

AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

NATIONAL OFFICE
PO Box 207
MARLESTON SA 5033
Telephone (08) 8344 1217
Fax (08) 8344 1217

EDITORIAL: AMSCN
PO Box 61
CQU Post Office
Rockhampton Q 4701
Telephone (07) 4926 5269

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Editorial

Hello Readers,

Thank goodness this is the last issue for the year. I no sooner finish one copy and it's time to work on the next. The fact that there is three months between each issue just doesn't seem to help. Anyway I hope you enjoy this issue as much as the previous ones. A special thank you to Kay Cox, Russell Ogden and Max Kavanagh for their regular contributions.

I'd like to take this opportunity to wish all AUSSI Coaches and swimmers a very Merry Christmas and all the best for 2000. There is a nice Chrissie pud recipe in this edition which shouldn't add too much to the weight gain over Christmas.

Claire Reaburn

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FROM AROUND THE BRANCHES

National Coaching and Education

National Workshop for Branch Coaching Directors

The bi-annual National Workshop for Branch Coaching Directors was conducted in Adelaide on the 30th, 31st July and 1st August. Coaching Directors from Branches, members of the National Coaching Panel, the National Executive Director (Ivan Wingate) and the National President (Mary Sweeney) attended a very busy workshop. The review of our Coaching Courses received considerable attention as did several other coaching issues.

One issue in particular was a Coaches' Code of Ethics. Our new Code of Ethics was presented and discussed. Each person doing a coaching course from now on will be required to sign on to the code. All coaches Updating their accreditation will also sign on to the Code of Ethics. In recent times it has been necessary for sports to protect their integrity by developing a Code of Ethics. The Code of Ethics that this meeting decided on is very similar to that proposed by the Australian Coaching Council. The Code of Ethics appears below.

Coaches' Code of Ethics

1. Respect the rights, dignity and worth of every human being.
 - * Within the context of the activity, treat everyone equally regardless of sex, disability, ethnic origin or religion.
2. Ensure the swimmer's time spent with you is a positive experience.
 - * All swimmers are deserving of equal attention and opportunities.
3. Treat each swimmer as an individual.
 - * Respect the talent, developmental stage and goals of each individual swimmer.
 - * Help each swimmer reach their full potential.
4. Be fair, considerate and honest with swimmers.
 - * Be professional and accept responsibility for your actions.
 - * Language, manner, punctuality, preparation and presentation should display high standards.
 - * Display control, respect, dignity and professionalism to all involved with the sport - this includes opponents, coaches, officials, administrators, the media, parents and spectators.
 - * Encourage your swimmers to demonstrate the same qualities
6. Make a commitment to providing a quality service to your swimmers.
 - * Maintain or improve your current NCAS accreditation.
 - * Seek continual improvement through performance appraisal and ongoing coach education.
 - * Provide a training program which is planned and sequential.
 - * Maintain appropriate records.
7. Operate within the rules and spirit of your sport.
 - * The guidelines of national and international bodies governing your sport should be followed. Please contact your sport for a copy of its rule book, constitution, by-laws, relevant policies, eg. Anti-doping Policy, selection procedures etc.
 - * Coaches should educate their swimmers on drugs in sport issues in consultation with the Australian Sports Drug Agency (ASDA).
8. Any physical contact with swimmers should be:
 - * appropriate to the situation.
 - * necessary for the swimmer's skill development.
9. Refrain from any form of personal abuse towards your swimmers.
 - * This includes verbal, physical and emotional abuse.
 - * Be alert to any forms of abuse directed towards your swimmers from other sources whilst they are in your care.
10. Refrain from any form of harassment towards your swimmers.
 - * This includes sexual and racial harassment, racial vilification and harassment on the grounds of disability
 - * You should not only refrain from initiating a relationship with an swimmer, but should also

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Code of Ethics continued from page 1

discourage any attempt by an swimmer to initiate a sexual relationship with you, explaining the ethical basis of your refusal.

11. Provide a safe environment for training and competition.
 - * Ensure equipment and facilities meet safety standards.
 - * Equipment, rules, training and the environment need to be appropriate for the age and ability of the swimmers.
12. Show concern and caution towards sick and injured swimmers.
 - * Provide a modified training program where appropriate.
 - * Allow further participation in training and competition only when appropriate.
 - * Encourage swimmers to seek medical advice when required.
 - * Maintain the same interest and support towards sick and injured swimmers.
13. Be a positive role model for your sport and swimmers.
 - * Please refer to the Harassment-Free Sport Guidelines available from the Australian Sports Commission, for more information on harassment issues.

Coaches should.....

- Ⓢ Be treated with respect and openness.
- Ⓢ Have access to self-improvement opportunities.
- Ⓢ Be matched with a level of coaching appropriate to their level of competence.

I would be interested in hearing any comments about the code.

I would like to thank all those hard working coaches who attended the Workshop for their time, effort and support. They contribute to the overall conduct and administration of our successful coaching program and often do not receive any acknowledgment. Keep up the excellent work.

Kay Cox
Director of Coaching
8 Syree Crt Marmion
WA 6020
August 1999.

National Swim 2000

Next year marks the 25th anniversary of AUSSI Masters Swimming in Australia and to help celebrate this important milestone, the Central Queensland City of Gladstone has been chosen as the venue for their National 2000 Swim Meet.

The National Swim is the most prestigious annual event on the Masters Swimming calendar and for many swimmers is a pilgrimage they make every year. It is a time for swimmers to catch up with old friends from around Australia and in some instances from around the world and to meet and make new friends.

For some swimmers it is also an achievement to simply partake of the competition, whilst others achieve their first medal, or World, National or State Record. The philosophy of Masters Swimming is that everyone achieves by simply being there and doing their personal best no matter what the timeclock or score board may show.

Winners may be grinners, and all Masters Swimmers are winners because of the personal satisfaction and the intrinsic well being derived from regular exercise, the support of fellow competitors in providing fellowship and friendship, and the all round good fun that always accompanies these events.

Well may you ask what is AUSSI Masters Swimming all about and how did it begin? AUSSI Masters Swimming is an Australian-wide association of adult swimming clubs with 200 Clubs throughout Australia and over 9500 current registered members. The first Australian Masters Swimming Championship was held in 1975 at Harbord Diggers Club with 112 swimmers competing. Since then, the AUSSI National Swim has been held every year with the event based on a "Branch rotation around Australia"

basis. It is anticipated that in excess of 500 local, interstate and international competitors will swim in Gladstone.

The goal of members, both men and women over twenty years old, is to swim regularly, keep fit and to have fun. They may choose to enjoy activity at club level or, as they improve, decide to swim for their club in competitions. AUSSI's program is designed for everyone from the experienced swimmer to those who can only just swim and is a huge growth area of the Masters recreation/sporting movement.

