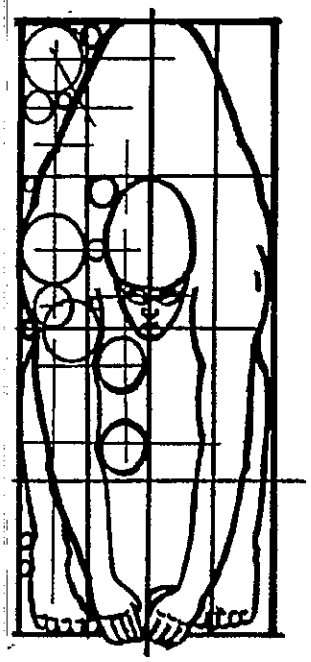

AUSTRALIAN MASTERS S /IMMING COACHES NEWSLETTER

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As promused in the last issue I am very late getting this newsletter out. Having arrived back from overseas late November, I got thrown into the headlong rush toward Christmas and have barely touched ground since.

I am pleased to be able to say that AUSSI had quite a good response to my ad for a new editor and Claire and Peter Reaburn have been appointed for the next twelve month period. The newsletter has been my "baby" having conceived the idea, given birth to the first issue and watched it grow through its infancy into childhood. It now stands at eight years and I am sure Claire and Peter will continue to nurture and help it to flourish.

I was pleased to receive a subscription from the US recently with a note attached saying that AMSCN was *the* newsletter which was a *must have* for Masters coaches. High praise indeed and very flattering to hear.

Claire and husband Peter are well known in AUSSI circles as participants, coaches and educators in their own right. They also publish a multi sport newsletter called "The Masters Athlete". Peter (PhD) is a lecturer at Central Queensland University and is at the forefront of research into the ageing athlete.

Earlier this year Peter and well known AUSSI identity Trish Beveridge were invited to present papers at the ASCTA Conference in Queensland. These papers are reprinted on pages 22 and 7 respectively.

Our National Coaching Director Kay Cox and Branch Directors have been hard at work reviewing the coaching accreditation courses. Kay's report of the National Coaching Workshop held in Adelaide in August can be found on page 5.

Other features include my second instalment on page 9 of "Impressions of the AIS" and an overview of the coaching course which I conducted in Sri Lanka (page 15).

"A Question of Balance" by coach Emmett Hines appears by courtesy of the American SWIM Magazine on page 18; Terry Laughlin (Heads UP! Tha Ultimate Recovery Workout Page 2) discusses the benefits of swimming Backstroke; and two very good articles which look at how to gauge whether you are well enough to exercise or not (page 4) and Sciatica (page 5) will help ensure coaches undertake safe precautions with sick or injured swimers.

This issue is rounded out with swim meet information including the National Swim in Tasmania. Entries will need to be in soon and having swum at the last Nationals held in Devonport Tasmania I can highly recommend the trip down south, not only for the relaxing and ever friendly people, but also for the spectacular scenery.

With the World Swimming Championships about to start in Perth we will be treated to some spectacular swimming over the summer season. I for one will be glued to the T.V. set.

From late February I plan to renew my acquaintance with the water in the hot, steamy climes of Sri Lanka.

Happy swimming! Anita Killmier

NEW ADDRESS

PLEASE SEND ALL CORRESPONDENCE RELATING TO THIS NEWSLETTER (INCLUDING ALL SUBSCRIPTIONS) TO;

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PO BOX 61 CQU POST OFFICE
ROCKHAMPTON QLD 4701
PHONE (07) 4926 5269

Heads Up! The Ultimate Recovery Workout

By Terry Laughlin
Total Immersion Swimming

The Backstroke's power works on more than swimmers. An obvious question that never seems to get asked. *"If hard-training athletes are forever being urged to use swimming as a recovery workout, what do hard-training swimmers use?"* Auburn University head coach Dave Marsh knows. And if his simple answer pinpoints one of the best recovery workouts you can do in the pool, perhaps it pinpoints one of the best recovery workouts for anyone.

Marsh tells his top Freestylers to turn over on their backs, following a hard training set in their main stroke. His reason sounds simple enough. *"Swimming Backstroke gives them a chance to work the kinks out of their tired Freestyle muscles with some active rest swimming."* But there are several big ideas embedded in that little prescription, all of which can work just as well for cross-trainers who want a quicker recovery from land-based workouts as they do for people who spend almost all their athletic time in the water anyway.

Understandable that Marsh has given the subject some thought. Auburn's swimmers, currently ranked second in the NCAA, cover six to ten miles of training a day - a healthy load even for a runner, never mind the swimmer, whose body interprets it as the equivalent of a marathon or more, six days a week. Add two to three weekly sessions in the weight room for good measure and it's obvious the team's recovery training had better be good. That's what the Backstroke is, and not just for swimmers.

The reason is that while Freestyle and Backstroke are both "long axis" strokes, meaning they share the same pattern of body rotation and use many of the same muscles, they use them in slightly different ways. In both you lie prone in the water and rotate the hips around the spinal or long axis while stroking with an alternate arm pattern.

And though you swim Backstroke with many of the same muscles as Freestyle, the movement is reversed, so easy Backstroke swimming can "massage" tired Freestyle muscles. The ones that were contracting are now lengthening and vice versa. Besides, in Freestyle, the simple act of breathing correctly is a technique and many people tense up if they don't have it just right. Backstroke is more relaxing for them becausethey can breathe anytime they want. On top of that, you get to loosen up and take the session with something less than deadly seriousness. A slightly sloppy stroke technique can be harmlessly brushed off a lot more easily than it could in what most Triathletes, swimmers and cross-trainers consider their primary stroke. The idea is to use "non-prime" strokes for warming and loosening, as in a recovery workout, and save your prime stroke for fast swimming with good form.

And even if swimming is just a sport for your "off" days, you can get a lot out of facing the ceiling instead of the pool bottom. If you're swimming to recover, you should know that Backstroke, thanks to its natural loosening properties, may work even better as a general recovery stroke than Freestyle. And if you're into more serious water work, say training for triathlon, open water or Masters swimming event, you undoubtedly swim mostly Freestyle and can use backstroke as a restorative just as Marsh's troops do.

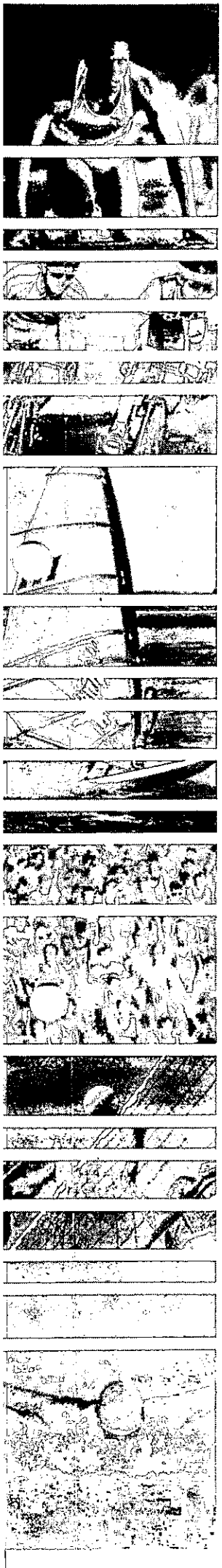
So why don't more people swim inverted if it's so great? The disconcerting sense of being upside - down and going backwards, and the difficulty in staying afloat. Both are easy to fix. Get your bearings. Use a line of tiles or lights or other markings on the ceiling to help you set a straight course. Failing that, just hug the lane line. Most pools have a set of colour pennants hanging across the pool near each end wall. Swimmers call them "backstroke flags" because they warn you that the wall is 5 yards (3 to 4 strokes) away. Balance your body on your back. On your back keep your butt from sinking by leaning on your shoulder blades and the back of your head. (This is "T-pressing" inverted.) Don't put your head back; keep your chin slightly tucked, as if you were holding a golf ball between your chin and throat. That will keep your hips near the surface and you'll ride the waves like a pro, relaxing as you go. Happy Laps!

AUSSI's Coaching Video

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

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

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



Swimming - NQ Short Course Championships

Contact Name: Pat Wright - OAM
Phone No: 07 49684533
Fax No: 07 49514959
Venue: Cannonvale State School Pool Whitsundays
Dates: 11 - 12 April
Age Groups: 9 and under, 10, 11, 12, 13, 14, 15, 16, 17 and over, Open, Disabled

Events:

9 and under	- Freestyle	50m
	- Breastroke	50m
	- Backstroke	50m
	- Butterfly	50m
	- Ind. Medley	200m
10 to 17/O	- Freestyle	100m, 200m
	- Breastsroke	100m, 200m
	- Backstroke	100m, 200m
	- Butterfly	100m, 200m
	- Ind Medley	200m
Open	- Freestyle	50m, 100m, 200m, 400m, 800m
	- Breastroke	100m, 200m
	- Backstroke	100m, 200m
	- Butterfly	100m, 200m
	- Ind Medley	400m

Sports Levy: $2 per event (this includes games levy)
Please send Nomination Form to:
Pat Wright - OAM
PO Box 436 MACKAY QLD 4740

Swimming - Open Water

Contact Name: Jennie Mack
Phone No: 07 49512548 (h/w)
Fax No: 07 49575354
Venue: Kinchant Dam, Via Mackay
Dates: 13 April - Start 10.30
Age Groups: 12 & U/14, 14 & U/16
16 & U/18, 18 & U/20
Masters Age Groups
(As per swim events)
Events: 2.5km & 5km Open Water Swims
Remarks: Water temperature is anticipated to be 24 degrees celsius. Swimmers who cannot complete swim in 150 mins are advised not to enter.
Minors need written parental consent. Medals given to each age group and Trophies.
Sports Levy: $15 per swimmer
(Please add Games levy - $4 per person)

SWIMMING - OPEN WATER cont.

Swimming - Open Water cont.

Please specify distance (eg: 2.5km or 5km) on Nomination form.
Please send Nomination Forms to:
Sports Director
Suncorp NQ Games
2 Beaton Street WEST MACKAY QLD 4740

Swimming - Master

Contact Name: Jennie Mack
Phone No: 07 49512548 (h/w)
Fax No: 07 49575354
Venue: Day 1 and 2 - Mirani Olympic Pool
Day 3 - Kinchant Dam
Dates: 11 - 13 April - Day 1 and 2
Warm Up 10.30am
Start 11.00am
Day 3 - 10.30am - Open Water
Age Groups: 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84
Age determined as at 31st December 1998

Events (events are numbered):

Day1	**Day 2**
1. 1500 Backstroke	11. 800 Butterfly
2. 1500 Breaststroke	12. 800 Backstroke
3. 1500 Freestyle	13. 800 Breaststroke
4. 50 Backstroke	14. 800 Freestyle
5. 50 Butterfly	15. 800 Ind Medley
6. 200 Backstroke	16. 200 Freestyle
7. 50 Breaststroke	17. 200 Breastsroke
8. 100 Freestyle	18. 200 Ind Medley
9. 200 Butterfly	19. 100 Butterfly
10. 50 Freestyle	20. 100 Backstroke
	21. 100 Breaststroke
	22. 400 Butterfly
	23. 400 Backstroke
	24. 400 Breaststroke
	25. 400 Freestyle
	26. 400 Ind Medley

Remarks: A Limit of 5 Individual events per competitor.
Restriction: One only 1500m event and two only 800m events.
Medals given for each event.
Sports Levy: $25 for Five pool events.
(Please add Games levy - $4 per person)

AUSSI Masters Swim Club Members please send pink and blue entry cards to:
Sports Director Suncorp NQ Games
2 Beaton Street WEST MACKAY QLD 4740
Non Registered swimmers please list events and times on Nomination Form, or include a separate page and send to the above address.

