

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

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WANTED: One Swimming Coach

JOB:

Newsletter Editor of The Australian Masters Swimming Coaches Newsletter. You will be in charge of all aspects of production, distribution and subscription to the newsletter which has existed for nearly 8 years. Within the limits of the budget you can get a mailing house to organise the data base, mailing labels, production and mailing.

QUALIFICATIONS: Other than a commitment to higher learning and a passion for the sport of swimming, a computer (preferably but not necessarily with "Publisher") is essential. You would also benefit by subscribing to several American Swimming Magazines (you probably do this anyway being a committed coach!). A certain amount of creativity would be helpful as well as reasonable English skills and touch typing.

PAY:

None (You should know all AUSSF's do it for the love of the job!). However, the PAYOFF is high. You will receive all sorts of interesting publications from around the world, not to mention the additional people you meet that will think you are a Swimming GURU.

TIME:

You will need to give approximately one week every 3 months, plus a couple of hours every month to update the subscription list.

Amazingly, a lot can happen in three months.

Since the May issue my husband has been transferred to Sri Lanka with work. He has already taken up his position there after we went for a 'look see' in June. I plan to join him next year and will finish up with the next issue as newsletter editor.

Quite coincidentally, Australian Swimming Inc. were contacted by the Sri Lankan Swimming Federation to find a coach who could go over there to run a two week coaches clinic. Guess who got the job? I will be going late October / November which will make the next issue quite late but, I am naturally very excited at having the opportunity to work in another country and will hopefully have some impressions to bring back to you.

I never dreamed that when I began AMSCN in 1989 that it would still be around, having expanded from a mere 6 pages to its current 28, nor that I would still be editing it 8 years later. When I began I knew nothing about putting together a newsletter. While I am still no expert I am happy to assist in the 'takeover' process.

It has been a wonderful, challenging role that has enabled me to grow both professionally and personally. I hope one of my readers will take up the challenge to continue and develop it further.

Perspective

WHAT IS YOUR FAVOURITE SET?

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

Bob McCabe Age:77. Club: North Lodge.

I don't have a favourite set. I use swimming to relax, so just swim as I feel.

Mike Taylor Club: North Lodge

6-8 x 50's] 30 - 45 sec rest
3-4 x 100's] 30 - 45 sec rest
6 x 25's

Amanda Bilborough-Tokai Age:29 Club: Frankston

5 x 100 Butterfly on 2.30

Attila Tokai Age:29 Club: Frankston

10 x 100 Freestyle on 1.45 or 2.00 for technique

Barbara Collins Age:42 Club: Powerpoints

Dive start 200m resting 5 sec. every 50m and aiming at Race pace.

Ellen Pape Age: 35 Club: Powerpoints

Ellen swims all strokes and likes sets such as;
1500 or 15 x 100's Breast or Back
5 or 10 x 200's Back
30 x 50's Breast with 5 - 10 sec. rest

Sharon Christie Club: Powerpoints

I like distance sets like 60 x 50's on .45. I can just get into a rythm and go.

Dave Russell Age:30 something Club: Powerpoints

I like pyramids that give you a bit of variety such as; 100; 200; 400; 800; 400; 200; 100.

Jane Barrow Age: 37 Club: Powerpoints

I like distance sets such as 10 x 200 or 5 x 400

John Iossifidis Age: 35 Club: Powerpoints

I'm a sprinter and I like sprint sets such as 6 x 25m walkbacks timed.

Ian Dear Age:54 Club: Malvern Marlins

Distance sets like 20 x 50 with about 30 sec rest or 5 x 200 on 4.30.

Lynda Denehy Club: Malvern Marlins

Lynda likes variety with combination sets such as;

(100m hard / 50m slow
(2 x 50m 1) 25m hard / 25m easy
2) 25m easy / 25m hard

3x (50m slow
(4 x 25 hard
(50m slow

Lynda also likes to use 'odd' distance repeats to add variety such as 75m and 150m repeats.

Editorial Continued

(Continued from page 1)

With subscriptions stabilising around the 170 mark, I believe there are still many clubs who do not receive a copy, and many members who are still unaware of its existence.

This, combined with a lack of input from members has at times been disappointing. I would still like to see more original content with submissions from Branch Coaching Directors, perhaps a regular column from one of our readers, and more letters to the editor.

Not-with-standing this small winge, this issue has two letters to the editor as well as our regular Diagnosis column which looks at Colon Cancer (page 5) and Perspective (see above). My 'Impressions of the AIS' as promised in the last issue can be found on page 25.

An article to help club administrators create a membership marketing plan begins on page 4. Part 2 of

(Continued on page 25)

Dear Editor,

I read with interest the freestyle article by Pic Parkhurst in the May issue of AMSCN.

I agree with the majority of the text but must question the statement of "counter clockwise rotation of the arm to give high elbow position".

This may well be true for the right hand side of the body.

To apply this rotation to the left hand side will only increase the natural tendency to develop the elbow.

A more correct instruction would be to rotate the right hand arm anti clockwise and the left hand arm clockwise.

This would allow both elbows to rotate the correct way to give the required high elbow position.

This is relevant on the fact that the body anatomically will allow the shoulders to be in the correct position for rotation to be achieved.

Yours in swimming,

Rod Porteous

Dear Editor

The British Medical Journal (8/2/97) states on p387 "Dietary Selenium: Time to Act", because due to modern agricultural practises, the deficiency in humans is causing trouble with the Thyroid, Growth Hormone and Reproduction. It is also implicated in Cardiovascular disease and Cancer. The ability to mutate or become more virulent also occurs in Selenium deficiency.

If all this occurs with one Trace Element, what is the effect with all the other minerals and vitamins?? The latest research shows a similar story but no attention is paid until it reaches the Medical Journals, as with Selenium. In 1988 Selenium was banned from all supplements and only available by prescription, despite the availability of natural forms as selenomethionine in yeast. The Australian authorities in 1988 were extremely ignorant. As usual we are 20 years behind the times.

Agriculture and Veterinary profession have used Trace Elements for the last 30 years in animals but nobody has been treating humans except with drugs which alleviate symptoms but usually prolong the disease. All land farmed with modern methods become Selenium (and other minerals) deficient after 20 years.

One in three Victorians are now contracting cancer and the rate is increasing every year (Vic Dept. of Health). How long before our Authorities pay attention to the cause of disease instead of letting the Health Bills soar, the people suffer and the drug firms etc. make their millions. Glaxo made 17

Billion from one antacid drug when simple balanced vitamin mineral treatment will effect a cure.

A year ago I gave lectures in Melbourne, throughout Australia and to the Royal College of Provincial Surgeons on Cancer, Disease and Nutrition (a video of which is available Ph. 03 5520 2250). I said then that viruses were rampant in our bodies because of deficiencies and chemicals etc. which would explain the rise of Mad Cow Disease, AIDS and our Post -Flu complications. The British Medical Journal is now stating this is possible!

Yours sincerely

Dr. Peter Couttie BSc.; M.R.C.V.S.; Hon. M.A.V.A

AUSST'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 AUSST 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

Seen on the wall of the gym at the AIS.

The 'Golden Rule of Achievement' can be put: Tolerate neither half work nor half rest. Give yourself totally or with hold yourself absolutely.

THE SIX STEP PRACTICAL MARKETING PLAN

This article has been reprinted from the 'Association Times' The business newspaper for the nonprofit world. August 1995 and adapted from an article published in "Home Office Computing" January 1995.

Creating a membership marketing plan is an exercise that most association executives avoid. They see it as an arduous task that will take up too much of their time and require a deep-pocket budget.

It is such fear that can stop your association dead in its tracks.

The truth is that developing a membership marketing plan can be done in comfortable, workable increments, without taking significant time and money from your day to day operations.

The steps are simple, and the rewards are numerous.

There are six simple steps to take to implement a practical marketing plan.

Diagnosis

The purpose of the diagnosis is to determine where your nonprofit association of members is and why.

Take time to evaluate your position in the overall nonprofit sector and in the eyes of your competitors, current members and prospective members.

Some associations feel that they don't have competitors.

This is false logic because associations are a service industry, and there is always competition - at the fringes if obviously not face to face.

Remember Rolls Royce doesn't compete with/against other car companies - its competitors build luxury yachts.

Find out how you are perceived and systemically address any misconceptions.

Ask a sample audience what message do your letterhead, correspondence and brochures convey.

- How do your promotional pieces and copy compare with those that you receive in the mail?

Although it is not necessary to spend lots of money

on your printed materials, it is important to communicate professionalism, stability and distinctiveness.

- How is your follow-up to a membership inquiry?
- Do you market consistently?
- What services do you offer that your competitors don't (and vice versa)?
- Are members requesting services that you resist offering because you are already feeling overwhelmed?
- How are membership numbers and your financial surplus compared to last year?

Don't try to write any numbers down.

You'll know off the top of your head if you're up, down or flat and if like organisations irritate you by their attractiveness in the marketplace.

Now for the difficult question:

What factors are contributing to these circumstances? (You may need external assistance to answer these questions in a meaningful fashion).

Prognosis

Look at your answers to the questions in the diagnosis section.

With them in mind, draw a conclusion about where you will be one year from now if you continue on your present course.

Goals & Objectives

Set reasonable and measurable goals for where you want your nonprofit association to be within six months to a years time.

For example, how many new members do you want to acquire? Or how much in total revenues?

Don't try to plan for the long haul or concentrate on more than three goals, or you may begin to feel overwhelmed and discouraged.

This would defeat the purpose of developing this type of plan.

Strategy.

The strategy and tactics sections will be the real nuts

(Continued on page 5)

DIAGNOSIS

Colon Cancer

What is it?

Cancer of the colon is the commonest form of abdominal cancer in the Western world. It usually occurs in people over 40, mainly between the ages of 60 and 70. Our Western diet -rich in animal fat, refined carbohydrates and processed proteins but low in fibre - is the major risk factor.

"If someone in your family has had bowel cancer you have a one in eight chance of developing it yourself."

Where is it?

Bowel cancer is a tumour developing in the large bowel, somewhere between the start of the large bowel on the right side of the abdomen near the right hip bone and the end bowel at the anus. Two-thirds of these potentially deadly tumours occur within about 50cm of the anus. They are often detected at

routine rectal examinations or because they often give symptoms early.

What causes them?

When the normal pattern of repair and replacement of worn-out bowel cells malfunctions, abnormal or "cancer" cells develop. Mostly, our immune system zaps them before they can do any harm, but if this cancerous change happens often enough, some of these nasties may sneak through our defences and become strong enough to defeat our immune system. Once started, these tumour masses spread out, growing more quickly than the normal cells around them and starting to damage the inner lining of the bowel, most commonly causing small bleeds, and often partially blocking the bowel.

Who gets them?

If someone in your family has had bowel cancer you have a one in eight chance of developing it yourself.

What are the symptoms?

Blood loss from the anus is the most common symptom. Even if you are convinced it's haemorrhoid, have it checked. A change in your normal bowel habit slowly over a few months may also suggest you have a problem. Generally, this is not cancer but it should be checked out.

Unexplained weight loss, fatigue or persistent low blood counts may also be a sign.

What's the treatment?

A diet low in fat and high in fibre is the best prevention. A colonoscopy is the best way to check your colon and, if any tumours are found, the piece of diseased colon should be removed surgically. Early tumours are nearly always cured by surgery. Tumours which have spread may need surgery, chemotherapy and radiotherapy.

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.

Reprinted with permission from The Melbourne Weekly.

(Continued from page 4)
and bolts of your document.

Concentrate on the things that you are equipped to do, not what you would like to do.

Select two broad strategies for accomplishing your short term goals and objectives.

