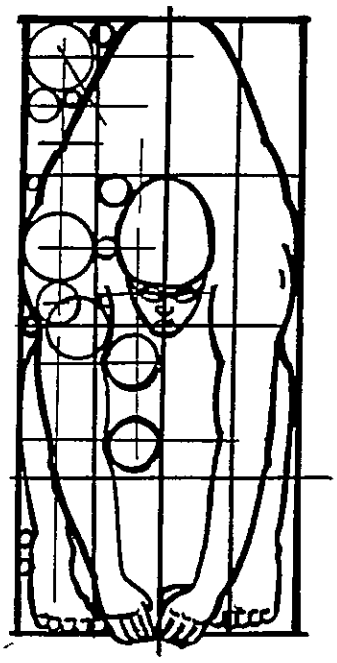

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

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A year ago I waxed lyrical about the Annual Swimming Coaches Conference held at Broadbeach on the Gold Coast. This year again I was not disappointed (although I was less than impressed with the weather which never lived up to the Queensland promo's of 'Beautiful one day, perfect the next'. We flew in to gale force winds, floods and record rains which continued unabated for the whole duration.)

AUSSI was again invited to run a Masters stream, co-ordinated by Christine Parsons from the Queensland Branch. A Level 1M course was well supported with over 50 people attending. Chris will be running a Level 2M Coaching Course on the Gold Coast on the Queen's Birthday weekend. Anyone interested in attending should contact Chris via the Queensland Branch.

The awards night also saw the presentation by Kay Cox (AUSSI National Director of Coaching) of the AUSSI Coach of the Year award. Congratulations to Level 2m coach Susette Pow from Osborne Park WA.

Conference delegates aside from the Masters stream, had the options of a Learn to Swim stream, a Level 2 Course, and an age group / elite stream. The entry foyer had displays from state of the art pool products to the latest computer software designed specifically for coaches and clubs.

The highlight for me was the Forbes and Ursula Carlisle testimonial dinner. Present were a 'who's who' of Australian past and present swimmers. Karen Moras, Shane Gould and Jenny Turrell were among the world record holders and Olympic and Commonwealth Medalists coached by Forbes and Ursula who came to honour and swap anecdotes. Old film and photo's highlighted a career which has spanned 5 decades and continues unabated.

Forbes is truly one of the World's great pioneers and innovators in swimming. In the 1940's he was experimenting with pace clocks, interval training, heart rates and blood lactic testing; all standard features in a coaches retinue today. The evening was both humorous and poignant and finished with an auction of memorabilia donated by the Carlisles. Bidding was brisk due to auctioneer Lawrie Lawrence's bullying and cajolling, providing many funny moments.

The last item was a large painted board which hung at one of the pools for many years. AUSSI swimmer, M.C. and former Commonwealth Games Gold Medalist Mark Morgan, rescued the board when the pool was demolished. The final bidding went to $3000 and was sold to the auctioneer himself. What made a piece of timber so valuable? It was the sentiment, eloquence and sheer power of the words written upon it.

"Our object is not to produce a champion, but to produce an environment where champions are inevitable.

However, swimming is a means to an end..... To build self confidence, self-discipline, integrity and courage for life."

Forbes Carlisle

Why I am a Winner

(Taken from Our Great Australians, published by Kingfisher.)
Hayley Lewis, Swimmer:

The most important part of my athletic upbringing has been motivation. My personal definition is being able to wake up at 4.30 on freezing cold mornings, jump into a pool, push your body through excruciating pain for a few hours then repeat the same thing the next day ..... and the next.

If I set myself difficult but realistic goals, the training and discipline just fall into place. The worst thing that could happen would be to wake up and think 'why am I doing this?' Oh yeah, because I want to be the best in the World!'

Coaches Corner

My Favourite Programme

Our bodies ability to cope with the effects of lactic acid is the basis for my favourite training programme. Our carnival programmes predominately cover events of 200 metres or less, with the occasional distance event. "The single most inhibiting factor to performance in these events is the bodies ability to tolerate lactic acid build up".

Most swim at a sedate pace within the comfort zone. This type of swimming is aerobic based, great for the health spin off, but not really applicable to our carnivals. The carnival events are anaerobic - without oxygen, our bodies work at a very high output approaching 100% of maximum. Our body system goes into oxygen debt because we are using more fuel than the oxygen source can provide and lactic acid which is the exhaust from the special fuel builds up. When this occurs our body is suffering 'acidosis'.

The symptoms for lactic, acid buildup are 'hitting the wall', involuntary muscle contractions, wanting to go to the toilet, tiredness and questioning your ability.

So what is the secret in combating the symptoms? Incorporate into your training a set where you build up lactic acid and then tolerate the effects. This set is called 'Lactic Aid Tolerance'. This is incorporated within the club training once every 9 sessions or 3 weeks.

How has this come about? By taking a nine session week and fitting this to our 3 weekly sessions for 3 weeks. The set normally follows an aerobic set with 2 days rest in between.

The warm up covers all strokes 200 Free pull, 100 Breast, 400 Fly/Back with fins 50 x 50 or 25 x 25.

The warm up is the same each time this set is done.
The main set is:
200 T.T. trying for best time
6 x 50)
1 x 100)
2 x 25 kick) for the entire set
(1:1 work/rest)

The object of the set is to build up lactic acid right from the start and then combat the effects. To do this it is important to go flat out right from the start to the end. This will take time as your body has to adapt to this new stress. After a few times your body will think 'hey, this isn't too bad I have been here before."

Where is this set used within our programme?

This set is used the first two cycles after October and last two cycles before major carnivals. (NB: A cycle is 9 training sessions).

During the middle part of the summer the set is expanded to:
200 T.T.
2 x 100)
10 x 50)
1 x 100)
4 x 25 kick) 1:1 Work/rest

Most importantly this is followed by 400 swim down. It may not seem as a lot of distance for a main set but the 1100 mtrs in the above set done correctly, will bring a glow to your face - guaranteed!

Form stroke can be used as can medley. Retain your work/rest to 1:1.

As we swim year round this training can be incorporated early in the season. Please have a base of training before attempting this type of training as it will find you out if you are not prepared. Don't be impatient and expect instant results, persevere and the results will come with time.

The following are a few tips to use when doing this set.

- Try to do the same training the previous day or two.
- The 200 is to be treated as a fair dinkum race, don't hold back. Go for it.
- Work the 50's hard, trying to maintain stroke rate per minute and stroke count per lap, especially the last two.
- The last 100 is a mental deal. Push right though and you will be surprised by the time. Don't give up.
- The kick 25's are to make sure the legs have copped a belting as well. Right about now it is good not to be a breaststroker.
- When swimming down concentrate on stroke correctness. This is a bit of a bonus being able to work on stroke whilst fatigued. By holding stroke together it will help during latter parts of races when the stroke falls apart from the effects of lactic acid.

Rod Porteous
Head Coach Gladstone Gropers

Health & Fitness Corner

1. **Improve Your Stroke Efficiency:**
Technique improvement is your main chance to beat the clock. If you can move through the water more economically, you get big paybacks in energy conservation. Unlike aerobic fitness which peaks between age 35 and 40, your ability to improve skill and efficiency remain high well into your 70's

2. **Swim Faster in Workout:**
Increase the amount of quality swimming that you do in your workouts by up to 5% per week until you are doing about 25% of your workout at this faster pace. Shorten your average training repeats. Most of your quality sets will be at distances of 100 metres or less. Do more fartlek (speedplay) training. Throw in a quick 25m every third or fourth lap. Shorten the length of your average workout set. Cut some 800-1000m sets down to 300-500m. Intensity has a powerful effect on fitness.

3. **Cross-Train:**
Cycling, running, walking, rowing, kayaking and weight training can decrease body fat, (thus increasing yor max VO2, preserve muscle mass and help keep your overall fitness at a high level)

4. **Treat Your Rest Seriously**
'Say NO to swimming' whene you're feeling tired or stale.

5. **Get Stronger**
Anytime you find swimmers over 40 who are swimming fast times, you can practically guarantee that strength training is one of the things they do to gain an edge. Power is another physical capacity that can be improved no matter what your age.

6. **Keep Your Stroke Long:**
Never sacrifice good form or distance per stroke to gain speed.

Did You Know?

Rolf Harris, the entertainer, went to high school in Perth and states that his only claim to fame then, was winning the Australian Under 16 Backstroke Swimming Title

10 tips for success

By Cheryl K. Brown, Willamette University and Natalie J. Osburn, David Douglas HS.

Succeeding in any occupation in this day and age is difficult. Success requires many skills. In gender-skewed occupations it is even more difficult. Here are 10 suggestions to overcome the difficulty.

Find a mentor
Seek out someone you admire and respect that has experienced success. Let them know that their opinions and insights are important and valuable. You don't necessarily have to follow their advice, but the more information sources you have, the better decisions you make.

Know the climate of your workplace
In some places going to coffee or lunch with supervisors or colleagues is the easiest way to gain information about the climate of the workplace. It is important to remember that in each group of people at each workplace the climate may be different - learn to read it.

Be professional
Control your responses and reactions. It is better to be proactive as opposed to reactive. It is dangerous to be publicly judgmental of fellow professionals and their endeavours. Don't be a fake but always remember what you are saying and to whom.

