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SWIMMING IN AUSTRALIA

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This gold medal was won by our Kevin Berry in Tokyo, 1967 when setting a World and Olympic record in the 200 Fly.

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Editorial

A fabulous new journal for all Australian Swimming

Carol A. Davis.

Editorial comment for a new journal should be easy to present, just a "Hello, welcome to 'SWIMMING IN AUSTRALIA' " followed by details of our presentation and structure. Certainly these areas will be dealt with, however, I want to say at the very beginning that I passionately believe Australian Swimming (denoting all disciplines) deserves a well produced, informative journal. One that contains news, views, information and photographic display. One that will make statements as well as suggestions, with articles that will make you think and invite your comment. One that you can identify with, be you participant, parent, friend, coach, administrator or devotee. One that you will say with pride, 'this is our own distinctive *Australian* journal'.

According to our market research, with other sports, like running or sailing, your local newsagent can help you. However, when it comes to the activity enjoyed in one form or another by more Australians than any other, we have come up with the answer, 'SWIMMING IN AUSTRALIA'. However, SWIMMING IN AUSTRALIA will only be available on subscription.

Sure you can subscribe to a number of interesting and successful overseas swimming journals, however, their accent is on their particular country. They do look at the international scene and feature personalities and events, AS WE WILL DO, however, our accent will be on SWIMMING IN AUSTRALIA.

In SWIMMING IN AUSTRALIA you can read what is happening in the world of the elite swimmer, we will feature profiles and personalities. We will be asking the Australian Swimming Union what they are doing and planning for Australia's most successful Olympic sport.

Invitations are extended to each of our states to become part of SWIMMING IN AUSTRALIA. NSW Swimming has already agreed to be involved and JOE SEDDON, Executive Director NSW Swimming, has given us a report on the highly successful NSW Open Titles. This report is supplemented by a fine pictorial display by ROGER SCOTT.

Naturally the development of swimming depends greatly on our coaches and their approaches to new ideas and techniques. The Australian Swimming Coaches Association is well aware of the need to learn and exchange ideas, they have given a high priority to the gathering and exchange of information. I know KIRK MARKS — Director of Coaching, NSW Swimming, is dedicated to improving standards, so I was delighted when he agreed to gather information and prepare articles to be published in each edition of SWIMMING IN AUSTRALIA. We sincerely hope swimming coaches all over Australia will benefit from this exchange of ideas and knowledge. We will welcome comments and contributions to this area.

Two of our regular contributing writers to swimming will need no introduction they are, coach extraordinary, FORBES CARLILE and Tokyo Gold Medalist (KEVIN BERRY). Forbes, as most people know is progressive, forward thinking and often controversial. You can bet that his contributions will question and inform you, he has never pulled any punches when he states what's right and wrong with Australian Swimming. One subject we discussed is the development of the Australian Crawl and its effect on the world scene. Australian Swimming has some very colourful personalities who in their day were real trend setters. Forbes has a great deal of this history in his keeping and we are planning a fascinating series for you.

Kevin Berry waited 20 years to see *his* feat in Tokyo repeated in Los Angeles by our little Aussie hero Jon Seiben. I'm hoping Kevin will do an indepth profile of Seiben, however, this time it's the man Seiben conquered, the mighty Michael Gross. Gross, here for the NSW Open made quite an impression, in and out of the pool.

I hadn't realised how exciting Water Polo was until I saw the Olympic telecast. I knew it was popular, as every time I picked up my local paper I was reading about top games by the Div. 1 Men, the selection of members from both the men and women's teams for representative honours, and local high school winning state titles. So with a depth of talent that extends into the high schools (and that's just one shire in NSW) it's no wonder we have world class players here in Australia. I asked an old friend, GEOFF WINTERTON, player, official and devotee to write for us. Geoff agreed, delighted, I think, that I've finally seen 'the light'. I've promised not to miss those games between Australia and the visiting Russian team in late February/March.

Synch. girls show their style.

Synchronized Swimming is not a new discipline, but Los Angeles was the first time it became an Olympic Sport. I confess I always thought of Synchronized Swimming as 'Water Ballet', however, MARGARET BARDWALL, (Sec. NSW Synch. Swimming) soon changed that opinion. To quote her, "As diving is to gymnastics in the air, then Synchronized Swimming must be gymnastics in the water". Margaret and IRENE BURRIDGE, who coached the girls in L.A. will combine their talents to tell us about the stars, the programmes, the training and work that goes into this sport of strength, grace, beauty and skill. Although

Australia's best — Steve Foley.

the membership of Synchronized Swimming is small and facilities for training very limited, let's hope by knowledge and support we can see this area grow.

JACK SANDERS, Executive Director of the Australian Diving Association Inc. told me that although Diving is not a major sport, as a country, Australia figures highly in World Rankings. At the 1976 Olympics, Australian Diving ranked 15th, by 1983 at the F.I.N.A. World Cup we had moved up to an incredible 5TH. After the 1982 Commonwealth Games, we were listed as top Commonwealth nation.

The lack of suitable facilities for training, or time in those facilities, when available, are just two of the problems faced by the diving coaches. This makes that 5TH place ranking all the more satisfying.

It's hoped that Diving's inclusion into the Australian Institute of Sport, headquarters now at Chandler Pool, Brisbane, plus the presence of a full time National Coach, BRUCE PRANCE, will see the start of a movement that will begin to match the fantastic divers from China and the USA. At the Institute, Bruce will be ably assisted by Australia's top male diver, Steve Foley, that in itself should be a great inspiration to the young, up and coming talent.

Diving's National Coaching Director, PETER PANAYI has agreed to prepare coaching articles for SWIMMING IN AUSTRALIA. Peter was responsible for preparing the coaching manuals for Diving's Coaching Accreditation Scheme. Being a true coach he always looks for that extra knowledge, his own articles will be supplemented by material he receives from his many contacts in the USA.

SWIMMING IN AUSTRALIA spent an enjoyable weekend with Diving, at the City Mutual Australia Day International Meet in Canberra. Roger and Michael took some terrific photographs as you will see. Me? Well, I had fun at the l-o-n-g-e-s-t Happy Hour I've ever attended. My thanks to Jack, Peter and Joan for making us so welcome and being so helpful. Hope I'm invited back next year.

One of the most organised programmes on the Australian Swimming scene is Masters Swimming. The development of AUSSI the Australian Masters, during the past ten years has been staggering. The programmes and innovations introduced by AUSSI make them leaders in the international scene. AUSSI had an 'Award Badge Scheme' long before it became popular in amateur circles. The Aerobic programme and trophy developed from research done by Kay Cox, is a concept the Americans talk about adopting. Also by the end of this year AUSSI will have a Coaching Accreditation Scheme for Masters Swimmers, again a first. To author articles on the Masters scene I didn't have to look far, GARY STUTSEL, a founding member of AUSSI, its first National Secretary, and now President of Masters Swimming International was the logical choice. A regular supplement from AUSSI, news and developments, the social interaction and FUN will appear in each edition of SWIMMING IN AUSTRALIA. Gary, will make comment on the Masters scene here in Australia and overseas, be it competition or fitness swimming programmes. Gary will show you how swimming through Masters becomes a 'life long' sport, that anyone can participate in at a variety of levels.

What was your time?

Another popular development is Marathon Swimming or Open Water Swimming. We've had our share of Channel swimmers, and the number willing to take up the challenge is rising. What drives these people to pit themselves against the elements to experience pain, danger and exhaustion? Is it like "the climber to the mountain". Do they swim that

expanse of water "because it's there"? I'm looking to JOHN KOOREY — President of the Australian Marathon Swimming Association, to provide these answers. John will report on Australian Swimmers attempting major swims anywhere in the world.

'FITNESS' the "in" word these days — health, sports medicine, research, we've all become more interested, because we've learnt how great it feels to be fit and well. KAY COX has been doing research on various subjects associated with health and fitness, diet and training and writing up the results for AUSSI Masters. Her articles were always eagerly awaited, read and absorbed. I'm delighted that now a much wider group of people will be able to read Kay's research articles.

Our supporting panel will be introduced in each of our journals, for March, Kevin Berry Features Writer, Gary Stutsel Masters Swimming, Kay Cox Fitness and Health and John Koorey Marathon Swimming.

SWIMMING IN AUSTRALIA doesn't just want to 'report' on events, we want to ask questions also. We'll be looking at the Australian Institute of Sport. Asking what are the various programmes, what plans do they have for the future? While most sporting bodies hail the A.I.S.'s establishment, it also has its opponents. We'll be asking "why the opposition?".

Then there's that wonderful word 'FUNDING'. Let's hope our Minister of Sport will be willing to talk about his government's involvement in *our* sport. How will the Government assist, grants to the A.I.S.? Grants to the various sporting bodies so they can employ professional administrators? Grants to the individual sports person? SWIMMING IN AUSTRALIA intends to ask these questions.

'SPONSORSHIP', another lovely word. We will be asking companies how they feel about sponsorship and what *they* want for their sponsorship dollar. What about special 'terms of employment', will that give our athletes the security they need to go out and "go for it" without the worry of 'what will the future hold'? Perhaps some of the answers will help sporting groups when they make a submission for sponsorship.

First and foremost, we here at SWIMMING IN AUSTRALIA, want to support our sports people and their associate body. However, there are times when it's obvious that everything isn't 'rosy'. Then, we will be amongst the *first* to say so. We are prepared to put ourselves on 'the line' and criticise where and when we believe criticism is due, however, the opportunity of right of reply will always be available, in fact we will SEEK out the opposite view, so YOU our readers can be the judge.

So you see, we have taken on an enormous task. Our contributing writers share my dream of providing you with the best, most professional journal on swimming produced in this country. However, it will remain a dream if firstly, we don't receive subscriptions and advertisers, we must be commercially successful if we are to fulfil our aims. Secondly, any successful journal needs input from its readers. You are invited to submit letters containing views or comment, or articles pertaining to any of the above mentioned areas, as well as photographs of interest. This interaction will be very welcome and will come under my personal attention. So let us all be part of giving Australian Swimming the journal it deserves.

Carol Davis
Editor

Swimming in Australia

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An Open Interview with Delany

one of Australia's superstars.....

Lindsey Schwab of Leeton meets with Michael Delany at the recent N.S.W. Titles.

There is no doubt that Michael Delany is one of the Superstars of Australian Competitive Swimming. He's young, with blond good looks, a member of that exciting foursome 'THE MEAN MACHINE', which won 'Gold' in Brisbane in 1982 and against all odds nearly snatched the same at the L.A. Olympics last August. He's been the subject of media speculation, 'Will he quit? Will he go to America?'. In the end he stayed because of a unique offer from one of swimmings major sponsors, City Mutual Insurance. Again he was the centre of publicity.

SWIMMING IN AUSTRALIA wanted to know more about this young man, his thoughts about competitive swimming, what it's meant being part of the Mean Machine, the feelings he had during the build up and participation in the L.A. Olympics, his thoughts regarding the swimming scene, and what he sees in the future for himself.

SWIMMING IN AUSTRALIA found that Michael Delany was articulate, patient with questions, thoughtful in replies, positive in knowing what he wanted for himself at this time, and for a 19 year old, fairly tolerant to those in authority.

Swimming in Australia: In L.A., what was the feeling like? Australian swimming has been down in the doldrums in the previous Olympic Games, there'd been the Michelle Ford controversy before you went away and then suddenly we had this glorious re-emergence of Australian swimming; can you describe the feelings of the Australian Team members?

Delany: There were a lot of feelings. The major feeling was that initially you're very proud to be a part of that team that's bringing about a new breath of wind into the sails of Australian swimming. We hit an all time low in Montreal, Steve Holland got a bronze medal, he was expected to win, in Moscow it was a little bit better, but in L.A. we were all just thrilled.

Our coach, Terry Buck, was in tears saying, 'I'm so glad to be part of this team, when my first coaching job was with the Montreal team in 1976, and to have stuck by it for eight years and to see us re-emerge as one of the great swimming nations again, it's something to be very proud of', and I think that sums up exactly how everyone in the team felt.

Swimming in Australia: The Australian public is very sports-minded, they love a winner. What kind of pressure does that put on you?

Delany: Unfortunately it carries a lot of undue pressure. Before we went away there were three gold medals Australia was expected to get — the Hockey team was supposed to win, Rob De Castella and the Mean Machine; and yes, being a part of one of those people expected to win, it does create pressure. Apart from the fact that when you're in the stadium, you've got 20,000 people yelling for the U.S. I can remember, just before we went in for the race, Ian Hanson came over to us and said 'You know all Australia's stopped to watch the race'. We said, 'don't tell us that, we don't want to know.' We always knew it would be a fairy-tale story if we could win because we were up against a much, much better team than we were, you know there's a fine line between the difference between positive thinking and if and if not you will win. If people say to us 'Can you win a gold medal in L.A.?' and if you say 'no', there's no point going, but you say 'yes, the Mean Machine will win', and if it doesn't happen problems do come about. It hasn't been too bad this time, I got a couple of letters saying, 'what happened to the Mean Machine?' and if you go out, for instance, the other night I heard a couple of people saying the Mean Machine aren't all that mean, and that kind of thing. But that's a small minority, most people say, 'hey, you did your best'.

Swimming in Australia: How did you feel when you realised you'd won an Olympic Silver Medal?

"Shattered, I was absolutely shattered!"

Delany: Shattered. I was absolutely shattered when we got the silver because all our hopes were on the gold, not just me, all of us were. There's a big difference between gold and silver, winner or loser, and we were initially really disappointed. I can remember Neil and I standing watching Mark coming in and both of us were crying, we couldn't believe it. We had beaten them during the Olympic heats and we got the Olympic record, an American 4 x 100 team has never been beaten in an Olympics, or anywhere. They have never lost a race in heats, semis, finals whatever. So to us it was like an America's Cup thing, we're just unhappy we didn't carry on with it, even though we did swim faster, but they've just got too much depth for us at the moment. They had first, second, fourth, fifth ranked swimmers in the world in their team and we had eighth, tenth, twelfth and twenty-seventh and it's hard to match up against that. Four tenths of a second away from them wasn't a bad effort. Looking back, it was like, we did our best, we couldn't have trained any harder that we had in order to win.

Swimming in Australia: Wouldn't it be correct to say that on paper you should only have got perhaps a 3rd, possibly a 4th?

Delany: If the Russians and East Germans had been there it would have been a fifth or sixth. But in the end, even if the Russians and East Germans had been there we would still have got second which is an effort we are proud of, coming from a small country like Australia. In the friendly games the Russians won the Freestyle relay in 3.21 and we got second in 3.19, so we would still have beaten a super-country like Russia which is a good effort so, as Neil said in an interview straight after the swim, 'We will hold our heads high, we did the best we could on the day'.

Swimming in Australia: How did the Mean Machine come into being? It's certainly grabbed the public imagination.

Delany: It started in 1982 with the Commonwealth Games when Neil and Greg shaved their heads purely as a psychological thing, no other reason. At that stage we weren't expected to beat England or Canada, it was the first time we had ever swum together. Neil had this idea that if we shaved our heads it was going to make us look big and tough and mean, which it did — Neil's 2 metres and weighs 108 kilos and he's just all muscle. It started from there, then we saw a movie about people in a prison camp, the warders are really tough and mean to them, so to get back at the warders, the prisoners challenge them in a football match. So all the big prisoners, and all the toughs formed a team and they called themselves the Mean Machine. Greg said, 'that's what we need' and it was really just something for ourselves. Somehow it was mentioned to someone in the press and they grabbed

hold of it and it has now really grabbed on. It was good for us, it was good that we had that kind of identification, that kind of image for ourselves and it also meant that the rest of the team looked up to us too. They said, 'if those four idiots can get a gold medal, so can we'. In the end we weren't the stars of the Australian team, everybody else did a lot better than they were expected to do.

Swimming in Australia: Do you think the Australian trials were too early for the Olympic Games?

Delany: At the time I did, but the results speak for themselves. We were such a close knit, strong team, it was like one big family and it was due to the fact that we'd been a team for so long — it wasn't just picked last week, swim this week and it's over next week, it was like a big family. I've never been in a team with so much team support, which is so important for us. When we were marching out to swim, we had all the Australian team there yelling for us. It's such a lift. The same for when everybody else went out to swim, in fact we had absolutely fantastic managers and coaches. It meant that we were all close. From that point of view the team wasn't chosen too early. I don't know if we'd have done any better if it was chosen later.

Swimming in Australia: You don't think there could have been a little bit of leeway — say with Neil Brooks?

Delany: Whether he should have swum the 100 free? I don't know. Everything can be different on the day. I think you can keep saying — will he do better in 4 months time, will he do better 4 months before or after? You've got to set a date, you've got to draw the line and say, when are we going to pick the team. Neil got third in the Olympic trials and I got second so that gave me the right to swim the 100 free. Neil did end up swimming faster than me in L.A. but at the time when the team was picked I had the right to do it. Now, I think if the team was picked a month before I would have beaten him anyhow. I try not to feel too guilty that at L.A. I didn't swim my best time. Nobody rapped me over the knuckles for swimming slower than Neil. In fact Neil was the best one about it because I was absolutely shattered. The time I swam didn't even get me into the final. Had I swum the same time as I'd swum at the Olympic Trials, I would have got a bronze medal in the 100 free. The team were terrific, especially Neil — he put his arm round me and said, 'forget it, we've got the relay in a couple of days, and we'll still get a medal, we're going to get some kind of medal, we don't know what kind but we're going to get one'. That's how we used to speak. He was like a big brother.

"I felt guilty — I didn't make the final!"

Swimming in Australia: Also a bit of a team psychologist?

Delany: He could be employed as a psychologist. He's an excellent team man. He was at the pool every day cheering for everybody. You'd never see him resting or sitting up, he'd be yelling and cheering every day for people. He's got an image that he's a rebel and a pretty wild guy, but he's really a nice guy.

Swimming in Australia: The loveable Australian Larrikin?

Delany: Typical Australian larrikin, yes. Loveable? Well, being a lady, you can say that.

Swimming in Australia: What about the Michelle Ford controversy, did that have a detrimental effect on the team?

"Michelle knew the guidelines!"

Delany: It did for a while, not mainly on the team but on the people directly concerned, like the people who were going to be thrown out if they put Michelle in. The public were very much mislead about the situation. They didn't know that Susie Bulmer, who beat Michelle at the Olympic trials, was in tears every night, she wasn't training properly, she was having a detrimental effect on the people in her squad because they let their training go to look after her and in the end the pressure on her was unbelieveable and that's why the swimmers decided to put an end to it. I think it might have been the first time ever that the swimmers came out

and supported the A.S.U., we did it as a team thing for a team member. I felt sorry for Michelle, she's a nice girl, and we all salute her for the gold she won in Moscow. However, Michelle did know the guidelines on how to make the team and she didn't make it.

Swimming in Australia: You said you thought it was the first time the swimmers had supported the A.S.U. Why do the A.S.U. have such a poor public image?

Delany: They've brought it about themselves. It's really a highly professional organisation being run by amateurs. You're dealing with a lot of important things and sport is important and especially swimming. Since the Olympics started, swimming has always carried everyone on their backs. In Montreal, even when we hit rock bottom, the medals came from the swimmers, Moscow it was swimming, Mexico it was swimming, and so on. With a sport like that in the limelight, you've got to have professional people running it, which we don't have.

Swimming in Australia: I can't remember where I saw the quote, which is turning around what you said — that is, can the A.S.U. be so bad when right back through the decades it's been swimming that has brought the medals home, they must be doing something right, you're virtually saying that they've been lucky?

Delany: I believe they've been lucky. Look at our natural resources, beaches, climate, its natural for Australians to swim. Tell me about the swimming successes, the medal winners and how they were helped by the A.S.U.? I was given a government grant of $1000 in 1981. Do you know when I finally got the money? Just before I went to the Olympics. The expenses of the last four years have been unreal, I'm just lucky, I have fantastic parents. What has helped is good natural resources, top coaches and family support. To be fair things are a little different now, I've received a government grant plus one from Carlton United, Joe Seddon, the Executive Director of the N.S.W. Swimming, is managing it for me. He's a professional guy who talks to you, knows what you want and need, and it's not before time, believe you me.