You might want to focus on your public relations, repeat business, or relemarketing efforts.

Emphasis should not be placed on the number of strategies that you implement but rather on how well you implement them.

Establish a marketing budget that falls within 2.5% and 7.5% of your gross revenues.

The exact amount will depend on your financial resources, amount of competition, stage of business growth, and the need to educate the marketplace.

People and time are the other two vital factors to consider when creating a membership marketing program for an association of members.

Be honest.

Its not a case of what you want or what you think should be done - its what you can do.

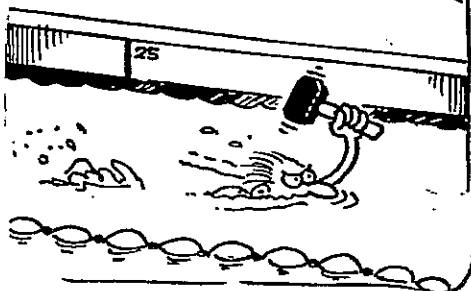
(Continued on page 7)

Swimming Magazines

Last issue I printed a list of swimming magazines for readers to subscribe to. While no means complete, here are the remainder of the magazines.

- **MasterScrawl:** 4 issues per year. NZ \$15. This is the official newsletter of NZ Masters Swimming Inc.. PO Box 5092, Mt Maunganui NZ. Has a lot of NZ news, but also reprints some good articles and has Pic Parkhouse's column.
- **MastersSports:** 12 issues per year US \$37 Hurley & Co. 400 East 85th St. Suite 9D New York, NY 10028, USA. Excellent fitness info relating to a variety of Masters' sports.
- **Australian Swimming and Fitness:** 6 issues per year. \$4.95 per issue available at newsagents or by subscription to PO Box 2805 Taren Point NSW 2229. This is the official magazine of Australian Swimming Inc. which has had a heavy emphasis on meet results but is branching out more into general articles on fitness and nutrition. Encompasses diving, water polo, open water swimming and Masters.
- **Sports Coach:** 4 issues per year. \$18 / year. Published by the Australian Coaching Council PO Box 176 Belconnen ACT 2616. An excellent publication which has original articles and research on sport related topics.

HOW TO USE AN AUTOMATIC
TIMING PAD IN ADELAIDE.



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.



Calendar of Events

1997

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 19-30 VIth World Masters Swimming Championships - Casablanca

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

Oct. 18-23 HONDA Masters Games Alice Springs, NT

October 31- Asia Pacific Masters Games
November 1 Swimming - Gold Coast QLD

1999

May AUSSI National Swim Darwin NT

Oct Australian Masters Games Adelaide

2000

July/Aug FINA World Masters Swimming
ships Munich Germany.

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 Nov. 1 1997

Marketing Plan

(Continued from page 5)

Having unrealistic expectations can dishearten efforts and lead to stress.

TACTICS

If you're going to embark on a direct mail campaign, for example, you will need to determine who your recipients will be, what you will send them, the membership services that you will want to highlight, the frequency of your mailings, follow-up activities, and how you will evaluate the results.

Keep in mind that the number of mailings is not as important as the quality and continuity of your efforts.

It's better, for example, to send six different mailings over the course of a year to 100 prospective members and then follow it up than to send one single message to 600 prospects followed by silence.

ANALYSIS

Implement your plan for at least three months.

Then set aside time to look at which strategies were most and least effective. You might want to consider moving dollars from one strategy to another.

Don't be alarmed if you hit a roadblock while developing this type of plan.

Step back, regroup, then start again - perhaps on a smaller scale.

If you feel that the task is still burdensome, however, it might be worth your while to meet with a small business marketing consultant. A fresh professional eye might be able to hone your marketing plan or introduce some insights you've overlooked simply because you're too close to your nonprofit business.

Whether you go it alone or with the guidance of an independent professional, once you begin to spend time seriously thinking about your association of members, you'll wonder why you didn't develop this type of membership marketing plan sooner.

Swimming well is a lot more fun than swimming badly which is why we should desire to do it well more often.

The following article has been reprinted with permission from Swimming technique Feb - April 1995

Mental Rehearsal for Peak Performance

by Dr. Alan Goldberg

"Winners see what they want to have happen while losers see what they are afraid will happen."

Show me a swimmer who consistently chokes under big meet pressure or who regularly gets psyched out or intimidated, and I'll show you an athlete who consistently produces the wrong kind of internal images just prior to, or during, race performance.

I'm a firm believer that most

racers are won and lost before the start. Not just from the training base that has been laid down or how well the taper was handled, but rather from the swimmer's mental approach.

Even when athletes do what they need to do physically, their pre-race self-talk, focus and imagery can and does frequently sabotage their efforts. To become a champion in this sport and to produce champions as a coach, you must get into the habit of training the mental part of performance.

One critical area of this mental training and preparation that needs to be systematically addressed over the course of the season is visualization and mental rehearsal. What kind of pictures do your swimmers make in their mind's eye before they race? Do they spend the night before "seeing" themselves nailing their starts and turns? Do they spend their pre-race time sensing a feel for the water and going fast? Or, do they see themselves getting DQ'ed and choked?

As a coach, what are you doing to help them generate the correct race-related thoughts and imagery?

Understand that every swimmer on your team produces imagery in his/her mind in relation to an upcoming performance. Whether consciously planning to mentally rehearse or not, swimmers generate images during the time leading up to the race, which can either make or break their performance.

Even if a swimmer says to you, "I never use any of that weird mental rehearsal junk," you can be sure that swimmer is making up pictures in the mind. This is because images always accompany the thoughts we have.

For instance, if I'm really worried about a big meet and I've been thinking about it for days, I'm inadvertently making the wrong kind of images in my mind's eye. I may have meet thoughts with the "Jaws" music in the background or be vividly depicting myself crashing and burning. But, how does that affect my race? Significantly!

The images that go floating around in your swimmers' skulls directly program their performances. This is why you, as coach, want to teach them to take control of these internal movies.

The power of mental rehearsal and internal images is based on the fact that images from the brain serve as blueprints for actions and behaviors. When you think about or rehearse an upcoming race, the nerves that connect to the particular muscle groups involved in the action begin to fire and activate those muscles to a degree just below actual movement. With frequent practice a neuromuscular pathway is developed that can then be followed easily once the actual situation presents itself.

Using this power, the body can be programmed to respond as desired on race day. Assuming your swimmers have been controlling the quality of their inner movies, they are prepared to succeed. Conversely, if your athletes have been featuring such inner hits as "How Can I Compete Against Her?" "Last Time I Swam in This Meet I Choked Big Time," or "What If I Don't Qualify?" their actual races will suffer.

So how can you, as a coach, begin to integrate positive mental rehearsal into your existing practices? First, make a commitment to teaching and using this skill over the course of the entire season. It's fine to use mental rehearsal only at taper time or right before those big meets, but it will be much more effective, for you and your swimmers, if you consistently use it on a daily or weekly basis. Like any skill, the more practice time you put into it, the more you develop. If you take five minutes at the beginning and/or end of every practice to do some form of imagery, your swimmers will get the message that you value this as an important part of training.

Do not expect everyone to buy into your mental rehearsal sessions enthusiastically. In the beginning, expect them to think that you're off the wall or weird. Some swimmers are not comfortable with closing their eyes and making pictures in their minds. But even six-year-olds can be taught to use their imaginations to practice racing. Just be patient with your swimmers. Give them the option of doing it or not, but do not allow the swimmer who chooses not to do this, the opportunity to spoil it for the rest of the team.

Finally, teach your team that mastery of this powerful, performance-enhancing skill will only come from their efforts and regular practice. Explain to them that everyone imagines in different ways. Some may create life-like movies in their imagination with accompanying sound and muscle feelings. Others may get black and white images. Still others may not "see" anything in their mind's eye, but will get a feel of the race. Only through consistent practice can a swimmer develop the ability to see, hear and feel the action vividly.

Age, Class, Race and Occupation play no part in winning. It is an act that can be performed by anyone. The heart of the matter is that it is done - whatever the cost.



Photo by Budd Symas



Photo by Tim Morse

Swimmers, whether consciously or not, generate mental images which can either make or break their performance.

To be successful with imagery practice, follow these suggestions:

All Imagery Sessions Should Be Preceded by a Short Period of Relaxation

Have your team close their eyes and focus on their breathing (or use any brief relaxation exercise) for two to three minutes.

With consistent practice, swimmers can develop the ability to see, hear and feel actions vividly in their minds.

Stress makes the production of constructive imagery nearly impossible; relaxation will increase the vividness of the images and make them more effective. This means that until your swimmers master the skill of imagery, sessions should be held in an environment that is free from distractions.

All Imagery Should Be as Vivid or Life-like as Possible

Encourage your athletes to make their images as vivid and detailed as possible by reminding them to "see" color, movement, lighting, shapes, etc., to "hear" volume (loud or soft), tones, pitch, etc.; and, to "feel" the blocks, start, entry, water, and emotions. Be sure to have your swimmers "feel" the finish and all the emotions that come with this.

Encourage Them to Be Inside the Action

There are two perspectives that you can have whenever you practice mental rehearsal. First, you can have your swimmers be outside the action to "see, feel and hear" what they would

if they were watching themselves swim. Second, you can have them be inside the action to "see, feel and hear" what they would if they were on the blocks getting ready for the start.

Internal imagery, or being inside the action, is most effective in enhancing the overall performance. External imagery, or being outside the action, is useful whenever you are working on learning something new or correcting stroke technique. Allow your swimmers to experiment both perspectives, but be sure that they master the internal one.

IMAGERY

Have an Imagery Goal in Mind for Every Session

Physical practice is always more effective when you have a clear goal in mind and work toward its accomplishment. Mental practice is the same. If a swimmer breathes into her turns, have her focus on proper breath control in her sessions. If a swimmer consistently dies at a particular point in a race, have him feel stronger and get faster at this point.

Have a Beginning, Middle and End for Your Sessions

Encourage the swimmers to start all imagery with pre-meet/race scenes: putting on the suit, warming up, the time behind the blocks, the start, middle, and finish. The swimmer should imagine the entire race. Although, for distance races, you can encourage the athlete to pull scenes from the start, middle and then the finish.

Keep Your Imagery Sessions Short (5-10 minutes)

Too much time here will put your swimmers to sleep. More frequent, shorter sessions are much more effective than fewer, longer ones.

Teach Controllability

Remind your swimmers that mastery takes practice and that they may not be able to control their images in the beginning. They may come up with negative pictures. Reassure them that when their pictures turn nightmarish they can learn to control them. Have them pretend that they are operating a VCR in their mind. When a negative image pops up, they need to hit the stop button, rewind, and then play the scene again. If it comes up negative a second or third time, have them repeat it or even put the movie in slow motion, until they play it right.

Once you've laid out the groundwork for the imagery sessions you can use the following mental rehearsal exercises as a starting point for your practice:

Developing a Peak Performance Cue—Replaying a Great Race

Have your swimmers think about the last time they had a great race. The more emotion attached to the experience, the better. After you've relaxed them, take them back in time to

For they can conquer who believe they can.

(Continued on page 11)

Getting Faster by Going Slower

© by Anita Killmier

Last issue I looked at the reasons why drill work was an essential ingredient in any good swimming programme.



Anita Killmier

Drill work heightens a swimmers sensitivity to the subtle changes in water pressure acting on the body. To swim effectively and efficiently, good swimmers will find the pulling path that creates the most resistance on the underside of the forearm and palm. Slower swimmers' hands tend to follow the path of least resistance either because they don't have the strength to maintain the correct technique, they may not be sensitised to the water, or because they simply don't know the correct technique.

Drill work therefore is important for any swimmer. The novice learns new techniques, whilst better swimmers are constantly monitoring and refining what they are doing.

