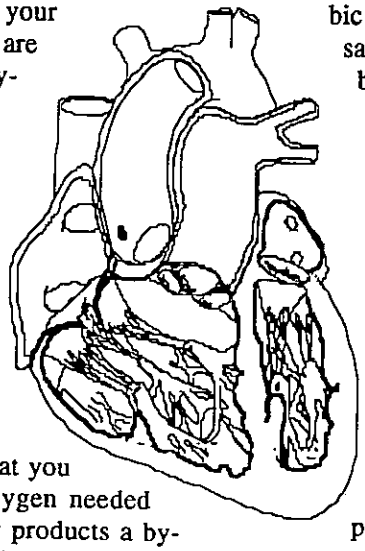
The Importance of Anaerobic Threshold to Training

by James Whynacht

Your muscles need oxygen to perform. This is transported via the bloodstream. Therefore, one way to measure your effort is by taking your heart rate (HR). There are two basic energy systems your muscles utilize. These are the aerobic (with oxygen) and the anaerobic (without oxygen). It is important to understand the difference between these two systems in order to train effectively.



As effort is increased, you have a greater need for oxygen and your HR rises. When the workload is so high that you cannot provide the oxygen needed (anaerobic), your body products a by-product called lactic acid which blocks the muscle's ability to perform.

The point at which your body goes into oxygen debt and begins to produce lactic acid is called your anaerobic threshold. Once you have learned your anaerobic threshold, it becomes an invaluable training tool. You can use your threshold HR to judge if your training is having an effect on your aerobic fitness. For example, let's say your threshold HR is 27 beat for a 10 second count and you can repeat 100m swims holding a time of 1:35 with a set rest interval. If, after a training period, you can repeat the 100's holding 1:35 while maintaining a HR of 24, you can assume you have improved your aerobic fitness. This is all working under the premise that you are maintaining the same rest period.

The dictionary is the only place where success comes before work.

Here is a way to roughly predict your anaerobic threshold HR. Do a set of 50's taking between 10-20 seconds rest. Start at a medium effort and try to ascend your HR by two beats per 10 second count within sets of 1-4. Always make the fourth, your hardest effort. After about 8-12 of the 50's, you will find that your HR will begin to plateau between your highest and medium number of beats. This is your basic anaerobic threshold heart rate. With this, you can gauge your effort level and which energy system that you are working with.

So, listen to your heart. It won't let you down!

James Whynacht is the Coach of the Halifax Hi-Tides Masters Club. He is a NCCP Level 2 swim coach and a course conductor of the Level 1 Theory program. He has been coaching professionally for six years, the last three as the full-time coach of the Dartmouth Crusaders Swim Club.

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you get.. If you don't practise in training what you want to do in a race, you won't get it right when it matters - on opening night!

In other words - PERFECT PRACTISE MAKES PERFECT.

So don't despair if you have a dreamer in the family. With a little guidance along the way, those dreams can become reality.

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NEGATIVE SPLIT!

The following article was found on the Internet. What is Internet? See page to find out.

What's all this about Negative Splits? By Coach Emmett Hines

Negative Splitting: You hear about it every day at workout. Many of our workout sets are designed with negative splits involved. You know (or at least have been told that) negative splitting is important. But, do you really swim these sets the way they are intended to be swum?

What: To Negative Split (or N/S) a swim means to swim the latter portions of a distance faster than the earlier portions of the swim - i.e. the last half in less time than the first half - hence the word "negative".

When: the coach says to swim a N/S 300 he means the last 150 yards should be swum faster than the first 150 yards - say 2:05 for the first 150 and 2:01 for the last 150 (a 4 second N/S) for a total of 4:06 for the 300. A 300 that is N/S by 100s means that each 100 is faster than the previous one - say 1:45, 1:42, 1:39 - same 4:06, just swum a little differently.

Why: Compare this to a 4:06 300 swum "normally" with the front 100 at about 1:35, then succumbing to lactate fatigue, each successive leg gets slower - say 1.43 on the middle leg and finally 1:48 on the back 100. This guy will finish the swim in more pain and with less control than his similarly conditioned lane partner who negative splits the swim.

The N/S swimmer will enjoy a feeling of greater control and faster speed as the swim progresses. The "normal" split swimmer will enjoy speed for the first 100 and then begin suffering physically as lactate accumulates and speed decreases. He will suffer psychologically as continued increases in effort are rewarded with even slower speeds and loss of control (not to mention being passed by all the people who are N/Sing the swim properly).

(Note the subtle use of quote marks around "normal" in the preceeding explanation. This is to indicatae that this term has been applied incorrectly. Actually, coaches prefer to use the terms "positive" or "sucker" when referring to this type of splitting.)

In the long run we really want your "normal" splits for any distance that takes you in excess of 60 seconds to negative (or even) splits. Once you get good at this you will automatically N/S longer swims because you will be able to swim them faster, with less pain and more control.

Warning - until you have a lot of experience with negative splitting you cannot rely on your body to give you accurate feedback about your swimming pace. That sucker split swimmer, above, would have felt like he kept swimming harder every 100 even though he kept getting slower. But, judging by effort alone he would say something like "Gee coach, I sure felt like I swam the last half harder than the first half!" - and I might respond "I could tell you swam the last half harder - there is, however, a distinction between harder and faster."

The place to train for N/S swimming is in workouts - every day. You must be constantly aware of the clock and what pace you are swimming. (If you are blind you have options, not excuses - Get closer to the clock, Get prescription goggles, Get a sports watch - hell, they even have these with braille readouts, Bring a personal pace clock to set by your lane.) Without this constant feedback you cannot learn to N/S effectively.

As your coach, I can offer you an iron-clad guarantee - If you do not know your splits on a given swim then it was not a negative split..

Terminology distinction: Negative splits (N/S) refer to pacing within a continuous swim - say within a 300 or 500 or 1000. Descending (DEC) swims refer to pacing changes within a set of repetitions - say 3x100 DEC 1-3. (I know, it ought to be DES, but some dyslexic coach years ago coined the abbreviation DEC and it stuck - "Adapt or die," I always say!)

>>>This Article first appeared in Schwimmvergnugen, the monthly newsletter of H2Ouston Swims.

>>>Coach Emmett Hines is the Head Coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982 and was selected as United States Masters Swimming's Coach of the Year in 1993. Currently he coaches workouts at the University of Texas Health Science Center, the University of Houston and The Houstonian Club. He can be reached for questions or comments at 713/748-SWIM or through the Internet at 73021.2360@compuserve.com.