Swimming in Australia: Do you think the majority of people have any idea of the sacrifices made by an Olympic athlete, physical, emotional and financial?

Delany: Most have no idea at all. You summed it up when you said many people think you work for 4 years and swim and it's all over, but it's been 9 years and it's a 100 kms a week for 9 years, I stepped that up for the last 2 or 3 years but that's how it is — they have no idea at all, that's why they find it easy to knock. It makes you so furious that they don't know the effort you're putting in, especially when you feel you're swimming for them. It's easy to sit back and knock but it's harder to get up and do it, and if you don't want to get up and do it, well, encourage, but don't knock.

Swimming in Australia: Do you think that some of this knocking is just media talk, it makes a good headline or story?

Delany: Generally, the Australian press are OK, you get some ratbags but others are great. Grahame McNeice on Channel 10 is fabulous, a fabulous guy. Ian Hanson too, but you get some snakes, and you've got to watch some of them. Some of them have got funny ideas — you say one thing and they completely change it round, it's still a quote but they change it to a more sensational looking quote and that changes the whole meaning. We had a system in the Australian team that when we talked to the media you had a member of our management standing by all the time, which protects anything we say. But with most members we never had any problem.

"Mum gave up a month of her life"

Swimming in Australia: You mentioned you had terrific family support?

Delany: I would not have made the Olympics, Commonwealth Games or anything without that support. Not just me, you find with most top athletes, they come from families that are very close and very supportive. If you're 15 or 16 and

your parents can't be bothered driving you to training, you're not even in it. You've got to have that family support. I often say my Olympic and Commonwealth medals belong to my family as much as they belong to me, which is true. For example, when Tracey Wickham's grandfather died she hung one of her Commonwealth gold medals around his neck before they buried him, which is symbolic of the fact of how much families come into supporting because as well as financial needs there's a lot of emotional and moral support. You wouldn't have any problems at all if you were a normal person, living a normal life, working from day to day and then going home. You're not tired, you're not down, you're not sore from swimming and you can do it, you can cope. However, when you've got so many other things — the pressure of whether or not you win, getting up at 4.00 every morning and having to swim 8 kms before breakfast, even coming home and having to make your own breakfast, then look after your lunch and wash your clothes — it's hard. 100 kms a week is enough and I used to get out of the pool totally sick and sore. Your social life becomes non-existent, simply because you're too tired. Unless you've got good support, you're in trouble. All the top swimmers have had this good support.

I can tell you the amount of times I was going to quit, for example, about a month before the Olympics I was living in Brisbane, I'd had enough, I was homesick and I just wanted to go home, so I said 'I'm going home'. I rang Mum and said I was coming home. The team had been chosen, I said I'd make do in Sydney and I'd find someone in Sydney to train me. Laurie got angry because it would be jeopardising a years preparation, which it was, but I was so sick of it and I didn't care. You get into those real downers — 100 kms a week and 10 hours a day devoted to swimming can drive you nuts. So Laurie, unbeknown to me, rang up Mum and told her the situation. One thing with Mum and Dad, they never push, they never made me do it, which is the only way. A lot of parents make the mistake of pushing. I rang Mum and said I was coming home, and she said, 'fine, but let's talk about it first, but not on the phone, I'm flying up on the next plane'. We went to a motel on the outskirts of Brisbane and she mothered me for that month. She just left all the family, and she has a daily TV show, which she had to fly home to do every Friday, but she gave up a month of her life just to mother me for a while to get me through. It's things like that — the love, the support and the sacrifice, that get you there.

Swimming in Australia: I would say parents generally realise that this support is appreciated and they don't go looking for tributes. However, it was nice to hear it expressed in actual words.

Was there any truth in the stories that Michael Delany had decided to quit swimming?

"QUIT! — That wasn't a misquote"

Delany: I did say it, I was going to quit, that wasn't a misquote.

Swimming in Australia: When was it you felt to yourself — this is the end, I've got a silver medal and I wanted a gold, but there's other things I have to consider?

Delany: That first came into my mind about 5 minutes after the race and I said, 'we've done 100 km a week, we've trained until we're sick, we've trained till we can hardly walk and this is what's happened, we've got second. We can't do any better and it's time to hang up the togs'. You get that initial feeling every time, after the Commonwealth Games we felt the same too. It's called post-Games depression, when you're on such a high and then it's back to normal living, it's really tough. Especially the Commonwealth Games in '82, I was 16 and still had 2 years at school to go. One day you're having dinner with the Queen and the Duke of Edinburgh and meeting Prime Ministers and all that kind of thing, then suddenly you're back at school and being told what to do by school teachers, it's a huge leap down. The same thing happened coming back from L.A. but this time it wasn't as bad, because of the help I gained from City Mutual and support from Mum and Dad. But initially I thought of giving up then, but somehow Neil got us back, Neil always does it. He said, 'we haven't really achieved our goal yet and we should have one more try', so I said, 'OK, I won't quit, but what can I do, I can't stay in

Australia'. You see when you reach a certain level in Australian swimming, there's not much further you can go because you can't expect your parents to keep paying for you to stay in the expensive world of sport. So when I got a scholarship offer in America, which paid for everything, I was going to get educated, and a lot of benefits, I took it. However, I was happy at that stage being home with the family, I'd been away for a year and a bit before the Olympics preparing for it, and I was happy to be home, it was good to see all my friends again. I was concerned that I should get a career going. I didn't want to be 25 or 26 and having given up swimming, never worked a day in my life. So the job came along with City Mutual, it was to fill in between the time until I went back to America.

I found I was really enjoying my job, then City Mutual asked what could they do to assist me in gaining a career and staying in Australia to swim. I said what I needed, and since then they have organised a fantastic set up.

Swimming in Australia: When we spoke to City Mutual they made it very plain that they were not into sponsorship for the sake of sponsorship. Certainly they were delighted with the media coverage and the response to the coaching trips you and Kirk Marks have done with GET IN THE SWIM. However, as a company, they were concerned that both you and they had something to offer each other. Was this made clear to you?

"City Mutual and I have expectations"

Delany: Definitely, I knew I wouldn't just be given a position, I needed to have some kind of potential. City Mutual have expectations, I have expectations.

Swimming in Australia: What do you think you want as a career, where do you think you're heading?

Delany: At 19 that's pretty hard to know. As I said, I have ambitions like everybody else would. If you stay working in an area like City Mutual — to be top guy of City Mutual, I think if you don't have that kind of goal you're wasting your time. I don't know which way I'm going to be heading in the next couple of years. I'm very happy here at the moment. I know to get further in a career with this kind of company I'm going to have to get some kind of education, more education, so that might mean getting a degree in something — business, marketing, something. I'll look into that when the time comes, in about a year from now. I'm just getting experience at the moment.

Swimming in Australia: What are your thoughts about the company forming the City Mutual A.S.C?

Delany: It's a positive and exciting development, the company is really positive in its approach and Joe Seddon has worked with Mike Fretwell of City Mutual to guide them in all the correct procedures.

Swimming in Australia: We spoke with Joe Seddon who confirmed the clubs affiliation, he seemed delighted with proceedings; he also assured us that your amateur status will remain untainted.

Delany: Yes, I think I said before he's a progressive thinking guy.

Swimming in Australia: This business of amateurism, isn't is somewhat of a joke, especially when you look at the programmes and set up of overseas athletes, one might think Australia was the last bastion in the code of amateurism?

"Amateurism? — A bit of a joke"

Delany: It is the last, but we're slowly catching up thank goodness. In West Germany for example, Michael Gross, he's in the army and his job with the army is to swim. He gets paid for it. That's good, Porsche sponsor him also, he has a nice little Porsche and he's looked after very well, thank you very much. Carl Lewis and Edwin Moses — they're multi-millionaires, yet they ran in the same Olympics as we all competed in. With us it's — 'hey, Mum send me another $100, I need some money'. Australia is way behind, but we are catching up now. A few of the oldies are grumbling about the deal I've got with City Mutual but that's tough luck. The main people are the younger people realising that amateurism is over and they're giving us leeway with it.

"It's a Catch 22"

Swimming in Australia: Now that you are able to remain in Australia, do you feel that has a positive effect on our junior swimmers, the fact that you are visible, that they have someone they can measure themselves against, and that they will see you swimming in the Australian Championships?

Delany: The senior swimmers do feel a sense of responsibility to the junior swimmers. In fact the same question was put to me on the Mike Walsh Show. It's a Catch 22 situation — do you stay and encourage young kids or do you worry about your own future. What do you do, are you selfish and worry about yourself? In the end the kids aren't going to provide you with a living and so that kind of thing is hard. I remember when I was younger, the mass exodus of Australians to America wasn't as much as it is today and it was good because you could look at the guys who had already achieved and were up there and it gave you someone to chase, it gave me the incentive to keep swimming. Now we're in the same position that those people were in a couple of years ago and I think it is important that we do stay here so the young kids can at least have that incentive. A lot of young kids have never even seen any of the Mean Machine race, which is a shame because it's not going to provide them with any kind of incentive to say, 'Hey, I want to be in their shoes one day'. Yes, it is important that we stay, it is a responsibility. So if I do go to America I'd still keep in close contact with Australia which I think is something Australian swimmers haven't done in the past, not that it's their fault, just lack of money. However, a new scheme has been announced — we are going to be put on special elite government sponsorship awards, whether you're in America or not and that will keep you in touch with Australia. You can't expect swimmers to come up with $2000 just to fly home for a meet.

Swimming in Australia: So the swimming scene is looking healthy?

Delany: Better.

Swimming in Australia: The development of ex-swimmers moving into administration, for example Max Metzler?

Delany: Fabulous, best idea in years, these guys, they've been there and done it, it's great.

Swimming in Australia: Michael Delany and the Mean Machine — Gold in Seoul?

Delany: That's interesting, all I'm saying is neither Michael Delany or the Mean Machine has yet achieved the goals they set themselves.

Postcript Michael will be leaving for America in September, he will attend the University of Southern California to train under Peter Daland (the great Mark Spitz former coach) in preparation for the 1986 Commonwealth Games.

City Mutual have granted him a years leave of absence without pay, with a guarantee of employment on his return.

(Editor)

NEXT ISSUE . . .FORBES CARLILE and his intriguing involvement in swimming!

Aquafitness

Australia is fortunate in that its climate lends itself to water-based activities. All States enjoy high temperatures during the summer months, and this has led to the general Australian interest in a wide variety of aquatic activities.

Not everyone has ready access to a beach or local swimming pool, so there has been extensive growth and interest in home swimming pools. The backyard pool is now a common feature in many suburbs.

However, the small pool is often inappropriate for swimming and used only for cooling off and play activities. This means that pools really only have limited use, and the potential of backyard pools is underdeveloped. Water is a great medium for exercising, and in each issue we will present a range of exercises and ideas to make full use of pools whether they be small backyard pools or large public swimming pools. Whether it be to keep fit or just gain confidence in water.

What is Aquafitness?

This is a general term to describe the use of a wide variety of exercises, performed in the water, to develop and improve fitness. Aquafitness is much wider than just swimming; even those who cannot swim well can also enjoy the exercises. It provides an exciting and enjoyable alternative to the usual land exercise programmes and has many benefits over the traditional fitness programmes for certain sections of the population, e.g., disabled, elderly.

Benefits of Aquafitness

An Aquafitness programme has many benefits and uses and it is only recently that the community has realised the full potential of water as an exercise medium (other than swimming).

- It is a fun way of getting and keeping fit and improving your health.
- It allows for a full range of movement without excessive strain.
- It can be aerobic in nature as well as developing flexibility.
- Buoyancy in the water helps support body weight and makes exercising less strenuous.
- Exercising in the water eliminates the jarring that occurs when exercising on the land.
- Water protects against overheating and makes exercise more comfortable and pleasant.
- Aquafitness will improve the circulatory system and muscle tone as well as your well-being and self-esteem.
- It can be a means of warming up to a swimming class or lesson.
- The exercises can also be introduced during a swimming lesson, as a means of gaining the participants' attention.
- Aquafitness is enjoyable and fun, with the social element a strong and important benefit. Many of the exercises can be done in pairs or groups and interaction is encouraged.
- Non-swimmers can still participate in an Aquafitness programme and it will build up their water confidence.
- The massage action of water on the muscles helps increase circulation, and is a relaxing and pleasant sensation.
- The water medium acts as a resistance, therefore the intensity of the exercises can be changed by performing the exercise in water of various depths. Deeper water makes the exercise harder as there is greater resistance.

Who Would Benefit?

The whole community would enjoy and benefit from Aquafitness programmes especially considering our water-oriented lifestyle and our many means of access to water such as beaches, public and private pools, rivers, dams, rock pools and lakes.

All age groups can participate in Aquafitness and this is probably one of its greatest benefits. Some minor adjustments to the programme and exercises may be needed for some particular groups, but all persons would achieve the majority of the benefits that have been listed.

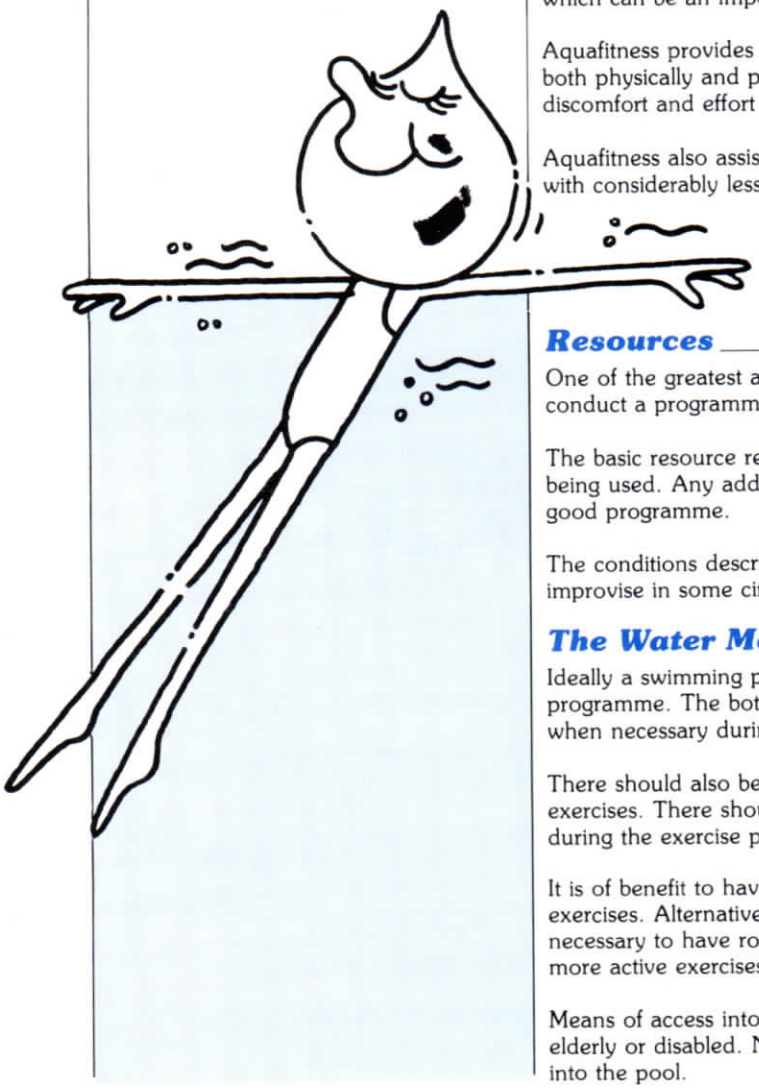
An Aquafitness programme enables children to have fun. They think of the programme as a series of enjoyable games, which builds up their water confidence and thereby reduces any fear of the water they may experience.

The disabled can benefit from Aquafitness exercises. The water allows for more freedom of movement, with perhaps only a minimum amount of support or assistance needed at certain times. This would vary and depend largely on their level of ability.

The elderly not only experience an Aquafitness programme as an enjoyable means of exercising, but also find it a great way of socialising and meeting new people, which can be an important aspect often lacking in their lives.

Aquafitness provides overweight people with a means of exercising in comfort — both physically and psychologically. The buoyancy of the water helps reduce the discomfort and effort needed to exercise.

Aquafitness also assists those who have sporting injuries. It enables them to exercise with considerably less stress and pain, yet still aids in the healing process.



Resources

One of the greatest attributes of Aquafitness is the limited resources needed to conduct a programme.

The basic resource requirements revolve mainly around the pool or water medium being used. Any additional equipment is optional, but not essential to conduct a good programme.

The conditions described below would be ideal, but it may be necessary to improvise in some circumstances.

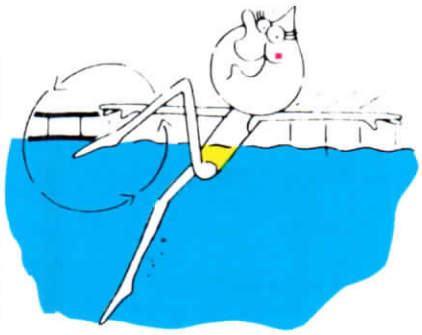
The Water Medium

Ideally a swimming pool is the most appropriate facility to use for an Aquafitness programme. The bottom of the pool should be non-slippery, to maintain contact when necessary during the exercises.

There should also be ample room within the pool to move and perform the exercises. There should be no protruding objects to cause obstruction or hindrance during the exercise programme.

It is of benefit to have a hand rail around the inside of the pool for many of the exercises. Alternatively, an edge that can be easily held for support. It is also necessary to have room along the edge and surrounds of the pool for some of the more active exercises.

Means of access into the water is an important consideration, especially for the elderly or disabled. Non-slip steps or ramps are ideal for easy and comfortable entry into the pool.



Depth

As a guide, most of the exercises are best performed in chest deep water. An ideal pool would have a shallow end that graduates in depth to a deeper end. This would allow for the different heights of the participants, and also the exercises to be performed in a range of depths.

Temperatures

Temperatures of pools vary greatly and there is no set temperature needed to conduct an Aquafitness class. It must be comfortable for participants to undertake an exercise class for 15 to 30 minutes, without the problem of being uncomfortable — either too cold or overheating in indoor situations.

Consideration must also be given to the type of participants. For example, the temperature may need to be a little higher for elderly participants. They would undertake the exercises at a much slower rate than a fitter class and would therefore require a warmer environment.

The required temperatures would also vary, depending on whether the pool was an indoor or outdoor facility. Be aware that an environment of high humidity and high water temperature can lead to an increased risk of participants overheating.

Equipment

Aquafitness classes can be conducted without any equipment at all. However, for variation, or as a method of keeping participants' attention, equipment can be introduced.

Equipment can also be used to make exercises easier to perform or to create the need for additional effort.

Examples of some suitable equipment are:

- **KICKBOARDS** can be used for kicking and as a means of support.
- **TABLE TENNIS BALLS** for blowing or throwing. Useful because they are light and float.
- **BOAT ROLLERS** can be used as weights for any of the arm exercises (available from marine suppliers).
- **HOOPS OR ROPE** are suitable for programmes, games or where additional support is needed to perform particular exercises.
- **COLOURED, WEIGHTED OBJECTS** for picking off the bottom of the pool, or passing to each other in games. They help to develop water confidence.
- **BALLOONS, RUBBER BALLS** can be used to pass around or to collect in partner and team activities. These can add the fun element to many activities.
- **INNER TUBES** can be used for supporting individuals or groups in a variety of exercises requiring flotation.
- **MUSIC** the use of music to perform the exercises is recommended, as it is a very strong motivator and stimulant. A good sound system is essential to overcome the acoustic problems of many pools.
- **MEGAPHONE OR MICROPHONE** is useful to enable the leaders' instructions to be clearly heard.