Develop a network
There is some truth to the adage, "It's not what you know, but who you know". There will be times you'll need a job lead, advice or a kind word. A network can be useful in a myriad of ways. Don't be afraid to make phone calls.

Get feedback
Yes, this is taking a risk. Someone may tell you something you don't want to hear. You need personal and professional feedback to grow and develop. Obtain the feedback from someone you trust.

Improve listening skills
God gave us two ears and one tongue, therefore we should listen twice as much as we talk. Too many people believe they can assert themselves by projecting an opinion on every issue.

Acknowledge support personnel
It is not only the people above you that will assist you in climbing the career ladder. The cooks, secretaries and custodians are some of our most important allies. They are the backbone of any organisation or institution. If you acknowledge them, they'll support you!

Promote yourself
Let others know you feel good about your accomplishments. Give yourself compliments, give others compliments and if someone gives you a compliment, have the common courtesy to accept it. One of the greatest stresses in life today is lack of appreciation.

Improve communication skills
Exude confidence and honesty when speaking. Successful communicators talk in short sentences and avoid rambling on and on. Make sure your words are consistent with your body language and appearance.

Present your best image
First impressions are often lasting ones. Within ten seconds of meeting someone, that person will start making judgements about your integrity, professionalism and intelligence. People focus on what they see and hear as well as how fast or slow we talk.

All of these suggestions are related to leadership skills. These skills can be developed and nurtured with practice, skill and hard work. Patience is power! It takes time to build good alliances and relationships. Trust and respect must be earned and that process is not achieved overnight. Follow your beliefs, work hard, and opportunities will open to you.

Reprinted from ACTIVE Summer 1994

10 Minutes to a Healthy Shoulder
Keeping the rotor cuff strong

Do each exercise once or twice a day, one arm at a time, for 50 repetitions with 11 - 33 kilo's of weight. If you can't complete 50 steps, it is better to reduce the weight and not the repetitions. Even a soup can is better than nothing. Most important - lower the weight slowly in all exercises.

1. Bicep curls - Do them standing up and to full extension.
2. Reverse bicep curls - Same as above, but turn the hand in the opposite direction (palm out).
3. Front lift - Arm straight down, palm forward, raise to front untill parallel to floor.
4. Reverse front lift - Same as above, but start with palm facing back.
5. Out to Side - Same as above, but start with palm facing in and lift out to side.
6. Abducution - Bend forward at waist, arm hanging straight down and palm facing in. Raise arm across body untill inside of forearm crosses the chest. Lower slowly to starting point.
7. Adduction - Same as above, but raise arm out to side parallel to floor, then lower slowly
8. Side Lift - Lying on your side, top arm against your body (elbow lying on your rib cage in the handshake position, rotate arm so knuckles point to ceiling, then lower slowly.

MastersSports Reprinted with permission

Dr. Swim

Don't Tell Me, Coach, Show Me!

■ For many masters athletes, the VCR alone is not a good teacher.

By Terry Laughlin

Jon Supler, a triathlete from Raleigh, N.C., was confused. He'd come to one of my Total Immersion Adult Swim Camps from a Masters swim clinic near his home, but all that was swimming was his head. "They had five coaches there, and each one told me something else I should change about my stroke. By the time I finished making the rounds, I didn't know *what* I was doing," he complained.

Jon has lots of company. Precision sports like swimming, tennis, golf, and skiing, where good performance depends much more on skillful technique than on raw power, offer excellent staying power for the lifetime athlete whose ability to learn fine motor skills remains undiminished into the seventh decade. If your VO_{2max} isn't what it was ten years ago, never mind: You can still swim faster if your muscles move smarter. But there's a price. The skills can be a challenge to master. Coaches, and their ubiquitous at-home substitutes, videocassettes, are supposed to make the process easier for you. Often, they don't.

The reason is simple. Research has shown that people learn skills in not one way, but four: watching, thinking, feeling, and doing. **Watchers** do best when they can play a video, look at a picture, or observe another swimmer, then imitate what they see. Most masters seem to be natural watchers. **Thinkers** learn most easily when they're given a detailed verbal description of the stroke, "see" it in their minds, then try to duplicate that mental picture. **Feelers** pick up instruction most quickly from a description or an exercise that helps them understand how the movement should feel. And **doers** would rather just skip coaching altogether, dive in, and figure things out for themselves. A mismatch makes things hard: If you're a thinker trying to learn by doing, for example, you just won't understand as well, and it will take you longer.

Supler had experienced the most common coaching technique, which I call "detect and correct." Coach watches swimmer stroke down the pool, then tells swimmer what's wrong and how to correct it. It's probably the most-frequently-used method of instruction. It's also one of the least effective, since it's not really learning at all but a piecemeal attempt to fix symptoms.

In five years of teaching Masters swimmers how to swim better, many of them virtual beginners, I've found nobody falls neatly into just one of the four categories. My students learn faster and retain new skills better when I use a blend of all four. If you've been struggling to improve your stroke, and have just gotten more confused by a coach's suggestions, you may be flailing away with a technique that doesn't work well for you.

Masters Are Watchers—Maybe

Most masters I've worked with learn best by **watching** someone else do something well, either on a swimming video or in person. But most swim videos simply show good swimmers doing the strokes beautifully, an impressive sight to be sure. However a 50-year-old watching a 20-year-old world-class butterflyer whizzing by up on the screen can't be blamed for thinking, "Fine for him. Now how am I supposed to move *my* body?"

More effective is watching demonstrations of step-by-step drills that are the building blocks of the stroke. And the most effective model for that is not some Olympic hopeful but a swimmer just like you. Dan Dakus, a Total Immersion coach who is completing a masters degree in motor skill development, says research proves so-called "peer modeling" is 70% more effective than any other form of visual learning because if you see someone just like yourself doing a skill well, you'll believe you can do it well too. So at each drill step in the teaching sequence, I look for a camper who's doing especially well and use that person to demonstrate.

Letting Your Mind Do The Work

For watching to be effective, however, you've got to know what you're watching for. So we actually start out with the **thinking** part. Thinkers need to form mental images they can duplicate on their own, so we describe the stroke in simple word pictures, which may also incorporate some feeling advice. For the freestyle stroke sequence, for example, campers are told to "trap the water with your hand and forearm, pull your hand directly down the centerline of your body, and press it through your hips." To slow them down so they learn proper form, we advise them to "move your hand back at the same speed your body is moving forward." And the recovery at the end of the stroke is like "taking your hand out of your pocket."

Thinkers can actually learn just by vivid mental rehearsal, which physiologists believe accelerates learning by sending the same messages along the central nervous system that physical action would. Campers rehearse each technique again and again before they even get wet.

After thinking comes **doing**. Coaches know that efficient swimming is one of the most complex motor tasks athletes ever learn, and trial-and-error is a painful way to perfect it. Breaking each stroke into bite-size segments makes it a lot easier. Swimmers, encouraged by their success in executing parts of the stroke during these drills, go on to put it all together much faster than even they thought possible. Bad habits are left behind as the stroke is rebuilt from little pieces into something completely new. The alternative, trying to get the whole skill right while parts of it are still wrong, is like trying to write well without all the letters of the alphabet.

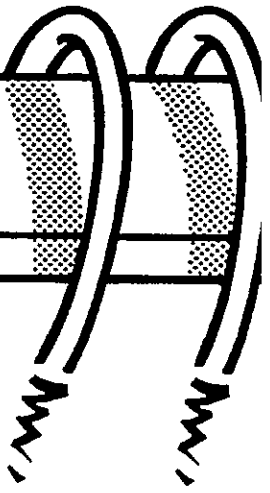
Many stroke drills are best learned by **feeling**. In one, you try to roll your body with no help from arms or legs. Only after feeling the buttock and lower back muscles contracting do most people understand where their power really comes from. Then they go right into building stronger strokes not through working muscles harder, but through perfectly synchronizing body movements. How do they know when they've got it right? Because when they do, they can *feel* their bodies surge on relatively little effort.

While we can't do much about increasing our aerobic capacity after age 35, our ability to learn new skills and refine old ones remains acute for at least twice that long. You don't always have to be fitter to be faster, but you do have to be more skillful. Knowing which among the four ways you learn best is a good start. □

Nationally ranked Masters swimmer Terry Laughlin, Director of Total Immersion Adult Swim Camps and a consultant to Speedo America, will be holding camps November through April in Barbados, Florida, and Colorado (Swim 'n' Ski). Details: 381 Main St., Goshen, NY 10924. (914) 294-3510.

- 'I am a great Breastroke coach because a great Breaststroker walked through my front door.' Arthur Ballentyne

PERSPECTIVE



The following question was asked at the Victorian Short Course Championships in September 1995.

Do you prefer swimming short or long course?

Cally Bartlett 41 Powerpoints. "I prefer long course because there are less turns and I can't turn"

Barbara Jinx 43 Powerpoints" This is my first competition so I don't have anything to compare it to, but it has encouraged me to enter long course."

Heidi Doyle 31 Altona Alligators. "I really enjoy the short course, but I loved Warnambool long course because it was outdoors and we had a holiday to go along with it."