The first three days of National 2000 Swim Meet in Gladstone will be staged at the Memorial pool complex and the 50m outdoor pool is currently being upgraded with the installation of electronic timing. The facilities also include a heated indoor pool that will be used as the warm up/cool down pool. Twenty-four events are listed on the program including all styles (freestyles, breaststroke, backstroke, butterfly and individual medley) and a range of distances including 50m, 100m, 200m and 400 meters. There are also six relay events.

From a competitive point of view, there is a high possibility that world records will be broken during the four day event which will give people the opportunity to swim against and meet successful world swimmers. Some well-known Australian swimmers to have competed at previous AUSSI National swim meets include Dawn Frazer, Brad Cooper, Angus Waddell, Andrew Hunter and Tracey Wickham. Queenslanders currently holding many world records between them are all rounder Jen Thomassen (ex Commonwealth Games, 1962), breaststroke specialists Brisbane's Jan McLeod and Rockhampton's Karen Gibson, and all rounder Penny Bond from Townsville. Sadly

Gladstone's own life long swimmer and international veteran 89 year old Frank Griffiths passed away this year; however, approximately 40 World, National and State records in all strokes are still credited to his name.

Competitors travel on the fourth day to the Awoonga Dam recreational area located approximately 30km south of Gladstone on the Boyne River to participate in an open water swim. Co-ordinator Peter Reaburn, a sports physiologist with Central Queensland University and former World Masters Swim Meet Director, will guarantee the swims (1.5km and 3km) will be swimmer friendly with large swim bouys and support crafts.

The more formal side of the National 2000 Swim Meet will be the Presentation Dinner to be held in the excellent facilities offered by the Gladstone Entertainment Centre with National Club and individual age awards being conducted on stage in the comfort of the 700 seat capacity auditorium. Masters Swimmers may train tough and be competitive, but they like nothing more than a good get together.

The fact that Easter is a very festive time in Gladstone is an added attraction for competitors to visit the Central Queensland region. The family fun Gladstone harbour Festival is to be enjoyed day and night during the week leading into Easter and the week's celebrations cumulate with the finishing highlights on the magnificent deep-water harbour of the prestigious Brisbane-Gladstone yacht race. Staging this AUSSI National Swim is not only a first for this modern industrial port of world standing but it is the first time that an AUSSI National Swim has been held outside of a capital City on the mainland.

Dear Wayne

By Wayne Goldsmith

Dear Wayne,

Sometimes, no matter how hard I try to swim fast I feel like I am going nowhere. Other times I seem to go really fast without even trying or thinking about it. Is this normal? Do other swimmers have the same problem?

Signed,

Louise Cooper, Glenelg S.A.

Dear Louise,

Swimming is a simple sport.

Jump in at one end and get to the other end before anyone else.

In the most basic analysis, it's a game of speed. Speed is the most crucial element in the sport. It's fundamental. The swimmer who swims fastest, wins the race.

But is it really that simple? We know from biomechanical analysis of champions at major swimming competitions that the fastest swimmer doesn't always win. Sometimes the fastest swimmer (ie the person with the highest swimming speed) loses the race because of inferior skills, turns, starts and finishes.

We know sometimes the fastest swimmer doesn't win because they weren't mentally focussed in on the task.

In the end however, skills, fitness, mental attitude, flexibility and all the other elements of the sport come down to one question.....how fast can you swim?

What is swimming speed?

Technically it is the velocity that your body moves through the water.

If you ask a little kid to swim as fast as they can, they throw their arms and legs as fast as possible with lots of effort, but without much speed. They grit their teeth, tighten their arms, hold their breath and generally fight the water. They make lots of splash, but not much dash!

There is a difference between **effort** and **speed**.

Great swimmers often report that when they experience **REAL SPEED**, it seems to come with little **EFFORT**.

The great South African breaststroke swimmer Penny Heyns recently broke the world records for 100 and 200 metres. She commented:

"When I touched the wall I thought, maybe a 2:30, and this felt too easy for that," Heyns said. "I really don't know what happened."

Australia's own Grant Hackett interviewed after his amazing world record effort over 200 metres freestyle said:

"I certainly hadn't prepared to break the world record - I was having pillow fights with Ky Hurst and the rest of the team before the race".

And it goes on.

"The swim itself just happened, just like Gennadi (coach) said it would, without really forcing it". (Michael Klim's comments after his world record 100 butterfly swim).

When it all comes together, and swimmers feel real speed, it seems to come with little effort.

On other occasions, swimmers have reported feeling heavy, slow and sluggish, busting their guts and giving 100% effort, but have swum slow times.

What is the difference between **EFFORT** and **SPEED**?

Speed and relaxation appear to be somehow linked. It seems weird, but in many sports where excellence is measured in terms of how fast an athlete can move, the champions consistently say that their best performances have come when they were at their most relaxed.

When at his peak, multiple Olympic Gold Medallist sprinter Carl Lewis was an unbeatable athlete who understood speed as much as anyone. When asked about Lewis' success, his coach remarked, "the faster you want to go, the more relaxed you have to be".

The question then is can you learn to relax when trying to go fast?

IN THE MOST BASIC ANALYSIS, IT'S A GAME OF SPEED. SPEED IS THE MOST CRUCIAL ELEMENT IN THE SPORT. IT'S FUNDAMENTAL. THE SWIMMER WHO SWIMS FASTEST, WINS THE RACE.

1. Long, easy, even paced, even tempo swimming helps develop a sense of rhythm. Being in a swim rhythm is a comfortable feeling that helps develop relaxation. When arm stroke, kick and breathing are in a co-ordinated rhythm, real relaxation in the water is possible. From there, it is possible over time to learn to stay relaxed at faster speeds. Learning to relax at slow speeds first is the crucial step.

2. Swim techniques and drills have been developed to decrease the resistance your body experiences when swimming. Developing technical excellence means you move through the water with less effort.

3. Work on M.D.S. or D.P.S. (Maximum Distance per Stroke or Distance per Stroke) skills as a priority. The best swimmers in the world are able to maintain long strokes at top speed, when tired and under pressure. It all starts with learning to swim with less strokes in training. In warm up, try count-

ing strokes on the first lap. Then aim to take one stroke less on the next lap and so on.

4. Try the MINI-MAX workout (MINIMUM STROKES, MAXIMUM SPEED) used to great effect by Bill Sweetenham. Count your strokes on your first 50 metres. Accurately note your time. Next, add the number of strokes to your time. For example, if you take 50 strokes and swim 45 seconds for the lap, your lap score is 95. Aim to swim a lap score of 94 on the second lap, which means you need to either swim a little faster, or stroke a little longer. Continue the process 6 times. Fewer strokes is good. Faster speed is great. Fewer strokes and faster speed is best.

