

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

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Welcome to a very late May issue of AMSCN. The reason for its lateness is simply that I was away in May up at the AIS in Canberra and unable to get it out any sooner.

Many of you may be unaware that as a coach, I have been with Powerpoints now for nearly fifteen years. Recently I have begun to shift my emphasis away from the Masters and into my emerging age group team which has a number of National level swimmers in it.

Both groups work together in my morning sessions but have separate times in the evenings. In the early years of my coaching career my fastest adults were much quicker than their younger counterparts and the kids had a great time chasing the 'oldies' up the pool in an effort to beat them. The adults also served as good role models in developing a solid work ethic in the children.

Over the years I have developed my coaching philosophy to try to cater to my *best* swimmers in the pool, by designing my programme around them. The rationale being that if I catered more to the lower groups the top swimmers would miss out and drift away from my programme. The 'drip filter' process from the highest to lowest levels ensures all people are catered for and the net result has been significant improvement at *all* levels.

Now the shoe is on the other foot as some of my kids have equalled or surpassed the adults - no mean feat when you consider the fastest Master in my squad swims a cracking 55 second 100m Freestyle.

All of this preamble is to tell you that when I was at the Pan Pacific selection trials in Adelaide earlier this year Jim Fowlie, a coach at the AIS, had a look at one of my swimmers and invited him (and me) up to the Institute for a week of training.

What I saw was amazing dedication and commitment by everyone involved with the programme there, and also a creative and innovative approach to coaching which is at the cutting edge of world swimming.

My task now is to see how I can apply many of these ideas to my own programme. Some of them involved technology way beyond my means, non-the-less I have already implemented some ideas into both my age group and masters programmes.

I hope to be able to tell you about some of them in forthcoming issues.

Since I started this newsletter in 1989, I have always tried to have a balance of information that might be helpful to coaches, clubs and swimmers.

With this in mind the 'Diagnosis' column on page 5 has become somewhat of a regular feature as I believe coaches need to have an understanding of a broad range of medical problems their swimmers may face, that may impact on the way they train. This issue Dr. Malcom Clark focuses on Gall Stones which to my surprise affects more women than men.

Similarly I believe Masters swimming and coaching is a service industry which is part of the health and fitness industry. As such, we need to constantly strive to improve our 'service' which is increasingly becoming more professional and business like.

Two articles in this issue focus on 'self improvement'. "The Importance of Knowing How to Relate to Others" by Michael Field begins on page 4, and "Initial Contact - First Impressions" by Sue Barrett of Barrett Consulting, is on page 21.

As well as snippets from Masters newsletters around the country and the world, this issue brings you more web sites to surf the net (page 3), Kay Cox's Annual Coaching Report to the AUSSI Board Meeting (page 9), Coach of the Year Awards, details of Masters' Coaching Courses and a Calendar of meets around the world.

For those of you who love the 'technical stuff', Pic Parkhouse on page 17 has an article on Freestyle, Judy Bonning brings you part 2 of "The ABC's of Energy Systems on page 13 and my article titled "The importance of drills: Why we do them" can be seen on page 15.

Continued over



Perspective

WHAT IS YOUR FAVOURITE DRILL AND WHY?

The following question was asked at the Victorian State Long Course Masters Championships earlier this year.

*Russell Fletcher (National Record holder)
Age:38. Club: Powerpoints.*

I like to do sets of 4 x 50m Freestyle with fins doing a side kicking progression.

On the first 50m you kick 12 kicks on one side then pull through and kick 12 kicks on the other side. This is called '12 kick switch'. On the second 50m you do '8 kick switch'; on the third you do '4 kick switch' and on the last 50m you use your normal stroke with *perfect* technique aiming to swim it under your PB time.

We may do this in sets of 3 off 60 seconds.

(Editors note: This is a great drill that we do alot of at Powerpoints. It helps to teach a 6 beat kick, balances the body and helps to develop-body rotation fully and equally to both sides.)

Jocelyn Hawker Age:27. Club: Warnambool Whales

Editorial Continued

(Continued from page 1)

Finally two articles from 'Swim Magazine' round out this issue.

'Holiday Fitness Workout' by Michael Collins caters to all levels of swimmers and 'Catch the Wave' on page 26 is the first of a two part series on learning the new 'wave breast-stroke'.



*I started drinking to drown my stresses
- but they have learned to swim...*

I like using fins and doing Breaststroke arms with dolphin kick. It helps me to work on my arm stroke.

Joy Knight Age:44 Club: Warnambool Whales

Side kicking with fins helps with body rotation on Freestyle as well as the correct kicking action.

John Carlile Age:49 Club: Ringwood Water Rats

For Butterfly I like to do 2 strokes with my right arm then 2 with my left arm followed by 2 full strokes. (2/2/2) This gives me a nice rythmic feeling and allows me to swim further to develop my aerobic capacity on Fly.

(Editor's note: This can be done in a number of different permutations for variety and all strokes can use this drill. E.G. 800m pyramid 1/1/1: 2/2/2; 3/3/3; 4/4/4
3/3/3; 2/2/2; 1/1/1. Repeat continuously.

You could also do each length on each number or, to increase fitness you could do 2/2/4 or other variations on this theme.)

Chris Crossley Age:39 Club: Ringwood Water-Rats

Sculling head first and feet first helps my pulling.

(Great exercise as it develops sensitivity to the subtle changes in water pressure on the palms - Ed.).

Shirley McFarlane Age: 62 Club: Badaginnie

I like the same drill on Butterfly mentioned above because it helps my flexibility through my back and shoulders and helps me think about my stroke.

Sharon Newstead Age:31 Club: Malvern Marlins

Submarine dolphin where you dolphin kick underwater helps my streamlining . When you do it with fins the movement really clicks.

Jan Jeffrey Age:47 Club: Malvin Marlins

(Continued from page 2)

On Breaststroke I like to separate each component to help me think of all the parts, and then put them all together. The drill is Pull + Glide; Kick + glide; swim one whole stroke and repeat sequence continuously.

Steve Sellig Age 45: Club: Malvern Marlins

Catch up Freestyle helps me concentrate on my catch phase of the stroke and I always feel better after.

Ian Fraser Age:55 Club: Malvern Marlins

Double kick with a single arm stroke Breaststroke because it exercises my legs and helps me with my glide between strokes.

Maryanne Long Age: 33 Club: Malvern Marlins

Rythm Fly goes 3 strokes with right arm; 3 strokes middle (full strokes); 3 strokes left arm. Doing one arm only feels too much like Freestyle. This gives me distance work whilst helping me maintain technique.

(This is a variation of the Fly drill mentioned earlier - Ed.)

Catherine Hyde Age:34 Club:Nunawading Orcas

Catch up Freestyle keeps my bottom straight so I don't zigzag.

Sue Harbottle Age:46 Club: Doncaster Dolphins

On Breaststroke I like doing pull, pull; kick, kick; swim, swim. Breaststrokers tend to rely on the whole stroke or the kick too much. You don't realise how hard you have to work when it comes to the arms to keep the momentum going.

Stan Aylen Age:55 Club: Doncaster Dolphins

Double arm Backstroke. It relaxes me after a heavy Freestyle programme. I do it with Backstroke kick not Breaststroke kick.

WORLD WIDE WEBS

Last issue I published a list of Masters Web sites around the world, since then some other swim sites have surfaced. In alphabetical order they are;

- ♦ Australian Swimming Coaches Association:
<http://www.albury.net.au/~ascaust/>

- ♦ AUSSI Masters Swimming in Mandurah:
<http://WWW.southwest.com.au/~adreyer/swim/>
- ♦ Canadian Masters:http://www.unb.ca/web/Masters_swimming/index.html/
- ♦ Davis Aquatic Masters (California):<http://WWW.hooked.net/users/swim/clubs/dam/DAM.html>
- ♦ Gold Coast Masters (Florida):<http://www.icanect.net/swimgold/gold>
- ♦ Masters swimming snippets:<http://www.hk.super.net/~kff/wmssnip.html>
- ♦ Masters Swimming in Switzerland: <http://www.access.ch/whoswho/showwho/fgmunder>
- ♦ Masters Swimming in South Africa: <http://www.pix.za/openswim/mastswim.html>
- ♦ UK Masters : <http://www.jmeldrum@jmeldrum.demon.co.uk/swim/index.html>
- ♦ United States Masters Swimming:<http://www.usms.org>.
- ♦ Uni Wahoos (a club in Queensland):<http://www.thehub.com.au/~legend/wahoo/frmain>

AUSSI'S COACHING VIDEO

Does your club have a copy?

If not, ask your Branch for a lend of it or maybe they can supply a duplicate copy for your Club to keep.

It runs for about 40 minutes, has excellent video quality of real AUSSI swimmers of all shapes ,sizes and abilities. It was put together at a seminar conducted by Kirk Marks at Warringah NSW.

It covers training programmes, flexibility exercises, drills, explicit detail on technique with both good and not so good examples and even shows you how to do starts and turns.

CHANGED ADDRESS?

A number of copies have been returned to our office. To ensure you receive your copy of AMSCN, please notify the editorial office of any changes to your mailing label

The Importance Of Knowing How To Relate To Others

By Michael Field, Principal - Seymour Field, Consultants.

This article has been reprinted from the 'Association Times' The business newspaper for the nonprofit world. August 1995.

A few years ago, a study was made in America of 41 business executives.

They were in two groups: 21 had resigned, been forced into early retirement, or found their careers plateaued, while the remainder had made it all the way to the top.

Extensive interviews revealed that 10 factors distinguished the successful people from those who hadn't made it.

Seven of these factors related to their ability to work with other people.

The three factors most frequently mentioned as contributing to failure were:

- insensitivity to others
- coldness or aloofness
- betrayal of trust

People are communal beings - our very existence depends on other people.

And our success as individuals depends on how well we can deal with others.

Knowing how to deal with others is as important to successful leadership in the nonprofit business sector as it is in any other facet of human existence.

As nonprofit managers, we have a responsibility to our association of members as well as to ourselves to deal with others as effectively as possible.

This means either controlling our actions in response to others' behaviour, or acting proactively in light of their possible responses to ours. This is the principal of personal responsibility

Although it defines an ideal that can be difficult to live up to, even small progress towards it guarantees improvement in working with others.

However the only way to truly change the behaviour of other people is to change our own behaviour first.

But others do respond, sometimes quite dramatically, to changes in our behaviour.