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FROM THE NATIONAL OFFICE

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

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

Let's have a closer look at "why?"

First and foremost,	it is in our Rules.
Rule R2.1 states	"Membership of AUSSI Masters Swimming in Australia is gained by joining a Club which is affiliated with a Branch of AUSSI and being registered with the Branch of that Club".
Rule R3.1 states	"All intending members of AUSSI, must register with an AUSSI Club, which is itself affiliated to a Branch".

Continued from page 8

dangerously high levels without much effort. Another school of research indicates that placing the face underwater in swimming increases blood pressure, with a corresponding rise in pulse.

***Bob Treffene who works closely with ASI doing heart rate monitoring with our elite swimmers is affectionately known as 'Heart Rate Bob'. Whilst he has his detractors, Bob is leading the world in the work he is doing and has been instrumental in pioneering the Heart Rate Sets that I describe in the last issue. Bob has devised what he calls a 'Step Test' to determine an individuals MHR. This is a set of 5 x 200s which descend in time to a maximum effort on the last one. (The set is tailored to the age of the swimmer and fitness level which should not be blanketly applied to anyone) Heart rates are taken immediately on completion of each repeat and should rise incrementally till a maximum heart rate figure is reached. Using the standard formula given can be helpful, but should not be trusted as I have swimmers whose maximum heart rate is far lower or higher than what the formula gives.

So it is the Law but why so much money? Obviously we can speak only on behalf of National, but the exercise is similar for the Branch. The National registration fee is set each year in conjunction with setting the Budget at the April AGM, so is open for debate prior to this date. The National fee for 1994 was $16.00 per member and if you look at the financial statement of last year, the membership fees fell short of the cost of administration by about $7,000.00. You can therefore tell your Members that they got more than what they paid for. The unknown poet in the National Newsletter calculated it to be $1.29 return for every dollar invested. On top of that are the thousands of voluntary hours given to your Association by your fellow Members.

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

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

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

Our Sports Injury insurance policy now allows for "Guest Swimmers" but only for <u>three</u> visits. Regular unregistered swimmers are therefore not covered by this policy. The Public Liability policy however, does cover the Club and Club Members in the case of being sued for negligence by a non-member. INSURANCE IS PAID OUT OF REGISTRATION FEES. If an unregistered swimmer is injured or sued for a negligent act, would you be able to say that you exercised due diligence and an appropriate duty of care? DON'T TAKE THE RISK.

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

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Continued from page 12

Bob has invented a heart rate monitor which is now available and ideal for coaches to use with large groups. You could probably find out how to purchase one by contacting your State coaches Association, or ASI.

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

"Membership Development" is a key issue with the National Board at present so there will be lots of assistance coming your way in the near future to help your Club grow - in members and quality.

In summary - it is not acceptable to allow unregistered swimmers to continue to participate in your Club training sessions.

NATIONAL SWIM MEDALS REFERENDUM

Data from all 1534 questionnaires returned have been collated. It had been hoped that the outcome would be clear and conclusive - but it is not.

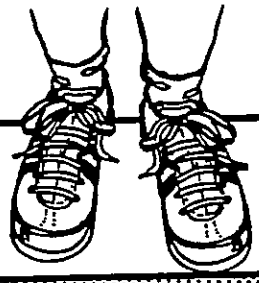
There is a small majority support for 1st, 2nd and 3rd individual event medals of the same quality as at present, for both National and Branch Championship Swims. There was only a 47% support for the aggregate medals. Many of the comments were against continuing with aggregate medals.

It was favoured that any additional costs should be met by an increase in entry fees. (As to be expected - many voted for more medals but no increase in fees???)

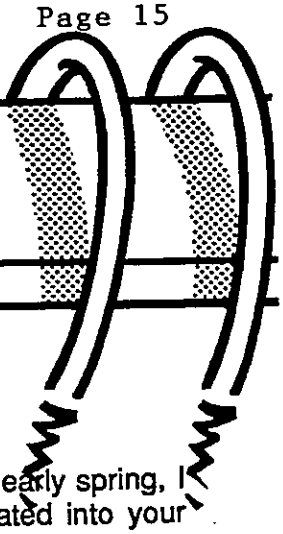
There was strong support in the voting for quality certificates in lieu of medals and many of the comments favoured a quality certificate with all the results as being the most treasured memento of a National Swim. (The "comments" section is the more meaningful response to the subject under question).

A full report will be presented for the Board Meeting in Melbourne on 1/2 October 1995, so that the Branches can decide on our future direction.

PLEASE NOTE: Copies of back issues of The Australian Masters Swimming Coaches Newsletter are no longer available. Anyone wanting reprints of articles will need to beg, borrow or steal off fellow swimmers.



QUALITY TRAINING



By Anita Killmier

With most of us preparing for State Short Course or Australian Masters Games in early spring, I thought it would be timely to discuss aspects of training that should be incorporated into your programme leading up to these events.

At this point in time you should be in to the Quality Phase of your training. The previous months should have been spent in endurance training and drill work, whereas the quality phase highlights specific sets and skills needed to race over your competitive events.

If you have only just begun to train, or haven't been training to any particular plan - take heart. You can still salvage your training if you include the following suggestions.

Race Pace Practice

If you want to achieve a personal best time in any of your events (and who doesn't?) you must include some sets where you practice swimming **faster** than your race speed and also **at** race speed.

Some endurance type training will still play an important part in this phase, but in short, the only way you will swim faster than ever before in a race, is to practice in training swimming faster than you have ever been before.

The best way to do this is to break your race distance into shorter segments swimming each segment at, or faster than your race speed. These broken swims are handy to work on other aspects of your race plan such as how to pace your race to learn to Negative Split (see article page 6).

EG to practise for a 200m race you might swim 3 (4 x 50m with 10 seconds rest + 100m easy) Time how long it takes you to do all of the 50's, then deduct the 30 seconds of rest that you have had. This will give you a net swimming time that should be equal to, or faster than your personal best time. Swim 100m easy to recover concentrating on technique, then repeat the whole set another two times.

Pay attention to the times you do for each repeat 50m, and work at improving how you swim them. Aim to swim them with as little variation as possible, or with the last one being slightly faster than the others so you teach yourself to finish fast.

If you have a goal time in mind, work out what times you would need to split in to achieve that time, and then try to practise your broken 200s doing these splits exactly.

