

AUSSI



MASTERS SWIMMING IN AUSTRALIA
OFFICIAL JOURNAL

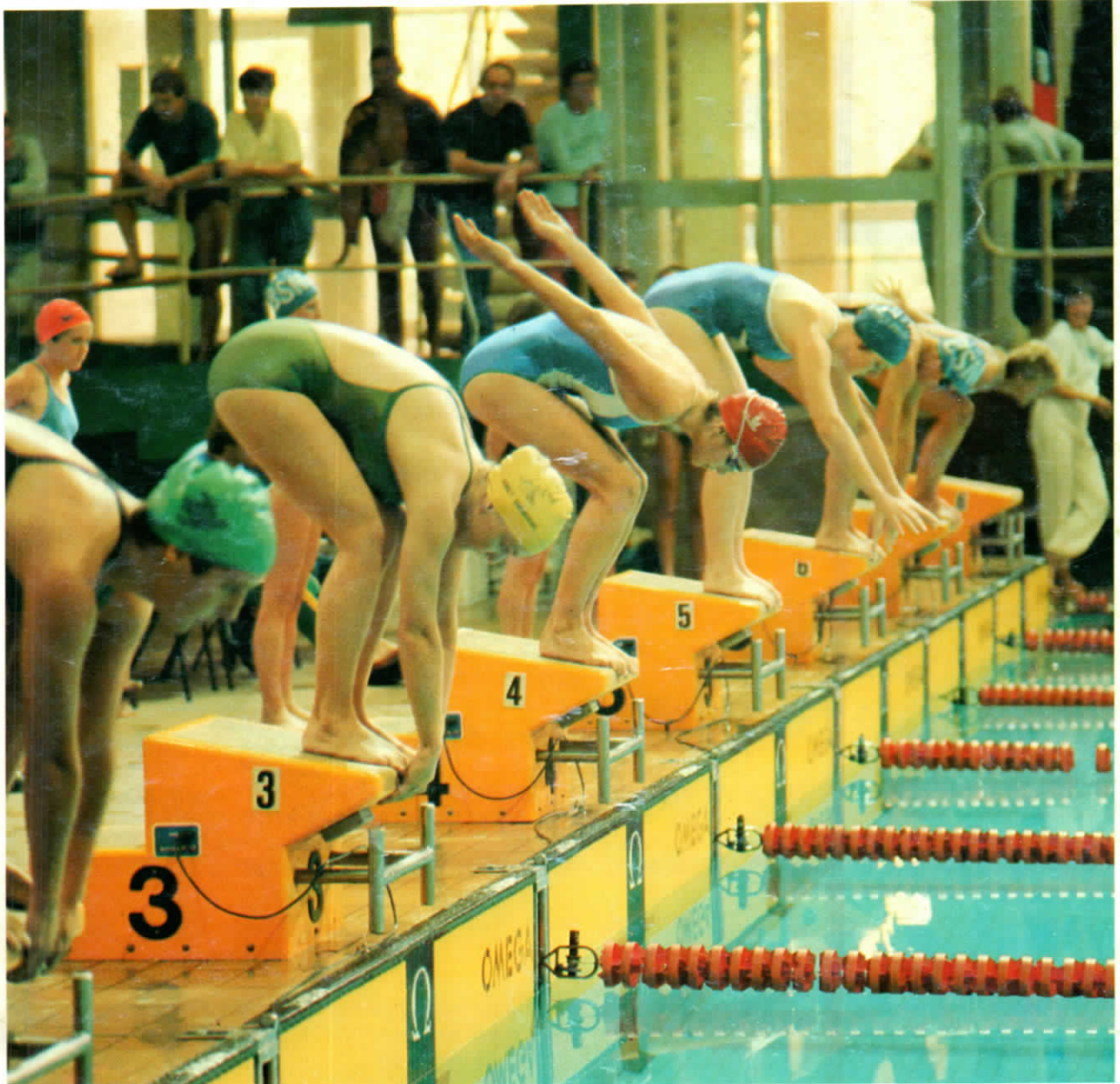
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CAROL'S COMMENTS



Carol Davis

Our major event, the National Swim and Club Championship, is over. Congratulations are due to the host Branch, Victoria, in particular the Organising Committee. Victorian President, Danny Smith, said he hoped the '84 Nationals would be known as the "Friendly Nationals" and with the happy exchanges from the welcome B.B.Q., the Happy Hours and the Presentation Dinner, I feel his hopes were realised.

Bruce Rowe, a member of the Organising Committee, has written a complete report. It, plus the results from the National Recorder, Peter Gillett, with a display of photographs from Robert Jones, will give you a lovely keepsake of the 1984 Nationals.

The Annual General Meeting was held on Wednesday and Thursday, 11/12 April. Re-elected to office were President, Peter Jackson; Secretary,

Brian Hird; Des McCormick was re-appointed National Fitness and Coaching Director, as was Carol Davis, Public Relations Officer. A new face is Treasurer, Beryl Stenhouse. Beryl is a member of the Cronulla/Sutherland club (N.S.W.). Tributes were paid to the retiring Treasurer, Mary Connolly who has given many years of service to AUSSI. Mary was presented with a Silver Tray as a token of appreciation.

The major single most important achievement from this meeting was the adoption of the new constitution. It's been a long time reaching acceptance. However, it is an excellent document and Council intends to see that it is regularly reviewed so it and the development of AUSSI are compatible.

Council also accepted a proposal from Elders IXL Travel, who are now our official travel agents. This proposal is a two way concept, with AUSSI members and friends benefiting from savings on package trips, with good service from any one of Elders IXL agents throughout Australia. AUSSI receives the sponsorship of the company, in direct relationship to the patronage of our members. So, I urge you to make your travel arrangements with Elders IXL and we'll both benefit.

A summary of the Annual General Meeting is printed in this journal.

We are grateful, once again, for the sponsorship of CITY MUTUAL and SPEEDO for our Nationals. The Speedo Relay Sprint lived up to its exciting concept. The girls from Adelaide Masters (S.A.) showed their heels to the rest of the competitors and it was terrific to see a club always strong in the relay department win. The men provided us with

another nail biting finish with one of Victoria's newer clubs Doncaster Dolphins taking the laurels. Robert, our photographer, took some great shots of this event when he wasn't jumping up and down with excitement.

The World Championships in Christchurch were a resounding success according to the many happy travellers. AUSSI members swam very well in the face of very strong competition from many other Masters swimmers worldwide. Bob Foster has written an excellent report on the Championships and supplied a variety of photographs.

A feature in future A.A.S. journals will be news from the International scene when it's available. Gary Stutsel, President of M.S.I. has provided this issue's report as well as information regarding the Canadian World Masters Games.

My friend, Dr. Novak, has again written about a most unusual event in his country. I know you'll find it fascinating reading, as I did. Naturally, Kay has written her usual article which I know you all look forward to.

However, the response to "You Ask Des" has been a little disappointing. Perhaps we need time to develop this column.

We have some members of AUSSI who will be representing Australia at the Disabled Olympics. They are Alan Morley of Maida Vale, W.A., Robert Waldron of Manly, N.S.W. and Geoff Fowler of Summerland, N.S.W. The respective clubs are very proud of these swimmers and have given them great support in their bid to attend these Games. The National Executive, on your behalf, has presented these swimmers with AUSSI gear, along with our very sincere best wishes for their success.

Judging from information I've received, (see Fred Johnson's letter 'Swimmer's Viewpoint' and Sue Ellen Johnstone's report on the Blacktown Marathon) AUSSI members appreciate the good health they have to enjoy their sport, so are endeavouring to "give something back", so to speak. Such efforts are probably the most rewarding and are certainly terrific promotion for AUSSI which we all know is a great organisation.

Well, that's all from me. Cheers everyone.

Carol

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Cover Photograph:
1984 NATIONAL SWIM
Start of Women's Speedo Relay Sprint
Victorian State Swim Centre
Photo by Robert Jones

SWIMMERS VIEW POINT

I am writing to tell you, and I hope all AUSSI members, of a community service being carried out by AUSSI members in Western Australia.

The service is to a group of 'swimmers' being person aged from six to eighty who suffer from some form of disability either mental or physical or in some cases both.

An organisation, The Association for Recreational Swimmers, asked the State Branch of AUSSI whether some in pool assistance could be given to the swimmers. The aim is to have one helper or instructor for each swimmer at a weekly coaching session.

I went along one Friday evening hardly knowing what to expect or what was expected of me. And what was the result of my two hour experience with these terrific people? An introduction to a charming lady, Brenda Lake, who was in charge of the session that evening and a feeling of achievement far more satisfying than that obtained by receiving the City Mutual one million metre award.

The 'swimmers' exercise in the pool, under direction of a qualified person, and the 'instructors' support the swimmer to prevent them from swallowing water and also give them confidence and encouragement.

Any reasonably fit person can be an instructor and our 18 volunteers to date have ranged in age from 20 to 66 years. It is helpful to have both male and female instructors.

AUSSI Melville Club has volunteered to supply instructors — three or four each week — for all of 1984.

Hopefully other clubs will follow our example. Inglewood and Osborne Park have already supplied volunteers. In 1985 and continuing in future years we hope to have an AUSSI club responsible for supplying instructors for the year. Smaller clubs could combine to provide the necessary help.

The appreciation of the swimmers and the improvement in their swimming is very rewarding to the helpers.

There are so many people that need helping through programmes such as the Association is undertaking that more pools and more helpers are needed.

The controllers of the programme in Western Australia, Peter and Margaret Campion have recently undertaken a lecture tour of New Zealand. Peter asked whether I could write an article for the AUSSI Adult Swimming magazine and hopefully other States would become involved in this very worthwhile cause. So "Dear Carol" here it is — hope you can find space in our magazine to publish my letter to you and also that other AUSSI branch members will give assistance to those swimmers not as fortunate as we are.

Yours sincerely,
Fred Johnson

P.S. Since writing the above I have found my September 1981 AAS magazine and re-read your wonderful article "Breaking Down the Barriers". Please re-publish it, even an edited version of the original, as there are so many new members of AUSSI who should be given the privilege of reading it. Also if possible, a photo of the Hydronauts in action.

Fred J.

Dear Fred,

I found your letter to be of enormous interest as I am sure other readers of AAS will. It is a privilege to be able to put back into a sport something of what you have received. I hope the programme continues to develop and many other of our members get involved.

"Breaking Down The Barriers" was a special article for me as I was very involved with it. The article was well received when published in September 1981 and I'd be happy to republish it if

AAS readers were interested. Write or phone and let me know.

Carol

Dear Carol,

I am embarrassed. In the 1983 Top Ten men 65-69, 100 metres medley, my time is listed as 1.33.45 instead of 2.11.04. This puts me ahead of Godfred (Gough) Williams and others. Gough can easily beat me on 3 of the 4 strokes involved. He is a friend of mine and does not appear upset by the error, but I will feel better if you could have the mistake rectified in the next issue of AUSSI.

May I offer a tip to some of our smaller clubs. Advertise more. If possible, have a sign or notice board at the pool.

I joined the Inglewood club a few years ago, not knowing that the Somerset pool was involved with AUSSI, even though I swam there sometimes as it is nearer to my home. I transferred to Somerset about 18 months ago. Somerset is a smaller club than Inglewood, but our membership is increasing in quantity and quality. We have good swimmers in most age groups. At our State Championships last month, we finished a few points behind Inglewood. We came fifth out of 14 metro clubs plus the Pilbara clubs — our best effort so far.

I feel that two things have helped increase our numbers.

1. Our publicity officer Joyce O'Farrel has had several well written notices published in our local community newspaper.

2. A large club notice board in the pool foyer, courtesy of the pool manager, our club secretary Vern Oliver (one time Australian backstroke champ).

I am not advocating a change of clubs for everyone but it certainly increases the number of your friends in swimming.

I will close thanking you for your efforts to improve our official journal.

Do we in the West receive our copies later than the East? The reason for asking is that many of the fixture dates are history when we receive our magazine.

Your sincerely,
Len Lambert

Dear Len,

There are always a few unavoidable errors that slip through in the National Top Ten and your letter here puts the record straight.

Advertising as you say is a great way to gain new members and the poster designed by Don Williams of Carine club in your State has been of great benefit to many clubs.

Thank you for your kind words. Improving the journal is an ever ongoing

BRANCH SECRETARIES

NEW SOUTH WALES:	Ken Ford, 4/19 Neptune Street, Coogee, 2034. 02 665 5568
AUSTRALIAN CAPITAL TERRITORY:	Judy Ford, 28 Cleland Street, Latham, 2615. 062 54 8541.
VICTORIA:	Barbara Wilson, 5 Bennett Avenue, Mt. Waverley, 3149. 03 233 4847
QUEENSLAND:	Ray Rose, 76 Garie Street, Wishart, 4122. 07 343 2541
SOUTH AUSTRALIA:	Florence Walker, 15 Conmurra Court, Craigmore, 5114. 08 255 7328
WESTERN AUSTRALIA:	Glenys McDonald, P.O. Box 40, Karrinyup, 6018. 09 446 3656
TASMANIA:	Jenny Page, 61 Hardwick Street, Launceston, 7250. 003 44 5385

task. No, you don't receive your journal in the west later than in the east. The reason why some dates seem like history to you is twofold. One, there is a span of time between the final copy going to the publisher and the journal being printed. Secondly, during the last few months, getting the new journal off the ground, has placed extra delays on us. Hopefully this situation will be under control for the next issue.

Carol

Dear Carol,

It's all Over

I suppose like many others before, one sits back and reflects on what has gone on over the past few months. I look back on the number of CARNIVAL MANAGEMENT COMMITTEE meetings that have been held, the numerous items that had to be attended to, that at the time, seemed, would not get done, from arranging the pool for the swimming to the arrangements at the presentation.

While attempting to make sure not to overlook anything, usually the most obvious is.

The reason for this letter is to mention the support given to the C.M.C. by the Victorian State Secretary, Mrs. Barbara Wilson and yourself, Carol at the National office, that when a request was made for any reason whatsoever, answers and advice was given in a prompt and most efficient manner. I humbly apologise to both you Carol and Barbara for not making a mention of this during the Presentation on Sunday.

I would also like to thank Bruce Rowe for the excellent way in which he seeded the heats for the National Swim. I'm sure the vast majority of swimmers did not pick up the fine detail in which the seedings were done.

Finally a word of thanks should go to the Branch Secretaries or Team Captains of the Clubs who kept the lanes supplied with time keepers during the 10th National Swim Meet.

Kind regards,
Danny Smith

Dear Danny,

The Victorian Branch is to be congratulated on the hosting of a happy and successful National Swim. It's always difficult to thank everyone as so many people work hard towards the end result. For myself, I was delighted to be of assistance.

Carol

Dear Carol,

Some recent letters to you have caused me some concern. The subject is diet and two recent letters mentioned 'fitness means being a vegetarian', and promotion of the Pritikin diet. While I wholeheartedly agree with Judy Ford that fitness and the correct diet go together for good health and the prevention of disease, I am very guarded about the

promotion of 'fad' diets and I think AUSSI should be too.

At a 'Lifestyle, Health and Fitness' course I attended at the University of W.A. they suggested that to ensure our population can cope with the ever increasing complexity of daily living we should:

Exercise: 1. Regular and enjoyable physical exercise.

Diet: 2. Balanced and satisfying diet.

Sleep: 3. Adequate sleep and recuperation.

Relationships: 4. Supportive Interpersonal relations.

Leisure: 5. Challenging leisure involvement.

Dr. Wolf Segal, senior biochemist at U.W.A. maintained that fad diets were not the way to good health and that a balanced diet and good common sense were the ideal.

Glenys McDonald

Dear Glenys,

I attended a seminar at the Sports Clinic called 'Your Child and Sport' which covered the area of diet. Parents were warned against high protein diets and the like. We were urged to use common sense when attending to our children's needs. The points you've listed were stressed. I think we should ask Kay to research and write us an article on nutrition.

Carol

Dear Carol,

I have been told that there is a lot of misunderstanding and uncertainty about the new relay age groups.

This is I believe, mostly due to the fact that a mistake was made when AUSSI adopted the groups, which are based on the total age of a team's members rather than on the age of its youngest swimmer. There was never any intention to have an upper age limit on a team so that the age groups should read as in column B below, not as in column A.

A fairer method still is to swim as they did at the recent World Championships in Christchurch, New Zealand, where the age groups were in 20 year spans (see column C). The total age system was first introduced by the Japanese and the advantages it offers over the old U.S. system are:

- 1) small clubs can enter teams in older age groups
- 2) teams travelling long distances, e.g. Perth to Brisbane can enter team in older age groups.

Under the old rules if a club had swimmers aged 25, 35, 45, and 55 they had to swim 25 years plus. Under the total age system they swim as 160 plus. Clubs with lots of swimmers should pick their oldest teams first then work down. In New Zealand clubs could enter three teams in an age group and I believe that this should be considered, but with no

upper limit. If a club has two teams both totalling 160, one can swim 160 plus and the other team can swim 120 plus.

As this is a complex subject, I would be pleased to answer any specific questions on the subject that were addressed to you as the editor.

COLUMN A	COLUMN B	COLUMN C
present AUSSI age groups	correct International groups	swum in New Zealand
under 120	under 120	under 120
120 to 159	120 plus	120 plus
160 to 199	160 plus	140 plus
200 to 239	200 plus	160 plus
240 plus	240 plus	180 plus
	280 plus	200 plus
		240 plus

Gary Stutsel, Cronulla Club. Mens 160 plus winners, N.Z. 200m Freestyle Relay

Dear Carol (Judy & Harry),

Swimming is definitely one of the best forms of exercise around. A well-balanced diet will help you swim well, feel well and stay well. Cutting back on the amount of fat, sugar and salt in your diet is undoubtedly a good idea — but there's no need to go overboard!

Nathan Pritikin's ideas are along the above lines but the existence he recommends is **very** spartan and unnecessarily strict. (Mr Pritikin also makes a lot of money from his books and health farms.)