People who live up to the principle of personal responsibility for their behaviour have been shown to have four distinct capabilities:

- They select the most effective actions to take.
- They assess the situation
- They make predictions about the probable impact of their actions.
- Finally, they are willing to consciously choose actions that are consistent with their goals and values, rather than acting destructively or simply out of habit.

We can sum up these attributes by saying that being personally responsible for ourselves requires that we exercise self-control.

Our words and actions must be based on a deliberate and conscious choice between alternatives, not on knee-jerk reactions.

However, following the principle of personal responsibility for our own behaviour is only the first part of dealing successfully with people.

Because we are such complex beings, dealing effectively with others demands some quite subtle skills. These can include:

- Appreciate values - our own and those of others
- Control destructive impulses.
- Learn not to do and say things.
- Learn not to take things personally.
- Remain open to alternative solutions.
- Re-define situations.
- Refrain from painting people into corners - it's the cornered animal that bites!
- Don't be unwisely nice.
- Don't involve others unnecessarily.
- Understand trust. Don't naively trust everyone.
- Be gracious - allow others to keep their pride.
- Manage relationships. Like motorcars, relationships need regular maintenance.
- Finally, we should recognise when we need help

Nonprofit managers who can work with their Boards, members, councillors, staff, volunteers, sponsors and others according to these standards won't necessarily have problem-free relationships

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DIAGNOSIS

The Worst Stone

What are they?

Gall Stones are small mineralised stones which may be found in the gall bladder. In most cases these stones sit in the gall bladder for years and cause no problems.

What causes them?

"In people over 60, 22% of women and 13% of men have stones in the gall bladder. Women are about twice as likely as men to have gall stones."

The gall bladder is the storage area for bile, a complex mixture of water, cholesterol and special detergent, like salts.

The liver produces bile to help break down foods, especially fats. This special fluid isn't needed all the time, so the gall bladder saves it up for each meal. Each time we eat, the gall bladder is stimulated and

squirts bile down into the intestine to help with digestion.

Gall stones occur when there is an imbalance in the constituents of bile. Usually the bile mixture stays fluid, but when the cholesterol or salt levels change, stones may form.

Who gets them?

Gall stones are very common. The older we get, the more likely we are to develop them. In people over 60, 22% of women and 13% of men have stones in the gall bladder. Women are about twice as likely as men to have gall stones.

Obesity, a diet rich in animal fat, multiple pregnancies, high cholesterol and diabetes all increase the risk of gall stones.

What are the symptoms?

Small stones can get caught in the tube between the gall bladder and the gut, and clog up the flow of bile from the liver. After a while the liver becomes congested with bile and some of it overflows into the bloodstream. Most people with this problem complain of extreme nausea and pain under the ribs. They have tenderness around the liver, and develop a deep yellow discolouration to the skin, the classical jaundice of gall stone obstruction.

Bigger stones can sometimes get jammed in the neck of the gall bladder. This usually happens when the gall bladder is over-stimulated, for example after a fatty meal, and contracts strongly enough to force the stone this far. This causes a "gall bladder attack" with a sharp pain under the ribs on the right side, and some nausea and vomiting.

How do you test for them?

Only 10% of all gall stones show up on X-rays because most are mainly made up of cholesterol.

The best way to test for them is to do an ultrasound. This test bounces waves from a machine into the abdomen, and reads the waves that bounce back again. A computer interprets these waves and determines if there are any gall stones there.

Blood tests for liver function and cholesterol levels also gives us information about gall stones.

What's the treatment?

Adjusting your diet and losing weight is the most natural treatment. Diets which are low in fat and rich in fibre and carbohydrate discourage gall stone formation. Avoiding foods which cause gall bladder attacks like pastries and fatty foods also helps.

If gall stones are already fully formed and the gall bladder is damaged, surgical treatment may be the only option. A newer technique for removal of the gall bladder has developed over the last five years which no longer requires a large incision and long hospital stay. It's called laparoscopy and most people are out of hospital within a few days, and back to work in two to three weeks.

What's the bottom line?

Technology has provided new ways of dealing with gall stones over the past 20 years. Keeping trim and eating a low fat diet is the best form of prevention.

Written by Dr Malcolm Clarke, a practising GP.

The material in this column is of a general nature and should not be relied upon as a substitute for professional advice.

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Swimming Magazines

If you are a swimming magazine 'junkie' like me, here are some other magazines you may like to check out. Newsletter editors may receive free copies of some magazines by offering a reciprocal arrangement to Editors.

- > **MSC NEWS:** published 3 times per year by Masters Swimming Canada. \$15.00 (Cdn) to MSC Head Office at POBox 526, Elmsdale, NS, BON 1MO. This has a lot of local news, but also some interesting articles
- > **Fitness Swimmer:** 6 issues per year. \$26.00 (US) to Rodale's Fitness Swimmer PO Box 7421 Red Oak, IA, 51591, USA. More competition and "age group" orientated than the name implies.
- > **MACA News:** This is the Coaches Newsletter of United States Masters Swimming. 4/year. To Don Mehl 600 Willow Glen Drive El Paso, TX, 79922-2209, USA. Only a few pages in length, but makes interesting reading.
- > **Swim Magazine:** 6/year. \$26.95 (US) to Swim Magazine PO Box 863 El Segundo, CA 90245-9961 USA (see subscription form elsewhere in this issue.) Swimming Magazine is the best Masters magazine out today. A quality glossy, it is the official magazine of United States Masters Swimming and has lots of great articles.
- > **Swimming World:** 12/year. \$29.95 to Swimming World PO Box 863 El Segundo CA 90245-9961 USA. This glossy magazine is from the same stable as Swim, but is heavy on US College swimming and results. Has some good articles on occasions.
- > **Swimming Technique:** The bible for swimming coaches with all the latest in stroke drills and technique. If you *only* subscribe to one magazine, this is it! 4/year \$22.95 (US) to Swimming Technique PO Box 863 El Segundo CA 90245-9961 USA.
- > **The Masters Athlete:** An Australian multi sport magazine by Master swimmers Claire and Peter Reaburn. Has a good range of

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Tailoring a Programme

A COACHING SEMINAR WITH ANITA KILLMIER

A transcript of this 2 day seminar conducted by AUSSI Tasmania is now available in booklet form to all members. Cost is \$5.00 which includes postage and all money goes directly to purchase more videos for the AUSSI Resource Centre.

The booklet is also available as a video to borrow from your branch or the Resource Centre and contents include;

- > Elements of physical fitness
- > Energy systems used in swimming and how to train these systems for specific events
- > Pulse rate counting
- > Goal Setting
- > Devising a Seasonal Plan

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 following issue.

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

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.



Newsletter Snippets

FROM THE NATIONAL OFFICE

AUSSI Coach of the Year 1996

At the National Swim presentation night in Sydney on Saturday March 29 1997, our National President, Glenys McDonald, announced that the AUSSI Masters Swimming Coach of the Year for 1996 is Peter Jackson of Warringah Masters - NSW.

We quote from his resume:

"Peter Jackson has held the position of Head Coach / Fitness Director at Warringah Masters for a period of approximately 12 years. For 11 of those years he has been the sole coach.

"We at Warringah Masters recognise him for his integrity, for his very genuine and pro-active concern and regard for his fellow swimmers....."

During that period he devoted his time and energy towards maintaining a broad and inclusive programme. The 95/96 year was a time of significant growth of membership within Warringah Masters

which necessitated a move towards expanding the coaching programme. Peter ("Jacko") encouraged more members to take an active role in coaching and through this encouragement to further their skills, some members embarked on the Masters Laevel 1 Coaching Course. The club now has 8 Level 1 Coaches and access to 3 members who coach professionally full time. Jacko's role as a Coach has always been observed to be positive in nature and he has demonstrated a significant devotion to this.

Masters Swimming has been a focal point in Jacko's life since its inception. The fact that his active involvement with the organisation has continued at all levels throughout this period, alone demonstrates a very genuine concern for and belief in the ideals of Masters Swimming. He would probably have lost count of the number of people (swimmers and non-swimmers) he has introduced to the benefits of Masters Swimming. Jacko actively promotes the advantages of swimming as an ongoing exercise to EVERYONE he meets! He also promotes the benefits of the social aspects of Club life.

Peter Jackson's success as a coach not only hinges on his vast swimming knowledge and expertise but also his long-standing generous commitment to

AUSSI Masters Swimming, to Warringah Masters and to his previous club affiliation within AUSSI. We at Warringah Masters recognise him for his integrity, for his very genuine and pro-active concern and regard for his fellow swimmers and as an all round good bloke....."

The "fruits" of Peter's coaching programme were evident in the Club's excellent performance at the National swim at Homebush, leading up to the announcement.

World Master Swimming Championships - 2000

In a recent trip to Sweden, AUSSI President Glenys McDonald reported that we were unsuccessful in our bid to host the V111 FINA World Masters Swimming Championships in Perth.

Germany won the bid and it is to be held in Munich in an 8 lane pool, with only a 5 lane warm-up facility and minimum facilities for Water Polo, Synchro. and Diving.

Facilities, financial strength and capacity to perform are obviously not a consideration - being "down-under" apparently is.

Roger Smith (FINA Vice President and ASI Secretary) complimented Glenys on her presentation and said that the Australian bid was far superior in every way.

Where are they now?

Lyriane at Commonwealth Games House is seeking current addresses of all former Australian Commonwealth Games team members. This is necessary for the establishment of a Commonwealth Games Team Club which has been discussed within the ACGA.

Sports and ACGA State Divisions have been contacted. Information about the current addresses of former team members, athletes and officials, would be greatly appreciated and will remain of course confidential.

ACGA Headquarter
5 South Ave
Double Bay NSW
PH (02) 9326 2784
Fax (02)9327 8955

Newsletter Snippets continued

Last issue I mentioned Ryan Mitchell's world record breaking swim which was disallowed by FINA for not following strict protocol.

AUSSI also has had a swimmer hard done by. Our own Peter Gilmour broke the World 200m Fly record in a Freestyle event in the NZ Masters Games, but it was disallowed because FINA don't allow Form strokes in a Freestyle event.

A note from John Priestly, Manager of Elite Programmes Australian Swimming Inc..

".....athletes swimming in masters swim events *do not* jeopardise their eligibility to make Australian Swim Teams ie, swimmers who choose to swim in masters events are still eligible to be selected in Open Australian Swim teams if they meet the selection criteria.