EG if your goal is to swim the 200m Freestyle in 2.40.00 you would need to swim each 50 m in exactly 40 secs. However experience shows that at the start of a 200m swim, with a dive start and feeling fresh, you will always swim the first 50m faster than any other. A sensible race plan which also uses negative splits would be to swim the first 50m in around 38.00, the second 50m in 42.00, the third 50m in 40.50 and the last 50m in 39.50. Whilst swimming this, the sensation would be one of beginning at about 90 to 95% effort and then increasing the intensity over each successive 50m, finishing at 100% effort.

This same set could be adapted for a 100m race by doing broken 100's at the 25m. Establish your goal times and splits in much the same way, though you should probably begin each broken swim with a dive start and at 95% effort on the first 25m.

Conversely for a 400m race your start out speed would only be at 85 to 90% effort.

This type of set should be swum once a week.

Underdistance repeats.

Middle distance and distance Freestylers are notorious for not doing enough speed work in their programmes. They live on a steady diet of overdistance endurance sets swimming atslower than race speeds. They believe that more is fitter, and fitter is faster. Up to a point they are correct.

Take swimmer A. His PB 50m Free. time is 35.00. At the very best, he would probably be able to swim a 400m race averaging 40 secs/ 50m (ie 5.20.00/400m), and on a distance programme may be able to achieve this result. But swimmer B who also has a PB of 35.00 includes some speed work in his workouts and improves his 50 PB to 33.00. Swimmer B is now able to repeat his 50m splits in 38 secs (ie 5.12.00/400m), for the same amount of effort as Swimmer A.

Swimming slowly only teaches you to swim slowly!

All events utilises a mixture of energy systems and each one of these energy systems needs to be trained for peak performance. The energy systems being used in sprint work are different from those being used in endurance work. Failing to train either of these will probably lead to a poor result.

To increase pure swimming speed start including some short sprints in every session. Some days do them soon after you have warmed up to simulate sprinting fresh, and on other days place them at the end of your session. This will give your body the chance to practise sprinting when fatigued. You will possibly discover an amazing thing. Some of you may be faster at the end of training! If this is the case I would hazard a guess that you need a longer pre-race warmup than those who are better at the start of training.

Underdistance swims must be faster than race speed and shorter than race distance. Basically you should be doing distances that last 10 to 15 seconds (eg 12.5m or 15m sprints) that allow for complete recovery each swim.

Skill Development

Refining the details of a race are just as important as the mileage you are covering. Make sure all pushoffs, dives and turns are streamlined and explosive even if you are swimming at slow speeds. Practise accelerating in and out of every turn. A coach can be your greatest asset as they can often see mistakes that you are unaware of. Have them check your skills out on a regular basis.

Weight Training

"To weight train or not to weight train - that is the question!" Every coach has a different philosophy on the merits of weight training for swimmers. My personal opinion is Yes! Yes! Yes! But...

- Most sprinters benefit fom a well planned weight programme because strength and power is a necessary component of sprinting. Men should be cautious however that they don't add too much bulk as this can increase their frontal resistance in the water thereby increasing drag and slowing you down. Also, the weights should be performed at a suitable time of day when there won't be any carry over fatigue in the pool during the quality phase. This will only cause the swimmer to swim slower than required, hence no speed improvement.

- A strength programme can help prevent injury, and for that reason alone is a good enough reason to undertake.

- In my experience women who have never undertaken a strength training programme, have never failed to improve their swimming. Any person who is incapable of lifting their body up over the edge of the pool, has a very poor power to weight ratio which is critical for swimming. Unfortunately most of my female swimmers and some of my older sedentary males have difficulty performing this simple hoist.

- Generally if you need to cut down on the number of swimming sessions you do in order to fit in your weights, you are probably better off to swim, particularly if you are not at elite levels.

If you are not in the gym by now, it is probably too late to start for this season. If you are in the gym, or even working out at home, make sure you reduce then cease in the last couple of weeks before competition.

If you do embark on a strength training programme seek proper advice first as there are many pitfalls to look for. Also, try to find someone with a good knowledge of swimming. After a general non-specific preparation period, your strength training should be tailored to work the specific muscle groups used in your events.

Tapering

Tapering is the cream on the cake when it comes to training for peak performance. The following is an excerpt from "Mastering Swimming ", and the author is Kay Cox.

All too often a good preparation is ruined by a poor taper.....

Tapering 10 days to a week before an event is adequate; if it's a mini taper, about 3 days before is sufficient. ...Remeber this is the fine tuning phase and the other factors such as sleep, diet, stress, changes in work and environment need to be controlled.....

The general principles of a taper are:

- Individuals still have individual needs.

- At the beginning of the taper it may only be the distance that is reduced, say from 3000m to 2000m.

- As each day passes there is a reduction in the intensity, as the rest interval increases but a better quality of swim is achieved by a longer rest.

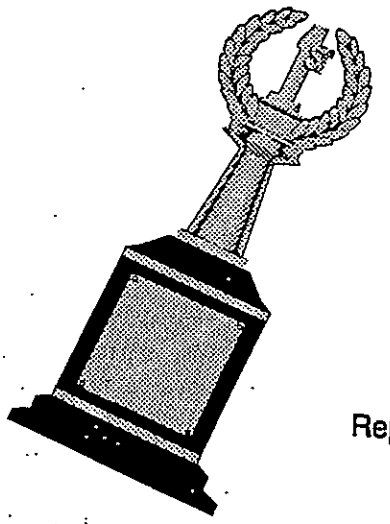
- All out efforts should not be done within 3 days of the swim, as muscle glycogen stores will be depleted and not replaced in time. No all out efforts over 25m to 50m in the last week.

- Alternate days with medium and hard workouts. If you are not sure whether to rest a swimmer or not, go for the rest.

- Practise every aspect of the race: the start, finishes, turns, the last lap of the 200m event. Practise the whole race. Even practise all the events in one day's swimming. (Editor's note: Make sure you practise your full pre-race warmup a couple of times at least prior to the day.)

- Practise at race pace and faster than race pace (with shorter distances).

- Most of the distance covered should be in the warm up and cool down. For example over 1500m: 400m warmup, 700m sprints, 400m cool down. (Editor's note: Any easy swimming should be done for fine tuning technique. Plenty of drills should be added here.) Cont. over.



Goal Setting and Visualisation

adapted from a report written by David W. Crawford

Reprinted with permission from MSC News - April/May 1995

Setting short-and long-term goals has always been a part of many pursuits including athletic activities. Developing one's potential for athletic performance is a function of both mental and physical preparation well in advance of competition. Goal-setting and visualisation can be viewed as consisting of five elements: setting the goal, visualisation to assist one in achieving the goal, determination, discipline, and perseverance.