Exercising - or not - When You Are Sick

By William A Primos, Jr, MD with James R Wappes
Reproduced with permission by ASCTA from US ASCA Newsletter, Volume #96 Issue #7

You're not feeling great. You have a sore throat, stuffy head and runny nose. But you feel like you could maybe log a few road miles. Should you?

Whether you're a low key exerciser or a competitive athlete, knowing when to work out if you don't feel well can be difficult. When you have an infection such as a cold, 'stomach flu,' or contagious skin condition, you (and, often, your doctor) need to decide how exercise might affect your health, your performance and the health of others. Of course, it's also good to avoid infection in the first place.

Should you play on?

The first question to ask your infected body is if you need to push it. When your body is fighting an infection, your performance and fitness benefits will be less than optimal, so why bother? missing a few days of training is not the end of the world and it may even be a better option. And if you're a competitive athlete, taking yourself out may be the best thing for the team.

Sometimes, though, physical activity helps you feel better. For example, working out can sometimes temporarily clear a stuffed-up head when you have a cold.

So, if you think exercise might help, or if you can't bear to miss a workout, do a "neck check" of your symptoms. If you symptoms are located 'above the neck' a stuffy or runny nose, sneezing, or a sore throat for example, then exercise is probably safe. But start at half speed. If you feel better after 10 minutes, you can increase your speed and finish the workout or game. If you feel miserable, though, stop. On the other hand, your 'neck check' may reveal 'below the neck' symptoms. Avoid intense physical activity if you haveany of these symptoms: muscle aches, hacking cough,fever of 100°F or higher, chills, diarrhea or vomiting. Exercising when you have below-the-neck symptoms may mean at best, that you will feel weak and dehydrated. Worse, you may risk such damgerous conditions as heatstroke (dangerously high body temperature) and heart failure.

You can resume exercising when below-the-neck symptoms subside. however, when recovering from an illness that prevented you from working out, it's important to ease back into the exercise gradually. A good rule of thumb is to exercise for two days a lower than normal intensity for each day you were sick.

Stop the spread.

if you are on a team, an additional concern is whether you will infect others. And if you're healthy, you may wonder about someone else infecting you. For common illnesses like a cold, practice common sense hygiene like washing your hands frequently and directing coughs and sneezes away from others.

Some infections though are readily spread in sports and require athletes to be sidelined while they are contagious. Two such conditions are measels and herpes simplex (a virus that often causes cold sores or blisters and is transmitted via skin to skin contact such as wrestling). If you may have such an infection, see a doctor for treatment and information about when to resume sports.

Other conditions can also spread readily. So in addition to regular hygiene, athletes need to refrain from sharing water bottles and towels. Infections have been know to pass to other athletes via both routes.

You should also be properley immunized against diseases such as measels, mumps, tetanus and rubella. Also, some athletes may benefit from an influenza vaccine. Ask your doctor what immunizations you need.

Common Cold, Common Sense

As is often true, deciding to exercise when you are sick largely involves common sense. Taking precautions about spreading infections and listening to your body can go a long way in getting you back into action without serious problems.

DIAGNOSIS
Sciatica

What is it?

Sciatica describes what happens when the sciatic nerve is irritated by something pressing on it. This huge nerve innervates the skin, muscles and joints of the leg. It sprouts from the spinal cord just above the pelvis and is formed from a series of nerve roots that poke out through the narrow channels of the muscle and bone that protects the spinal cord.

"Swelling and damage to the bone caused by ..... arthritis may cause sciatica, as may some cancers..."

What are the symptoms?

Pain is by far the most irritating symptom of sciatica. Typically, it is felt low in the back and radiating down the back of the leg. Pain in the buttock on the affected side is common, as is pain spreading down to the hamstrings and into the calf muscles. Longstanding or severe compressions of the sciatic nerve roots will cause leg muscles to weaken and wither, and numb patches to develop on the skin.

What is the cause?

Sciatica is nearly always caused by a lower back injury. Lifting something heavy may damage a vertebral disc and cause its pulp to protrube and push into the sciatic nerve roots. Over the years, the vertebral bones, joints and siscs wear down, forming bony protruberabces that may start pressing onto sciatic rootlets. Swelling and damage to the bone caused by osteoarthritis and rheumatoid arthritis may cause sciatica, as may cancers, but much more rarely. Aggressive prostate cancers can sometimes spread to the lower back, causing sciatica. breast cancer also spreads to bone and is an even rarer cause.

How do you test for it?

A simple physical examination will usually diagnose sciatica. Bending forward at the hip often reproduces pain down the leg: as will lifting up your leg, knee straight, flexing at the hip. Sometimes a simple x-ray will show narrow disc spaces, or arthritic changes, but to find exactly where the nerve is being irritated, a CT or MRI scan is best.

What is the treatment?

A damaged disc will eventually shrink and heal. Physiotherapy or chiropractic treatments can help strengthen muscles. Anti-inflammatory medication and acupuncture can help reduce the swelling and speed the healing process.

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 September 23-29 1997.

Coaching Director's Report
National Coaching Workshop - Adelaide August 30-31 1997

This was a vary successful 2 day event in which Branch Coaching Directors who were involved in, or planning to be involved in the conduct of coaching accreditation courses were brought together to participate in a review of our courses. It was two days of heads down, furious thinking, sharing ideas, appreciating differences between branches and friendly debate. Several other aspects of the coaching portfolio were discussed and these included;

- standardisation of coaching courses
- development of course resources
- updating guidelines
- the Coaching Newsletter

There was general agreement that the coaching newsletter should be continued in its own right and that the National Newsletter should be an insert to give coaches and swimmers information on national issues. It was alos suggested that the Coaching Panel set guidelines for the Coaching Newsletter and oversee the production.

Much of the workshop was spent discussing the guidelines for course requirements and application for re-accreditation of Level 1M which is due on January 31st 1998. The Level 2M is due for re-accreditation in September 1998. The Level 1M needs to be re-written in the competency based framework. The content of Level 1M was re-

(Continued on page 8

The Rules

(Continued from page 11)

breathing side, but not enough on their non breathing side. If the swimmer has excessive head movement you can combine using a snorkel with balancing an object on the back of the head.

****

THE RULES

1. The female always makes the rules.
2. No male can possibly know all the rules.
3. The rules are subject to change at any time without notification.
4. If the female suspects the male knows all the rules, she MUST immediately change some or all of the rules.
5. The female is never wrong
6. If the female is wrong, it is a flagrant misunderstanding which was a direct result of something the male did or said.
7. If rule 6 applies, the male must apologise immediately for causing the misunderstanding.
8. The female can change her mind at any given point in time.
9. The male must never change his mind without written consent from the female.
10. The female has every right to be angry or upset at any time.
11. The male must remain calm at all times, unless the female wants him to be angry or upset.
12. The female must under no circumstances let the male know whether or not she wants him to be angry or upset.
13. Any attempt to document these rules could result in bodily harm.
14. If the female has PMS, all the rules are null and void.

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.

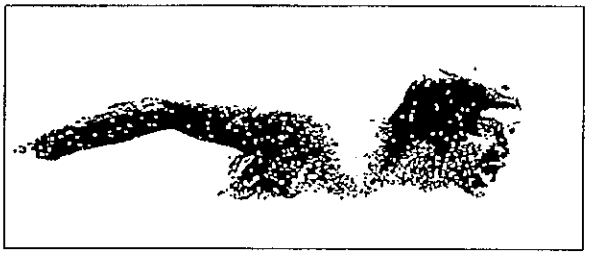
If you have re-subscribed, requested an issue but not received it, it means I have run out of the over runs and will not be printing anymore. Your subscription will begin with the following issue.

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

ANNUAL SUBSCRIPTION

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

Don't forget to send it to the new Address listed on the back page.



Motivating the Masters Swimmer

By Patricia Beveridge

The following presentation was made at the ASCA 1997 Conference.

We all need motivating. Whether it be for the intrinsic rewards i.e. that good feeling you have inside that's telling you what you are doing is good for you and heightens self esteem, or the extrinsic rewards of say, medals, certificates, trophies or sponsorship.

No doubt some of you will find that just by attending this conference will recharge your batteries for the coming season of coaching. Some procedures will not be new to you but will reinforce your useage of them as being correct and "on track", whilst others may be new and readily acceptable to your particular masters programme.

My swimmers could always tell when I had attended a workshop or seminar much to their regret, as I was always keen to try out newly learned drill or programs. Some ideas worked for me and some were always filed away to be tried another time.

My colleagues Kay and Peter, have already outlined material explaining types of swimmers you are likely to come across in your masters program and how best to train them so you must admit that you will have to spread your talents for motivation over a variety of personalities, needs and ambitions.

Today I would like to outline some of the products that AUSSI provides as incentives to its members and coaches with, as motivational tool to "encourage adults regardless of age or ability to swim for fitness and fun" which is the ideal motto of AUSSI Masters Swimming in Australia.

I will now quickly outline:
The National Club ChampionshipSwim
The Aerobic Trophy
The AUSSI National Awards
The Super Sets

The National Club Championship Swim

For those of you who are interested in competition the National Swim provides the opportunity to match your swimmers against interstate (and international) swimmers at the NAtional Swim. Swimmers compete in set events, seeded according to times submitted by the swimmer or coaches so that athletes are competing against swimmers of similar standard. A good 62 year old male swimmer could be swimming against younger men or women however, his time would be entered into the computer for his competitive five year age group i.e. 60 - 64 year old men.

Points are calculated according to first, second third etc. from 10 points through to 2 points for ninth place with all remaining competitors reeiving one point for entering, swimming and completing the rce free from disqualification. No points for disqualified swimmers. Competitors select from a program of up to 13 events but may only swim in 5. On completion of all events the points are tallied together to give an overall champion who receives the gold, second the silver and third the bronze.

It is amazing how sought after these medals are despite regularly approaching the membership for feedbackon the system. If anything they are keen to introduce more medals i.e. for each event as is the current practice with the Masters Games Swims.