Disabled swimmers

FINA Newsletter, VolumeX111, No. 4, dated 19June 1986. it was advised in the Newsletter that the FINA Bureau, at its 1986 meeting in Bonn, had endorsed the Technical Swimming Committee (TSC) recommendations in respect of disabled swimmers participating in competitions organised under FINA rules. The endorsed recommendation was as follows:-

"A disabled swimmer shall not be disqualified in a case where his disability prevents him from complying with a particular swimming rule. Each case shall be left to the discretion of the Referee.

It is therefore not necessary to create special rules for disabled swimmers participating in competitions organised under FINA rules."

REMEMBER:

the toes you step on today
may well be attached to the legs
that support the arse
you may need to kiss tomorrow

Masters Sport Facts and Fiction

This 60 page booklet of proceedings from the Na-

tional Forum on Masters Sport in Australia held in Melbourne in October 1995 is now available through Ivan at the National office. It would make very interesting reading for club committees.

Nationals 1997

Congratulations to NSW on a great National Meet at the new centre in Sydney. A National Swim souvenir VHS video, containing one hour of edited highlights and 2 hours of raw (uncensored) footage is being produced and will be available to clubs and members for \$20 each. The video contains interviews, races and pool shots which will serve as a pleasant and permanent memory of a unique facility and swim meet.

Advance orders can be made direct to ;
Ian McCallum ph/fax (02) 9489 5056

A combined Coaching and Technical Directors workshop will be held in Adelaide in August.

From Masters Swimming Canada News Vol 4 No. 2 Winter 1997 comes news that research into the nasal strip fad which has swept the swimming world shows that they have no possible effect. Long live the placebo effect!

Also, that a drinking any alcohol while you eat reduces heart risk. The effect is not limited to wine, though the article didn't mention quantity!

FROM "DIFFERENT STROKES" (AUSSI MASTERS SWIMMING WA MAY 1997)

Congratulations to WA Coach of the Year Keith Bower from Claremont AUSSI Club

Sex Equality in AUSSI coaches

In all types of sports or sporting activities, coaches are required to train participants in the development of the necessary skills. Most sports are either male or female dominated and generally have proportional numbers of male and female coaches. AUSSI Masters Swimming has equal numbers of male and female coaches. This is a credit to the AUSSI Masters coaching programme.

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COACHING

The focus for 1996 has been on encouraging Level 1M and Level 2M courses in the branches and the promotion of coaching updating. The highlight of the year was AUSSI's participation in the Australian Swimming Coaches Association (ASCA) Annual Conference with a Masters stream of lectures including the Level 1MS course.

COACHING ACCREDITATION

In the last 11 years AUSSI has trained a total of 271 coaches, 258 Level 1M and 13 Level 2M coaches (Australian Coaching Council's (ACC) latest figures in December 1996). The total number of currently accredited coaches is 191 as 80 coaches have failed to update. We have accredited 30 coaches in the past 12 months. As courses can take 12 months to 2 years to complete keeping track of the records is somewhat difficult. Our growth rate of training from 1995-1996 was an increase of 18%. In 1996, there were 3 Level 1M (& 1MS) courses conducted (NSW, Qld and SA) bringing



Kay Cox - National Director of Coaching

the total to 35 over the past 11 years. There were 2 Level 2M courses conducted, one in Qld (in conjunction with National) and one in WA taking the total of Level 2M courses to 4. It was very pleasing to note that SA and NSW have been very active in coach education in 1996 after a break. Queensland and WA continue to run courses on a regular basis. The Level 1MS course run in conjunction with the ASCA conference was a joint effort between Qld and

Continued from page 16

work harder in order to perform them correctly. In other words swimmers who are poor kickers are forced to kick harder. Drills therefore are a great way to strengthen the legs. (Alexander Popov can kick 50m in under 30seconds.) Fins will go a long way to alleviate this problem, but will also enable the swimmer to relax and focus on feeling the correct movement instead of struggling to stay afloat.

I will devote another issue to types of drills that you can use, but until then here is one that you can try on any stroke.

Swim one lap of the pool and count how many strokes you take. (Stroke Count or SC) On the next lap, reduce this as much as possible. Now do a set of 5 x 200s (long course) or 10 x 100s (short course). Each time you begin a repeat take your normal number of strokes and reduce this by one stroke each successive lap.

Each repeat will therefore be swum as SC, SC minus 1, SC - 2, SC - 3. Once you've got the hang of this try doing them all in SC - 3 and then, try to descend your time.

Now that's a workout!!!

National. The course was organized and conducted by Qld led by Chris Parsons and Rod Porteous and assisted by the National Coaching Director. There was also input from several other AUSSI coaches with presentations from Chris Parsons, Rod Porteous, Rhonda Anderson, Peter Reaburn (Qld), John Ornsby (Vic) and Kay Cox (W.A. and National). The course overall had about 54 who attended various sessions and 12 who completed the formal course. This was a very successful venture and an excellent opportunity to present our course to the wider community. We have been invited to participate in the next ASCA conference in late April early May 1997 on the Gold Coast. This programme gives coaches from all Branches the opportunity to participate and should be promoted particularly in Branches that may not have the resources to conduct their own courses. In 1997 I will be compiling a timetable of courses being conducted Nationally so that coaches can take the opportunity to go interstate to participate if their own Branch is not offering a course.

I have just received notification that both level 1M and 2M are due to be reviewed by ACC by January 1998. Thus we have a busy year ahead to review and rewrite both courses and hence the proposed Branch Coaching Directors Conference in 1997 will be a very important one.

RE-ACCREDITATION

This year was the first year of activity for coaching updating. Approximately 17 (18%) coaches have updated with 80 still to update. Our record is better than reports from the ACC where the average over all sports in Australia was 8.5%. A further 14 coaches are due for updating by the end of May 1997. Branch Coaching Directors

need to be aware that they should plan activities throughout the year to allow updating points to be scored. I have reviewed the updating procedure and rewritten the guidelines and log record form. This was to be given out in late 1996 but after discussion with the ACC I have some further additions to make once approved by the Coaching Panel. This policy should be available in January 1997.

	Current	Expired	Trained	% Lost
ACT	5	2	7	29
NSW	37	0	37	0
VIC	41	11	52	21
TAS	10	2	12	17
SA	8	4	12	33
WA	54	37	91	41
NT	3	0	3	0
QLD	3	24	57	42
TOTAL	191	80	271	30

Table 1. Number of coaches currently accredited, the number of expired accreditations, the total coaches trained over 11 years (at December 1996) and the % lost due to failure to update.

CONFERENCES

I have attended 2 conferences this year in my role as National Coaching Director, the ASCA conference in May and the National Coaching and Officiating Conference in Brisbane in November. Both were excellent in terms of swimming coaching, exercise science and practice and officiating. These are two conferences to be recommended to AUSSI coaches and in particular Coaching Directors.

MEETINGS

This year I have met with Ralph Richards from Australian Swimming to discuss coaching courses and resources. I discussed the recognition of prior learning of coaches who had done the Level 1M and wanting to do the Level 1 course

offered by ASI. He put a proposal to the ASI Accreditation Committee Meeting and they have resolved that AUSSI Level 1M coaches will still need to do all the Level 1 theory component of the course but only 20 hours of practical coaching under a tutor coach instead of the usual 60 hours of practical work. Coaches will also need to pay a registration fee and join ASCA. This is a significant change to the requirements and an excellent opportunity for AUSSI coaches to attain dual accreditation. We will be pursuing further discussion re courses in 1997. We have also discussed updating requirements and it has been agreed that points gained for AUSSI updating can also be used for ASI updating and vice versa.

I also met with Nicole den Duyn of ACC to discuss the issue of updating. Several suggestions were made and these will be considered for our course review and in the implementation of our updating policy.

COACH OF THE YEAR

The 'Coach of the Year Award' honours a coach of exceptional standing in AUSSI in any one year. Four nominations were received for Coach of the Year, 2 from W.A., 1 from Victoria and one from South Australia. The Coaching Panel consisting of Peter Reaburn, Anita Killmier, Trish Beveridge and Kay Cox had the task of selecting the winner. Susette Pow from the Osborne Park club in WA was the winner for 1995. This was announced at our National Swim and the 1996 Australian Coaches Association Dinner in May. This year the award went to a dedicated coach who has given a lot at her own club level and participated in Branch activities but was not necessarily a high profile coach at National level. This should be motivation to all Branches

to nominate coaches from their own Branch who they believe are worthy of recognition.

COACHING PANEL

The National Coaching Panel in 1996 included Anita Killmier (Vic), Trish Beveridge (TAS), Peter Reaburn (Qld) and myself. This subcommittee deals with coaching issues of National concern, in particular, the review content, conditions of the coaching courses, updating and the judging of the 'Coach of the Year Award'. I would like to thank all members for their support and contributions throughout the year as it certainly makes my role easier to know I have access to such a wealth of knowledge and experience in AUSSI Masters swimming to draw upon.

NEWSLETTER AND RESOURCES

The National Resource Centre has been moved to the AUSSI National Office and enquiries can be made re the borrowing of videos and other resources.

Anita Killmier continues to edit and produce the Coaching Newsletter. This is a very valuable resource to both coaches and swimmers. Sincere thanks to Anita for continuing to do such a professional job on AUSSI's behalf. Branches, clubs and swimmers are encouraged to promote and subscribe to the newsletter as this can also only exist on your support and subscriptions.

NATIONAL COACHING SURVEY

In 1995 a survey was conducted of all AUSSI clubs in Australia to evaluate the number of qualified coaches and coaching practices being followed on a National basis.

I am still collecting data for the Coaching Survey started last year. Questionnaires

were sent out to 185 clubs in August 1995 and 71 were returned. A further 114 were sent out in July 1996 and after 61 were returned a further 58 were sent out in August. To date 159 (86%) have been returned, 19 were returned with club identification. I have had 3 attempts to analyse the data but the responses are still coming in. This will close on December 31st and the results will be processed shortly after. The response from clubs has been excellent, thanks to clubs who have returned this questionnaire.

CHANGES IN BRANCH COACHING DIRECTORS

During this year 3 Branches (NT, S.A., Tas) have elected new Coaching Directors. My thanks to outgoing Directors, Louise Johns (NT), Elly Fleig (S.A.) and Megan Stronach (Tas) for their assistance over the past years. Welcome to Jacinta Stirrat (NT), Janet Malone (S.A.) and Pam Gray from Tasmania.

CONCLUSION

Once again the year has been one of consolidation with the introduction of some new initiatives. My thanks to all Coaching Directors and Course Coordinators who I have worked with this year. I would also like to thank Ivan for all his administrative assistance and Carol Wannell for typing assistance, the Management Committee for their ongoing support. I have greatly valued the contribution of the Coaching panel and all coaches in the Branches who work to deliver quality coaching to our members. I look forward to working with everyone in 1997.