Setting the Goal: Goals must be real and practical. Goals that are well beyond our physical or mental capabilities set us up for failure. We must recognise the limitations or constraints on time and abilities in order to be realistic about what we can achieve. While the goal is achievable, it should also stretch our limits.

Personal and Specific: The goal should be as personal and specific as possible to your own individual achievement. It must be related to that which is under your own control. For instance, winning a gold medal in the Olympics 200 Free can be a goal, but it is highly dependent on the achievements of others A more specific way to express such a goal is: "I would like to swim a 1:53 flat –200 Free in an international swim meet. That goal is personal, positive, directed at elevating your own individual performance, and not at the expense of others. Once a goal is set, a plan should be developed to guide the achievement. You need to answer the basic question: What do I have to do to achieve that goal?

Visualise: Visualisation is the process of developing pictures in your mind of your goal, of what you need to do to achieve the goal, and finally of reaching the goal. It is a picture of how it will feel when the goal is achieved. Visualisation applies to any element or activity that contributes to reaching that goal. It may consist of mentally practising the physical elements of an activity which can lead to improvement in physical actions. Positive, clear pictures of the outcome, repeated frequently over an extended time, will help us keep focused toward fulfilment of the goal.

Concentration: Concentration is one of the keys to the practice of visualisation. It takes mental effort and should be viewed as an exercise similar to physical exercise. Find a quiet place and establish a consistent approach that involves relaxing the body and focusing the mind. Use deep breathing and concentrate on muscle relaxation to set the body and mind into a receptive mode. Once in the state of relaxation–yet at the same time being keenly aware–deliberately and consistently create imagery relating to the goal or the physical elements of the activity and picture positive outcomes. This will lead to imprinting these images firmly into the mind.

Be determined: You have to be convinced that the goal is important. You really have to want it and know it is worth achieving. Goals worth pursuing are seldom achieved overnight. Commitment must come from within; no one can give it to you.

Be disciplined: Reaching a goal has to be done a step at a time. Success comes from consistent and regular application of principles. In short: Practice! Practice! Practice!

Persevere: Don't ever give up! Trials, tribulations, injuries, setbacks, obstacles, discouragement, external influences or opposition are the negatives that get in your way of achieving your goals. Perseverance, the act of persisting in spite of the obstacles, is a valuable attribute that above all others will ensure progress when everything seems to go against you.'

David Crawford, 45, of Cumberland (Maine), is the world Masters Triathlon Champion. He has held several U.S. national championships. He works as an environmental scientist in Portland, Maine.

Do not dwell on your losses, but concentrate upon the part of your performance that limited your excellence.

Continued from page 17

- If swimmers are not training every day, then this does not matter, provided the step down is along the same lines.

After Backstairs Passage, Andrew's looking for [illegible]

Swim hero sn[illegible]os the s..arks

Story: SHANE MAGUIRE

Picture: BRIAN WEBBER

There's not much in a courtroom that worries barrister Andrew Martin, but a little black humor from his kids about sharks had this marathon swimmer terrified.

It was the night before his world record-setting swim across the notoriously dangerous Backstairs Passage to Kangaroo Island last week and the weather was filthy.

The prospect of a smooth crossing the next day for this 44-year-old "new boy" to marathon events was slim, but as if that wasn't enough, Andrew struggled to hide his nervousness as his children cracked all manner of jokes about "big bitles".

"I was very frightened the night before," he unashamedly admitted.

"I was laying in bed listening to the rain in the early hours and it all just seemed too much.

"It was the thought of sharks that frightened me the night before the swim but as I entered the water the next day, those thoughts were gone, I knew it was fine."

And fine it was.

Andrew Martin's feat is one to be admired for a number of reasons.

Not only did he achieve something no-one else had officially achieved in the past, but he swam the dangerous waters to KI in just four hours and 31 minutes.

But add to that the fact that five years ago he couldn't swim a stroke, it's easy to understand the look of satisfaction on his face.

It would be fair comment to say the Martin household is a tad competitive at times.

Andrew, a succesful Adelaide barrister is married to Industrial Relations Court Judge Helen Parsons and it was she who coaxed him into learning to swim, just so he would get fit.

Husband and wife in law ... marathon swimmer Andrew Martin and Helen Parsons

"I was swimming and really enjoying it and I thought Andrew would as well," Helen said.

"So I suggested it to him and before I knew it, he had overtaken me in ability and today he is far and away a better swimmer than me.

"He puts much more effort and energy into it than me.

"I never thought five years ago he would surpass me and in fact I tried for a really long time not to let him catch up to me, but he did and he is way ahead of me now."

For Andrew, having given up a fifty-a-day cigarette habit, it seemed the longer the distance he swam, the better he felt and gradually it became obvious marathon swimming was the way to go.

"I'll never be able to swim short distance races with people my age who started as kids," Andrew said.

"They have had all those years head start on me, that's why I got into this long distance swimming.

"Long swims are different, it's a mental thing and a matter of just plugging on."

And plug away he did, doing a number of long distance swims here and interstate until the time came from something completely different again.

"One day Andrew announced to the family that he wanted to swim Backstairs Passage," Helen recalls. "I could see he was serious and from that point on, the family backed him completely."

For the next five weeks Andrew trained each day with a two-hour session and a 6km ocean swim on Saturdays.

By last Tuesday he was as ready as he was ever going to be and with his support crew, he headed down to the sea to make history and at the same time, raise money for the Heart Foundation.

And one notable exception to the support crew was his wife Helen.

"I get very anxious so I didn't think I was a particularly appropriate person to be on the support vessel that day," she said.

"I was just as likely to say to the others that he should get out of the water at the slightest sign of trouble, so I went to work instead.

"I went into court at 10.30am and I concentrated fully on the matter before me.

"It wasn't until the lunch adjournment I felt brave enough to make a phone call and see what was happening, that's when I heard he was already more than half way over.

"For the rest of the afternoon I was very distracted thinking about how he was doing, luckily I didn't have to be in court during that time."

Meanwhile, out in the cold winter waters on the fringe of the Southern Ocean, Andrew was making good time.

"During the swim I just divided it into 40 minute lots," he said.

"I just thought about the period to the next feed stop and I thought about finishing, always thinking about what the finish was going to be like, what was going to happen, how I would feel."

It wasn't until within the last hour that any negative thoughts entered Andrew's mind.

"At the very end, just when I was about to get there, it crossed my mind the only thing that would stop me now was a shark," he recalled.

"But it's a huge area of water and you would have to be unlucky."