The Australian lifestyle is basically a good one — it just needs modifying slightly in some cases:

- e.g. — more exercise — swimming's great!
- no smoking
 - less alcohol — one drink now and again does no harm.
 - less fatty foods — e.g. butter, margarine, oil, and fatty red meats, no need to be vegetarian though.
 - more complex carbohydrates — fruit, vegetables, bread and potatoes — in place of simple sugars.
 - less salt — you don't need it in cooking or at the table — there's already plenty naturally in food.
 - drink more water — but not the stuff you swim in.

Possession and maintenance of ideal weight would be a lot more common if exercise also was more common. Please encourage more people of ALL shapes and sizes to join AUSSI. Swimming is an excellent exercise — especially for those with a lot of weight to carry around!

Yours in swimming and fitness.

Jenny Walker

Swimmer, runner, triathlete and nearly qualified DIETITIAN.
Lane Cove AUSSI.

PS. If you're into buying books on diet try: —

"Food for Health" by Rosemary Stanton (Dietitian) or "Food Facts" edited by Professor Mark Wahlquist and David Briggs (both Australian of course).

HEARD BY HIRD



Brian Hird

The 1984 Annual Conference is over and the National Executive is as follows: President, Peter Jackson; Treasurer, Beryl Stenhouse; Fitness Director, Des McCormick; Public Relations Officer, Carol Davis and yours truly, Honorary Secretary. So, the only change in the Executive is the Treasurer's position, which was vacated by Mary Connolly when she decided to decline.

A few words to introduce you to Beryl. Most New South Wales AUSSI Clubs know Beryl as the secretary of Cronulla/Sutherland Club, a position she has held since 1980. She has also been Club Recorder and Fitness and Coaching Director. Beryl has been associated with AUSSI almost from its inception and swam in the 1975 and 1976 National

Swim Meets at Harbord in Sydney. You might ask what's a Secretary doing as National Treasurer. Well, Beryl was formerly a High School Science and Maths Teacher and her experience as a Treasurer includes three years as Canteen Treasurer at Burraneer Bay Public School and one year as Treasurer of Woollooware High School Parents and Citizens Association. I have been associated with Beryl when in office as N.S.W. Secretary and know her as a competent person and I would like to take this opportunity to welcome her to the National Executive.

This year's Annual Conference was held over one and a half days and we were still pushed for time to cover the Agenda. I would go so far as to say that next year, like the 1983 Mid Year Conference, it will have to be a two day meeting to cover all business arising over the six month period.

The most important decision to come out of this year's Annual Conference was the adoption of the new AUSSI Masters Swimming Constitution. After going through the draft page by page it was moved by Western Australia, that subject to the amendments of this meeting, the Constitution be adopted on May 1, 1984 and will supersede the current AUSSI Constitution.

Once again it was very pleasing to witness the input from each Branch at the conference and as stated in Glenys McDonald's (W.A.) Annual Report, these conferences are now professional and we the National Executive intend to

keep them that way.

With the 1984 National Swim completed we now look to A.C.T. for the 1985 National Swim. It was moved at the Annual Conference that the 1985 National Swim be an Anniversary Celebration and Branches are invited to input ideas to help A.C.T. in this regard. Headed by Robin Sweeney, President and Judy Ford, Secretary, A.C.T. have already put in a great deal of ground work to insure the success of the 1985 National Swim.

In closing, although I was not present at the 1984 National Swim and Club Championships, from all reports it was a great success. In particular, I would like to congratulate the members of Power Points Club who formed the committee to run the National Swim.

Brian,
Hon. Secretary

AN APOLOGY In my column last issue I commented that Mary Connolly was AUSSI's first Treasurer. This is incorrect as Ray Weekes was the first Treasurer with Mary taking office in 1976 after Ray had stepped down.

B.H.

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Summary of Minutes of Annual General Meeting 11/12 April, 1984

The meeting was held at the Powerhouse, Lakeside Drive, Albert Park, Victoria.

Present were: National Executive:

Peter Jackson	President
Brian Hird	Secretary
Mary Connolly	Treasurer
Des McCormick	Fitness and Coaching Director
Carol Davis	A.A.S., Publicity and Promotions' Officer

Branch Delegates

Ken Ford	N.S.W. Secretary
Val Dorrington	N.S.W. Publicity and Promotions' Officer
Robin Sweeney	A.C.T. President
Judy Ford	A.C.T. Secretary
Ray Rose	QLD. Secretary
Ed Milligan	QLD. Registrar
Toni Morris	W.A. President
Glenys McDonald	W.A. Secretary
Peter Gillett	S.A. President
Ivan Wingate	S.A. Vice President
Jenny Page	TAS. Secretary
Edith Pitman	TAS. Publicity Officer
Danny Smith	VIC. President
Barbara Wilson	VIC. Secretary
Bruce Rowe	(in Barbara's absence)

1. The minutes of the Mid Year Conference after amendments, were accepted.

2. BUSINESS ARISING

a) Reference to Founders' Trophy and research by G. Stutsel. Decision: Copy of relevant minutes and letter from G. Stutsel to be sent to all Branch Secretaries and Mr. Brownjohn.

b) The Technical Committee — P. Jackson, B. Hird and D. McCormick had updated and revised the AUSSI Rules which were available in draft copy for comment, amendments and deletions.

c) Report on N.S.W. registration system requested.

3. Consideration of 1983 Annual Report FITNESS AND COACHING

Moved G. McDonald (W.A.) Seconded R. Rose (QLD.)

THAT a 12 months trial of Level 1 Accreditation Scheme be set up in N.S.W. and W.A. under the direction of a person nominated in each Branch using as a basis the guidelines as set down in the Fitness and Coaching Report. Carried 4/3

Moved G. McDonald (W.A.) Seconded B. Rowe (Vic.)

THAT the National Fitness and Coaching Director be empowered to implement and oversee the Coaching Accreditation Scheme in N.S.W. and W.A. Carried

All reports were discussed in detail, with the members of the Council expressing appreciation for the efforts of those involved.

4. SUSPENSION OF STANDING ORDERS

Regarding the acceptance of late entries for the National Swim, the Council decided that the late entries now accepted could swim but not gain any points.

5. ELECTION OF OFFICERS

Elected were President P. Jackson, Warringah, N.S.W. Secretary B. Hird, Western Suburbs, N.S.W. Treasurer B. Stenhouse, Cronulla/Sutherland, N.S.W.

Appointed were D. McCormick, Hills, N.S.W. National Fitness and Coaching Director, C. Davis, Cronulla/Sutherland, N.S.W. Editor A.A.S. and Public Relations Officer, P. Gillett, Tea Tree Gully, S.A. National Recorder and G. McDonald, Carine, W.A. National Aerobic's Recorder.

A sincere vote of thanks was extended to the retiring Treasurer, Mary Connolly, for the many years of dedicated work she had done.

6. PRESENTATION OF CONSTITUTION

The Constitution was reviewed page by page, clause by clause with each Branch making its contribution. The Constitution was adopted and became the current Constitution on May 1.

7. PRESENTATION OF ELDERS IXL PROPOSAL

K. Smith of Elders IXL presented a proposal for the company to become AUSSI's official travel agent, in return for benefits for both members and the organisation. Council accepted the proposal, stating they can only recommend Elders IXL to their membership, not guarantee use by their members.

8. RULES

Moved T. Morris (W.A.) Seconded V Dorrington (N.S.W.)

THAT Branches submit comments/changes/additions to the Executive by the end of June and said rules to be put to the delegates at the Mid Year Conference for ratification.

BRANCH AGENDA ITEMS

1. The W.A. Branch moved to change the Relay age group rule. Debate was long and intense, resulting in a deferment until the Mid Year Conference for further research into the subject.

The W.A. Branch notified Council that the motion was being forwarded as a motion on notice for the Mid Year Conference.

2. The AUSSI 10 years celebration. The Council in their wisdom decided that the 1985 National Swim will become the anniversary celebration. All Branches to forward ideas to the office by the end of May to be circularised to all Branches

wherein they offer ideas and assistance within areas of their expertise.

3. Moved G. McDonald (W.A.) Seconded J. Ford (A.C.T.)

THAT 800, 1500, 3000, 5000 metres and 1 hour swims in all strokes and 800 metres Individual Medley be included in Top Ten events. Carried 3/2

4. The National Fitness and Coaching Director wished it noted in the minutes that he in his official position can't agree with the inclusion of 3000 and 5000m swims being listed in the Top Ten.

5. A 5 year Review Plan of where AUSSI is going was accepted, with each Branch requested to take on the research into an area.

6. Council decided that a new publicity brochure was needed and directed the National Executive to proceed on obtaining quotes.

Confirmation of dates for 1985/86 National Swim

1985 13-16 March at the Institute Pool, Canberra

1986 16-19 April — Adelaide

A request that the 400 I.M. and 1500 F/S be added to the National Swim programme resulted in a motion that

The A.C.T. Branch be instructed to run the 1985 National Swim programme as per 1984 National Swim programme.

An amendment was moved

E. Milligan (Qld.) Seconded I. Wingate (S.A.)

THAT the 400m I.M. be included in the 1985 National Swim programme. Voting was tied on 4/4 and the amendment lost on the Chairman's casting vote. Result: the 1985 National Swim programme will be the same as the 1984 programme.

Moved National Executive Seconded E. Milligan (Qld.)

THAT the Technical Committee look into the National Swim programme and that input from the Branches be forthcoming so a report can be given at the Mid Year Conference. Carried

D. McCormick was requested to present a report on his suggestion of introducing an alternative for Butterfly for certain age groups, at the Mid Year Conference.

J. Ford and B. Wilson were appointed delegates to the M.S.I. meeting in Christchurch, New Zealand — a report requested from the delegates to be sent to all Branches.

The above is a brief summary of the Annual General Meeting minutes. Please contact your Branch Secretary for clarification regarding any item. Letters to 'Swimmer's Viewpoint' are always welcome.

Editor

NSW BRANCH NEWS

STATE CUP

N.S.W. conducted a successful "STATE CUP", held at the Warringah Aquatic Centre. A total of 386 competitors arrived on 24th and 25th March and swam against some very tough competition.

A total of 36 National records and 3 World records were broken.

The "State Cup" changed hands for the first time in five years. It was a struggle to the end by two clubs Ettalong and

for such Sportsmanship.

NATIONALS

Congratulations to all N.S.W. members who won medals or swam their personal best.

Heard One lady who'll remain anonymous — fell backwards from a 2 foot high brick wall into the bushes. It's amazing what chlorinated water does to some people — or was that lolly water?

Also heard a **dead rat** somehow boarded the bus (whoops a two dollar

for a successful weekend.

September seems to be a busy month for N.S.W. members and executive alike.

Our Short Course Championships on 8th and 9th; then 15th and 16th, the Mid Year Conference; 22nd, our Annual General Meeting and Awards Night and 29th, Hunter Carnival.

Our inaugural Awards Night will be held at the Boulevard Hotel in Sydney. There are three awards to be given. Firstly, our "Swimmer of the Year", 1 male, 1 female. Medals and plaques to be donated by City Mutual. Secondly, the "Gary Stutsel" award (for the person who has contributed the most to the advancement of AUSSI N.S.W.). Trophy donated by Cronulla/Sutherland. Thirdly, "Administration" award, an award to acknowledge a club administrator. Trophy to be donated by N.S.W. Branch.

This Awards Night will be a finale to our N.S.W. executive who have worked tirelessly to make AUSSI N.S.W. an enjoyable association to belong to.

NEW ZEALAND WORLD CHAMPIONSHIPS

Swimming is a wristy business

Congratulations to all our N.S.W. members who recently competed in New Zealand. You did us all proud.

We all know how much training Gary, Jack, Greg and Brian had been putting into their relay changeovers but on the day, Gary Stutsel, burning down towards Jack, somehow tried to fight off the pool end and broke his right wrist. Hope the team winning the **GOLD** medal compensated in some way, Gary. Let's hope your wrist mends quickly. Congratulations to the team.

Well done to Frank Griffith on breaking his world record in the 200m Individual Medley in a time of 4.00.66 and all the swimmers who did so well.

Cheerio,

Val Dorrington
N.S.W. Publicity and Promotions' Officer



Who's this on the Ettalong bus? I mean coach!

Warringah Masters, with Warringah pipping Ettalong by 4 points.

The handing over of the "State Cup" by the representative of City Mutual, Tony Mooney, was a sight to behold, with Max Hull and all the Pelicans from Ettalong giving a standing ovation to Warringah — singing "For they are Jolly Good Fellows".

All I can say is 3 cheers to Ettalong

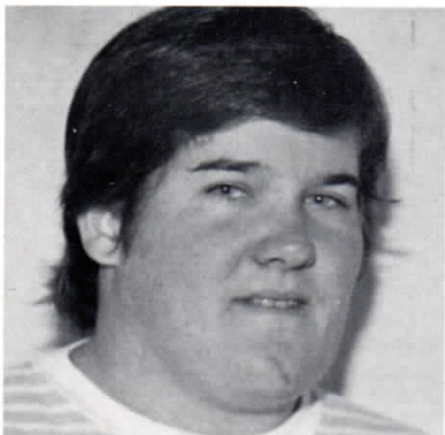
fine for the word **bus**) the Pelicans travelled home on. Last heard Irene had the rat situation under control.

INTERCLUB

Our members will be competing in another 5 Interclub meets before our Short Course Championships.

All will converge on Kiama 8th and 9th September, a fantastic venue, 8 lanes 25m heated indoor complex. We hope

SA BRANCH NEWS



Jane McNamara

Swimmers have just survived the busiest part of the swimming season, having completed the gruelling round of Interclub, National and World Championship meets, and have returned to relax in the training pool. (Not if the coaches can help it.)

Although proud of our World and National Champions (in fact, Tea Tree Gully is still celebrating its rise from 5th in SA, to 6th nationally-ranked club) it is the swimmers who compete for a solitary point at Interclub who are the essence of AUSSI.

The second Interclub of the year, hosted by Adelaide Masters at the Magill College pool, began with the clubs ranked as follows: Adelaide Masters,

Atlantis, Tea Tree Gully, Western Districts, Marion, Largs Vikings, Blue Lakes Masters and Reynella.

Relays dominated the second meet's program and it was these events, in the new cumulative age groups, which allowed Tea Tree Gully, to snatch second place from Atlantis, by four points. The Gullies' four point advantage at the meet was not enough to place them second in the overall competition, however. Tea Tree Gully's teams did not finish below third place in any of the age groups, with many of the races decided by the merest margin.

Adelaide Masters deserves its "masters" tag as it scored a massive 481½ points on its way to a remarkable victory. No other club can score that many points in two meets. The disappointment of the year's Interclub series

so far has been the poor showing of Western Districts Masters, which last year threatened to defeat Adelaide Masters.

Western Districts seem to rely too heavily on their stars, Robert Mackay and Gary Goodwin, so that if these two

cannot attend a meet, gaping holes are exposed in the club's armory. The results of the second Interclub were (cumulative scores in brackets): Adelaide Masters 481½ (917½), Tea Tree Gully 176 (351), Atlantis 172 (406), Marion 167½

(309½), Western Districts Masters 114 (276), Central Districts Seals 37 (83), Reynella (24), Blue Lakes Masters 19 (27).

WA BRANCH NEWS



Glenys McDonald

Our 6th State Swim was conducted under sunny skies on Saturday 31st March and Sunday 1st April. Needless to say, we had our fair share of April Fools' jokes. For the first time ever, in our experience of swim meets, the two days ran like clockwork. Jacqui Austin and members of her committee did a wonderful job, and they have left us quite a standard to live up to.

The hiring of a marquee for Beatty Park Pool to enable swimmers to be marshalled in comfort, and the marshalling by the programme because of the extra day at our disposal, were the corner stones in the success of the swim. Apart from the electronic timing operator (and we have plans to learn that), all officials were AUSSI members. Our recent seminar on 'Swim Meet Officials and Record-ers' certainly paid off. It would be nice if all these officials did not want to swim too, but helpers were quick to volunteer.

The swim also turned into a great publicity exercise as it was opened by the Minister for Sport, Mr Keith Wilson. He was most impressed with the 457 swimmers attending and stayed for an hour to watch some of the 1,649 individual performances.

We were even inundated by the media. Thanks to Vic McDonald our Public Relations Officer, two TV channels and a newspaper arrived just before the official opening and another paper arrived on the Sunday. As usual George Edwards, 81, was the central focus and he obligingly swam another 50m after the completion of his 100m freestyle event especially for the photographers. Thanks George. Myrtle Wright starts to run now when she sees a reporter coming, but we always manage to find her. Our 'Rice-Power Granny' from Osborne Park is becoming famous.

38 swimmers from Sth Hedland, Newman and Karratha also attended the Pilbara Section of the State Swim, nearly

2,000 km from Perth. Their cards were forwarded for inclusion in the final results.

Many records were set or broken over the two days. No less than 130 State records; 29 National records and 3 World records.

Those who were not too exhausted from the two day swim attended the Presentation Dinner on the Sunday afternoon where three results were announced.

Club Champions

Claremont	769 points
Melville	587
Osborne Park	481

State Aerobic Trophy

Claremont 1,313

State Administration Trophy

Geoff Upton — Secretary, Claremont.

The day was topped off by an impromptu singing rendition of a new, true blue, AUSSI theme song by three Claremont members. Those of us who were lucky enough to travel to Melbourne for the 'friendly' Nationals were able to see AUSSI at its best. The great personal achievements and the camaraderie combined to make it a Nationals to remember. Victoria should be congratulated for the Meet and the innovative 'happy hours' after each day's swimming. I hope the concept is continued at future Nationals.

With our smallest contingent for many years, we were very pleased to bring home 4 gold medals, several National records and 4 World records. Regardless of which club we originated from, we all became known as 'Myrtle's Mob' and we couldn't have been more proud.