A critical factor in swimming is good streamlining not only while you are actually swimming, but also on your starts and turns. Last issue we discovered that swimmers who travel a long way with each stroke are said to have a good Distance per Stroke (DPS). Good streamlining and DPS go hand in hand.

To find out how you rate on the DPS scale try swimming one length of the pool and count each arm stroke as you go. An average result is one stroke per metre or 25 strokes in a 25m pool. Most reasonable swimmers will do around 20 strokes per 25m; elite swimmers get as low as 15 strokes per 25m or even one stroke every 2 metres. Backstrokers will have the same numbers as Freestylers whereas Breaststrokers and Butterfliers should aim for around 12 or less per 25m.

Once you have determined how many strokes you take over a set distance, this is referred to as your stroke count (SC). Try to reduce this number as much as possible while maintaining a fairly normal stroke. Ways to reduce your SC include:

- **Lengthening your stroke** by stretching your hands in opposite directions at the front and back of each stroke. A tip here is to rotate onto your side (including your hips and feet) with each stroke to make your body longer and to minimise frontal resistance. Good swimmers rotate on their longitudinal axis which also produces greater power as their hands push through the water (torque). The effect is similar to a golf swing or a batter batting. More power is generated when striking the ball by following through with the hips, shoulders and legs.
- **Kick more** so that you fit more kicks into each stroke cycle (ie continuous kicking). Many swimmers cease kicking as they turn to breathe. Try to overcome this by kicking through the breath. You might feel

quite jerky at first and you will need to slow your stroke rate down a bit to have time to fit in the extra kicks, but that's good. "Slow arms, fast feet" is what I tell my swimmers. That way they get more out of each stroke and sit higher in the water creating less resistance; more like a yacht skimming over the surface than a barge pushing through it.

- **Change your pull pattern** by following a curved path under the water rather than a straight line. Your hand will travel a bit slower because it will find more resistance. If you do this well, the water will feel "thicker" like jelly rather than "thin" like air. A similar sensation is wearing hand paddles and then taking them off, or swimming with your hands open and then closing them into a fist.

“ UNLESS YOU ARE
DOING THESE DRILLS
PERFECTLY YOU WILL
SIMPLY BE TRAINING
YOURSELF TO SWIM
THE WRONG WAY. ”

- **Streamline more** by pushing off the wall harder at each end and letting the momentum carry you out further from the wall before you take your first stroke. Make sure one hand is on top of the other, biceps squeezing your ears, feet together and toes pointing as you streamline off the wall.

Once you have reduced your distance per stroke swimming slowly, swim one lap fast in your normal style. If your stroke count increases by 2 or more you are becoming inefficient with speed.

To overcome this I do a SCAT drill at least once a week with my swimmers. This teaches them to swim with long strokes at speed. SCAT is simply an anagram for Stroke Count Add Time. Swim 50m and count your strokes. Add that number to the time it takes you to swim it: eg. if you take 50 strokes and you swim 50 seconds your number is 100. Now reduce this number as much as you can by either reducing your strokes, reducing your time or a combination of both. You will find you

get to a point of diminishing returns. Find your lowest number at your fastest speed and then aim to hold that number over a set of 10 x 50s (build up more over the course of the season)

Be careful as the set can be quite stressful and even my fittest swimmers need lots of rest for this one.

Other drills that are helpful and can have sets built around them include:

- **Side kicking** The swimmer learns body rotation by kicking the length on their side. Feet should kick side to side with no up and down movement. Novices should hold a kick board with the extended arm, while the other arm rests down on the pool. Good swimmers should try the drill without a board.

Once this is mastered do all kicking face down one arm extended, but rotating to the side for the breath and maintaining the kick.

- **Fingertip Drag** This drill teaches the swimmer to use a high elbow arm recovery which will reduce lateral sway, enhance shoulder/body rotation and improve hand entry. It will also facilitate relaxation as the arm "recovers". Fingertips lightly drag on the top of the water from the exit point at the back of the stroke, to the entry point at the front of the stroke. Swimmers should visualise the fingers drawing a straight line from exit to entry. Aim to touch the thumb into the armpit as it passes by to the entry and this will ensure the hand comes through properly.

It is best to practise with one arm only first, but make sure you spend equal time on each arm. Try to keep the fingers and wrist flexed throughout the whole stroke, that you are driving with your kick and that your hand is moving slowly enough for you to be in control of every individual movement. Rushing the stroke is a sure fire recipe for failure, so if your kick is too weak to support you, try wearing fins until you get the hang of it.

These are only a few of the drills that coaches use to improve technique. Remember though, unless you are doing these drills perfectly you will simply be training yourself to swim the wrong way. Before you know it bad habits will have crept in and you will be worse off.

As a general guideline then, all drills should be:

- supervised by a coach.
- performed with slow movements for greater control.
- interspersed with full stroke swimming to attempt to integrate the new skill.

If you read the last issue you would have read a great quote by Donald Ronan. "The body will do what you tell it if you learn how to tell it". Drills will teach you what and how to tell your body to swim better.

MENTAL REHEARSAL



One of the best ways to prepare a swimmer for a big race is to have him/her "swim" that race in their minds.

this great race and have them begin to "replay" it in their mind's eye. Have them see, hear and feel everything the way it was back then. Help them add detail. (For example, see the faces, the colors, the movements; hear the familiar sounds, the water, the voices, the loud speaker; feel the water, the looseness, the strength, the emotions.)

Once you've taken them through the race, have them find one point in their performance that really

captured their "winning feelings." Have them focus in on that one place in the race when they felt powerful, unstoppable, totally confident. Now have them mentally replay this scene over and over, paying close attention to all of the accompanying emotions.

Next, have them think of a peak performance cue, a symbol that they can use to remind themselves of those winning feelings. The symbol can be a word ("power," "fast," "smooth," "speed"), a phrase, ("I'm the cat's meow," "No one can touch me"), a color (red, black), an image (a cat, shark, bear, locomotive) or a muscle movement (clenched fist).

As you have them review the scene where they felt those 'winning feelings' most intensely, have them repeat their peak performance cue to themselves. Feel the feelings, repeat the cue. Pair these two (peak performance imagery/feelings with your cue) at least 10 times with each practice session. Be sure to have them choose a race that has a lot of "juice" (emotion) attached to it. Then you can encourage them to use their cue as part of their pre-race ritual to help them get those winning emotions back.

Preparing for a Big Race—Mastery Imagery

One of the best ways to prepare your swimmers for a big race is to have them "swim" that race in their head weeks and days leading up to it. Have them "see," "feel" and "hear" exactly what you'd like them to do for this race. Again help them focus on all the important details of the race, not on achieving a particular time. Be sure to remind them to fill in the emotions that they would like to have (strength, confidence, power, etc.). Use your imagination and creativity to make their mental race more "real" by setting up specific

heats, allowing them to first warm-up in the pool before their "race," using the start, actually timing them, and so on.

Handling Psych Outs, Intimidation—Coping Imagery

It's the unexpected can easily knock your swimmers off center and spoil their races. It's the negative emotional response that can mentally take them right out of their lane. Mental rehearsal can help them prepare for this so that when someone or something "pushes their buttons" before or during the race, they respond to intrusion like a champion.

STEP 1 Have them make a list of their "hot buttons" — the things that get them upset, angry or emotional. These things may be having a lousy warm-up, a particular opponent, a previous bad race, or feeling the pain and fatigue at a certain point in the race.

"Mental rehearsal is one of the most powerful skills you can teach your swimmers."

STEP 2 Next to each "hot button" have them think of one or two ideal coping responses (ICR), or the perfect way to respond to that hot button. For example, for a lousy warm-up the swimmer can be encouraged to remember all his great races after a bad warm-up and to then change his negative self-talk

about it to refocus on the race at hand. For that one point in the race when they "usually" die, they can be encouraged to switch their focus of attention away from the pain, past a negative focus, and instead pay attention to lengthening the stroke, feeling the water, or picking up the pace.

STEP 3 Have them mentally practice being in a meet situation, in which the hot button gets pushed. Have them respond with their ICRs. Sufficient mental rehearsal of ICRs will get the swimmer responding appropriately under stress. If you regularly prepare your swimmers for the upsetting and unexpected, they will rarely get knocked off center when it happens.

Be careful with coping imagery to ensure that your athletes are not mentally practicing anything negative as they approach the upcoming race. For example, if the coping imagery entails rebounding from a bad first race, the swimmer should stop this kind of imagery one week before the big meet and replace it with a Mastery Imagery where the first race is a good one.

Remember, mental rehearsal is one of the most powerful skills that you can teach your swimmers to help them reach their potential on race day. As a coach, you would never leave any of their physical training to chance. Don't leave the mental part of their performance to chance. Help them begin to train their internal images systematically for peak performance.



New Zealand Pub Charity



Long Course Masters Swimming Championships 25th Anniversary

Wellington New Zealand 27-29 March 1998

Master Swimmers world-wide are invited to attend the 25th Annual New Zealand Masters Long Course Swimming Championships.

The Championships are being held over 3 days with a full range of events, medals for all age group placegetters and great social activities.

New Zealand is a unique country for holidays and recreation with outstanding natural beauty, friendly people, and excellent value for money. Wellington is the country's harbour side capital city. During March Wellington is hosting the International Festival of the Arts.

PROPOSED PROGRAMME
(May be subject to change)

Program of Events

No.	Event	
1 st Session - Friday 27 March 5 pm		
1	1500m Freestyle	
2	800m Freestyle	
2 nd Session - Saturday 28 March 8-30 am		
3	400m I.Medley (Deck Entry)	
4	50m Butterfly	
5	200m Backstroke	
6	100m Breaststroke	
7	200m Freestyle	
8	Medley Relay Women	
9	Medley Relay Men	
3 rd Session - Saturday 28 March 1- pm		
10	200m I.Medley	
11	50m Backstroke	
12	200m Butterfly	
13	100m Freestyle	
14	200m Breaststroke	
15	Freestyle Relay Women	
16	Freestyle Relay Men	
4 th Session - Sunday 29 March 8-30 am		
17	100m Butterfly	
18	50m Freestyle	
19	100m Backstroke	
20	50m Breaststroke	
21	400m Freestyle (Deck Entry)	
22	Mixed Medley Relay	
23	Mixed Freestyle Relay	
24	Flying Squadron Relay	

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The following article is reprinted with permission from Swim Magazine

WHY STRETCH?

BY PHILLIP WHITTEN



Janet Evans does it. Byron Davis does it. Most top swimmers—from the denizens in the collegiate ranks through the old-timers in the Masters program—shucks, they do it too. (No report yet on whether birds and bees do it.)

The Big Question, though, is whether or not *you* should do it. Stretch, that is. The answer, say most experts, is an unqualified "yes." Stretching, most fitness authorities agree, is an indispensable part of any exercise program. As we grow older, it becomes even more essential.

Says three-time Olympian Evans, 25: "I spend about 15 minutes before every workout just stretching and limbering up my body. At a meet, I'll do the same thing. I have a routine that works very well for me."

Davis, 26, an assistant collegiate and Masters coach at UCLA and a multiple All-American, has an hour-long daily flexibility routine that incorporates traditional stretching exercises with the Bio Chi exercises he created (see "Bio Chi: Let the Energy Flow," March/April *SWIM*). Davis believes the exercises "increase flexibility and foster relaxation."

Improving flexibility and relaxing the body and mind are just two of the benefits you can derive from stretching. Others include:

- Promoting body awareness
- Increasing range of motion
- Preventing injury
- Reducing muscle soreness
- Reducing the risk of back problems
- Promoting circulation

And, it feels good.