5. Work on keeping strokes long and strong at training. In every effort ask yourself "Could I do this with fewer strokes?" When doing skills work like drills aim for technical perfection, then technical perfection with the minimum number of strokes and finally technical perfection with a minimum number of strokes at maximum speed.

6. Develop real speed by thinking about swimming **FAST** rather than trying too hard and increasing effort during your speed. Train fast to Race fast.

7. Every turn in training is a race turn, every dive is a race dive. Every finish should be completed on the wall with power and controlled aggression. Train as you would like to race.

8. Drills should be completed with precision and with 100% concentration. Think technique first at all times.

9. Challenge yourself to swim fast when tired. In training challenge yourself to jump up at the end of the session and swim fast. When racing, challenge yourself to swim fast when tired, to swim fast heats in the morning then faster finals at night, to swim as fast on the last day of the meet as you did on the first day etc.

10. Learn to enjoy pressure situations. Being nervous is a sign that something great is about to happen. Your body is getting ready to do something brilliant. Learn to enjoy the pressure of competition.

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2000 AUSSI National Swim

21 -14 April

Gladstone will be the host city for the 2000 National Swim. This modern city, located 550km north of Brisbane is just south of the Tropic of Capricorn. It has wonderful sub-tropical climate and an excellent array of tourist attraction and facilities. We can be sure that the Gladstone Gropers Club are planning a warm and wonderful welcome. Their mission is to make the National 2000 Swim the best AUSSI Swim Meet EVER!!



Dear Wayne continued from page 3

Part of the process of understanding the difference between effort and speed comes during TAPER – that period of time when you are freshening up and resting in preparation for a competition. Swimmers will often say that during a taper they feel "light", that training efforts "felt easy" that they feel like they are swimming "on top of the water".

This feeling, where speed comes with little effort, is an indication that you are ready to race and that your taper has worked well.

It also comes from listening to your coach and working with him or her in your fast work. If your coach uses the expression "MAXIMUM EFFORT", your swimming response should be "I will do this at maximum speed, while staying relaxed and loose, with minimum strokes, great skills and technical excellence".

IF IT'S SPEED YOU NEED,
YOU NEED SPEED INDEED,
AND YOU NEED SOME DASH,
WITHOUT SPLASH OR TRASH,
JUST KEEP YOUR COOL,
IN THE SWIMMING POOL,
STAY RELAXED AND LOOSE,
AND YOU'LL MAKE THE NEWS.

Not too indulgent Christmas pudding

'Tis the season to eat, drink and be merry, however for some athletes this can pose a serious problem for important summer performances. So as always, we suggest a balanced approach – choose some healthier versions of the traditional festive fare, such as this lighter Christmas pud which has only 6g fat per serve.

Serves 8

375g mixed dried fruits	50g margarine
3 tbsp brandy	1 slice wholemeal bread, crumbed
1 cup plain flour	1 egg
1 tsp cinnamon	2 tbsp apple concentrate
1 tsp nutmeg	2 tbsp skim milk

- Place the fruits in a bowl, add the brandy and leave overnight.
- Sift the flour, cinnamon and nutmeg into a bowl, rub in the margarine, then stir in the breadcrumbs.
- Add the egg, apple concentrate and milk, stirring well. Add the fruits and mix well.
- Lightly oil a pudding basin. Spoon the mixture in and cover with lid or foil; tie securely.
- Place in a large saucepan with enough boiling water to come halfway up the sides of the basin. Steam for 1 1/4 hours. Invert on serving plate and serve hot with lashings of low fat brandy custard.



From "Simply Delicious" Virginia Hill and Lorna Garden 1996

Water, Water!

by Russell Ogden

Coaches, do you have difficulty getting your swimmers to hydrate adequately? No matter how often you explain the importance of drinking during training your swimmers keep forgetting to bring a drink bottle along. Do you have swimmers that are dedicated trainers but have difficulty in maintaining intensity throughout a set? Then try appealing to their competitive nature by giving competition oriented reasons for hydration without getting scientific. Below is a simple explanation of the Glycogen transfer system that I did for my club newsletter that you may find helpful with your swimmers.

Water! You can't live without it! This is a broad statement and everyone knows the outcomes of not having water, but what is it and what does it do?

Pure water is an inert liquid, it is colorless, tasteless and has no smell. It contains no vitamins, minerals, protein or carbohydrates. One would assume from this description that water is totally useless, other than for drinking it, bathing in it or swimming in it. But water is like a chameleon and can take many forms. Mushrooms are 99% water, watermelons and grapes are 95% wa-

ter while the human body is 80% water, all different forms but still water. It can become contaminated with various substances, minerals being the most common. This then supplies some of our mineral requirements which is good. Bacteria and germs can also contaminate it which is bad. If we contaminate it with hops and malt it turns into beer which is good, and if we dance on grapes and lock it away in barrels for a while it turns into wine which is bloody marvelous.

IF WE CONTAMINATE IT (WATER)
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WHICH IS BLOODY MARVELOUS.

Occasionally it thinks it's a taxi! Now this is really interesting because as most of us know, we must drink water to prevent ourselves from dehydrating and becoming less than the 80% water and therefore not functioning as we are supposed to. But did you all know that the substance called Glycogen which is the basic fuel for all our energy systems cannot be accessed fully without water. If we are good athletes and eat our carbohydrates like we are supposed to as well as being fully hydrated, then our digestive system and liver can convert these carbohy-

drates to glycogen. If we are not fully hydrated then our digestive system recruits water from our body to enable the glycogen conversion process to be carried out. This then further dehydrates us and hinders the conversion process so we end up with reduced stores of glycogen which reduces our energy production.

After we have produced this glycogen it is totally useless in the liver unless we can access it and this is where the water becomes a taxi. Firstly it transports the newly made glycogen to the muscles where it is stored for when we need it during exercise whether we are training or racing or even watching TV. During exercise as the energy systems in our muscles use up the glycogen stored there, the water transports more glycogen which is stored in the liver to the muscles to top up the reserves there. When all the glycogen that is stored in the liver and muscles is used up during exercise we run out of energy and "hit the wall". If we are dehydrated the glycogen stored in the liver is unable to be transported to the muscles and it stays there unused. Again we experience the feeling of "hitting the wall".

So from this we can see that staying hydrated is more than just quenching a thirst. We must continually drink small quantities of water to stay hydrated and water is absorbed into the body quicker if we contaminate it with small amounts of carbohydrates such as sugar, cordial or fruit juices. As I previously said, bloody marvelous stuff this water!