World, National and Branch records also provide motivation for the highly competitive swimmers and a National Top Ten in every distance and every stroke is compiled anually upon submitted times from the Branches.

Another component of the National Championships is an Open Water Swim. Distances of 3km to 5km and even 10km may be undertaken and is pre set by the organising committee prior to the running of the meet.

(Relay events are also held using the *combined* ages of the swimmers in the team. Age goups are in 40 year categories such as 80+, 120+ etc.. Relay events include the standard Womens or Mens Medley and Freestyle, but with the interesting addition of mixed events which have 2 women and 2 men in them.

The National Club Championship Swim also awards trophies to the highest scoring club, the runner up, and the highest scoring club outside a 100km radius of the meet. Ed.)

The Aerobic Trophy

The National Aerobic Trophy is offered as an alternative to competition, to encourage all swimmers to improve their fitness and endurance. Point scores and times have been compiled for all strokes over distances of: 50m; 100m; 200m; 400m; 800m; and

1500m plus a half hour; three quarter hour and one hour swim, with the exception of Butterfly and Individual Medley which are performed up to 800m.

The aim is to promote aerobic fitness by providing an incentive (in the form of club points) for members to swim longer distances. In this way, due recognition will be given to the aerobic fitness aspect of swimming, as points are awarded according to relative degrees of fitness.

A trophy is awarded each year to the club scoring the highest number of points gained by its members and the "Tassie Award" calculates the highest average points per registered member each year. (This award is a stop watch.)

Individual highest point scorers are awarded a National Certificate but they must have gained top points in all swims i.e.

- 5 x 400m and 800m Freestyle, Breaststroke Backstroke,Butterfly and Individual Medley in seperate months;
- 1 x 1500m Freestyle, Breaststroke and Backstroke
- 1 x half hour Freestyle; Breaststroke and Backstroke
- 1 x one hour Freestyle, Breaststoke and Backstroke

So you can see that those people who are interested in participating in this particular scheme can build their distances over a period of 6-12 months as well as their speed. It serves as a great early season build up to those swimmers who have peaked for the National Swim to get back in the water instead of taking time off before the next National Swim.

The AUSSI National Awards

Award patches are available for all the above distances plus a 3000m and 5000m. A one million and three million metre badge is also available and serves as an incentive for swimmers to keep a log book of their training, and keeps interest over a year or two or ten, depending on how often and how long to swim for. Sone interclub competitions are held over the 3000m distance for T-Shirts, certificates or as fundraisers within the clubs themselves.

Super Sets

This was trialled as a means to involve swimmers who perhaps have no "on deck" coach or who coach themselves to get interested in interval training. Groups of sets of 100m swims only in Freestyle were compiled where self-testing each week or month to up grade oneself to a higher level (i.e. more repeats at a faster pace and shorter rest) until you get the "super set". Times are also based on age.

Conclusion

Well I hope that this will give some ideas to take back to your squads as well as introducing myself and my area of experience within Masters Swimming. Thankyou.

(Continued from page 5)
viewed and each delegate was given the responsibility to review at least one topic to be returned to the National Coaching Director for incorporation into the final document. The reviewed course will be very different in approach to the previous course and it means some philosophical and organisational changes by the people conducting courses.

I was very pleased with the progress made at the workshop and with the contributions from everyone concerned. I hope our submission for re-accreditation will be a painless one. The idea of a joint workshop seemed to work well with combined sessions that allowed interaction and questions between the groups with suggestions of how each group could contribute to the others area.

It is hoped that with experience gained from the workshop, Branch Coaching Directors who attended will be in a better position to conduct courses in their Branches and this be on a more consistent basis. It is gratifying to know that we have some very dedicated and hardworking people in AUSSI and I am pleased to report that the majority of reviews have been returned for me to collateand finalise the document.

My thanks to the Board and the Management Committee for their support for this event and special thanks to our National Executive Director Ivan, for his administration and organisation of the venue, accomodation, travel etc..

Kay Cox
National Director of Coaching

Having trouble convincing your Triathletes, novice or fitness swimmers to swim anything other than Freestyle?

According to Steve Tarpinian in the latest issue of SWIM Magazine (Sept/Oct 97 Page17), there are many benefits to using other strokes in training. These include;

- Developing a better 'feel' for the water which should enhance technique in their preferred stroke
- Helps provide greater variety thus staving off staleness and boredom
- Breastroke and Backstroke can be used in some open water situations.

Perhaps the greatest benefit not mentioned in the article is in prevention of overuse injuries.
See article on the benefits of Backstroke on page 2.

Impressions of the AIS (Part 2)

Last issue (August Page 25) I described many of the novel approaches currently in use by the swimming coaches at the AIS in Canberra

These included;

- a 'hip rotator belt' (see add elsewhere in this issue)
- tied sponges pulled along on a rope, in turn attached to the swimmer
- an on deck power rack
- tiered steps to improve dives
- board paddling in the pool to focus on technique
- land exercises
  1. weight training
  2. dry land aerobic circuit which incorporated the use of a 'Medi Ball' and
  3. karate sessions involving 'Pilates' tech niques with the Medi Ball

These last 2 land sessions are an attempt to develop a swimmers 'kinaesthetic' feel, the benefits of which may flow over into the swimmer's technique in the water, and perhaps provide that added edge to make it in the international arena.

'Kinaesthesia' is an area that I am currently exploring and believe the benefits to the swimmer throughout their life are potentially huge.

By definition (Collins Concise Dictionary) **kinaesthesia** is "the sensation by which bodily position, weight, muscle tension and movement are perceived."

Generally, top swimmers display some, if not all of the following characteristics;

- trainability
- work ethic
- above average flexibility
- good power to weight ratio
- positive mental attitude
- great technique
- natural talent

Natural talent is a somewhat obscure and indefinable characteristic. So why are some athletes more naturally talented than others?

"So why are some athletes more naturally talented than others?

The answer lies in kinaesthesia."

The answer lies in kinaesthesia.

Top swimmers have a heightened sensitivity to the subtle nuances of water flow around their body. It is this added dimension of awareness that allows the swimmer to translate those sensations into minimizing resistance and maximising propulsion more effectively than others.

Central to this 'talent' is balance through core trunk strength. Swimming (and indeed most sports) relies on power being generated through the trunk . This power then radiates out to the extremities (in this case, the hands) which then have to apply that power.

An appropriate analogy here is that of a tree. The stronger the trunk, the more solid the base and the greater the likelihood of the branches being able to support a greater load (weight).

The Medi Ball is a large rubber ball that is used principally by physiotherapists for rehabilitation purposes, but is finding increasing favour in the sporting community. It improves a persons sense of balance and coordination, works on greater control of the trunk muscles and improves core stability.

Similarly, Pilates is a revolutionary technique developed for ballet dancers over 60 years ago by Joe Pilates. It is a series of exercises integrating mind and body which concentrate on centering, control, precision, flowing motion and breathing - all skills needed for swimming.

Once certain floor exercises have been mastered, the athlete progresses to a series of exercises on special spring loaded machines.

Both systems work toward similar ends, though they achieve it through different means. Both work on developing improved posture, and both can be used as part of an injury prevention programme.

Kinaesthetic awareness in part can be developed and enhanced by the coach with clever and innovative approaches in the pool and on the land.

Try these ;

- Blind swims. Make sure you know how many strokes you take in a lap before trying this exercise and ensure the lane is empty first.

Continued page 11

DANCE MEDICINE AUSTRALIA.
ORMING ARTS TREATMENT & REHABILITATION CENTRE.

316 Malvern Rd. Prahran, Vic, 3181
Tel: 525 1566 (All hours)

THE PILATES SYSTEM

Pioneered by Joseph Pilates (PIL-AH-TEES) in the 1920's, this unique programme of exercises has been behind many of the world's best known performers for many years. Some of the greatest names in the dance and theatre world in particular have relied on the system to maintain themselves not only during injury but also as adjunct to their often heavy training and rehearsal schedules. Athletes are also well represented on the list but it is only in the last decade that Pilates has been "discovered" by the medical community as a legitimate form of high level rehabilitation for injury management. This is partly due to the success of centres such as St Francis Hospital Centre for Sports Medicine Dance medicine division in San Francisco. In these settings the programme can be safely tailored to suit injured athletes and dancers. In fact Dance Medicine Australia is the first such centre in Australia and one of only a handful in the world to offer the Pilates programme within a fully integrated multi-disciplinary sports medicine hospital setting.

SO WHAT IS PILATES? The technique revolves around a series of exercises performed on the "reformer", a horizontal platform with a sliding carriage controlled by springs and pulleys on which the person sits, stands or reclines. The number of springs attached determines the resistance given to the exercise hence the strength, and more importantly the control, necessary for the exercises. The advantage is that all major muscle groups can be worked on the one machine in patterns that are "functional", that is using the entire body as it should be used. This builds a co-ordinated, efficient strength unlike traditional weights and isokinetics which concentrate on single areas. The body never works one muscle at a time, neither does Pilates. Because high repetitions and low weights are used we see "lengthened" muscles with usable strength through their whole range rather than short, bunched muscles from inappropriate training. Other pieces of simple apparatus enhance the method further and were a hallmark of Joe Pilates.

STABILISATION: At the moment there is a growing body of important research being carried out here in Australia into the training of "proximal control" and "pelvic stabilisation'. The scientists are out to prove this as an important factor in minimising injuries and improving efficiency. This research has been a milestone in quantifying the basis of the system and was recently presented at the Dance Medicine and Science Conference in New York, providing the medical world with the first concrete research that advocates use of a programme such as PILATES.

At Dance Medicine Australia we use PILATES in two main ways:-

(1) **PREVENTATIVE/SUPPLEMENTARY TRAINING** - As an adjunct to normal training it will help improve performance and correct muscle "imbalances" by using those muscle groups not normally involved in every day activities and exercise, but crucial to achieving maximum efficiency. The worlds top athletes supplement their training and know the importance of complementary exercise. Prevention is the best form of cure as a correctly trained body will be less injury prone. Adolescents using the programme during their growing years will benefit greatly. This ties in with research into children and may well see less injuries in future generations.

(2) **REHABILITATION** - "Rest" does little to cure problems. Sports medicine research shows us that the majority of injuries respond better and faster to medically supervised exercise programmes and treatment than sitting around doing nothing at all. Rehabilitation of injuries these days has become much more pro-active and aggressive and we see the amount of time lost due to an injury being massively reduced. Knee reconstruction's that used to take 12-18 months, even longer before they were back at full capacity are now seen in many cases, at full activity in 4 months. The PILATES programme is excellent for post injury exercise and an invaluable tool for physiotherapists in identifying the underlying cause of a problem, something that "resting" an injury will never do. At the same time muscle strength and tone in the rest of the body is maintained and kept functioning at as high a level as possible.

GENERAL BENEFITS - Improved posture and flexibility. Increased muscle strength and length. Firmer and flatter stomach muscles. Better centre and breathing control. Greater resistance to injury. Overall body toning .