Andrew completed the record setting swim without incident, except the small mishap on dry land when he tripped and hurt his foot.

But for now the Martin family must just wait with anticipation to see what dad has in mind for the future.

"I'll have to find something else to do now," Andrew smiled.

Countdown Begins at Sheffield

Months of preparatory work are now coming to fruition for the Committee organising the 1996 World Masters Swimming Championships in Sheffield.

Tremendous interest is being generated in the forthcoming VI World Masters Swimming Championships to be held in Sheffield, 22-June to 3 July 1996. Events will include Swimming, Open Water Swimming, Diving, Water Polo and Synchronised Swimming. The Championships are being held for the first time in Europe and, judging by the interest being shown, could well be one of the biggest swim meets ever held.

All the events, with the exception of Open Water Swimming, will be hosted at the Ponds Forge International Sports Centre in the centre of the City of Sheffield. The 5km swim will be held at the Holme Pierrepont National Water Sports Centre in Nottingham, approximately 45 minutes from Sheffield. Both venues are world class. Ponds Forge will provide state-of-the-art facilities for all disciplines and is widely acknowledged as one of the best swimming pools in the world.
It was the flag ship venue for the World Student Games hosted in Sheffield in 1991. In 1993 it also played host to the European Swimming Championships.

The Organising Committee have left no stone unturned to make the Championships a resounding success. After many months of detailed work the Information and Entry Booklet was published right on schedule in March and this has now been distributed throughout the world. The booklet is the product of the experience gained in running five previous World Masters Championships and contains a wealth of detail as well as many innovations.

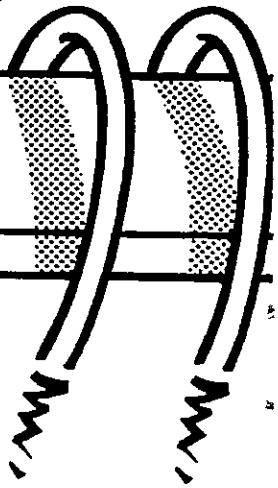
Sheffield will be a popular venue. Although the fifth largest city in Britain, it is a friendly working city with a truly distinctive country setting. For the first time visitor Sheffield is a revelation. Perhaps the greatest surprise is its stunning location. More than one third of Sheffield lies within the beautiful Peak District National Park. It is built on seven hills and five rivers and has more than fifty parks and abundant woodlands. In Sheffield, sport is an industry and the city is fast becoming the sporting capital of England. It boasts some the best sports and leisure facilities in the country. Accommodation at a reasonable price is available close at hand at the University and a recently built light rail network will provide excellent transport within the city. Without a doubt, Masters Swimmers will certainly be eagerly awaiting next years World Championships.

Exotic Venue for 1998 World Meet

The 1998 VII World Masters Swimming Championships have been awarded to Casablanca, the largest city and chief seaport of Morocco. The decision was made at the FINA Bureau meeting held in Bangkok, Thailand, 28-30 March 1995. This will be the first major Masters swimming event ever held on the African continent and the historic city of Casablanca should provide a most exciting and popular venue. Organisation for the event is already under way and the FINA Masters Committee met there in late May.

Reprinted from Masterscrawl June 1995

Let's Get Involved



VOLUNTEER INVOLVEMENT PROGRAM Sport and Recreation

CURRENT RESEARCH - fact sheet

Did You Know?

- Almost 1.45 million adults are volunteers in Australian sport.
- The voluntary contribution to Australian sport is worth $1.65 billion annually and, without volunteers, each Australian's household expenditure on sport and recreation would increase by $330 a year.
- More than 50% of volunteers are aged 30-50 years. 41 per cent of all volunteers are found in sport and recreation

From The Daly Research

- Volunteers are in short supply and numbers are declining in many sports
- Few sporting organisations have an adequate recruiting scheme for volunteers, or schemes to sustain and retain their volunteers
- Satisfaction with their tasks is the mot important factor affecting volunteers' willingness to serve
- The role of the volunteer is not highly regarded by many sporting organisations in Australia

Why Are Volunteer Numbers Declining?

- More people working, with fewer hours available to volunteer
- Changing ethos of volunteerism
- Older age group remaining active in their own leisure time
- Volunteer efforts not being recognised

WHO IS A VOLUNTEER/

A volunteer is any person who provides, without pay, a service to an organisation or group in any of the following roles:

* office bearer/committee member
* publicity
* marketing and/or promotion
* planning
* management responsibilities
* fundraising
* keeping records
* decision making

* officiating (referee, umpire, judge)
* running events/activities
* social functions
* catering
* coaching/instruction
* maintenance of equipment/facilities
* ticketing

All types of people volunteer for all types of reasons. They come from all walks of life, all ages, all interests.

Some are 'career volunteers', who devote much of their lives to sports administration, and others are 'helper volunteers', who are only needed for the short term.

Schemes already supporting volunteers in sport and recreation are:-

Australian Coaching Council - coach accreditation scheme
Australian Society of Sport Administrators - sports administration
Australian Sports Medicine Federation - sports medicine course
State Departments of Sport and Recreation - courses and resources
State Volunteer Centres - courses, resources and advice
AUSSIE SPORT - Challenge, Achievement and Pathways in Sport (CAPS)

HOW TO RECOGNISE VOLUNTEERS

"The best resource is the one you already have". Too many organisations spend time and energy recruiting new volunteers without acknowledging the ones already working for them.

MAKE THEM FEEL VALUED

Why not consider this list of ideas?

personal praise to the volunteer on the job

letters and postcards of thanks

informal certificates of appreciation

identification pins, buttons

special volunteer awards presented at a club function

recognition of outstanding effort in local newspaper, on club notice board or in club newsetter

birthday cards signed by club president/committee

naming an event after a volunteer

providing free club t-shirt/clothing

free tickets to major activity/sports event

start/end-of-season social event for all volunteers

get-well cards to volunteers who are ill

thank you notes from members of the volunteer;s team

reimbursement of out-of-pocket expenses

annual volunteer day where free lunch/tea is provided

invitation to play a more significant part in club matters

invitation to club social events

funding volunteers' attendance at training courses

conducting free volunteer training course

offering the chance to contribute to club newsletter

constant praise of volunteers to others in the club

nomination for any appropriate awards/schemes

DON'T WAIT UNTIL IT'S TOO LATE-ACKNOWLEDGE VOLUNTEERS NOW

HOW TO RECRUIT VOLUNTEERS

Why They Join

to have fun	to learn new skills
to help others	to share talents and abilities
to make new friends	to secure job references
to feel valued and appreciated	to explore career opportunities

Why Does The Club Want Volunteers?