Gold medalists were:

Zoe Boyer	
F 30-34	Rockingham
Judith Drake-Brockman	
F 60-64	Claremont
Myrtle Wright	
F 75-79	Osborne Park
Godfrey Williams	
M 65-69	Inglewood

Congratulations to those swimmers.

When the Claremont Club discovered they had taken out the National Aerobic Trophy at the Presentation Dinner, members raced to the phone to tell fellow members in Perth who had gathered for a celebration or wake barbecue. They followed up the call much later in the night just to make sure those in Perth were celebrating as much as those in Melbourne. I'm not sure if that would have been possible.

Back on the home front we are settl-

ing into some planning for the next twelve months. The W.A. Branch has a new executive.

President

Toni Morris . . . Inglewood

Vice-President/Extensions

Fred Johnson . . . Melville

Hon. Secretary

Glenys McDonald . . . Carine

Hon. Treasurer

John Olsen . . . Claremont

Director of Fitness/Coaching

Marielle Sloss . . . Claremont

Public Relations Officer

Vic McDonald . . . Carine

Recorder/State Swim Organiser

Julia Gobbert . . . Whitfords

Committee members

Don Dunn . . . Inglewood

Kay Cox . . . Carine

Our office is now functioning more efficiently with our own phone, answering machine and post office box number. Our Government grant for \$800 \$ for \$ for office equipment saw the purchase of a filing cabinet; new electric typewriter; a table for meetings; answering machine and an attachment for the photocopier.

As mentioned in our last Branch news, the very successful 'Learn to Swim Programme for over 50's' conducted jointly by our Department for Youth, Sport and Recreation and AUSSI, concluded with a demonstration swim by some participants and the presentation of certificates by the Minister for Sport. The standard of those completing the course was a credit to their instructors, and to see an 86 year old lady collect her certificate was most impressive. If someone has the courage to learn to swim at the age of 86, I think it says a lot for the human spirit. Kay Cox should be very proud of her efforts in this venture, the headaches were all worthwhile. Our work with the Department, and attending all the functions they put on, is the best promotion of AUSSI we can get, and we are pleased that now we are included with all the major sporting associations.

This Branch news ends on a sad note as we report the passing of Ernie Williams, of the Claremont AUSSI club. Ernie's contribution to swimming in our State can never be measured. Recently several clubs and associations presented Ernie with an award for his contribution. He was the 'uncle' figure to us all and a person to emulate, although few could hope to match his impressive swimming achievements — 8 of the National long course records printed in the previous magazine were his. Despite his debilitating disease Ernie challenged it to the end. Rest in peace, a true champion.

Glenys McDonald
Branch Secretary

TASMANIA BRANCH NEWS

Tasmania has at last formed a complete Branch executive and adopted the constitution drafted by the interim committee. Although our numbers are small and we have only two clubs, we are keen to see AUSSI prosper in our State.

Our executive members are full of enthusiasm after attending the National Swim in Melbourne. Congratulations to the Victorian organising committee for the success of the meet. Edith Pitman and I, as delegates to the Council meeting, thank all concerned for their help and friendship, as we were both "new faces" and very apprehensive. The Victorian social committee must also be congratulated for its work in making everyone feel welcome. "Dirty Dicks" was an evening to remember (perhaps, in some cases, to forget!).

The Devonport Devils put in some good performances at the Nationals. We congratulate Gavin Singleton on his success in the 20-24 years age group.

Both clubs (Launceston and Devonport) are tackling the awards and club

point score swims. We may be slow starters but we are determined to make 1984 our best year yet. Winter swimming in Tassie is a problem due to lack of indoor facilities of a suitable length. Devonport are fortunate in having the use of a lovely 25m pool at nearby Ulverstone three nights per week. Launceston swim in a smaller pool but have arranged to hire the only 25m pool available, once a month for award and timed swims.

Chris Holloway is our new State Recorder and we hope he will have plenty of work to do. Be prepared Chris!!

The lack of numbers in Tasmania has obvious disadvantages, mainly concerning swim meets. It's not easy to organise a programme when we have only 10-12 swimmers competing. Approaches have been made to various surf clubs and we hope they may be interested in swimming with us. Thanks to Val Dorrington (N.S.W) for suggesting this avenue to me in Melbourne. Attempts are being made to interest the south of our island in AUSSI. Letters

have been sent to a variety of people connected with swimming but have drawn little response. It seems a personal approach may be next in line. It must only be a matter of time before we find someone to share our interests.

The Launceston club is branching out into other aspects of swimming. Adult learn-to-swim sessions have been held since the club began. Several members are working towards Royal Life Saving awards as a follow up to a club meeting with a doctor who spoke about resuscitation techniques. Water polo also has been discussed and seems a likely proposition.

Social events and fund raising are always being undertaken. Air fares across Bass Strait are a major draw-back. The clubs' efforts to send their swimmers to the Nationals are much appreciated by all concerned.

We feel that we are finally getting somewhere in Tassie. Let's hope it keeps up.

Jenny Page

VICTORIAN BRANCH NEWS

As this is the first report to be forthcoming from the Victorian Branch for this year, some of the news included is a little on the 'old' side. However, better late than never!

The swimming year kicked off with the Mighty Marathon at Ballarat on February 12. Sixty five members swam the 2000m across Lake Wendouree. Members of Powerpoints took out the major honours with Dick Campion being first male across the line in 29.19 and Anita Killmier first woman to finish in 30.29.

Also in February, a seminar entitled 'Organisation of a Swim Meet and Duties of Officials' was held. The turn-up was relatively small but this is an area which all AUSSI members could and should have an understanding of and interest in, even if only so that they may appreciate the efforts of carnival organisers.

The first two meets on the Interclub calendar have passed with a marked contrast in success. Powerpoints held a swim on February 25th and were very disappointed by the low attendance. This was possibly due to the outdoor venue, although the pool was heated. Nevertheless those who braved the cool weather enjoyed the evening.

On March 31st, Doncaster Dolphins hosted their first Interclub meet. The evening was a resounding success and greatly enjoyed by the 80-90 swimmers who participated. Congratulations Dolphins, keep up the good work!

From all members of the Victorian

Branch, a well deserved round of applause and a big 'thank you' to those people who contributed so much of their time and energy to ensure that the National meet ran smoothly. The weekend was a lot of fun and we are all proud of your efforts. Local swimmers turned up in force and it was great to see so many of our country members too.

The contingent of Victorians who travelled to Christchurch for the 1st World Masters Championships excelled themselves in the pool and brought home a heap of gold, silver and bronze. Some of those to bring back medals were Corrie De Groot, Gloria Robinson, Barb Wilson, Geoff James, Mike Moloney, Bob McCabe and Jack Rogers.

This just about wraps up the news from the Garden State, so, until next time, keep on swimmin'.

Diane Norbury

AUSSI VICTORIA - CALENDAR FOR REMAINDER OF 1984

JUNE 23	Interclub at Frankston Contact Sec. Greg Caughey 772 5738
JULY 22	Interclub at Churchill Pool run by Gippsland Flippers Contact Sec. Janet Gray, 34 Murray St., Trafalgar. 3824
AUGUST 19	Interclub at Monash University Pool run by North Lodge Contact Sec. Bob McCabe 546 2542
SEPTEMBER 30	Interclub at Syndal Swim Centre run by Syndal Sharks Contact Sec. Leigh Pretty 726 9071
OCTOBER 28	Interclub at Greensborough Pool run by Diamond Valley Contact Sec. Hans Wehrens 459 5429
NOVEMBER 17	State Pentathlon Swim at Sandringham Lifestyle Pool Contact State Sec. Barbara Wilson 233 4847
TO BE ADVISED	Lake Benalla Swim - 1 mile Contact Sec. Alva Wyatt 057 63 2291

Changeroom Chatter

Whilst in New Zealand to swim in the World Masters Championships, 76 year old Jack Rogers of Victoria, inadvertently foiled a robbery at the Hotel in which he was staying. When bandits burnt through

the safe with a blow torch, they struck the envelope containing Jack's passport and money (deposited for safe keeping). Smoke from the burning paper set off the Hotel's alarm system with the result that the bandits had to beat a hasty retreat - empty-handed!

QUEENSLAND BRANCH NEWS



Paddy Anstey

Like all other States, the Queensland Branch has been very active during the past 3 months, with all members in heavy training and reaching a peak of fitness for the State Titles. The summer season now draws to a close, and winter approaches with Queensland in the unfortunate position of having some Clubs disadvantaged due to lack of heated swimming pools, a situation of which our Southern counterparts would not normally be aware. Because of our warmer summer temperatures, most Queensland aldermen and politicians — unlike their counterparts down south — are reluctant to provide funds for heated swimming pools. Consequently some of our regional clubs have to change to other activities during winter, or endure water temperatures down to 15°. (Not every Club in Queensland has a Chandler complex around the corner.)

The State Titles — Rockhampton — 17th-18th March.

Once again Gold Coast got up, with Sunshine Coast second, closely followed by Brisbane Southside. The meet was a great success, and this was the first time Brisbane was not host for the State Titles. The Rocky Crocs — led by President KERRY HERRON and State Titles Co-ordinator JAN SMITH, organised the swim and socials, and 226 competitors from as far afield as Cairns and the Gold Coast enjoyed the competition and sport-personship!

As always, many records were broken and medals were presented — but the highlight and most satisfying aspect had to be the presentations of the unique awards "The Quiet Achiever" sponsored by B.P. These trophies were presented to one member from each club who had been nominated by fellow club members as one who typifies what AUSSI is all about, and is a complete club member. The recipients were:—

Brisbane Northside JOHN WATERS
Cairns ALAN BURGOYNE
Mackay FRANCIS BROAD
Rockhampton JAN SMITH
Toowoomba MALCOLM STEVENS

Townsville ROBYN PAYNE
Brisbane Southside DAVID HALEY
Gold Coast KRIS NADALIN
Maryborough MICHAEL MONSOUR
Sunshine Coast MARGARET ANDREWS

On the local scenes:—

Cairns Mud Crabs: The Crabs are still active in the North, and each swim usually ends with a new member or two signed up. During the winter months, the normal Tuesday night swim will be changed to Sunday morning. Visiting Southerners are always welcome. With the recent opening of the Cairns International Airport, overseas Masters on holidays, who will be looking for a pool and swimmers to work out with, will be assured of a warm welcome.

Footnote — One of the most popular T-shirts at the World Titles in Christchurch — Cairns Mud Crabs.

Townsville Masters: Local State Registrar, ED MILLIGAN, has had a very busy season, with the State really taking off with record membership applications. Project 500 is sure to be a success, and next season could easily become Project 700.

Mackay: KAREN GIBSON's World Record at the recent club carnival was the highlight of the recent 3 months. The annual carnival attracted swimmers from both Townsville and Rockhampton, with Townsville winning from Sugar City, and Rocky Crocs third. Local swimmers to fare well were JILL MILLER, DAVID HINDER, and DESLEY WILLIAMS. A perpetual trophy was initiated at the meet — "The Aluminium Man" Pursuit Relay — the winning team being the one which obtained a lead of one clear lap. Winners of the inaugural relay — Mackay.

Footnote — Seen promoting Sugar City at Christchurch — GEOFF ROBINSON.

Rocky Crocs: Local members can pat each other on the back after a very successful State Swim — the first ever held outside Brisbane. The Crocs gained fourth placing overall, with some excellent individual performances. No doubt the local publicity given to the swim will motivate more Rocky inhabitants to take the plunge.

Toowoomba: The Toowoomba Tadpoles celebrated their first anniversary on the 9th March, and the 42 members marked the occasion with a night on the town, which was held after the State Titles at Rockhampton. The relatively small club came a creditable eighth at the Titles.

Club swims are well attended, with the Sunday morning swim proving most popular — apparently due to the publicity regarding the special champagne breakfast held one Sunday in January.

Sunshine Coast: After an excellent showing in earlier carnivals, Sunshine

club went down to Gold Coast at Rocky, however second placing at the State Titles is quite an improvement on last season.

Next season the NORTH Coast is sure to push the SOUTH Coast — with "WHAT'SITSNAME" City in between these two great swimming centres hoping to get in on the act.

Brisbane Northside AUSSI: At the recent Annual General Meeting, BERT COLLIER was elected President, with GIL PORTER Secretary.

Race Day with a difference — Did not know there was a pool at Doomben! Not many of the members got wet when they had a day at the races, however this outing proved very successful and popular, thanks to efforts of Social Secretary, LYN EDGAR. The Rocky excursion proved to be successful, with members full of praise for their accommodation. As usual BNA proved their endurance is not limited to the pool — but is evident on the social scene.

P.S. — BNA SC Carnival — Aug 18th (Sat.) Details Gil Porter — 3 Kendale St., Stafford Heights 4053 Ph. 07 359 5359.

Brisbane Southside Masters: Those "Seaside Resorts" did it again — pushed Southside into third place at the State Swim. With ever increasing membership, the "Custodians of Chandler" are gearing up for revenge during the next season. Several swimmers travelled to Melbourne for the Nationals, and also to Christchurch for the World Swim.

Gold Coast: Queensland Premiers for the third time in a row! All members were pleased with the win in Rockhampton, and appreciated the hospitality shown by local club Rocky Crocs. Happiest team member on the final day was KRIS NADALIN, who was voted most deserving of the very popular innovative award "The Quiet Achiever".

A small team represented the club at the Nationals in Melbourne, with DULCIE NICOL and BILL WORRALL adding to their collection of medals. An even smaller team crossed the Tasman to participate and enjoy the hospitality of our Kiwi neighbours at the inaugural World Masters swim.

With the approach of winter once again, the club still finds itself with no heated pool, and has to either travel to Brisbane or cross the Border into N.S.W. to enjoy their swims. Maybe this is the reason many members are participating in aquathons and triathlons — an area where two members in particular have proved successful at National level — JAN WANKLYN and FRED KNUDSEN.

During all winter months, stalwarts DOUG JENNINGS and VICTOR MORGAN can be found at the Southport (unheated) pool every morning — for those swimmers visiting the Coast and who can communicate with a frozen cranium.

Project 500 — as at 1/3/84 — 470.

Paddy

ACT BRANCH NEWS



Eileen Price

From January onwards the Branch concentrated on the swim meet on the 10th March. This took on special significance because it was to be our first 'run' in the National Sports Centre — also the long awaited confirmation of the booking for the pools for March 1985, for the National AUSSI meet, came through about this time.

We were gratified to receive 140 entries, double the previous year and most of those turned up on the day.

Thirty nine women and thirty one men completed the 800m freestyle swim, thus proving, we thought, our contention that this distance would be popular.

No less than six women claimed their swims as world records. The following times were submitted:

Beryl Grace, Narooma (60-64) 15.47.06

Liz Wallis, Warringah (55-59) 13.32.97

Maureen Stanton, Warringah (40-44) 12.26.80

Jane Sutton, ACT (35-39) 13.15.04

Carol Woodhouse, Hills (35-39) 13.30.36

Andree Gilroy, ACT (30-34) 11.42.57

We elected not to use the electronic timing. It was a bit of a stretch to find sufficient time-keepers at all stages and thanks to all who volunteered to assist. Whilst on the electronics, the failure of the free microphone was a drawback for those in the marshalling area. It was items like these that necessarily loomed large in our post-meet evaluation, with future events in mind. However, we hope that all you people from eighteen clubs who attended had a good time, enjoyed yourselves, were happy with your swimming and will come again. Our disappointment was that Victorian clubs, preoccupied with the approaching Melbourne Nationals, could not attend.

Sunday, a warm, fine morning, saw a gathering of thirty swimmers and onlookers, ready to pioneer the Lake Ginninderra Swim. For those of you who don't yet know Canberra, Lake Burley Griffin is the lake with the national 'monuments' around it, probably familiar from pictures. Ginninderra is the lake of its foreshores. In many ways it may be the most acceptable lake in the future for those who want a more natural environment for sailing, swimming, etc. Since the southernmost city, Tuggeranong, is to have its own lake, near the Murrumbidgee river, perhaps one day AUSSI will be organizing a THREE LAKE SWIM EVENT?

Anyway, we had lots of help from the 'authorities', especially the water police, which promises well for the future. So put an ACT AUSSI lake swim in your plans for later swim meets (though there won't be time at the Nationals next year).

A now redundant primary school in north (inner) Canberra is being re-cast to serve as a Sports Administration Centre for sporting bodies in the ACT. We have already put in our stake for use of it as a base for preparations for the 1985 Nationals — more news of this later.

Eileen Price
ACT Publicity Officer

"You Ask Des"

PROBLEM: Pool closing during the winter.

Dear Des,

The pool in which members of our Club regularly swim will be closed during the winter months and as there are no heated pools around in which we can regularly have a swim, what can we do to keep fit for swimming during the winter months?

Members of our Club and others in the same position would, I am sure, appreciate any advice you can give.

Yours truly,
P. Tarrier

Secretary, Sunshine Coast AUSSI.

ADVICE:

With the closure of your pool comes the situation that members will drift away from the group and find other activities that will give them satisfaction. Once this happens it is extremely difficult to get these people to return at the start of a new season to face cold water. The thought that the summer season is so short that it almost is not worth the trouble, is always in the mind.

In the first place it is very important

to keep the regular habit of meeting on the same day at about the same time. People are creatures of habit, once it is broken then it is very hard to re-establish the habit. It is essential that a winter programme be set up during the preceding summer and plenty of notice made of it. If the talk around the club is about what is going on during the winter then an interest has been started. The next step is to decide what form the programme will take. This will depend a great deal on the type of members you have and their commitment to swimming. There are a few topics that could be tackled irrespective of members' interests.

1. Life Saving.
2. Films.
3. Lectures by visiting AUSSI Coaches.
4. Social Nights.

Life Saving

Start a course of lectures for the Senior Resuscitation Certificate. This would be one of the most important courses that could be held. This one course could be the means of saving a member's life. The average length of such a course is four to five weeks. With care this could be stretched to last six weeks.