25 Yard Course

Who Me, Ref?

by Russell Ogden

Do these words sound familiar? Maybe you have even uttered them yourself. This is generally the reply when a referee has the unpleasant task of informing a swimmer of their disqualification at the end of a race after the swimmer has just put in a supreme effort to do well. These few words are then often followed by others such as "It wasn't me" or "You're blind" or "The powers gone to your head" Though the real classic is "But I never get disqualified"

So why do swimmers get D.Q'd? Quite simply they infringe the rules and get an unfair advantage over their opposition. Often they do not realise what infringement they have committed and if the referee considers the infringement to be minimal will not D.Q. the swimmer but warn them instead and explain the ruling. This is the real role of the referee, one of educator. Educating swimmers to swim fairly within the intent of the rules. As coaches you can make use of the referee's as another form of training tool, in helping your swimmers to eliminate suspect aspects from their strokes. Which brings us to what are the main things that get swimmers disqualified? Starts, Turns and Finishes are still the main offenders; rarely do swimmers get D.Q'd for their strokes.

False starts always cause problems and the best way of correcting these is to practice starts during training sessions. Vary the people acting as starter so as swimmers do not become familiar with one starter. Of course we will always get the swimmer who tries to anticipate the starter and there is little we can do to correct this, as it is just the nature of the beast. An alarming trend that is creeping in with regards to starts is the fact that some swimmers are not reporting to the marshal but going straight to the starting blocks. Some swimmers are new to competition and do not know the rules. We had

a few of these at the recent State Swim and the Referee explained the rule and let the swimmers start without penalty. But some swimmers are purposely doing this so as they can gain maximum advantage of their warm-up. Not only are they gaining an unfair advantage over their opposition but they throw the recording of results into chaos. If a swimmer fails to report to the Marshal they effectively scratch themselves from that event and then by turning up to the blocks and starting even if they have reported to the Check Starter, they have then swum in a race they were not entered for. They are not only disqualified from that event but their next event as well. So please educate your swimmers and save a lot of embarrassment and argument.

Turns are by far the worst form of D.Q. and Backstroke is the leading offender.

Turns are by far the worst form of D.Q. and Backstroke is the leading offender. Many of our swimmers are now attempting to do the tumble turn and it is good to see them trying to improve their swim times by doing faster turns. But unfortunately many don't count their strokes from the backstroke flags and some don't even know what the flags are for, and subsequently misjudge their distance from the wall. The problem is when they roll onto their fronts too soon and then have to kick into the wall or take an arm stroke to complete the turn. If your swimmers are going to do this turn in competition they should be doing it at all times during training. It is also the responsibility of coaches to fully explain to swimmers the correct implementation of this rule. At the recent State Swim many of the swimmers were worried about the flush pool deck ends, but if they are counting strokes from the flags and had been proficient in their turns the flush end would not be a problem. Breaststroke and Fly turns are in the main quite good with one

handed touches and flutter (Freestyle) kicks off the wall being the main offenders. There are also some swimmers who dolphin kick off the wall during the Breaststroke turn. Again turns should be part of a training program.

Poor finishes end many a good swim and it shouldn't be so. Two hands touching the wall simultaneously are a must for Breaststroke and Fly. Although one hand can be higher than the other, encourage your swimmers to finish with both hands in the same plane. With one up one down touches it is extremely hard for Ref's to be sure the swimmer finished correctly as the light refraction of the water can sometimes hide the lower hand. Be safe practice both hands together at the surface of the water. Backstroke is again the worst offender here with many swimmers rolling onto their fronts before touching the wall. This was particularly bad at the recent State Swim with many swimmers blaming the flush pool ends. Again it comes down to lack of practice and not counting strokes from the flags. I can understand this apprehension especially for the older swimmer but this type of pool deck is becoming more prevalent as new pools are built as it offers a safer entry and exit for pool users. We need to encourage our swimmers to adopt the faster diving finish in Backstroke that the elite swimmers are now using and this will eliminate most of the problems from finishing not only on flush ends but all finishes.

It is extremely disappointing for swimmers to put in so many hours of training and effort to perform well in an event only to throw it all away by making some silly mistake. So come on coaches it is up to us to guide our swimmers to do the right thing by insisting that they do correct turns and finishes during training sessions and setting starting sessions. Just as drills and stroke correction is an integral part of a training program so also should Starts, Turns and Finishes

Reprinted from the 'Queensland Masters Coaching Newsletter', Issue 17, July 1999.

Physio Facts

by Max (the Master) Kavanagh

Physiotherapy research of recent years has shown us the need to emphasise the role of trunk control & stability in both treatment & prevention of injuries. For the Masters swimmer the benefits will also include improved body position in the water, as I explained last issue.

The old "sit ups" are not enough. We need to "brace" all abdominal muscles in conjunction with the lower back muscles. As

you "brace" your tummy muscles correctly the belly button comes in about a centimetre or so, while the side muscles tighten like they do when you laugh or cough. This can be done in any position (if done properly you will even feel a co-contraction with the pelvic floor muscles). Practice this hold while breathing normally.

It's best to hold the contraction a few times for 10 to 15 seconds regularly. Once it is easy then progress to bracing with movement.

Coaches can include this in training in drills. Practicing the bracing on push off with torpedo type exercises can help maximise

speed & distance from the wall (anything to lessen the distance to swim to the other end has to be a bonus!).

Move well. Stay well.
Max Kavanagh.

Max Kavanagh is the principal physiotherapist at the South Brighton Physiotherapy and Sports Injury Clinic. The address is 524C Brighton Road, Brighton SA 5048. The Clinic is an APA Accredited Practice, specialising in manipulative therapy, sports injuries, headaches, arthritis management, occupational rehabilitation, and orthopaedic rehabilitation.

The Slippery Swimmer

by Terry Laughlin

Many Masters and fitness swimmers believe that an efficient stroke is a prize reserved for the few who won the genetic lottery or spent most of their waking adolescent hours grooming it. Not true, it can be taught and learned – at any age.

Coach Lou Fiorina remembers watching Rowdy Gaines and Tracy Caulkins, and thinking: "It must take amazing gifts to be that fluid and graceful." Years later, he watched Coach Bill Boomer teaching a group of average college swimmers and was astounded that, "their strokes began to show similar grace and elegance, and I realized that this stuff was teachable, that ordinary swimmers could learn fairly quickly to swim (efficiently)."

The average improvement in swimming stroke efficiency is a remarkable 25 percent simply by replacing time-wasting "workouts" with focused and efficient "practice." Quite simply, working out with inefficient form is nothing but "practicing your mistakes."