Exercises

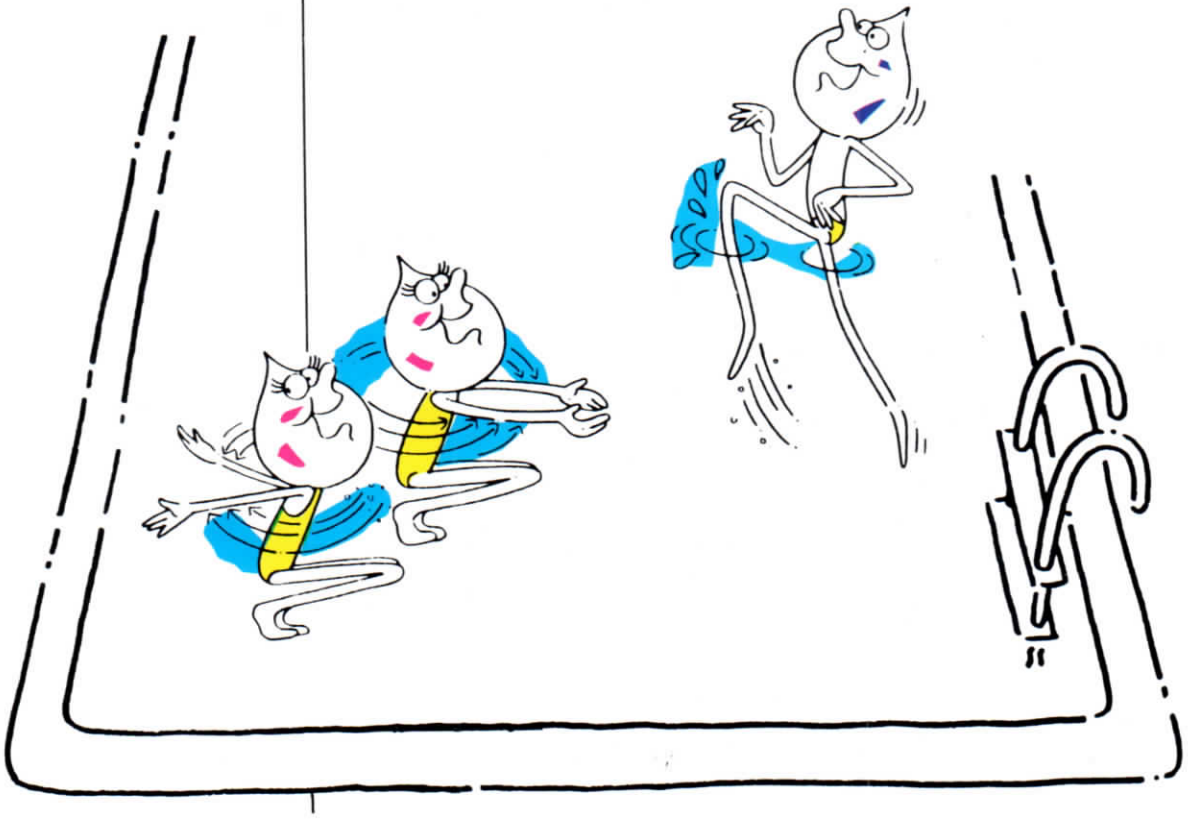
The following is a list of suitable exercises for an Aquafitness programme. From this list you can develop your own programme, which should include a warm-up and cool-down session.

1. POOLSIDE SITTING

Starting Position — Sit on the edge of the pool, holding the edge of the pool with your hands and place your legs in the water.
Description — Keeping hold of the edge of the pool, gently kick your legs in the water, rest . . . then repeat.
Variations
(i) Slow kicking, developing to a faster rate of kicking.
(ii) Raising and lowering one leg at a time through the water.
(iii) With legs in the water rotate one ankle clockwise then anticlockwise. Repeat using the other leg.

2. WALKING

Starting Position — Stand in an upright position in the water.
Description — In a circle or a line, participants walk in one direction raising their knees as they walk and with arms by their side. On instructions, change direction then perform the exercise against the created turbulence.
Variations
(i) At the same time as walking, push arms through the water either one at a time as in marching or both at the same time.
(ii) Walking with hands on your shoulders.
(iii) Walking with arms above your head.
(iv) Walking, at the same time punching alternate arms about your head.
(v) Marching with stiff legs.
(vi) Change the pace and rhythm — faster to slower with all the variations.



3. RUNNING/JOGGING

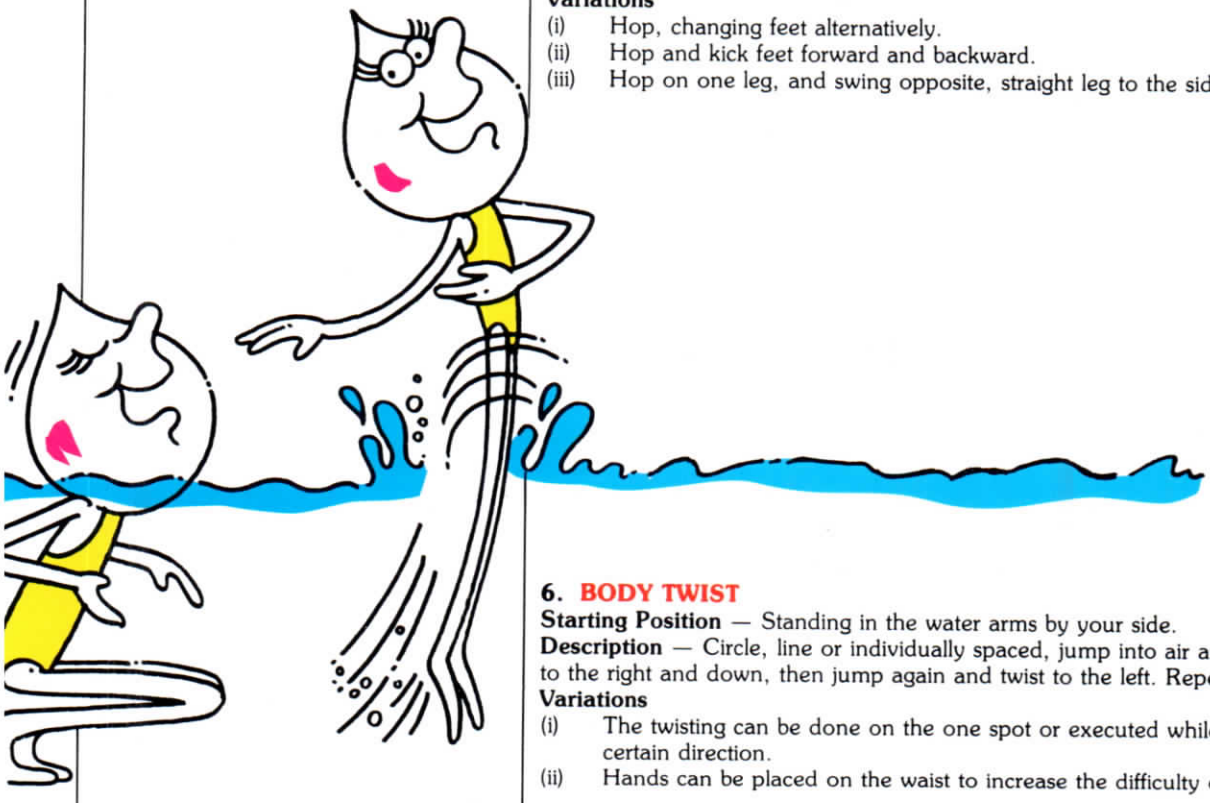
Starting Position — Standing in an upright position in the water.
Exercise Description — In a circle or line, participants jog in one direction, raising knees with their arms by their side. On instruction, change direction to then perform the exercise against the created turbulence.
Variations
(i) Lifting knees high in front.
(ii) Kicking heels back towards your buttocks.
(iii) Jogging, raising alternate knees to the side.
(iv) Side-stepping.
(v) Running backwards.
(vi) Galloping.
(vii) Arm actions are many and varied — see walking description.

4. JUMPING

Starting Position — Standing in the water in an upright position.
Description — In circle, line or individually spaced, jump on the spot.
Variations
(i) Jumping and twisting side to side.
(ii) Jumping very high/small jumps.
(iii) Star jumps — jumping with outstretched arms and legs.
(iv) Split leg jump.
(v) Tuck jumps.
(vi) Jumping to the side.

5. HOPPING

Starting Position — Standing in an upright position in the water.
Description — Circle, line or individually spaced, hop on the spot.
Variations
(i) Hop, changing feet alternatively.
(ii) Hop and kick feet forward and backward.
(iii) Hop on one leg, and swing opposite, straight leg to the side. Alternate legs.



6. BODY TWIST

Starting Position — Standing in the water arms by your side.
Description — Circle, line or individually spaced, jump into air and twist the body to the right and down, then jump again and twist to the left. Repeat.
Variations
(i) The twisting can be done on the one spot or executed while moving in a certain direction.
(ii) Hands can be placed on the waist to increase the difficulty of the exercise.

7. HEEL RAISING

Starting Position — Standing arms by your side or hands on your waist in the water.

Description — Circle, line or individually spaced, lift your heels and stand on your toes. Lower. Repeat.

Variation

(i) Toe/Heel raises — raise onto your toes, lower, then back onto your heels. Lower. Repeat.

8. LEG RAISES

Starting Position — Standing, hands on waist, feet slightly apart.

Description — Standing, spaced along edge of the pool, lift right leg to the right side, hold, lower. Repeat with left leg to the left side. Push the leg through the water both on the way up and down.

Variations

(i) Raising and lowering legs in front of the body, one at a time.
(ii) Swing leg backwards and forwards.
(iii) Raise leg and bend knee, swing bent leg to the outside, straighten leg, bend knee again and return to starting position.
(iv) Lift and bend knee and place in cupped hands. Draw bent knee towards your body.
(v) As above, pushing knee downwards into cupped hands.
(vi) Raise straight leg and perform small ankle circles in one direction then the other.
(vii) Raise straight leg and perform large circles with the whole leg.
(viii) Raise leg, bending knee. Swing bent leg across the body, return and lower.

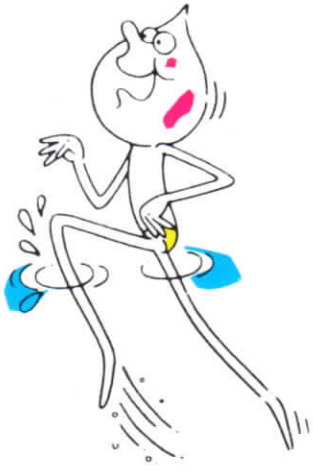
9. SHOULDER LIFTS

Starting Position — Standing, feet slightly apart for balance.

Description — Individually spaced, raise shoulders up and then lower. Repeat.

Variations

(i) Rolling shoulders forward and backwards.
(ii) Pushing shoulders forward and backwards.
(iii) Place hands on shoulders and perform rotations.
(iv) Performing rotations, one shoulder at a time.



10. STRETCHING

Starting Position — Standing, feet slightly apart for balance.

Description — In a line, circle or individually spaced, raise your arms above your head and stretch upwards, lower and repeat.

Variations

(i) Raise arms above head and reach to one side of the body. Return to start and reach to the other side of the body.
(ii) Raise arms above body and gradually stretch alternate arms in a 'pulling' like action, relax and repeat.
(iii) Raise arms to shoulder height, stretch to the right side, back to centre, then stretch to the left side.

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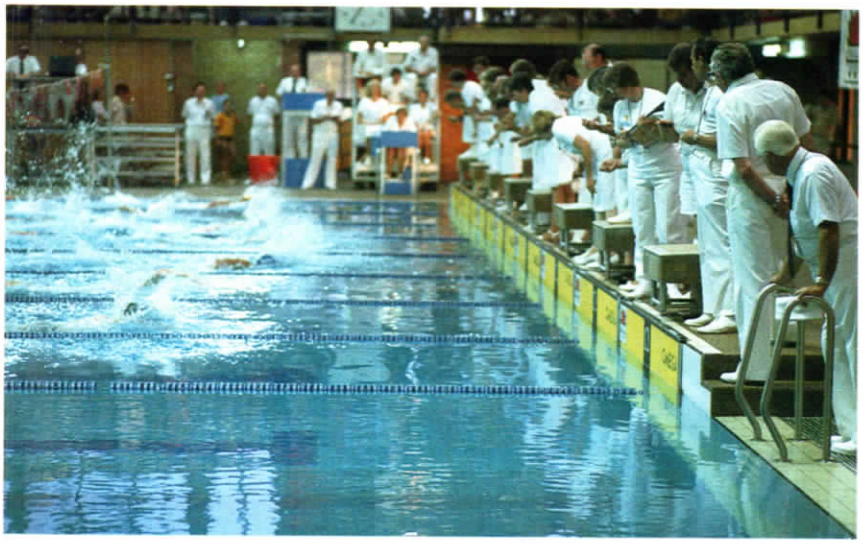
New South Wales Swimming TITLES

a revived meet!



And it's the swimmer in lane . . .

Teriffic Swim Claudia.

It was decided in mid 1984 that the NSW State Swimming Championships needed to be revitalised, so that we could maintain our place as the Premier State in Australian Swimming. Negotiations commenced so as to attract world class performers to the meet and, simultaneously, approaches were made to Shelleys Softdrinks, who took a chance and made a commitment to sponsor the championships, a chance that proved to be beneficial to both parties, with the meet proving to be an outstanding success, which also ensured that the Shelleys NSW Swimming Championships will continue.

The NSW Coaching Director, Kirk Marks, made approaches in June to secure the world champion, Michael Gross of West Germany to swim at the meet and combine both training and competition, whilst spending several weeks in Sydney. The final arrangements included not only Gross but twelve more members of the Erster Offenbacher Swim Club from Frankfurt, claimed by many to be one of the strongest club teams in the world.

The appearance of this team as well as the famed 'Mean Machine' ensured that the championships were a success. The championships saw a large gathering of Olympians competing, with good times being swum in

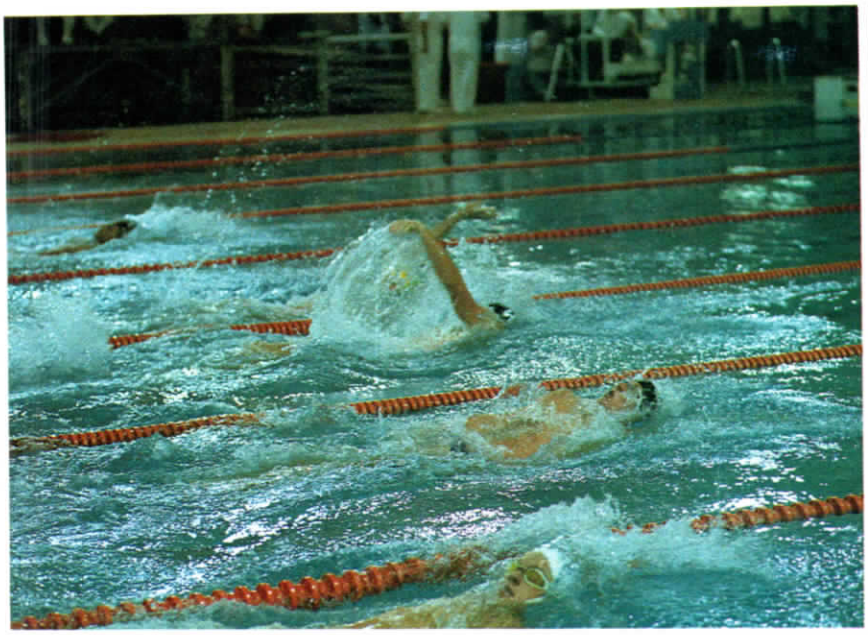
A quiet moment between coach and swimmer.

100 metres open Women's breaststroke championship of N.S.W. — 1st Claudia Dullo (Wales); 2nd Dimity Douglas C.I.G. Burley Griffin.

several events.
Michael Gross even surprised himself with some of his swims, swimming two unshaven personal bests in the 200 m B/F and the 200 IM. He attributed this to the fact that he found the situation so relaxing, especially being housed with other team members in a house without the constraints and pressures of motel living. All team members commented on how the accommodation arrangements developed sound team spirit and induced good performance.
The Championships received a great deal of publicity both Australia-wide as well as in Europe, and it is planned that with these championships now receiving a great deal of interest from Europe, that next year other noted swimmers will compete at the meet.
I am sure that NSW Swimming is well on the path to full revival, especially with the support from sponsors such as Shelleys and not forgetting our other major sponsors Speedo and City Mutual.
The coming twelve months will see the extension of the City Mutual Junior Development Programme and continuing negotiations with several swimming groups to get swimming in the State the profile it deserves.

Special Feature: The Mean Machine v West Germany

No relay team has ever caught the public interest as has 'The Mean Machine'. Yet the majority of Australians have never actually seen these four race as a team. When approached, the boys were delighted to have the chance to have a reunion. Mark Stockwell was unfortunately not available, as he was in the States training. However, Graeme Brewer, who swam in the Mean Machine Mark 1, was drafted in as the fourth member.
Although not a hundred percent fit, the boys were still keen to pit themselves against the West Germans, as the opportunity to race and train together only occurs



Backstroking into the finals.

The price of fame?

when there is a build up to a particular event. It's no secret that they have a long term goal — BEAT THE AMERICANS.

The actual promotion added to the excitement on the opening night, as before the race there was standing room only. Many of our juniors grabbed the opportunity to gain the autographs of the 'famous four', and each of the boys were happy to perform this service as well as give time to talk to the media.

From all concerned the public enjoyed seeing eight top swimmers in a match race, the outcome seemed less important than the actual staging of the race. For our part, we were delighted, the MEAN MACHINE added another dimension to the N.S.W. Titles. Each of the four swimmers fulfilled all contractual agreements and NSW Swiming would be happy to stage a re-match or perhaps next year against another top team.

J.J. Seddon
Ex. Director
NSW Swimming

The Albatross shows his wings

'Mean Machine': Graeme Brewer – Michael Delany — Greg Fasala — Neil Brooks.

SPLITS

G. Fasala	53.05	
I. Bilgier		54.00
M. Delany	53.15	
B. Knetter		53.15
G. Brewer	55.07	
C. Ortwin		54.08
N. Brooks	52.14	
M. Gross		50.75

And introducing . . .
West Germany and the 'Mean Machine'.

Birds of a feather?
Gross meets Brooks.

Masters Swimming News

President's Message

Greetings all members of AUSSI, I would like to take this opportunity to wish you every success in achieving your goals in AUSSI for 1985.

This year I believe will see many changes in our organisation, not the least being a change in the format of our journal.

As you are all well aware we have had many problems in producing and forwarding to you the journal you all looked forward to. The problems with the journal caused much concern and heartache to our editor, and Carol along with Brian and myself, spent many hours trying to right the situation.

Several things became apparent, the production of a journal of the standard we aimed for, and the mechanics of distribution, along with our growth, became more than one person could handle on a voluntary basis. This resulted in certain amounts of the workload being moved into the office hours. Secondly, the support required in finding advertisers was never forthcoming. We were then faced with the situation of extended office hours resulting in higher wage costings, and no offsetting income from advertisers to meet printing costs.

The Treasurer, and her Finance Sub Committee insisted that this trend cease. Henceforth, bearing in mind the Treasurer's warning, and the recommendations from our Editor that subscription would go a long way towards solving the finance and distribution problems, this motion was placed to the September Council. The Council, in light of the information given them, voted that the journal would go out on subscription.

When negotiating a new contract with Colourscene Pty. Ltd., it was suggested to Brian and I, that a journal going out on subscription needed to offer more than our original journal was offering. We were asked to consider becoming incorporated in a new journal the company were planning to market that would encompass all swimming and water disciplines. The proposal looked attractive, our members would still have their own distinctive section of AUSSI news plus a wealth of information from other areas. The input required from us would allow the journal Editor to once again become a voluntary position, and there would be no costing on AUSSI. There was another plus, we, the National Executive, had been saddened when Carol told us that she would not be available in 1985, but couldn't argue with the fact that after 7 years she felt it was time to go. I personally, and I am sure that you will echo my sentiments, was delighted when Colourscene Pty. Ltd. asked Carol if she would be interested in heading up their new venture. I am pleased to say she accepted. From my personal knowledge I know she will do everything in her power to ensure that the new journal has a productive and positive effect on all aspects of Australian Swimming.