Linda O'Connor 30 Altona Alligators. "I prefer short course because we only have a 25m pool so we don't get to train long course. It's a lot different."

Noel Davis 45 Altona Alligators. "I would prefer long course if we could train it, but the only long course pool is too far away. In short course you judge your speed better because you are always looking for the turns."

Betty Harvey 72 Sale Sadasts. "I prefer long course because I'm not very good at turning."

Val Scott 35 Sale Sadasts. "I prefer long course because there aren't as many turns and my turns slow me down. Mentally it doesn't seem as far when you only have to swim 2 lengths instead of 4.

Lloyd McBean 43 Boroughcoutas. "I prefer short course because in winter I'm not that fit."

Peter Long 40 Boroughcoutas. "For Freestyle I prefer long course because I don't hit my tumbles sweet, but I prefer short course for Breaststroke because I streamline off the walls well."

Lyn Kakoschke 46 Stingrays. "I prefer short course because I'm used to training in a 25m pool."

ANNUAL SUBSCRIPTION

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

The following workouts are continued from an article printed in the February 1995 issue (Vol.7 no.1) and continued in successive issues since, from Masters Swimming Canada. The article was titled ' Sept. - June Swim Workouts ' by Jamie Connors.

INTERMEDIATE

SEPTEMBER

Monday	Wednesday
4x150 -100 swim/50 kick 8x75 -(25) bk/br/fr 4x100 -free 2:45 50 smooth/50 fast 4x25 -drill choice	2x350 -200fr + 6x25 stroke 8x50 -free choice kick :20 6x100 free 2:20 1:00 min rest at 4th -100 easy
Total 1700	Total distance 1700

Friday	Monday
10x50 -free :10 rest 4x125 -100fr + 25 stroke :20-30 rest 12x25 -8 fr + 4 stroke easy/hard :205 rest 4x50 -free drill 4x50 -worst kick :20 rest -50 easy	8x75 -bk/br/fr :15 12x50 -3 sets of 4 1) free 1:15 2) stroke 1:25 3) free 1:15 4) stroke 1:25 8x25 kick hard :20 8x25 swim hard :20 50 easy
Total distance 1700	Total distance 1600

Wednesday	Friday
Warmup 25fly-50bk-75br-100fr-75br-50bk-25fly 6x150 -free 3:20 8x50 -25 distance per stroke -25 fast	1x300 -200fr :15 4x25 stroke :10 12x75 -3 sets of 4 1-4: 25 str/50 fr 2:00 5-8: 25 fr/25 str/25 fr 9-12: 50 fr/25 stroke 6x50 odd - 25 kick/ 25 fr 1:30 even- 25 fr/ 25 kick 25 hard/25 easy
Total distance 1700	Total 1500

FAST

JUNE

Monday	Wednesday
12x50 odd- free :15 even- stroke 18x75 ↓(1-3) 1:30 3-free 3-stroke 10x50 swim start with dive 1:15	4x200 choice :15 10x50 kick 1:20 4x400 free 7:30
Total 2450	Total 2900

Friday	Monday
12x50 choice :10 9x150 free - ↓(1-3) 2:45 ----------100 ez 10x75 odd - free :15 even- str	1x1000 swim easy 24x50 ↓(1-3) 3- free 1:00 3-str 1:15 8x25 free - drill :40
Total 2800	Total 2400

Wednesday	Friday
10x75 choice build :15 6x200 free ↓(1-3) 4:00 100 ez	SUMMER VACATION !!!
Total 2050	

****

PRINT OVER RUNS

Every issue I print more than the subscribed numbers of newsletters. When people re-subscribe late, they usually request to have sent the issue that they've missed.

If you have re-subscribed, requested an issue but not received it, it means I have run out of the over runs and will not be printing anymore. Your subscription will begin with the next issue if this is the case.

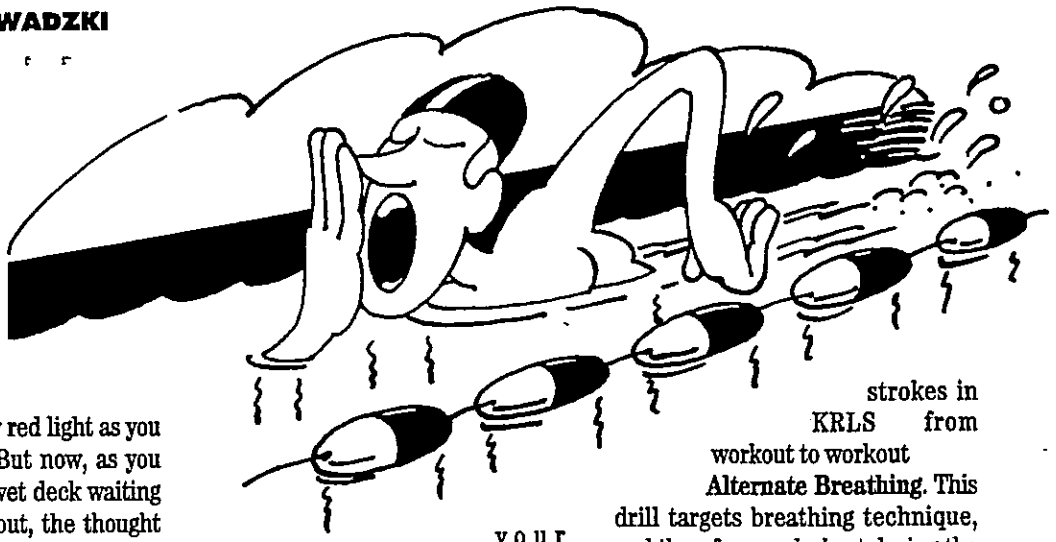
To guarantee continuity of newsletters you must re-subscribe by the date on your envelope label.

- 'No swimmer will ever reach their full potential without first developing correct technique.' John Carew

Beating the Black-Line Blues

This article was reprinted with permission from the "FitnessSwimmer" September 1993.

BY KATHY ZAWADZKI



You've done the hard part — you climbed out of a warm bed before dawn and fought the urge to nap at every red light as you drove to the pool. But now, as you stand on the cold, wet deck waiting to begin your workout, the thought of stroking back and forth, lap after lap, turn after turn, makes you want to head back to bed.

You swim because you love it, but sometimes you need a little more to keep the love affair alive. Fortunately, the solution is close at hand: You can vary, almost infinitely, the manner in which you propel yourself across the pool. Variety in swim workouts alleviates boredom and potential burnout, and increases your enjoyment of swimming. Varied training also "tricks" your body into working harder, thereby raising your fitness level and competitive potential. The coach of the University of Texas (U.T.) men's swim team, Eddie Reese, claims he has never repeated a workout in his 28 years as a competitive coach. Perhaps this is one of the reasons U.T. has won five national championships in the past 10 years. Finally, varied training allows you to work on specific skills and techniques.

You can take advantage of the boredom-busting strategies used by Reese and other coaches to break up the monotony of lap swimming. The techniques that follow are some of the best ways to invigorate your routine. Most can be applied to solo workouts; a few depend on training with a group. (All drills are described for a 25-yard pool, so adjust accordingly if your pool is longer or shorter.)

WARMUP

KRLS. Pronounced "curls," this drill is popular with the U.T. women's swim team, coached by former U.S. Olympian Jill Sterkel. The letters stand for Kick, Right, Left and Swim. KRLS are a great way to isolate your stroke components during the warmup, when you're fresh. Do them at an easy pace. You can swim KRLS for any distance; 100-yard sets work best in a 25-yard pool. *Kick* the first 25 yards, swim the second 25 stroking with your *right* arm only, swim the third length using only your *left* arm, and swim the final 25 yards with a complete stroke. You shouldn't need a kickboard for such short intervals. If you have a weak kick, wearing small or short fins will provide extra kicking power and allow you to focus on your stroke. To add even more variety, Sterkel varies the distances and strokes in KRLS from workout to workout

Alternate Breathing. This drill targets breathing technique, and therefore works best during the warmup or another low-intensity part of the workout. Like KRLS, you can do it for any distance; you'll probably need at least 300 yards to get into a comfortable rhythm. For a 300-yard set, breathe every third stroke for the first 100 yards, breathe every fifth stroke for the second 100, and breathe every third stroke for the final 100 yards. You can vary the drill by changing your breathing pattern every 25 or 50 yards instead of every 100.

MAIN SET

Broken Swims. This is one of Reese's favorite boredom-beating sets. Start by swimming 200 yards easy. Then break the next 200 yards into four 50-yard swims, each swum slightly faster than your pace during the first 200. Rest 10-15 seconds between each 50, and rest 20 seconds at the end of the set. Swim your next 150 yards easy, then divide the next 150 yards into three 50s — again, swimming each slightly faster than your easy pace, resting 10-15 seconds between 50s and resting 20 seconds after the set. Finally, swim 100 yards easy, then two 50s, contin-

Illustration: Tim Robinson

- You can't change athletes. But you can bend them. My philosophy has never changed. That is to leave the place in better shape than when I found it. In saying that, you are leaving the athletes in better shape. If I achieve that then I feel comfortable with myself. Winning comes with that, but that is not my ultimate aim.