So what should be practiced? And how? Most of us tend to think of stroke technique as what your arm does to propel you. But your hand and arm actually have minimal impact on how fast you move through the water. That's because water is 1000 times denser than air and throws huge drag forces against anyone who doesn't know the tricks of becoming slippery. Learning to cut that drag by improving your body position will provide a quick boost in stroke efficiency. Here's why.

The simplest formula for how we produce swimming speed is this: $V = SL \times SR$ or Velocity equals Stroke Length (how far you travel each time you take a stroke) multiplied by Stroke Rate (how fast you take them). All your instincts tell you to swim faster by stroking faster, but scientific studies show that the world's best swimmers do it otherwise.

For the past 20 years, teams of researchers have analyzed the SL and SR of swimmers at each Olympic Trials, seeking to understand how the fastest swims were produced. They found that, long event or short, the fastest swimmers had the best SL. Further, they have found that as times got faster

over the years, there was virtually no change in stroke rates. Swimmers are getting faster mainly by increasing their stroke length. In a comparison of the 1976 and 1984 Trials, in nine of 11 events, the faster times in 1984 were attributable to greater SL, not SR. Finally, the faster times achieved by finalists compared with non-finalists in each meet have also been the result overwhelmingly of finalists having more stroke length.

This gives us **Swimming Axiom 1:** The genius of great swimmers isn't how fast they stroke; it's how far their bodies travel every time they take a stroke!

So how do you travel farther with each stroke? You've got two choices:

MOST OF US TEND TO THINK OF
STROKE TECHNIQUE AS WHAT
YOUR ARM DOES TO PROPEL YOU.
BUT YOUR HAND AND ARM
ACTUALLY HAVE MINIMAL IMPACT
ON HOW FAST YOU MOVE
THROUGH THE WATER.

1. Maximize propulsion – using your hands and feet as powerfully as possible to thrust your body farther through the water, or

2. Minimize drag – shaping your body so it's more friction-free, allowing it to travel farther with the power each of your strokes is already producing.

However, Rick Sharp, Ph.D. Director of swimming science at the Olympic Training Center in Colorado Springs, analyzed studies conducted there since 1985 and found a rather surprising phenomenon. In a striking number of instances, world-class swimmers produced less propulsive force than non-elite swimmers in the same event. Says Sharp, "Obviously they were capable of producing more; they just didn't need to."

Thus, **Swimming Axiom 2:** The second genius of great swimmers isn't how powerful their strokes are, it's how slippery (fish-like) they can make their bodies.

It makes perfect sense, when you compare humans and fish. All fish and marine

mammals can swim faster than their available "horsepower" should allow. Yet, fish have no hands to pull with, and they've been clocked at 68mph – as fast as a cheetah can run!

What's their secret? "Active" streamlining – minimizing drag and turbulence. In the water, drag is a powerful hurdle to leap. Humans, land-dwelling for five million years, struggle clumsily in that viscous medium. Kinesiologists estimate the mechanical efficiency of even world-class swimmers to be less than 10 percent. Every yard comes at an enormous cost in energy. Resistance and power go up exponentially with every increase in speed.

Obviously, trying to increase power or pulling efficiency isn't the answer. Reducing drag is the only sensible way. After all, when you're trying to pull just right, what you're perfecting is a pair of puny hands, pushing against water that just swirls away. But, when instead you loosen the water's grip, stroke length grows by leaps and bounds.

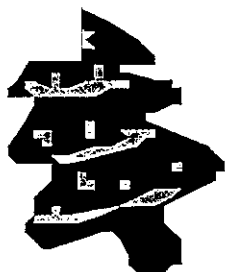
Make the formula ($V + SL \times SR$) work for you by learning to position your body so it moves as far as possible with each stroke (SL). Virtually all swimmers already have all the SR they'll ever need; it's the SL they're lacking. Make that 25 percent improvement in stroke efficiency overnight by giving up a bit of SR in order to gain a lot of SL.

Reprinted with permission from SWIM Magazine, Jul/Aug 96 Volume XI1 Number 4

'Hip Drop' and Body Roll

The following is an excerpt adapted by Emmett Hines, who was the USMS "Coach of the Year" in 1993.

"Are you one of those people that sighs with relief whenever a pull buoy set comes along? You put that little sucker on and suddenly you are in your element? During swimming sets do you look longingly at your precious float, perhaps reaching out from time to time to touch it between repeats – just for reassurance? You suffer from PBA. The only cure for PBA is to correct your body position. When you feel a need to don the infectious styro-virus you have undoubtedly broken one of the prime points of maintaining proper position.



Merry Christmas
and Happy New Year.
Have fun, be safe



Key Questions Coaches Ask

by Dr David Jenkins

Reprinted with permission from "Sportsmed News", May 1999

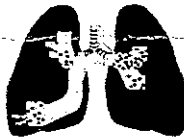
Many of the most frequently asked questions directed by coaches to trainers, conditioners and exercise scientists relate to improvements in a particular component of fitness. Such questions include:

How long will it take for my athletes to gain the strength to perform this skill? Or: How much time do you need with the players to develop that type of fitness?

Aside from the obvious practical importance of such questions, knowledge about the time-course of changes to the body with training provides essential information to the scientist about what underlies improvements. Factors which improve most with training are often those which are responsible for limiting exercise capacity and bringing about fatigue. In other words, limiting factors to different types of exercise improve with appropriate training and it is essential to identify these if training programs are to be effective.

Unfortunately, very little is really known about the time-course (i.e., the rate of change) of improvements one can expect from particular training regimens. We reasonably expect that most training programs will elicit improvements in performance. We also suspect that those people who are less well trained to start with will improve the most. However, the average rates at which improvements occur is often not documented. Similarly, our understanding of how quickly improvements are lost once an athlete stops training or reduces the training load is not clear. This brief article will attempt to review what we know of how quickly improvements in exercise capacity are both gained and lost (with training and detraining respectively) and discuss the issues related to loss of improvements with respect to tapering for a competition.

What little is known about rates of improvement in "fitness" is confined to



endurance exercise. A number of physiological changes which result from endurance training occur rapidly. For example, blood (plasma) volume will increase within a few days and the primary advantage will be maintenance of cardiac output during prolonged exercise often when there is a net loss of body water due to sweating. In addition to a rapid expansion of blood, studies with rats have shown that mitochondrial volume in skeletal muscle and the activities of oxidative enzymes can increase within just a few days of regular endurance exercise. In humans, oxidative enzyme activity has been shown to increase in as little as ten days following the start of endurance training. What remains to be determined with humans how-

ever, is the rate at which muscle capillary number increases once endurance training begins. It is thought that capillary number increases within eight weeks, but a more accurate estimation is essential for setting the optimum duration training phases.