With Pilates, your body is not only strengthened but you will also learn how to function with far better efficiency and ease.

So whatever your age or level of fitness the **PILATES** programme can be tailored to suit your needs.

Calendar of Events

1998

Jan 28-31	World Winter 'Masterathlete' Games Swimming OTTAWA, Canada
Jan 31-Feb 8	NZ Masters Games DUNEDIN, NZ
March 12-14	AUSSI National Swim HOBART Tas
March 28	Victoria AUSSI Long Course Championships. MELBOURNE Vic.
April 15-19	Australasian Public Sector Games MELBOURNE Vic
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
Oct 31-Nov 1	Asia Pacific Masters Games Swimming - GOLD COAST QLD

1999

May 13-16	AUSSI National Swim DARWIN NT
Oct	Australian Masters Games ADELAIDE SA

2000

July 27-Aug 8	FINA World Masters Swimming Championships MUNICH Germany.

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

AMSCN:
PO Box 61 CQU Post Office
Rockhampton
QLD 4701

Deadline Next issue Feb. 1 1998

(Continued from page 9)

Close your eyes and swim down the pool counting your strokes as you go. Can you swim straight without peeking? Open your eyes with approximately 2 strokes to go open your eyes. Once you have done this enough times and you are no longer scared, try focusing on the sensations you are experiencing. By eliminating your most dominant sense (sight) you are forced to focus on the other remaining 4. Think how alert you become in a darkened bedroom when you are alone at night and hear an unusual sound.

- Balancing a cup. Try swimming Backstroke with a partially filled cup of water on your forehead. (About 2 centimetres in the bottom of a disposable cup - a great way to recycle too!) It is amazing to see how careful swimmers are on this exercise and how proficient they can become - over time.

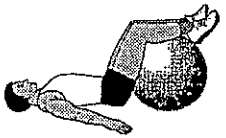
- Fist swims. Try alternating laps swimming with your hands clenched in a fist, with hands open. There are a myriad of different permutations on this theme such as swimming 4 strokes with a fist (4F) then 4 strokes with hands open (4O); 3F/3O; 2F/2O; 1F/1O etc. The important point to remember is that the surface area pulling against the water does not diminish significantly by closing the hand, so the stoke count should remain similar whether the hands are open or closed. With closed fists, the swimmer should focus on using the forearm as the pulling surface.

- Try swimming sets of the following;
  50m - right hand with paddle, left hand without.
  50m Left hand with paddle, right hand with out
  50m both hands with paddles
  50m both hands without.
  While you may never get the same amount of pressure on the hand that does not have a paddle, the idea is to compare the two sur faces and get the non paddle hand to try to hold as much pressure as possible throughout the entire stroke.

- Swim Freestyle with a snorkel (preferably a front mounted one that doesn't get in the way of the arm action). Work on keeping the head very still (in the same way as baancing a cup on Backstroke) and incorporate drill of side kicking with full stroke kicking. Aim to get the same amount of longitudinal rotation through the shoulder and hip on one side as the other. Most swimmers rotate on their

(Continued on page 6)

SUPINE HIP EXTENSIONS

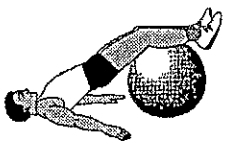


PRIME MOVERS: Gluteus maximus, hamstrings

MAIN STABILIZERS: Spinal extensors, obliques, hips, arms (when on floor at sides)

JOINT ACTION(S): Hip extension

STARTING: Supine with elevated legs. Hands are resting on the floor at your sides or crossed over your chest. The ball is supported under flexed knees.



EXECUTION: Slowly extend your hips, lifting them off the floor until fully extended. Pause at the top of the movement, then slowly return to start.

TECHNIQUE TIPS: Your weight is supported across the shoulders. Avoid pressing the cervical spine into the floor. Initially press your arms down against the floor to assist with balance and stabilization. After becoming more skilled, perform the exercise without using your arms. Maintain neutral posture in the lumbar and cervical spine throughout. Avoid pushing up with momentum or excessively arching your back.

LEVEL 2: This time the ball is supported under the calves. Perform hip extension as above. Hands may be placed on the floor, or crossed over the chest. Leg width may also vary, with a narrower stance being more challenging. This exercise requires more strength and stabilization.

LEVEL 3: This time the ball is supported under the feet. Perform hip extension as described in Level I. Hands may be placed on the floor, or crossed over the chest. Leg width may also vary, with a narrower stance being more challenging. This exercise requires more strength, balance and stabilization than the Level I & Level II variation.

SIDE LYING LATERAL FLEXION

PRIME MOVERS: Internal and external obliques, rectus abdominus, erector spinae, quadratus lumborum

MAIN STABILIZERS: Neck, supporting hip and leg

JOINT ACTION(S): Lateral trunk flexion

STARTING: Sidelying position with bent leg. Place the fist of your bottom arm at your temple, and lightly rest the top arm on the front of the ball. Allow the trunk to lateraly flex slightly and round over the ball.

EXECUTION: Laterally flex and lift the trunk slowly, pulling the ribcage down toward the hip. Pause at the top of the movement, and then slowly return to starting position.

TECHNIQUE TIPS: Maintain neutral alignment of the hips, not allowing the top hip to roll front or back. Avoid laterally flexing the cervical spine or letting the head tip to the side. Let the supporting arm assist with balance, but avoid pushing the body up with the arm. As you laterally flex, press the bottom hip and side of the torso into the ball for added stabilization.

LEVEL 2: Begin in a sidelying position as above. Place both fists at your temples, elbows to the sides. Laterally flex the spine as described above. Maintain neutral cervical alignment through the exercise. This exercise requires more strength, balance & postural stabilization than Level I.

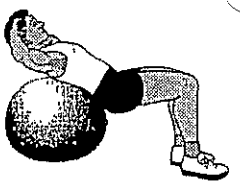
LEVEL 3: Begin in a sidelying position with extended legs. Scissor one leg slightly front and the other leg slightly back for balance. Place your arms in either of the above described positions. Laterally flex the spine as described in Level I. Maintain neutral cervical alignment throughout the exercise. Adjust the width of your scissored legs for comfort and to facilitate balance. A narrower width is more challenging than a wide scissor. This exercise requires more strength, balance and postural stabilization than the Level I & Level II variation.

SUPINE TRUNK CURL

MOVERS: Rectus abdominus, internal and ex)bliques

MAIN STABILIZERS: Neck, hips, legs

JOINT ACTION(S): Lumbar spinal flexion



STARTING: Supine incline position with arms crossed over the chest or fists placed at your temples.

EXECUTION: Slowly curl your trunk, letting your shoulders and upper back lift off the ball. Return slowly to starting position and neutral posture.

TECHNIQUE TIPS: Curl your trunk by pulling the bottom of your ribcage down toward your hips. Avoid pulling on the head or neck. Return to neutral posture between reps.

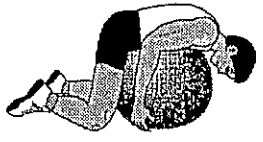
LEVEL 2: Begin in the supine incline position as above. Walk your feet backward, letting the ball roll down your back until it is centered under the lumbar spine. Your trunk is now more parallel to the floor. Either place your hands behind your head, or place your fists at your temples for more neck stabilization. Curl your trunk as described in Level I, then slowly return to starting position. This exercise requires more abdominal strength, balance and postural stabilization than the Level I variations.

PRONE TRUNK EXTENSION

PRIME MOVERS: Lumbar spinal extensor group

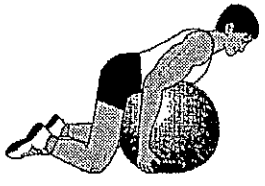
MAIN STABILIZERS: Neck, obliques, hips

JOINT ACTION(S): Lumbar spinal extension



STARTING: Prone with trunk support. Your arms at your sides or wrapped around the ball. Flex your spine slightly so your trunk is rounded over the ball.

EXECUTION: Slowly extend the spine, lifting your chest slightly off the ball until the spine is straight or slightly extended. Return slowly to starting position.



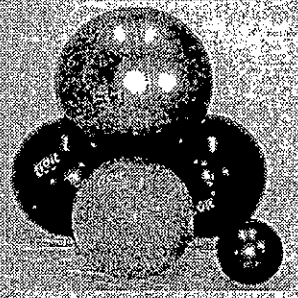
TECHNIQUE TIPS: Lift the chest using the spinal extensors, rather than pushing up with your arms. The neck should remain in neutral position. To find and maintain neutral cervical position, place one fist under your chin, and perform the exercise without lifting your chin off the fist. Avoid excessive hyperextension of spine.

LEVEL 2: Begin in the prone position with trunk support. Place your hands in front of your forehead or your fists at your temples for more neck stabilization. The spine flexes slightly as your trunk rounds over the ball. Extend the spine as described in Level I. This exercise requires more strength and balance than the Level I variation.

LEVEL 3: Begin in prone position with hip support. Use the arm variations above or for additional challenge, reach over your head, keeping the biceps close to your ears. The spine flexes slightly as your trunk rounds over the ball. Extend the spine as described in Level I. This exercise requires more strength and balance than the Level 1 or 2 variations.

IMPORTANT - PLEASE READ

Each of the these exercises has two to three intensity or complexity variations. Level I variations are described first and are the easiest to perform. When you're able to perform the Level I exercises with control and proper postural alignment, then proceed to the Level 2 and Level 3 variations.



mediBalls are now available in 4 sizes 45cm, 55cm, 65cm and 75cm diameter, and a variety of colours. They will support over 400 kg.

MEDIBALLS

MediBalls are PVC air-filled balls used for improving strength, flexibility and balance. Originally used for physical therapy to treat orthopaedic and neurological disorders, mediBalls are quickly rolling their way into the world of the general public as an adaptable piece of exercise equipment.

80% of us will experience some kind of back pain in their life. Now with, mediBall, bad posture, poor body mechanics and inflexibility can be replaced with proper conditioning and balancing of trunk musculature. This minimizes spinal stress by strengthening and stretching both anterior and posterior muscle groups.

PREPARING YOUR MEDIBALL


3 Litre Foot Pump

You can inflate your mediBall using a foot pump or tyre compressor found at most service stations ● First remove the plug that comes with the ball - it may be tight but you can pull it completely out ● No special valves are required - just hold the nozzle over the inlet hole and inflate ● When inflating your mediBall for the first time, it is important to inflate the ball 10cm less than the diameter indicated on the ball and leave it for 24 hours before inflating to the recommended size ● To inflate the ball easily to its maximum size you can soften the plastic in very warm water ● Your mediBall comes with a stopper ● Once you are comfortable with the inflated size use the supplied stopper for an airtight seal ● Adjust the inflation so that when you sit on the mediBall your hips should be 3cm to 5cm (1½ to 2 inches) higher than your knees ● Just add or let out air until you get your most comfortable sitting position ● Your mediBall has been especially developed for health related purposes and using any form of substitute may be ineffective and potentially dangerous ● Contact your mediBall supplier for any further information.