Adapted from Canberra Raiders coach, Tim Sheens (The Canberra Times 9/7/95)

uing in the same pattern. Besides breaking up the monotony of long-distance workouts, broken swims help develop a sense of pacing and make you push yourself when you're tired.

Negative Splits. The goal of a negative split set is to swim the second half faster than the first half. This forces you to push yourself when you're fatigued. Start with a 400-yard swim, in which you pause after the first 200 yards, note your time, and try to swim the second 200 at least 10 seconds faster. Longer negative-split sets (up to 1600 yards) get progressively harder; attempt them only when you can successfully negative-split your 400s.

Challenge Sets. These are excellent for building motivation. Begin with two 100-yard swims on an interval that's 40 seconds slower than your best-ever 100-yard time. For example, if your best 100 is 1:20, your first two 100s should start on 2:00 intervals. Swim the next two 100s on an interval five seconds faster — in this case starting on the 1:55. Continue to subtract five seconds from the starting time every two intervals, until you swim a 100 that does not allow you to rest for at least five seconds before you must start the next one (for example, if you swim one of the 1:45-interval 100s in 1:42). Rest for the duration of the next interval — 1:45 or 1:40 in this case — then begin the next 100 at the scheduled time. You'll be trying again to hit your target time with at least five seconds to spare — that's the "challenge" of the workout. Think of it as "swimming to failure" the way you work a muscle to failure in the weight room. Your goal is to complete 10 100s — but don't worry if you can't do it every time; some of the U.T. swimmers can't either. To distract yourself from the intensity of the swims, Terkel suggests using odd intervals, such as 1:57 instead of 2:00.

KICK SETS

There are two kinds of swimmers when it comes to kicking: those who hate it and those who hate it even more. But it pays to work on your kick — a strong, efficient kick helps increase overall stroke efficiency and speed. Kick sets also can help keep boredom at bay. Try the following drills:

Alternate Kicking. Alternate kicking hard for one lap (25 yards) and kicking easy for the next lap. If you prefer, kick hard for 30 seconds to one minute, then kick easy for the same amount of time. Novice swimmers and those with weak kicks may want to use a kickboard for buoyancy and stability, or wear small or short fins for extra leg power.

Six-by-Six Kicking. Float on your side with your lower arm extended in front of you and your upper arm resting on your thigh. Kick for six beats, then switch arm positions, roll to the opposite side and kick six more times. Continue kicking for 50 yards, catch your breath for 10-30 seconds, and try again. This is a strenuous drill, so start with just four 50-yard sets and work up to six or eight sets.

GROUP WORKOUTS

Indian Swims. This drill works best with four swimmers of roughly equal ability. The first swimmer begins a 400- to 500-yard swim at an easy pace; the others start directly behind. At the turn, the last swimmer sprints to the front, becomes the leader, and continues at an easy pace. At the next turn, the last swimmer (the "Indian" at the end of the line) sprints to catch the new leader. Continuing in this pattern, each swimmer sprints once every 100 yards. Indian swims are fun, and they build aerobic endurance and power.

Snake Swims. You must have an empty pool for this drill, but it can be done by up to 25 people at a time in a 25-yard pool. Line up at the beginning of the first lane, with the fastest swimmers leading. Start swimming on 10-second intervals. Each swimmer swims down and back in the first lane, turns under the lane line and continues across the pool. Snake swimming is great practice for triathlons that are held in small indoor pools, where participants usually are required to swim in a snake formation. If you practice turning under lane lines (as is done in the race), you'll have an advantage over habitual circle swimmers.

Wheelbarrow Racing. Remember doing this on the front lawn as a kid? It's even more fun in the pool. Stroke with your arms while a partner grabs your feet and kicks. Your buddy can make you work harder by floating and being pulled across the pool. Swim 25 yards, rest a minute and switch places.

There you have it — a collection of fun, innovative, skill-building techniques sure to keep the black-line blues away for many workouts to come. Enjoy!

Kathy Zawadzki, MS, is an aquatics specialist at the University of Texas at Austin.

Are you a *Swim* aholic?

reprinted from SWIM magazine (May/June 1989)

The Swimaholic Warning Signs

- You have an excessive appetite an inability to gain weight.
- Your skin is dry and flakes when you scratch it.
- Your hair has lost it's color and stands straight up when dry.
- You' ve missed your spouse's birthday for a swim meet the last five years in a row
- Co-workers complain frequently of smelling chlorine in the office.
- You plan family vacations around swim camps, swim meets and workouts.
- Your youngest child's first words were "take your marks".
- You frequently confuse your address with your 1500 metre time.
- You call your coach for pre-event advice before engaging in sex.
- Carbos, coaches and pace clocks have replaced wine, women and song.
- Your waterproof watch has moisture under the crystal.
- You give matching his and hers Speedos as wedding presents.
- You recently changed jobs just so you could be on time for workout.
- Your ideal home design includes a lap pool in the basement.
- You own your own non-turbulent lane line
- There is a copy of SWIM magazine on the coffee table

'Tradition and habit are insidious. They can be the biggest detriment to progress in any area of endeavour. A coach who is afraid to experiment because he might fail can count on being left behind.' Dr James E Counsilman

TAX HINTS *for Coaches*

At a recent meeting of the ACT Academy of Sport Coaches, a member of the Australian Taxation Office addressed some key areas for coaches. John Armstrong, Coordinator for the ACT Coaching Centre presents this short appraisal, in the hope that it may assist some coaches in their taxation assessment. The information provided is only general in nature and applies equally to part-time and full time coaches.

Assessable Income

In order to determine whether you are a business or a paid employee, a general rule is that; if you are being paid by a body for just your services, you are an employee; if you have several athletes employing you directly, then you are a business.

Deductions

- S51.1 is the main provision of the Act for determining deductions.
- Capital, private and domestic expenses are not allowable deductions.
- Some capital expenditure may qualify under the depreciation provisions.
- The level of claim for an employee is NOT limited to the level of income received.

Motor Vehicle Claims

Not a deductible expense for travelling to and from work, UNLESS;

- Travel from work to next place of employment. Travel from this place to home is then NOT deductible;
- Travel from place of work to alternative place, then back to work is deductible;
- You are transporting equipment that is seen as an important part of your work and is too large to transport otherwise.

Methods of Claim of Motor Vehicle Expenses

Note the four methods outlined in the Tax Pack:

Method 1: x cents/Km. if under 5,000 Km.

Method 2: Log book record .

Method 3: 1/3 Total expenses

Method 4: 12% of cost of vehicle.

When using method 1:

- Can be claimed for more than 1 vehicle (5,000 Km for each vehicle);
- Can be a "reasonable estimate" of travel (ie. not necessarily log book).

When using method 2:

- It is important to keep log for 12 weeks in the first year;
- unless there is a drastic change, the log is then seen as a "normal" course of activity;
- a new log must be created every 5 year period.

Travel

Accommodation, food & travel are all allowable deductions when carried out in the performance of one's duties, for example where a coach travels to a national titles.

A travel diary is required if away for 5 or more nights.

Training Equipment

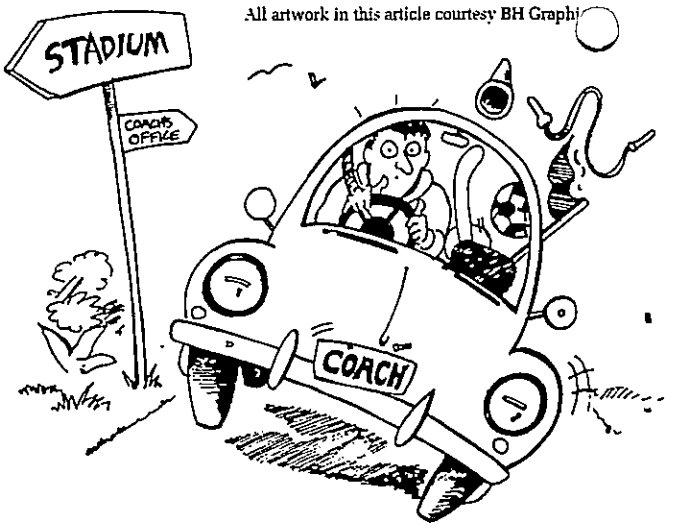
- Usually seen as capital — but depreciation can apply.
- Depreciation rate is dependent upon the effective life of the equipment. Rates vary across the board.
- The equipment must be relevant to one's coaching duties.
- If under $300 or has an effective life of less than 3 years, them it is deemed to have a depreciation rate of 100%, thus fully deductible in the year incurred.

Clothing & Footwear

Conventional clothing is generally non-deductible.

To be deductible, clothing must be incidental and relevant to the earning of one's income. For further clarification contact your nearest Australian Taxation Office.