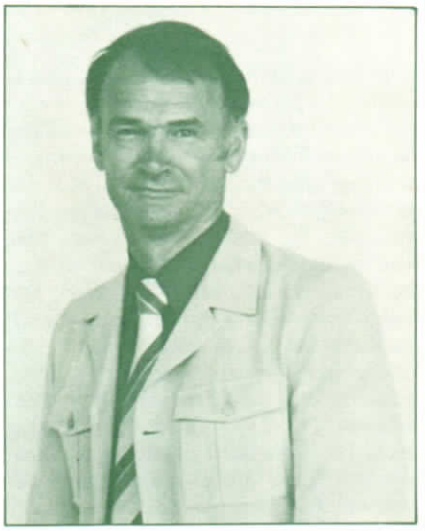
When negotiations were finalised we secured an added bonus. Colourscene will publish our 1984 Top Ten along with the latest National Records update. With every subscription received, *you* will be entitled to your own personal copy of the 1984 National Top Ten Times and National Records Update.

I hope you will support your Executives decision by subscribing to the journal in its new format. I believe that the new journal will provide a wider range of information on swimming in general and still give AUSSI its individuality. At the same time it will also promote the concept of AUSSI to a wider range of people interested in Water Sports.

Happy Swimming in Fitness and Fun.

Peter Jackson
NATIONAL PRESIDENT

Heard by Hird



Another year comes to a close and I'm sure my office staff, Carol Davis and Maureen Rose will not forget 1984.

In retrospect, 1984 has been a year of update. Firstly, the AUSSI Constitution — a massive task for that Committee as it had to be completely rewritten. Adopted May, 1984, the AUSSI Constitution and By-Laws is now a twenty three page document. I would like to congratulate each Branch for their input into this document and their representatives, namely Peter Jackson (Chairman), Glenys McDonald, Ivan Wingate, Geoff James, Robin Sweeney and Bob Dorrington who spent a whole weekend in Melbourne compiling the finishing touches to the original draft copy. To Glenys McDonald, W.A. Secretary, who took it upon herself to type the final draft copy to relieve some of the burden from the office, thanks, it was much appreciated.

The second priority was the Club Guide. This job was done by Carol and myself. Maureen typed the draft. Much to my surprise, there was little response to this draft copy, so with very little alterations to be included, I read and re-read the Guide, numbered the contents for easy reference then off to Maureen to type once again. The end result I'm sure everyone will be pleased with.

The third priority is the AUSSI Rules which is almost finished. Peter Jackson, Des McCormick and myself have had a number of meetings rewriting the AUSSI Rules. Once again, the input from Branches was very helpful with particular note to the N.S.W. Branch whose Technical Committee I feel spent many hours researching various aspects of the Rules.

So you can see 1984 has been quite a productive year. The year has also shown a large increase in membership and once again, we must congratulate W.A. as they are the first Branch to achieve 1000 membership.

I would like to take this opportunity to thank the office staff, Carol Davis and Maureen Rose for their willingness and support throughout 1984; the National Executive for their co-operation and all Branch Executives who have helped to make 1984 a memorable year.

May 1985 swimming keep you in fun and fitness.

Brian Hird
Hon. National Secretary

Viewpoint

Dear Carol,

Congratulations to Blacktown AUSSI and Blacktown Lions Club for organising, on 17th and 18th March, 1984, a 24 hour Swimathon to raise funds for the Paraplegic Olympic Team. This team certainly needs all the funds it can get as the regular Olympic team tends to be more in the public eye and so on the receiving end of the lions share of public money. It was lovely for AUSSI to be offered such an enjoyable way of helping these wheelchair athletes on their way to America.

The Hills are proud of our efforts, we had a lane occupied by at least one swimmer for the whole 24 hours and each swimmer had his or her personal timekeeper to count laps, write down split times for award swims, offer moral support (very necessary at 3.00 a.m. in a dark, lonely pool) and to supply much needed coffee at the finish of their hour in the water. My heart went out to those who swam through the night and who, having finished their swim, then fronted up to time others.

All our AUSSI members took the opportunity to swim award swims, some hardy souls braved exposure and boredom and did 5,000m awards, others did 3,000m swims and the beginners of the club all managed to do at least 1,500m awards in their rostered hour. Non AUSSI members weren't forgotten, not being eligible for AUSSI awards, they swam for CITY MUTUAL Achievement Award Badges.

Some individual performances, for various reasons, are worthy of note:

Wendy Hunter swam 2 x 3,000m swims, the last 400m of each one done in butterfly. Not to be outdone, daughter Jeanine, aged 9, did the last lap of her 1,000m 'fly as well.

My brother-in-law Ian, not a member of AUSSI, and a self-confessed hater of exercise swam in the wee small hours timed by a lady he had only met hours before as a blind date — what's more, she's still talking to him!

Melita Sutton swam breaststroke for an hour — that way she could keep her head above water and chat to all and sundry, thus relieving tedium.

Blacktown pool lends itself to family-type outings and the Sunday of the Swimathon was no exception. The Hills

had a nursery lane, complete with timekeeper, manned for most of the afternoon and it astounded us to see just how far our little darlings could swim when bribed by 10¢ a lap!

With ages ranging from 3 years to 13 years, our babies swam over 10,000m over a period of some hours — the kids now look like CITY MUTUAL Christmas Trees with the badges they earned.

Over the 24 hour period, Hills' members and friends swam approximately 89,000m and raised $830.00 for the Paraplegic Olympic Fund. Along with Blacktown, Cronulla/Sutherland and Western Suburbs AUSSI clubs, close on $2,000.00 was collected. Our thanks to the staff of Blacktown pool who made this possible. They gave us a pool to ourselves, free showers and they even arranged it so that the boilers were tested in readiness for winter that week!

Where were all the other AUSSI clubs? The Swimathon was announced at a Council of Clubs meeting, so if the delegates had done their job everybody should have known about it. It was a golden opportunity to swim the longer award swims and to help a very deserving cause at the same time.

Pat Somerville
Hills Secretary

Dear Pat,

Perhaps next year more N.S.W. clubs will join in. Our country clubs could also have a central venue and organise their own meet.

Carol

Dear Carol,

Well the 1st International Masters have passed and while friendships were renewed and a good time was had by all, I felt a big disappointment when I learned that those in Australia who welcomed us New Zealanders in our visits to you, could not come here to Christchurch.

I had looked forward to Peter, Brian, Des, Mary and yourself meeting those here who have been well introduced to you all by us visiting Kiwis in general, and I in particular, who have related incidences at the meets, personalities and other good things.

If you recall in 1979, I arrived to the North Shore championships unable to find accommodation, when up bobbed that irrepressible Anne Still, and I was happy to, in only a little way, thank her for her hospitality, by taking her and friends on an Auckland Tour before they returned home after Christchurch.

Anne has sent me the March AUSSI and in it is a letter from Harry Turner speaking of fitness. I can fully appreciate his recovery and if I may, would like to add a personal experience. In 1975, I weighted 225lb. with a dangerously high cholesterol level. My doctor ordered me to buy a book from the National Heart Foundation (which I enclose) to follow the enclosed diet. Which I did (and ate more).

But I dropped to my previous regular weight of 165lb.

In training for the 2nd big meet at Warringah, I suffered in 3 successive weeks flu, glandular fever and hepatitis which effectively dropped me to 126lbs. On recovery I started eating, my diet being:— Breakfast — 1 large bowl of porridge: Morning tea — 4 slices bread sandwiches: Lunch — 10 slices of bread plus fruit: Afternoon Tea — 4 sandwiches plus fruit: Dinner — a plate piled high with leaf, root, legume, potato, fish or meat: Supper — 6 slices bread, cereal or bowl of museli.

I did not gain weight for it is a dietary menu. Now, I include much carbohydrate and pasta which has raised me to 140lb. and is maintained by regular swimming.

Now fitness. In 1945 at 49 years, I fell, while a work, a vertical drop of 16 feet, flat on to my bottom. When the X-rays were examined, I heard my doctor say "he has had it". It was not until the initial pain and shock had passed before I realised their remark meant I was a paraplegic. My second lumbar vertebra had compressed by ½ inch and had cracked open. The spinous processes were bent and overlapped.

Three weeks after the first X-ray, the doctors on examining the second picture, expressed amazement at a complete healing of the fracture, though I was still paralysed. They explained later that my regular swimming over all my years had kept the capilliary blood vessels active, the muscles supple and skeletal structure like that of a young person.

As a boy, I used to teach myself to use, or activate, semi involuntary muscles at will, and as a person who has studied the body for massage, I applied that experience to my legs. Over 3 months, exercise of the motor nerves, gradually brought movement but it was several years before full activity was accomplished. Now — well, hold me back Geronimo.

I have given these two instances to say, on diet, firstly expensive courses, slimming foods ARE NOT NECESSARY provided you make up your mind to continue once started. Common sense is the guide. And secondly, exercise from a sport IS NECESSARY. Swimming gives almost the perfect exercise as against jogging or weightlifting.

Then for any person who suffers an accident, to know that anybody is extremely efficient at repairing damage provided it is treated with respect and given assistance to its recovery, and above all the will power to accept the damage and concentrate towards repair.

Well Carol I hope the lecture about myself is not too tedious but I hope some person may benefit from my experiences.

So, till the next time you fellows in Australia and I meet, I'll say again Kia Ora Hacre Ra. Any AUSSI visiting Auckland will be welcome at my home.

Yours sincerely
Peter Keesing

P.S. Swimming keeps you young Carol judging you from photo.

Dear Peter,

We've heard much of the success of the Championships in Christchurch. We, Peter, Brian, Mary and I would have loved to have been there. However, business and family commitments took priority.

Thank you for sharing your experiences with the members of AUSSI. I think we've all become more aware of the importance of diet and exercise.

I agree swimming does keep you **feeling** *young. As for looking young, well, I bribe the photographer, although for what he charges . . . . .*

Carol

Dear Carol,

On behalf of our club, I would like to thank N.S.W. AUSSI and City Mutual Insurances for another great Relay Championship.

Our club enjoyed the competitive spirit of the relays but the fun events were really something else. Some of the costumes were very clever and humorous.

We had a lot of fun. So, to those clubs who couldn't make it this year, mark it on your calendar for 1985 and join in the fun part of AUSSI.

Kind regards,
M. McCafferty
Secretary
Blacktown City Adult Swimmers

Dear Marlene,

Glad you had a good day. I'm not surprised your club enjoyed themselves. They really got behind the "fun awards". Our sponsors, City Mutual, also enjoyed themselves and we were able to assist The Asthma Foundation of N.S.W. with funds to carry on their good work.

Carol

Summary of Minutes of Mid-Year Conference 15/16 September, 1984

The meeting was held at the Bronte Inn, Sydney.

Present:

Branch Delegates

New South Wales:
Sue Ellen Johnstone *President*
Ken Ford *Secretary*
Australian Capital Territory:
Robin Sweeney *President*
Judy Ford *Secretary*
Victoria:
Mike Myslinski *Delegate*
Hans Wehrens *Delegate*
Queensland:
Ed Milligan *Registrar*
Hank Markus *Delegate*
South Australia:
Ivan Wingate *President*
Peter Gillett *Vice-President*
Western Australia:
Toni Morris *President*
Glenys McDonald *Secretary*
Tasmania:
Jenny Page *Secretary*
Trish Beveridge
Fitness and Coaching Director

1. The minutes of the Annual General Meeting, 11/12 April, 1984 after amendments were accepted.
2. **Business Arising:** All those items listed for action had been attended to or were in hand.
3. **Treasurer's Report:** Was presented. There was lengthy discussion regarding the now fully audited reports. The Treasurer and Chairman answered all questions regarding expenditure and income to the delegate's satisfaction. The Treasurer voiced her appreciation for the assistance she had received from the Finance Committee especially Robin Sweeney (A.C.T.).

The Council expressed dissatisfaction with the previous auditors and when the Victorian delegate, Hans Wehrens, suggested Nelson Wheeler be approached, the Council requested him to make the initial contact.

4. **National Swim 1984 Report:** The Victorian Branch was congratulated on the excellent presentation of this report. Also, many delegates noted how much they had enjoyed the Nationals '84 and their time in Melbourne.

Discussion on certain aspects of the swim, suggestions and criticism took place. The Council was of the opinion that a review of the previous National Swim was necessary, as always, one learns from each effort. The W.A. Branch noted that each Branch presents the Nationals with that Branch's individuality and it would be dreary to lose that individual touch.

It was recommended that the National Swim and Presentation Dinner expenses be completely separated from the social expenses.

5. **The National Fitness and Coaching Report:** Most discussion was directed to the National Coaching Accreditation Scheme and the two pilot schemes set up in W.A. and N.S.W. The W.A. Scheme has begun and the W.A. Branch reported on its progress.
Moved W.A. Seconded Queensland.

THAT a National Badge and certificate for Level 1 Accreditation be designed and produced. CARRIED (M.Y.C. Minutes 7.9)

There was also discussion regarding proposed visits to Branches by the National Fitness and Coaching Director. There was concern regarding procedure and expenses and the W.A. Branch suggested a video be produced, while Tasmania requested that a separate meeting between the National Coach and all Branch Fitness and Coaching Directors take place at the National Swim.

6. **The A.A.S. and Public Relations Report:** Lengthy discussion took place on the A.A.S. journal regarding its importance, format, contents, distribution, advertising, copyright and receipt of journal by means of subscription.

Council decided that the A.A.S. should continue, in its present format. However, from March 1985, the A.A.S. should go out on subscription.

7. **A Presentation of Computer Services** was presented by W. Rose. The Council was impressed with the presentation but deferred discussion of the presentation to General Business.
8. **The Aerobic Recorder's Report:** Permission was granted for the National Aerobic Recorder to update and reprint 400 copies of the Aerobic Trophy Rules and Pointscore Booklet.
9. **National Recorder's Report:** Discussion regarding closing dates and swimmers whose age group changes during the year took place.

Council approved a budget to

produce 1,500 copies of the Top Ten.
10. **Budget:** Lengthy discussion took place with the Treasurer urging a fee increase.
Moved W.A. Seconded Tasmania

THAT there be no fee increase for 1985 because the A.A.S. magazine from 1985 will be on subscription. CARRIED (M.Y.C. Minutes 11.7)

The amended budget was approved and copies were to be sent to all delegates.

Discussion regarding the Council Meeting expenses resulted in a motion that saw Branches with under 400 membership being responsible for half the second delegate's expenses.

The 1983 Secretary's honorarium was paid.
11. The Chairman, at this point, stated that he would like to alter the order of Agenda Items and for the meeting to discuss A.C.T.'s Agenda Item 5, the Founders Trophy. He wished to stand down from the chair and ask Ivan Wingate to chair the meeting. The Chairman felt it would be an appropriate time to discuss this item as it would probably be the last matter discussed today and would avoid the situation of having to interrupt the meeting tomorrow. In stepping down, he would be in a position to speak on the matter.

The Council voted against P. Jackson and C. Davis taking part in the discussion and they were asked to leave the room.

After much discussion the Council decided to give J. Brownjohn the recognition he had requested.

P. Gillett then handed the Chairman a letter from C. Davis who tended her resignation stating that banning her from debate was unconstitutional and the decision reached regarding the Founders Trophy was done so without contrary debate.

C. Davis' resignation was received but then allowed to lie on the table overnight.

Discussion was reopened regarding the Founders Trophy and C. Davis' resignation. Council empowered the Executive to rescind the resignation if C. Davis could be persuaded to withdraw it. (C. Davis had left the Bronte Inn and returned to her home.)
12. **Notice of Motion:** W.A. elaborated on its Notice of Motion.
Moved W.A. Seconded Victoria

THAT Rule 7B of the AUSSI Rules which states: "The age of a relay team shall be the sum of ages in whole years of its members" be rescinded. LOST 6/2 (M.Y.C. Minutes 13.3)
13. **A.C.T. Agenda Items:**
Moved A.C.T. Seconded Queensland

THAT the AUSSI Rules be amended to state: "The age of a relay team shall be the sum of the ages in whole years of its members. The age groups being:
80 years and over
120 years and over
160 years and over
200 years and over
240 years and over
280 years and over." CARRIED (M.Y.C. Minutes 14.9)
Moved A.C.T. Seconded Victoria

THAT a National Certificate be awarded to every swimmer participating in the National Swim and Club Titles. CARRIED (M.Y.C. Minutes 14.14)
Moved A.C.T. Seconded Queensland

THAT members be allowed to gain points for more than one swim at (a) 1500m, (b) 3000m, (c) 5000m, or (d) one hour swims, provided that each swim in a particular category was in a different stroke. CARRIED 4/3 (M.Y.C. Minutes 14.21)
Note: It was pointed out later in the meeting by W.A. that Rule changes require a 3/4 majority vote. Therefore the above motion regarding this item cannot apply.
14. **S.A. Agenda Items:**
Moved S.A. Seconded Queensland

THAT a rule 10 (h) be added to the Draft Rules of AUSSI to read: "Points will be allocated to swimmers in each event in each age group as follows —

Fastest	—	10 points
Second	—	9 points
Third	—	8 points
Fourth	—	7 points
Fifth	—	6 points
Sixth	—	5 points
Seventh	—	4 points
Eighth	—	3 points
Night	—	2 points
Tenth and subsequent finishes	—	1 point

Relay teams will be allocated double the above points." LOST 4/2 (M.Y.C. Minutes 14.34)
15. **W.A. Agenda Items:** Discussion took place on each Branch's registration system.

It was recommended that the Executive examine the question of registration format, taking into account the various systems presently used by Branches, approach two or three computer services for advice and then advise all Branches by November of the system which is to be adopted as from 1985.

There was discussion regarding M.S.I. with the President as AUSSI representative to M.S.I. answering questions and giving an updated report.
Moved W.A. Seconded Victoria

THAT the 14 minute ceiling on the 400m National Award and the 29 minute ceiling on the 800m National Award be deleted and that National Awards be available on payment of a fee to those who complete all but the 1500m Award Swims according to the National Aerobic Trophy Rules. CARRIED 6/2 (M.Y.C. Minutes 1.64)
16. **N.S.W. Agenda Items:**
Moved W.A. Seconded Queensland

THAT a rule be added to the Rules stating that only one swimmer per lane is allowed in any AUSSI Swim Meet in any circumstances. CARRIED 7/1 (M.Y.C. Minutes 14.71)
17. The Council then proceeded to go through the Club Guide. It was decided that the draft copy plus Branch input be adopted and the Club Guide go into print.
Rules: These needed to be updated further and a draft copy sent to Branches for final adoption at the 1985 Annual General Meeting.
18. **Review Areas:** There were brief reports. Tasmania had a written report. More detailed reports were due 1985.
19. **Progress National Swim 1985:** The Council accepted A.C.T.'s report and budget. An advance of $1,500 was given to the A.C.T. Branch.

Council approved the National Executive's recommendation that a Commemorative medal be produced marking AUSSI's 10th anniversary, and that this medal be given to officials and competitors.
20. Discussion regarding the Visitors Trophy took place and resulted in the distance a club has to travel being reduced to 100km. Also that the rule 18 c) iii) have the section deleted that states "It cannot be won by the winner of the Founders' Trophy".
21. W.A. requested if any other Branches would join with them in making a submission to the Executive that G. Stutsel be nominated for Life Membership. A.C.T., S.A., Queensland and N.S.W. wished to join W.A. in this venture.