KAY COX
NATIONAL DIRECTOR OF COACHING

TO THE SHALLOW END AND BACK

By Peter Nowlan - Mackay Master Swimmers

She's taking time to
explain the reasons why
its necessary to train,
and to justify all the hurt inside
Guess she knows from the
smiles and looks in the Swimmer's
Eyes and everyone has a
fear of a hard training set
Swimming to the Shallow end and back of the Pool.

She knows what it takes to be
a good swimmer and
achieve PB's and win medals
at the State or National Championships.
Guess thats why she's so tough at training
and she'll say from the Pool Deck,
You too can go to the State or National Championships
and swim PB's
So join my Squad and achieve your goals
and swim to the Shallow End and Back
following the black line
on the bottom of the Pool.

So I joined the squad, and remember doing 20 x 50m
butterfly
sets to the Shallow End and Back until I lost count,
on a journey I didn't have a map for, and still she would say
Take a Dive, shift into overdrive and give me a fast
400m freestyle.
To the Shallow End and Back as quickly as you can
follow the black line.
The Journey continues, Fast and Slow sets on demand,
Complain if you dare,
Find out, if you got what it takes to be a good swimmer.

She was tough, making me do sets,
and she would always say from the Pool Deck
Join my squad and achieve your goals
If you're lucky you might get a Ticket
to the State or National Championships
Swim to the Shallow End and Back
To the Shallow End and Back following the Black Line,
the journey along the black line on the bottob of the
Pool continues
from One Season to the next.

*Men of accomplishment seldom reach their goals;
their goals keep moving ahead of them.*

Maxwell Maltz

Swim_{for} Fitness

EVERYTHING YOU EVER WANTED TO KNOW

FITNESS

The ABC's of Energy Systems Part II

by Judy Bonning

Part I of "The ABC's of Energy Systems" was printed in our November 1996 issue. The three main energy systems used by swimmers - aerobic, anaerobic and anaerobic lactate were discussed in detail.

Coach Judy Bonning and husband John are currently in transit to Australia where they are taking up a position with the Carlife organisation in NSW

For any Masters swimmer, understanding the three main energy systems is critical to swimming success. But even more important is incorporating them into a training regimen in proper quantities. In order for fitness swimmers, triathletes and competitors to derive maximum benefits from their swimming, all levels must be included to some degree on a regular basis. Fitness swimmers will experience a higher level of conditioning, while competitors and triathletes will gain an "edge" and swim faster in races.

Frequency of Training

A swimmer's number of weekly workouts has a significant impact on which energy systems are trained. Those who are able to squeeze in only two workouts each week should have a primary goal of maintaining their aerobic fitness level. If possible, these swimmers should add to their fitness level with another aerobic activity such as cycling or running.

With three or more training sessions per week, improving both the aerobic and anaerobic fitness levels is possible. At this frequency of training, a swimmer should be able to alternate sessions that emphasize the aerobic and anaerobic systems, or distance and sprint workouts.

The ambitious swimmer who trains seven days a week is encouraged to take off at least one day each week to relax both physically and mentally. Swimming

every day, especially at intense efforts, can do more harm than good.

Typical Sets

There is an infinite number of sets, with the variables being number of repetitions, distance, rest interval, pace, stroke and type of set (swim, kick or pull). Many coaches who have been in the profession for decades claim never to have repeated the same workout. However, these same coaches may use test sets or common training sets that work a specific energy system or measure how an athlete is progressing. While suggestions for workouts are given in this article, remember that there are many ways to write workouts and that one may be creative in writing workouts and workout sets.

AEROBIC

Training at the aerobic level is important early in a swim season or when starting a new workout program. Keep in mind that an aerobic base needs to be developed over eight to 12 weeks in order for a swimmer to feel "in shape." Beginners may be able to swim continuously for 10 to 15 minutes at a time and may wish to use fins to avoid stopping after short distances. The more experienced swimmer should design aerobic sets lasting 20 to 30 minutes. Whatever the ability, the sets should be swum at a steady aerobic pace with a relatively short rest interval.

The emphasis in swimming aerobic sets is on continuous effort with minimum rest breaks. The objective of an aerobic set is to raise the heart rate to a fairly high level and to maintain that pulse rate. Extended breaks in an aerobic swim reduce the pulse rate and decrease the aerobic benefits. If necessary, slow the pace to allow more continuous swimming. When swimming butterfly, change to stroke drills or freestyle rather than hanging on the wall for minutes at a time.

When designing aerobic sets for freestyle, use the following rest intervals as a guide. For IMs and strokes other than

freestyle, add five to ten seconds to the rest interval.

Repetition	Distance	Rest Interval
50		5 to 10 secs.
100		10 to 15 secs.
200		15 to 30 secs.
500		25 to 40 secs.
1000/1650		30 to 60 secs.

Here are two aerobic sets that total 1600 and 2000 yards, respectively. Of course, your distance and interval may vary, but make sure the set lasts in the 20- to 30-minute range.

Example #1

16 x 100 freestyle at a steady pace as follows:

4 x 100 on 1:45
4 x 100 on 1:40
4 x 100 on 1:35
4 x 100 on 1:30

For a swimmer able to hold 1:25 per 100, the rest will be from five to 20 seconds per 100, an appropriate rest interval for an aerobic set.

Example #2

Build into this set as the distances decrease, but remember to stay in the aerobic training level.

1 x 500 free on :30 to :45 rest
1 x 400 IM on :30 to :60 rest
1 x 300 free on :20 to :30 rest
1 x 200 IM on :20 to :30 rest
1 x 100 free

In other words, stay fairly comfortable and keep the breathing easy.

ANAEROBIC

The anaerobic energy system is probably the most difficult energy system to train, both physically and mentally. Therefore, these intense sets should be attempted no more than twice per week. The biggest mistake made by swimmers training anaerobically is failing to swim at an all-out effort and warm down extensively after these fast repeats.

When swum properly, the anaerobic

sets will cause the pulse rate to increase and lactate in the bloodstream to rise to very high levels. The duration of the fast swimming should not exceed 2:30 (approximate). If it exceeds this time limit, the swim is likely to become aerobic instead of anaerobic. Distances from 25 through 125 yards are commonly used for this form of training.

Although the following example sets are designed for improving performance in races 400 yards/meters or less, distance swimmers and triathletes will also benefit from speed training as well. Their speed sets may be 20 to 30 x 100 with :30 to :45 rest or perhaps 5 x 200 at a fast pace with recovery swimming after each 200.

Example #1

15 x 100/2:00 (if fastest 100 time is 1:20 or better), 2:15 (fastest 1:21 - 1:30) or 2:30 (fastest 1:31 - 1:45). Swim as five sets of 3 x 100, with the first 100 easy, the second 100 moderate and the third 100 all-out. All five all-out 100s should be within one to two seconds of each other.

Example #2

5 x 50 (choice of stroke) at an all-out pace, leaving every 5:00. After each fast 50, swim easy to accelerate the recovery process. If possible, begin each 50 with a dive from the starting blocks.

ANAEROBIC ALACTIC

Most swimmers enjoy training at the anaerobic alactic level because the distances are short, the pace is fast and there is plenty of time to socialize between repeats. This type of training is especially important for sprinters, but triathletes may develop it to "get ahead of the pack" or to make a quick move around a competitor. Fitness swimmers may add it to their repertoire for variety and better overall conditioning.

Example #1

8x25 with 30 seconds rest after each 25.

Swim the first 12 1/2 yards at an all-out pace and the second 12 1/2 at an easy pace. The emphasis should be on moving off the wall as quickly as possible,

pushing off in a streamlined position and using a strong kick to rise to the surface. Use a fast turnover for speed, but swim in a controlled manner. If swimming a butterfly set, switch to freestyle for the easy portions of the set. An alternative short course set is 8 x 25 swimming 12 1/2 easy and 12 1/2 fast to work on race finishes.

Example #2

In a 50 meter pool, swim 8 x 50 broken into 12 1/2 fast, 25 easy and 12 1/2 fast. These 50s may be swum with a dive or pushoff start.

Judy Bonning, current president of the Masters Aquatic Coaches Association and 1991 USMS Coach of the Year, is head coach of the Coral Springs Masters in Coral Springs, Fla.

SAMPLE THREE-DAY TRAINING PLAN

Monday

MODERATE AEROBIC

Warm-up Kick Swim

500, every third 50 is 25 right-arm, 25 left arm
12 x 50, kick 25/swim 25 — 3 x 50 of each stroke on short rest interval
15 x 100 — 5 sets of 3 x 100

First 100 — IM

Second 100 — back, breast or fly

Third 100 — free

Rest interval should be 15 to 20 seconds between 100s

Pull

8 x 50 free on 1:00 or moderate rest interval

Odd 50s — work on distance per stroke

Even 50s — work on speed and fast turnover without losing feel for water
8 x 25 on 30 to 60 seconds rest, each 25 is 12 1/2 fast, 12 1/2 easy, choice of stroke

Sprint

100 easy

Loosen

Total

3,200 yards

Wednesday

ANAEROBIC (speed day)

Warm-up

300 free, alternating dragging fingertips and touching the thigh by 50s
6 x 50, drill 25/swim 25 — choice of stroke and drills

Pull

6 x 100 free, 10 to 15 seconds rest interval, breathe every third or fifth stroke

Kick

8 x 50 going 25 fast (all-out), 25 easy choice of kick, 10- to 15-second rest interval

Loosen Swim

100 easy

5 x 50 with easy 200 after each 50. The 50s are timed and all-out; the 200s are not timed and are recovery swims.

Swim

5 x 50, drill 25/swim 25, short rest interval

Total

3,200 yards

Friday

HIGH AEROBIC

Warm-up

600 reverse IM (150 of each stroke in reverse IM order, each 150 is 50 swim, 50 drill and 50 swim)

Ki/Dr/Sw Sprint

8 x 75 kick/drill/swim by 25s, alternate free and stroke by 75s

8 x 50, alternate free and choice of stroke going 12 1/2 fast, 25 easy, 12 1/2 fast

Swim

400 free on 7:00 at moderate pace

2 x 200 on 3:20 at faster pace than 400

4 x 100 on 1:35 at faster pace than 200s

8 x 50 on :45 (difficult interval) at faster pace than 100s
(Adjust intervals according to your ability)

Loosen

200 easy

Total

3,400 yards

The importance of drills: Why do we do them?