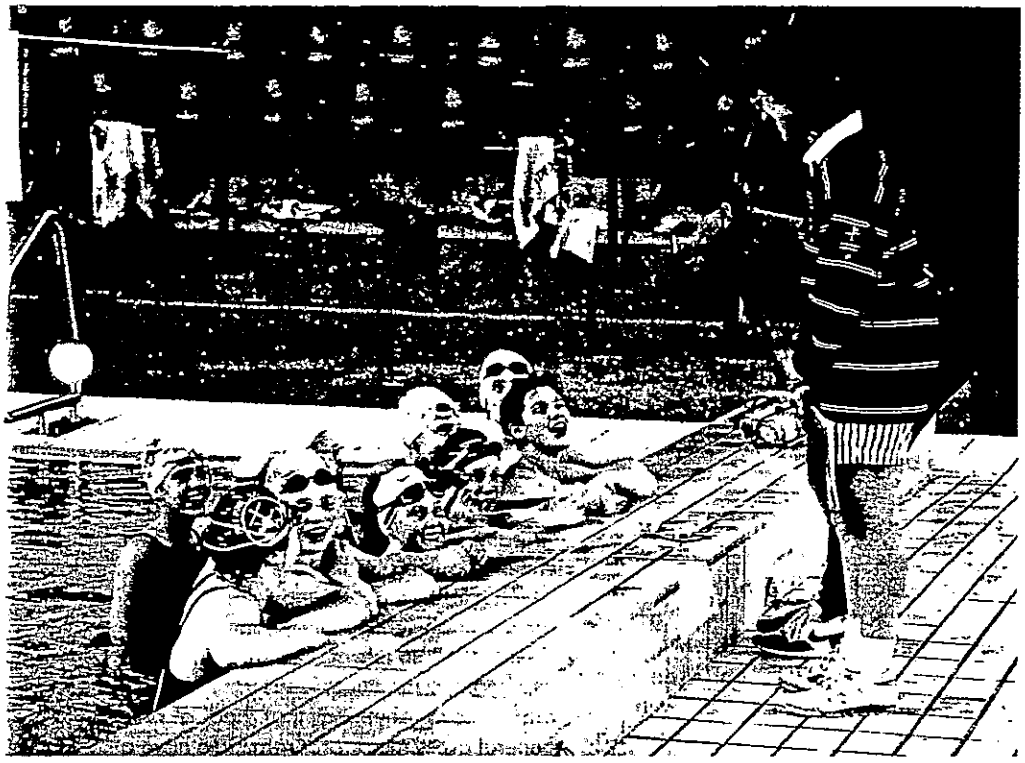
All artwork in this article courtesy BH Graphi



SPORTS COACH – spring 1995 Reprinted with permission

'The will to win is worth nothing if it is not preceded by the will to prepare to win.'. And...'It only takes ten years of dedication, enthusiastic and committed work and attitude to become an overnight success.' Bill Sweetenham

HANDLING COMMON COACHING SITUATIONS



Give instructions and corrections clearly and concisely and always in a positive, supportive manner

This article was reprinted with permission from AUSSI SPORT *action*, Winter 1992

Follow these guidelines for handling ten common coaching situations and you'll be on your way to more productive and successful coaching

Research conducted with young sporting players gives us valuable insights into exactly what they like to see in their coaches. It is well known that players don't necessarily see winning and trophies as the major aim of sport. They like to have fun, meet new friends and learn new skills. These guidelines show you how to handle ten common coaching situations. Whether you agree or disagree, remember it's what the experts (the players) say about successful coaches!

1 How to be more positive

• give a lot of positive feedback, praising effort as much as results;
• have realistic expectations — don't make your drills either too simple or too difficult;
• give your feedback as soon as the behaviour occurs.

2 How to react to mistakes

• give encouragement immediately after a mistake. If the player knows how to correct the error this encouragement may be enough;
• when appropriate, give corrective instruction after a mistake — but always do so in a supportive way and not in a hostile or punitive manner;
• don't use punishment when things go wrong. Making mistakes is a natural part of learning.

3 How to maintain order and discipline

• establish expectations early and involve players in formulating guidelines so that all members feel part of a team, dependent on the efforts of each other;
• strive to achieve a balance between allowing freedom and maintaining order.

4 How to deal with team rule violations

• be fair and consistent;
• punish the behaviour and not the person. Shouting, abusing or embarrassing the player will achieve little;
• focus on the fact that a team rule has been broken, placing responsibility on the player;
• don't use physical measures (such as running laps) as a form of punishment. It is better to restrict involvement in something valued (have the player sit out for a short time).

5 How to get positive things to happen

• set a good example of desired behaviour both at trainings and at games. Remember you will be an important role model;
• encourage effort, don't demand results all the time;
• when giving encouragement be selective so that it is meaningful;
• encourage players to be supportive of one another.

6 How to create a good learning atmosphere

• set realistic goals. Have drills that are varied and interesting;
• always give instructions clearly and concisely and in a positive manner;
• demonstrate the correct techniques. Pay attention to your demonstrations so that all players can see and hear;
• maintain a lively pace at trainings so long periods of inactivity are avoided;
• be patient and don't expect or demand more than maximum effort.

I teach the three "R's": Relaxation, Rhythm and Range (of stroke).' Gennadi Touretsky

7 How to affirm your players

• show all players that you care about them as individuals;
• make sure no player leaves a game or training feeling they are worthless or overall losers.

8 How to communicate effectively

• be sensitive to individual needs;
• communicate at a time when players are most receptive;
• keep your talk to a minimum and don't overload players with too much information at any time;
• there is more to communication than just words. Ask yourself 'What have my actions communicated' and encourage players to be able to express any concerns.

9 How to gain respect

• establish your role as a competent and willing teacher;
• be fair and consistent;
• set a good example;

Coaching any sport is an important task. The coach must earn respect from athletes

• don't expect or demand respect... it must be earned.

10 How to get the most from parents

• encourage parents to be a part of the team;
• hold a meeting before the season to discuss your coaching philosophy and how parents can help form the very important *athletic triangle;*
• educate parents. Many won't know the modified games that are played in junior sport. They will best be able to help the player gain the most from the season if they (the parents) have a knowledge and understanding of both the game and your aims;
• communicate to parents that they must support their child's efforts and not put undue pressure on them. This will only jeopardise the potential that sport can have for enjoyment and personal growth;
• communicate to your players that the important thing is that they are enjoying playing and developing skills, not that they must win or be a 'star'. ◆

Adapted with permission from the Australian Touch Association's *Coaching Touch, The Basic Manual.*

Clothing which is protective in nature or specifically identifies a person as belonging to a specific occupation is deductible.

Clothing which is compulsory may be deductible, however you should contact your local Australian Tax Office or Tax Agent for further clarification — still a grey area!!

If clothing is deductible then so to is laundry/maintenance.

Other Deductible Expenses

Other allowable deductions include:

- Entry to ovals, etc;
- Registration to professional bodies;
- Costs associated with coaching conferences, courses and seminars;
- Books and professional library;
- Home office (where appropriate). There are stringent conditions related to this area that require you to work closely with your accountant.

The gaining of initial coaching qualifications is not a deductible expense. However, the furthering of your coaching career via added tertiary or diploma courses is seen as an allowable deduction. To be deductible, the course must be related to current income earning activities.

Keeping Records

Records must be kept for 5 years after lodging a return OR 5 years after a dispute, whatever is the latter.

An "Expense Diary" can be used to substantiate a claim where:

- Each expense you want to deduct is $10 or less up to a maximum of $200/year.
- Where it is unreasonable for receipts to be obtained.

For further information please contact your nearest Australian Taxation Office.

The Meditation Effect:

Swim Faster, Feel Bette

by Janet Cobb

"What do you think about while swimming an 800?" It's a good question. What do we think about, not just in long races, but in those long sets in training? As the yards mount up, does it really matter what we are doing in our heads? Yes.

We all know there are things about our strokes we should think about. We know we are supposed to think positively. We know we should think about what our coach has just told us. And, we know that sometimes just counting laps takes all our mental effort. But, I wonder if many of us realize what a big difference specific mental activity can make in creating that "swimmer's high" and in swimming faster.

How do we cultivate the kind of mental activity that will create those effects? It takes something more than just physical effort to bring on that "swimmer's high." It takes something I call "the meditation effect"—that feeling of inner peace, centeredness and calmness that is the result of meditation. This effect can be consciously brought into swimming to improve practices and races and to generate a greater sense of well-being.

The three main aspects involved in creating the meditation effect are: removing distractions, relaxation and focus.

Olympic champion Pablo Morales knows it takes more than physical effort to bring on a "Swimmer's High"

Reprinted with permission from SWIM 1995 SEPTEMBER/OCTOBER •

"Information sharing by Australian coaches has also been a factor in Australia's rise to prominance.... Professional jealousies have been put aside with coaches swapping information and assisting swimmers outside their normal jurisdiction." Bernie Wakefield (SMH 13/9/95)

The Meditation Effect

Removing Distractions

Performance can be improved if a swimmer can block out major sources of distraction. Most often, this happens automatically in swimming. The smell and taste of chlorine do not keep the mind occupied for very long. Most sounds are blocked out during swimming and the bottoms of most pools do not provide a great deal of visual interest. This lack of sensual stimulation is probably the reason so many people get the "meditation effect" during swimming without consciously trying to do so.

Relaxation

The second aspect is relaxation. For most people, this is more difficult. Our coaches keep telling us to relax when we swim; some even say that the key to swimming fast is to stay relaxed. But what does it mean to relax while swimming? Many muscles are working (many working very hard) and they have to keep working or we're not swimming. What do we relax?