Research has made it possible for scientist to accurately describe a number of changes which occur to the body in response to strength and sprint training. Changes include improved energy provision and accommodation of end-products such as lactic acid, improved maintenance of electrolyte concentration gradients, changes in muscle fibre size and contractile characteristics. All these changes are thought to contribute to improved strength and speed following training. However, the rate at which these changes occur is not known. Although it is reasonable to suspect that the most rapid changes will occur relatively early into a training program we are unable to speculate what this represents in terms of days or weeks. **In other words, how early is early?** From a coaches perspective, a week spent too long developing a particular component of fitness may reduce the time available for developing another. The consideration must be to weigh up whether most of the changes or improvements in say, strength or endurance fitness, have occurred by a certain time. Further time and effort devoted to gaining additional, small improvements may be better spent on gaining larger improvements in another area such as speed or agility. Flexibility in programming is essential as is recognition that different athletes will develop at different rate. Perhaps due to training history, age and/or genetic endowment, some will achieve most of their improvements in a given component of fitness quicker than a colleague and will therefore be ready to move on to the next training phase earlier.

When an athlete moves into a different training phase, an important question is: how fast will the training-induced improvement from the previous training phase be lost if and when the training load is reduced or completely removed? This is particularly relevant for maintenance of fitness during different blocks of training and during the competitive season. Similarly, when an athlete is injured, the training stimulus is often removed for several days or perhaps weeks to allow recovery of the injured area. The practical questions related to this are:

How little training is needed to maintain those improvements which have been gained previously? and How long will it be before the athlete loses all the training-induced improvements if he or she stops training completely?

The first question is especially relevant to tapering and the immediate preparation for competition. Research clearly shows that

endurance performance can be maintained for several weeks provided the intensity of training is not reduced. While the duration and frequency of training sessions can fall by up to 50%, it is the intensity of training which is critical for maintaining endurance ability. Research is yet to determine the critical variable for maintaining speed and strength during periods of reduced training.



With respect to the few days leading into a competition, the temptation by many coaches and athletes alike is to squeeze in an extra few training sessions before competition. This has to be avoided. If the physical preparation has been meticulously planned and an athlete has several weeks or months of high quality training behind him/her, then relative rest in the lead up to competition is essential – not optional. If a coach or athlete were to ask:

Why back off the training so much in those last few days?

The answers are as follows: First, it is not possible to improve the fitness of the athletes in the few days before competition. Second, and this relates to a coach who is trying to improve the level of a particular skill in the days before competition, the reply question can be: What is the physical cost of trying to perfect the skill "at the last minute"? There is a need to weigh up the necessity for physical recovery and rest against the limited chances of further improving a skill. In the days immediately before competition, and aside from the psychological need to recover from training and prepare, the body has to repair damaged muscle and to replenish energy reserves (in particular muscle glycogen).

The issue of losing "fitness" when a training stimulus is removed (i.e., detraining) is clearly relevant to those who are injured. The related question is:

How much "fitness" will be lost due to inactivity before training can be resumed?

What little research has been undertaken in the area of detraining has again been related to endurance performance. With complete removal of a training stimulus, there is a relatively rapid decline in mitochondrial volume in the first few weeks (with a 1/2 time of around 12 days). This means that the oxidative enzymes (responsible for producing aerobic energy) lose half their training-induced improvements in 12 days. There is evidence that well-trained endurance athletes never actually lose all the improvements in

Questions Coaches Ask cont'd from page 8

oxidative enzyme activity and if they ever do arrive back at "square one", it is likely to be as a result of several months if not years of inactivity. This also seems to be the case with capillary density: well-trained athletes who completely stop training retain, for years, most of their training-induced improvements in capillary number. This is consistent with what many of us have long observed: that previously well-trained athletes seem to regain prior levels of fitness quickly following an extended break.

In summary, of the infinite questions asked of trainers, conditioners and exercise scientist, those which are of most value to all involved are those questions which, if answered, will benefit the coach and athlete and enhance our understanding of why certain changes have occurred. Mutual benefit and advancement of knowledge can be achieved through continual questioning of procedures and practices.

Dr David Jenkins is a former representative Rugby union player who now lectures in Exercise Physiology at the University of Queensland. David has published many articles on sports science in scientific journals and edited a level 2 coaches manual published by the Australian Rugby Union on fitness for Rugby Union.

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Website www.sportsmedicine.com.au

Fighting Fatigue

Reprinted from 'Sports Dietitian' Sept 1999

Most active people will experience fatigue at some stage in their lives. Often it is only temporary, caused by an increase in the amount, or intensity, of training. Tiredness usually disappears as the body adapts to the new workload. However, tiredness can be a chronic condition that needs further investigation. Causes may be stress related or simply a lack of sleep. Underlying medical conditions also need to be ruled out.

Adequate nutrition is often overlooked as a contributing factor to fatigue. In many cases a simple change in eating habits can increase energy levels and improve performance.

Symptoms of Fatigue

- Elevated heart rate
- Drop in performance
- Increased feeling of effort
- Muscle soreness and pain
- Sudden weight loss
- Loss of appetite
- Low resistance to infection
- Loss of enjoyment in training
- Sleep disturbances
- Depression

The role of carbohydrate

Carbohydrate is the most important energy source for athletic performance. Carbohydrates are stored as muscle glycogen, a fuel store that must be constantly replaced. Many athletes think they eat 'a lot' of carbohydrate but in reality are eating well below their needs. Eating pasta the night before competition may not constitute a high carbohydrate diet. A level of 5-8 grams of carbohydrate per kilogram body weight per day is required for the average athlete otherwise low glycogen stores can occur over a number of weeks and lead to a feeling of prolonged fatigue. Alternatively, an

increase in training load or intensity can place extra strain on glycogen stores, while high intensity-exercise can cause a loss of appetite.

Symptoms of low carbohydrate intake are muscle heaviness and a lack of energy to train, particularly at high intensities. The athlete may even 'hit the wall' in training and be unable to complete the session. Most people store enough glycogen for 90 to 120 minutes of exercise, however eating too little carbohydrate can reduce this time to less than one hour. An athlete low in glycogen needs a reduction in training intensity, or several days' rest, as well as a high carbohydrate diet to replace glycogen stores.

Timing of carbohydrate

Many active people have hectic schedules and simply don't eat enough during the day. This in itself can lead to fatigue. Timing of carbohydrate is very important for muscle recovery, especially when training twice a day. Research shows that the muscle doesn't start refueling at a high rate until carbohydrate is eaten, so effective recovery only starts after you have had a carbohydrate-rich meal or substantial snack. You need to supply your body with 1 gram of carbohydrate per kilogram of body mass (ie 70 g carbs in a 70 kg person) to kick-start optimal fuel recovery, then follow this with carbohydrate rich meals and snacks for the rest of the day. A total carbohydrate intake of 7-10 grams of carbohydrate per kg of body mass (ie 490-700g) over the next 24 hours may be needed for athletes undergoing prolonged training programs, while the fuel bill for the average athlete can usually be met

by 5-8g/kg (350-560g).