CARING FOR YOUR MEDIBALL


Advanced Exercises

MediBall will hold up to 400kg and is made of non-toxic materials ● Keep out of direct sunlight as the air will expand and may burst the ball ● WARNING: KEEP AWAY FROM SHARP OBJECTS OR HEATERS, ESPECIALLY WHEN SITTING ON YOUR MEDIBALL ● Keep the floor clear of tacks, pins etc ● Clean your ball with a damp cloth and a little eucalyptus oil ● If your ball gets a small puncture - locate by using a wet soapy cloth and look for bubbles ● If you start to lose air from your ball - it should not need air for 6-8 weeks, just use a little 'blue tak' around the plug to ensure an airtight seal ● Repair with a water bed repair kit for pin holes etc ● Large tears or burns do not repair satisfactorily and it is NOT recommended that a repaired mediBall be used as a chair or as a body support during exercise.

DYNAMIC SITTING

With your ball inflated as described, sit carefully a little in front of the top with your legs spread slightly and one heel tucked against the ball ● Start by sitting near a chair or some stable structure for balance - mediBall stimulates the sensory nerves which control your balance ● However like riding a bicycle, once you get the knack - its easy ● Practice in front of a mirror to check your posture - head upright, shoulders back and sitting upright ● Get someone to check your posture - don't be embarrassed - mediBall lets you discover yourself ● Sit just in front of centre - not right on the top ● Gently bounce up and down, making sure to keep your bottom on the ball and your feet on the ground. It is quite uncanny how such a small movement can feel so good ● This will be your first experience of what many thousands have already discovered ... **dynamic sitting** on the mediBall is fun ● We recommend that you start with 15-20 minute periods - you will be surprised how tiring it can be, to begin with! ● The secret to dynamic sitting is that it allows movement when seated - indeed, the muscles associated with good posture and an injury free back are actively worked when seated on the mediBall

Coaching Course in Sri Lanka

By Anita Killmier

An I.O.C. Olympic Solidarity Coaches Clinic was recently held in Sri Lanka by Australian Level 2 coach Anita Killmier. Her impressions are outlined in the following article.

How did I get selected to run this clinic?

When N.A.A.S.U. (National Amateur Aquatic Sports Union of Sri Lanka) gained funding for a coaches clinic through their National Olympic Committee, they approached Ralph Richards at Australian Swimming Inc. to recommend an appropriate coach to run the clinic.

My husband coincidentally had been transferred to Sri Lanka in July to head up the ANZ Grindlays Bank in Colombo, and Ralph had heard that I would be moving there in the new year. We thought it would be a perfect opportunity to work with the coaches and if they liked me, more work could eventuate.

My trip coincided with the Sri Lankan National Championships which were held at the picturesque Sugathadasa Stadium. Sugathadasa, built in 1991 for the South Asia Federation Games was the venue for the Coaches Clinic and boasted an international standard 50m pool, diving pool and teaching pool.

The Nationals were held over 2 days and Open events were combined with Age Group and Diving events. This format gave 'breathing' space for swimmers between races. In terms of ability, the meet would have equated to a bit below our State Country Championships. Numbers were low, there were no qualifying times and some events only had one swimmer competing. Medals were awarded to first placegetters only, with certificates for second and third placegetters. A far cry from the World Selection Trials in Brisbane that I had been to just a few weeks before!

The clinic began on October 27th with the customary candle lighting ceremony and 30 participants. Coaches had to apply and were selected to attend. Over half were from country areas called 'outstations". Facilities in these outlying areas are very primitive with roped off areas in a river or the sea being the norm.

Only a handful were fluent in English and it was quite an experience to work with translators. I had two - Rizwie Zain and Ranil Goonasena. Both are experienced coaches who have studied in the US (Ranil had 6 months with John Leonard) and each has a swimmer on scholarship in Australia arranged through the High Commission in Sri Lanka. The swimmers are here for three years in an effort to qualify for the 2000 Olympics. Both are training in Melbourne with Buddy Portier and Bill Nelson.

With approximately 50 hours of contact time the clinic was similar in content to a Level 2 Course, with an exam at the conclusion. The feedback at the end was very positive and I had many coaching offers extended to me as a result.

N.A.A.S.U. is run almost entirely with volunteers, though there is a paid secretary. There is no Coaches Association nor any accreditation courses for teachers or coaches. Anyone can teach or coach. However what the coaches may lack in experience, they more than make up for with enthusiasm and a desire to learn.

A fledgling Masters movement fell by the wayside a few years ago, Triathlons are only heard about,

and there is only one blue water swim of 2km held each year north of Colombo. (I am told by a former Lorne Surf Club member who is now a Colombo resident that the beaches are the best in the world. I have yet to verify this!)

With the current civil war in progress there are many war veterans who have disabilities. There are at least 3 competing amongst the able bodied swimmers and I feel this is an area of swimming that could be developed further.

As with many Asian nations, parents place a high priority on education and most coaches have difficulty getting children to train more than 3 or 4 times per week. Most children go straight from school into extra tutoring and sport takes a definite back seat. Of course as in any third world country there is a huge disparity between the rich and poor, and swimming is cost prohibitive for many. A few private schools have pools, but facilities are generally poor or not easily accessed. The best pools are at the hotels and kept exclusively for tourists or expat use. Many of the country's pools are 33 1/3m.

Upon my return to Sri Lanka I believe I could make a significant contribution to raising that nations swimming profile by;

- forming a Swimming Teachers and Coaches Association
- putting in place accreditation courses for both teachers and coaches of an internationally recognised standard
- developing course presenters workshops to develop a network of coaches with professional presentation skills who can run the accreditation courses
- setting up a resource centre for teachers and coaches to access
- running National Swimming Camps to develop both coaches and swimmers alike
- acting in a consultative capacity to both teachers and coaches
- information dissemination through newsletters, though written translations will always prove difficult
- accessing equipment which is currently unobtainable. Whilst the market may be small it does have growth potential and there could be the opportunity to establish importing links with Australian companies.
- developing masters and disabled swimming

Clinics of this nature are a great experience, and anyone who gets the opportunity should jump at the chance. My thanks to Ralph Richards for the offer and his support.

It is my hope that Australian organisations such as A.S.I., A.S.C.T.A., Austswim, Royal Life Saving Society and AUSSI Masters Swimming will be able to offer technical assistance for the betterment of world, particularly third world swimming. I am also asking if these organisations or any individuals may be able to donate items to start the Resource Centre. I am particularly looking for magazine subscriptions, texts, videos and pool equipment. If anyone has any items they would like to donate please send them to ;

Anita Killmier
27 Johnstone St
Malvern VIC 3144

I'll keep you posted!

"What we have done alone dies with us. What we have done for others and the world remains and is immortal." Albert Pine

1998 Victorian Long Course Masters Swimming Championships

CONTACT	John Wilson, W (03) 9646-0000 or H (03) 9748-6567 Jodi-Ann Beard, AUSSI Administrator, (03) 9809-2588

EVENT DETAILS

Date	Saturday 28th March 1998
Time	8.00am warm-up, 8.30am start
Venue	Melbourne Sports & Aquatic Centre (MSAC), Albert Park
Cost	$20 per individual, $7 per relay team
Organising Group	Altona Alligators, Fitzroy Sea Lions, Richmond Roughtraders
Marshalling Group	Frankston Peninsula, Kingston Masters
Catering Group	Kew Masters, Bass Coast Masters, Eaglehawk 'Y' Masters
Recording Group	Powerpoints

PROGRAMME OF EVENTS

Event 1	200m Individual Medley
Event 2	100m Butterfly
Event 3	50m Breaststroke
Event 4	200m Backstroke
Event 5	50m Freestyle
Event 6	200m Butterfly
Event 7	100m Backstroke
Event 8	400m Freestyle
Event 9	100m Breaststroke
Event 10	Womens 4 x 50m Medley Relay
Event 11	Mens 4 x 50m Medley Relay
Event 12	50m Butterfly
Event 13	100m Freestyle
Event 14	200m Breaststroke
Event 15	50m Backstroke
Event 16	200m Freestyle
Event 17	Mixed 4 x 50m Freestyle Relay

IMPORTANT INFORMATION FOR ALL SWIMMERS

Event Limit	Maximum of three (3) individual events per swimmer Event 8 (400m Freestyle) MAY be swum two per lane
Relays	To be eligible to swim in a relay team, a swimmer must have entered at least one individual event. Entries are limited to one team per age group per club. Swimmers may compete in only one relay team per event but may enter the single sex and mixed team on the same day. Mixed teams must consist of two men and two women.
Awards	Medals for first place and ribbons for second & third place will be awarded for all events including relays.
Visitors	Visiting interstate swimmers are eligible for awards.
Happy Hour	After Event 17, free finger food will be served. Drinks will be available at MSAC prices. Please indicate your attendance on the Individual Entry Form.
Entry Forms	Please enter on the Individual Entry Form attached and ensure that your registration is current. Submit the completed form and payment to your Club Secretary. Pink and blue cards are not needed.
Closing date	**Wednesday 4th February 1998**

IMPORTANT INFORMATION FOR CLUB SECRETARIES

Details for Club Entries (Individual & Club Summary Sheets) will be posted directly to Club Secretaries. Any enquiries should be directed to Jodi-Ann Beard, AUSSI Administrator on (03) 9809-2588 or to John Wilson on W (03) 9646-0000 or H (03) 9748-6567.

This article is reprinted with permission from SWIM Magazine Sept/Oct 97

A QUESTION OF BALANCE OR "DIRE CONSEQUENCES"

Just as balance is important "on land" so that we can stand safely without fear of falling down, so is aquatic balance fundamental to efficient swimming. Without it, all other swimming activities are much less effective.

Watching my son learning to walk, it was quite obvious that his first tentative steps required total focused concentration. Even then, he still fell down a lot. Now, at 2-1/2, he runs everywhere he goes. I'm sure he gives no thought to balance as he goes about his important business. For him, the issue of balance is now pretty much a no-brainer—he no longer spends much or any conscious brain cycles on the subject.

We all learn early in life that staying balanced on our feet allows us to avoid falling down, getting bruised or bloody, and looking really foolish—things I refer to as "dire consequences."

The prospect of falling down provided the motivation to keep total, focused concentration on that balance thing until it worked flawlessly nearly all the time. Later in life we went through roughly the same concentration/consequences feedback cycle in learning to ride a bike. The skills were a bit harder to acquire, but, as luck would have it, the consequences were dire enough to keep our attention fully focused until balance on the bike was a no-brainer as well.

Although we all know what it means to be balanced, be with me as I get a wee bit more technical.

Balance, on land, means that your body mass is properly distributed with respect to your support structure—in this case, your feet pressing on two small spots on the earth and those two spots pushing back on your feet with an equal amount of force.