Dr. Marty Hull, an inventor, Masters swimmer and assistant swim coach at Stanford University, argues that stretching is particularly important for swimmers. "Stretching a muscle," he says, "causes the fibers in the muscle to lengthen. Longer muscle fibers generate more contraction force than shorter fibers."

During exercise, muscles produce lactic acid. This shortens the muscle fibers, which reduces the ability to generate force. This is what we feel as fatigue develops and we "tighten up." If you begin the exercise with longer, well-stretched muscles, Hull says, "you will be able to generate greater contraction

forces for longer." The result: you can swim longer without pain.

Generally, young children are remarkably supple and flexible. At adolescence, flexibility levels off and then begins to decline. But this decline can be minimized if we make a conscious effort to do so: in other words, stretch. Michael J. Alter, author of "Sport Stretch" (Leisure Press, 1990) writes that the primary factor responsible for the decline of flexibility with aging has to do with "changes that occur in the connective tissues of the body." These include an increase in calcium deposits, the replacement of muscle fibers with fatty and fibrous fibers, changes in the chemical structure of the tissues, an increase in adhesions and an increased degree of dehydration. The result of all these changes: that stiff, achy feeling you feel when you get up in the morning...and the embarrassing inability to touch your toes without bending your knees.

The good news is that stretching can restore much of the flexibility from your dimly-remembered youth, and that it can enhance your range of motion dramatically, no matter what your age. If you stretch regularly, every movement you make—both in and out of the water—will become easier. It may take time to loosen up muscles that have been taut for years or even decades, but when you begin to feel more youthful, you'll realize it was time well spent.

Children and adolescents are remarkably supple and flexible. After the teen years, flexibility declines, but a regular program of stretching can minimize this decline.

HOW TO STRETCH

Stretching is easy to learn. But it is also easy to do the wrong way, which can lead to injury. The right way, says Bob Anderson, author of the classic book on the subject, "Stretching" (Shelter Publications, 1980), is "a relaxed, sustained stretch with your attention focused on the muscles being stretched. The wrong way is to bounce up and down, or to stretch to the point of pain."

Anderson outlines precisely how each stretch should be performed:

When you begin a stretch, spend 10-30 seconds in the *easy stretch*. Go to the point where you feel a mild tension, and relax as you hold the stretch. The tension will subside gradually. If it does not, back off until you are comfortable.

After the easy stretch, move slowly into the *developmental stretch*. Move a fraction of an inch farther until you feel a mild tension, then hold that position for 10-30 seconds. Again, if the tension is uncomfortable, ease off slightly.

As you stretch, your breathing should be slow, rhythmical and under control. Do not hold your breath while stretching. If a stretch position inhibits normal breathing, ease up so you can breathe naturally.

At first, silently count the seconds for each stretch. This will ensure that you hold the proper tension for a sufficient period of time. After a while, you will stretch by the way it feels, without the distraction of counting.

STREAMLINE STRETCH



Streamlining is an essential element to swimming well. Here, Jeff Rouse, Olympic champion and world record holder in the 100 meter backstroke, demonstrates the streamline stretch.

To do this stretch: Stand upright. Cross one wrist over the other and interlock your hands. Inhale and squeeze your ears with your biceps. Hold the stretch for 30 seconds and relax.



Photo by Joel Zolondek

TRICEPS STRETCH

Having strong, supple triceps is important in all four strokes. Here, Janet Evans, four-time Olympic champion and world record holder in the 400, 800 and 1500 meter freestyles, demonstrates the triceps stretch.

To do this stretch: Stand upright with one arm flexed and raised overhead next to your ear. Rest your hand on the opposite shoulder blade. Grasp your elbow with the other hand. Exhale and slowly pull your elbow behind your head. Hold the stretch for 30 seconds and relax.

SHOULDER STRETCH



Photo by Joel Zolondek

Flexible shoulders are crucial for generating power in all four strokes and for avoiding shoulder injury. Janet Evans demonstrates a shoulder stretch that affects the internal rotators.

To do this stretch: Stand or sit upright. Flex your right arm and raise your elbow to chest height. Raise your left arm so that it is supported by the right elbow. Intertwine your forearms so that your left hand grasps your right wrist. Exhale slowly and pull your wrist downward and outward. Hold the stretch for 30 seconds, and relax. Switch arms.

TOE-TOUCH STRETCH

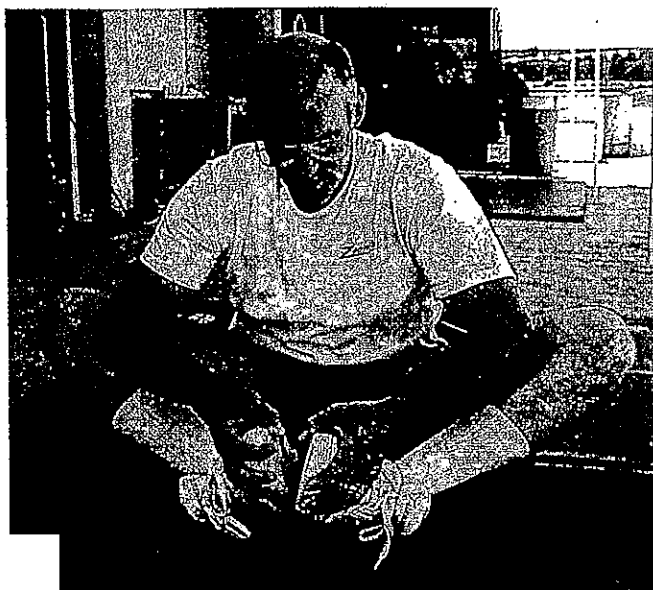
Flexible hamstrings will enhance your ability to kick and do flip turns. Here, Dr. Marty Hull demonstrates the toe-touch stretch.

To do this stretch: Place one leg back, the other forward. Bend forward slowly, applying force gradually to the forward leg. Be sure to support yourself with your hands on the ground or on a chair. Hold the position for 60 seconds, then switch legs. Inhale when you start the stretch and exhale slowly as you execute it.



WHY STRETCH?

MODIFIED LOTUS STRETCH



This stretch increases hip rotation, the key to generating power in the freestyle and backstroke.

To do this stretch: Sit on a mat. Grab your feet with both hands. Pull your feet toward your midsection while pressing outwardly on the inside of your knees with your elbows. Press out for 20 to 30 seconds, then relax. Pull your feet in a little closer, then press out again with the elbows.



QUAD STRETCH

Former Stanford swimmer Mary Edwards demonstrates the classic quadriceps stretch.

To do this stretch: Stand on one leg and hold onto a pole for support. Grip your left foot in your left hand. Pull the foot forward with the hand and hold for 30 to 40 seconds, then relax. Repeat, each time trying to pull your foot closer to your buttocks. Switch legs.

LEG STRETCHES

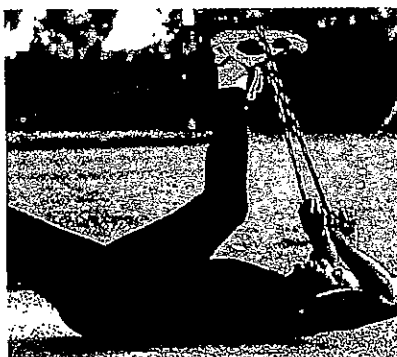
Having flexible leg muscles is important in all strokes. Here, Byron Davis, one of the fastest butterfly swimmers in the world, demonstrates a series of exercises using cords to improve the flexibility of these large muscles.

1. This exercise stretches your calf, ankle and hamstrings.



To do this stretch: Sit on the floor and place the cord around one foot. Lean back, keep your leg stiff and lift it slowly. Pull the leg toward you with the cord, allowing your ankle to stretch. Keep your head and shoulder flat on the ground. Switch legs.

2. This stretch is also for the hams and ankle.



To do this stretch: Lie flat and place the cord around one foot. Bend that knee slightly while keeping your other leg straight. Continue pulling your leg slowly toward your midsection, shortening the cord when necessary. For an increased stretch, bend the lower leg. Switch legs.

3. This exercise stretches the abductor muscles.



photos by Annette Buhl

To do this stretch: Lie flat and place the cord around one foot, holding both ends of the cord with one hand. Slowly stretch that leg outward, keeping the leg stiff. Hold at maximum extension for 30 seconds. Repeat with a bent knee. Switch legs.

NECK STRETCH

Having a supple neck is important in breathing in all strokes but the backstroke. This neck stretch is also used in rehabilitation.

To do this stretch: Sit or stand upright. Place your left hand on the left side of your face, gradually pushing your head toward your right shoulder while offering minimal resistance. Hold for 20 seconds, repeat. Then switch sides.



MEMORIES of MOROCCO

- TO:** AUSSI Members proposing to go to the VII FINA World Masters Swimming Championships, Casablanca, Morocco, June 1998.
- TO:** those who are considering going, but are anxious about what to expect
- TO:** those who thought of going, but have been turned off by the verbal "garbage" circulating about the conditions up there.

I have just had the very great pleasure of spending eleven exciting days in Morocco. My first three days were in Casablanca at the FINA Masters Committee Meeting (not so exciting - but very educational) and the rest visiting places to be included in the post swim tour being prepared by IST (International Sports Tours) for this time next year.

Let me firstly point out that Casablanca is not Morocco - just as Sydney is not Australia. Far from it - Casablanca is a big city and shipping port and has its own character and areas of interest. Just to see the giant Hassan II Mosque is worth the visit. I personally found it a bit of a challenge: dodging Rolex watch sellers, mobile shoe shine booths and others who wanted to be your friend and show you the best places to buy. I am not much travelled and am told it's no different to a hundred and one other places around the world.

Like all cities, it has its nice areas and others not so good. Overall to me, it looks tatty because of the lack of fresh paint and unkempt buildings but it and the other cities we visited, are relatively litter free - much like Australia.

It is safe. Violent crime is almost non-existent in Morocco and a murder or any harm to children is treated as a National disgrace. Sure, they have their pickpockets and handbag snatchers and there are areas you are advised not to visit at night - just like in Australia.

Morocco is a kingdom and politically stable. They all love and are proud of their King. They are also proud of the elaborate castles set in huge acreage in each of the cities whereas the vast majority of the population live in primitive housing. However, even in the mountains where the housing doesn't have power and water connected, everyone looks healthy and happy. The "haves" and the "have nots" are quite apparent. Many of the rich and famous from other countries have a "weekender" mansion or two. You don't need a visa to enter from Australia and there is no need for vaccinations.

Each time you train you can come back stronger, before long you flat out get tough, both physically and mentally.

It is true that some married women wear all black and particularly on the other side of the mountains - cover their faces, in some cases with only one eye exposed. Most of the young ones however, wear either beautifully adorned and brightly coloured traditional robes or in the cities, most are in western clothes eg jeans and knee length skirts. The vast majority of men wear western dress and the younger set dress well in quality, trendy gear.

It is a "mans" environment and there are numerous cafes where the men sit out the front sipping tea whilst "ogling the birds" walking by. At these cafes, the women sit inside either in groups of women or mixed company. Seeing men walking along the street holding hands takes a bit of adjusting to. The women do it too.

It is a sin for Muslims to drink or even serve alcohol whereas Morocco has a thriving wine industry and breweries. There are a number of licensed restaurants as well as those at the hotels, and they have "pubs" too. Takeaway is available from bottleshops and mini-supermarkets. Heineken beer brewed under licence is about \$1:40 a can at the takeaway, or about \$4:50 in the bars and up to \$9:00 in the Hyatt's mini bar. A bottle of quite good vin ordinaire is about \$14:00 a bottle in the restaurants and very good quality local red wine is from \$28:00 to \$35:00 at the table, depending on where you are. There is entertainment: cabaret, belly dancing etc in the hotels and the food is magnificent.