By Anita Killmier

This article was first published in "The Masters Athlete" Issue 3 October 1995. See subscription details elsewhere

Swimming efficiently is determined by maximising propulsion and eliminating resistance. Of course we can never eliminate resistance completely, but we can minimise it considerably.

Estimates vary, but one author claims that stroke efficiency in elite swimmers contributes as much as 70% to a performance, while only 30% is the result of fitness and power. Conversely only about 10% of the poorly skilled swimmer's performance may be attributed to fitness, the remainder being determined by efficient or inefficient technique.

Two separate studies in the U.S.A using computer analysis of world class swimmers have proven that the fastest swimmers use the least number of strokes.

Another study by famous researcher Dr. David Costill (also in the USA) tested swimmers on strength and endurance. They found that many swimmers who tested exceptionally well in the two areas were only average swimmers, while some individuals who were only average in strength and endurance were outstanding swimmers.

Viewed in this light we can see that good technique is the most important factor in swimming fast, yet in my experience, most master's swimmers spend most of their time trying to swim further and faster in training, with little or no time spent on drills and skills.

What would happen if we turned the tables around and devoted 70% of our training time to technique, and only 30% to increasing our speed? This is exactly how most of our top swimmers are now training.

Gennardi Touretsky, coach of Alexander Popov - currently the fastest man over 100m Freestyle in the world today, claims that Popov swims anywhere up to 120 Km per week (depending on the phase of the season) but most of this is done with the heart rate less than 150BPM, for technique.

Popov has an exceptionally long stroke that looks relaxed and effortless even when he is at maximum speeds. He also seems to move his arms slower (stroke rate) relative to others around him. With each arm pull he travels further, thereby taking less strokes in each length than many slower swimmers. Coaches refer to this as having good Distance Per Stroke (DPS).

Let's look at this from a different perspective. Let's imagine Roger takes 48 strokes to swim 50m while Peter takes only 40. Over a 1500m race, Roger will take 1440 arm pulls compared to Peter's 1200m, a difference of 240 strokes. To take this number of strokes and to keep up with Peter, Roger will have to move his arms faster, thus increasing his energy output.

It is not hard to see that the efficient stroker will expend less energy fighting the water and be able to put more energy into propulsion.

Water is many times more resistive than air so before we can maximise propulsion we must first learn to minimise resistance.

Good swimmers have a heightened sensitivity to the subtleties of water. We call this skill "Kinaesthetic feel" for the water, which is defined as "the sensation by which body position, weight, muscle tension and movement are perceived." By the time swimmers have reached elite levels they have spent thousands of hours and kilometres refining their strokes through drill work.

Drills are any activity designed to heighten the awareness of a swimmer by isolating part of a movement so that it can be improved.

The more drills you know and can practise the better off you will be, but remember that only "perfect practise makes perfect". Enter the coach!

A good coach with an eye for detection of errors and correction of technique will set appropriate drills and oversee that they are performed correctly. It is common knowledge that what swimmers (even good swimmers) think they are doing, and what they are doing, are often completely different. Hence the need to have someone constantly monitoring you and giving feedback.

Drills need not be hard, can often add a bit of fun to a workout, and certainly add lots of variety. Learning other strokes will also help develop "feel" for your main stroke, thus serving a similar role.

Yet many Triathletes, open water/distance swimmers and a vast percentage of Master's swimmers steadfastly ignore drills. Reasons given are many and varied but they include;

- "I already know how to do them." Yeah right! Read as "I may know what they are, but I can't do them well enough".
- "It's too late to change my technique." I'll never accept that one! With Master's swimming potentially being a lifelong sport, it's never too late to start. Besides accepting new challenges in later life is one of the greatest contributing factors to a healthy old age.
- "I'm not interested in changing my technique, I just swim for fitness". I have never met anyone who puts in time at something that doesn't want to see some sort of improvement. Besides doesn't it get frustrating watching everyone pass you by?
- "It's too hard to change." Classic cop out. Read as "couldn't be bothered making the effort", because that's precisely what it will take. Difficult yes, particularly after years of swimming, but not impossible with a bit of extra and consistent work.
- "I want to maximise my training time. I haven't got time for all that stuff." Classic misconception and I hope by now you are starting to change your mind. Greatest improvements in speed will be made through correcting faults rather than training harder, further or faster. These types of swimmers don't usually last long either. They invariably don't know how to swim slowly and often burn out through overtraining.

Drills can be done warming up and warming down, can be swum between sets for recovery, and may be used as a main set for a great cardiovascular workout. Experience has taught me that drills are disliked in the main because the legs must

This article is reprinted with permission from Master-scrawl" March 1997 issue.



Set up your Freestyle for the Winter Season

This issue of Masterscrawl comes out just a few weeks before the National Long Course Championships. So, for those involved in this meet, you will be starting to think about tapering and fine tuning for your main events. As most Masters tend to compete in a range of events from 100m to 1500m, tapering can be a problem. You want to develop speed for the shorter events and at the same time keep your aerobic condition for the distance swims. The general basic rules for tapering are that the heavier your programme has been and the higher the mileage, the longer the taper can be. This is specially important if you are just looking for success in the short events. It is also unwise to do too much hard quality swimming in the final week or so. A few short sprints each day will do no harm however at this time. It is important that you continue to do a fair amount of aerobic work so as to not lose the condition necessary to carry through the three days of the meet. This is specially important for older swimmers who tend to lose condition quite easily.

After the Nationals are over most swimmers will have a short rest from training. I have found however that most Masters swimmers are back at the pool almost straight away and I guess this is due to the fact that adults swim mainly for the exercise value and competing provides the incentive to do so. A number of national level young competitive swimmers tend to have a break of anything from three to six weeks. I have never agreed with this long period out of the water. I have explained the reason for this in previous articles. When a runner takes a break from training he is still walking around so therefore his leg muscles still maintain reasonable tone. With the swimmer however there is nothing

we do out of the water that simulates the arm movements involved in the swimming strokes. When I was coaching in the seventies, before I went to Canada to coach in 1976, I gave my top squad no more than one week off after the Winter Nationals and no more than two weeks after the Summer Nationals. During all my years of coaching from 1957 to 1976 I cannot recall having any swimmer out of the water through shoulder problems such as tendonitis. I put this down to the fact that as they were almost swimming continuously, there was no tendency to rush into the early part of the season to try to develop a good base. The aerobic condition was still there. What is also pertinent is that the team I had at that time were covering around 80 kilometres per week which is probably more than most squads are doing today.

With nothing major in the way of competition coming up, this is a time to work on technique while the pressure is off. Here are some of the things you should concentrate on during this period.

Stroke length

Distance per stroke and stroke rate are two of the most important factors in the production of maximum speed. Very simply this means that if you travel further with each stroke than your opponent and you stroke at the same rate as your opponent then you must be faster. While swimming Freestyle at a moderate pace, count the strokes you take for one length. Then by concentrating on certain aspects of technique try to reduce the number. Maximum efficiency comes from good feel of the water, getting a good catch, hand acceleration, good body rotation around the long axis of the body and relaxation.

Feel of the water

By this we mean feeling for the pressure under the hand as it extends out in front before beginning the stroke. Many swimmers begin the stroke too early, straight after the hand enters the water. This is a serious fault which can be corrected by stroke drills.

Terry Laughlin talks about "slippery swimming". But we have to find out how to be slippery. After the hand enters the water, the arm should reach forward under the water. It has to be a true reaching movement as though you were reaching for something just beyond your grasp. When you do this, two things happen. One is that the body rotates on the side of the arm which is extending, and this is what you want. The other is that the opposite hip rotates up and out of the way of the hand which is finishing its push. There is however a down side to this action and that is that it is natural for the arm in this hyper extended position to rotate in a clockwise direction which will result in the dreaded dropped elbow. This is not what you want.

To prove this point. If you are standing on the floor and you reach up in an attempt to touch the ceiling which is just out of reach, you will experience this hyper extension of the shoulder. You will also notice that you will rotate your body to the same side. At the same time you will notice that the arm has rotated in a clockwise direction. As another coach has put it, nature designed us this way so our ancestors could get a better grip on the branches of trees. It would seem from this that mother nature also intended us to swim with a dropped elbow.

If you stand on the side of the pool and watch all the inexperienced short stroking lap swimmers you will notice that they are all swimming with a dropped elbow because they are performing the natural movement of the human shoulder.

To correct the natural tendency to drop the elbow you must concentrate on rotating the arm at the shoulder joint in a counter clockwise direction to present the arm in the high elbow position.

As swimmers however we are not trying to grab a solid object. Grabbing water simply cannot be done with a dropped elbow. To correct this natural tendency to drop the elbow you must concentrate on rotating the arm at the shoulder joint in a counter clockwise direction to present the arm in the high elbow position. This brings in the powerful latissimus muscles early into the stroke. Unlike the smaller shoulder muscles, the latissimus dorsi is strong enough to lever the hand forcefully against the water.

It is this extension to provide a natural body rotation and setting up the latissimus dorsi muscles with a counter clockwise rotation of the arm that creates the effect of "slippery swimming" as mentioned by Laughlin. This is a feature which is most noticeable in the techniques of people like Danyon Loader, Kerrin Perkins, Janet Evans and all other great swimmers of international level.

From this correct entry, extension and catch position, it becomes easier to hold on to the water throughout the rest of the stroke. With a lot of practice it is possible to reduce the number of strokes per lap and therefore efficiency by concentrating on the front end of the stroke. Later when the real work begins and the stroke is properly grooved the stroke rate can be increased and you must swim faster. Then you are on your way to another great season.

Pic Parkhouse



AUSSI MASTERS SWIMMING

Swim Down Under to Tasmania

on

Thursday 12 March, Friday 13 March, Saturday 14 March, 1998

at

the new Aquatic Centre being built on the original site of the Hobart Olympic Pool.

This facility is fully enclosed with a 50m main pool, 25m pool and a diving pool.

The Aquatic Centre is centrally located, within 2 blocks of the CBD of Hobart and surrounded by plenty of excellent affordable accommodation.

More information will be made available to AUSSI Masters Swimming Clubs later in 1997 - the program will feature 50, 100, 200m each stroke, 200 and 400m IM and 400m Freestyle

Enquiries :

The Secretary

AUSSI Masters Swimming (Tas)

P O Box 659, ROSNY PARK 7018

☎ 03 ~~6223 1317~~ Fax 03 ~~6223 1361~~

PR (03) 6223 1317 Fax (03) 6223 1361

Newsletter Snippets

continued from page 8

AUSSI does not use an 'E' and we always stand tall.