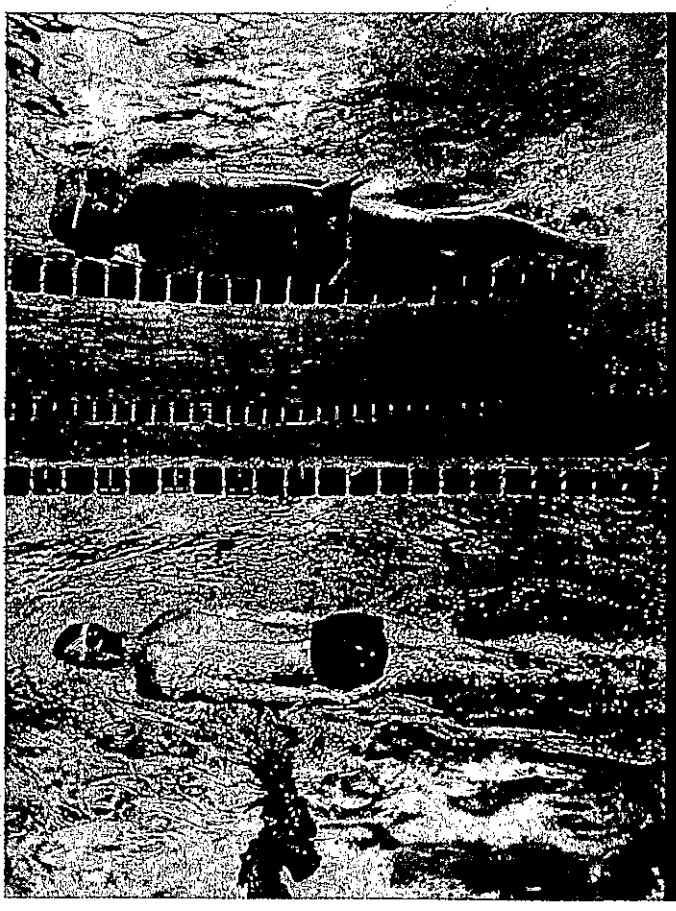
Assuming you can get your center of gravity aligned over a spot between your feet, you can stand in one place without falling over long enough to buy tickets to a Moody Blues concert. However, if your body mass becomes improperly distributed with respect to your support structure—think "banana peel"—you fall down (or you quickly engage in an entertaining set of scrambling motions, then you fall down).

"Hey, Coach," you intone, "thanks for the visual image there, but what's all this got to do with swimming? I'm freezing my butt off standin' here on deck while you flap yer gums when I could be crankin' out some yardage!"

Bear with me, O Ye of Short Attention Span. Presently, these things shall become clear. But first, allow me to digress i- - seemingly unrelated direction.

Let's say I cut off your legs and toss th in the water. Do they float or do they sink? For most people, they sink. For Tom Dolan and some top-level triathletes with only three percent body fat, they sink fast. How about if I cut off your arms and toss them in? Your head? Your lower torso? They all sink. In fact, for most swimmers, the only part of the body that floats all by itself is the upper torso. Why? Your lungs—two sacs full of air that act as a buoy.

Now visualize a water polo ball on the surface of the water. If you press down on the ball, two things happen: (1) The ball sinks down in the water a bit, and (2) The water increases its pressure pushing back up on the ball to match your downward pressure. The harder you press the ball toward the bottom, the harder the water pushes back up on the ball.



JON OLSEN, 27, MASTERS SWIMMER AND FOUR-TIME OLYMPIC GOLD MEDALIST, DEMONSTRATES PERFECT BODY ALIGNMENT. HIS "BUOY", IS PRESSED LIGHTLY TOWARD THE BOTTOM, ALLOWING HIS HIPS TO RISE TO THE SURFACE.

Photography by Michael Aron

BY COACH EMMETT HINES

A QUESTION OF BALANCE

OR "DIRE CONSEQUENCES"

(Patience. I'm about to pull this thing together.)

So, if balance on land is a matter of properly distributing your body mass with respect to your support structure, then what is balance in swimming? Rephrasing a tag line from an old margarine campaign—"On land, in water, no difference."

Your upper torso—your buoy—is just like that water polo ball. The harder you press toward the bottom of the pool, the harder the water pushes back on it. This upward force acting on your buoy is your support structure. Pressing your buoy toward the bottom raises the hips in much the same way that pressing on one end of a floating kickboard raises the other end.

By properly positioning your body and consistently pressing your buoy into the water, you can support your entire body, including your hips and legs, right at the surface without using your kick to keep your legs up. It is easy to spot a well-balanced freestyle swimmer—the centerlines of the head, shoulders, spine, hips and legs are all aligned parallel with and close to the surface with little or no kick in evidence.

Unbalanced swimmers typically use their kick to keep their hips and legs from sinking (I liken this to using a cane, a walker or training wheels on land to make up for poor balance).

Even with a strong kick, the hips usually sit down in the water well below the shoulders and head. This is what I call "swimming uphill." This creates loads of unnecessary frontal resistance. A four- to six-inch drop at the hips (very common) is enough to double frontal resistance.

Conversely, using buoy pressure (and proper in-line head position) can raise those hips effortlessly to the surface and cut frontal resistance by half or more. Compared to an unbalanced, low hip position, this will feel like "swimming downhill" in two ways: (1) You'll feel as if you are tilting a bit down rather than a bit up, and (2) Swimming while balanced will take less energy. Such a deal!

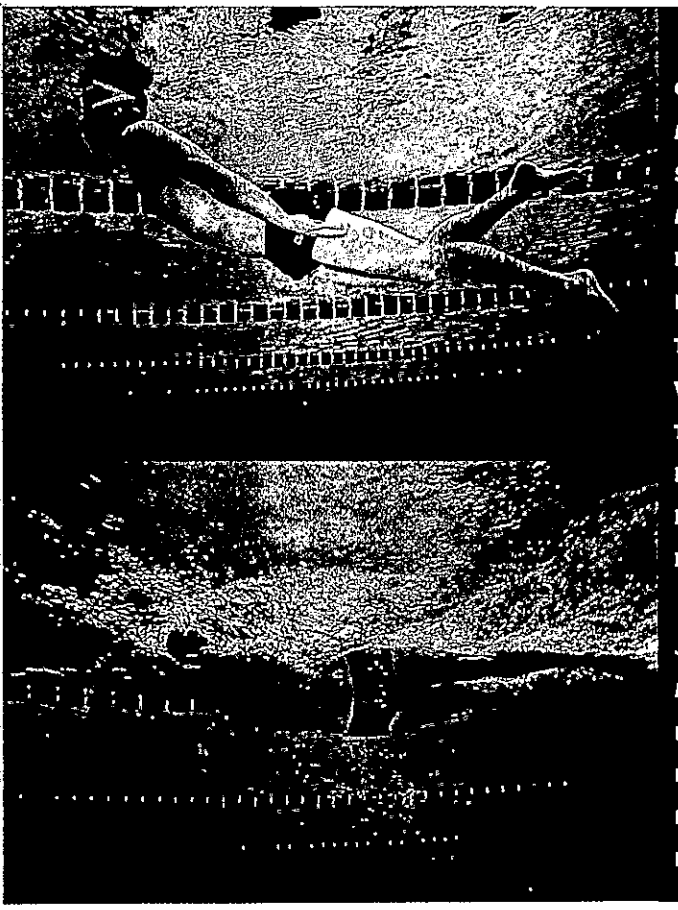
Try this experiment to see the effects of buoy pressure for yourself:

- Push off from the wall on your stomach with both arms at your sides and begin kicking easily. Keep your head in line—the crown of your head should be in line with your spine, nose pointed toward the bottom of the pool. Lightly press your buoy toward the bottom, allowing your hips to rise to the surface. The back quarter of your head, your shoulder blades and the cheeks of your butt will all be exposed to the air when you are in balance. The more of an "uphill" swimmer you are, the more buoy pressure you will need to bring your hips to the surface. Lift your head straight up in front to breathe. Your hips and legs will sink rapidly toward the bottom. Then put your head back down so that the crown is in line with your spine and press your buoy again. Your hips and legs come right back up to the surface.
- After you are aware of being well balanced, start playing with the amount of buoy pressure. Put "too much" pressure on your buoy so as to submerge your head and shoulders and poke your butt way out of the water, then go back to a balanced position. Next, try letting some pressure off the buoy and feel your hips and legs sink. You should feel as though you have complete control of your hips and legs via head position and buoy pressure rather than by using your kick.
- Finally, try swimming a length or two using your new-found balancing skills, feeling for your butt and hips to stay right at the water surface. Again, play with different amounts of buoy pressure.

Aquatic balance is fundamental to efficient swimming. Without it, all other swimming activities are much less effective. On land, you were blessed with dire consequences to help you turn land balance into a no-brainer. Perhaps you can derive similar motivation from these consequences of poor water balance: (1) You are likely spending twice (or more) the energy necessary to get from here to there; (2) Enlightened swimmers around you are snickering to themselves about your unbalanced, low hips position; and (3) Some of those same swimmers are talking behind your back.

How much more "dire" do you need?

Stay focused on the fundamentals, and you will be a better swimmer!



ONE COMMON MISTAKE MANY SWIMMERS MAKE IS TO LET SOME PRESSURE OFF THE "BUOY," WHICH CAUSES THE HIPS AND LEGS TO SINK, INCREASING RESISTANCE.

JON MAINTAINS PERFECT BALANCE AS HE SWIMS FREESTYLE.

Photography by Michael Aron

Emmett Hines is the Head Masters Coach for H_2Ouston Swims, which works out at the Houstonian Club. For further information, Coach Hines can be reached at: Emmett@compuserve.com.

This article is reprinted with permission from SWIM Magazine Sept/Oct 97

Stroke Distance, Count & Speed

SPEEDO®

This workout can be used in conjunction with the new **Speedo Competition Stroke Monitor.**

This revolutionary new product wears like a wristwatch while measuring a swimmer's elapsed time, number of cycles, distance per cycle, stroke efficiency index, cycles per minute and speed during a workout or race. All of these measurements scroll across the face of the watch after preprogramming the watch before starting a training set or race. For more information on Speedo Stroke Monitors, call **1-800-5 SPEEDO.**

25 Yard Workout

	Group I	Group II	Group III
1. Warm-up	3 x (50 kick, 50 pull, 100 swim)	3 x (50 kick, 50 pull, 50 swim)	3 x (50 kick, 50 pull, 50 swim)
2. Drill Set	100 swim 5 x (4 x 25)	100 swim 4 x (4 x 25)	100 swim 3 x (4 x 25)
3. Stroke Count	3 x (4 x 50)	3 x (3 x 50)	2 x (3 x 50)
4. Main Set	8 x 100	6 x 100	5 x 100
5. IM Kick Set	4 x 150	3 x 150	2 x 150
6. Speed	8 x 25 4 x 25 2 x 25	6 x 25 4 x 25 2 x 25	6 x 25 4 x 25 2 x 25
7. Warmdown	200	200	200
Total	**3750 yds**	**2950 yds**	**2450 yds**

About this workout

1 WARM-UP: The kick, pull, swim warm-up is designed to be repeated three times. A different stroke is performed each round beginning with the breaststroke, followed by backstroke, and ending with the freestyle.