Local currency is freely accessible from the ATMs in the bigger cities, using Visa or Mastercard, so travellers cheques are hardly necessary. They all seem to take US dollars too. The Royal Moroccan mail leaves a bit to be desired (airmail to Australia takes over two weeks) and ISD telephone in the hotels is frightfully expensive. Telstra at this stage does not have an arrangement with them for Telecarde nor World Direct nor mobile phone, whereas the Europeans all had mobiles. Hopefully by this time next year, an access number will be in place.

There are numerous public swimming pools in Casablanca and along one beach, there is a group of ten or more 50m outdoor pools, plus smaller pools, water slides, and larger artificial lakes and beaches with restaurants and sunbaking areas etc. And contrary to the rumours I heard before leaving Australia - the men and women do bathe together and I didn't see any neck to knee costumes. Around the pools at the hotels (and at the Mediterranean beaches I am told) the European ladies sunbake topless and on one occasion we witnessed, in front of locals in traditional dress. I also saw one sweet young thing in a near-thong - not quite dental floss, but it would seem that the Brazilian ladies will be allowed into the Country.

The main pool for the World Swim is magnificent. It has only eight lanes but the seating for 3,500 surrounding it and the diving pool makes it look quite spectacular. There is a 5 lane 25m pool adjoining it and another 8 lane 50m pool across the road for warm-ups and the longer distance events. Next to the main pool complex is a similar building, a multi purpose stadium for basketball, futsal etc and across the road is a huge soccer stadium with athletics track etc. Morocco is soccer mad. Their team made it to the World Cup finals whilst we were there, which was cause for some celebrations.

The Open Water Swim will be held in the Bay of Mohammedia, just 20Km from Casablanca. It has a long sweeping beach with several hotels overlooking it and the water temperature should be about 21 °c. The lunch and presentations will be at the neighbouring and exclusive "Yacht Club du Maroc"

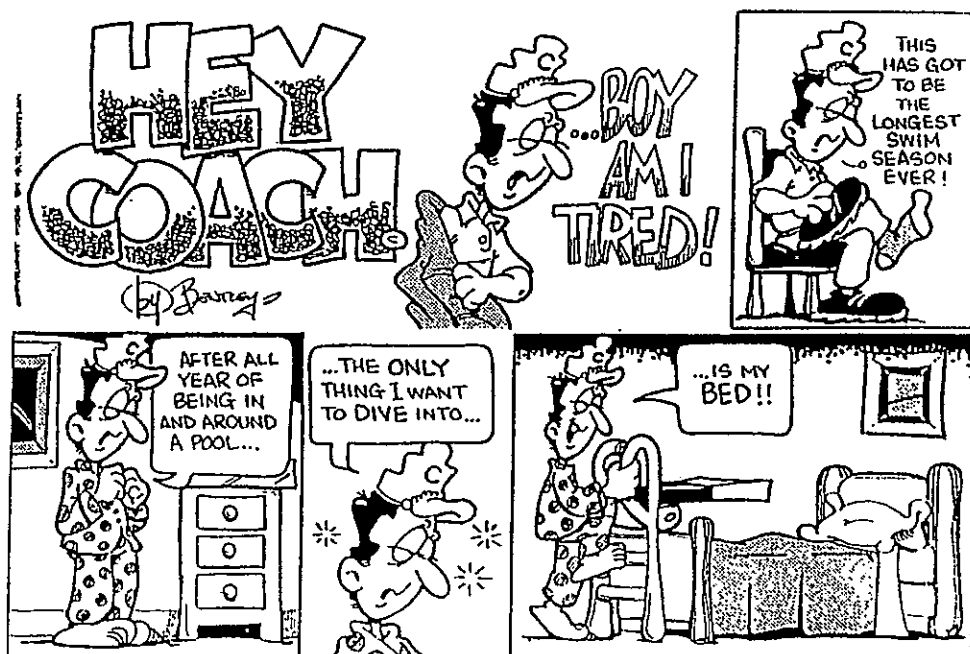
After Casablanca, Corinne Chesworth of International Sports Tours and I, did a dry run (no, it wasn't so dry) of the tour proposed for next year. We visited several cities much nicer than Casa., strolled through the Medinas and Kasbahs (some dating back to the ninth century), visited a gorge and drove through massive snow-capped mountains much higher than we have in Australia and we rode camels into the Sahara to see the sunrise. We saw snake charmers, monkeys doing backflips (all for a small tip of course), a dentist (?) in the market pull a tooth with only a pair of pliers, live chooks for sale displayed on the roadside and people everywhere selling polished fossils, crystallised rocks, hand-crafts, pottery, leather goods, rugs etc, etc.

IST is in the process now of putting a package together. I feel sure that you will find it hard to resist.

If you would like a preview, some of the hundreds of photographs I took are with your Branch Secretary.

Ivan

IVAN WINGATE
17 June 1997.



FINA MASTERS WORLD RECORDS - MEN'S SHORT COURSE - DATED 1st MAY 1997

	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94	100-104
50 FREE	ROBERT PEELE	ROMDY GAINES	BRUCE STAHL	C. NORELLI	J. KORN ANTHON	KEEFE LODWIG	DONALD HILL	BOB BAILE	S. YAMAMOTO	FRANK PEMME	KELLEY LEMMON	W. BOWERSOCK	REINSTADTLER	GUS LANGNER	TOM LANE
	USA 93	JPN 89	USA 94	USA 95	USA 95	USA 96	USA 89	USA 95	JPN 96	USA 88	USA 93	USA 93	GER 97	USA 93	USA 95
100 FREE	B. ZIKARSKY	ROWDY GAINES	MARK MORGAN	RICK ABBOTT	TERRY DOWNES	KEEFE LODWIG	DONALD HILL	BOB BAILE	R. ALBERICHE	FRANK PEMME	RAY TAFT	HIKOJI UEKI	REINSTADTLER	GUS LANGNER	TOM LANE
	USA 95	JPN 89	USA 95	USA 95	USA 95	USA 96	USA 89	USA 95	ESP 96	USA 95	USA 95	JPN 95	GER 97	USA 93	USA 95
200 FREE	JOHN KEPPLE	ROWDY GAINES	MARK MORGAN	HES YNTEMA	TIM BRODERICK	TIM BINNIE	K. NISHINO	G. JOHNSON	R. ALBERICHE	FRANK PEMME	RAY TAFT	HIKOJI UEKI	REINSTADTLER	GUS LANGNER	
	USA 95	JPN 89	USA 94	USA 95	USA 96	USA 96	JPN 93	USA 95	ESP 96	USA 95	USA 94	JPN 95	GER 97	USA 93	
400 FREE	GAVIN LILLEY	BRUCE HAYES	JAMES FURRER	HES YNTEMA	TIM BRODERICK	ANGUS EDGILL	D. GALLAGHER	G. JOHNSON	G. JOHNSON	FRANK PEMME	RAY TAFT	F. LOUGH	GUS LANGNER	GUS LANGNER	
	GER 93	USA 94	USA 96	USA 95	USA 96	BAR 96	USA 95	USA 95	USA 95	FRANK PEMME	RAY TAFT	USA 88	USA 93	USA 93	
800 FREE	LENNARTSSON	BRUCE HAYES	JAMES FURRER	HES YNTEMA	TIM BRODERICK	ANGUS EDGILL	VERMIRIO	G. JOHNSON	G. JOHNSON	FRANK PEMME	RAY TAFT	NOBERT ARTUS	GUS LANGNER		
	USA 92	USA 94	USA 96	USA 95	USA 96	BAR 96	ITA 97	USA 95	USA 96	FRANK PEMME	RAY TAFT	CAN 95	USA 88		
1500 FREE	ROB MACKLE	BRUCE HAYES	A. BORGSTROM	HES YNTEMA	JIM MCCONICA	S. GALLETT	G. JOHNSON	G. JOHNSON	G. JOHNSON	FRANK PEMME	ALDO DA ROSA	D. WOODFORD	GUS LANGNER	GUS LANGNER	
	USA 92	USA 94	USA 96	USA 95	USA 96	GER 94	USA 94	USA 95	USA 96	FRANK PEMME	ALDO DA ROSA	USA 94	USA 88	USA 96	
50 BACK	MARTIN HARRIS	JAY YARD	CLAY BRITT	LACI PERENYI	ROBERT SMITH	ROBERT SMITH	GRAHAM SYKES	JACK BEATTIE	RON JOHNSON	PAUL HUTINGER	G. TANGUCHI	OTTO CLAUS	REINSTADTLER	GUS LANGNER	TOM LANE
	GER 94	USA 94	USA 96	USA 95	USA 89	USA 94	GER 93	USA 94	USA 96	USA 94	JPN 97	GER 95	GER 97	USA 93	USA 95
100 BACK	MARTIN HARRIS	JAY YARD	CLAY BRITT	CLAY EVANS	PO'KEFFE	TIM BINNIE	BARRY YOUNG	JACK BEATTIE	ROGER FRANKS	PAUL HUTINGER	RAY TAFT	EDWARD SHEA	REINSTADTLER	JOE KAUFMAN	
	GER 94	USA 93	USA 96	USA 95	USA 95	USA 96	NZL 94	USA 94	USA 94	USA 94	USA 94	USA 94	GER 97	USA 95	
200 BACK	MARTIN HARRIS	JAY YARD	W. SPECHT	JOHN MARCH	R. TOD SPIEKER	TIM BINNIE	BARRY YOUNG	JACK BEATTIE	BOB BARRY	PAUL HUTINGER	RAY TAFT	EDWARD SHEA	REINSTADTLER	JOE KAUFMAN	
	GER 94	USA 93	USA 96	CAN 95	USA 96	USA 96	NZL 94	USA 94	AUS 96	USA 94	USA 94	USA 94	GER 97	USA 96	
50 BRST	GUY FARROW	D. PUTTERMAN	GERALD MORKEN	MILTENBERGER	ROBERT STRAND	ROBERT STRAND	FLKOTEGAWA	H. KOTEGAWA	N. TEMPLEMAN	TOSHIO TAJIMA	A. ROMANO	K. WITTENBERG	S. YOSHIDA		
	AUS 90	USA 96	GER 97	USA 93	USA 95	USA 96	JPN 93	JPN 96	CAN 96	JPN 96	ITA 93	GER 91	GER 95	JPN 96	
100 BRST	A. SOLANO	FRANK VIVIER	GERALD MORKEN	MILTENBERGER	ROBERT STRAND	ROBERT STRAND	M. SANGULY	AKIO SUGIYAMA	N. TEMPLEMAN	B. GREENBERG	A. ROMANO	H. YOSHIMOTO	D. DOTTERWECH	GUS LANGNER	
	USA 96	NED 94	GER 97	USA 93	USA 95	USA 96	USA 88	JPN 95	CAN 96	USA 94	ITA 94	JPN 95	USA 93	USA 93	
200 BRST	A. SOLANO	SERGE SCORE	SERGE SCORE	S. ELDER	ROBERT STRAND	ROBERT STRAND	D. GALLAGHER	THOMAS WALKER	N. TEMPLEMAN	KARL HAUTER	ALDO DA ROSA	J. MORISCHER	F. GRIFFITHS	GUS LANGNER	
	USA 96	CAN 95	CAN 96	USA 95	USA 95	USA 96	USA 95	GER 95	CAN 96	GER 95	USA 93	AUT 96	AUS 93	USA 94	
50 FLY	JONAS AKESSON	M. BOTTOM	W. SPECHT	RICK ABBOTT	DAN THOMPSON	KEEFE LODWIG	R. TAKAMINE	BOB BAILE	RON JOHNSON	FRANK PEMME	RAY TAFT	JESSE COON	REINSTADTLER		
	SWE 96	USA 89	USA 93	USA 95	USA 93	USA 96	JPN 97	USA 95	USA 96	USA 95	USA 95	USA 91	GER 97		
100 FLY	M. HERMANN	HIROSHI MURA	W. SPECHT	HES YNTEMA	TOM PERRIN	JOEL BURNS	KOJI IWAMOTO	JACK HALE	H. HUNICKER	J. KURTZMAN	PAUL KRUP	W. PEIFFER	REINSTADTLER		
	USA 95	JPN 96	USA 93	USA 95	USA 96	USA 96	JPN 97	GER 96	USA 95	USA 96	USA 92	USA 94	GER 97		
200 FLY	GAVIN LILLEY	IAN BECK	W. SPECHT	HES YNTEMA	GRANIER GALLAS	NICK LECLERCQ	KOJI IWAMOTO	WERNER MULLER	RON JOHNSON	R. PERSDORFF	PAUL KRUP	W. PEIFFER	JESSE COON		
	GER 93	USA 96	USA 94	USA 96	USA 96	USA 97	JPN 97	GER 95	USA 96	GER 95	USA 94	USA 94	USA 92		
100 I.M.	MARTIN HARRIS	HIROSHI MURA	RICHARD HESS	RIC COOLEY	A. MCPHERSON	ROBERT STRAND	JACK KELLO	M. TANEIKE	RON JOHNSON	FRANK PEMME	RAY TAFT	W. PEIFFER	REINSTADTLER	GUS LANGNER	
	GER 94	JPN 96	USA 92	USA 89	USA 94	USA 96	CAN 96	JPN 96	USA 96	USA 95	USA 94	USA 94	GER 97	USA 94	
200 I.M.	JOHN KEPPLE	E. VAN NORDEN	MATT CLARK	S. ELDER	STEVE HECK	JOHN CLAVERT	JACK KELLO	JACK KELLO	G. JOHNSON	R. ALBERICHE	J. DOMINGUEZ	RAY TAFT	W. BOWERSOCK	EISENSCHMIDT	
	USA 95	NED 96	USA 94	USA 96	USA 96	USA 96	USA 91	USA 91	ESP 96	ESP 96	USA 94	USA 94	USA 91		
400 I.M.	JOHN KEPPLE	J. FENTOS	MIKE KECK	HES YNTEMA	N. JURY	S. GALLETT	D. GALLAGHER	G. JOHNSON	G. JOHNSON	FRANK PEMME	RAY TAFT	W. PEIFFER	EISENSCHMIDT		
	USA 95	USA 95	USA 95	USA 95	GER 94	USA 95	USA 93	USA 95	USA 96	USA 95	USA 94	USA 94	USA 91		
	4:26.79	4:33.17	4:45.60	4:43.28	5:12.41	5:19.87	5:30.62	6:02.73	6:04.40	6:38.98	7:08.53	8:34.45	10:47.13		