Every muscle that is not actively involved in the swimming movement needs to relax. Does that tension in your neck really keep your head in the right position, or could you let it go and find that your head naturally floats in the perfect position? Is your abdomen holding tight because you're thinking about that fight you had with your boss? Is there a strange tightness across your back and shoulders because a lady with a four-year-old just got into your lane? Or, do you just tighten up everything when you think about swimming fast?

For meditation to have the effect of calming the mind, your focus must be on one thing that occurs repeatedly in approximately the same way.

Letting go of all unnecessary tension,—the complete relaxation of every muscle that is not involved in the swimming motion—is a key to swimming fast and to gaining the "meditation effect" in every workout.

Focus

The third aspect of meditation is the most important to swimming—having a single or concentrated focus. Most swimmers have heard about focus. However, they often think that their coach is telling them to concentrate on their swimming when they are told to focus. While that's true, *what* about swimming do you think about?

We have been told so many things about swimming that we could spend a lot of time thinking about swimming without focusing. We could think about our kicking and then notice a dropped elbow; then begin to count strokes between breaths for a while before wondering what lap we are on. Then we may remember that we have to pick up the kids after work. That reminds us about a presentation at work. All of a sudden, we forget to do dolphin off the wall.

This is not focusing. People are taught in meditation to focus on just one thing, most often the breath. Meditation is taught as concentrating totally on the feeling of the breath going in and out of the nostrils. Some meditation techniques also teach counting the breaths, for instance, counting each exhale up to four, then starting over again with one.

However, for meditation to have the effect of calming the mind, it doesn't matter what the focus is, just so it is one thing that occurs repeatedly in approximately the same way. Because there are so many repetitive movements to focus on in swimming, the key is to pick one and stay focused on it.

A swimmer could have one focus for the whole practice session (for instance, counting the number of strokes per length). Or, he or she could change focus for each set, concentrating on high elbows for the first set, feeling the water with the index finger on the next set.

It's also important to have some specific movement on which to focus. It's hard to focus on just "swimming faster." If you want to swim faster, perhaps ask your coach what specific movement would most help you to increase speed. Then, focus on that movement only.

As in meditation, perhaps one may choose to focus on the breath, paying attention to the rhythmic inhaling and exhaling or counting strokes between breaths. These meditation effects may help you swim faster and easier than expected.

If your mind wanders on a long set, gently bring it back to the point of focus. That's all. Don't beat yourself up for letting your mind wander. Just come back to whatever you were focusing on.

Now you know what to do to add the meditation effect to the endorphin effect and consistently get that "swimmer's high." Focusing is the most important because it will help to block distractions and bring about relaxation. It's that concentration that will help you get the most out of the time you spend swimming, whether you just want to feel better and more fit or you're determined to break a world record.

Janet Cobb is a free-lance writer living in Austin, Texas. She swims with Aquatex Swim Team and has studied meditation and yoga for many years.

This article which appears on page 27 was reprinted from The Masters Athlete. Subscription details are below.

- "You can't judge a Supercoach by the scoreboard. You see, it's not a quantitative thing, coaching. It's an art and a science. Which means there should always be room for debate." Australian Coaching Council Project Manager, Rebecca Layton (The Canberra Times 9/7/95)

Reprinted with permission from Masterscrawl 125 June 1995

MASTERSCRAWL

WORKING OUT WITH PIC

After the Lay-off Early Season Training

Now that the Masters Nationals are over and you have all achieved your goals (hopefully), you should be taking a well earned rest. All swimmers at all levels do this. It is just as important for the Masters swimmer as it is for the top international competitor. There is a difference however between swimmers and other athletes, especially runners. Runners can generally handle a quite long lay-off and still get back into shape fairly quickly. The reason being that even when a runner stops training and competing he is still walking around. He is therefore maintaining a certain level of tone in the muscles he uses for running.

Swimming is somewhat different however due to the fact that in our everyday lives we do not perform movements with either our arms or legs which are in any way similar to those used in swimming. It is important therefore that swimmers even when they are having a lay-off should continue light swimming at least a couple of times a week. Then when they get back into organised training things are a little easier than if they had stayed away completely.

Getting back into condition after a break should be taken slowly. Begin with long easy swims broken up with kicking, using fins. I have gone back to fins with my competitors because I feel fins help to develop flexibility in the ankles which is particularly important with older swimmers. For sprint kicking we do not use fins because here we want to use the legs at a faster rate which is not possible with fins. A little further into the season you should introduce arms only work to strengthen the shoulder muscle groups. Also now and again, perhaps about twice a week, some short sprints should be introduced but too much sprinting should not be done too early in the season.

Attention should be paid to stroke technique at this time because in early season you are not concerned with getting into peak condition in a hurry. I wrote about drills in a previous article but here is an outline of some things to look for in all the strokes.

Freestyle:

It is important in Freestyle to get a good feel of the water out in front. This can be practised with the catch up drill where one hand waits out in front while the other completes the stroke. This can be followed with the *"advanced timing drill"*. This is similar to the catch up but the timing is changed so that the forward hand does not wait so long and the stroke is more natural but still allows for a longer feel in front. In this drill the forward hand begins to press when the recovering hand has just passed the head on its forward reach. During these drills the kick has to be emphasised. In fact it is a good idea to use fins when doing these drills. In this way the swimmer will feel more speed which will help in the performance of the drill.

Backstroke:

The two simplest drills for Backstroke are the single arm stroke and *"stutter drill"*. In the single arm drill, the swimmers performs four strokes with each arm. This gives the swimmer time to feel the stroke without worrying about timing. In the stutter drill, push off with one arm extended and the other down by the side. Then take a stroke with the extended arm, at the same time recover the other arm. Stop in the extended position and hold for about five seconds and repeat continually. In this drill concentrate on holding a good roll position on each side.

Breaststroke:

The best early season drill for this stroke is the layout drill. In this the swimmer holds the stretch position after the kick with the arms extended. This allows the swimmer to become conscious of the feeling of gliding from the power generated by the kick. Another variation of this drill is to do two kicks with each arm stroke. This places more emphasis on the kick. It is important to work on the kick for Breaststroke more than for any other stroke because even though this stroke has gone through a lot of technical changes over recent years, it is still a kick dominated stroke.

Butterfly:

Stroke drills for fly are rather limited but probably the best is one arm fly. Here the swimmer performs four strokes on one arm then repeats with the other arm. This is one stroke where fins can be used to advantage because of the extra drive the body position can be held better and the two kicks can be fitted in better. A very important point in fly is that the first outward sweep of the hands should be done out in front and the inward sweep high up on the sternum so that a very long backward and outward sweep can follow.

Remember, as I have pointed out before, in early season work, drills can be incorporated into your sets where you do one lap on drill and the next on full stroke. After a few weeks drills can be confined to a session where you do not want to work so hard and can be used to maintain technique. Remember also to break into the new season gradually so as not to over stress the joints and tendons. Taking it gradually will ensure a good sound aerobic conditioning which will be set a foundation on which to build the rest of the season.

Good luck with the new season.

Pic Parkhouse

Beginner's Tip #1

by David Tree

Freestyle Breathing

- Never lift your head to take a breath.
- Rotate your head to the side when taking a breath to keep the head aligned with the rest of the body.
- When your face rotates to the side, take a quick (but average volume) breath. This require practice to coordinate the split-second timing required.
- Start blowing air out into the water as soon as you have completed your inhalation. More time is spent exhaling than inhaling. (Beginners are usually hesitant to exhale underwater. Practice blowing air out with your face under water. If you don't exhale, taking in more air is very difficult!)

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MasterScrawl

WORKING OUT WITH PIC

Some Early Season Freestyle Tips

When we train for any athletic activity we should concern ourselves with breaking down the approach to the preparation into the following areas. Aerobic conditioning, anaerobic conditioning and speed development. These are briefly defined as follows:

Aerobic Conditioning:
The ability to resist fatigue from long endurance loads with an oxygen supply.

Anaerobic Conditioning:
The ability to exhaust the non-oxygen-dependent component of the energy provision process.

Anaerobic threshold:
The load intensity at which the energy requirement can still be satisfied mainly by aerobic energy provision. At the anaerobic threshold level, the generation and removal of lactic acid from the muscle tissues are in balance. This intensity corresponds to approximately 4 mmol/l. of blood. Training at this level or slightly above is the best form of endurance training. Repeats are swum at a high heart rate.

"I personally prefer active rest periods between repeats in speed training."

Speed training:
This is developed with very short explosive bursts with recovery in between. This recovery can be either stationary rest or active rest, where the swimmer swims very easy for 100 metres or so between each repeat. I personally prefer this method. To develop speed, some muscular endurance training should be carried out.
Training should be structured so as to develop each of the above systems. Early in the season the emphasis is on long easy endurance swimming where a lot of technique work is also carried out. Speed training begins after several weeks of endurance work.
The use of equipment in training is important. However it is also important that this equipment is used wisely. The types of aids which we are all familiar with are kickboards, paddles, fins, pull-buoys and tubes.