2 DRILL SET: Each swimmer should set their **Speedo Competition Stroke Monitor** to a distance of 100 yards. Everyone should then swim 100 yards freestyle concentrating on maintaining a "feel good" pace. On completion, each swimmer records their baseline "Distance Per Cycle" (DPC) off the monitor. Reset the watch for 25 yards. Each swimmer then swims a series of 25-yard stretch, catch and acceleration drills (see drill on back). Swimmers should compare their 25-yard DPC with their baseline measurement. The goal is to improve the DPC after each 25.

3 STROKE COUNT: Each swimmer should set their **Speedo Competition Stroke Monitor** to a distance of 50 yards. Everyone should then perform a series of 50 yard swims on a descending sendoff. Concentrate on swimming faster with equal or less strokes after each 50. Check the monitor after each swim to measure improvement.

4 MAIN SET: The main set is designed to combine the previous two sets to get the swimmers to swim a series of 100 yard swims concentrating on both distance per cycle and speed. Each swimmer should set their **Speedo Competition Stroke Monitor** to a distance of 100 yards. The swimmer should take 20 seconds rest after each 100 yard swim. The monitor should be checked after each swim to see if the swim was faster than the previous swim with greater or equal distance per cycle.

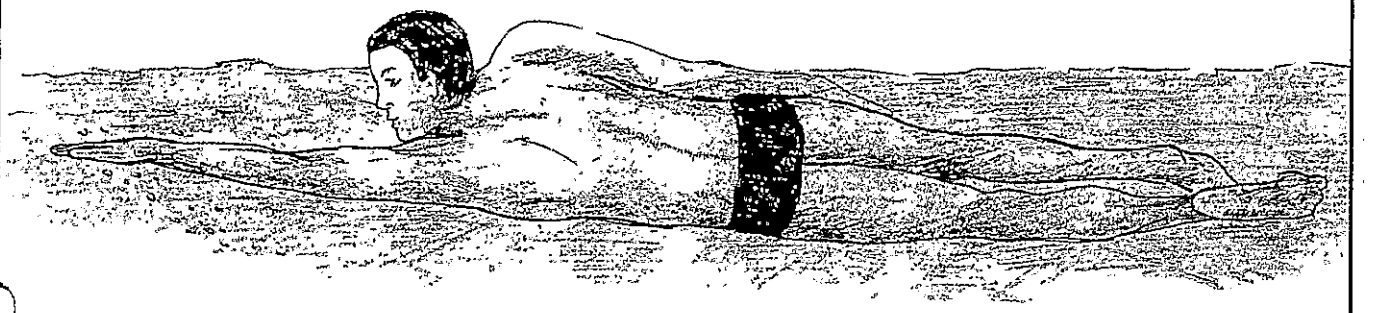
5 IM KICK SET: The individual medley kick set is designed to be a recovery set. The swimmer kicks 150 yards by changing strokes after each 25. Note: do not use a board when kicking with this set. Rest 10 seconds after the 150.

6 SPEED: Each swimmer should set their **Speedo Competition Stroke Monitor** to a distance of 25 yards. According to the training group, each swimmer swims a series of 25 yard swims on 30 seconds. A 2:00 rest is allowed after each series. After each 25, the swimmer checks his or her monitor to record and compare the cycles per minute and the speed for each 25. The results can be compared to obtain average cycles per minute and average distance per second for the set.

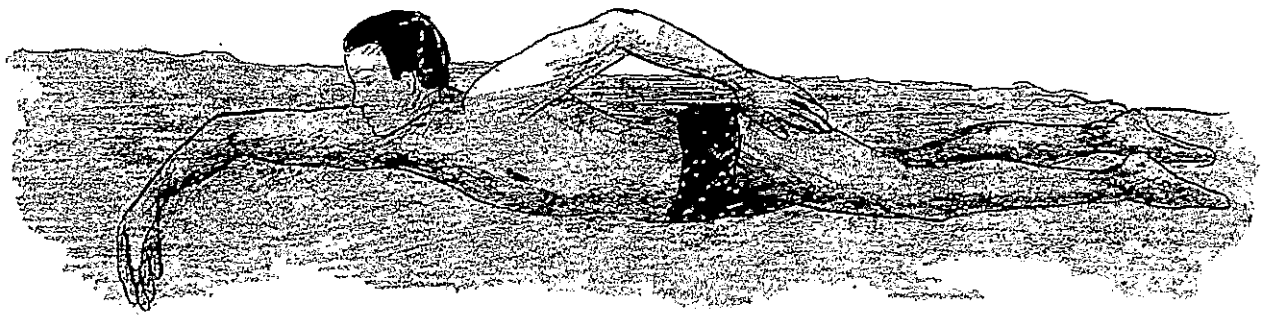
7 WARM-DOWN: Warm down 200 yards or until the swimmer's heart rate falls below 60 percent of their maximum heart rate.

Stretch, Catch and Accelerate Drill

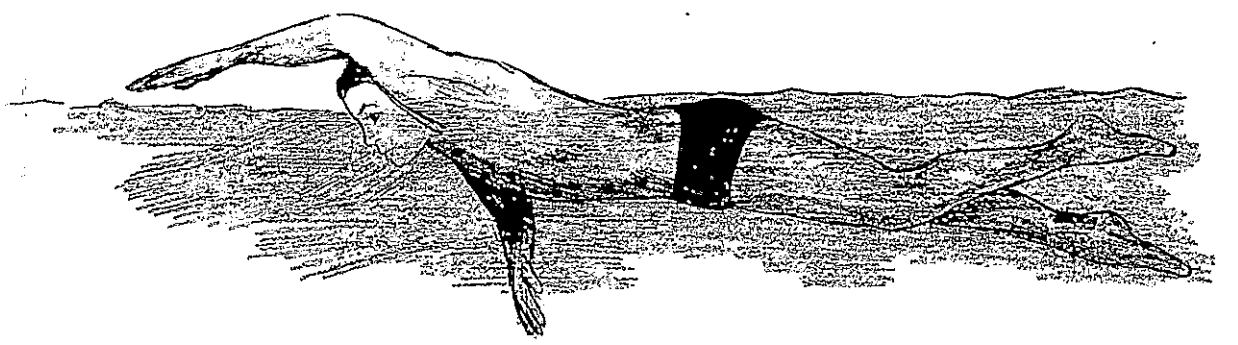
Stretch
One arm moves forward under the water until all the air bubbles float off the fingers and the opposite hand touches the thigh.



Catch
Catch the water slowly by pressing the hand downward and rotating the palm inward. Keep the elbow high in the water during this phase.



Accelerate
The hand and arm under the body accelerates throughout the pull while the opposite arm quickly recovers over the water. (Repeat the whole drill.)



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.

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.

SLOWING THE AGE-RELATED DECLINES IN TIMES

by Peter Reaburn PhD
Central Queensland University

Introduction

Swim performance declines with age - we just have to look at the top ten lists or results from any meet to see that. I'm often asked the question "why is it so?" but rarely asked "what can we do about it?". The purpose of this paper is to shed some light on both the above questions but more importantly to give some real-world suggestions on what we can do to prevent those times dropping with age. I propose to examine the *anaerobic* races (50-200m swims), the *aerobic* races (200m-open water) and discuss the training habits of masters swimmers in general.

THE ANAEROBIC RACES

Anaerobic races include the 50-200m swims depending on how fast you race them and how long the race takes you. For example a young buck (say 30 years old!) might do flat out 28 secs for the 50 free and 2-20 for the 200 free. Such events are primarily swum using energy that comes from the anaerobic systems (ATP-PC and Lactic system). However, a 70 year-old might 'poke along steady' and take 90 seconds for the 50 free and over 6 mins for the 200 free. Such an athlete would be using far more of the aerobic system in the same events as the young buck because of the slower pace and longer duration. With this knowledge of the important relationship between intensity and duration, let's examine the factors that affect anaerobic performance.

Factors affecting anaerobic performance

Sports science has shown us that the following factors influence anaerobic performance:

- Active muscle mass
- Muscle cross-sectional area
- Muscle fibre type (slow or fast twitch)
- Muscle fibre area
- The accumulation of reaction products (lactic acid)
- Training
- The oxygen (aerobic) delivery system
- Age

Let's examine each of these factors in turn to see what happens to each factor with age. One of the most common observations that occurs with aging is an age-related decrease in muscle mass - both in non-athletes and athletes. The muscle cross-sectional area drops with age - again in both athletes and non-athletes. Muscles are made up of two types of muscle fibres - the fast (anaerobic) twitch fibre and the slower contracting slow (more aerobic) twitch fibre Interestingly, the size and number of fast twitch fibres has

been shown to drop in older people. The sad fact is that it is these fast twitch fibres we need for speed. We lose some and those that we've got get smaller, we get slower!

In anaerobic races, we *must* produce lactic acid in large quantities because that means we are producing anaerobic energy quickly. However, when we produce high levels of lactic acid in anaerobic races, the acid slows energy production and inhibits muscle contraction. Most of us know that at about the 75m mark in a 100m sprint. Research I published in the European Journal of Applied Physiology in 1988 showed that regardless of age, older swimmers are just as able to produce lactic acid as 'youngsters', suggesting we older swimmers are not disadvantaged in our ability to produce lactic acid. However, when the lactic acid is produced, it is buffered by a substance in the blood called bicarbonate. Some evidence is available from both rats and aging non-athletes that this buffering system is not as effective as it is in youngsters meaning that we older guys and gals may suffer more from the same amount of lactic acid produced.

Another factor that influences anaerobic performance is the capacity of the aerobic system (VO_2max). The aerobic system contributes, albeit in a smaller way, to 50-200m swim races. The longer the race, the more the aerobic system contributes. The sad thing for we older athletes is that the capacity of our aerobic system drops with age and there is little, if anything, we can do about it.

Apart from aging, something we can do nothing about, the final factor that influences anaerobic capacity is training. A number of studies have shown that, in general, older athletes don't train with the intensity they did as younger athletes. Unfortunately, the anaerobic system requires high intensity training such as sprints over 25-75m and lactic acid tolerance work of long efforts (100-200m) with medium recoveries (3-5 mins) or shorter efforts with shorter rests. These sessions should be done hard, something that in my experience, few masters swimmers are prepared to do.

Let's now examine what we might be able to do to slow or prevent some of the declines in the factors outlined above.