Films

The first thought on a film night is one of promotion. What better film than

the AUSSI film made for just this occasion. Other films could be on stroke or training, Olympics etc. Coaching films could be shown but do ensure that you have a person present who is capable of talking on the subject.

Lectures

Lectures by AUSSI coaches could help to set up your summer programme. These lectures could cover all aspects of AUSSI including promotion.

Exercise Nights

Exercise nights are very good but care must be taken that they are well planned. This would be one of the easiest ways of hurting members and doing a great deal of harm. The programme must be planned with great care and consideration. The so called "AEROBIC" exercise programmes should be avoided. More information on that subject could be sent to you.

This then is only a very short answer to a very large and important question. The points that the organiser must keep in mind are:

1. The ages of the members.
2. The interests of those members.
3. The reason why the programme has been started.
4. To remember at all times that the well being of the members is the first consideration.

Regards
Des

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I personally assure you of a holiday of the highest standard.”**

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14 DAY CORAL ISLAND EXPLORER

Highlights include: Surfers Paradise, Brisbane, Frazer Island, 2 nights Hamilton Island, Cruise Whitsunday Passage, o/n Magnetic Island, Atherton Tableland, cruise to Outer Barrier Reef, Green Island, 4 nights Cairns.

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• Ord River Scheme**

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Travel via New England Highway—Tamworth (overnight)

2 Days Brisbane to Sydney

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After more than a year of careful and exhaustive preparations, the National Championships arrived in a last minute panic as our preparations threatened to collapse about our ears. The electronic timing at the State Swim Centre had suffered a collapse and assorted preparations had gone astray. An American entrant notified his withdrawal and when we went to take his cards out, we found there weren't any. A cold horrible chill set in; had any other entrants failed to be processed? The ultimate nightmare, a non-English speaking entrant, not listed in the programme and no-one to interpret his language.

Wednesday, 11 April, marked the first sighting of visitors as delegates arrived for the National Conference. It's amazing how you can sit for hours arguing intently about nothing, finally settling on a resolution that bears no resemblance at all to what anybody wanted; but then that's what conferences are about, isn't it?

A dominant feature at National Conference is Glenys McDonald and her six inch thick folder. Glenys keeps the executive honest and takes a starring role in proceedings. Glenys also starred on Wednesday night at Dirty Dick's Tavern, winning the sexiest legs contest, taking home an album of dirty ditties to commemorate the occasion.

Towards the end of the evening the entertainers sang an ode to the pudding; I thought they were quite rude until I realised they were saluting the sweets course not my midriff.

Thursday, 12 April, the Conference continued to argue aimlessly to their hearts content. Then in the evening the moment of truth. It was time for the welcoming function and now we would see if the entrants would show up. When processing the entries we had been fascinated by the Swiss entrant, Esther Gseppi who submitted entries which in most events, were faster than the men. And on Thursday evening Esther checked in with all the Americans and interstate visitors. Plus two Canadians insistently denying allegations of American citizenship.

Friday morning, 13 April, the real part of the Championships started as we put on goggles and togs. The pool attendants proudly told us we weren't permitted to warm up in the main pool. Thanks fellers, hope a pigeon dies in your air-conditioning duct.

We started off with an experiment, two swimmers per lane for the first nine heats of 400m freestyle, composed of swimmers with little likelihood of placing in their age group. As the electronic timing can only cope with one person per lane, this meant manual timing; and that meant 32 timekeepers and 32 watches. To our amazement, it went off quite well. And cut the length of the programme by

approximately 1 hour 20 minutes. Four of the age group placegetters swam in double-lane heats, none of the winners.

We were all terribly proud of heat 12 of the 400m freestyle. There were exactly 8 entries by men over 70 years old so they all swam in the one heat. 76 year old Frank Griffith of Ettalong led home in 7.24.63, hotly followed by another 76 year old, Jack Rogers of North Lodge, 7.34.32. Frank went on to win the 75-79 age group with a perfect record of 7 wins in 7 events for a maximum 28 points. Probably his best swim was 100m freestyle in 1.21.54.

Frank also shared the award for outstanding male competitor with Ettalong club-mate, Kevin Vickery. Kevin is in his first year in 60-64 age group and was having fun breaking a nice new set of records. His 400m freestyle of 5.52.13 was particularly impressive in a perfect set of 7 victories for 28 points. Keith Watson, 61, of Melbourne University Gropers is slender, almost frail looking but zipped 50m freestyle in 32.56. Club-mates Bob McCabe and Sid Krasey, both 63, from North Lodge had their annual grudge match in the 50m breaststroke. This year it was Sid's turn to win 42.75 to 42.99.

Godfrey Williams, 67, of Inglewood, W.A. was another perfect 7 for 7 winner, with scorching freestyle times of 32.46, 1.13.15 and 6.14.30.

In the 50-54 age group, Dieter Loeliger of Adelaide Masters, won the high point with 27 points; only 5/100 of a second loss to Jonathon Davies in the 50m breaststroke 38.98 to 39.03 stopped a clean sweep. Dieter's most impressive wins were 200m backstroke, 3.00.54, 200m breaststroke, 3.06.77 and 200m medley, 2.50.01.

Mike Maloney, 45, of Power Points, was another competitor running riot. In a new age group, he scored a perfect 7 wins and his 200m breaststroke of 2.52.63 was only a second outside the world best for his age group. He also swam 50m breaststroke, 36.32, 100m breaststroke, 1.19.31 and 200m medley, 2.45.81.

Ken Wood, also 45 of Power Points, has an ungainly non-symmetrical freestyle stroke, his high head position betraying his water polo affiliations. At the start of a race his opponents are permitted to race away to what looks like a winning lead, then at the business end of proceedings he suddenly looms up again, then bullocks his way clear for a nonchalantly easy win. In this style he scored freestyle wins in 28.01, 1.03.76 and 5.22.30. National President, Peter Jackson, also 45 of Warringah, scored a 50m butterfly record of 31.45.

The 40-44 age featured some torrid competition. Tony Strahan, 41 of Power Points emerged triumphant with 4 wins

and 25 points. He was outright fastest at 400m freestyle in 4.48.52 plus winning his age group in 50m freestyle, 27.42, 100m freestyle, 1.00.02 and 200m medley, 2.42.78. Power Point's teammate, Geoff James, 40, set backstroke records with times of 32.15, 1.11.44 and 2.41.04. Butterfly ace, Peter Gilmour, former Melbournian, now representing Lane Cove, only entered 4 events and missed one when he went to the football instead; but there was no casualness in the butterfly as he scored with 30.43, 1.09.24 and men's line honours at 200m 2.36.03. Gordon King of Adelaide Masters was left lamenting in the stands as the 100/200 breaststrokes were won in slow times. He made the wrong choice of events and came fourth in the butterflies behind Gilmour, Strahan and James. C'est la vie!

Men's 35-39 featured the annual grudge match between Paul Wyatt, 37, of Coogee-Randwick and Barry Eastoe, 37, of Power Points. Paul was in form this year and cleared away late in the carnival to score a win with 25 points, with best swims 100 butterfly, 1.08.15, 200m Individual Medley, 2.38.54, 200m breaststroke, 2.59.77. Most fascinating result came in the 50m breaststroke won by Terry Lewis in 35.92 from heat 38, ahead of Barry Eastoe, 35.93 and Paul Wyatt, 35.94 both from heat 35. Try judging that accurately without electronic timing. Chris Bigum, 37, M.U.G.S., had freestyle times of 59.69 and 5.08.94. Bob Patterson, 36, North Lodge, won the 50m freestyle in 27.04.

A high point dead heat of 24 points each was shared by Gippsland Flippers' team-mates Ed Jewell, 33, and Doug Tantau, 30. Ed swam 400m freestyle in 4.54.80 and 200m Individual Medley, 2.40.61. Doug covered 50m freestyle in 27.25 and 50m backstroke in 32.21. Ian McCallum, 34, North Sydney, swam 100m butterfly in 1.08.49 and 200m butterfly in 2.36.15. Mike Marrow, 34, from Calgary, Canada, scored line honours in 200m medley.

Bob Campbellburns, 27, Doncaster Dolphins, was the fastest man afloat with line honours in 50m freestyle, 26.64 and 100m freestyle 58.53. Bob's wife, Bronwyn, 31, also scored a win at 400m freestyle, 5.39.45 as well as second place at 200m butterfly. If they can breed a youngster with his speed and her stamina, the child could make it to the Olympics. However, if the poor unfortunate mite were to inherit Dad's stamina and Mum's speed, he could always try chess, macrame or tap-dancing.

Brian Ford, 25, Gippsland Flippers, current Victorian country champion, scored line honours in 4 events; 50m backstroke, 29.78, 100m backstroke, 1.06.53, 200m backstroke, 2.33.88 and

100m butterfly, 1.07.69 on his way to the high point win.

Peter Baldwin, 25, Gosford, also had 4 line honours wins; 50m breaststroke, 32.62, 100m breaststroke, 1.14.57, 200m breaststroke, 2.47.33 and 50m butterfly, 29.52.

The new 20-24 age group was won by Gavin Singleton, 20, Devonport, with 25 points.

Jack McMahon, Lane Cove, won the 55-59 high points. Ken Ford, Coogee-Randwick, triumphed in 70-74.

The men's Speedo Relay was won by Doncaster Dolphins as Bob Campbellburns powered away from Doug Tantau of Gippsland Flippers in the final lap. The women's Speedo Relay was a one horse race as Adelaide Masters outdistanced the competition.

One member of that flying relay was Paula Keough who won the 20-24 high point with line honours for 50m butterfly, 31.99 and fastest Australian for 100m butterfly, 1.12.68. Although unplaced in the high point, Cathy Rawson of Brisbane Southside scored line honours with 1.05.07 for 100m freestyle. Joanne Sutcliffe of Tea Tree Gully turned in smart backstroke times of 34.50, 1.15.85 and 2.50.20. Another member of the Adelaide Masters winning relay, Janet Waterhouse, covered 50m freestyle in 29.97.

Swiss visitor, Esther Gseppi, 25, swam six events. She was unplaced in one, scored women's line honours in four events (400m freestyle, 4.56.96, 100m butterfly, 1.12.58, 100m breaststroke, 1.25.78 and 200m breaststroke, 2.57.03) and best the men outright over 200m butterfly. For those of you who went early to the presentation, you missed the best race of the meet; the final individual event, the last heat of 200m butterfly. Esther had swum her earlier races mostly in with the fastest men and had been burned off the pace from the beginning. However, in the 200m butterfly she clearly meant business as she sped with the field down lap 1 and led a closely grouped race at 100 metres (split 1.13.53). Down lap 3 the field began to spread out and on the final lap four fit people were left to contest the lead. Esther triumphed by a fingernail in 2.36.01 to Peter Gilmour, 2.36.03 with Ian McCallum, 2.36.15 and Bob Bayley, 2.36.16. Try judging that accurately without electronics.

25-29 high point winner was Lyn Cuthbertson from Summerland, N.S.W. scoring line honours in 3 events; 100m backstroke, 1.15.42, 200m backstroke, 2.43.90 and 200m medley, 2.42.87. Second place, Chris Riley of Brisbane Southside won line honours in 50m freestyle, 29.73 and 50m backstroke, 34.17. Anita Killmier of Power Points scored as fastest Australian in 400m freestyle, 5.02.59 and 200m butterfly, 2.47.61. Julie Barfoot of North Lodge covered 100m freestyle in 1.05.12. Lynda Maddison (Adelaide Masters) won the breaststrokes 39.08, 1.27.64 and

3.09.18.

Zoe Boyer of Rockingham W.A. won the high point in 30-34 with smart 50m sprints butterfly 33.43 and freestyle 30.91.

The 35-39 high point was shared by Vivien Boyd (North Lodge) breaststroke wins in 50m 39.82, 100m 1.28.35 and 200m 3.17.09 and Elly Fleig (Adelaide Masters) who won the 100m backstroke, 1.28.44 and 200m, 3.12.55.

The competition was torrid in the women's 40-44 just as it had been in the men's division of the same age group. Alva (Colquhoun) Wyatt, a 1960 Olympian in the 100m freestyle actually got beaten in her specialist event as Jan Watson (Warringah) triumphed, 1.10.88 to 1.10.97. However, champions don't lie down and die easily and Alva came back to win the 50m freestyle in 31.17. Shortly afterwards, at the World Masters Swim Meet in New Zealand, Alva reversed the result in the 100m with a faster time. Both have several more years in 40-44 so stay tuned for next year's result. Jan Watson also won the 400 metres in 5.48.74.

Jan's club-mate from Warringah, Maureen Stanton, swam outstanding times for backstroke, 37.01, 1.23.66, 3.02.94 and 200m medley, 3.07.27. Gloria Robinson (North Lodge) won the breaststrokes in the 40-44 division for the final time (next year she'll be 45) with times of 43.26, 1.34.63 and 3.27.04. Barbara Luscombe (North Lodge) rounds out a set of fast winners as she dominated the butterfly in 35.19, 1.22.22 and 3.22.15.

Fay Gould of Hunter, N.S.W. had a near perfect high point win in 45-49 with 27 points swimming an event in every stroke, winning all but the backstroke where she was toppled by Alice Kinnaird of Frankston who had a zippy set of backstrokes, 39.69, 1.27.63 and 3.13.58.

Barbara Wilson of North Lodge had graduated to 50-54 and had fun rewriting the record book on the way to a perfect 28 point win. Now fully recovered from a chest injury, Barbara covered 400m freestyle in 6.05.89 and 200m medley in 3.30.90.

Liz Wallis (Warringah) also had a perfect 28 point win in 55-59 with a 6.29.12 freestyle demonstrating her fitness.

Women's 60-64 was dominated by two outstanding swimmers; Judith Drake-Brockmann had a 27 point win, losing one race to Marion Dutton who came second with 25 points. Judith's backstroke times of 45.94, 1.41.71 and 3.50.45 far outdistanced the field; Marion managed a 53.17 breaststroke despite a knee injury which hampered training.

Mavis Boase of Adelaide Masters scored a perfect 28 points to win in 65-69. Butterfly hadn't been invented when Mavis was a youth but at 69 years of age she can cover 100 metres in 2.54.18.

Dulcie Nicol of Gold Coast had a perfect 6 events for 24 points to win the

70-74 high point.

The real class of the meet was Myrtle Wright from Osborne Park, W.A. The only competitor in the 75-79 age group, Myrtle would have beaten the 70-74 age group and finished second to Mavis Boase if her times were compared to the 65-69 age group. Myrtle was named woman competitor of the meet as she swam world best times for her age group in 50m freestyle, 46.32, 100m freestyle, 1.54.85, 50m backstroke, 51.90, 100m backstroke, 1.58.35, 200m backstroke, 4.23.76, 50m breaststroke, 1.01.39, 100m breaststroke, 2.31.75.

Myrtle received a great ovation at the presentation dinner and was clearly delighted at the standing ovation she received. But even Myrtle's ovation was overwhelmed by the reception for the grand old lady of Masters Swimming in Australia, Gran Fernance of Blacktown Beavers. At 85 years old, tiny fragile Vera is our oldest and most popular participant. She only swam one event and it took her 5.19.74 to cover 100m backstroke. But the times don't matter; everyone is just happy to see Gran still in the water swimming, no matter how long she takes.

The presentation took place at Powerhouse on the banks of Albert Park Lake. We planned everything centrally, no travel or accommodation problems, then the nuclear demonstration stopped the tram service in St. Kilda Road. But everyone got there without problems. I went back for a second load of passengers and was hard put to find one passenger. The running of the functions was a credit to David Gordon and his crew.

The Founders' Trophy for top club was won by North Lodge with a massive 771 points. Adelaide Masters were second with 608 points for the St. Leonards Travel Trophy as best interstate club ahead of third placed Ettalong, 444 points.

As we toiled amid the debris of the presentation dinner, stacking orange seats in neat piles at the one end of the hall and blue chairs at the other end of the hall, we were left with one clear word of advice to the organisers in Canberra next year; if you want to organise a meet, don't bother swimming in it. If you are a serious competitor, insist someone else runs things. And as we left Geoff James stumbling around looking bent, folded and mutilated, we still couldn't understand how Barbara Wilson runs swim meets and still stars in them.

We would like to thank our major sponsors, Speedo and City Mutual, for helping to make it all possible, as well as the V.A.S.A. officials who gave of their time and without whom we couldn't run the electronic timing, let alone the rest of the meet.



I now declare this Meet officially open.



It couldn't be that bad!! . . . Whatever Victoria Secretary Barbara Wilson said to Victoria President Danny Smith.



Glenys McDonald W.A.
Winner of the "Sexiest Legs" Contest.



Breathe deep, limber up, that's men 40-44
Gold Medalist Tony Strahan — Lane 4.



The Founders' Trophy — to North Lodge,
Victoria. Presented by Peter Jackson to
Bob McCabe.



The QLD. Relay Trophy . . . (What North
Lodge Again?) . . . presented by Ed Milligan
of QLD.



Prime Time pin ups? 60-64 medalists Judith Drake-Brockmann (W.A.), Marion Dutton (Vic.) and Beryl Grace (N.S.W.)



"A kiss for Mary" from President Peter Jackson to thank the retiring treasurer Mary Connolly.



Whatever Kevin Vickery (Ettalong) was saying has been censored.



The City Mutual Aerobics Trophy went to Claremont. Presented by John Wylie of City Mutual.



"Myrtle's Admirers" — Lady Swimmer of the Meet Myrtle Wright of Osborne Pk. (W.A.) receiving her due homage from Frank Griffith — Ettalong (N.S.W.) and Harry Fowler — Summerland (N.S.W.)



Winners of Men's Speedo Relay Sprint — Doncaster Dolphins, Victoria.



Winners of Women's Speedo Relay Sprint — Adelaide Masters, S.A.