Low energy consumption

Some athletes restrict their kilojoule (or calorie) intake to maintain a low body weight for their sport (e.g. gymnasts, dancers, rowers). Many female athletes do so to control their weight and body shape. Low kilojoule diets can eventually lead to a constant feeling of fatigue due to the body having to survive on too few kilojoules, vitamins and minerals. True nutrient deficiency diseases are not common, but the athlete can suffer sub-clinical symptoms like lowered immunity, decreased strength due to loss of lean body mass, poor recovery between training sessions and poor condition of skin, hair and nails. Depression and mood swings can also occur. Low carbohydrate diets can ultimately lead to chronic tiredness, low muscle glycogen and loss of muscle mass, despite some athletes claiming to feel less fatigued when first on these diets. This may be because:

- a) their previous eating habits are worse than the new diet: or
- b) they obtain a psychological boost from the diet.

Poor food choices

Active people lead busy lifestyles and often leave little time for shopping and food preparation. Insufficient carbohydrate and too few fruits and vegetable, along with a heavy reliance on fatty take-aways can quickly lead to fatigue, decreased immunity and general ill health. Hoping that a fat nutrition supplement will boost energy will only have a band-aid effect and not address long term nutritional problem.

Examples of high carbohydrate post-game snacks

- Fruit salad (1cup) + 2 scoops ice cream = 45g carbs
- Ham & salad roll + fresh fruit = 5g carb
- Spaghetti or baked beans (1 cup) + 2 slices toast = 55g carb
- Flavoured milk (300ml) + muesli bar + apple = 65g carbs
- Breakfast cereal (2 cups) + 200ml low-fat milk + tinned fruit (1/2 cup) = 70g carb
- Toast (2 slices) with honey, jam or marmalade + fruit juice (1 glass) = 70g carb
- 1000ml sports drink = 70g carb
- 700ml fruit juice = 70g carb
- Rice salad (1.5 cup) = 85g carb



Fighting Fatigue cont'd from page 9

An athlete might use caffeine containing foods to increase energy levels e.g. coffee, guarana and cola drinks. This in itself can set up a cycle of chronic tiredness. Caffeine can interfere with sleep patterns making it difficult for the athlete to get to sleep. Come morning, they are so exhausted that they need more caffeine to start the day. A sports dietitian can help athletes plan a nutritious eating plan that will provide the right balance of carbohydrate, protein and fat and sufficient vitamins and minerals.

Chronic dehydration

Many athletes are chronically dehydrated. Although they may drink during and after exercise, they often forget about the rest of the day. In winter, tea and coffee can be drunk at the expense of water and other fluids and may lead to less effective hydration over the day. High protein intakes may also contribute to dehydration. Signs to watch for are general lethargy, which is worse in hot weather, headaches, nausea and an inability to concentrate. Dry skin, pimples, cramping during exercise and strongly coloured urine can also be the result of dehydration.

The best way to monitor your fluid status is to measure body weight on a daily basis. Large weight fluctuations from one day to the next can indicate poor attention to hydration. Athletes are often encouraged to drink at training, but forget about consuming fluid throughout the rest of the day. Remember that fluid requirements will be higher during hot weather, if there is an increase in training or after long aircraft flights.

Iron deficiency

Athletes are prone to iron deficiency due to blood loss in sweat, urine and faeces. Females also have increased losses due to menstruation, while those involved in contact sports can have regular injuries that result in bleeding. Drugs such as anti-inflammatories can cause gastro-intestinal bleeding, which also increases iron loss. Some athletes have a low iron intake, in particular females and vegetarians. The current recommended daily intake is 12-16mg for women and 5-7mg for men. A female athlete may need up to 22mg per day!

Iron deficiency anaemia is less common than low iron stores. Full-blown anaemia results in extreme symptoms such as shortness of breath, to the point where the athlete simply cannot exercise. Decreased iron stores can result in a more general tiredness with an increase in recovery time, decrease in immunity, cold-like symptoms and depression.

A blood test is used to determine iron status. As readings such as haemoglobin and ferritin can be affected by heavy training, it is often difficult to assess from a single blood test whether iron stores are low. Monitoring of changes to iron levels with consideration of symptoms and risk factors will give a better picture of whether insufficient iron is the cause of fatigue. A sports dietitian can alter an athlete's food intake to optimise iron intake.

Vitamin and mineral supplements – the cure for fatigue?

There is a widely held belief that our food supply is deficient in most nutrients due to poor soil and processing techniques. Many supplement companies claim this is the reason why everyone should take supplements. However nutritional analysis of all foods within Australia shows this is not the case. Fatigue and ill health is more commonly caused by an imbalance of carbohydrate, protein and fat. Taking a supplement will do little to rectify this problem beyond giving a psychological boost.

Of course, if a vitamin or mineral deficiency is present, taking a supplement may be necessary to restore levels back to normal. A multivitamin may also act to protect those who are traveling and cannot get their normal meals or have to limit their food intake to reduce their weight. Elite athletes, who have a heavy competition schedule resulting in disrupted meals, may also benefit from a multivitamin.

Reduce your risk of fatigue

- Eat for health. Avoid crash diets and poorly balanced diets.
- Take time to eat enough food. Enjoy your meals.
- Avoid fat diets and those that eliminate carbohydrate foods or whole food groups (eg no dairy products).
- Increase the variety of foods eaten; don't eat the same foods everyday.
- Choose wisely when eating on the run; sandwiches, rolls, flavoured milks, fruit and low fat muesli bars are some of the better food choices.
- Don't be obsessed with eating 'good' foods, avoiding anything containing fat, or limiting fat intake to 20grams or less per day.
- If you are vegetarian, include meat substitutes like nuts, seeds and legumes.
- If you think you are iron deficient, get a blood test. Take steps to increase your iron intake.
- Ensure you are well hydrated every day.
- Eat plenty of fruit and vegetable on a daily basis.
- Constant travel can wear you out. Plan your ventures and take food with you or pre-order airline meals to suit athletes.

Sports Dietitians Fact Sheet is available by calling 03 96822442, email SDA@ausport.gov.au Website: www.ausport.gov.au/SDA

"EVEN IF YOU'RE ON THE RIGHT TRACK, YOU'LL GET RUN OVER IF YOU JUST SIT THERE."