All clubs are well into the financial year, new office bearers trying to come to grips with the AUSSI way,... both 'in' and 'out' of the water. The efforts being made are tremendous, but our acting administrator has noted incorrect spelling of our title AUSSI in a number of instances.

AUSSI was an acronym for our former title; Australian Union of Senior Swimmers Inc.. To conform to international nomenclature, the title was changed to AUSSI Masters Swimming in Australia. By a national referendum of members, the acronym was changed to a word. It has no "E" at the end, is capitalised with no periods (full stops). Yes, we invented a new word, and Jude Crawford invented the slogan: "We do not own an "E" and we always STAND TALL!"

Clubs are encouraged to actively promote AUSSI as being synonymous with adult swimming.

Editors note: It still surprises me how many cheques I get sent for subscriptions with incorrect spelling of AUSSI as part of a club name. Just the other day a brochure publicising a local club came across my desk which still uses 'Australian Union of Senior Swimmers' as part of it's blurb. One of the local pools has a large sign out advertising "AUSSIE masters club". Obviously there are a lot of people out there who are still incorrectly using our title.

To add to this confusion, there is an organised sporting body called 'AUSSIE Sport' which encourages children's participation in sporting activities.

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

The AUSSI *motto* is: "To swim for fun, friendship and fitness."

While enormous strides have been made in communications, there is still a lot to be said for the smile.

Calendar of Events

1997

June 24-29 Pan Pacific Masters LC Championships. Lahaina Aquatic Centre, Maui. Hawaii Sports, 1155 Olowalu Way Honolulu, Hawaii. Fax: (1 808) 396 1623.

October 3-5 The Buckler 4th Irish Open Masters Swimming Championships. Chairman Oswald Schmidt, 82 Earlwood Estate, The Lough, Cork Ireland. Tel/Fax 353-21-968202 (hm) See details this issue.

October 24-26: Healthpact Sixth Australian Masters Games - Canberra ACT. Enquiries to PO Box 2697, Canberra ACT. 2601 or ph (06) 207 9097

1998

March 12-14 AUSSI National Swim Hobart TAS

June 21-30 Vth World Masters Swimming Championships - Casablanca

Aug 9-14 World Masters Games - Portland, Oregon.

October 18-23: HONDA Masters Games Alice Springs. NT

1999

May AUSSI National Swim Darwin NT

If you want to advertise your meet in this space please send details to

AMSCN:
C/- 27 Johnstone St.,
Malvern VIC 3144
AUSTRALIA

Deadline Next issue Aug. 1 1997

Masters Sports Awards

The Confederation of Australian Sport has decided to develop two awards to recognise the achievements of Australian Masters Sport participants. These awards will complement the Confederation's involvement with Masters Sport through the Australian Masters Games and the Masters Sport Committee.

The awards will be presented to the outstanding individual and the outstanding team in Masters Sport each year. These awards will not form part of the Australian Sport Awards but will be presented at the opening or closing ceremony of the Australian Masters Games. In the years where no Australian Masters Games is conducted the awards will be presented at the official luncheon held in conjunction with the Confederation's Annual General Meeting. The inaugural awards will be presented at the closing ceremony of the Healthpact 6th Australian Masters Games in Canberra on 1 November this year.

The definition of a Master will be the age determined within the relevant sport, as is the case with the junior category of the Australian Sport Awards. Masters Sport of course includes Veterans, Seniors or any other name a sport uses to describe its mature age component. Performances to be judged must have been in a dedicated Masters event, that is, an event where minimum age restrictions apply. Nominees will need to have performed outstandingly at national or international level to be eligible.

As the awards will be presented in September in non Australian Masters Games years, they will be judged on performances in the year 1 June to 31 May. This means that the awards presented at the Canberra Australian Masters Games will be for the year 1 June 1996 to 31 May 1997.

Sports will be contacted early in June to nominate outstanding Masters individual and team performers from their sport in the same way as for the Australian Sport Awards. The nominees will be shortlisted by the Confederation's Masters Sport Committee and then voted on by an academy nominated by Confederation members and/or their Masters affiliates. Nominations for the voting academy will be called for at the same time as the nominations for the awards.

Should you have any comments or queries about these awards please feel free to contact me at the Confederation.

Ron Burns Deputy Chief Executive Confederation of Australian Sport Incorporated: PO Box 342 Curtain ACT 2605
Phone (06) 285 1887 Fax (06) 282 3440



(Continued from page 4)

with them.

But their interactions will be more productive, and their own performance much more effective.

AUSSI COACHING COURSES

For the uninitiated AUSSI have their own coaching courses which highlight the differences between coaching older adults and young age group swimmers.

There are two levels in the system at present. A Level 1M ('M' denoting Masters to differentiate it from Australian Swimming's Level 1 Course) and a Level 2M.

The Level 1M can be undertaken in two ways

- 1.) As a full 20 hour course for those who have no coaching qualification or,
- 2.) As a 10 hour 'Bridging' or 'Supplementary' course for those already with their ASI Level 1.

AUSSI Swimming Tasmania will be holding the following courses during 1997.

- > Level 1M Supplementary Coaching Course - August 16 and 17
- > Level 2M Coaching Course - September 5, 6, 7, 19, 20, 21.

For further details contact;

Megan Stronach
PO Box 17, New Norfolk TAS 7140
(ph) 03 6261 1181 (fax) 03 6261 1215

Queensland Masters Swimming will hold a;

- > Level 1M Coaching Course and Supplementary Course in Brisbane on July 12 and 13.

Contact;

David Speechley (ph) 07 38762822

INITIAL CONTACT - FIRST IMPRESSIONS

People make eleven decisions about us in the first seven seconds of contact

- 1 Education Level
- 2 Economic Level
- 3 Perceived Credibility, Believability, Competence and Honesty
- 4 Trustworthiness
- 5 Level of Sophistication
- 6 Sex Role Identification

- 7 level of Success
- 8 Political Background
- 9 Religious Background
- 10 Ethnic Background
- 11 Social/Professional/Sexual Desirability

**University study, carried out by Graduate School of Business NYU.*

So one goal you will have is to consciously focus on is this first step - is breaking preoccupation. This means to cut out your perceived world and focus on the individual in front of you.

As you have initial eye contact with people:

- > Cut out your world and tune them in
- > Get eye contact
- > Focus all your attention on them

This helps break your own preoccupation.

Remember: You never get a second chance to make a good first impression!

(from a workshop conducted by Barrett Consulting Group Pty Ltd - A Balanced Approach to Business Excellence.)

Here are some further tips for coaches and administrators to consider, to provide a better service to their members.

- > After a crisis ask yourself 3 questions:
 - 1 Why did it happen?
 - 2 How can I prevent it from happening again?
 - 3 If it does happen again, how will I handle it better?
- > Do not become possessive about various tasks that need doing. Don't view them as 'my job' and 'not my job'. Look upon them instead as tasks that fall within your jurisdiction which need to be done.
- > When things are going well, leave them alone. Manage only things that fall off the rails. This alone saves a lot of management time!
- > When delegating, stating the desired outcome is more important than describing the task. This allows individuals to do some creative thinking of their own as to how to reach that end.
- > Hire specialists to handle tasks in which you lack expertise. This saves energy, frustration and it also ensures the tasks are done to a reasonable standard of quality.
- > Skip meetings that do not directly relate to your area of authority and responsibility. Do not attend for nebulous reasons like 'to add authority to the meeting'.

Holiday Fitness Workout

Fall Training Goals:

- Keep feel for the water (swim three times a week, or more)
- Build endurance base for next season
- Emphasize stroke technique instead of speed
- Keep weight under control (I.e. don't eat too much junk over the holidays)
- Pay special attention to maintaining proper form and technique, which requires swimming at submaximal effort, executing drills properly and regularly monitoring distance per stroke (dps).
- Have fun!

Workout

	Interval	Group I	Group II	Group III	Group IV
1. Warm-Up	15-20 sec RI	8 x 50	8 x 50	8 x 50	8 x 50
2. Kick Set	20-30 sec RI	5 x 100	5 x 100	5 x 100	5 x 100
3. Main Set:					
Swim or Pull	1:00	4 x 75	4 x 75	4 x 50	4 x 25
	2:00	3 x 150	3 x 125	3 x 100	3 x 50
	3:00	2 x 225	2 x 175	2 x 150	2 x 100
	4:00	1 x 350	1 x 275	1 x 200	1 x 150
EZ Swim	3:00	100	100	100	100
Swim or Pull	4:00	1 x 350	1 x 275	1 x 200	1 x 150
	3:00	2 x 225	2 x 175	2 x 150	2 x 100
	2:00	3 x 150	3 x 125	3 x 100	3 x 50
	1:00	4 x 75	4 x 75	4 x 50	4 x 25
4. Warm-Down	30 sec RI	4 x 50	4 x 50	4 x 50	4 x 50
Total		4300 yds	3800 yds	3200 yds	2400 yds

About this workout

1 WARM UP: Drill/Swim: 8 x 50, with a rest interval (RI) of 15 to 20 seconds between each 50. Swim two 50s of each stroke in reverse IM order: free, breast, back, fly. On the first of each of two 50s, swim 25 left arm, 25 right arm or any other drill, emphasizing a narrow (slippery) body position. On the second 50, concentrate on good form and maximizing distance per stroke.

2 KICK SET: Kick each 100 alternating 25 specialty, 25 free. Serious option: Kick without a board and use the set for conditioning by limiting the number of breaths on odd lengths to two to four (in a 25 yard pool). Concentrate on a fast, steady kick and remember to streamline! Even lengths are freestyle kick and should be done on one side, arm extended (see Mike's Drill Tip). Keep chest pressed into the water to maintain body balance. Social option: Use a board, talk to friends in pool (or make new friends) as you kick steadily.

3 MAIN SET: Choose a stroke and distance (group) for each interval. Give yourself five to 25 seconds rest between each swim. Swim the same stroke and distance for each interval both up and down the pyramid, but on your way down, try to swim each repeat a few seconds faster. Remember to start the set easy and gradually build into it. Save STONG & FAST for the end. If you want to do some pulling, save it for the way down the pyramid.