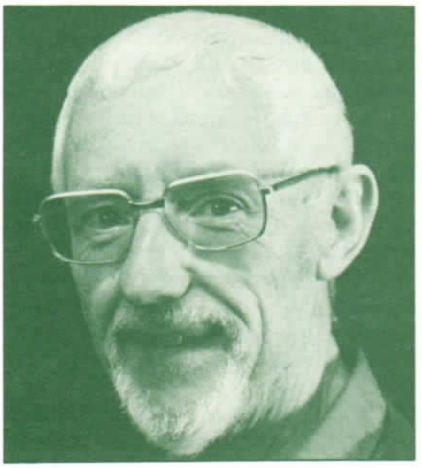
Mrs M. Rose was thanked for her efforts in taking down the minutes.

The above is only a brief summary of the Mid-Year Conference Meeting. Please contact your Branch Secretary for clarification regarding any item. Letters to Swimmer's Viewpoint are always welcome.

Editor

A Year with AUSSI

by Jack Cairns



It may be a case of preaching to the converted but in July, 1983, I joined A.C.T. AUSSI and that decision has proved to be a high point.

Without exception, I have found A.C.T. members (and those interstate) always friendly and helpful but I must say thank you to a particular A.C.T. member.

First a little history.

Swimming was recommended by a doctor as an exercise when an old car accident injury began playing up. So I took the advice.

I fronted up at Deakin Spa — it had to be heated, you see, because it was damned cold in July. Anyway, there I was STRUGGLING to do a length of extremely poor breaststroke and wondering to myself how on earth I could ever manage to put together a couple of lengths.

Well, I struggled on, not knowing I was being observed.

I gave up eventually and, as far as I remember, was relaxing in the spa when I was approached by this Scottish-sounding person. That's right, you've guessed; it was "oor wee Elinor".

Elinor explained all about AUSSI (I didn't know it existed at the time). It sounded good to me, I joined up soon after and have never regretted the decision. So, a big thanks to Elinor. Who knows, if she hadn't approached me I might still be in the dark.

But what difference has AUSSI made to me?

For a start, I haven't been fitter since I was in my twenties. In fact, as the saying goes, "if I was any fitter I'd be dangerous". And of course there's the challenge of trying to improve times, technique and to swim greater distances.

But a word of warning to newcomers! Swimming can be/is boring, so one must have an object, especially if swimming alone at venues where there is no programme available, as there is written on a blackboard at Deakin. There are plenty of sources of suitable programmes, such as our own in depth 'Tidal' and the 'AUSSI' magazine both of which I have used. And I feel sure that just about any A.C.T. member would, if he or she possibly could, be willing to provide suggestions if asked. In the last-mentioned instance I've never been refused.

Then there's interstate carnivals.

Let me hasten to assure newcomers that there is no need to be concerned about one's degree of expertise or swiftness.

I've been to several carnivals now (including the Nationals) and would encourage all and sundry to participate. And here's a tip. Even if a competitor is not greatly impressed with personal prowess, it is best to enter as many events as possible at early carnivals. At my first carnival I entered just two events, fairly widely separated, and that involved a lot of waiting around.

However, even if one doesn't feel up to several events, the company to and from the meets — and overnight when necessary — is always good.

But there is one BIG difference for me. I feel I could now swim just about any distance I had to in breaststroke or freestyle — although very slowly — as I proved to myself when I swam in the January long weekend Ginninderra Lake swim, in which I was a slow last. BUT I DID IT!

And my backstroke continues to improve, so I suppose butterfly comes next, but I seem to be putting off serious attempts at that particular stroke. But then is it really a favourite with anyone? I doubt it.

Recently, practising what I preach, I set myself the object of the usual 2,000 m programme, but not in the usual short distances of 100m and 200m. What I aimed at was five 400m of the strokes I can do, so last time I did it, for example, it was 2 x 400m freestyle, 2 x 400 breaststroke and 1 x 400m backstroke, the last also being a milestone as I've never tried more than 100m backstroke before. And I'm not boasting, just trying to impress upon newcomers how one can progress with a bit of application.

That then is a precis of a most enjoyable year with A.C.T. AUSSI. Not bad progress for one who STRUGGLED to do 25 metres of poor breaststroke and who could not do ANY of the other strokes. And just imagine me considering swimming at the First Masters Games in Canada. What cheek!

Take heart non-swimmers and learners; if I can do it anyone can! LONG LIVE AUSSI!

Branch News

We've had three major events in N.S.W. during these latter months.

N.S.W. Short Course Championships

Eighteen clubs competed in the second Short Course Championships held in Kiama, south of Sydney.

An excellent complex, lovely township and terrific competition, all combined to make this one of those really great weekends.

The Meet Director, Bob Dorrington, came up with a very good idea — running the 400 F/S as the last event. It enabled swimmers as they finished, to shower, without there being a charge at the end for showers and mirror space. The Meet was run at a leisurely pace and most people even had time to go for a tour around Kiama.

Inaugural Awards Night

N.S.W. held its Inaugural Awards Night at the Boulevard Hotel, Sydney, on 22 September. I passed so many people on the night almost unrecognisable — we usually meet in wet cossies. Even Carol Davis nearly asked Bob Dorrington for his autograph, mistaking him for James Bronlin.

We were privileged to entertain some distinguished guests — Tony Mooney and wife from City Mutual; Bill Gibbs and wife from Department of Leisure, Sport and Tourism; Forbes and Ursula Carlile; our own President, Peter Jackson and wife, Maxine; the ever-popular ex National Secretary, Gary Stutsel and wife, Audrey and Isobel Lowe from the N.S.W. A.S.A. even Michael Delany popped in and spent an hour with us.

We were also delighted to have Fred Johnson, Vice-President from W.A. with us for the evening. I hope you enjoyed yourself, Fred.

Sue Johnstone, N.S.W. President, as M.C. for the evening, handled the job in a very professional manner.

Forbes and Ursula Carlile gave a short speech and then presented silver trays to the World Record Holders from N.S.W.

Tony Mooney then followed, presenting plaques to the Swimmers of the Month — 24 male and female.

Mr Bill Gibbs made the announcement everyone was waiting for — "Swimmers of the Year", male and female. These were:

Robert Waldon, 37, Manly

Robert's performances have been well documented. His four gold medals at the Disabled Olympics this year, just added to this courageous and determined young man's achievements. It seemed very fitting that the winner of the Inaugural Fitz Lough Medal came from the late Mr Lough's club, Manly.

Maureen Stanton, 41, Warringah Masters

Maureen won from club mate, Liz Wallis and Pat Down (Ettalong).

Maureen has had an outstanding year and is to be congratulated on her performances.

Peter Jackson presented the Administration Award. Here, the judges' task wasn't an easy one.

A tied result, with Rhys McGregor of Gosford and Sue Ellen Johnstone of Cronulla-Sutherland, taking the shield. Bruce Edmunds of Guildford, just a point away, took out the "Runner's Up" plaque. I must admit, Bruce looked a dazzler on the night. His wife, Helen, had her hands full trying to beat away his admirers.

Peter Jackson introduced the Gary Stutsel Award. Gary, who served as National and N.S.W. Secretary for many years, was so honoured as it was his foresight, drive and dedication which developed the structure on which our organisation AUSSI is based.

The award goes to the person who has contributed the most to further the aims and help promote the growth of AUSSI during the year.

There were four worthy nominees:

Bob Dorrington
— Blacktown;
Margaret Wilson
— Tamworth;
Sue Ellen Johnstone
— Cronulla-Sutherland;
Val Dorrington
— Blacktown.

I was rather embarrassed when my name was announced but very honoured to have been chosed by my peers.

The food at the Boulevard was excellent and I'm sure everyone enjoyed themselves.

City Mutual Relay Championships

Another 'fun day' was enjoyed by many N.S.W. clubs plus team members from our sponsors, City Mutual. Again, we are able to match last year's financial donation to the Asthma Foundation.

Congratulations to Warringah Masters who again were Relay Champions — well done. It's rumoured that Jan Watson's performances have improved with the new workout of running down the stairs and weight lifting (medals) back up.

Our Charity Queen was North Sydney Club, who raised the most funds for the Asthma Foundation and made a big impression putting four teams into the Open Relay. North Sydney not only came 2nd in the 8 x 50 and took a number of 1st placings in other events, they also put in great performances in the fun events, winning the "Best Cheer Squad" with stunning 'costumes' and routine. The photographs will be worth seeing.

Results in the Fun Awards:

Best Cheer Squad:

North Sydney.

Style Award:

Christine Bull of City Mutual, Chatswood, looking very demure in a 'neck to knee' waved and winked at the judges who were very quick to state they had had no previous association with the young lady. However, they were very impressed with her style.

Mr & Mrs Relay Championship Personality Award:

Pat Martin and Tony Begar of Blacktown. Actually, Blacktown was very impressive in all categories of the Fun Awards and won the title of Fun Club.

Speedo Best Wet Costume:

Judged by Mike Delany and won by Peter Johnson of Guildford. Mike was very impressed with Peter's bow tie and yellow glow socks but felt to be correctly attired, he needed a Speedo costume.

Female winner was Varina Brushe of Christine Bull's City Mutual Chatswood team. Everytime Varina stood on the blocks, our starter's pulse rate altered. Bikinis are great Varina. However, in your new Speedo, our starter's pulse rate may return to normal.

Iron Man Challenge Relay:

Participation in this event doubled from last year. Performances were memorable. Obviously, there has been secret training for the Tarzan Cry. John Hawthorne from Hunter in a dinkum AUSSI Tarzan outfit was in top form

along with his damsel Sue Bernasconi (incidentally, Hunter was the only country club to participate in the Relay Championships). Judged the winner was Mike Gallagher of Blacktown whose performance would have taken out an 'Oscar'. He was ably supported by his damsel, Val Dorrington. Yes folks, another question was answered — that long black beard of Mike's is real, or super glue is even better than it's said to be.

Our Annual General Meeting has been put back to 8 December so our executive at this time is still unchanged.

Bob Dorrington will not be standing as Treasurer. He has given three years of his time to the organisation and has done a great job, boosting our funds up greatly. He'll be hard to replace.

Congratulations to Maree and Steve Eccleston on the birth of their son, Shane, weighing in at a hefty 9lb.

See you all in the A.C.T., host Branch for our NATIONALS 1985.

Val Dorrington

At this time of year Victorian AUSSI activities are winding down. The only swims still to go are the State Pentathlon in November and the Lake Benalla 1 mile swim in December.

The 1984 series of monthly Interclub meets have been well supported and the relaxed atmosphere of these meets has proved to be a success in encouraging newcomers who view the prospect of competition with trepidation.

Another valuable aid in encouraging participation in competition was a series of swims run by North Lodge. Members were able to gain experience in swimming in a 50m pool which is denied to many. The less speedy swimmers also had the opportunity to be 'winners' since prizes were awarded to those who swam closest to their nominated times. Hopefully we will see the continuation of these meets in 1985.

At this point in time not many dates for 1985 have been confirmed but one definite starter is the Lake Wendouree 2000m Mighty Marathon. This will be held on Sunday, February 17, 2-4 p.m. All enquiries to Ken McDonald phone 053 37 9811.

On the development front, our association with Vicswim looks like bearing some fruit for us. During 'Water Week' run by Vicswim, we will have a stand in the city square displaying pictorial information and literature about AUSSI. This should get our message across to many would-be converts. Vicswim is also working towards expanding their 'learn to swim' campaign into the adult age groups and we hope that AUSSI clubs will capitalize on this.

At last the State Branch has been able to fulfil a desperate need by purchasing a photocopier. This certainly makes it easier to deal with the loads of paperwork involved in administration. It will also prove a great boon in the production of the State Newsletter.

Until next time, wishing all AUSSI's successful swimming. Roll on 1985!!

Diane Norbury

A rigorous round of social events has marked the change of swimming seasons and highlights the fun aspect of AUSSI.

As has become traditional, Adelaide Masters set the ball rolling with its Bush Dance on October 27.

The Bush Dance has been dubbed an annual event and is an integral part of Adelaide Masters aerobic training.

The other clubs have followed suit with a series of dinners, discos and tennis days leading up to the clubs' individual Christmas celebrations.

However, the extravaganza of the social set was the State Presentation Dinner, ably organized by self-appointed social director, Roger Baker.

The aim of the dinner is ostensibly to present awards to the swimmers who performed "Most Creditably" at the Interclub meets.

However the aim of the dinner turned out to be merely enjoyment.

About 200 members attended the affair at the Stonyfell Function Cellars to be treated to a mouth-watering meal, along with suitable lubrication.

After the meal and presentations the group discoed to wear away the effects of their gastronomic extravagances.

The dinner was a fitting conclusion to an exciting Interclub competition where, although the winner was the same, second place was hotly contested.

Adelaide Masters held an 879 point advantage going into the final meet, and increased it to 1012 before the end of the day.

Prior to the October 14 final, Atlantis held second place by 84 points from Tea Tree Gully with Marion a further 3½ points behind in fourth placing.

Marion rallied the troops for the Interclub final to amass a magnificent 225 points (Adelaide Masters ONLY scored 372) to bound into second place overall.

A small turn up pushed Atlantis to fourth place on the day, but it managed to hold overall third place.

New club, Parks, finished seventh on the day with its annual tally of 11 points.

Harold Cilento (Adelaide Masters) added a human touch to the day.

Cilento, who competes in the 70-74 age group completed the 200m medley, and then swam butterfly in the 100m freestyle.

The Interclub point score with final meet points in brackets are: Adelaide Masters 1718½ (372), Marion 706½ (225), Atlantis 670 (101), Tea Tree Gully 610 (125), Western Districts 506 (115), Largs Vikings 194 (19), Central Districts Seals 102 (1), Reynella 100 (38), Blue Lakes 23 (0), Parks 11 (11).

The 1986 Nationals are shaping to be an event not to be missed, so ensure that you can make it to the best city in Australia.

Jane McNamara
Publicity Officer

We are planning to hold our first State swim in February 1985 at two venues over two weekends. Our numbers being small necessitate dividing the program so that there is more choice for competitiors, rather than swimming our events one after the other, often without a good break in between.

The first session is to be held at the Launceston Swimming Centre on Friday

8 February at 7.30 p.m. The second will be at the Devonport olympic Pool on Friday 15 February. We have chosen to follow the National Swim Programme as much as possible although it has been condensed into two sessions. No doubt there will be a lot of hard work for some swimmers but it's all part of the fun.

Entries have been limited to six individual events and we have included all the relays. Getting numbers to make up teams is a problem we have yet to tackle. Another difficulty will be to find officials to help run the meet. We will be encouraging family and friends but will probably have to get some help from local swimming officials. We just know it will be a great success and a great step forward for AUSSI in Tasmania.

A membership drive for 1985 is also planned (not that we haven't been trying). The target of 100 for our State should be easy especially if the long awaited club eventuates in Hobart. Perhaps then we will hve to revise our target.

Our clubs are beginning their summer seasons with new interests. Members are completing awards and encouraging others to do so in 1985. There are so many incentives, not the least of which is their own health and fitness.

The Launceston club members are all parading in their new club bathers which have (this time!) met with the approval of our Branch President, Ken. Devonport members will no doubt be in heavy training under the watchful eye of Branch Coach, Trish Beveridge now that she is manager of the Devonport Pool.

Jenny Page

The 1983-84 Season closed on a high note for Queensland with Project 500 a resounding success — a total of 552 Registered AUSSI members, 300 males and 252 female swimmers. Let's hope the Sunshine State can improve on these figures in the forthcoming season.

The second Carnival of the season conducted by the Toowoomba Tadpoles was well attended by 120 swimmers from South East Queensland, with Brisbane Southside pipping the home team in the points race.

The State Annual General Meeting will be held on 24/11/84, at which our popular and hard working President for the past 3 years will be stepping down. All Queensland swimmers thank FRED KNUDSEN for his efforts in steering AUSSI in Queensland during his term.

During November the "Sunshine State" 1 Hour Swim was conducted, and by all indications State Aerobics Director, TED WALL, will be kept busy this season.

Popular DESLIE WILLIAMS has resigned as State Recorder, due to health reasons, with Sunshine Coast Swimmer DARRYL PICTON taking over the position. We wish Deslie a speedy recovery and Darryl encouragement in his new office.

New Club formed in Townsville — The "Rats of Tobruk" . . . also Ipswich reformed with nine members.

On the local scenes:

CAIRNS MUD CRABS: Highlight of the past 3 months was the Cairns Games, held in June, with 30 locals participating and 25 Master Swimmers from Townsville attending. Local girl and Club Secretary NOREEN McINTOSH was particularly successful and it was pleasing to have super swimmer DAWN FRASER officiating during the Games. One Norwegian girl who participated was so impressed that she hoped to enthuse other swimmers in Norway on her return with the concept of Master Swimming, apparently unknown in her country.

Local member JIM GOSSLING is to exchange the far North for the far West for several weeks in the near future and is looking forward to finding out if the Sand Gropers do it sideways like the Mud Crabs!

MARTIN BRIGDOW is Local President and any visitors are welcome on Club Night — Tuesdays at 7.30 at the ONLY public pool in Cairns.

TOWNSVILLE MASTERS: A quiet off season, with emphasis on retaining current members who average 45 swimmers — Wednesdays 7.30 p.m.; Sundays 10 a.m. at The Willows.

Highlight of forthcoming events will be a short course carnival on the 24th and 25th November. Also a one-hour swim on Sunday, 14th October at the Army Pool. Rumours have it that there will soon be two clubs in Townsville, as a new group calling themselves "The Northward Whalers", under the guidance of DAVID WADELEY, numbering 27, are being nutured by Townsville Masters. Things surely are active in The North.

ROCKHAMPTON: The Crocs have completed a successful year, the highlight being KAREN GIBSON's three gold medals at the New Zealand World Masters Titles, including the breaking of her own 200 metre World breaststroke record. PAM ROCK, GWENDA CAVE, CAROLINE MACKAY and KERRY HERRON also brought back medals from the Titles.

Main representative at the Melbourne Nationals was NOEL KIME who set 20 to 24 year records.

The Crocs' recent Annual General Meeting installed KERRY HERRON as President, PAM ROCK as Secretary and KAREN GIBSON as Club Captain.

The Club held a fun "start of season" carnival on 9th September followed by a riverside barbeque. A more formal carnival will be held as part of the Biennial Rockhampton City Games in March.

The Club swims Tuesday and Thursday nights and welcomes visitors. For further information contact KERRY, 27 4655 or after hours 36 1255.

MARYBOROUGH: "Timber City Waterlogs". Innovation from local club — a "weigh in" at swim nights, with a card to be filled out stating weight, blood pressure etc. Sounds interesting and makes sense. Providing one trains correctly and regularly, the results will show.

It is hoped a branch of the club will soon be established at nearby Hervey Bay.

The Club's regular circular is very informative, with local member "The Whip" the main contributor to its success.

Coming up — Annual Maryborough Carnival on 8/12/84, with a new format emphasising relays.

BRISBANE NORTHSIDE: Quite a few records were established at the Short Course Carnival held at John Rigby's Swim Centre on 18th August. Catering for the social side of the day was superb and a good time had by all attending.

BRISBANE SOUTHSIDE: Continued its dominance at local carnivals on 559 points; Gold Coast 322; with Toowoomba Tadpoles a very creditable third on 304. Many State Short Course records were broken, the two most outstanding swimmers being YVONNE WRIGLEY and BERNICE BERNHOLT.

At an Annual General Meeting, BERT COLLIER was elected President with GIL PORTER Secretary and RICKY LEFRANCKE Captain.

GOLD COAST: At the Annual General Meeting, HANK MARKUS was elected for his second term as Club President.

JULIAN BATES Vice President, JAN WRIGHT Secretary, KRIS NADALIN Treasurer, GREG ANDERSON Club Captain, DULCIE NICOL Recorder. These Officers will be assisted by willing support from all of the record number of members who attended the Meeting.

Gold Coast is expanding and now has 3 Club venues — Headquarters at the Southport Pool (6.00 p.m. Wednesday); Palm Beach/Currumbin (7.00 p.m. Monday); Pizzey Park, Miami (8.00 a.m. Sunday). The Palm Beach/Currumbin venue will be used mainly for the longer distance swims, as this is an 8 lane pool with electronic timing. Gold Coast is looking forward to welcoming members from the disbanded Tweed Heads AUSSI Club.