"WE CAN'T ALL BE HEROES BECAUSE SOMEBODY HAS TO SIT ON THE CURB AND CLAP AS THEY GO BY."

Will Rogers

The Progress of the Swim Suit

by Kay Cox

A few editions back I had an article on wearing the one piece suit and suggested we might see more in the future. At the recent 7th Masters Pan Pacs Swim in Perth there were several overseas swimmers particularly amongst the faster swimmers who wore these and other suits. The full body suit was also worn by swimmers from an overseas club. From my observations it would appear that performances may be improved by wearing the suit. How this happens I am not sure. It doesn't appear to be by buoyancy as the suit is of a Lycra type material and is said to be approved. It could be a similar effect like 'Shaving down' as described in my article or it could be psychological. Whatever the reason, the people who wear them are convinced it helps their performance. Coaches, something to think about!

**NT BRANCH REPORT**

NT Branch has been busy with plans for swimmers and budding coaches alike. The NT had 4 swimmers participate in a 10km swim, raising money for NT paralympians. This was an extremely well supported event and the culmination of months of long distances in the pool, still with relatively cold pool temperatures (remember we have no heated pools in the NT and yes when it's 19 degrees in the water, we are cold). It was certainly interesting wander across the pool deck and note the various forms of sustenance each swimmer had chosen to get them through the swim, from electrolyte solutions to power bars. We even managed to have a swimmer break a world time in her age group by over 15 minutes.

The most recent event held was a 20 & over Carnival, where, although down on previous year's participants, national record times were unofficially broken for one of our disabled swimmers aiming for Olympic selection.

Finally, the NT Branch is about to get some coaching courses up and running. 13 November will see a Level 0 course conducted in Darwin, while a Level 1M course will be conducted in Alice Springs from 19-21 November.

Jacinta Stirrat
NT Branch Fitness Coordinator

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 Video	1 Week \$10.00	2 Weeks \$15.00

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

Videos

- **Mark Tonelli Gold Medal Series** - Best for novices in that it is simplistic, non-the-less it is very well put together with good camera work and footage.
- **AUSSI Coaching Seminar - with Kirk Marks** - 40 minutes of theory and practical showing real AUSSI swimmers of all shapes and abilities.
- **Swim Easy with John Konrads**. 45 minutes. An in-depth analysis of freestyle the John Konrads way. Excellent visual images.
- **Swimming Breaststroke**. 19 minutes. Superb analysis of the strokes of Adrian Morehouse and Nick Gillingham, plus 5 minutes of Sam Riley.
- **The Athletic Institute Swimming Series** - Covers all strokes, starts and turns with progressive skills. A bit dated but excellent under water shots of good basic techniques. Well worth a look.
- **AUSSI Workshop - Tailoring a programme** - plus booklet. This workshop held in Tasmania features Anita Killmier.
- **Swimming Fastest III - John Trembley**. A video and book combination. A *must* for all coaches, teachers and swimmers.
- **"Swim Smarter, Swim Faster." I & II**. Richard Quick and Skip Kenny of the Stanford University take you through nearly two hours of stroke drills, techniques plus Starts, Turns and Finishes.
- **ASCA Conference - Masters Stream - Adelaide 1992**.
- **Masters Stroke Techniques**. A biomechanical analysis of the four strokes by John Leonard of ASCA, with demonstrations of drills by US Masters swimmers. 50 minutes.
- **Your backyard swimming pool is your home fitness centre** - as the name suggests, gives ideas to utilise your pool to full advantage.
- **Strength Training** - This 30 minutes video provides a comprehensive update on the methods and principles of strength training, i.e. Body Building, Isometrics, Maximal Weights, Eccentric exercises. Excellent for swimmers and coaches about to embark on a strength programme.
- **Stretching - Bob Anderson**. A really great selection of exercises demonstrating correct technique.
- **Food for Sport** - featuring Karen Inge. Very good!
- **Sunrice High Performance Eating Strategies**, - plus booklet. A good video made better by the booklet.
- **Every Second Counts** - Effective Time Management in Sports Training. Whilst this video is not specific to swimming it gives many good examples of how time is wasted in coaching. A good tool for staff workshops or self evaluation.

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

AUSSI RESOURCE CENTRE

ORDER FORM

NAME _____
 ADDRESS _____
 STATE _____ POSTCODE _____
 PHONE _____
 AUSSI CLUB _____

I REQUEST THE FOLLOWING ITEMS

1 _____
 2 _____
 3 _____

I would like to hire them for a total of _____ wks commencing _____

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

Signed _____
 Date _____

ORDER FORM AND CHEQUES PAYABLE TO:

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



The Sports Administrator

Who's responsible for the troubles in sport?
 Who knows how to make their job a rout?
 When the competition fails who's the perpetrator?
 You guessed it - the Sports Administrator.

Whose fault is it when the beer is hot and the pies are cold?
 Who do we blame when the reserved seats have all been sold?
 Who seems to set out to annoy the spectator?
 You guessed it - the Sports Administrator.

Who never listens to what the committees say?
 Who always wants to be the star on the day?
 Who struts around like a proper dictator?
 You guessed it - the Sports Administrator.

But who makes the competition go?
 Who ensures their sport is in the know?
 Who has a set plan and is not a speculator?
 You guessed it - the Sports Administrator.

Who ensures the complicated plans all work?
 Who cracks down on sportsmen looking for some lurk?
 Who works in the interests of each and every spectator?
 You guessed it - the Sports Administrator.

They vary from sport to sport, the administration crew
 And tonight we honour a chosen few.
 Tonight we meet the real facilitator,
 A credit to their trade - the Sports Administrator.



The poem above was sent from the Directors and Staff of the Sports Federation of Queensland in 1996. It was written by Gerry Collins from ABC Radio. Hope you enjoy it.

Dates to Remember

21 - 24 April 2000
 AUSSI National Swim
 Gladstone, Qld Australia

27 July - 8 August 2000
 FINA World Masters Swimming
 Championships
 Munich, Germany

21 - 28 October 2000
 HONDA Masters Games
 Alice Springs, NT Australia

28 Oct - 5 Nov 2000
 Asia Pacific Masters Games
 Gold Coast, Qld Australia

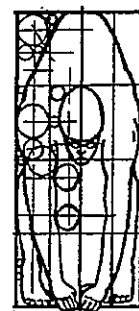
March/April 2001
 AUSSI National Swim
 Melbourne, Vic. Australia

15 - 14 October 2001
 8th Australian Masters Games
 Newcastle & Hunter, NSW Aust

6 - 19 October 2002
 5th World Masters Games
 Melbourne, Vic. Australia

October 2003
 9th Aust. Masters Games
 Canberra, Australia

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