Kicking:
With my competitive squads I favour kicking without boards for two reasons.
(1) Without a board they cannot talk and (2) The body position is more natural. When kicking freestyle, I have the swimmers fold their arms out in front. When fins are used for kicking care must be taken that the fins are not too long such as those used for scuba diving. I use the normal fins with about 6 to 8 inches cut off the ends. The reason for this is that if the fins are long the resistance restricts the speed of the leg movement so the muscles are being trained to contract slowly and this is not what we want. With the short fins the kick can be performed faster and the extension of the ankles is promoted as well as it is with the long fins.

Arms only training:
When most swimmers train for arm development the natural thing is to use a pull-buoy. However what really happens when we use a pull-buoy is that resistance is actually reduced. So as soon as you pick up your pull-buoy you can say that you are going to do some easy swimming. Most Masters swimmers will actually swim faster when using a buoy because of a generally weaker kick than younger swimmers. The pull-buoy helps hold the hips up without the use of the legs which allows for more energy to be used in the arm stroke. This type of training does have value however in that it allows for greater concentration on the arms and the swimmer can concentrate on technique. It is very important in this part of your training to concentrate on good body rotation, not only with the shoulders but also with the hips.

Leg tube:
This is a small inflated tube which fits around the ankles. In training my swimmers, I have used a small scooter tube which is ideal. Some very small tubes can fit directly over the ankles while a larger one can be twisted into a figure eight. It is also necessary to use a pull-buoy when using a tube. Some interesting figures from actual research are shown in the following table which show a comparison in percentage of resistance. Results are for various swimming speeds: This table shows the percentage increase or reduction of drag when using either a pull-buoy or a tube. A minus indicates a reduction of drag. These reductions or increases in drag are relative to drag without apparatus.

Velocity	Pull - buoy	Leg tube
m/s 1.0	- 8	14
1.2	- 5	21
1.4	- 3	23

It is obvious from this table that training with a pull-buoy only is not suitable for improving muscular endurance. However with a tube the resistance is quite considerable, up to 23% at 1.4 metres per second. When I have ha[illegible] my swimmers use tubes, I have given them repeats of 25 or 50 metres to be done at a fast pace in order to encounter the greatest possible resistance. This is a very good form of stroke specific muscular endurance training.

Developing a two beat kick:
It is a well proven fact that if you do not have a regular six beat kick you will never be a sprinter. In contrast to this there have never been cases of a six beat kicker making it in the distance events. This is due to the energy cost involved in using the six beat kick for a prolonged period of time. The two beat kick involves one kick for each arm stroke. The timing is such that the downbeat occurs during the push or finish of the arm stroke on the same side i.e. as the right arm finishes the push, the right leg kicks down with the same thing happening with the left arm. Two beat kickers look very good in the water and swim with a uninhibited free flowing arm strok[illegible] and a fast turnover.
When using a pull-buoy only a small rubber band should be placed around the ankles to prevent any kicking taking place. However if you want to develop the two beat kick do not use a band and open the pull buoy out slightly and practice moving the legs in the manner described above. Again it is important to develop considerable hip roll up as the leg kicks down in time with each stroke. After some practice at this you will find it possible to easily fall into a pure two beat kick which will allow you much more freedom with the arms for a faster stroke rate in those distance events.

And remember ....
"When the sprinters get out, the distance swimmers keep going".

Pic Parkhouse

- 'The enthusiasm of the swimmer directly reflects the enthusiasm of the coach and vice versa.' Bill Nelson

WHO IS RESPONSIBLE FOR MASTERS SPORT?

The following paper was presented at "Master Sport"
a National Forum on Master Sport in Australia
3 -4 October 1995

GLENYS McDONALD

OCTOBER 1995.

Who is responsible for Masters Sport? The answer to that question must and should be *the Masters Athlete.* Why?

No one knows better than the Masters athlete what their needs are; motivations are; education requirements are; coaching differences are; goals are, etc. Masters sport is theirs.

No one knows better than the Masters athlete/administrator, what requirements and preparations are involved in running successful competitions involving between 500 and 5,000 adult competitors.

No one knows better than the Masters athlete/administrator what differences there are between them, the children developing in their sport, and the elite .

They know what they want, they are responsible, mature adults, and they deserve to have their voice heard.

How we can best accommodate their voice into main stream sports administration in Australia is our challenge, and is why we are all here today.

In dealing with the topic, obviously I have to refer, in the main to the sport I know best - AUSSI Masters Swimming, but in doing so, I am aware of the larger picture and our responsibilities to all sports. The examples I use, I feel, would be applicable to many sports who are developing, or have developed Masters categories.

Masters are different - Autonomous development.

AUSSI began in the mid 1970's independently and autonomously, for a large number of reasons:-

There was no interest by main stream swimming to develop the adult component of the sport for those past their prime.

There were no FINA International rules governing Masters. (FINA being the international body for swimming.)

There were problems associated with the FINA rule governing professionalism in swimming.

There were concerns re the funding and workload required to administer a Masters component.

There were fears concerning competition for pool space, volunteers, and sponsorship. e.g. if the parents take up the sport, who will help run the kid's sport?

- "There was someone who once taught me that out of disappointment can grow determination; out of determination can grow challenge; out of challenge can grow courage; and out of courage can grow greatness." Rebecca Brown (Courier Mail 15/7/95

For these reasons, Masters Swimming developed independently of main stream swimming, and completely autonomously. It had to be self-funding, because there was no access to any sport funding of any kind. All participants had to take on organisational roles to develop a structure to promote programmes and competition to members. i.e the participants became the administrators. It developed its own International Body because FINA had no charter for Masters.

The advantage of administrators being active Masters Swimmers, is that they are 'in touch' with the needs of their membership. In the main this means they react more quickly to members needs, and/or the need to change.

Every effort was made to build up excellent relationships with Australian Swimming (ASI) - main stream swimming in each State and Territory, whilst at the same time building a credible and autonomous National Masters Sports Association.

Masters Swimmers goals range from:-

- Learn to swim
- Stroke improvement
- Fitness training
- Competition
- Administration, officials and coaching education
- Socialisation
- Travel

Not much different to main stream swimming you say? Maybe not, but there are some potentially dangerous differences.

The Masters coach must take into account the age, health, medication, disabilities, fitness and different goals of the Masters athlete coming into his programme, plus the usually limited amount of

time they can to devote to their goals. Therefore a coaching programme devised for 8 - 15 year olds is not readily transportable to the needs of 40 or 70 year olds.

AUSSI naturally wished to have qualified coaches in all our clubs, but how could we achieve this? There already was an ASI Level 1 Swimming Course, why reinvent the wheel? Provided we added as a bare minimum an additional Masters component . But, the biggest stumbling block was the practical component of this ASI course - 120 hours of practical coaching of ASI club members to qualify. Negotiations failed to allow for our people to qualify by spending the 120 hours coaching adults, so we devised what is now the Level 1M Swimming Course. This better suits our needs as it is structured for our own members. We now have Accredited Level 1M and 2M courses, and bridging courses for those wishing to hold dual qualification.

The next issue which highlighted the differences in the Masters component and highlighted our need to be self sufficient, and autonomous, revolved around the provision of qualified officials at our Swim Meets, who understood our modified competition rules and method of conduct.

We ran our early Swim Meets with an assortment of ASI volunteers, our own members with ASI qualifications and a number of our own *trained by experience* members.

Again, it became obvious at State, National and International Masters Meets that a Masters competition could not be organised along the same lines as an elite competition. The variety of ages from 20-101; the large numbers of competitors - 4,000 for Brisbane in 1988; computerisation requirements; and the possible differing levels of

health and fitness of competitors, raised many additional problems to address.

In addressing this *duty of care* of our membership, it was obvious that we had to evolve our own Technical Officials Courses. This we achieved with the help of special funding from the Australian Sports Commission. AUSSI now has many trained officials, and again, bridging courses are available for ASI officials who wish dual qualifications. We have 4 FINA Masters Referees, the maximum any country is allowed. This now means that the sport of swimming has a much larger and significantly increased pool of trained officials to volunteer for duty, which augers well for the future.

After 20 years of autonomous existence, it is obvious that AUSSI holds dear the autonomy to decide our own destiny. We do not see this as being in conflict to the previous Masters Forum motion that National Sports Association should be ultimately responsible for all components of their sport. We support this. Our only concern is to protect what we have established - a professionally administered, respected, largely self funded National Masters Swimming Association, affiliated with Australian Swimming as a *Kindred Association* in the same manner as Diving , Water Polo and Synchronised Swimming are affiliated.

We look with pride at the current FINA Handbook and see AUSSI listed under Australia as an affiliate, on equal footing with the sports mentioned above, and are pleased to stress, that FINA deals direct with AUSSI on all Masters Swimming issues. However, there are times when FINA deals with the *umbrella Association*- Australian Swimming Inc. e.g we had to go through Australian Swimming Inc for our bid to host the 1998 World Masters Championship, and this did

create some small difficulties. We deal through ASI for nominations for FINA Masters Technical Committees , and we rely on the continued good graces of ASI for us to have input into the decision making at the FINA Masters Congresses where the rules governing Masters Swimming are decided.

Since the inaugural FINA Masters Congress in 1991, ASI have supported the nomination of AUSSI representatives at these Congresses, to represent Australian Swimming, but there is no obligation or requirement for them to do so. It remains possible for a person not involved in Masters Swimming to be selected to represent Australia at a FINA Masters Congress.