People are more likely to volunteer if they can see the club has a direction and a sense of purpose. Before you begin, specify the tasks for which you need each volunteer.

Who Are Your Volunteers?

Apart from club "insiders" such as relatives and friends...consider retired people, local high school/college students and CAPS participants. Also, ask at your regional Volunteer Centre and the unemployment bureau.

Advertise for recruits in local media and information booths at shopping centres.

Then Consider:

- how many volunteers are needed and to do what?
- when are they needed and for how long?
- what demands will be made of them and by whom?
- what authority will the volunteer have?
- who are they answerable to?
- what support and training will the volunteer receive?

A general job description not only provides a direction for the volunteer but shows the organisation has planned for them. Also consider appointing a volunteer co-ordinator to look after their needs and interests.

Information kits, a register of club volunteers and their skills, apprenticeship programs, recruiting people recommended by current volunteers, featuring volunteers in the local newspaper, and incentive packages (such as club shirts etc), cana be used to supplement the basic steps to recruiting volunteers.

Why not seek out other clubs that you know have a good volunteer network and find out what recruitment scheme they use?

HOW TO MANAGE VOLUNTEERS

Volunteer managers should ensure that volunteers are both available and happy.

What tasks would the Volunteer Manager perform?

1. Provide JOB DESCRIPTIONSfor all volunteers.
2. Provide TRAINING or seek out appropriate courses.
3. Initiate RECOGNITION shemes to acknowledge volunteer effort.
4. MAINTAIN RECORDS of volunteer effort in the club.
5. ROSTER DUTIESto reduce burn-out and exploitation.
6. Identify club needs and TARGET NEW VOLUNTEERS if necessary

HOW TO RETAIN VOLUNTEERS

Obviously, groups requiring volunteers need to know who they are and in what capacity they wish to work.

Registers of volunteers could provide this information. These could operate at vaious levels:

- existing registers through State Volunteer Centres
- new registers at State Sport Departments listing existing and potential volunteers and records of their skills
- club registers of existing and potential volunteers
- existing volunteer groups who have already worked for special events and are prepared to make their names available on request for future events
- State Departments of Sport and Recreation setting up a Volunteer Bureau to research volunteer needs and their development; provide contact with potential volunteer groups; create a data base of casual volunteers for special events; resource state sporting/recreation associations and their volunteer force.

Editor's note: This information has been extracted from a booklet produced by the National Volunteer Involvement Program (VIP). For more information please contact

Australian Sports Commission
PO Box 176
BELCONNEN ACT 2616

STATE & NATIONAL VIP RECOGNITION AWARDS 1995

What is the Volunteer Involvement Program?

The Volunteer Involvement Program (VIP) aims to address the needs of volunteers in sport and recreation organisations at all levels.

The VIP provides opportunities for volunteers to develop necessary skills. The program also assists sport and recreation organisations with planning and volunteer management and recognises and promotes the work of volunteers.

What are the VIP Recognition Awards?

The State & National VIP Recognition Awards acknowledge the outstanding work undertaken by sport and recreation organisations throughout Australia to support their volunteers.

Volunteers are the backbone of sport and recreation. Without their involvement, sport and recreation in Australia would not function effectively...if at all.

It is therefore vital that organisations have a planned and co-ordinated approach to the management of their volunteers. This will not only make the work of volunteers more rewarding and satisfying, it will ultimately benefit the organisations themselves.

Most of us have been volunteers at some stage. We all know what it's like for someone to say thanks, to be appreciated for our efforts. The State & National VIP Recognition Awards allow us to say thanks to those sport and recreation organisations which support their volunteers.

Can Our Organisation Get Involved?

Yes! From Perth to Pemberton, from Adelaide to Alice Springs, from Wollongong to Wilcannia, large or small – all organisations involved in sport and recreation can take part in the Awards.

What are the Award Categories?

- Club/Community Organisation
- State/Territory & Regional/District Organisation
- National Organisation.

The Awards will be judged at both State/Territory and National level.

In each State/Territory, one organisation from the Club/Community category and one from the State/Territory & Regional/District category will be recognised for outstanding achievement and receive $1000 and a trophy. Two other organisations in both categories will receive Certificates of High Commendation.

All State and Territory winners will then have the chance to win the National Award in the Club/Community and State/Territory & Regional/District categories and receive a further $1000.

State and Territory winners in both categories, together with National Organisation nominees, will be invited to attend the presentation of the National Awards in Canberra.

The Awards represent a wonderful opportunity for organisations to gain public recognition for the contribution that they are making to the community.

What are the Nomination Guidelines?

Judging will be based on the focus areas of the VIP:

- Planning
- Volunteer Management
- Education and Training
- Recognition
- Promotion and Publicity.

Nomination Guidelines have been developed to assist organisations with their nomination.

When do the Nominations Close?

All nominations close on Friday 22 September 1995.

When will the Awards be Presented?

State and Territory Awards will be presented in October. National Awards will be presented in November.

NOMINATION GUIDELINES

Nominations will be judged based on the 5 focus areas of the VIP. When preparing your nomination it may be appropriate to provide information on some of the practices detailed below. This should not be regarded as an exclusive list and additional information relating to each focus area may be included. Organisations are not necessarily required to address all 5 focus areas or to have implemented all the practices listed to nominate.

You are encouraged to provide relevant supporting materials/documentation with your nomination. To assist with the judging process, nominations should be concise and relevant to the 5 focus areas of the VIP.

All sport and recreation organisations, large or small, which have supported their volunteers are urged to nominate for the State & National VIP Recognition Awards.

Planning

- A decision has been made to undertake a planning activity.
- A planning session has been conducted within the organisation.
- A planning committee has been established.
- A planning document has been developed and utilised.
- A policy on volunteer management has been developed.

Volunteer Management

- A volunteer management plan has been formulated which considers the number of volunteers required, the type of volunteers needed and the roles they will fulfil.
- A Volunteer Co-ordinator or relevant personnel are responsible for the management of volunteers.
- Recruitment strategies have been developed and have proven successful.
- Volunteers are offered work which is appropriate to their skills, experience, interests and aspirations.
- Job descriptions are provided to volunteers.
- Procedures are implemented to ensure volunteer safety and well being.
- Volunteers are provided with reimbursement and compensation for out-of-pocket expenses.
- Volunteers are valued as team members and given decision making opportunities.