National Meet, Melbourne 1984

	AGE	POS.	NAME	CLUB	PTS.
20-24	1		P. KEOUGH	ADELAIDE MAST.	23
	2		J. WATERHOUSE	ADELAIDE MAST.	22
	3		J. SUTCLIFFE	TEA TREE GULLY	21
25-29	1		L. CUTHBERTSON	SUMMERLAND	24
	2		C. RILEY	BRIS. SOUTHSIDE	22
	3		A. KILLMIER J. BARFOOT	POWER PTS. NORTH LODGE	21
30-34	1		Z. BOYER	ROCKHAMPTON	25
	2		M. SHUER	ADELAIDE MAST.	20
	3		B. CAMPBELBURNS	DONCASTER	19
35-39	1		E. FLEIG	ADELAIDE MAST.	
	1		V. BOYD	NORTH LODGE	24
	3		C. CHALMERS	BRIS. SOUTHSIDE	15
40-44	1		J. WATSON	WARRINGAH	
	1		B. LUSCOMBE	NORTH LODGE	21
	1		M. STANTON	WARRINGAH	
45-49	1		F. GOULD	HUNTER	27
	2		A. KINNAIRD	FRANKSTON	24
	3		P. HALL	A.C.T.	18
50-54	1		B. WILSON	NORTH LODGE	28
	2		P. DUNN	ETTALONG	20
	3		H. WALKER	LANE COVE	19
55-59	1		E. WALLIS	WARRINGAH	28
	2		C. DEGROOT	NORTH LODGE	25
	3		P. ADAMS	HILLS	15
60-64	1		J. DRAKE- BROCKMAN	CLAREMONT	27
	2		M. DUTTON	POWER POINTS	25
	3		B. GRACE	NAROOMA	19
65-69	1		M. BOASE	ADELAIDE MAST.	28
	2		M. CALTHORPE	ETTALONG	16
	3		L. McCANDISH	NORTH LODGE	12

	AGE	POS.	NAME	CLUB	PTS.
70-74	1		D. NICOL	GOLD COAST	24
	2		E. McKENZIE	BRIS. SOUTHSIDE	19
	3		A. HARDY	NORTH LODGE	18
75-79	1		M. WRIGHT	OSBORNE PARK	28
	2				
	3				
80-84	1				
	2				
	3				
85-89	1		J. FERNANCE	BLACKTOWN	4
	2				
	3				
20-24	1		G. SINGLETON	DEVONPORT	25
	2		R. ARMSTRONG	GOSFORD	22
	3		N. KIME	ROCKHAMPTON	20
25-29	1		B. FORD	GIPPSLAND	25
	2		P. BALDWIN	GOSFORD	
	2		W. McDONALD J. TOWNEND	CRONULLA BRIS. SOUTHSIDE	16
30-34	1		E. JEWEL	GIPPSLAND	
	1		D. TANTAU	GIPPSLAND	24
	3		I. McCALLUM	NORTH SYDNEY	15
35-39	1		P. WYATT	COOGEE	25
	2		B. EASTOE	POWER POINTS	20
	3		T. LEWIS	POWER POINTS	18
40-44	1		T. STRAHAN	POWER POINTS	25
	2		G. JAMES	POWER POINTS	23
	3		G. KING	ADELAIDE MAST.	15
45-49	1		M. MALONEY	POWER POINTS	28
	2		K. WOOD	POWER POINTS	18
	3		P. JACKSON	WARRINGAH	17

	AGE	POS.	NAME	CLUB	PTS.
50-54	1		D. LOELIGER	ADELAIDE MAST.	27
	2		J. DAVIES	MARION	
	2		J. LEMMON	ETTALONG	20
55-59	1		J. McMAHON	LANE COVE	26
	2		T. DONOVAN	NORTH LODGE	
	2		D. REDPATH	TEA TREE GULLY	21
60-64	1		K. VICKERY	ETTALONG	28
	2		B. McCABE	NORTH LODGE	24
	3		K. WATSON	MUGS	20
65-69	1		G. WILLIAMS	INGLEWOOD	28
	2		B. WORRALL	GOLD COAST	
	2		C. TOMPKINS	POWER POINTS	16
70-74	1		K. FORD	COOGEE	18
	2		J. HUGHES	SUNSH. COAST	17
	3		E. NEVILLE	NORTH LODGE	13
75-79	1		F. GRIFFITH	ETTALONG	28
	2		J. ROGERS	NORTH LODGE	22
	3		H. FOWLER	SUMMERLAND	17
80-84	1				
	2				
	3				
85-89	1				
	2				
	3				

RESULTS:

1. North Lodge	771	Founders' Trophy
2. Adelaide Masters	608	A.C.T. Runner's Up
3. Ettalong	444	Trophy

Visiting Clubs' Point Score

1. Adelaide Masters	608	Visitor's Trophy
2. Ettalong	444	
3. Tea Tree Gully	181	

Relay Point Scores -120

1. Adelaide Masters	40	Tasmanian Branch
2. Doncaster	30	Shield
3. Tea Tree Gully	18	

120-159

1. Power Points	30	South Australian Branch
2. North Lodge	26	Shield
3. Atlantis	24	

160-199

1. North Lodge	30	Queensland Branch
2. Adelaide Masters	28	Shield
Warringah	28	

200-239

1. North Lodge	44	Victorian Branch Shield
2. Ettalong	26	
3. Adelaide Masters	20	

240-279

1. North Lodge	42	Western Australian
2. Adelaide Masters	30	Branch Shield
3. Ettalong	28	

280-319

1. North Lodge	24	New South Wales
2. Ettalong	8	Branch Shield

Records Broken at National Meet - Melbourne 1984

WORLD

Female 75-79 Myrtle Wright - Osborne Park

50M FREESTYLE	46.32
50M BACKSTROKE	51.90
100M BACKSTROKE	1.58.35
200M BACKSTROKE	4.23.76

NATIONAL

Female 20-24 Paula Keough - Adelaide Masters

400M FREESTYLE	5.11.46
50M BUTTERFLY	31.99
100M BUTTERFLY	1.12.68
200M BUTTERFLY	2.51.44
200M IND./MEDLEY	2.44.53

Joanne Sutcliffe - Tea Tree Gully

50M BACKSTROKE	34.50
100M BACKSTROKE	1.15.85
200M BACKSTROKE	2.50.20

Cathy Rawson - Brisbane Southside

100M FREESTYLE	1.05.07
50M BREASTSTROKE	39.70

Janet Waterhouse - Adelaide Mast.

50M FREESTYLE	29.97
100M BREASTSTROKE	1.27.70

Merideth Jarvis - Marion

200M BREASTSTROKE	3.21.27
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25-29 Julie Barfoot - North Lodge

100M FREESTYLE	1.05.12
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Lyn Cuthbertson - Summerland

200M BACKSTROKE	2.43.90
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Female 30-34 Zoe Boyer - Rockhampton

100M BUTTERFLY	1.18.41
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35-39 Vivien Boyd - North Lodge

50M BREASTSTROKE	39.82
100M BREASTSTROKE	1.28.35
200M BREASTSTROKE	3.17.09

40-44 Maureen Stanton - Warringah

100M BACKSTROKE	1.23.66
200M BACKSTROKE	3.02.94
200M IND./MEDLEY	3.07.27

		Tony Strahan – Power Points	
		100MFREESTYLE	1.00.02
		400MFREESTYLE	4.48.52
		Peter Gilmour – Lane Cove	
		200MBUTTERFLY	2.36.03
Men	45-49	Mike Maloney – Power Points	
		100MBREASTSTROKE	1.19.31
		200MBREASTSTROKE	2.52.63
		Ken Wood – Power Points	
		100MFREESTYLE	1.03.76
		Peter Jackson – Warringah	
		50MBUTTERFLY	31.45
		Barbara Luscombe – North Lodge	
		100MBUTTERFLY	1.22.22
		200MBUTTERFLY	3.22.15
		Gloria Robinson – North Lodge	
		100MBREASTSTROKE	1.34.63
		200MBREASTSTROKE	3.27.04
	50-54	Barbara Wilson – North Lodge	
		50MFREESTYLE	36.09
		100MFREESTYLE	1.20.63
		400MFREESTYLE	6.05.89
		200MIND./MEDLEY	3.30.90
	55-59	Corrie Degroot – North Lodge	
		200MBREASTSTROKE	4.14.88
	60-64	Judith Drake-Brockman – Claremont	
		100MFREESTYLE	1.28.47
		400MFREESTYLE	7.23.93
Men	20-24	Gavin Singleton – Devonport	
		100MFREESTYLE	1.01.55
		400MFREESTYLE	4.55.20
		100MBUTTERFLY	1.14.56
		Robert Armstrong – Gosford	
		50MBREASTSTROKE	34.85
		100MBREASTSTROKE	1.16.50
		200MBREASTSTROKE	2.48.34
		Simon Bainbridge – Carine	
		200MBACKSTROKE	3.04.05
		Neal Cam – North Lodge	
		50MBUTTERFLY	31.20
		Noel Kime – Rockhampton	
		200MIND./MEDLEY	2.45.17
	25-29	Peter Baldwin – Gosford	
		200MBREASTSTROKE	2.47.33
	35-39	Paul Wyatt – Coogee/Randwick	
		100MBUTTERFLY	1.08.15
	40-44	Geoff James – Power Points	
		50MBACKSTROKE	32.15
		100MBACKSTROKE	1.11.44
		200MBACKSTROKE	2.41.04

50-54	Dieter Loeliger – Adelaide Masters	
	400MFREESTYLE	5.18.32
	200MBACKSTROKE	3.00.54
	100MBREASTSTROKE	1.25.18
55-59	Jack McMahon – Lane Cove	
	200MBREASTSTROKE	3.35.54
	Don Redpath – Tea Tree Gully	
	200MBUTTERFLY	4.12.52
60-64	Kevin Vickery – Ettalong	
	400MFREESTYLE	5.52.13
	100MBACKSTROKE	1.29.33
	200MIND./MEDLEY	3.16.32
	Bob McCabe – North Lodge	
	200MBUTTERFLY	3.47.10
65-69	Godfrey Williams – Inglewood	
	100MFREESTYLE	1.13.15
	200MBACKSTROKE	3.31.19
	Bill Worrall – Gold Coast	
	200MBREASTSTROKE	4.11.96
75-79	Frank Griffith – Ettalong	
	100MFREESTYLE	1.21.54
	400MFREESTYLE	7.24.63
	200MBREASTSTROKE	4.25.33

RELAYS

Female

4 x 50M FREESTYLE	
-120 Adelaide Masters	2.04.30
160-199 Warringah	2.15.41
240-279 Adelaide Masters	3.29.79
4 x 50M MEDLEY	
-120 Adelaide Masters	2.23.06
160-199 North Lodge	2.32.97
240-279 North Lodge	4.13.45

Men

4 x 50M FREESTYLE	
-120 Doncaster	1.46.83
120-159 Gippsland	1.49.56
160-199 Adelaide Masters	1.51.83
280-319 North Lodge	2.47.75
4 x 50M MEDLEY	
120-159 Gippsland	2.05.70
160-199 Power Points	2.05.54
240-279 North Lodge	2.37.68
280-319 Ettalong	4.05.36

Mixed

4 x 50M FREESTYLE	
-120 Adelaide Masters	1.55.94
120-159 Atlantis	2.03.55
160-199 Warringah	2.02.84
200-239 North Lodge	2.15.08
240-279 Ettalong	2.35.97
4 x 50M MEDLEY	
-120 Adelaide Masters	2.16.87
120-159 Power Points	2.17.15
200-239 North Lodge	2.34.66

From Peak Conditions to Out of Season

by Kay Cox

During the course of the swimming season I have tried to keep these articles in line with your training phases and progress. However, with missing an issue, the planned topic of the Taper and the Race Day will be some two months too late and thus losing meaning and interest. At this point in time for the competitive members of AUSSI who have just completed the rounds of a State Swim and National Swim such a topic would be the least relevant when a rest period or break is what they really have in mind. Thus, we will leave that topic until a more opportune time.

In an earlier issue I stressed the importance of setting your swimming goals and planning your swimming season. For many swimmers, competitive or not, March and April mark the phasing out if not the end of the swimming season. Ideally, of course, swimming should be such an intricate part of our lifestyle that we continue in the water all year round, certainly not with the same intensity and frequency perhaps, but with sufficient vigour to maintain that plateau fitness we have discussed in earlier issues. That is, that above 'average' level of fitness that will form the basis of next season's climb to peak again. This is the time of the year when we will see just how strong those 'good intentions' are and how self motivated swimmers are to achieve those perhaps non competitive goals. It is also the time of the year to examine your overall goals, to examine your training schedules, to examine the results of your training and to review goals for the coming year. That is, even though it might be 'out of season' there's no need for it to be 'out of condition season'.

In this article, I wish to highlight two things:

- 1) an evaluation and review of your past season;
- 2) the alternatives for the 'off season'.

1. (A) Evaluation of your Goals

List your goals and objectives for the past season. That is, what were you aiming to do by swimming and training? Was it to complete a 400m or 800m award? Was it to score a certain number of aerobic points for your club? Was it to compete in an interclub swim meet, a State Swim Meet, a National Swim Meet? Was it to be able to swim a certain event, e.g. 50m Butterfly, 5000m Freestyle, 200m Medley, 800m Backstroke etc.?

Was it to be able to swim a personal best time, to swim the times you did at age 18-20, to swim a State or National Record? Was it to make the top ten listings?



Kay Cox

Was it to be able to swim in a Swim Through event?

Was it to be able to swim faster than your training colleagues?

Was it to feel fit and enjoy life?

Was it to increase your mobility and flexibility?

Was it to lose or maintain body weight?

Was it to improve your backstroke technique, your tumble turn etc.?

Whatever your goals and specific objectives, the important question is did you achieve them? If so, then why were you so successful. Was it luck or hard work and a carefully planned programme or were your goals set too low?

If not, then why not? Were your goals too ambitious, were you plagued by illness and injury? Did you have a stop start programme? What about your programme and just how effective was it?

(B) Evaluation of your training programme

If you achieved the results you wanted the chances are it was because of your training programme. However, before you give yourself that well earned pat on the back, take a critical look at your season and your programme. For example, were your best times achieved when you wanted them? Were you swimming consistently good times or were they "once off"? Did you have a flat spot, injuries? Were some of the practices and drills you did necessary? How well did you pace yourself? How are your turns and starts? Do you have any weaknesses in your swimming that could be improved. That is, even though you may have achieved your goals you could perhaps have done better. The chances are, especially if you have only been training seriously for a couple of seasons, that there is still room for much more improvement as you are still learning stroke training procedures and race technique.

Hence there is still a need to identify

what it was that worked for you and include this in future programmes.

If your programme didn't let you achieve your goals and you are convinced your goals are within reach then you need a more critical examination of what you are actually doing. The crucial factors to consider are:

- (a) how much time did you spend in total training, i.e. 6 weeks, 12 weeks, 20 weeks. If it was less than 12 weeks than you didn't give yourself a chance.

There are individual differences of course and many will be able to quote examples of swimmers who only swam for 3 weeks and swam great times. Perhaps they did but they may have already been very fit. They may have done even better with 18-20 weeks of training. There are so many variables. Also, don't be too taken in by the cagey ones who don't let on just how much they are really swimming. If we are also talking sprint events we may also be talking about differences in natural ability — genetics and other factors not the training programme!

- (b) how much time did you spend in each workout? You need at least 3, one half hour sessions a week to maintain a fitness level and to improve it you need to swim 5-6 days per week and at least twenty minutes a session. Of course, an hour would be even better. However, over an hour or one hour and a half perhaps one needs to really examine whether this is what you really want and is it really very effective training after a certain point. When you are tired injuries are more likely to happen. How much time was spent in the workout and how much in chatting and resting?
- (c) how intense were your workouts? To have a training effect, remember you need to get above an optimum level and that is judged by times, pulse (over 120-130 for at least 1/2 hour to get a training effect for 20-40 year olds) and recovery rate.
- (d) did you overtrain? (ref. March issue 1984)
- (e) did you train for the wrong events?
- (f) did you have the right training for the wrong events and vice versa?
- (g) did you have other stresses on you that were detracting from your training?
- (h) are you basing your results all on one event e.g. State Swim etc. Perhaps this was an off time for you. It does happen. Reflect on other performances. If you 'failed yourself'

on one specific occasion e.g. State Swim, there are two other likely reasons (i) you failed to taper correctly and reach your peak (ii) you didn't cope well with swim day conditions e.g. nerves, race tactics, pacing yourself etc.

No matter how many things you can find to blame, don't lose heart. You have some very positive actions to work on for implementing your next lot of goals. In any event, it's unlikely that everything was wrong. You probably just need to do some fine tuning. A word with your club coach would perhaps be a help to evaluate your programme and workouts. Swimming with someone else will improve your outlook, application and enjoyment.

If you are finding it more and more difficult to improve or maintain your times from year to year, remember performance does decrease with age, about 5% for every 10 years. This does not always have to be the case and training can, to some extent, counteract this effect. An example of the decrement in performance is for a person who normally swims 50 metres in 50 seconds then they could expect to swim 50.25 second the next year due to the ageing effect. Similarly, swimming 800 metres in 14 minutes would see an increase in time of 4.2 secs. each year. Whilst this can be a convenient excuse, we shouldn't use it as such but take it into account when resetting goals.