One of AUSSI greatest disappointments was when an ASI member, not involved in Masters Swimming, was appointed by FINA to the FINA Masters Technical Committee over the candidate put forward by AUSSI and initially endorsed by ASI.

I consider we are a happy *swimming family.* All ASI Presidents from Mr Syd Grange to the current President Mrs Evelyn Dill-Macky, have endorsed AUSSI's autonomous role. With continued good relations, we should have no concern regarding our destiny. But people and times change. Forums such as this are held, and people for a myriad of reasons and motives try to push all square pegs into round holes to suit the Sports or Government administrators of the time. Our challenge is to do what is in the best interests of all sports people.

Australia is not unique in its autonomous development of Masters Swimming. Japan, Canada, New Zealand, the United States etc all developed in a similar manner to us. The United States, however, have a model, which I think appears more fair than the model currently followed in Australia.

US Swimming; Diving; Water Polo; Synchronised Swimming; and Masters Swimming are all autonomous sports associations. They are all members of the US Aquatic Council which is the peak swimming body in the US. Each Association has a delegate who attends meetings and votes on all issues. US Swimming votes on all swimming issues, and US Masters Swimming votes on all matters related to Masters Swimming.

We are not quite so lucky in Australia. AUSSI presently has no vote nor voice in any committee or Board of ASI. As a *kindred association* perhaps this is a matter which still needs to be addressed, but we certainly have come a long way in 20 years.

Masters are different - Continuum development.

For those who would suggest that Masters should simply be a continuum component of the main stream Association, run and controlled by them, I need to point out the difficulties encountered by our European Masters Swimmers, who evolved under this structure.

Unlike us, European swim clubs have always catered for a very small number of active adult elite swimmers. Moves attempted to change this structure because it worked to the detriment of the Masters group.

This was almost successful in Germany, just prior to the second World War, but was halted for obvious reasons.

In being part of a larger club/Association structure in Europe, the focus is only on competition, and not on any of the other needs or potential programmes for Masters. There is no way these needs have gained focus, given the higher priorities of the elite group.

Prior to the FINA Masters Congress in Montreal in 1994, the United Kingdom Masters Swimmers had no knowledge of the Agenda for this Congress, did not have any input into it, or the way their parent National Swimming Association intended to vote on their behalf.

To meet the growing voice of the Masters, many European countries are beginning to develop *Masters Committees* within their structure, but this still does not give them a voice nor a vote on the Management Committee of their Association. German Masters Swimmers, for example, do not know how many of them there are, as their numbers are lost in the overall Association numbers; they have no choice in who is chosen to represent them or how. In the main, they are represented by non Masters swimmers.

The German Swimming Federation has refused to encompass even the FINA Masters Rules within Germany, because they do not see any need for any difference between main stream swimming and Masters. Because of this, when a 70 year old wished to commence her race

diving from the pool deck, rather than climbing upon the high diving block for safety reasons (an act allowed under International Masters rules) the person was told to position herself on the block or be disqualified. There is no formal Masters group, so no one is able to challenge this.

Whatever model this Forum decides to recommend, what must be non negotiable is the right of the Masters athlete to be represented in the decision making process for his discipline.

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- "Sometimes disappointment is the fertiliser of success." Laurie Lawrence

Masters are different - Government responsibility.

There is a responsibility for Governments to allocate a portion of the sport funds towards adult sport participation. Whether this comes from the sport budget or the health budget, or a combination of both, there must be funds available.

This responsibility should not be *fobbed off* by the simple but generous financial support of Masters Games only. These may or may not be the best way to support Masters sport in the future.

There is a responsibility to fund Masters programmes which are going to benefit not only the Masters component, but the development of sport in general, and the health and fitness of the Nation.

SUMMARY

Obviously I support our model of autonomy for the Masters component of our sport, but working in harmony with the National or peak Association. The continuum philosophy as praticed in swimming in Europe, has certainly , to this stage, not benefited Masters swimmers in those countries.

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SWIMMING

Maintaining Your Fitness through the Off Season

© by Anita Killmier

Masters swimmers seem to fall into two distinct categories. Those who are primarily swimming for fitness with little or no emphasis on competition, and those competitive "beasts" seeking improvements against the clock.

Anita Killmier

Often there is a cross over from one category to another as interests wax and wane according to work schedules and family demands. Some swimmers will remain with the sport for the rest of their lives; but even some of the "beasts" are unlikely to maintain interest or enthusiasm to train hard for competition indefinitely.

What should we do then when the last race of the season is over and we hang up our togs for the last time? Is it better to swim all year round? Or should we walk away from the pool and take a complete physical and mental break?

The answer is either, or both; but only you can decide. Before you do however, let's look at the different phases of the season as this might influence your decision. Each year is divided into one or more seasons. Most Masters will have two seasons per year, (Summer Long Course, Winter Short Course) but in some cases three or four major meets per year could warrant breaking the annual plan into three or four smaller seasons.

Once you have decided on the number of seasons, work on the upcoming season (which will culminate in your most important event) and divide it into five phases. The phases are called various names depending on what books you read, and differ in the frequency, duration, volume and intensity of work performed.

- **Phase 1** is usually called the **Pre Season** or build-up phase lasting two to four weeks. This is when you are either returning from a complete break, or are increasing the number and duration of sessions ready for the next phase. Typical sets are aerobic with low heart rates, short rest and an emphasis on stroke technique.
- **Phase 2** is commonly called the **Endurance or Conditioning phase**. It is characterised by a higher volume of work than any other time of the year. Sets are still relatively easy, but some slightly harder overdistance sets at moderate intensities and short rest intervals (Anaerobic Threshold) are introduced (see previous issue of TMA). Some short speed sets with long rest will also be added. This phase may last anywhere from four to ten weeks.
- **Phase 3** is the **Quality or Competition phase** lasting four to eight weeks. This is the most intense time of the season as the volume decreases but intensity of swims increases. Broken swims (eg 4X50m for a 200 swimmer) over your race distance at, or faster than race pace must be interspersed with slow recovery swims to avoid injury and overtraining. Due to the potential danger of these types of sets they should only be performed by fit swimmers who have had a sufficient lead up, and with your GP's consent.
- **Phase 4** is the **Taper phase** lasting one to four weeks. The swimmer is brought to a peak performance by reducing volume and intensity down to at least half in the final week prior to the main competition. As the taper is a complex subject I will go into greater detail in a future issue. However, for the time being just bear in mind that "You can't taper a toothpick" and some swimmers may not do enough mileage to even justify a taper in the true sense. A couple of days of easy swimming may be all that is required if you don't have a big base.
- **Phase 5** is commonly called the **Off Season or Maintenance phase** which can last for as long as you want it to as long as you give yourself sufficient time to work through all the phases before your next major meet.

I recommend to my competitive swimmers that if they are going to take a complete break from swimming, to only take two weeks. After this time they will start to lose any fitness gains that they have made during the previous season. If you want to improve from one season to the next, you really need to capitalise on these gains. This will mean training at least two to three times a week for at least a half hour at a time, with the majority of work being performed in the Anaerobic Threshold range, or 30 to 40 beats per minute below your maximum heart rate (Approximately 220-age). Depending on how much you do in the main part of the season, 1500m to 2000m is all that you should need each session. Medley work is ideal for over all fitness, as are mixed sets that incorporate pulling and kicking. The following examples are for a maintenance programme totalling around 2000m. It should take a reasonable swimmer about 45 minutes to swim. If you can't make the time intervals given, time your first swim at the speed that elicits the given heart rate mentioned below, add 15 seconds and that becomes your time interval for the remainder of the set.

Monday	*Wednesday*	*Friday*
◦ 200m mix strokes	• 200m swim F/S, 200m pull, 100m kick	• 4-6 x 75m Medleys, no fly. 10 sec. rest
◦ 10-15 x 100m F/S. Odds-swim on 1.45, Evens as 75m pull, 25m kick on 2.00 (aim to have approx. 15 sec rest each 100m). HR 30-40 bpm below max.	• 6-8 x (50m Fly-Back, 50m Back-Breast, 50m Breast-F/S) on 1.00 (aim for 10-15 sec rest per 50m)	• 3 x 400m F/S timed with 1.30 rest. Number 1-easy for technique HR 50 - 60 bpm below max. Number 2 - moderate, HR 30-40 bpm below max. Number 3 - fast. HR 20-30 bpm below max.
◦ 1 x 400m Medley as 25m swim, 25m drill - easy swim for technique.	• 8 x 25m main stroke - fast on .40 sec	• 5 x 50m main stroke - kick 20 sec rest.
• 200m F/S count strokes. Aim <22/25m	• 100m easy drill	• 100m loosen up

If you are a swimmer who doesn't mind if times do not improve from one season to the next, you may like to take a complete break from swimming over the winter months. Often a complete break is best to maintain your enthusiasm.

Now might be the time to take up other forms of aerobic activity such as brisk walking, circuit training in a gym, cycling or jogging. If you completely cease exercise though, you run the risks of stiffening joints and perhaps an added centimetre or two to the waist line. The longer your take a break, the greater the de-training effect and the longer your build up phase will have to be.

If you want to maximise your training this season make sure you have sketched out your phases. Remember "Failing to plan is planning to fail".