The Robina Lake Swim this year, hopefully even bigger and better than '83, is planned for the Sunday of the Australia Day long weekend.

Club Carnival will be held on 23rd February, probably at Palm Beach/Currumbin. Details to be finalised and advised in future publications.

Gold Coast is hoping for a larger participation in aerobic events. With so many retired people now living on the Coast, there will be an all out effort by members to gather in large numbers of senior swimmers, or ex-swimmers.

Moves are still very much in hand by various members of the Club, including our own M.P. DOUG JENNINGS, to get a heated public pool established within the Gold Coast City limits.

Forthcoming events — Teams will be travelling to Toowoomba, Brisbane and Maryborough for inter-club carnivals. These trips to visit other AUSSI Clubs are always eagerly anticipated and enjoyed by Gold Coast members.

Paddy Anstey

AUSSI has continued to grow in Western Australia at an incredible rate this past year. Considering our overall population of approx one million people, the fact that we have well over 1,000 members must indicate something. Perhaps we are lucky with pool access and a warm climate. More importantly though, I believe, is the enthusiasm of clubs for the whole concept of AUSSI and this is the catylist which motivates members.

Our interclub swims have been a great success this year, so much so that we have had to divide up the participating clubs yet again. So in 1985, three clubs will act as hosts at different venues, and if participation in each of these tops 150 swimmers, I'm not sure what we will do next.

Our Vice-President, Fred Johnson, myself and my husband Vic McDonald, our Public Relations Officer, have been busy visiting two of our country clubs, Esperance and Geraldton. Fred set off on the 10 hour drive to Esperance with their club secretary, Dorothy Andrews and apparently they talked 'AUSSI' all the way. (Is brainwashing legal Fred?)

At Esperance some 36 people attended a swim at a truly magnificient venue. Fred showed the AUSSI film and a coaching tape and was encouraged by the enthusiasm of members. Some even travelling the 100km round trip from Salmon Gums each club night. The swim was covered by the local press and Fred and Dorothy were interviewed on Radio 747. With that sort of coverage, Esperance AUSSI should be "Up, up and away."

Geraldton too, appreciated the interest of the Branch in their club because talking to people is so much better than reading correspondence. The video of a coaching session held on a club night at Melville AUSSI was very well received as often country clubs miss out on this type of participation.

The past few months have seen an incredible amount of media coverage. Fred appeared on country television and Glenys appeared on Perth television's Channel 9 "Leisure and Lifestyle" Programme. Fred was cross that at Channel 9 Glenys got the full make-up treatment, whilst he had to appear au naturale. AUSSI were lucky to get a spot on the "Leisure and Lifestyle" Programme because the format for the programme was already decided before the programme was announced. However, the producer was so impressed with the AUSSI promotional video and the growth of AUSSI in W.A. that he asked us to be on the programme. Not being content with television, we had a 40 minute session on ABC radio which included a talk-back phone-in segment. This was incredibly successful and resulted in over 50 enquiries. I began to wish I had not been so persuasive on the radio when I had to answer all the calls.

Out State Director of Fitness and Coaching, Marielle Sloss has been busy with the help of AAS Fitness writer, Kay Cox, in running the pilot AUSSI Level 1 Accreditation course for coaches in W.A. Those attending the course are enthusiastic about it, and we hope the help and confidence it had given these AUSSI coaches will be available to others in the future.

The clubs have been clocking up their aerobic swims and keeping a wary eye out for sharks, (Syndal). Our 'Rice-Power Granny', Myrtle Wright was out of the water for a while nursing a cut leg which she sustained while catching too many fish at Rottnest Island. Speaking of Rottnest, on election day, December 1st, there will be a mass exodus of AUSSI swimmers going overseas. The reason is not political, but the annual Rottnest Swim Thru, held at the island 10 miles off the coast. Heard tell there is a certain swimmer from Carine AUSSI who was roped in as the 4th leg of the men's 160+ Freestyle relay at a recent carnival. The story goes that he was physically ill with nerves, worrying about letting down his faster team mates. he needn't have worried, he blitzed his fastest time, and the team shattered the national record. Well done, the 'Carine Machine.'

The Government Learn To Swim Programme for over 55's is on again at the moment, with AUSSI members as official guests at the opening. We had provided volunteers to work at the Department for Youth, Sport and Recreation every day for three weeks to administer this programme.

The Branch has been has been busy in other areas with re-drafting our constitution and dealing with our area of review. We also produced a Branch magazine called "Different Strokes" and we have Don Williams to thank, yet again, for lending his talents for the front cover.

Finally, I would like to welcome our newest AUSSI club 'Perth City'. Some members are graduates from last years Learn To Swim programme whilst others are rather fast swimmers. They appear to have amalgamated well and cater to all needs, with the following format. A series of warm up exercises out of the pool; a swimming warm up; coaching for those who wish it; training for others, with pulse taking to see if they are working hard enough; time trials or 5 minute swims; relays and novelty events. They also meet on another date for training only. We wish them well and I would like to thank Toni, Kay, Fred, Vic and 'Soccer' for giving up their Wednesdays to assist this new club. Their registration saw the magic 1000 registration of the year

reached and passed. The secretary of Perth City AUSSI, Marlene Hill was our lucky 1000th registration and she was presented with an AUSSI towel by President Toni. This resulted in more media coverage, so we really have had a great year.

I'd like to take this opportunity to wish the National Executive and all AUSSI members in Australia all the best in 1985.

Glenys McDonald

A comparison to the U.S.A. Masters

by Prudy Hall (A.C.T.)

Many of you have asked about Masters swimming in the U.S., so I'll try to tell you my impressions of the similarities and differences between the two programmes. AUSSI swimming here and Masters swimming in the U.S. are remarkably similar. Both programmes emphasise swimming for fitness in addition to competitive swimming for adults. In the U.S. a local club, such as the Lansing Masters that I belong to, typically has 50 to 75 members, with about 25 more active than the others in regular attendance at practices or participation in competitions.

In Michigan there are about a dozen local clubs, and during the school year (September to May) there will usually be one meet each month. The travel time is usually 1 to 2 hours — **much** different than here! In spite of the short distances our turnouts are usually less than 100 swimmers per meet. In late April or early May we hold our state meet over 2 to 3 days, and more people participate in that. During the North American summer there may be a couple of informal meets and perhaps an outdoor lake swim (our lake water temperature is generally cooler and the weather much less predictable).

The mechanics of scoring and record keeping are comparable but one difference is that in the U.S. awards are made to winners in each age group in each event, usually first to third places in a local meet, but up to sixth place in a state meet. Also relay events are by 10 year age groups, the age of the youngest swimmer determining the age group entered. At a local meet the winning team may take home some token of the win, such as a gift certificate for $25 to use for new equipment. There is usually one "silly" relay event — ones that come to mind are a three-armed relay, a Valentine's Day kissing relay, and a tandem relay. At the state meet the tradition in Michigan is a consanguineous relay — a 2 person team event in which the two must be related by blood or be husband and wife.

Workouts or practices vary from club to club and I am really familiar only with Lansing's programme. We have the use of a pool at a local school four nights a week from 9 to 10.15 p.m. Our "Coach" posts a workout which typically includes a 500 yard warm up, 700 - 1000 yards of hard or interval swimming (5 x 200's of varying strokes, or 1 x 500 FS and 5 x 100's of other strokes), 500 - 800 yards pulling and kicking practice, another 500 or so of sprints or hard swims, followed by a warm down. That is a maximum work-out and not all swimmers do all of it. For instance, a 25 year old may do a set of 5 x 100's on the 1.15, but I (at 46) will probably do 3 or 4 on the 1.45. Or instead of doing 5 x 200's, a weaker swimmer may do 5 x 100's. A most unpopular (with the swimmers) event is a ladder — one 500, followed by a 400, then a 300, 200, 100 and then up again. Gasp! It's not all hard work though. The last half hour on Thursday nights is devoted to water polo (on inner tubes when possible) or a game like Sharks and Minnows, followed by a beer at a local bar.

What we don't have is anything like your aerobic swim programme, but I hope we can start up one as I am very favourably impressed by the one here and think it may help fulfill a request by some of our swimmers who are more interested in fitness than in competition.

One difference is the size of our pools. Nearly all pools in the U.S. are 25 yards, only rarely 50 yards, so to compare times we have to convert between metres and yards. Also we distinguish between long and short course meets. There are 2 national meets each year — short course (usually indoors) and long course (usually outdoors). For instance one Lansing swimmer (a 56 year old man) holds a national record in the 100 yard Fly at 1.02. In Australia the record is 1.15.24 for 100 metres, but 100 yards is only 91.44 metres so the Australian swimmer might do 100 yards in 1.09, but he also probably swam in a 50 metre pool which gives him only one turn and subsequent push off which has got to make it harder to swim 100 metres. After corrections the 2 times might be very comparable.

The only difference between AUSSI and U.S. swimming that still confuses me is the terms we use — we have swim meets, swim in swim suits, and put on sweatshirts or T-shirts when we're cold. So if I turn up in a windcheater instead of a bather or cozzie, just chalk it up to antipodean confusion — after all I'm upside down here.

I hope we in the U.S. may be able to repay your friendship and comraderie in swimming some day.

Masters Swimming Clubs

New South Wales

ARMIDALE
Neil Adamson
P.O. Box 115, Armidale 2350
Pool: University Pool, Monday 8-9 p.m. Armidale Swimming Centre, Tuesday and Thursdays 12.30-1 p.m. (School times) 10-10.30 a.m. (School holidays)
Colours: Navy and gold
Phone: 067 72 3420 (W)

BALLINA
John Woods
20 Brampton Avenue, Ballina 2478
Pool: Ballina Memorial Pool, Monday 5.30-7 p.m. (Summer); Goonelabah Squash Centre, Wednesday 7.30-9 p.m. (Winter).
Colours: Blue, burgundy and white
Phone: 066 86 3383 (H) (President — Fran Lord)

BLACKTOWN
Marlene McCafferty
P.O. Box 595, Blacktown 2148
Pool: Olympic Pool, Boyd Street, Blacktown, Tuesday 6-7.30 p.m. Friday 6-7 p.m.
Colours: Black, gold and white

CAMPBELLTOWN
Cyril Kirkland
PO Box 836 Campbelltown 2560
Pool: Bradbury Olympic Pool, Sunday 8-10 a.m. (Summer), Airds Activity Centre, Wednesday 7-8 p.m. (Winter).
Colours: Green and white
Phone: 046 26 6428

COFFS HARBOUR
Sheryl Clark
3 Manning Avenue, Coffs Harbour 2450
Pool: Coffs Harbour Swimming Pool, Tuesday 7-8.15 p.m.
Colours: Light blue and white
Phone: 52 1050

COOGEE-RANDWICK
Ken Ford
P.O. Box 421, Coogee 2034
Pool: R.S.L. Pool, Byron and Carr Streets, Coogee, Wednesday 6 p.m. Alternate Saturday 1 p.m.
Colours: Navy and light blue
Phone: 665 5568

CRONULLA-SUTHERLAND
Beryl Stenhouse
84 Burraneer Bay Road, Cronulla 2230
Pool: Aquadot Centre, Gray Street, Sutherland, Thursday 7.30 p.m.
Colours: Sky blue, black and white
Phone: 523 2361

ETTALONG
David Flood
14 Newell Street, MacMasters Beach 2250
Pool: Woy Woy Olympic Pool, Blackwall Road, Woy Woy, Tuesday 7.45 p.m. Thursday 7.30 p.m.
Colours: Blue, black and white
Phone: 043 82 1274

GOSFORD
Rhys McGregor
1/61 Copacabana Drive, Copacabana 2251
Pool: Gosford Olympic Pool, Masons Parade, Gosford, Wednesday 7 p.m.
Thursday 7 p.m. Sunday 2 p.m. (training)
Colours: Maroon and grey
Phone: 043 82 2835

GUILDFORD
Jenny Brus
3 Brooke Street, Bass Hill 2197
Pool: Guildford Heated Pool, 1 Tamplin Street, Guildford, Monday and Thursday 7 p.m.
Colours: Maroon and light blue
Phone: 726 5041

HILLS
Joan Edney
15 Pitt Town Road, Kenthurst 2154
Pool: Galston Community Heated Pool, Tuesday 7-9.30 p.m.
Colours: Gold and green
Phone: 654 1487

HUNTER
Sue Bernasconi
78 Patrick Street, Merewether 2291
Pool: Eric Arnold Swim Centre, 3 Jenner Parade, The Junction, Monday 8 p.m.
Colours: Cinnamon, green and white
Phone: 049 63 2866

KIAMA
Margaret Pruen
9 Rangoon Road, Minnamurra 2532
Pool: Kiama Quarry Leisure Centre, Havilah Place, Kiama, Sunday 6-7.30 p.m.
Colours: Red, white and royal blue
Phone: 37 7071

LANE COVE
Helen Walker
1 Carlyle Street, Wollstonecraft 2065
Pool: Lane Cove Municipal Pool, Little Street, Lane Cove, Monday 7 p.m. (October to March)
Colours: Blue and yellow
Phone: 43 1248

LEISURE COAST
Moya Cook
9/21-23 Smith Street, Wollongong 2500
Pool: Beaton Park Leisure Centre, Foley's Road, Gwynneville, Monday 7.30 p.m.
Colours: Blue and gold

MANLY
Ian Nicol
6 Chester Place, Dee Why 2099
Pool: Manly Swimming Centre, (Sept. to May) Sunday — Before and after day light saving 4.45-5.45 p.m. During day light saving 5.45-6.45 p.m. All year Harbord Diggers Memorial Club, Tuesday 7.45-9 p.m. Warringah Aquatic Centre, Sunday 9-11 a.m.
Colours: Light blue, dark blue and red
Phone: 98 0326

MORUYA
Anne McAsh
10 Evans Street, Moruya 2537
Pool: Moruya Public Pool, Monday 6 p.m. (Summer). Kamspryn Heated Pool, Malabar Road, Moruya, Tuesday and Thursday 7-8 p.m. (Winter).
Colours: Sky blue and white
Phone: 044 74 2495

MUSWELLBROOK
Pat Moody
P.O. Box 135, Muswellbrook 2333
Pool: White Memorial Pool, Olympic Park, Muswellbrook, Sunday 7.30-9 a.m.
Colours: Black, green and white
Phone: 065 43 1377

NELSON BAY
Margaret Blanch
R.M.B. 742, Anna Bay 2301
Pool: Nelson Bay Baths, Teramby Road, Nelson Bay, Sunday 10 a.m. Friday 8 a.m.
Colours: Multi coloured blue and white
Phone: 049 82 1108

NORTH SYDNEY
Helen Beamish
35/1C Kooringa Road, Chatswood 2067
Pool: North Sydney Olympic Pool, Alfred Street, Milsons Point, Wednesday 6.30-8 p.m.
Colours: Red, white and black
Phone: 411 1818

OAK FLATS
Kevin Carter
15 Watson Street, Oak Flats 2527
Pool: Oak Flats Swimming Pool, Friday 7-8.30 p.m.
Colours: Royal blue and white

PARKE DAVIS
Gary Stutsel
15 Merino Place, Sylvania 2224
Phone: 522 6450

RYDE
Peter Whitfield
95 Cobham Avenue, West Ryde 2114
Pool: Ryde Swimming Centre, Victoria Road, Ryde, Wednesday 6-8 p.m.
Colours: Magenta and blue
Phone: 85 3679

ST. GEORGE
Neville Cooper
12 Union Street, Riverwood 2210
Pool: Peakhurst West Pool, Cnr. Henry Lawson Drive and Ogilvy Street, Peakhurst, Monday 7-9 p.m.
Colours: Red and white
Phone: 534 1141

SUMMERLAND
Susan Barsdell
Alstonvale, via Alstonville 2477
Pool: Goonelabah Squash and Swim Centre, Bruxner Highway, Goonelabah, Tuesday 6.15 p.m.
Colours: Brown and gold
Phone: 066 28 0620

TAMWORTH
Unita Rutzou
P.O. Box 773, Tamworth 2340
Pool: Tamworth Workmens Club, Wednesday 8 p.m. Sunday 10-12 noon (Aerobics)
Colours: Black and gold
Phone: 067 66 4430

UNIVERSITY OF N.S.W.
Ralph Hall
C/- Department of General Studies, University of N.S.W.
P.O. Box 1, Kensington 2033
Pool: University Pool, Anzac Parade, Kensington, Monday — Friday 12-1 p.m.
Phone: 662 2091 (W)

WARRINGAH MASTERS
Lee Johnson
P.O. Box 89, Forestville 2087
Pool: Warringah Aquatic Centre, Aquatic Drive, Frenchs Forest, Sunday 8 a.m. (Summer) 9 a.m. (Winter).
Colours: Navy blue and red
Phone: 451 9457 (H) (President — Warren Riley)

WESTERN SUBURBS
Julie Medcalf
3/24 Beaumont Street, Campsie 2194
Pool: Auburn Swim Centre, Tuesday and Friday 7-8.30 p.m.
Colours: Black and red
Phone: 789 5950

Victoria

BADDAGINNIE
Alva Wyatt
C/- Post Office, Baddaginnie 3670
Phone: 057 63 2291

BALLARAT
Ken McDonald
13 Teal Avenue, Ballarat 3350
Pool: Y.M.C.A., Field Street, Ballarat.
Phone: 053 31 4560

DIAMOND VALLEY
Hans Wehrens
2 Country Lane, Viewbank 3084
Pool: Diamond Valley Pool, Para Road, Greensborough.
Phone: 03 459 5429

DONCASTER
Frank Godden
15 Turana Street, Doncaster 3108
Pool: Doncaster Swim Centre, Williamsons Road, Doncaster.
Phone: 03 848 3747

FRANKSTON
Alice Kinnaird
1 Inga Court, Frankston 3199
Pool: Jubilee Park Swim Centre, Hillcrest Road, Frankston.
Phone: 03 789 6401

GIPPSLAND
Janet Gray
34 Murray Street, Trafalgar 3824
Pool: Churchill Leisure Centre, Switchback Road, Churchill.