Education and Training

- Volunteers are provided with orientation to their work and to the organisation as a whole.
- Training and support is provided for volunteers to assist them in their roles (e.g. coach education, leadership training, administration courses).
- Volunteer Co-ordinators and committees of management are provided with volunteer management training.

Recognition

- The efforts and contributions of volunteers are recognised and rewarded (e.g. recognition certificates etc).
- Records are kept of volunteer service.

Promotion and Publicity

- All volunteers are kept informed of organisation decisions, programs and activities (e.g. newsletters, notice boards etc).
- The efforts of volunteers are promoted to the wider community (e.g. community newspaper articles).
- The organisation is promoted to the wider community.

Nomination Forms are available from the AUSSI Office.

VOLUNTEER INVOLVEMENT PROGRAM
SPORT & RECREATION

Australian Sports Commission

Confederation of Australian SPORT Incorporated

Australian Society of Sport Administrators ASSA

The following workouts are continued from our February issue. They are from an article called "Sept - June Swim Workouts" by Jamie Connors.

FAST

MARCH

Monday		Wednesday	
10x75	odd-free :15 even- str 25 ez/25 mod/25 hard	6x100	choice :15
8x125	25- DPS/100 fast free 2:30	4x400	free - steady pace -broken at 50's :05 - " at 100's :10 - " at 200's :20 400 ----------50 ez
6x100	stroke :20 25 drill/75 swim	6x75	odd - free breath control :20 even - str
Total 2350		Total 2700	

Friday		Monday	
10x75	odd- free drill even- free swim	1x800	800 free build on 200's
3x400	(200 fr steady [4:00] + 8x25 fr all out [:30])	20x50	1-5 & 11-15 free 1:00 6-10 & 16-20 25 str/25 fr 1:10 50 ez
3x150	(4x25 str [:40] + 1x50 str all out [1:30])	20x25	kick 25 hard/25 ez :45
Total 2400		Total 2250	

Wednesday		Friday	
4x150	50 swim-50 kick-50 swim	10x 75	25 drill/25 mod/25 hard
8x200	free 4:00 odd- broken at 50's :05 even- straight	15x100	free sets of 5 1,3,5- ↓ (1-3) 2:00 2,4 - steady 50 ez
10x50	4- free 4- str 2- ez 25 build/25 allout	8x25	25 - DPS :40 25 - sprint
Total 2700		Total 2500	

Speed is the by-product of busting your arse.

MARCH

Monday	Wednesday
14x50 7 - free :10 7 - 25 fr/25 str 9x125 free sets of 3 2:45 2x125 25 DPS/50 build/50 fast 1x125 fast 400 smooth free swim 10x25 stroke	1000 m free (500 - 50 ez/50 hard) (500 steady) 6x250 free 4:30 odd - 25 smooth/25 allout even steady ---------- 100 ez 8x50 25 str drills/25 swim 4 - free 1:00 4 - str 1:15
Total 2400	Total 3100

Friday	Monday
3x300 (200 fr [3:30] + 4x25 choice :40) 1x400 free DPS (concentrate turns) 18x50 free sets of 2 3- ↓(1-3) 1:00 3- steady 1:10 3- ↓(1-3) 1:00 ----------50 ez 10x25 fly 25 drill/25 swim	8x100 odd - free drill even- free swim 10x150 free 2:45 odd- 150 build even- fast ----------50 ez 8x25 1/2L kick / 1/2L swim :45
Total 2500	Total 2550

Wednesday	Friday
16x50 choice :05 15x75 free ↓(1-3) 1:30 ----------25 ez 6x100 IM 2:30 50 ez	4x150 50 swim/50 kick/50 swim 4x400 (200 free smooth [4:00] + 8x25 choice fast :40) 8x25 25 no-board kick :10 25 swim ----------100 ez
Total 2600	Total 2400

Did you know that according to the Australian Bureau of Statistics paper entitled "Unpaid Work and the Australian Economy" the total value of unpaid housework and community work is $227.8 billion annually. This is equal to 58% of Australia's gross domestic product.

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.

VIDEOS

* Sunrice High Performance Eating Strategies, plus booklet
* Mark Tonelli tapes
* Aussi Coaching Seminar with Kirk Marks
* THE ATHLETIC INSTITUTE SWIMMING SERIES
  1. Freestyle & Backstroke
  2. Breaststroke & Butterfly
  3. Starts, Turns & Progressive Drills
* AUSSI WORKSHOP - Tailoring a Programme plus booklet
* Stretching - Bob Anderson
* Food for Sport
* Masterstroke Technique
* Your Backyard Swimming Pool is your home fitness centre
* AUSKA - Swimming Strokes
* SWIM SMARTER, SWIM FASTER AND
* STARTS, TURNS AND FINISHES
* Masters Stroke Techniques
* Swimming Fastest
* A.S.C.A. Conference MASTERS Adelaide 92
* Strength Training
* Visualisation
* Media Matters
* Exercise beats Arthritis

AUDIO TAPES

* THE CREATIVE PERFORMANCE INSTITUTE
  1. Guided Imagery for Racing Risk Taking & Racing
  2. Guided Imagery for Training Commitment & Training Today Relaxation and Mental Rehearsal

* AUSTRALIAN COACHES CONFERENCE SERIES 1990
  1. The Role of the National Coach In Australian Swimming - Don Talbot OBE
  2. Integrating School and Club Swimming - Dick Shoulberg
  3. Managerial Perspectives of Parent, Coach, Athlete Relationships - Professor Andrew Crouch
  4. Blood Lactate Responses in Masters Swimmers During Active and Passive Recovery - Peter Reaburn
  5. Utilisation of Time and Space for Swimming and Dryland Training - Dick Shoulberg
  6. Physiological Considerations in Tapering Swimmers - David Pyne
  7. Coaching Butterfliers - Doug Frost
  8. Training and Racing the Individual Medley - Dick Shoulberg
  9. The Importance of Teaching Good Technique - Laurie Lawrence
  10. The AUSTSWIM Swimming Program - John Kilpatrick
  11. Long Distance Swimming Training - Dick Campion
  12. High Altitude Training - Ian Findlay
  13. Coaching the Elite Distance Swimmer - Ian Findlay

AUSSI RESOURCE CENTRE - ORDER FORM

NAME _____

ADDRESS _____

_____

AUSSIE CLUB _____

MEMBERSHIP NO. _____

I REQUEST THE HIRE OF THE FOLLOWING ITEMS

1. _____
2. _____
3. _____

I WOULD LIKE TO HIRE THEM FOR A TOTAL OF ___WKS COMMENCING _____ DATE

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

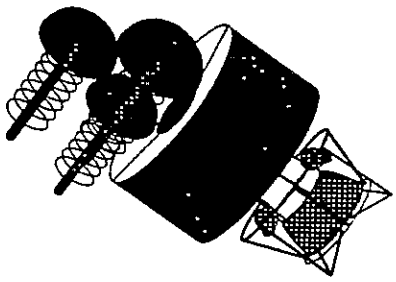
SIGNED _____

DATE _____

CHEQUES MUST BE MADE TO "AUSSI"

27 Johnstone Street,
MALVERN 3144

Ask the 'World' a Question !