FINA MASTERS WORLD RECORDS - WOMEN'S SHORT COURSE - DATED 1st MAY 1997

25-29	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84	85-89	90-94
50 FREE	DYNE BURRELL USA 96 26.64	PETITUS-SCOTT USA 93 26.13	NEILSON-BELL USA 95 27.74	LAURA VAL USA 96 28.11	S.BARKLEY ESP 95 30.30	A.MUELLER USA 96 30.37	JAYNE BRUNER USA 95 33.07	GAIL ROPER USA 96 34.17	CLARA WALKER USA 96 36.32	OLGA JOHNSON NZL 96 39.73	H.SUGAYA JPN 96 44.57	JULIA DOLCE USA 95 51.99	ANNA BAUSCHER USA 93 1:36.77
100 FREE	S.TAORMINA USA 96 56.30	SANDY NEILSON USA 88 57.35	NEILSON-BELL USA 94 57.71	LAURA VAL USA 96 1:00.68	LAURA VAL USA 96 1:01.76	A.MUELLER USA 91 1:06.41	YOSHIO OSAKI JPN 94 1:11.18	GAIL ROPER USA 96 1:16.26	CLARA WALKER USA 96 1:20.77	OLGA JOHNSON NZL 96 1:37.68	JULIA DOLCE JPN 94 1:48.30	JULIA DOLCE USA 95 2:05.74	ANNA BAUSCHER USA 93 3:24.13
200 FREE	S.TAORMINA USA 96 1:59.78	PIPES-NEILSEN USA 96 2:04.64	NEILSON-BELL USA 95 2:07.58	LAURA VAL USA 96 2:14.14	LAURA VAL USA 96 2:16.07	A.MUELLER USA 91 2:27.95	YOSHIO OSAKI JPN 94 2:28.30	JANE ASHER GBR 96 2:51.30	CLARA WALKER USA 96 3:02.11	RITA SIMONTO BRA 95 3:33.40	JEAN DURSTON USA 94 4:07.41	JULIA DOLCE USA 95 4:52.37	ANNA BAUSCHER USA 93 7:01.11
400 FREE	S.TAORMINA USA 96 4:24.18	PIPES-NEILSEN USA 94 4:33.17	BETH KNIGHT USA 94 4:42.94	LAURA VAL USA 95 4:56.49	B.DUNBAR USA 96 5:12.43	A.MUELLER USA 91 5:15.91	YOSHIO OSAKI JPN 94 5:38.06	JANE ASHER GBR 96 6:00.99	CLARA WALKER USA 96 6:28.81	RITA SIMONTO BRA 95 7:23.29	JEAN DURSTON USA 94 8:39.15	JULIA DOLCE USA 95 10:19.41	ANNA BAUSCHER USA 93 14:16.35
800 FREE	S.TAORMINA USA 96 8:51.18	PIPES-NEILSEN USA 96 9:08.34	LYNN MARSHALL CAN 96 9:21.94	B.DUNBAR USA 96 10:03.82	B.DUNBAR USA 96 10:09.82	CAROLYN BOAK USA 96 11:07.78	YOSHIO OSAKI JPN 94 11:24.24	CLARA WALKER USA 92 12:35.26	CLARA WALKER USA 96 13:07.28	RITA SIMONTO BRA 95 15:28.60	JEAN DURSTON USA 94 17:51.63	JULIA DOLCE USA 95 22:22.74	ANNA BAUSCHER USA 93 28:45.45
1500 FREE	S.TAORMINA USA 96 16:36.07	KAREN BURTON USA 94 17:23.60	BETH KNIGHT USA 94 17:43.10	B.DUNBAR USA 96 19:00.81	B.DUNBAR USA 96 19:14.97	CAROLYN BOAK USA 96 21:22.26	YOSHIO OSAKI JPN 94 21:35.84	CLARA WALKER USA 92 23:38.44	CLARA WALKER USA 96 24:57.85	RITA SIMONTO BRA 95 29:30.20	JEAN DURSTON USA 94 34:13.00	JULIA DOLCE USA 95 42:10.95	VERA FERNANCE USA 89 50:07.07
50 BACK	DIANE GRANER USA 89 30.63	GRANER GALLAS USA 96 30.14	LAURA VAL USA 91 31.55	LAURA VAL USA 93 31.55	LAURA VAL USA 96 32.39	STAKEUJI JPN 95 35.55	HIROMI SATO JPN 97 36.11	CLARA WALKER USA 89 40.48	D.STEADMAN USA 95 42.58	WYVAN RYSEL GBR 91 48.06	WYVAN RYSEL GBR 96 56.23	JEWEL COOKE USA 96 1:12.75	VERA FERNANCE USA 89 1:55.07
100 BACK	DIANE GRANER USA 89 1:04.66	PIPES-NEILSEN USA 95 1:03.96	KARIN SEICK GER 96 1:05.93	LAURA VAL USA 95 1:10.45	LAURA VAL USA 96 1:10.76	STAKEUJI JPN 93 1:19.17	BETSY JORDAN USA 92 1:21.90	PAM HUTCHINGS USA 89 1:30.41	D.STEADMAN USA 95 1:35.66	WYVAN RYSEL GBR 91 1:48.13	WYVAN RYSEL GBR 96 2:06.92	JEWEL COOKE USA 96 2:40.38	VERA FERNANCE USA 89 4:19.46
200 BACK	JDE ROVER USA 96 2:17.86	PIPES-NEILSEN USA 96 2:16.62	K.BRANCH USA 94 2:31.78	LAURA VAL USA 95 2:34.04	NANCY FISHER USA 96 2:37.35	A.MUELLER USA 91 2:48.88	BETSY JORDAN USA 92 3:00.66	D.STEADMAN USA 89 3:15.72	D.STEADMAN USA 95 3:27.79	WYVAN RYSEL GBR 91 4:00.43	MARIE WICKLUN USA 96 4:36.90	DAVOGLIO RINA ITA 97 5:23.00	VERA FERNANCE USA 89 10:07.07
50 BRST	RIA WILLEMSE NED 90 33.60	S.BROWNSDON GBR 95 33.13	LOSBOORNE USA 89 34.63	N.HEIMBACH JPN 96 36.22	BEA POOL NED 94 37.54	ERNALOSKAMP NED 92 38.82	MASENFLEBEN GER 97 40.02	EDITH BOHM GER 94 44.61	MAUD POVEY GBR 93 49.15	FRITZE GER 96 53.28	M.MERLINO USA 92 1:05.64	MARTI GOGNIAT USA 96 1:12.62	D.VENNING D.VENNING 1:49.01
100 BRST	RIA WILLEMSE NED 90 1:13.60	S.BROWNSDON GBR 95 1:11.81	LOSBOORNE USA 89 1:16.70	U.URBANIAK GER 95 1:19.88	U.URBANIAK GER 95 1:23.20	ERNALOSKAMP NED 92 1:25.73	MASENFLEBEN GER 97 1:28.13	GAIL ROPER USA 95 1:41.41	JUNE KRAUSER USA 96 1:49.64	H.MESSING GER 95 1:59.41	D.WESTON GBR 94 2:19.17	MARTI GOGNIAT USA 96 2:41.54	D.VENNING D.VENNING 4:05.59
200 BRST	LOUISE KEIGH USA 94 2:40.90	S.BROWNSDON GBR 95 2:40.51	LOSBOORNE USA 89 2:50.93	U.URBANIAK GER 95 2:53.85	U.URBANIAK GER 95 3:03.73	ERNALOSKAMP NED 92 3:06.63	MASENFLEBEN GER 97 3:10.39	GAIL ROPER USA 95 3:41.93	M.EVANS JPN 96 3:55.30	H.MESSING GER 95 4:22.96	D.WESTON GBR 94 4:54.39	JEWEL COOKE USA 96 5:23.00	VERA FERNANCE USA 89 10:07.07
50 FLY	S.TAORMINA USA 96 28.68	GRANER GALLAS USA 96 29.20	LAURA VAL USA 91 30.05	LAURA VAL USA 95 30.17	LAURA VAL USA 96 30.50	DIANE FORD USA 94 33.85	AMUELLER USA 96 34.33	HAKE HOLER USA 95 38.44	GAIL ROPER USA 96 44.54	C.KERR CAN 96 52.18	MARIA LENK BRA 95 1:02.58	JEWEL COOKE USA 96 1:24.22	VERA FERNANCE USA 89 2:40.42
100 FLY	S.TAORMINA USA 96 1:01.33	PIPES-NEILSEN USA 96 1:03.80	M.VEIKONIA USA 93 1:07.28	LAURA VAL USA 95 1:08.86	LAURA VAL USA 96 1:10.80	AMUELLER USA 91 1:12.66	AMUELLER USA 96 1:15.52	HAKE HOLER USA 95 1:28.15	JUNE KRAUSER USA 96 1:33.10	M.MERLINO USA 88 2:12.17	JEAN DURSTON USA 94 2:28.34	JEWEL COOKE USA 96 3:20.81	VERA FERNANCE USA 89 4:05.59
200 FLY	PALMER-WHITE AUS 91 2:17.13	PIPES-NEILSEN USA 96 2:19.64	LAURA VAL USA 91 2:28.96	LAURA VAL USA 93 2:29.19	LAURA VAL USA 96 2:37.88	AMUELLER USA 95 2:55.91	AMUELLER USA 96 3:05.05	JUNE KRAUSER USA 95 3:32.93	JUNE KRAUSER USA 96 3:38.39	M.MERLINO USA 88 4:48.50	M.MERLINO USA 92 5:22.65	JEWEL COOKE USA 96 7:12.95	VERA FERNANCE USA 89 10:07.07
100 I.M.	M.RODAHL NZL 89 1:06.84	PIPES-NEILSEN USA 95 1:05.16	NEILSON-BELL USA 92 1:08.15	LAURA VAL USA 92 1:11.65	LAURA VAL USA 96 1:14.41	AMUELLER USA 91 1:17.98	YOSHIO OSAKI JPN 95 1:21.25	CLARA WALKER USA 96 1:28.95	JUNE KRAUSER USA 96 1:38.73	C.KERR CAN 96 1:51.66	MARIA LENK BRA 95 2:06.91	JEWEL COOKE USA 96 2:40.42	VERA FERNANCE USA 89 4:05.59
200 I.M.	B.DEURING GER 96 2:23.47	PIPES-NEILSEN USA 95 2:20.90	KARIN SEICK GER 96 2:25.26	LAURA VAL USA 92 2:33.89	LAURA VAL USA 96 2:42.88	AMUELLER USA 91 2:51.65	YOSHIO OSAKI JPN 95 3:11.59	CLARA WALKER USA 96 3:18.77	JUNE KRAUSER USA 96 3:31.93	C.KERR CAN 96 4:12.37	MARIA LENK BRA 95 4:40.77	JEWEL COOKE USA 96 5:23.30	VERA FERNANCE USA 89 10:07.07
400 I.M.	B.DEURING GER 96 5:04.56	PIPES-NEILSEN USA 96 4:53.85	BETH KNIGHT USA 94 5:23.30	LAURA VAL USA 92 5:32.52	LAURA VAL USA 95 5:50.45	AMUELLER USA 91 5:56.24	BOONIE PRONK CAN 97 6:32.89	JUDIE OLIVER CAN 92 6:50.55	JUNE KRAUSER USA 96 7:07.69	M.MERLINO USA 88 9:07.66	M.MERLINO USA 92 9:50.43	JEWEL COOKE USA 96 13:48.08	VERA FERNANCE USA 89 28:45.45