GOLDEN CITY
Ann Bernhart
96 Sommerville Street, Flora Hill 3550
Phone: 054 43 4449

MELBOURNE UNIVERSITY
Chris Bigum
19 Mount Eagle Way, Werribee 3030
Pool: Melbourne University Pool, Parkville.
Phone: 03 741 1924

MOOROOPNA
Carole Anderson
60 Leene Street, Mooroopna 3629
Phone: 058 25 2103

NORTH LODGE
Bob McCabe
44 Lightwood Street, Springvale 3171
Pool: North Lodge Pool, Stud Road, Dandenong.
Phone: 03 546 2542

POWERPOINTS
David Gordon
50 Horace Street, Malvern 3144
Pool: Prahran Pool, Essex Road, Prahran.
Phone: 03 500 0996

SALE
Judy Rennick
99 Boisdale Street, Maffra 3860
Phone: 051 47 1212

SYNDAL
Leigh Pretty
C/- 554 High Street Road, Syndal 3149
Pool: Syndal Swim Centre, High Street Road, Syndal.
Phone: 03 726 9071

South Australia

ADELAIDE MASTERS
Ruth Hartley
2 Elm Court, Vale Park 5081
Pool: Parade Pool, Norwood, All year — Wednesday and Friday 7.30 p.m. Saturday 12 noon-1 p.m. Winter — Sunday 9-10 a.m. Hartley College, Bundey Street, Magill, Summer — Monday 6-7 p.m.
Colours: Blue and white
Phone: 261 4726

ATLANTIS
Helen Paull
42 Weroona Avenue, Parkholme 5043
Pool: Atlantis Swim Centre, Marion Road, Plympton Park, Monday 7.30-8.30 p.m. Tuesday 7-8 p.m. Wednesday 11-12 noon. Thursday 7-8 p.m. Saturday 12-1 p.m.
Colours: Black, gold and red
Phone: 277 4926

BLUE LAKE
Jezelle Bourke
P.O. Box 1620, Mt. Gambier 5290
Pool: Y.M.C.A. Pool, Keegan Street, Mt. Gambier, Tuesday 6.15-7 p.m. Thursday 7.30-8.30 p.m. Saturday 5-6 p.m.
Phone: 25 5564

CENTRAL DISTRICT SEALS
Jane Watson
33 Goddard Drive, Salisbury Park 5109
Pool: Salisbury Swimming Centre, Happy Home Reserve, Salisbury, Summer only — Saturday 9-10 a.m.
Colours: Red, white and blue
Phone: 250 6407

LARGS VIKINGS
Kym Lisk
213 Lady Gowrie Drive, Largs Bay 5016
Pool: Macks Swimming Centre, Victoria Road, Largs Bay, Monday, Wednesday and Friday 7.15-9.15 p.m. Saturday 2.30-4.15 p.m.
Colours: Black and gold
Phone: 49 6081

MARION
Phillip Symonds
31 Sharpie Crescent, Grange 5022
Pool: Doug Openshaw Pool, Warradale, Monday 8.30-9.30 p.m. Wednesday 6-7 p.m. Saturday 12.45-2.15 p.m. (Winter). Marion Swim Centre, Tuesday and Thursday 6-7 p.m. (Summer).
Colour: Maroon
Phone: 356 4229

PARKS
Nadia Caon
32 Labrina Avenue, Prospect 5082
Pool: Parks Community Centre, Cowan Street, Angle Park, Wednesday and Friday 6-9 a.m. Friday 6-7 p.m. Sunday 6-7.30 p.m.
Colours: Blue
Phone: 44 2113

REYNELLA
John Harris
P.O. Box 317, Morphett Vale 5165
Pool: Reynella Swim Centre, Sherrifs Road, Reynella, Wednesday and Friday, 8.30-9.30 p.m. Saturday 12-1 p.m.
Colour: Yellow, brown and white
Phone: 386 1552

TEA TREE GULLY
Jackie Johnston
18 Zircon Crescent, Highbury 5089
Pool: Parks Community Centre, Angle Park, Monday and Friday 7-8 p.m. Hartley College, Bundey Street, (Summer) Sunday 9.30-10.30 a.m.
Colours: Bottle green and gold
Phone: 264 9878

WESTERN DISTRICTS
Mary Croker
49 Glenhuntly Street, Woodville South 5011
Pool: Seaton Pool, 1 Wilford Avenue, Seaton, Tuesday 8.30-9.30 p.m. Wednesday 7.30-8.30 p.m. Thursday 12.30-1.30 p.m. (Beginners and older swimmers) Thursday 7-8 p.m. Saturday 12-1 p.m.
Colours: Maroon and white
Phone: 45 1274

A.C.T.

AUSSI A.C.T. CLUB
Jane Sutton
86 Heagney Crescent, Chisholm 2905
Pool: Swim Hall, National Sports Centre, Bruce, Friday 7 p.m. Wednesday 8.30 p.m. (training)
Colours: Blue and gold
Phone: 91 0159

Queensland

BRISBANE NORTHSIDE
Gil Porter
3 Kendale Street, Stafford Heights 4053
Pool: John Rigbys Pool, South Pine Road, Everton Hills, Wednesday 7 p.m. All year
Colours: Blue and gold
Phone: 07 359 5359

BRISBANE SOUTHSIDE
Max Gillespie
49 Greta Street, Manly 4179
Pool: Chandler Olympic Pool, Tilley Road, Chandler, Wednesday 7 p.m. All year. Sunday 8 a.m. All year.
Colours: Navy blue, green and white
Phone: 07 396 3647

CAIRNS MUD CRABS
Mo McIntosh
P.O. Box 1906, Cairns 4870
Pool: Tobruk Memorial Pool, Cairns, Tuesday 7.30 p.m. All year.
Phone: 070 55 6460

GOLD COAST
Jan Wright
11 Allawah Street, Sorrento 4217
Pool: Southport Olympic Pool, Marine Parade, Southport, Wednesday 6.30 p.m. (Summer). Mike Wendon Swimming Centre, Palm Beach, Monday 7 p.m. (Summer). Twin Towns Pool, Tweed Heads, Wednesday 6.30 p.m. (Winter).
Colours: Black and gold
Phone: 075 39 8487

IPSWICH
Ken Turley
26 Eileen Street, Booval 4304
Pool: East Ipswich State School, Jacaranda Street, East Ipswich, Wednesday 6.30 p.m. (Summer).
Phone: 07 202 1035

RATS OF TOBRUK
Zena Farrell
316 Stanley Street, North Ward 4814
Pool: Tobruk Pool, North Ward, Townsville, Sunday 8 a.m. (Summer).
Colours: Grey and maroon
Phone: 077 72 4485

ROCKY CROCS
Pam Rock
83 Rice Street, North Rockhampton 4701
Pool: North Rockhampton Pool, Berserker Street, North Rockhampton, Tuesday and Thursday 7 p.m. (Summer).
Phone: 079 28 4545

SUGAR CITY
Geoff Robinson
2 Beaton Street, Mackay 4740
Pool: Pioneer Pool, Wednesday 8 p.m. (Summer).
Colours: Red, white and blue
Phone: 079 51 2548

SUNSHINE COAST
Patricia Tarrier, Maroochydore 4558
Pool: Cotton Tree Olympic Pool, Maroochydore, Monday 6.30 p.m. (Summer). Coolum-Peregian Pool, Tuesday 6.30 p.m. (Summer). Caloundra Pool, Wednesday 7 p.m. (Summer).
Colours: Black and white
Phone: 071 43 4558

TIMBER CITY WATER LOGS
Monica Harris
12 Lenthall Street, Aldershot, Maryborough 4650
Pool: Memorial Olympic Pool, John and Kent Streets, Maryborough, Monday 7.30 p.m. (Summer).
Colours: Green and white
Phone: 071 21 3240

TOOWOOMBA
Lyndal Hegarty
P.O. Box 3018, Town Hall, Toowoomba 4350
Pool: Aquatic Centre, McKenzie Street, Toowoomba, Wednesday 6.30 p.m. All year. Sunday 8 a.m. All year.
Colours: Violet
Phone: 076 30 3100

TOWNSVILLE MASTERS
Ed Milligan
14 Cabarita Street, Cranbrook 4814
Pool: Willows Swim Centre, Kirwan, Sunday 10 a.m. All year. Wednesday 7.15 p.m. (Summer). Marlins Pool, Madden Street, Aitkenvale
Colours: Blue and gold
Phone: 077 79 0360

Western Australia

BELMONT
Jean Wild
7 Somers Street, Belmont 6104
Pool: Bart Clayden Aquatic Centre, Belmont, Sunday 10 a.m. Training: Wednesday 6 p.m.
Colours: Royal blue and grey
Phone: 277 9641

CARINE
Bob Byers
3 Ballidon Crescent, Carine 6020
Pool: Carine Health & Swim Centre, 473 Beach Road, Carine, Wednesday 7.30 p.m. Training: Saturday 11.30 a.m. Carine High School Pool, Monday - Friday 6 a.m. Saturday/Sunday 7 a.m. (Summer).
Colours: Red, white and green
Phone: 447 0839

CLAREMONT
Karen Liggins
34 Kathleen Street, Cottesloe 6011
Pool: Claremont Aquatic Centre, Davies Road, Claremont, (Summer). Beatty Park Aquatic Centre, Vincent Street, North Perth, (Winter). Monday 6.30 p.m. Training: Wednesday 9.30 p.m. Saturday 2 p.m. (Winter). Sunday 2 p.m. (Summer).
Colours: Navy and gold
Phone: 384 7326

ESPERANCE
Dorothy Andrews
P.O. Box 83, Gibson 6448
Pool: Esperance Aquatic Centre, Black Street, Esperance, Monday 7 p.m.

GERALDTON
Margaret Cameron
Cathedral Avenue, Geraldton 6530
Pool: Health World, Cathedral Avenue, Geraldton, Wednesday 7 p.m.
Colours: Black and white

INGLEWOOD
Georgie Walmsley
P.O. Box 288, West Perth
Pool: Inglewood Pool, Alexander Drive, Inglewood, Tuesday 6 p.m. Training: Friday 12-1 p.m. Sunday 8.30-10 a.m.
Colours: Red and white
Phone: 322 5263 — 367 8571 (H)

KARRATHA
Gail Williams
875 Hancock Way, Karratha 6714
Pool: Karratha Aquatic Centre, Karratha, Monday 7.30 p.m. Training: Thursday 7 p.m. Sunday 9 a.m.
Phone: 85 1499

KENWICK
Graham Pember
3 Nottinghill Drive, Roleystone 6111
Pool: Gordon L'Estrange Swim Centre, 1609 Albany Highway, Kenwick, Monday 7.30 p.m. Training: Thursday 6 p.m.
Colours: Navy blue and white
Phone: 397 6146

MAIDA VALE
Lynne Boston
35 Valley Road, Kalamunda 6076
Pool: Maida Vale Pool, Goosberry Hill Road, Maida Vale, Monday 7 p.m. Training: Tuesday and Thursday 7.30-8.30 p.m.
Colours: Bone, blue and red
Phone: 293 3041

MELVILLE
Winsome Byrne
26 Monuent Street, Mosman Park 6012
Pool: Len Shearer Aquatic Centre, Marmion Street, Booragoon, Thursday 7 p.m. Training: Tuesday 9 a.m. (Somerset Pool) 5 p.m. (Melville)
Colours: Black and gold
Phone: 383 3107

NEWMAN
Andrea Grant
C/- P.O. Box 410, Newman 6753
Pool: Newman Aquatic Centre, Newman, Sunday 7 a.m. Training: Tuesday 7 p.m.
Phone: 75 1511 Ext. 3295

NORTHAM
Rhonda Bridgham
17 Gibbings Street, Northam 6401
Pool: Northam Town Pool, Northam, Thursday 7 p.m. Training: Weekday morning 6.30-7.30 a.m.
Colours: Blue, white and gold

OSBORNE PARK
Jacqui Austin
22 Templeton Crescent, Girrawheen 6064
Pool: Lyn McClements Swim Academy, 419 Scarborough Beach Road, Osborne Park, Wednesday 7 p.m. Training: (Winter) — Thursday 7 p.m.: (Summer) — Monday, Tuesday, Thursday 6-7 p.m. Sunday 3.30 p.m. (Tuart Hill High School)
Colours: Blue and red
Phone: 342 2730

PERTH CITY
C/- Glenys McDonald
P.O. Box 40, Karrinyup 6018
Pool: Beatty Park Aquatic Centre, North Perth, Wednesday 10 a.m.

ROCKINGHAM DYNAMIC DOLPHINS
Zoe Boyer
4 Aries Court, Rockingham 6168
Pool: Rockingham Aquatic Centre, (Summer); Mandurah Aquatic Centre (Winter). Wednesday 6 p.m. Training: Friday 4 p.m. Monday 1 p.m.
Colours: Green and yellow
Phone: 27 5208

SOMERSET
Vern Oliver
C/- Somerset Street Pool, East Victoria Park 6101
Pool: Council Pool, Somerset Street, East Victoria Park, Sunday 9 a.m.
Colours: Aqua and white
Phone: 361 3312

SOUTH HEDLAND
Lindsay Downs
6 Cone Place, South Hedland 6722
Pool: South Hedland Aquatic Centre, Leake Street, South Hedland, Monday 6 p.m. Training: Sunday 8 a.m.
Colours: Red, black and white
Phone: 72 1405

WEST COAST MASTERS
Pat Manners
18 Hannah Court, Duncraig 6023
Pool: Lyn McClements Health and Sports Centre, Balgonia Avenue, Girrawheen, Wednesday 7 p.m. Training: Saturday 7.45 a.m.; 4 p.m. Monday and Thursday 6 p.m.
Colours: Royal blue and yellow
Phone: 447 3695

WHITFORDS
Mary Aitken
P.O. Box 148, Hillarys 6025
Pool: Healthworld International, Whitfords Shopping Centre, Hillarys, Tuesday 7.30 p.m. Training: Saturday 12-4 p.m.
Colours: Navy and white
Phone: 401 7977

Tasmania

DEVONPORT DEVILS
Hector Beveridge
21 Wiena Crescent, Devonport 7310
Pool: Ulverstone Education Dept. Pool, 25m. Monday, Tuesday, Friday 8-9 p.m. (Winter only)
Devonport Olympic Pool, Wednesday 6-7 p.m. Sunday 10.30-11.30 a.m. (Summer)
Colours: Blue/white/green
Phone: 004 24 6093

LAUNCESTON AUSSI
Edith Pitman
7 Whitford Grove, Trevallyn 7250
Pool: Theogenes Pool, Friday 6-7.30 p.m. (all year); Launceston Swimming Centre, Tuesday 6-7.30 p.m. (Summer) Mowbray Memorial Pool, 2nd & last Tuesday each month (Winter) 8-9.00 p.m.
Colours: Blue/white
Phone: 003 31 8384

Australian DIVERS mix it with world's best!

Jack Sanders — ex.director A.D.A.

"Better organisation provides great results"

Sound advice? A.I.S. head coach, Bruce Prance and Carol Boots.

Jenny Donnet — Australian Commonwealth Gold medalist.

Anyone who forgot their hats and sunburn cream really suffered, as Canberra turned on heatwave conditions for this annual prestigous event.

Teams from USA, Peoples Republic of China, New Zealand and a new visiting team from Italy competed against their Australian hosts. The quality of the meet was enhanced by the presence of Olympic Silver Medalist Michelle Mitchell and Bronze Medalist Ron Merriott from the USA. Plus Dan Watson and Lenny Layland both ranked USA divers. Managing the team was Ron O'Brien, Head Olympic Coach, who had a dual purpose for visiting Australia. Ron is a guest of the A.I.S. and will be discussing the programmes being introduced with A.I.S. Head Coach, Bruce Prance.

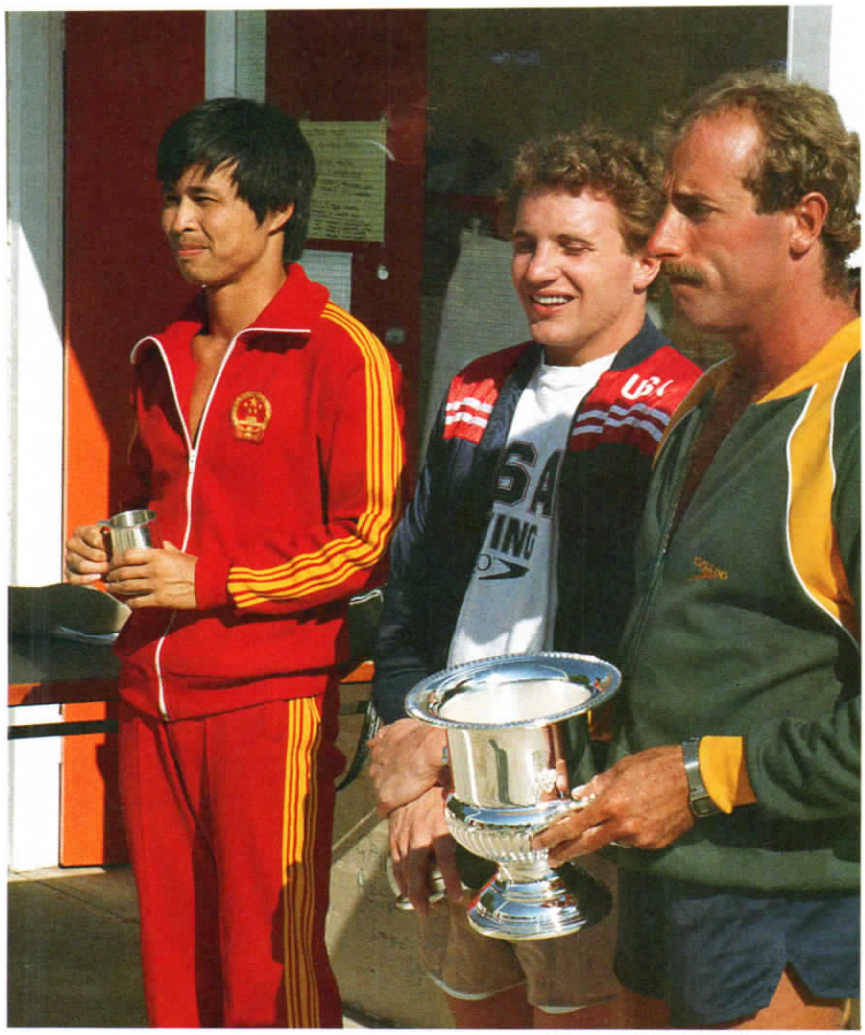
The Diving fraternity were excited by the presence of the great Italian champion Klaus Dibiasi. Dibiasi, who won Gold at three successive Olympics seemed almost overwhelmed by the attention he received. Included in his changes was Piero Italiani who finished sixth in the Mens Springboard in Los Angeles. Piero is deaf, but in no way does this disability impair his performance or his ability to communicate.

Australia was well represented by their own Olympic finalists, Steve Foley, Jenny Donnet and Julie Kent. Plus promising young Institute divers, Craig Rogerson and Chris Ryan.

After a very informal opening ceremony, the first event was the Womens Springboard. After the first 5 dives, Lin Jianqing of PRC was leading with 212.37 followed by team-mate Hu Liping on 206.37. However, at the end of the second competition it was USA diver Michelle Mitchell's style which gained the points to give her a lead of 471.63 from Australia's Jenny Donnet 455.43 and a close third Hi Liping PRC on 451.47.

Jenny's placing delighted officials and team-mates and when asked if she planned to defend her Commonwealth title in 1986, her reply was "definitely! I'll be there".

The second event, the Mens 3 metre Springboard saw Australia's Steve Foley produce some dazzling form. The kids around Chandler might be referring to the new Assistant Administrator of Diving as "The Old Man" but " The Old Man" has still got what it takes. Steve's tall frame when twisting and turning adds drama to his dives and makes others attempting the



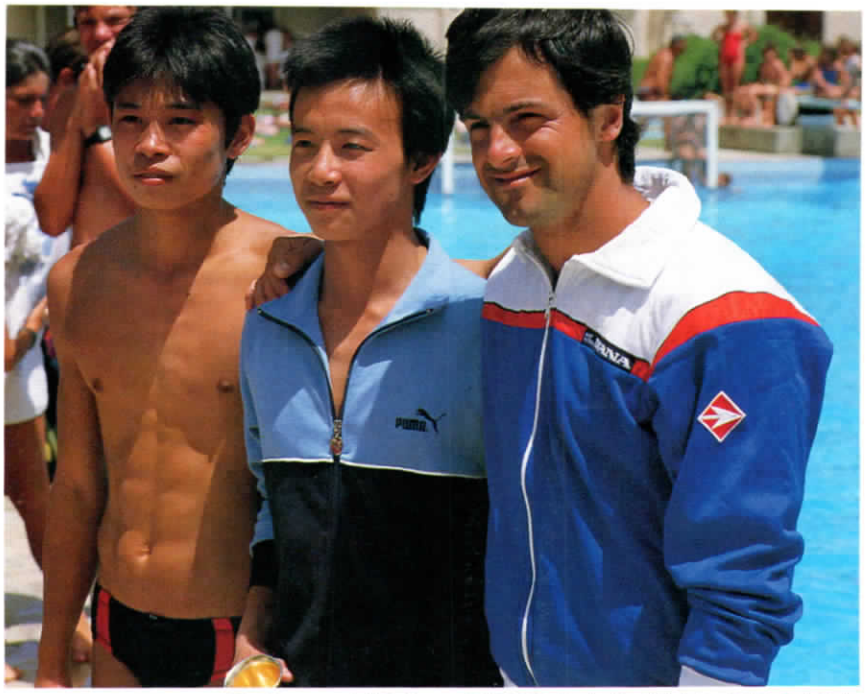
Winners Men's Springboard —
1st S. Foley (Aust.), 2nd D. Watson (U.S.A.), 3rd Wu Guocum (P.R.C.).