Preventing the decline in anaerobic performance

From the above discussion on the factors that affect aging and anaerobic or sprint performance, you can hopefully see how important three types of training are - resistance training, specific sprint or lactic tolerance training, and endurance training. First, resistance or weight training. Weight training becomes more important the older we get. It builds muscle mass and fibre size, particularly the all-important fast twitch muscle fibres. The weights must be heavy and thus the number of repetitions will be low. A gradual build up to this type of training is critical. I cannot stress how important it is to get professional advice in this area. There is a lot of "mumbo-jumbo" out there in the area of weight training and a lot of "experts" with "opinions". I strongly suggest you contact your state branch of the Australian Strength and Conditioning Association for a Level 1 or 2 accredited strength and conditioning specialist. If you have trouble there, talk to your local age-group swim coach who might have some connections in town.

The second type of training that competitive masters swimmers should use is lactic acid tolerance training similar to that outlined earlier. This type of training is very stressful and should be used at the most twice per week with plenty of recovery afterwards. Such training stimulates the fast twitch muscles and develops the buffering capacity of the muscles and blood to reduce the negative effects of lactic acid - the substance we must produce in sprint races. I see very few, if any, masters swimmers who are prepared to "hurt" yet most competitive masters I know want to improve or at least hold times.

Finally, as I stated earlier, the longer the anaerobic race (eg. 200m), the more the aerobic system contributes. This suggests that the higher the capacity of the aerobic

system, the greater the aerobic contribution to the race and the less the anaerobic contribution. This means less lactic acid produced, less negative side effects of lactic acid production and a better anaerobic performance. Thus, aerobic training (longer swims and sets) become important to the anaerobic athlete. The longer the anaerobic race, the more important aerobic training becomes and vice versa - the drop dead sprinter does not need very long aerobic work or a big volume of endurance work.

In summary, the anaerobic masters swimmer can help prevent the decline in their sprint times by undertaking resistance training, ensuring some high quality sprint training is done, and finally that they ensure a strong aerobic base is developed and maintained but not at the expense of speed. Putting these three training methods together is beyond the scope of this presentation, but is critical to successful performance.

THE AEROBIC RACES

The aerobic races are the 200m-open water / 10k / one-hour swims or races. Again, for the younger or sprint swimmer, a 200m will be mainly anaerobic but for a much older swimmer swimming slower or with less power output, the 200m swim might be aerobic. The factors affecting aerobic performance enable us to examine why swim times might be declining with age.

Factors affecting aerobic performance

Sports science suggests the following factors influence endurance performance:

- Heredity
- Gender
- Age
- Body composition
- Training
- Efficiency
- Aerobic capacity
- Anaerobic threshold

Obviously there is little we can do about the first three factors except blame mum and dad or father time. However, body composition (muscle mass / fat mass) is an important factor in that no athlete wants to carry or pull more baggage through the water than they have to. Many people put forward the theory that fat floats which might help keep the body higher in the water. I think that a bigger body means more resistance to flow.

Efficiency is how well a swimmer uses the available oxygen for any particular speed. While it has yet to be determined whether swimmers become more efficient as they age, it has been shown that older, well-trained distance runners are more efficient than younger runners at the same relative workload. This might suggest that older swimmers are more efficient. However, while I'd agree with this statement if we were looking at well-trained masters distance swimmers, my observations are that many, if not most masters distance swimmers have poor technique, are thus wasting valuable oxygen and are being inefficient.

A high aerobic capacity or VO_2max is critical for high level distance swimmers. Because this depends on the ability of the heart to pump blood to the heart and thus maximal heart rate, it drops inevitably with age as maximum heart rate (220-age??!!) drops with age. A drop in active muscle mass with age, as stated above, also means

older swimmers have less muscle to take up the oxygen made available from the heart, thus suggesting that the age-related drop in muscle mass might lower aerobic capacity and thus endurance performance. Finally, anaerobic threshold which is the pace at which a swimmer can swim without accumulating lactic acid, what I call the "hurt but hold" pace. This factor strongly relates to endurance performance, even more importantly than aerobic capacity. Research on older runners suggests this level as a percentage of maximal aerobic capacity actually increases with age. However, because of the drop in aerobic capacity with age, an older swimmer, in general, cannot sustain as higher pace as a youngster in a distance race.

Preventing the decline in aerobic performance

Since many of the factors that influence aerobic performance cannot be altered (age, heredity, gender), we must focus our attentions towards body composition and training methods to improve efficiency, aerobic capacity and anaerobic threshold.

Body fat appears to increase with age due to the aging process itself, the fact that we lose calorie-consuming muscle as we age or that we are less active while still consuming the same amount of tucker. Obviously, consuming less food, increasing muscle mass through resistance training and / or training more will remove those "love handles" from our bodies.

Training to improve efficiency is done through using drills to improve technique, slower swims concentrating on technique, then moving to faster swims while counting strokes per lap - the best method to test whether we are becoming more efficient. Training to improve aerobic capacity begins with endurance swims twenty minutes plus in duration with interval training (sets of 50's, 100's, 200's etc) being the preferred method to improve endurance speed. These swims should be done at least three times per week at an intensity above 65% of maximal heart rate (220-age??!!). Once the easier work is done, then anaerobic threshold "hurt but hold" work should be done. Examples are 10-15x100m swims on 1-45 or 2 mins. Whatever the set, the rest MUST be less than the work time and the same pace ("hurt but hold") be held for the whole set. Once to twice per week is enough depending on the length of your base or experience. Next come the maximal efforts which boost your aerobic capacity right up. These include 200-400m swims at 90% plus of maximal heart rate with long rests about as long as the workload. For example, 6x200m swims on 6 mins holding 2-40.

For those masters swimmers who may have been training the same way for years, try training with higher intensities using some of the methods outlined above. For those of us that do train with intensity and have been doing it for years - it's time for something different to stimulate our bodies. This might be resistance or weight training or it might be more endurance work for the sprinter or more speed work for the distance swimmer. Whatever, you might be, do something different rather than the same old thing that your body is used to.

Unfortunately, my observations are that few masters distance swimmers are prepared to do the hard work to prevent the declines in swim performance. My knowledge and experience tell me that intensity is the key to both speed and endurance development, yet I see most masters swimmers prepared to just "poke along" at training and sit at the end of the pool wondering why their times are dropping in training or at meets. While I don't have a problem with this for the majority of our members who want to enjoy masters swimming for "Fun, Fitness and friendship", for those of us that want to attempt to hold on to performance, intensity of training is the key.

Conclusion

I strongly believe that their is an inevitable age-related decline in sprint and endurance swim times with age and there is little we can do about it. However, to slow the rate of decline in times, I strongly suggest that resistance training, control over body fat, and higher intensity swim training is the key. While these may not be palatable options for many masters swimmers, they appear to me, as a sports scientist and masters athlete, to be the answer to preventing that age-related slide in performance. See you in the water.

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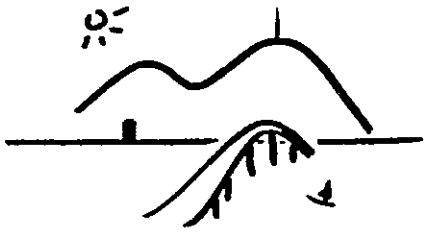

23rd AUSSI Masters National Swim • 1998

1998 NATIONAL SWIM

12 - 14 March, Hobart

Preparations are well under way with the release of the flyer and travel brochure on 20th October. See your Club Secretary for further details.

Entries: Individual entry is by a single entry form and although we need to know the number of relay teams, the team members can be nominated during the swim meet. We would ask that entries be sent by the due date as we are working to a fairly tight schedule.

Merchandise: The swim meet logo will be an embroidered feature on a polo top and windcheater as well as a badge. Orders for these items would be appreciated with entries. A choice of either navy or white and the sizes are listed on the flyer.

Accommodation and Travel: This is extremely tight during March in Tasmania. Ansett Airlines have offered some very good prices on travel and with that sponsorship. There is a special Masters file number to use when booking your flight. *Masterfile No. MC09408.* Remember that the Spirit of Tasmania and Catamaran service to and from Victoria also. If you are having difficulty finding a bed, you can ring Dickenson's Travel (03 6228 1932) and ask for Kent or email travel@southcom.com.au as the travel agent has made block bookings around Hobart for AUSSI people. There will also be some billets available from members of Hobart Clubs.

Contacts:
Katherine Daft, Secretary - AUSSI Tasmania, P O Box 659, ROSNY PARK TAS 7018
Tel : 03 6223 1317 Fax : 03 6223 1361 or
Pauline Samson, Swim Meet Convenor, P O Box 242, ROSNY PARK TAS 7018
Tel/Fax : 03 6243 6665 Email : paulines@sde.tased.edu.au

We look forward to seeing as many as possible for the Swim at the newly opened Hobart Aquatic Centre.

"Unless you try to do something beyond what you have already mastered, you will never grow." Ronald Osborn

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 Tapes	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

- Sunrice High Performance Eating Strategies, - plus booklet. A good video made better by the booklet.
- 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
- The Athletic Institute Swimming Series
  1. Freestyle and Backstroke
  2. Breaststroke & Butterfly
  3. Starts, Turns & Progressive Skills

  AUSSI WORKSHOP - Tailoring a programme - plus booklet. This worshop held in Tasmania features Anita Killmier.
- Stretching - Bob Anderson. A really great selection of exercises demonstrating correct technique.
- Food for Sport - featuring Karen Inge. Very good!
- Swimming Fastest III - John Trembley. A video and book combination. A *must* for all coaches, teachers and swimmers.
- Your backyard swimming pool is your home fitness centre - as the name suggests, gives ideas to utilise your pool to full advantage.
- Masters Stroke Techniques. A biomechanical analysis of the 4 strokes with demonstrations of drills by Masters.
- Starts, Turns and Finishes plus "Swim Smarter, Swim Faster."
- ASCA Conference - Masters Stream - Adelaide 1992.
- 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.
- 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.
- 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.
- Give it a Go! - Coaching Athletes with disabilities
- Swim Easy with John Konrads

Audio Tapes

- THE CREATIVE PERFORMANCE INSTITUTE

1. Guided Imagery for Racing Risk Taking & Racing
2. Guided Imagery for Training Commitment & Training Today Relaxation and Mental Rehearsal

- AUSTRALIAN COACHES CONFERENCE SERIES 1990

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

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ADDRESS.....

.....

.....

Phone No.....

AUSSI CLUB.....

I REQUEST THE FOLLOWING ITEMS

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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.....

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

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

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

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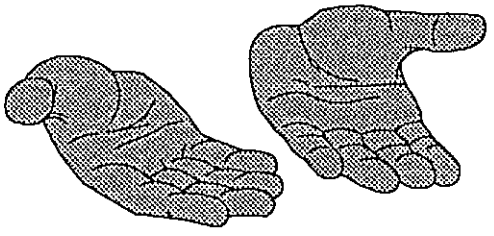

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Contributions such as letters, up coming events, club profiles, sample training sessions, poems etc..

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