A Fine-Tuning Workout



by Doug Huestis
Head Masters Coach
The Olympic Club
in San Francisco

The following is a typical 90-minute pretaper, fine-tuning Saturday practice conducted three weeks before the short course Nationals in May.

Workout

	Group I	Group II	Group III
1. Warm-up	500 swim 4 cycles of 3 x 25s	400 swim 4 cycles of 3 x 25s	300 swim 4 cycles of 3 x 25s
2. Minor Set (with "Fist Gloves")	8 x 100	6 x 100	4 x 100
3. Stroke/Drill Work	6 x "mid-mid" 50s fly	6 x "mid-mid" 50s fly	5 x "mid-mid" 50s fly
4. Pull Set	5 cycles of 3 x 50s	4 cycles 3 x 50s	3 cycles 3 x 50s
5. Main Set	2 sets of 4 x 50s "Xtra rest" 1 x 200	2 sets of 4 x 50s "Xtra rest" 1 x 200	2 sets of 4 x 50s "Xtra rest" 1 x 200
6. Cool down	150 easy	100 easy	100 easy
Total	3600 yds	3100 yds	2700 yds



About this workout

1 WARM-UP: After the base warm-up, all swimmers do the following: 4 cycles of 3 x 25s on a long enough sendoff so everyone gets at least 10 seconds rest. Each cycle consists of: 25 kick (no board); 25 stroke drill (choice of stroke); 25 swim. IM'ers do one cycle of each stroke.

2 MINOR SET: We have used Fist Gloves for over two years and find they are one of the best tools for increasing stroke awareness and sensitivity. They also promote the "high elbow" position and help the swimmers think about how they anchor themselves for each pull. The 100s are done with 30 seconds rest; descending to approximately 85-90% effort on the last 100. Each 100 is done as 25 heads-up sculling, 25 drill, 50 swim—swimmer's choice of stroke.

3 STROKE/DRILL WORK: The 'starting position' for each 50 is in the middle of the pool. Use a long sendoff time to allow for quality swims; approximately 1 minute rest between swims. See next page for details.

4 PULL SET: Each cycle of 3 x 50s free is as follows: 1st 50, use a pull buoy and right paddle only; 2nd 50, use a pull buoy and both paddles; 3rd 50, use a pull buoy and left paddle only. All 50s are done in "normal"

pulling fashion. Send-off times should be fairly tight—just enough time to switch paddles (approximately 10-15 seconds) and no extra rest between cycles. Try to descend your times from set to set. The main object of the set is to create fast proprioceptive feedback loops; that is, to be aware of pressure differentials from one hand with a paddle to the other one without. The swimmers are instructed to try to create the same pressure on the water with the hand without the paddle—thereby increasing their feel for the water.

5 MAIN SET: The swimmers are allowed to do their major stroke, and the emphasis of the set is on pacing. The format is as follows: 4 x 50s major stroke on moderately tight interval (approximately 20 seconds rest). The object is to hold all 50 splits within one second of each other. Then take extra rest (approximately 30-45 seconds). The goal for the 200 is the sum of the preceding 4 x 50s and to swim it evenly paced. You should take 1-2 minutes rest between sets if doing multiple set. All swims should be done at good quality efforts; this is a short, but focused set.

6 COOL DOWN: Use a nice easy swim.

Doug's Tech Tips

When pushing off the wall, try not to push "straight out" at water level. It may seem to be the fastest way to make a turn, but it's not. This is due to the viscosity of the water: it "sticks" to itself; and as you swim toward the wall, you are pulling columns of water behind you. Rather than pushing off smack into this—try pushing off

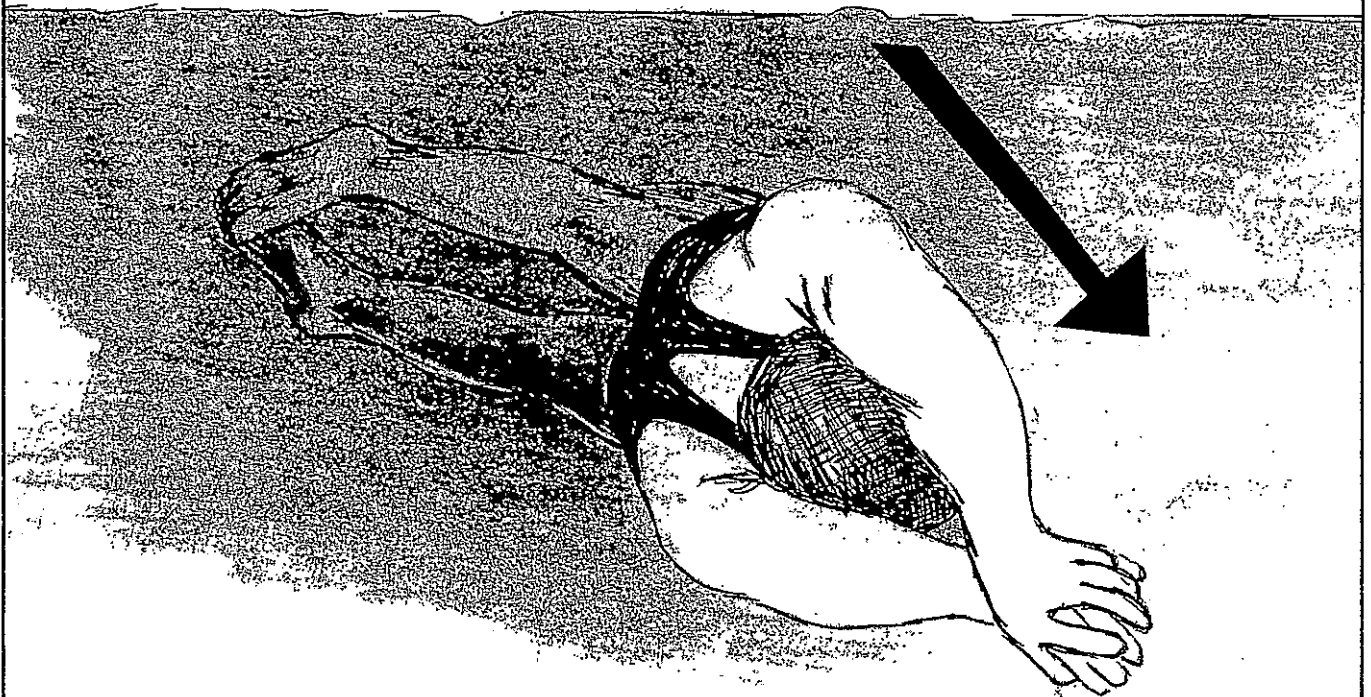
deeper and angled slightly downward. Think of the difference between swimming upstream versus swimming in a lake. You want to "get under" that current you are pulling behind you. By angling slightly downward, you will most effectively shed any remaining columns and reach "still" water.

The Drill

Each 50 is done as follows: swim (build-up fashion) butterfly to wall, legal turn, dolphin kick deep underwater on side with high frequency/small amplitude "fish kick" (stay under as long as you can), clean breakthrough and sprint (fly) to far wall, then

swim easy free back to starting position.

Note: kicking dolphin underwater off walls on your side (but not past vertical) creates a virtually deeper pool with less drag.



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 Doug Huestis who has been the Masters Swim Team Coach at The Olympic Club in San Francisco since 1990. During his tenure, Olympic Club swimmers have broken over 100 Masters world records, over 160 USMS national records, and have set numerous national and world Masters relay records. The Olympic Club has won the 1990, 1993, 1995 and 1996 Men's Div. I USMS National Championship.

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.

15th Open Dutch Mastersswimming Championships Short Course

Sunday September 28 1997

The Championships will be organised by the Swol 1894 masters in Zwolle.

PROGRAM:

W / M

1 / 2	100 m backstroke	Masterslunch: buffetlunch with lots of variety
3 / 4	50 m freestyle	14 / 15 100 m freestyle
5 / 6	100 m breaststroke	16 / 17 50 m backstroke
7 / 8	50 m butterfly	18 / 19 100m butterfly
9 / 10	100 m individual medley	20 / 21 50 m breaststroke
11 / 12 / 13	4 x 50 m freestyle relay w/m/mixed	22 / 23 / 24 4 x 50 m medley relay w/m/mixed
Break (at least 1 hour) with masterlunch		

Warm-up: 9:00

Beginning of the swimmeet: 10:00

End: approx 18:00

Swimming pool: Hanzabad

Hanzelaan 300

Zwolle (5 min. walk from south exit of railway station)

ENTRY:

Only entry forms will be accepted. For foreign swimmers: entry fees are to be paid on arrival at the Championships Office. Entry closing date: August 30 1997

Please send your entries to: Swol 1894, Christine Nieuwenhuis, Elftkolk 33, NL- 8017 NX ZWOLLE

AGE-GROUPS

20+	1977-1973	45+	1952-1948	70+	1927-1923
25+	1972-1968	50+	1947-1943	75+	1922-1918
30+	1967-1963	55+	1942-1938	80+	1917-1913
35+	1962-1958	60+	1937-1933	85+	1912-1908
40+	1957-1953	65+	1932-1928	90+	1907-

GENERAL CONDITIONS

The championships will take place under KNZB/FINA rules.