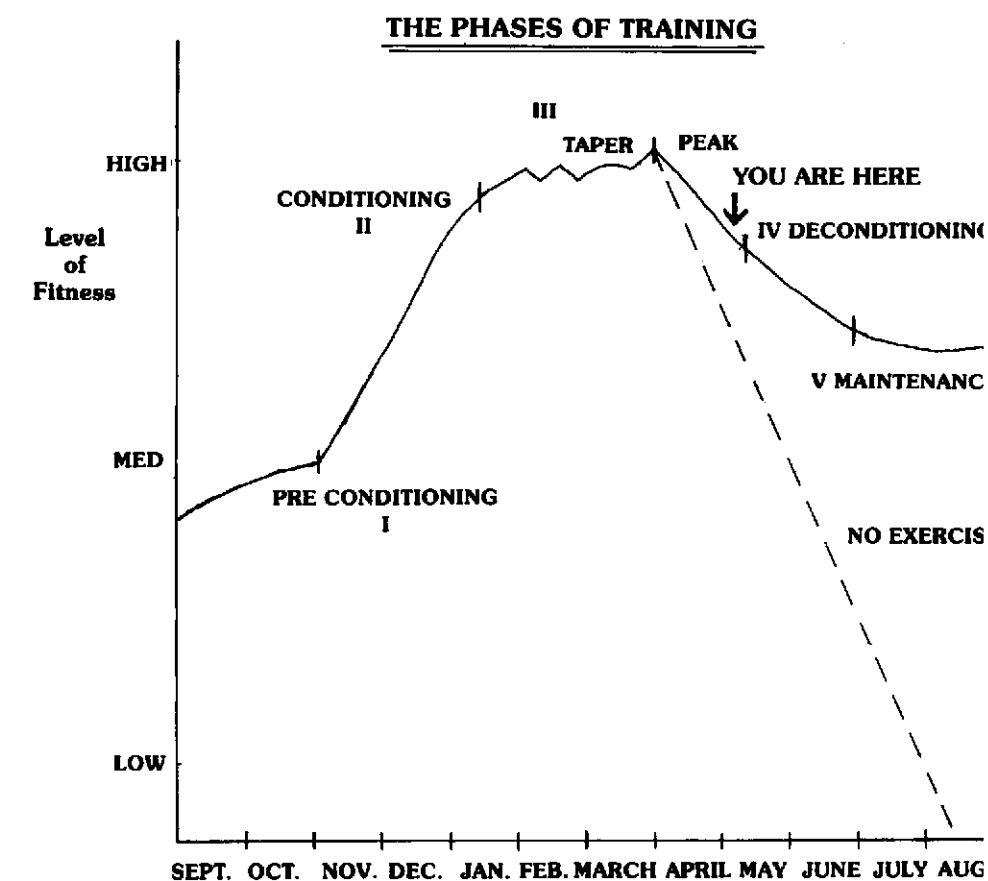
Besides evaluating results, to keep things in their proper perspective we should also ask ourselves honestly, did we enjoy it and was it worthwhile? For those who tend to get caught up in the training roundabout, perhaps we should also evaluate if we are being fair to those at home. Perhaps to them, we have ceased to be fun!

(C) Reviewing Goals

You should have already reset your goals for the next twelve months and in particular the next 6 months. Perhaps the following suggestions will be of help:

Reversibility and Deconditioning

Now that your highlight events of the season are over you are probably feeling both physically and mentally 'let down'. When this happens, especially if the lead up has been intense, training long hours and has involved personal sacrifices, the temptation is stop swimming and exercise all together. When you think about it though, what a waste. You have probably been working for months even years to achieve a high level of fitness and you could let it slide away in just 3 short weeks. That's all it takes for this phenomena, 'reversibility' to occur and unfortunately it happens quickly with aerobic activities that have been working the muscles the most such as swimming, running, cycling etc. If you stopped completely for example after your State or National Swim after about 2 weeks you will have started to feel the effects, e.g.



GRAPH 1

--- shows the reversibility effect if exercise is stopped completely.

feeling a little breathless when swimming laps when you used to do it easily. Arms and legs starting to ache a little even when not anywhere near 80-100% effort. If you leave it even a bit longer the muscles even begin to hurt and be sore after exercise signalling weaker muscle tissue. So you have gone from peak condition to out of condition in 3-4 weeks and the sad news is that if you have been out of the water for six weeks or more you need to start with a pre-conditioning programme again. The moral is of course to do yourself and your body a favour and don't let this happen.

You will recall this phase of training we previously referred to as deconditioning. Graph 1 may refresh your memory.

It is important to go through this phase of deconditioning and it just makes sense to maintain your fitness level. If you can't face the water then try alternatives.

Your Choices

1. Complete break — No doubt you may need a rest from the routine if not the swimming. Then take it but realise what preparations will be necessary and after making the decision don't feel guilty.

2. Deconditioning — This means a shortening of your programme in distance, time and effort, any one factor or all three. Sometimes this is just as good as a break and you will already have done the groundwork for the next season. It also provides the opportunity for developing swimming skills you have not mastered and with off season in the pools

as well perhaps some room to try some novelty ideas. For example, experimenting with the use of flippers, hand paddles, pull buoys and even devices that enable you to swim in the one place. Swimming 50m and starting and finishing in the middle of the pool so that you get extra turning practice. You may also want to swim non competitive strokes such as elementary backstroke, two armed backstroke, sidestroke etc.

During this period you may wish to reduce the frequency of your training to say 3-4 sessions per week, reduce the distance swum by about 1/3 e.g. if you have been swimming 3000m (prior to your taper) you may cut back to 2000m. Not being near peak season the intensity can drop to between 50 and 70% effort. Again, everyone is different and it will be up to you to find out how the reduced programme affects your fitness level.

3. Maintenance — After your deconditioning programme of say 6-8 weeks you may wish to put yourself on a maintenance programme. This may or may not be a swimming programme. The question then is "to do or not to do?" The answer may be "to do something else." Remember whatever you choose to do:

- you need to do a workout at least 3 times per week;
- the workout needs to be at least 30 minutes;
- the intensity needs to be at least 50% and up to 70% of your best;
- it is a good idea to keep your swimming muscles in tune by at least one

- swim per week;
- (e) be wary of team sports that involve a lot of standing about as you may not be getting **your** 30 minutes of exercise;
 - (f) avoid contact sports;
 - (g) if you are overweight avoid activities that require you to carry your weight around a lot;
 - (h) avoid activities with sharp, sudden actions such as squash. If you wish to play such sports make sure you are adequately prepared. The water is relatively kind to muscles and having to suddenly take extra weight and twist and turn in all directions may be disastrous;
 - (i) you still require a warm up and cool down regardless of activity.

The Exercise Alternatives

1. Walking, Running and Cycling

The obvious alternatives to swimming are walking, running and cycling as they are also aerobic in nature and are individual in nature so that you can fit them into your daily programme. Above, we considered the general guidelines as to how much of these you should do. To be more specific if you spent 45 minutes swimming then you should spend the same amount of time in running etc. putting in the same effort and as many times per week to maintain a 'high' level. Whatever you were doing when you considered yourself at medium level then you should spend this amount in your new activity. The choice is up to you and how it fits into your lifestyle. Perhaps a change in lifestyle could help in several ways e.g. walking or running to the shops, cycling to work etc. However, of course this is not possible for everyone but think about it.

To be more specific if you want to put as much effort into your new activity as you did to your swimming then the following formula may help.

Distance exercised = Distance swum x by Activity factor (see Table 1)

ACTIVITY	ACTIVITY FACTOR (AF.)
WALKING*	6
RUNNING	4
CYCLING	12

For example, if you presently swim 2 kilometres, 4 times a week to get the same effect by running.

$$\text{Distance run} = 2 \times (\text{Af.}) (4) = 8 \text{ km. per session}$$

$$\text{Distance cycle} = 2 \times 12 = 24 \text{ km.}$$

$$\text{Distance walk} = 2 \times 6 = 12 \text{ km.}$$

* Walking is done at a brisk rate.

Of course, the time it takes should be about the same as when you were swimming.

Walking and running may also have an added benefit to swimmers as the buoyancy of the water means we don't have to support our body weight and our

bodies get out of the habit of using the muscles. Even when we are swimming it is also recommended that we take time to do some extra walking or jogging.

Some words of advice if you do embark on a walking/jogging programme:

- (i) begin cautiously and give your muscles a chance to adapt to the new exercise. Many of the muscles used will be different from those used in swimming;
- (ii) get a good pair of shoes that give good support to your feet;
- (iii) run on the grass and keep off hard surfaces such as roads and pavements. Also make sure your running surface is level.

If you select cycling make sure you are a confident and safe rider before venturing onto the roads as we are well aware that broken bones take longer to mend as you get older and this needs consideration by our older members. On the other hand, if you are carrying extra weight and running is too strenuous or leads to injury, cycling may be the answer.

2. Running on the Spot

This is an alternative easy to squeeze into a busy timetable, can be done at home and isn't restricted by weather. You should, however, run on a cushioned surface and in good running shoes with a cushioned sole to prevent jarring and injury.

The disadvantage is, of course, that the exercise like skipping and stationary cycling can become boring. Watching T.V., listening to music and motivational games can be used to overcome boredom.

Table 2 will give an idea of how much you should be doing of this and other alternatives.

3. Stationary Cycling

Again, this can be done at home. If you require an exercise bicycle, don't buy a new one, check the for sale columns of the newspaper. There are usually plenty for sale. The reason for this is people usually get enthusiastic, buy a bicycle and then find it's rather boring. Try out someone else's first to see if it's for you. Real

cycling can be more fun and a family activity.

4. Stair Climbing

The steps need to be 6" - 7" high and have an incline of 25-30 degrees and there needs to be 10 to make it effective and standardised. The trips up and down are counted as 1 round trip and these need not be done continuously for the first 7 weeks especially if you are starting from a lower fitness programme. Use a bannister if available and be careful when you get tired. Your judgment could be off and make you accident prone. If you suffer from high blood pressure then make sure you check with your doctor and of course there are more suitable activities available.

5. Skipping

Using a rope you can either use alternate feet or both feet together. Again it should be on a cushioned surface (carpet). Rests are allowed but slow skipping or walking should be done while resting. This facilitates quicker recovery. By the 7th week it should be continuous activity. The Jump for Heart programme (National Heart Foundation) could also be used as a family activity.

If you normally swim more than 800m per day e.g. 2400m then you would need to do 3 times as much of the alternative exercise.

6. Squash/Soccer/Basketball/Hockey

These events vary according to the position you play and so these calculations could be less reliable but they provide a guide. Other team sports need to be gauged on the amount of continuous activity. You could have someone clock the actual time you are moving during a game and make estimates from this.

7. Aerobics

This is a very popular present day activity putting exercises to music and making for a pleasant past time. It also has the advantage of toning up specific muscle groups that perhaps your swimming programme didn't.

8. Hydrobics, Aquarobics, Aqua Fit, etc.

These programmes use the same

Replacement Activities

Activity	Distance/Rate	Time	Frequency/week
Swim	800 m.	less than 16 mins.	4
Walking	5 km.	" " 43 mins.	4
Running	3 km.	20 mins.	4
Cycling	10 km.	23 mins.	4
Running on Spot	90 steps/min.	15 mins.	4
Cycling Stationary	90 r.p.m.	25 mins.	4
Skipping	110/min.	15 mins.	5
Stair Climbing	8 (rounds)	13 mins.	5
Tennis	Singles	40-45 mins.	10
	Doubles	2 hours	15
Soccer/Basketball			
Squash/Hockey		60 mins.	4
Golf	18 holes		10
Dancing (Square, Polka etc.)		30 mins.	12

Table 2 Comparative Exercises

sorts of exercises as 'aerobic' but use the resistance of the water to provide a training effect. Adds variety and interest to a swimming programme or can be undertaken as a programme in their own right.

9. Canoeing

Paddling a canoe or a ski is not only valuable aerobic exercise but once again provides ideal family recreation. It is becoming easier to be able to hire canoes at popular water venues.

10. Orienteering

This combines exercise and skill and can be done as fast as you require. Again, a great family involvement.

11. Bushwalking

This is another recreative way to maintain exercise.

12. Other water activities

For example, water polo, water skills and lifesaving are ways of exercising in water and will help to maintain fitness. You may also plan to go for lifesaving awards during the off season period. If you are near the ocean and can tolerate the cold water, surfing may also be one of your choices.

13. Others

There are no doubt other activities you may select e.g. square dancing, badminton etc. This is fine providing it involves a heart rate of over 120-130 to be maintained over a 30 minute programme period at least three times per week.

You needn't select only one activity but could mix them during the week provided you meet the intensity and time requirements.

Our old friend pulse rate is the other method of making sure that whatever activity you choose you are being effective in what you do. See Table 3 for training heart rates for age.

Another way to look at your maintenance programme is as an opportunity to pursue new recreative activities when you are fit and have a better chance of learning perhaps a new skill or reaching a better performance level because of your fitness level.

Even if you continue to swim during the winter months some of these alternatives may help to add variety and make sure you are refreshed and relaxed for the next season.

Summary

1. List your swimming goals.
2. Assess the results of your last season.
3. Evaluate these results in terms of your goals.
4. Reset your goals for the next 12 months.
5. Reversibility is the tendency of the body to slide backwards when it is not in use.
6. This process only takes 3-4 weeks.
7. You should make regular exercise a permanent part of your lifestyle.
8. Rather than completely stop exercising you should continue into the deconditioning phase and then undertake a maintenance programme.
9. When selecting alternative activities you must:
 - (a) exercise at least 3 times per week;
 - (b) exercise for at least 30 minutes per session;
 - (c) your heart rate needs to be above the training threshold — see Table 3;
 - (d) be aware of how much time is actually spent in activity during a session.

10. To convert the distances you should be doing if walking, running or cycling, multiply what you were swimming by the following factors:
Walking 6
Running 4
Cycling 12
11. If you choose to walk or run make sure it's not on a hard surface e.g. road, and that the surface is level and free from obstacles e.g. pot holes.
12. Make sure you select a good pair of support shoes for any out of water activities. Also try to exercise on a cushioned or resilient surface.
13. Avoid body contact activities — injuries are just too common and there is too much at risk.
14. If you try exercise alternatives it is always a good idea to swim at least once per week. Remember specificity and although you will still be fit the specific muscles for swimming will not be as fit as if they would be if you kept swimming.
15. If you continue your maintenance programme in swimming then make your programme enjoyable, novel and give yourself the opportunity to discover recreative swimming.
16. For those who like to keep swimming all year round, goals such as the aerobic awards are an excellent way to keep you motivated. It's an ideal time to swim longer and there is less likely to be clashes with anaerobic or sprint swims.
17. 'Out of season' shouldn't be 'out of Condition'.

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Exercise Heart Rates

	Age Range					
	20-29	30-39	40-49	50-59	60-69	70+
MAXIMUM Heart Rate (should not be reached in training)	196	185	180	170	160	150
TRAINING Heart Rate Range Maximum	152	148	144	136	128	120
Minimum	133	130	126	119	112	105

Table 3 Training Sensitive Heart Rates

**Want to know
more about
the Aerobics?**

Have a Club night, where your Fitness Director explains in detail using the Aerobics Rule Book.

Maybe your Club can win the City Mutual National Aerobics Shield.

National Aerobics Trophy Comes of Age



By *Glenys McDonald*

After nurturing the National Aerobic Trophy since inception, the 1983 season was a delight to me. Some 634 swimmers from 30 clubs submitted 8,335 swims. This is a fantastic response, and I think adequately justifies the inclusion of this Trophy into the AUSSI programme. All Branches participated, with the exception of South Australia, and Tasmania, whose forms got misdirected along the way.

Full point score results have been distributed to all participating clubs, and to each Branch secretary. These results, as well as including club pointscores, list all those swimmers who scored over 50 individual points, and the top pointscorers for each club.

Claremont AUSSI from Western Australia were the winners with 1,313 points, being hotly chased by Syndal Sharks, Victoria with 1,164 points. Syndal Sharks invited the Claremont swimmers to a social swim after the Nationals at their home pool, however, they have given Claremont warning to start packing the trophy.

Congratulations also to Barbara Wilson, North Lodge, Victoria, and Bruce Allender, Syndal Sharks, Victoria for being equal top pointscorers, with the grand total of 63 individual points each. They must be super fit, but somewhat water logged.

I would like to congratulate club and Branch recorders for their enthusiasm for this trophy, and their attempts to submit the forms correctly. With so much swimming, the paperwork can become quite horrendous. I can only say I know how you feel after being faced with a 2 foot high pile of forms to be individually checked. Another problem was how to compile the results.

Being a modern age, and with the invaluable assistance of Geoff and Lyn Upton, a computer programme for the National Aerobic Trophy was devised. All swim information including name, age,

registration number, date of swim, distance and stroke were fed into the computer, which took many man hours, or should I say woman hours. Geoff then spent many hours programming the pointscores. The computer worked out the average time for all 400m and 800m submissions, and then issued all points. The information regarding times swum by AUSSI members for these 8,335 swims could be invaluable for research and will be kept on file for the Aerobic Trophy review committee. This is probably the first time so much information on Australian adult swimmers longer distance events has been collected. Previously, any pointscores had to be worked out on multiples of sprint times.

In checking the results of the 1983 Aerobic Trophy a few areas need to be rectified. In computerization of the results it is imperative that the forms be filled in fully and correctly. There were a few isolated cases of registration numbers and date of birth being missed. In the case of those clubs using the old 400m award forms, many clubs did not include the full date of the swim, some only mentioned the month that the swim took place. I am afraid that both the computer and I require the full date of every swim. It is also important that clubs remember the time period for the Aerobic Trophy is December 1st — November 30th; therefore a swim on November 29th 1983 would not be eligible for the 1984 Trophy, but a swim on December 3rd 1983 would be okay.

The area of most concern however, were the few isolated instances of a swimmer submitting on different forms, application for points for different distances achieved during the one swim. e.g. 5000m — application was made for 1500m; 3000m; and 1 Hour swim as well.

The National Aerobic Trophy Rule 5 states — "To allow a swimmer to gain maximum fitness and maximum points, attempts are to be swum individually and not collectively." Therefore, if the 1500m; 3000m; and 1 Hour were swum on the same day, and the split times for the various portions were identical, only one submission for points was accepted and the others disqualified.

I must point out that the concept behind the Trophy was to gain the aerobic benefit from regular swimming of the distance events with effort. This is negated somewhat, if swims are churned out one after the other on the same day. If a swimmer does intend to swim more than one swim on the same day, to avoid possible disqualification, the start time of each submission must appear on the form.