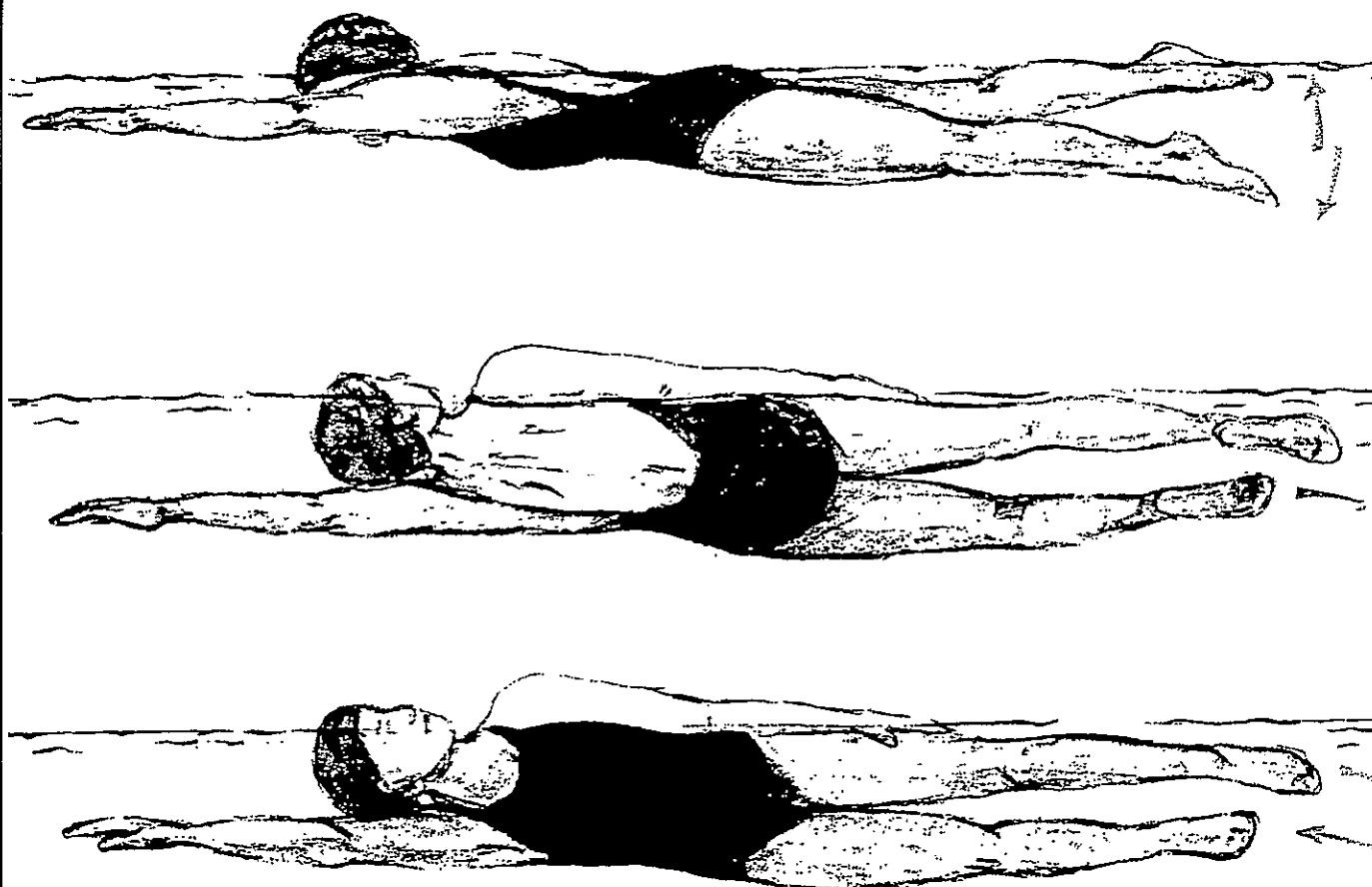
4 WARM DOWN: Drill 4 x 50 modified "Swim Golf" freestyle (see SWIM, July/August 1996, pp. 37-38), taking 30 seconds rest between repeats. Count your strokes and add your heart rate count for 10 seconds (instead of your time). Try to descend both stroke count and heart beats. You should feel long and relaxed by the end of the fourth repeat.

Mike's Drill Tip

Freeze Frame Freestyle Drill

Here's a drill we use to familiarize the swimmer with maintaining a balanced body position (meaning the head and hips are at the same horizontal level) on both sides. It helps the swimmer learn to kick in both directions instead of just kicking down.

Without a board, kick on one side with the lower arm extended toward the other end of the pool. The top arm should lie on the side and mostly stay dry. Switch sides every length or every 10 to 12 kicks.



Each issue of *SWIM Magazine* provides you with a workout to do on your own or preferably with a partner(s). Cut these workouts out and take them to the pool with you. Use a plastic folder to keep them dry on deck. Then file them away in a notebook. This workout was written by Michael Collins, honored as the USMS "Coach of the Year" in 1990, head coach of the Davis Aquatic Masters in northern California. His program has over 600 registered Masters swimmers and offers eight workouts per day. Check out Davis Aquatic Masters home page at: <http://www.hooked.net/users/swim/clubs/dam/DAM.html>.

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

Catch the "Wave"

Drills to Help You Learn the Wave Breaststroke

(This is the first of a two-part series on learning the new "wave breaststroke.")

If you watched the Olympics this summer, you probably noticed that the breaststroke used by most of the Olympians was not the breaststroke you learned years ago. Far from it. The "wave breaststroke" is the latest breaststroke innovation, and it is being used by most of the world's top breaststrokers. Invented by Hungarian coach, Jozsef Nagy, it was perfected by my teammate, Mike Barrowman, whose gold medal time at the 1992 Olympics in Barcelona (2:10.16 for 200 meters) has not been approached by any other swimmer.

Contrary to what most people believe, learning the wave is not that difficult—even for the older swimmer. All you need to do is change the angle at which the hands are pitched, and when to bring the head up and the hips forward. If you make these changes, you can convert an old-fashioned flat breaststroke into a more efficient wave. Here are some drills to help you learn the correct arm action. Practice them several times a week after warming up and before your regular workout.

Drill: Lane Line Breast Pull

This drill establishes the correct hand rhythm of the wave stroke. As in all drills, start out slowly and correctly, then pick up the pace to normal speed. Do this drill for about five minutes.

While standing up in the pool, place your arms over the lane line. Place the armpits on the lane line as the body sinks. Start with the arms in a streamlined position. The feet are on the pool floor and the head is up, watching the hands and arms. From the streamlined position, move your hands in the normal circular breaststroke pull, accelerating throughout the stroke. Pause after your

hands recover and are again in a streamlined position.

The lane line is there to help maintain your arms in the correct position. As you move your arms through the breaststroke pull, remember to keep pressure on the hands at all times. Accelerating—moving the hands from slow to fast—will help achieve this. Never allow the hands to slow down during an arm cycle, or pressure will be lost.

During the entire drill, the elbows are held forward in front of the shoulders by the lane line. Keep the armpits on the lane line in order to keep the elbows from moving too far back and causing unnecessary resistance.

In the flat stroke, the emphasis of the arm pull (meaning the point during an arm cycle when the hands are moving fastest and with the most power) occurs at the beginning of the arm pull—during the *outsweep*. In the wave stroke, the tim-



Lane Line Breast Pull

MACA Lifetime Achievement Award

MACA is accepting nominations for its first Lifetime Achievement Award, to be presented at the 1997 ASCA World Clinic in Orlando in September. The award has been instituted to honor exceptional dedication and service as a Masters coach.

The nomination criteria are as follows:

- 1) Recipients must have a minimum service of ten years in the Masters coaching field.
- 2) Nominations shall be made only by a member of MACA. There shall be a maximum of one nomination letter plus two letters of support. Each letter is limited to one typed page.
- 3) A maximum of one award shall be presented per year. However,

it shall not be necessary to present an award every year.

- 4) All nominations must be received July 1, 1997.

The selection of the award will be made by a five-member MACA subcommittee appointed by the current MACA president, who may be a member of the committee. Coaches who are nominated for the award may not serve on the committee.

To nominate a deserving coach or for further information contact:

Scott Rabalais
3537 Christina Ave.
Baton Rouge, LA 70820
Ph/FAX (504)766-5937
ScottRabalais@compuserve.com

By Roque Santos. Photos by Bill Collins. Reprinted with permission from SWIM Magazine Nov/Dec 1996

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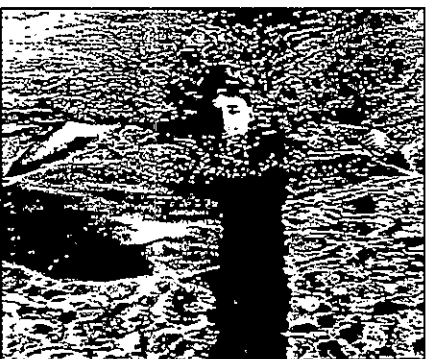
ing is different. The emphasis of the arm pull occurs later—during the *insweep*—and the hands accelerate from slow to fast.

In both styles, the angle of pitch of the hands changes the timing of when the head rises. In the flat style, the head rises and falls earlier than in the wave style—during the *outsweep*. In the wave stroke, the head does not start to rise until the *insweep*.

The geometry of the pull is also different in the two styles. In the flat style the pull tends to be straighter: first a straight-line *outsweep*, then in toward the breast. This causes the traditional puff of water when the breath is taken. In the wave style, the hands are angled to move in a more circular motion, and they only pause during the streamlined position.

Drill: Flat Breast Pull

The purpose of this drill is to help you remain flat from the start position until the beginning of *insweep*. It is similar to the lane line drill except that you will actually be swimming. Try doing a set of 8



Flat Breast Pull

x 25 yards, taking 15-20 seconds rest between swims.

Place a pull buoy between your legs. You will kick using either a free or fly kick. Keeping your body flat in the water and your head up, move the hands through the breaststroke pull, pausing only when in the streamlined position. (When you actually swim the wave breaststroke, the head will be down; it is held up in this drill so you can observe the arm action.) Remember to keep the elbows in front of the shoulders at all times.

In the flat style, the hands are pitched at 45 degrees as they move out and forward from the streamlined position. The angle of the hands causes the head to begin to rise and the hips to fall. In the wave style, the hands are held straight in front. As the hands move out and forward, the head remains down, which causes the body to move forward while the hips remain high.

The head should not bounce up and down during this drill. The first part of the wave breaststroke is flat. It is important to stay level while moving forward. Any movement up or down during the *outsweep* is detrimental, because it will cause the hips to sink or rise, increasing water resistance.

Drill: Underwater Breast Pull

This drill is similar to the flat breaststroke pull except that the body is under water and the head faces the bottom of the pool at all times.