Pool-length: 25 meters, 6 lanes. Time-registration by hand in 1/100 sec.

The heats will be filled up taking into account the swimmers age and the times expected.

Each swimmer may enter in a maximum of five events. The organisation has the right to scratch the fifth event in case the number of participants gives reason to do so.

The organisation has the right to use the NO-FALSE-START-Procedure if the number of participants gives reason to do so. This will be announced on arrival at the pool.

Changes in relay-teams can be made, written, until half an hour before the relay-event. The age-group and the composition (w/m/mixed) cannot be changed. 20+ swimmers are not allowed in relay-teams.

The organisation holds no responsibility

By sending in the entry form the competitor declares to be fit enough to compete in the championships.

AWARDS

There are medals for the first three swimmers in each age group. Each swimmer will receive a certificate of participation.

PROGRAMS and RESULTS

Programs and result sheets should be ordered in advance on the entry form. Fees: Program Fl 3,- Results fl 3,- (take out) , Fl 5,- (send home).

ACCOMMODATION

For information regarding hotels or guesthouses apply to the local Tourist Information, Postbus 1155, NL-8001 BD Zwolle, Tel. +31 38 4216798, Fax: +31 38 4222679

MEET-INFORMATION: Riet Spijkerman, Oosterstraat 11, 8011 GM Zwolle, Tel +31 38 4215015

Impressions of the AIS (Part 1)

Last issue I made reference to a trip to the AIS so I thought I would share with you my impressions and some of the ideas being used there.

I also said that "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 programme."

*"What I saw was ...
a creative and
innovative approach
to coaching which is
at the cutting edge
of world
swimming."*

In some ways the coaches were like 'boys with toys'. They had so many gadgets and gizmos that were brought out at the end of each session and used in circuit fashion. These include:

> A hip rotator belt. This is available commercially for around \$60 and is a belt with 'wings' worn low on the hips.

A swimmer with little or no hip rotation will hit the wings as they push through to the back of their stroke. Simple rotating further will allow the hand to push through correctly. This simple invention offers instant feedback to the swimmers and is one of the best aids I have seen in recent years. I have since bought 2 and use them successfully with all level of swimmers.

> Two sponges tied together into an 'x' with a length of string about 2 metres in length, that is then tied around the waist of the swimmer. This creates a fairly light resistance which 'tugs' at the swimmer if the swimmer does not have a smooth stroke. Any power surges (which indicate acceleration and deceleration) within the stroke will be felt by the swimmer. The swimmer then aims to eliminate these surges aiming for constant smooth propulsion. Again this has been easy to apply to my own swimmers.

> A 'Power Rack' similar to those found in a gym. The swimmer is attached to a belt which is in turn attached to the rack which has a pulley system of weights. The swimmer can use any number of weights to develop strength in the water. The power rack also picks up any inconsistencies in propulsive force and was usually used more for slow technique work.

> The AIS Biomechanics department was devising a computer which could be attached to a winch to measure peak velocity of swimmers. This was still a long way from having all the bugs ironed out but was quite interesting to watch.

> A set of wooden steps (5 steps in all) which were turned either lengthwise or widthwise. Swimmers progressively moved up the steps to practice dives. The buzz word for all activities was 'core strength' and those lacking in this core strength (ie trunk strength which gives a swimmer control and stability over most aspects of movement. It is becoming widely recognised that good core strength is fundamental to good swimming) had trouble streamlining and entering the water cleanly as they moved up the steps. There was an element of risk involved and the diving was sometimes coupled with streamlining through a hoop taped on to a pole and held by an assistant.

> A surfboard was used with a swimmer lying prone practising paddling. The swimmer had to keep the head up, the body tight while practising a high elbow arm pull which they could watch. A side benefit was added back strength.

> Swimmers attended a 'Pilates / Karate' session twice a week that involved use of a Medi Ball in trunk stabilizing and strengthening exercises that involved balance, co-ordination and agility. More on this next issue.

> All swimmers did an aerobic circuit on pool deck for general strength and for injury prevention. More on this next issue.

(Continued from page 2)

an article begun last issue continues on page 10. "Getting Faster by Going Slower" continues on the theme of drills and drill progressions; "Mental Rehearsal for Peak Performance" deals with a valuable aspect of our sport that is used extensively with young elite swimmers, but is often neglected by the Masters coach and "Why Stretch?" starts on page 14. Having thoughts of going to the exotic location of Morocco for the next VII FINA World Masters Swimming Championships? Turn to page 17 for NED Ivan Wingate's impressions after his recent visit.

A current list of the FINA Masters World Records (Page 20), our Calendar of Events and a variety of meet information rounds out our August issue.



BADDAGINNIE AUSSI INTERNATIONAL POSTAL EVENT

sanctioned by AUSSI NATIONAL EXECUTIVE

BADDAGINNIE ANIMALS ARE AWESOME

An *ANIMAL* is defined as a gutsy performer who can do 800m Freestyle, 200m Breaststroke, 200m Backstroke, 200m Butterfly and 400m Individual Medley all in one day.

Enter this international postal challenge, swim the listed events in one day and receive a T-shirt proclaiming that you are a "Baddaginnie Animal".

Send your entry form, certification and \$A25-00 (Australian) or equivalent and we'll send your Baddaginnie T-shirt. No swim times are required. Club entries are appreciated.

ENTRIES TO: Baddaginnie AUSSI Animal Event
54 Benson St,
Benalla
Victoria 3672
AUSTRALIA

DEADLINE: Postmarked October 31, 1997.
Overseas entries returned by seamount (approximately three months).

✂.....

ENTRY FORM

NAME: _____ CLUB: _____

ADDRESS: _____

CITY: _____ STATE/PROV: _____ POST/ZIP CODE: _____

COUNTRY: _____

I certify that I swam the following events on one day: 800m Freestyle, 200m Breaststroke, 200m Backstroke, 200m Butterfly and 400m Individual Medley.

DATE: _____

I attest and verify that I have full knowledge of the risk involved and am physically fit and sufficiently trained to participate in this event.

T-shirt sizes: (please circle) S M L XL XXL

Signature: _____

Witness: _____

AUSSI RESOURCE CENTRE

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

Items are available for the following hiring charges:

1 Video	1 Week \$ 5.00	2 Weeks \$8.00
2 Videos	1 Week \$ 8.00	2 Weeks \$12.00
3 Videos	1 Week \$10.00	2 Weeks \$15.00
1 Audio Tape	1 Week \$ 3.00	2 Weeks \$5.00
2 Audio Tap	1 Week \$ 5.00	2 Weeks \$8.00

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

Videos

- **Mark Tonelli Gold Medal Series** - Best for novices in that it is simplistic, non-the-less it is very well put together with good camera work and footage.
- **AUSSI Coaching Seminar** - with Kirk Marks - 40 minutes of theory and practical showing real AUSSI swimmers of all shapes and abilities.

wim Easy with John Konrads. 45 minutes. An in-depth analysis of freestyle the John Konrads way. Excellent visual pages.
- **Swimming Breaststroke**. 19 minutes. Superb analysis of the strokes of Adrian Morehouse and Nick Gillingham, plus 5 minutes of Sam Riley.
- **The Athletic Institute Swimming Series** - Covers all strokes, starts and turns with progressive skills. A bit dated but excellent under water shots of good basic techniques. Well worth a look.
- **AUSSI Workshop - Tailoring a programme** - plus booklet. This workshop held in Tasmania features Anita Killmier.
- **Swimming Fastest III** - John Trembley. A video and book combination. A *must* for all coaches, teachers and swimmers.
- **"Swim Smarter, Swim Faster."** I & II. Richard Quick and Skip Kenny of the Stanford University take you through nearly two hours of stroke drills, techniques plus Starts, Turns and Finishes.
- **ASCA Conference - Masters Stream** - Adelaide 1992.

Masters Stroke Techniques. A biomechanical analysis of the four strokes by John Leonard of ASCA, with demonstrations of drills by US Masters swimmers. 50 minutes.
- **Your backyard swimming pool is your home fitness centre** - as the name suggests, gives ideas to utilise your pool to full advantage.
- **Strength Training** - This 30 minutes video provides a comprehensive update on the methods and principles of strength training, i.e. Body Building, Isometrics, Maximal Weights, Eccentric exercises. Excellent for swimmers and coaches about to embark on a strength programme.
- **Stretching** - Bob Anderson. A really great selection of exercises demonstrating correct technique.
- **Food for Sport** - featuring Karen Inge. Very good!
- **Sunrice High Performance Eating Strategies**, - plus booklet. A good video made better by the booklet.
- **Every Second Counts** - Effective Time Management in Sports Training. Whilst this video is not specific to swimming it gives many good examples of how time is wasted in coaching. A good tool for staff workshops or self evaluation.

- **Visualisation** - Focusing Techniques and mental rehearsals are used extensively by all top athletes to enhance performance. This video gives a comprehensive look at the use of visualisation in sport through various case studies.
- **Media Matters** plus booklet - this is hired to you as a kit and is designed for individuals and voluntary groups involved in promoting fitness and healthy lifestyles in the community. It can be used to publicise and attract members, hence is ideal for AUSSI Clubs.
- **Exercise beats Arthritis** - A unique series of exercises set to music, designed to keep joints mobile.
- **Give it a Go!** - Coaching Athletes with disabilities

AUSSI RESOURCE CENTRE - ORDER FORM

NAME.....

ADDRESS.....

Phone No.....

AUSSI CLUB.. ..

I REQUEST THE FOLLOWING ITEMS

1.....

2.....

3.....

I would like to hire them for a total of.....wks
commencing.....(date)

I agree to return them in good order complete with
my cheque for hire and postage.

Signed.....

Date.....

ORDER FORM AND CHEQUES PAYABLE TO:

AUSSI Masters Swimming
P.O. Box 207
MARLESTON SA 5033
Phone/Fax 08 8344 1217

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER **SUBSCRIPTION FORM**

AUSTRALIAN SUBSCRIBERS \$16.00 - 4 ISSUES

OVERSEAS SUBSCRIBERS \$24.00 - 4 ISSUES (Bank Draft only)

Please send me one years subscription of the Australian Masters Swimming Coaches Newsletter.

NAME _____

ADDRESS _____

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Please detach and send the whole page. Cheques are to be made payable to 'AUSSI' Send to AMSCN c/o 27 Johnstone St Malvern VIC 3144 Australia



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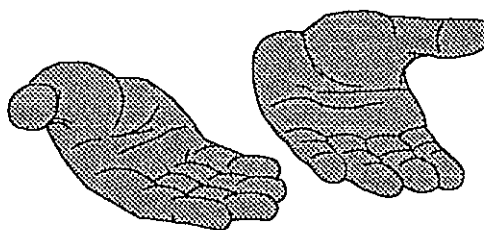
NOV

MASTERING SWIMMING **A self-help guide** **for coaches and swimmers -** **Edited by Anita Killmier**

Mastering Swimming is a book for anyone who wants to know more about swimming - coaches, swimmers and teachers alike. It is for both young and old; those who train in a group and those who train alone; those who are experienced swimmers and those who are just starting out; but most importantly it is for those who want to gain more from their chosen sport - swimming.

New Edition is now available RRP \$29.95

Cheques including postage and handling payable to ;
 AUSSI
 c/o PO BOX 207
 Marleston SA 5033



WANTED

Contributions such as letters, up coming events, club profiles, sample training sessions, poems etc..

DEADLINE FOR NEXT ISSUE
 November 1