Another problem discovered in computerizing these results was the fact that

N.S.W. has a different registration procedure to the other Branches and modification of their numbers had to take place. A uniform registration system for all Branches will be discussed at the mid year National Council.

From correspondence received throughout the year, I feel the few hiccups which were apparent in our lines of Branch communication might be overcome. Clubs now should have a copy of the National Aerobic Trophy Rules and Pointscores as well as two addendums which include figures for the 800m butterfly and the 20-24 year age group. Clubs can get copies of the correct forms from their Branch secretary or recorder. If you have any problems with any area of the Trophy, please do not hesitate to contact me.

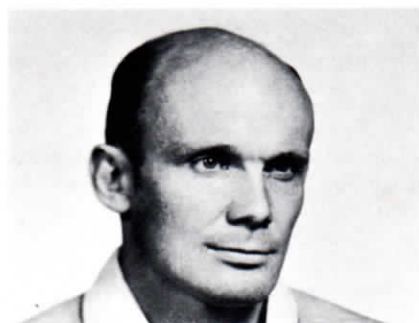
For those interested club members who have written to me with suggestions for time, distance levels or pointscore allocation changes, I would like to assure them that all suggestions will be handed over to the Review committee which will be appointed in September 1985 to assess all aspects of the Aerobic Trophy and make recommendations to the Annual Council of 1986. It was felt by the Council that a two year period under the current conditions was necessary for full acceptance, and for figures required for research to be collated. This committee would also correct some minor anomalies in the submission forms.

In any Trophy where large clubs compete against smaller clubs, the word handicapping is mentioned. It might be of interest to members to know that in Western Australia several different methods of handicapping both our State Swim and Aerobic Trophy were presented to the Branch. The conclusions were: (i) that no system of handicapping is fair to all; and (ii) that the big clubs usually still emerge the winners anyway. I personally feel loathe to penalise a club who is obviously promoting swimming and encouraging and keeping members. Western Australia has tackled this problem by having a State Aerobic Trophy and a Country Aerobic Trophy, and perhaps other Branches might find this helpful.

I would like to thank all those swimmers who have taken the time to write and express their delight with the Aerobic Trophy concept. I think the general feeling is summed up in one club recorder's comments. "We may not have won many points on the tables, but boy, did the fitness level of our members improve, along with improved stroke technique and an appreciation of all strokes."

I think that says it all.

How Do You Bring Twenty Two Thousand Swimmers Onto The Starting Blocks?



By Dr. Jaroslav Novak

On 29th to 30th April 1982 small swimming club Spartak "Karosa" Vysoke Myto organized an interesting sporting attempt — swimming relay 1000 x 100m free style opened for all citizens of the town. The club was motivated by the similar attempt held in Korbach/West Germany/a year ago, and intended to break the total time achieved by Germans and to enter into the Guinness Records Book. Supported from all local political and social organisations the attempt was successful: resulting time of 31.16.43.6 hours meant average 1.52.6 min per swimmer. There were totally 1029 swimmers partaking, but the last 29 out of concurrence.

Successful attempt of Vysoke Myto citizens had inspired Czech Swimming Union to organize similar one, but in greater extent, in 1983. There was declared the competition for all Czech towns to bring their teams for the 1000 x 100m relay at the same moment in their respective pools. The interest exceeded any expectation: 18 towns/there were 2 relays in Brno and Ceske Budejovice/ represented by 20 relays came to start on 21st to 22nd April 1983. There were more swimmers coming to this competi-

tion then the total registered number of swimmers in Czechoslovak Swimming Union. To equalize the differences in size of participating towns the relays were divided into 4 categories according to number of inhabitants: A — below 15,000 people; B — 15-50,000 people; C — 50-100,000 people; D — over 100,000 people.

Common start was given by Czechoslovak radio signal on the 21st April 1983 on 7.00 a.m. The first 20 swimmers of thousands waved the water surface. Next tens of hours there were totally 22,564 swimmers who handed over the relay until the finish.

In some pools the relay swimmers had to qualify from the pre-rounds, in the others more then only 1000 swimmers were on the blocks. In As public address system made direct transmission to the whole town, in Chomutov the relay was filmed and then shown in city cinemas, in Mohelnice and Plzen there were exhibitions of paintings made by pre-school children attending swimming lectures. In Straz, the smallest town participated /4100 inhabitants/ the organisers had to go into the streets between 04-06 a.m. to call pedestrians into the pool to swim. In Dvur Kralove, where the indoor swimming pool is under construction yet, the relay was organized in June, so that the total number of participants increased then to 23,564 people. During the whole two days Czechoslovak radio brought regular broadcastings from all pools about the latest stand of the competition.

One might ask who is authorized to participate in the relay: it regards all who were born in the town, or who have here their residence, their job or attend the local school, have here their military service or are the members of local sports

club. It wasn't permitted to swim in more than only one relay.

Some statistics were done in 10 relays regarding the sex and age: in 10 relays there were 72% male swimmers. It is worth to mention that in Brno there was one of two relays fully female. One half of the swimmers were younger then 20, but great part of the other could be counted to masters age groups/table 1.

Only very little number of accidents happened. In 10 relays there were only 11 light treatments without any after-effects. Instructions regarding the importance of warming up, starting and turning techniques, pace on the track and warming down were given to all swimmers. Appropriate training was always emphasized in the preparatory period.

The results of the relays are illustrated in table 2. The best in their respective categories were: A — Vysoke Myto, B — Jihlava, C — Ceske Budejovice, D — Brno.

Later on, 17th November 1983 the swimmers in Bratislava/capital of Slovakia/decided to break the record time achieved by Ceske Budejovice. In spite of it was the first slovak town team attempting the relay, they were successful and finished in 25.07.02.8 hours, which meant 1.31.09 per swimmer.

As soon as we know, it was the Racing Club de France Paris/France/ who organized for the first time the relay 1000 x 100m in swimming. It was held on the 21st to 22nd June 1969 on the occasion of the Club's centenary, and the time achieved was 25.58.21 hours. It was 1.33.21 min average needed for 100m by each swimmer.

Successful 1000 x 100m relay reached very great popularity with all organisation and helped many people to find their way to the pool. It has been

Table 1 Sex and age composition of swimmers participating in 1000 x 100m relays

Town	Total	Males	Females	20	21-30	31-40	41-50	50
Straz	1046	664	382	256	188	402	126	74
Brno	2430	1233	1197	1194	867	184	52	39
Mohelnice	1018	846	172	576	248	112	44	28
Cheb	1064	872	192	250	589	120	110	35
Opava	1000	885	115	734	104	99	37	26
Plzen	1640	1312	328	1150	248	150	52	40
Krnov	1000	809	191					
As	1083	758	325					
Jihlava	1000	632	368					
%		71	29	50	27	13	7	3

Legend: 1 = year of the town foundation, 2 = year of the club foundation, 3 = year of indoor swimming club opening, 4 = number of inhabitants/thousands/, 5 = number of swimming club members, /a/ = two relays in Ceske Budejovice, /b/ = two relays in Bruno — male and female, /c/ = swam in summer in open-air.

Table 2 Results of participating relays.

Town	No. of swimmers	1	2	3	4	5	total time	average 100 m
Ceske Budejovice/a/	2240	1265	1951	1971	93	418	25.18.10.1	1.31.09
							34.39.53.6	2.04.79
Straz	1046	1283	1980	1971	4	10	36.48.41.0	2.12.00
Rumburk	1163	1228	1982	1982	10	87	36.58.00.4	2.13.00
Vysoke Myto	1260	1260	1942	1982	11	145	30.20.19.3	1.49.23
Plzen	1640	1290	1911	1932	160	450	27.35.47.4	1.39.35
Jihlava	1030	1233	1965	1965	53	280	30.48.06.9	1.50.89
Krnov	1080	1273	1973	1973	26	54	29.54.42.6	1.47.68
Mohelnice	1018	1273	1979	1977	9	64	32.18.08.0	1.56.20
Brno/b/	2430	1034	1910	1949	400	2600	26.45.09.0	1.36.31
							34.36.29.1	2.04.59
Praha 9	1353		1980	1978	123	80	32.48.20.0	1.58.10
Vyskov	1164	1131	1977	1977		93	28.28.57.0	1.42.54
Ceska Trebova	1000	1278	1981	1981	18	72	34.16.12.4	2.03.37
Zdar	1000						32.38.39.0	1.57.52
Chomutov	1078	1252	1980	1980	54	66	31.43.12.0	1.54.19
As	1083	1272	1979	1978	14	52	32.07.59.0	1.55.68
Cheb	1066	1061	1973	1973	31	73	32.56.05.3	1.58.57
Pardubice	1039	1340	1961	1964	92	220	26.38.00.2	1.35.88
Opava	1089	1224	1923	1968	61	154	27.03.31.9	1.37.38
Dvur Kralove /c/	1000							

decided to organize the relay this year again. Although it was more than 10 weeks prior to the expected date of the event, more than 30 towns with 35 relays

have already declared to be ready for the participation. Moreover, also slovak towns will join to it. It seems to be realistic to have about 50,000 people participating

in this event in 1984. Let's hope that many of them remain active swimmers in future as well.

As Swimming Pools Go — Talkatora, India



By Eileen Price

When in New Delhi recently I decided to have a look, including if possible a swim, at India's first, and so far only, swimming pool complex for international style competition. I was interested to make comparisons with the National Sports Centre swimming halls at Bruce, also with other Australian centres such as the Chandler at Brisbane. In fact I quickly made this my main argument for permission to enter when confronted with the first round of uniformed, military style guards at the entrance.

Talkatora, so named after the existing Talkatora Gardens alongside, almost overlooks the large Estate in which is the Indian President's residence, thus being roughly equivalent in location to, say, a corner of the Royal Canberra Gold Course near the Governor General's house; though as a relic of the British Imperial Scale, the Indian example differs markedly from the, by comparison, "homely" scene in Yarralumla. The style of the stadium as one approaches it through newly landscaped surrounds, also sets off echoes, concrete version, of the imperial idea, being a Coliseum-like elliptical structure, 120 metres at its longest axis. However, to be fair, I must quote from a press release put out before the IX ASIAD '82:

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SWIMMING**

Originally the cost of the complex was estimated to be Rs. 9.25 crores (10 M x 9.25 rupees = \$A10 M approximately) when the main structure was envisaged to have a roof and the arena portion as well as the covered areas were to be Air-Conditioned. However, the roof has been omitted for the Asian Games and naturally the air conditioning Due to the omission of the roof for the Asian Games '82 certain additional works had to be proposed to give the top portion of the structure a look of completion. Due to the additional heat load caused by having the Swimming Pool and Diving Pool open, the heating system originally proposed, had to be enlarged considerably. The expenditure on the complex as envisaged now is of the order of Rs. 8.5 crores.

As the open air, main 50 x 25 x 2 metre pool had the vacuum cleaner at work, I got permission to use the covered "Warm-up Pool also called Practice Pool" (50 x 12.5 x 2 metres) built in below the western side spectator stands of the main arena, together with the change rooms. I did not see the competitors' annexe with cafeteria, conference hall, gym, etc.

Not having had a swim for 3 weeks I began to enjoy myself, at 26°C, the sole swimmer in this rather dim, watery green, 50m tunnel-like, window-less hall. I thought about our, so clever, roof at Bruce 50m pool, with its careful attention to psychology, solar factors and energy costs; and the cheerful, sunny spaces of

our 25m pool; also of other large complexes, or even smaller pools at which I have swum However, my guide/official re-appeared at the cavern mouth with some, this time 'official' visitors in tow so whilst the statistics etc. were being exchanged I thought I had better not prolong my swim. I was very much a foreigner after all, even though possibly the only 63 year old female swimmer who will ever use this pool.

A frivolous thought, yes, but symptomatic of the really unfortunate but true situation at Talkatora. Almost no one uses it.

There would appear to be some difficulties even in its use by sports college students and 'elite' swimmers being coached for international competition. Talkatora is far from their residences, a transport arrangement is a continuing cost. My guide intimated that building halls of residence on site might at some time in the future be the answer. But in Delhi also there are so many thousands of children. Millions of people, many so poor, live within a few miles. Is it not incongruous that the pools have to be ringed by guards, seemingly with an increasing level of weaponry as one proceeds from perimeter to stadium? At the last guard post, at which I had to sign in, we had the fixed bayonet alongside. Perhaps what India needs now is a popular swimming lobby? Or the policy of encouraging people to use facilities they have paid for as the best way to meet (stifle?) criticisms of cost over benefit?

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The Blacktown Marathon

by Sue Johnstone



Bev Hackett times her mum, Grace Hackett (75-79). That's Sue Johnstone and Ann Still looking on.

Blacktown AUSSI, in conjunction with Blacktown Lions Club, held a 24 hour marathon to raise funds for Australian athletes and swimmers who will be competing in the Paraplegic Olympic Games in New York in June this year.

Starting at 6 p.m. on Saturday 17th March, the plan was to have people swimming for an hour or so each, in relay form until 6 p.m. on Sunday 18th March.

Members of the Paraplegic Association, Blacktown AUSSI, Hills AUSSI, Western Suburbs AUSSI and I (Cronulla/Sutherland) all took our turn in the pool, making sure that the swimming was continuous. Hills club were particularly well organised, having their members rostered at one hour intervals and always two or three other members there, giving moral support.

All of the AUSSI members took advantage of the opportunity to record a number of their Award and Aerobic swims.

For those of you who have never swum in an outdoor, *unheated* pool at 2 a.m. on a Sunday morning — in the middle of March — let me assure you it

was certainly different! It was a beautiful evening, the moon was huge, the stars were shining and the water was . . . refreshing? (I could have said FREEZING but perhaps the icicles hanging from my eyelashes were just my imagination.) Sleeping on the cement steps near the pool also had its moments! Mind you, the gentlemen from the Hills were very nice — being serenaded by a chorus of snoring tenors was truly a harmonious end to the evening.

A total of approximately \$2000.00 was raised and I think the good feeling we have, in knowing that we contributed towards helping these incredible people attend their games, will stay with us for a very long time.



Back Row, Left to Right: Paul Van Middledyk, Bob Morgan, Val Dorrington, Sue Ellen Johnstone, Bev Hackett, Mick Kelly.
Front Row, Left to Right: Brenton Talbot, Robert Jordan, Dominic McGhee, Stan Sims.

1st International Masters Swimming Championships

by Bob Foster
Warringah Masters

As the New Zealand Minister for Sport, Allan Highet, stated in his opening remarks: "More so than in most other International competition, medals in these Championships will be less important than actually taking part." This statement epitomized the feeling that started and built during the 1st International meet of Masters' Swimmers.

The Meet itself was really an unknown quantity to most of those competing. For the first time a truly organized International, giving every swimmer a chance to prove their worth and to meet their peers from throughout the World.

The atmosphere at the QE II pool was totally conducive to 'do your best' and I know that the 1108 competitors

from 18 countries during five days of intense competition, did just that.

From registration day on the Monday, with all swimmers needing a loosen up, the atmosphere was already building. Quite amazing to watch all those swimmers checking their turns and the starting blocks and continually bumping into each other. Italians, Germans, Japanese, English, Americans, Swiss, Canadians and many other nationalities, apologizing, introducing each other and pushing off again. An informal get together at the end of the day, eased the tension, the jet lag and helped establish what was ahead.

Competition began on the Tuesday at 8.30 am and finished after mid-night; a great day's competition and the first chance to really sort out the opposition. A lot of AUSSIS had obviously peaked and performed brilliantly at the Melbourne Nationals, just a week before, so to back up against 'The World' was a

great challenge. One rather disconcerting factor was that all nominated times were printed in the official programmes and all heats were seeded accordingly, so you really had some idea of who you had to beat.

On that opening day the Official ceremony was delightful, full Military Band plus the traditional Maori songs of welcome, performed by a colorful group of 20 Maoris. I'm sure the Japanese and most from afar, couldn't believe it.

Wednesday was Anzac day commencing with a champagne breakfast and then the second day of competition beginning at 1.00pm. This was our first real opportunity to witness Mike Bottom from the Olympic club, San Francisco, in action in the 100m butterfly. His World class performance and the thunder of his dolphin kick echoing from the roof of QE II, left all watching in awe and I think as one we all responded to the quality that we'd let ourselves in for.



Over the ensuing days of racing and a well planned mix of events, all present witnessed and were riveted to immaculate competition. Triple Munich gold medallist, Sandy Nielsen, from the Westside Masters club in Los Angeles, swam with the same precision and class she showed when she was only 16. Now 28 years old and cajoled into Masters, having been asked initially to give some coaching to the Westside Club, she became totally immersed with watching her pupils swim at meets. Loving competition, she decided to join and now Sandy states: "I will do this until I can't move anymore."

I was lucky enough to introduce Sandy to Super-champ, Vivien Cherriman from the Seaclose club in England and photograph them together. Their difference in age was totally superseded by their mutual love of swimming and if I hadn't intervened



Mens' 160+ F/S Relay Gold Medalists Cronulla/Sutherland (Aust.)
Left to Right: Greg Jones, Jack Brownjohn, Brian Russell, Gary Stutsel.

they'd still be chatting. Vivien said later that she thought Sandy was "a super girl and such a lovely swimmer."

Her other insight into Masters was quite classic; having just moved up into the 75 to 79 age group, she stated that some 'kid' broke one of her old 70 to 74 records. A little perturbed she said that now she was 'the kid' and proceeded to re-write the records in her new age group. What a charming lady, I'm sure we'll be seeing Viv and her husband for many years to come.

Other great performances were constantly happening. Dave Ozier from the School of Aquatic Masters club, in the States stunned everyone. Built like a string bean, he flew through the water. Osaki-san from the Kansai club in Japan, what a breast-stroker. Al Kallunki from Hawaii. I could go on and on but let's look at what AUSSIS achieved in Christchurch.