Looking forward will cause a lot of resistance. Again, swim a set of 8 x 25 yards, though you probably will need to rest longer than 20 seconds between swims.

The underwater pull will help with the timing and emphasis of the pull. If the pull is not in a circular motion there will be a pause when the hands are under the chin. This is called the *prayer position*. The resistance forces will even be greater if the elbows move past the shoulder line. The less resistance felt and the shorter the period of time it takes to move the arms and hands forward, the

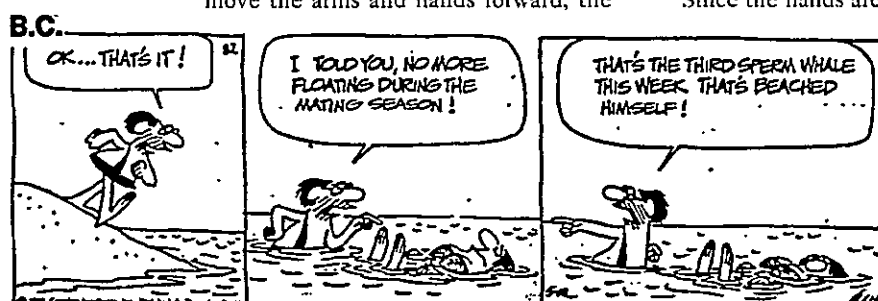


Underwater Breast Pull

better. Slowing down to pray will not help the swimmer here.

As the hands and arms move forward (otherwise known as the *lunge*), the shoulders should rise, helping to reduce resistance. This will also help keep the elbows close to the surface of the water. In the flat style, the elbows are held well under the water surface. This causes a lot of resistance when the arms and hands move forward. In the wave style, the swimmer's elbows are on the surface of the water at all times.

Since the hands are level with the el-



bows, they should move straight forward on the lunge—not up or down. To help keep the forearms level as they lunge forward, the palms are face down. This also keeps pressure on the palms until the streamline position is reached.

Drill: Dipsey-Do

This drill is done with a dolphin kick (fins or monofin optional) and breaststroke pull. The object is to over-emphasize the wave motion. Again, try doing a set of 8 x 25 yards, taking as much rest as you need between swims.

Remembering the principles already learned, move the hands in a circular motion from slow to fast and keep the elbows in front of the shoulders. Keep the elbows close to the surface at all times.

Now, try to raise out of the water as much as possible and then dive down deep. Think of yourself as emulating a dolphin diving.

In the wave breaststroke, the hips move forward on the insweep of the circular stroke. Some describe the motion by saying that the hands anchor themselves on the insweep while the hips move forward like an inchworm. In the flat style, the hips do not move forward and the back does not arch as in the wave



Dipsey-Do

style. By moving the hips forward and arching the back, the head will automatically move out of the water so the swimmer can breathe. Thus, the swimmer does not have to pick the head up to breathe.

In the flat style, the swimmer is much lower during the prayer position. The body and head are moving down (because the head was raised earlier). The arms and feet are also moving forward. All of these things contribute to a slower (and harder) breaststroke.

This drill causes the swimmer's hips to move forward during the insweep of the circular stroke, which allows him to reach the height of the stroke at the prayer position. From this position, the body can ride the wave forward even though the feet and then the arms are moving forward, which causes resistance. But the wave style uses this height and hand speed to get through the prayer position very quickly.

(In the next issue of SWIM, Santos will describe three drills to help you master the breaststroke kick, then give you tips on how to put the entire wave stroke together.)

Roque Santos, winner of the 200 breaststroke at the 1992 U.S. Olympic Trials, conducts clinics that specialize in breaststroke and motivation. For further information, call: (916) 891-0828.

START THINKING - MOROCCO BECKONS!!

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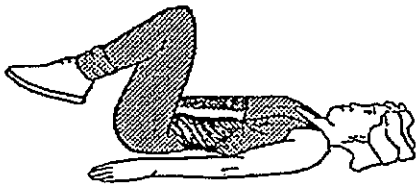
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The following item has been reprinted from The Tip Top Times by Wayne Goldsmith - Volume 1 issue 1

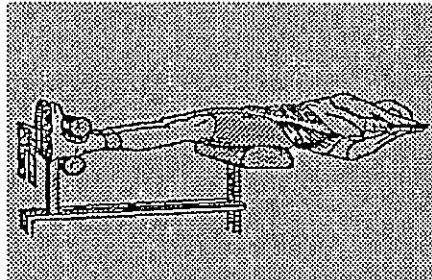
Abs, Abs, Abs, Abs, Abs, Abs, Abs,

Absdominals (or abs) are really important in competitive swimming. You use them all the time when swimming and turning, they help you avoid injuries and they provide a strong support for your spine.

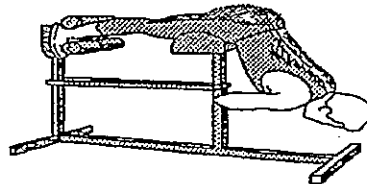
You should do some ab work everyday, in addition to your other pool and dry-



land work. There are thousands of abdominal exercises. Leg raises (above)



really strong try some of the more difficult variations of ab exercises! **DON'T FORGET THAT LOWER BACK!!!!**



ing hard to keep your mid section tight.

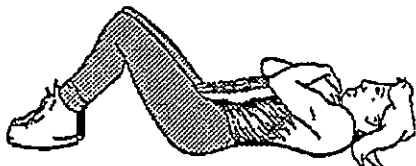
Another really important exercise is the internal / external rotation one shown below.



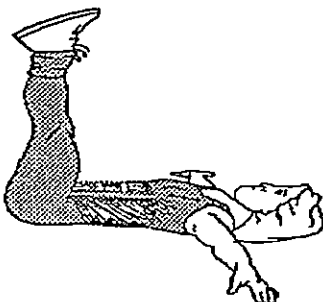
There are many variations on this exercise. Ask your physio to show you. Remember the 4 S's of strength training:

SAFE: Always safety first
SPINE: Always protect your back
STRAIGHT: Keep your back straight
SUPPORT: Support your feet with good footwear, support your body with strong abs and lower back.

Injury prevention corner... Exercises you can do to help prevent injuries.



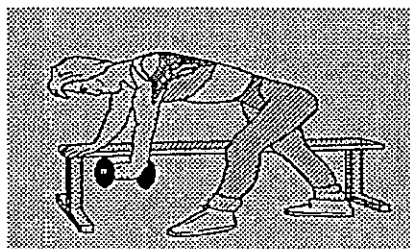
are great for lower abs, whilst the ever popular sit ups (above) are tops for upper abs. Slightly harder are straight leg raises (below) which should be done only when you have mastered the simpler ab exercises and should always be done with your back pushed hard and



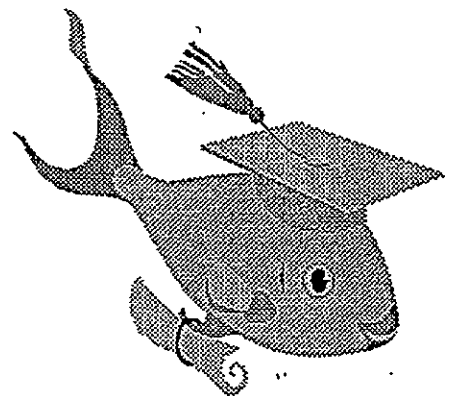
flat into the ground. When you get re-

An important part of strength training is to strengthen certain muscles so that they support your body and help it to avoid getting injured.

If you are in a strength training program, talk to your coach about adding these exercises to your sessions.



Rowing exercises (bent over rows, upright rows, seated rows) help keep your back strong and reduce the risk of shoulder injuries. Make sure that your back is straight and your abs are work-



Why are fish so smart?

Because they swim around in schools!!!!!!

(Continued from page 6)

articles that relate to all sports, such as nutrition, injury prevention, heart rate monitoring; as well as articles specific to swimming running, cycling, rowing and triathlons. Cost is \$29/year to The Masters Athlete PO Box 779 Kenmore QLD 4069.

The following items have been reprinted from The Tip Top Times by Wayne Goldsmith - Volume 1 issue 1

Did you know?

Your heart is an amazing machine. It beats around 60 times per minute, 3,600 times per hour, 86,400 times per day and 31,536,000 times per year. No wonder you feel tired!

Your heart also pumps around 5 litres of blood every minute. That's 300 litres per hour, 7,200 litres per day and 2, 628,000 litres per year. Enough to fill two 50m swimming pools each year. Now there's a scary thought!

Sports Drinks

Sports drinks have become really popular in recent times and have been marketed to make you believe that if you drink them you will become a better athlete..

Latest research tells us 3 very important things about these drinks:

- ◆ They are basically all the same in terms of concentration of sugar and what's in them.
- ◆ The best way to use them is to make them up at home from powder to about 1/2 the recommended concentration.
- ◆ They are high in sugar and therefore not so good for your teeth.

Water is still number 1 for rehydration and no amount of Gatorade will turn you into Kieran Perkins.

The Coach, The Person, The Personality

The following words of wisdom come from Coach Ron Marcikic of University of California San Diego Masters. Ron, better known as "Sickie," has been coaching the UCSD Masters since it's inception 14 years ago. The over 200 members of the UCSD Masters can choose from 30 coached workouts each week. Sickie is renowned for his unique on-deck charisma and energy. It is this kind of enthusiasm and creativity that will set your Masters Program above the rest!

What separates one swimming coach from another? Is it the type of workout sets that are given, or the caliber of swimmer in the program? Maybe it's the way the coach dresses or the professional way they approach the team? Perhaps it is each and every one of these things and more?

A swimming coach is more than a professional doing a great job. Successful coaches are also great motivators. A successful coach is one who is willing to do whatever it takes to involve the swimmers into the sport with full mind and body. Whatever it takes! Let your 'self' flow into your coaching. The coach who can put himself or herself in the hot seat and take the laughs, criticisms, critiques and innuendoes

along with all the praise and 'good stuff', is the coach who has a strong conviction to the sport, to the swimmers and to themselves. A relaxed, upbeat and 'flowing' coach is a powerful asset for the swimmers.

Stick too long to the wrong agenda or coaching style, and you may find yourself fighting hard to survive. In a sport that is full of the top 5% of the greatest people in the world, being up front and personal with them is a plus. Remember, it is very difficult to make a living as a swimming coach without swimmers. Treat your swimmers the way you want to be treated, and the extended family you create will never let you down.

OVER THE LINE



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