David Tree expands on his theme of a world-wide swimming information network.

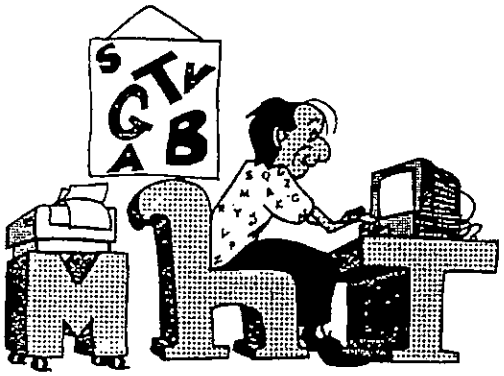
The Internet is a global storehouse of information. Information in all formats, (live motion picture clips, colour photos, music/sound, software applications, and yes, simple text), can be retrieved. Countless thousands of gigabytes of information !

Okay, I admit that Internet is not for everyone. Here are a few reasons that someone might like to use the 'net'.

☐ Sure, you can go to the library and look up more information on arthritis, or cancer, swimmer's shoulder, pregnancy, athletics, nutrition, etc. You could also contact a friend of a friend to find out what might be wrong with the new software that you are using this weekend for the swim meet of the season. (Of course, you happen to be in charge of registration and results. The company that produced the software happens to be on-line as are many other users of the software.) Or perhaps you want to get hold of one of countless Masters leaders throughout the world who just happen to have Internet accounts.

☐ Your organisation might like to develop a closer working relationship with customers or potential customers. I can access companies which specialise in everything from computers to cooking with a few strokes on my keyboard. (Especially nice, since I already deal with several of these companies !) Many companies and most universities now have full Internet access. Check the next business card someone gives you ..... odds are that there is an email address listed.

☐ Perhaps you wonder what the winning time was in the women's 1500m at the Barbados International Masters meet or the Championnats de France Masters Open (or whatever meet your curiosity dictates). Maybe you wonder what the current world or national record is in the men's 50-54 age-group. Sure, you can wait a month or two for the results to arrive by mail.



☐ People with interests similar to yours (yes, collecting stamps with turtles on them !) want to hear from you. Might take a decade or two to connect should you not live on the same continent ! (I always get replies when I post queries about a Masters swimming related problem.)

☐ United States Masters Swimming[1] and Masters Swimming Canada[2] now have current Internet services available. I predict the majority of Masters swimming countries will have services available on-line within five years.

☐ Whole libraries are accessible via the 'net'. As well, many magazines are starting electronic versions of their printed magazine. Some magazines are only available electronically. (Rumour has it that the official USMS magazine "SWIM" is considering services on the 'net'.) Several of the magazines I now subscribe to, have "net" versions accessible. I might even put the MSC News on the "net".

☐ You can write a private note to a friend in London (England), Poznan (Poland), or Arvada (Colorado, USA) and get it to them instantly. Or perhaps you prefer to share a thought with the world-wide readership on a USENET newsgroup. Ask the world and the the world will answer (of course, you have to word your questions with a bit of thought !)

☐ Heck, you might just log-in on the World Wide Web (WWW) for a bit of fun (cyber-surfing) just to see where you end up!

The on-line community has its own unique culture and spirit of co-operation. Respecting (and understanding) how things work on-line may require you to be patient and observe during your first few visits to a particular area. However, most users pick up the basics pretty fast. On-line regulars are usually very patient when questions are thrown their way. Understanding some of the technology will make users a lot more comfortable when they try, new services.

The most basic service is electronic mail or 'e-mail' (I prefer spelling it as 'email'). The number of email users is not known exactly, but is estimated as high as 60 million and next year it will be 80 million or more. Almost every second business card I receive has an email address on it. Just three years ago, I rarely found an email address on a business card. Who has an email address ? It might well be easier to ask "who doesn't ?". Educators, scientists, business people, researchers, politicians, students, magazine and newsletter editors, and virtually every high-tech company. Included in this total are the countless Masters swimming leaders (and swimmers) that I mentioned earlier. Most people wonder how they ever managed without email after using email for just a month or two.

Alas, not everyone has free access to Internet at their place of employment. The good news is that the cost of accessing the "net" continues to drop. Further drops in access cost were announced for eWorld, Prodigy, CompuServe and America On Line the day that I wrote this article. Also, there are many free-nets in larger centres, (though access may be limited to a few services), where the cost is reasonable or completely free, (underwritten by a commercial sponsor).

Internet is not for everyone. Curiosity, adventure and a thirst for knowledge are a must!

If you would like more information on USENET (try <rec.sport.swimming>), WAIS, Gopher, Archie, World Wide Web (try the following URL <htttp:www.ora.com/gnn/wic/nunu.toc.html>), ftp, telnet or about other terms that you are not sure of, contact your supplier of Internet services or feel free to email me. I can't guarantee that I will answer your questions, but the price is right ..... free !

I am the editor of the MSC News, the official newsletter of Masters Swimming Canada. I invite all newsletter editors to drop me a copy of their Masters newsletter. I would be pleased to share info on Masters swimming in Canada.

My mailing address is: David J. Tree
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PO Box 4400 Fredericton, N.B.
CANADA ,E3B 5A3
email address: tree@jupiter.sun.csd.unb.ca

Note.[1]
A USMS sanctioned anonymous ftp site has been established at <orion.lpl.arizona.edu> (128.196.64.234) Use anonymous as your user name and your email address as your password.

Note.[2]
Information on Masters Swimming Canada and meets throughout Canada can be obtained on the <rec.sport.swimming> newsgroup, by emailing David Tree or on the WWW at the following URL: <http://fas.sfu.ca/0h/cs/people/GradStudents/zaiane/personal/sports.html>

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PLEASE DETACH AND SEND THE WHOLE PAGE

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MALVERN VIC 3144
AUSTRALIA

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

Cheques + postage and handling to AUSSI c/o the above address.