We're all familiar with the atmosphere competition generates at our own club, State or National level but the real Australian spirit came to the fore at QE II as we all screamed and cheered for each other's clubs and swimmers. To see Power Points from Victoria win their gold

in the men's medley relay was brilliant. Gary Stutsall and his boys, Greg, Brian and Jack, from Cronulla, to beat Olympic by a touch was sheer magic and every Aussie in the place was hoarse. The broken wrist that Gary sustained in the event was really worth the gold it won for them. An incredible 5 golds for Frank Griffiths, from Ettalong, NSW. How super cool was Frank, shaving a mere 6 seconds off the 200 IM World record. It was a delight to see Frank swim so well and also to see the stead in which you are held by your International mates, may you swim on forever as a guiding light for all of us. Also from Ettalong, Kevin Vickery, 3 golds. 3 gold medals each to Liz Wallis and Maureen Stanton from Warringah, both figured in relay medals as well, great effort from two of the best from AUSSI's top club.

Four super golds for D Loeliger, from Adelaide Masters, a fantastic effort.

they participated in a unique experience and I'm sure have come away that much richer.



Frank Griffiths and Al Kallunki



Viv Cherriman and Sandy Nielsen

On the Social side, the Japanese promotion night, I wonder what they really make that sake out of, could be rocket fuel? A great night and the promise of things to come. The evening disco tour of Christchurch, the Champers breakfast, all terrific although not entirely conducive to great times in the pool.

KORO, an aqua Kiwi bird, and mascot for the championships, produced a very funny daily newsletter of all goings on, these are destined to become collector's items. His giant girlfriend, Goldie, was won in the raffle by the lovely Pat Sommerville from the Hills club in Sydney. No doubt this great souvenir will be showing up at future AUSSI meets.

I'm sure that final Gala night is firmly etched in everyone's memory. After such a hectic week, Ian Butterworth and the NZ Masters really did themselves proud. To walk into the magnificent Christchurch Town Hall to a 25 piece orchestra and proceed through 3 levels of dancing, food, refreshments and camaraderie all of the highest order was surely the true icing on a wonderful week. With apologies to Jack Brownjohn, Masters swimming really came of age in Christchurch in April 1984.

I'm sure I speak on behalf of all AUSSI members who were lucky to be a part of that week in NZ. No doubt you have all passed on your experiences to other club members who couldn't make it. I hope you've inspired them all to start saving for Tokyo in 1986.

1988, it will be Australia's turn and I'm sure we'll give the rest of the World a meet they'll never forget. Make sure you are all a part of it, keep swimming.

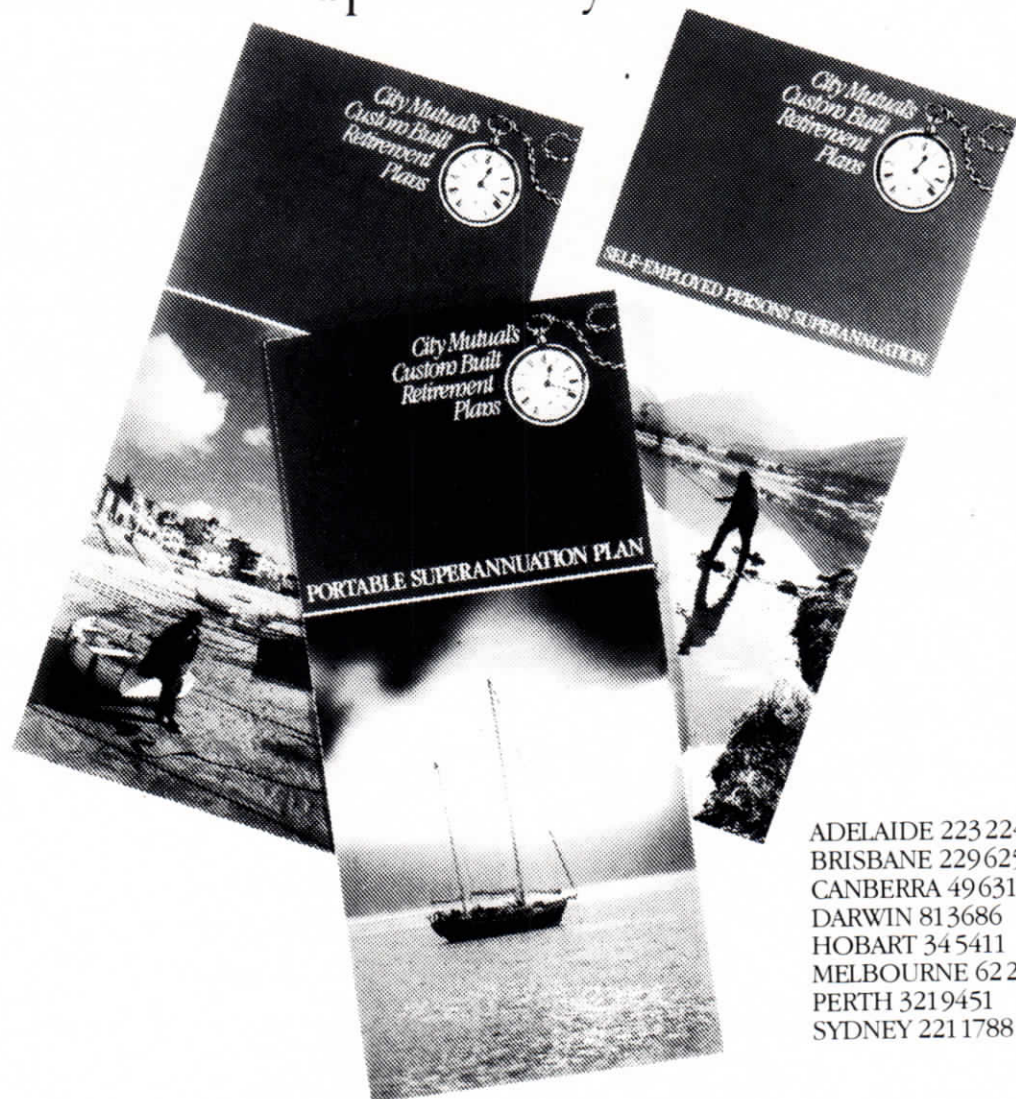
Foz

3 golds to K Gibson from Rocky, must be a wonderful place for breaststrokers. Young Alva Wyatt from Baddaginnie, 4 memorable golds and an unforgettable smile. 2 golds for Ms A Hardy of North Lodge and another 2 for the same club to Ms G Robinson, 100m 'fly gold to Mr Lodge and an inspirational effort for gold by Mr Rogers in the 75 plus 1500 metres. Single golds, aside from their great relay win, to Power Points members G. James in the backstroke, M Moloney in the 200m breaststroke and Ms A Killmier. Young 60 year old, Warringah member Neil Doust in the 50m free and gold also to Ms L Cuthbertson from Summerland, in the 25 plus 100m back. Final gold to the beautiful Vera Fernance of Blacktown Beavers in the 85 plus 100m free and didn't she perform in the interview for the NZBC TV cameras, total class and I know you had a great time, Vera.

So, in total, some 40 gold medals for AUSSI, I apologize if I've missed anyone. There were also innumerable silvers and bronze medals, too numerous to list here. Medals were awarded down to eighth place in individual events, however even those who didn't come away with a medal, earned and learnt something,

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A.C.T. WARMING UP FOR THE 1985 NATIONAL SWIM

13th-16th March 1985 will see the National Sports Centre in the Australian Capital Territory fill with Master swimmers as the A.C.T. Branch hosts the Nationals; and, as Victorian committees wind down, the A.C.T. committees are getting into top gear for the 1985 National swim.

We in Canberra are proud that the Nationals will be held here and are sure all visitors, both swimmers and spectators, will enjoy using the National Sports complex.

The Swimming Hall boasts a 50m main pool and a 25m warm-up pool, both indoors, and both with a constant water temperature of 26°C. Additionally, sauna and spa facilities are available as well as a kiosk. The main pool area has seating accommodation for 1500 people and spacious change rooms service both pools. The Swimming Hall is truly a world class complex.

The Meet will be held over four days and it is envisaged that Canberra's relatively central location will attract large numbers of swimmers. As an added bonus to visitors to the National Capital, the Canberra Week celebrations coincide with the National Swim. No matter where you go in Canberra during this time, a carnival atmosphere is sure to prevail.

The various sub-committees are hard at work — the Social committee has promised a Presentation Dinner as never seen before. Already block bookings totalling over 400 beds have been made with motels, etc., in the vicinity of the complex.

I take this opportunity to remind you that if you are thinking of attending in '85, then book your accommodation early, particularly in view of the pressure that Canberra Week places on these resources. A list of hotels, motels, etc., and current tariffs where block bookings have been made, will be circulated to Club Secretaries soon.

More details of the Meet will be advised as time goes on, and in the meantime, A.C.T. AUSSI looks forward to a record breaking participation in the 1985 National Swim.

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Masters Swimming International (M.S.I.)

by Gary Stutsel, President, M.S.I.

In Irvine, California, in May 1981, Margaret George (Samson) U.S.A. and Gary Stutsel (AUSSI) discussed the holding of a meeting of Masters Swimming nations. Subsequently two meetings were held at the 1st Pan Pacific International Championships in September 1981 in Sydney.

Several resolutions were passed but none of the delegates present had the authority to commit their National Masters Body. A further meeting was held in Portland, Oregon in August 1982 but this too, was informal.

The first formal meeting was held at the 2nd Pan Pacific Swim in Sydney on April 12, 1983. This meeting was attended by representatives of Australia, Japan, New Zealand and U.S.A. with an observer from the United Kingdom.

As a result of much preliminary work by Margaret Samson and Tina Martin of the U.S.A. the meeting adopted:

- the name Masters Swimming-International

- the aims "to promote friendship and understanding through swimming"
 - the M.S.I. logo
 - a Constitution
 - the Japanese "total age of team" age groups for relay events
- and agreed to draw up regulations for running a World Championship.

Gary Stutsel was elected inaugural President and Australia and New Zealand paid their fees for 1983. AUSSI members are playing a prominent role in M.S.I. with:

- Carol Davis, N.S.W., appointed as Secretary and
- Peter Gillett, S.A., World Records' Recorder.

At the recent Masters International Championships in Christchurch, New Zealand (name changed for World Championships at F.I.N.A.'s request) the second meeting of M.S.I. was held.

The meeting was attended by representatives of Australia, Canada, Chinese Taipei, Italy, Japan, New Zealand, Swit-

zerland and the U.S.A. who together with Czechoslovakia are the current members of M.S.I. The meeting adopted:

- an amended Constitution and By-laws
- Rules for competitions with 50m and 25m course World Records

and approved:

- Tokyo as venue for 1986 M.S.I. Championships
- Sydney as venue for 1988 M.S.I. Championships (Bicentennial Year)
- Canada as provisional venue for 1990
- Rome as provisional venue for 1992.

Gary Stutsel was re-elected President and appointed:

- Carol Davis, N.S.W., as Secretary
- Peter Gillett, S.A., as 50m World Recorder and
- Judy Ford, A.C.T., as 25m World Recorder.

It can be seen from this that not only has AUSSI played a prominent role in the formation of M.S.I. but that AUSSI members are active in positions which are vital to M.S.I.'s growth.



Swimming in the Masters Games

Masters Swimmers from all over the world are invited to be part of the first MASTERS GAMES, to be held in Toronto, Canada, August 7-25, 1985. Swimming is one of the 22 sports included in the Games schedule.

EVENTS

- August 7 Registration and warm-up
- August 8 200 m Mixed Medley Relay
200 m Backstroke
200 m Breaststroke
50 m Freestyle
- August 9 200 m Fly
50 m Backstroke
400 m Freestyle
- August 10 200 m Freestyle
100 m Breaststroke
100 m Butterfly
200 m Medley Relay
- August 11 200 m Mixed Free Relay
50 m Breaststroke
50 m Butterfly
400 m Individual Medley
- August 12 200 m Individual Medley
100 m Backstroke
100 m Freestyle
200 m Free Relay
- August 13 1500 m Freestyle
- August 14 5 kilometre Distance Swim

AGE GROUPS

Individual

25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+.

Relays

25+, 35+, 45+, 55+, 65+, 75+.

All events are long course metres.

Since a maximum of 2,000 entries will be accepted, we suggest you mail your early registration form or your information request form as soon as possible.

ELIGIBILITY

You must be 25 years or older on August 8th, 1985, the first day of swimming events in the MASTERS GAMES. This date determines your age group for the meet.

You must be a registered member of a Masters Swimming Organization in your own country. Where no such organization exists, a \$5 (Cdn) masters swimming affiliation fee must be paid at time of entry.

No qualifying times are required.

FEES

Masters Games Registration Fee

- \$50 (Cdn) - prior to March 1st 1985
- \$60 (Cdn) - March 2nd-June 1st 1985

The payment of the \$50 (Cdn) **Masters Games Registration Fee** automatically qualifies Swimmers to participate in other sports on the MASTERS GAMES schedule, subject, of course, to the entry requirements of those sports.

Swimming Entry Fee

- \$5 per individual event entered
- \$10 per relay team

Deadline for registration and entry is **June 1st 1985.**

VENUE

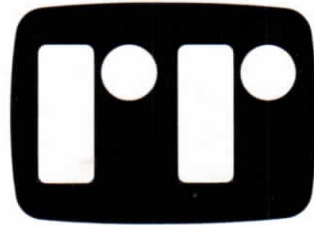
Etobicoke Olympium — This pool will be the site of the Canadian Olympic Trials in 1984, as it was in 1980 and 1976. Several world records have been broken here during international competitions.

The Olympium is a 50 metre pool with 8 lanes divided by Keiffer lane dividers, and Omega OSM3 electronic timing. There is a 25 yard warm-up pool adjacent to the main pool.

The 5 kilometre Swim is to be held at the Claireville Conservation Centre, which is a short distance northwest of the Olympium.

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Ph. (052) 98513
MELBOURNE: Capitol Arcade, 113
Swanston Street Ph: (03) 63 4848
NORTHLAND: 385 High Street Phone:
(03) 478 3771
PRAHRAN: 196 Chapel Street Phone:
(03) 51 5317
SHEPPARTON: 85 Fryers Street Phone:
(058) 21 7445

NORTHERN TERRITORY

ALICE SPRINGS: Coles Complex, Bath
Street Ph: (089) 81 6752
CASUARINA: Shopping Centre Phone:
(089) 27 1723
DARWIN: 23 Smith Street Mall Phone:
(089) 81 6752

A.C.T.

CANBERRA: Garema Place Phone:
(062) 48 7822
WODEN: Woden Shopping Square
Ph: (062) 81 5293

QUEENSLAND

BRISBANE: 260 George Street Phone:
(07) 221 8488
BUNDABURG: Bourbong Street Phone:
(071) 72 5655
CAIRNS: 25 Shields Street Phone:
(070) 51 1183
GLADSTONE: 116 Gordon Street
Ph: (079) 72 3579
IPSWICH: 45 Nicholas Street Phone:
(07) 281 1552
MACKAY: 137 Victoria Street Phone:
(079) 51 1647
MAROOCHYDORE: 111 Aerodrome Road
Ph: (071) 43 4025
MT. ISA: 31 Miles Street Phone:
(077) 43 5541
REDCLIFFE: Kipparing Shopping Village,
Anzac Avenue Ph: (07) 284 1444
ROCKHAMPTON: 45 East Street Phone:
(079) 27 4977
SOUTHPORT: 9 Davenport Street
Ph: (075) 32 2995
STONES CORNER: 371 Logan Road
Ph: (07) 397 2071
TOOWOOMBA: 277 Margaret Street
Ph: (076) 32 8322
TOWNSVILLE: Atkinson House, 145
Stanley Street Ph: (077) 71 2161

WESTERN AUSTRALIA

CANNINGTON: Carousel Shoppingtown,
1383 Albany Highway Ph: (09) 458 5642
PERTH: Cine Centre, 133 Murray Street
Ph: (09) 325 3888

TASMANIA

DEVONPORT: 29 Rooke Street Phone:
(004) 24 4074
HOBART: 67/69 Cnr. Murray & Liverpool
Streets
LAUNCESTON: 68 Brisbane Street Phone:
31 7747

Travel in Carah Supercoach Comfort

Allow Carah Coaches to be your hosts on an east coast holiday. Simply select the destination and tour itinerary which suits you best — that's all the planning you need to do.

Your Travel Agent will take over from there and you will leave home completely relaxed in the knowledge that your entire holiday is co-ordinated and confirmed. Over the past 15 years Carah Coaches have established a reputation for quality-personalised service — and a range of tours which offer real value for money.

We know how important your holiday is to you and how difficult it can be to decide where to go and with whom to entrust your holiday arrangements.

We ask for that trust and assure you that we are fully aware that our future depends entirely on your recommendation of our tours to your friends.

Here are just a few of the comforts built into your Carah Supercoach

- ★ CLIMATE Controlled to a constant 22°C
- ★ TOILET Rest-room equipped
- ★ FABRIC upholstered, four position, widely spaced seats
- ★ RADIO-Tape player for your enjoyment
- ★ COLD DRINK water dispenser
- ★ Sit high and delight in the scenery through huge panoramic windows, of course they are
- ★ ANTI-SUN tinted and fitted with curtains
- ★ FLEET fitted with the latest in air-ride suspension and safety braking systems

Incorporated with

- ★ PERSONALISED SERVICE
- ★ SAFE, RELAXED DAYLIGHT TRAVEL
- ★ ALL INCLUSIVE, TOP QUALITY MEALS AND ACCOMMODATION
- ★ PLANNED ITINERARY, FULL OF INTEREST AND PLEASURE

Your Driver:

From the moment you board your Carah Coach you will be aware of a warm and friendly atmosphere. You will know that you are part of a wonderful group, together with a common purpose, to relax and have a good time. Your Coach Captain really enjoys touring. Be assured of an interesting, well-informed commentary, blended with humour and courteous companionship. He is a professional who has spent many years reaching the perfection you expect and deserve.