Women's Springboard presentation by
Mike Fretnell (City Mutual) — 1st Michelle Mitchell (U.S.A.)
2nd Jenny Donnet (Aust.), 3rd Hu Liping (P.R.C.).

same exercise look ordinary. Foley looked the winner from his first dive to his last, his total points 598.17 and a win that delighted Head A.I.S. Coach Bruce Prance, he could hardly stop smiling, as he told me, that it was the first time he'd coached Steve for a competition. He had expected him to do well, but the final results were a delight. Taking second placing was Dan Watson USA on 586.38 with Wu Guscum PRC on 576.87.
A team and officials barbeque was organised for Sunday night, and the happy, relaxed atmosphere only emphasised what former Commonwealth Champion and now diving official John Everding told me, that diving teams from all over the world have a marvellous sense of camaraderie.

Monday we saw the Womens and Mens Platform events. One became very aware of the depth of talent in diving in the Peoples Republic of China. All the team were young, none of their experienced Olympians were there, yet their talent was so obvious. One little girl, Huang Ping had just turned 13, she looked like a little bird soaring off the high tower. The event was won by her older team-mate Lin Jianqing on 401.67. A great performance by Australia's Julie Kent 393.00 gave her second placing, with Michelle Mitchell USA 390.21 being consistent in placings taking out third. Little Huang Ping was fourth with 381.96.

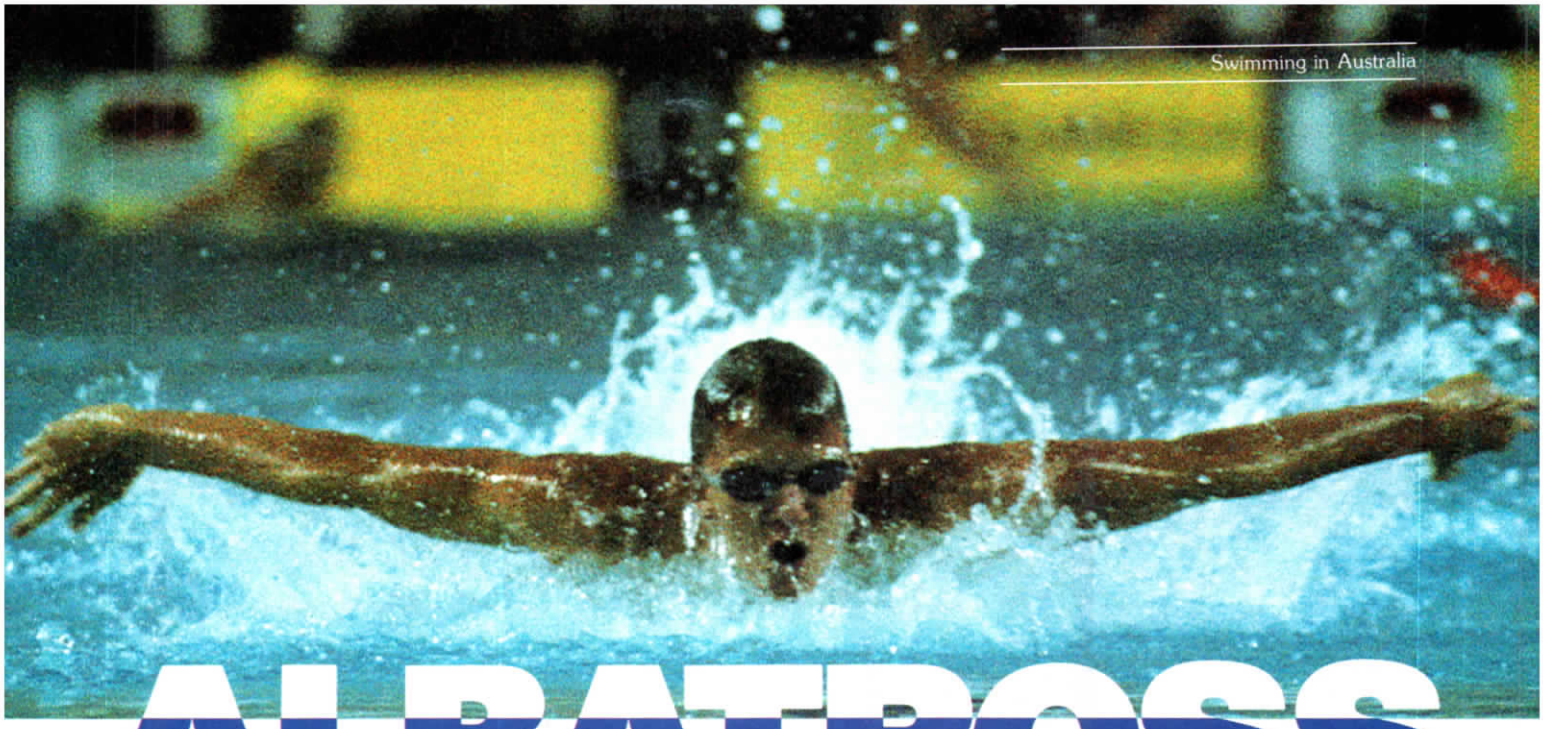
Julie Kent confirmed that she won't be returning to Canada to train, she is delighted to be now at the A.I.S. at home in Australia. Carol Boots and Jane Bognor both dived well for sixth and seventh placings.
The Mens Platform Event was dominated by the Peoples Republic of China — Hu Waixin won the event with almost faultless consistency scoring 579.33 from Li Deliang 563.49. Italy's Domenico Rinaldi was third on 548.43. Dan Watson fourth and Lenny Layland fifth, lost through inconsistency, some of their dives were brilliant, while others were very ordinary. However, it must be remembered that the USA team flew in to a heatwave from zero conditions, and most have had a 5 month lay off since the Olympics.
The best of the Australians was Craig Rogerson, Craig 19 and Chris Ryan 17 are both at the A.I.S. and National Coaching Director Peter Panayi believes both boys are capable of developing into major talents.



Men's Winners Platform — Li Deliang (P.R.C.) 2nd; He Weixin (P.R.C.) 1st; Domenico Rinaldi (Italy) 3rd.

All presentations were very informal, and made by Mike Fretwell on behalf of Divings major sponsor, City Mutual. Jack Sanders was obviously delighted by the results, he said, "Steve Foley's first in the Springboard, and Jenny Donnet's second in the Womens Springboard were top results, and now Julie Kent, a second in the Platform is just great. Anytime we beat divers from USA or China is cause for celebration, as these are the top two diving nations, with incredible depths of talent".

Winners Women's Platform — 1st Lin Jianqing (P.R.C.), 2nd Julie Kent (Aust.), 3rd Michelle Mitchell (U.S.A.).



ALBATROSS from West Germany in FLIGHT

By Kevin Berry

During the month of January, Australian Swimming was privileged to have the greatest male swimmer in the world within its fold.
I am speaking, of course, of the West German, Michael Gross.
Gross was accompanied by a specially selected team from his club, Erster Offenbacher, to swim in the in the 1985 N.S.W. State Titles.
In the course of the meet Gross won eight Gold Medals and made quite an impression, both in and out of the water.
I had the opportunity to closely observe Michael's swimming during the meet, I was also able to sit and talk at length with him.
In sharing my impressions, I suggest the young man they call ' The Albatross' has a most unusual style in both of his major strokes, Freestyle and Butterfly.

Minimum Protein Requirement for Children per kilo Body Weight
(from National Health and Medical Research Council 1979)

Age	Grams of Protein/ kg of body weight
7-9 years	1.32
10-12 years	1.24
13-15 years	1.20
16-19 years	1.10

TABLE 4

A summary of the proportions of carbohydrates, fats and proteins is shown in Table 6.

is recognised today that Australians consume too much meat and we would do no harm to cut down on our consumption; however, if it is cut out of the diet completely, protein deficiency may occur. Vegetarians must be careful to educate themselves about the foods they eat, and make sure they consume sufficient amounts of the 'essential amino acid' foods. Unless swimmers are prepared to go to this effort of seeking out the appropriate foods, it would appear that adding meat to the diet is the safest way of avoiding protein deficiency.

How Much Protein?

The Australian mixed diet usually contains more protein than we need. Many sports people are under the misconception that adding protein to the diet will build muscles and make them stronger. This is not true, even though, as we said, they are important in growth in children and repair, eating excessive amounts of protein foods, meats, etc. will not make muscles grow. Special diet powders and pills containing high proteins have been produced and attractively promoted to sports people. No doubt there are many swimmers who are consuming high protein mixtures hoping to improve their performance, and it is strongly suggested that they quickly re-assess their diets. Our everyday diet contains at least 2-3 times as much protein as required, hence many dollars are being wasted with their special products; also, a high protein diet puts an overload on the kidneys in trying to dispose of the toxic waste which results from protein metabolism and may, in fact, be harmful. This is particularly important for older adults, as Morton (1982) reports, high fat and high protein diets produced angina (chest pains) and abnormal ECG in some subjects.

The recommended daily protein requirement for adults is about 1 gram for every kilogram of body weight daily. Some nutritionalists, as reported in Maglischo (1982) suggest that for athletes in hard training, increasing the amount to 2 grams per kilogram of body weight will do no harm, but there is no evidence to show this is needed but is a precautionary measure.

Four (125g) to eight (250g) ounces of meat contains about 40-80 grams of protein, an egg 6 grams, milk (glass) 9 grams, and slice of bread 2 grams. If we consider the average male of 70kg and female of 56kg, they require 70 grams and 56 grams of protein daily, and from these examples it is easy to see protein deficiency should not be a problem in the Masters diet. The 1 gram per kilogram of body weight of protein should be ample for the adult Masters swimmer. However, it must be noted that, for example, infants require 2-4 grams of protein per kilogram of weight and that pregnant women should increase their daily protein intake by 10 grams and nursing mothers by 20 grams. Hence, Masters swimmers who are pregnant or breast feeding babies will need to take care to make sure their protein intake is adequate. For those who have children swimming, Table 4 indicates protein needs. Most authorities recommend that 15-20% of the daily caloric intake should be in the form of high protein foods.

4. VITAMINS

The word vitamin means 'vital to health'. These are organic substances needed by the body, but in small amounts; they are the essential parts of the enzyme system which metabolise carbohydrates and fats. It is these two facts that have led to the misinterpretation that a deficiency of vitamins causes disease, therefore they are essential and if a little bit is good, more is better. This is not the case. In fact, the over-dosing of certain vitamins can be harmful. Vitamins are not made by the body and have to be eaten in food or as vitamin supplements. The water-soluble vitamins B complex and C cannot be stored, and must be eaten daily. Excesses are excreted and it can be said that excessive dosing of vitamin B and C may also result in a very expensive urine. The fat-soluble vitamins (A, D, E, K) are stored in the liver and fat tissue and can become toxic if excessive.

Although slight deficiencies do reduce the maximum health and well-being and efficiency of a person, the Australian diet, if well balanced, will contain all the vitamin requirements and there should be no need to include vitamin supplements in the Masters diet. However, swimmers should carefully examine what they are eating and check to see that it is balanced. The concept of a well balanced diet will be discussed later.

Nelson (1984) reports that strenuous physical training increases the requirements of thiamine (B1), riboflavin (B2) and niacin (B3). However, these increases should be obtained from increasing the foods which contain them, rather than taking supplements. This is usually what happens as more energy is required when exercise levels increase and more food is eaten, care should be taken to see that the diet is still balanced. The excep-

ESSENTIAL VITAMINS — FUNCTIONS AND SOURCES

R.D.A. = Recommended Daily Allowance.

Vitamin	R.D.A.	Function	Deficiency Symptoms	Dietary Source
A Retinol	1mg	Vision, normal growth, bones & teeth, healthy skin.	Rarely exists, but night blindness, dry sockets, skin problems, respiratory infections, poor bone & teeth development.	Fish oils, butter, egg yolk, carrots, leafy vegetables, liver, kidneys.
B1 Thiamine	1.5mg	Combats fatigue, repairs injured tissue.	Loss of appetite, constipation, insomnia, irritability, tiredness.	Cereal, egg yolk, beet, potatoes, legumes.
B2 Riboflavin	1.8mg	Aids metabolism fat & carbohydrate & protein proper nerve function.	Tiredness, lack of energy, dry lips, cracked tongue, over sensitive to light.	Milk, egg yolk, cereals, grains, legumes.
B3 Niacin	20mg	Proper digestion of food. Aids nervous system.	Loss of appetite, depression.	Milk, lean meats, fish, eggs, potatoes, green peas.
B5 Pantothenic Acid	Unknown. 10mg rec.	Important metabolism of cardiac & skeletal muscle.	—	Liver, eggs, broccoli, cauliflower, skim milk, tomatoes.
B6 Pyridoxine	2mg	Aids protein & fat metabolism.	Nervousness, irritability, skin problems, insomnia, difficulty in waking.	Rice, wheat, corn, lettuce, fish, spinach, beans, peas, tomatoes.
B12 Cyanlobalamin	Unknown (0.003mg)	Proper bone growth and production of red blood cells.	Loss of appetite, pernicious anaemia, general body lassitude.	Liver, meat, milk, yeast, fish, oysters.
C Ascorbic Acid	70mg	Metabolism muscle tissue, bone growth, red blood cell, prevents fatigue, aids adrenal glands, aids utilisation of O_2.	Scurvy, structural weakness in teeth, aching bones, joints, and muscles.	Citrus fruits, melons, tomatoes, cabbage, leafy green vegetables, potatoes. Cooking destroys vitamin C.
D Calciferol	0.01mg	Formation of bones & teeth.	Reduce bone growth, may affect teeth & finger nails, rickets.	Liver, butter, eggs, fish, sunlight.
E Tocopherol	Unknown (20-30 mg rec.)	Red blood cells, helps prevent cardiac and blood pressure problems.	Decline in body muscle, nervous and circulatory system	Wheatgerm oil, corn, lettuce, wholegrain, cereal, rice, milk, leafy vegetables.
H Biotin	Unknown (0.15-0.3mg rec.)	Carbohydrate & protein metabolism, enzyme activity.	—	Liver, chicken, fish, corn, spinach, peas.
K	Unknown	Appears necessary for blood clotting.	Hardly exist.	Green leafy vegetables, egg yolk.
M Folic acid	Unknown (0.1-0.2mg rec.)	Important red blood cells, O_2 consumption, helps prevent anaemia.	—	Liver, fresh green vegetables, lean beef, whole wheat, cereals.

TABLE 5 (from Maglischo, 1982; Russo, 1978).

tion to this is where swimmers are using swimming as a means of reducing weight. Special care needs to be taken to ensure vitamins are obtained in foods in sufficient quantities. Nelson (1984) also reports that previously it was believed that water-soluble vitamin excess is harmless; however, this is not so. Excessive niacin can cause gout, diabetes and liver failure and may interfere with the supply of fuels for heart metabolism. Also, if excessive vitamin C is taken over many months, when this is discontinued scurvy may occur, and for some athletes excessive vitamin C has the potential to produce renal stones. Therefore, vitamin supplementation is not only unnecessary, but may be dangerous in swimmers with a well balanced diet. This, of course, will be contrary to many Masters swimmers' beliefs. One could argue that the psychological effect swimmers get from taking vitamins is worth the expense, and where the effects are harmless one could agree. However, where such practices may be harmful to health the practice of vitamin supplementation without diagnosis and as a normal inclusion in a swimmer's diet, cannot be condoned.

For some enlightening information on

Nutrients in the Diet as Percentage of Calories (joules)

Nutrient	Normal Mixed Diet	High Carbohydrate Diet
Carbohydrate	50-60%	70-75%
Fat	25-35%	10-15%
Protein	10-15%	15-20%

TABLE 6

the contents of vitamin supplements, read the May 1984 issue of Choice Magazine. The subject of vitamins has been surrounded by many myths and much mysticism, and to enable you to understand the functions they play in the body processes and to select the foods that will ensure you have no vitamin deficiency, Table 5 has been prepared.

5. MINERAL SALTS

Minerals such as calcium, sodium, potassium, iron and iodine are essential in the proper functioning of the nerves and muscles and important for bone, muscle and skin. However, most minerals occur in the foods we eat in more than sufficient quantities and normally supplementation is not required. Iodine is one mineral that may be deficient in certain geographical locations. This is usually supplemented in iodinized table salt. One exception of mineral supplementation may be that of iron in the female swimmer who is training hard and losing large quantities of iron during menstruation. Medical advice should be sought to assess the degree of supplementation, but if you are concerned just a little, eating food with a good iron content should overcome any deficiency. Foods such as eggs, liver, green leafy vegetables, dried peas and dried fruits.

Electrolyte Replacement

Sodium, potassium and chlorine are called electrolytes and they control and maintain the correct rate of fluid exchange between various compartments in the body. The balance of body fluid and electrolytes is critical, especially when exercising in hot environments. When we sweat excessively we lose electrolytes and water; this impairs heat tolerance and performance and if not replaced during training or events, severe disfunction such as heat cramps and heat stroke can occur. It is crucial to replace the water lost through sweating and electrolytes may be added in the form of salt. This will be discussed in detail later. However, generally this would be considered less of a problem in swimmers as sweating is less than in other sports, because of the cooling effect. This, of course, may not be the case in excessively heated pools and pools in hot environments and in long swimming events under such conditions.

6. WATER

The body is made up of about two thirds water. The critical chemical reactions to providing muscular energy take place in water, and water is very important in transporting metabolic bi-products to the lungs, kidneys. It is also important for maintaining body temperature, circulation and various secretions. Water is obtained from (a) fluids; (b) foods and (c) during metabolism.

Some foods such as salt, high protein and alcohol increase our thirst for water and should be avoided close to exercise. Water should be replaced; however, encouraging thirst and then drinking copious amounts of water before training or before an event can lead to discomfort, so it is advised to restrict these foods.

Normally an adult consumes about 1.2 litres per day; however, this is increased greatly in hot and humid conditions. Water intake is essential at summer swim meets and hot humid pools.

Table 6 summarises the percentages of the basic three foodstuffs, carbohydrates, fat and protein, in the average person, and the high carbohydrate diet suggested by Maglischo (1982).

Bear in mind that the high carbohydrate diet was recommended for swimmers in intense training and daily depleting their glycogen supplies. For the Master swimmer, although training may be hard, unless they are sure they are working to this degree of intensity, the normal mixed diet will be sufficient to meet their energy and nutritional needs. Remember carbohydrates should be of the complex variety, there is a temptation, especially with snacks, to use sugar foods to make up the 75% target and may lead to other nutritional deficiencies.

The Balanced DIET

Part Two

We have discussed at length the nutrients in foods and now is the time to put that information into practice and produce the balanced diet. To simplify the process, all the foods we eat are classified into the five food groups. If you select food from the five food groups at each meal every day, this will ensure a balanced diet. Table 7 outlines these groups and recommends the number of serves to meet the daily essential nutrients. Extra servings containing extra calories will be required to meet full training requirements.

THE FIVE FOOD GROUPS

Food Group	Type of Food	Number of serves per day	Approximate total quantity
1. Milk Group	Milk, butter, cream, cheese, yoghurt, ice cream.	2+ serves	300-600 mls milk (300gm cheese = 200mls milk) 900mls — expectant mothers
2. Meat and Alternatives	Meat, fish, poultry, eggs, nuts, beans.	2+ serves	150gms lean flesh meat, poultry, or 5 eggs, or 60gms peanut butter, 90gms nuts.
3. Fruit and vegetables	Citrus fruit, dark green vegetables, dark yellow vegetables, potatoes, other fruits.	4+ serves	1 piece = 1 serve ½ cup = 1 serve.
4. Bread and cereals	Bread, cereals, rice, macaroni, spaghetti, wholegrain preferably.	4+ serves	4 slices bread or ¾ cup dry cereal or 1.⅓ cups rice, noodles etc.
5. Butter and margarine	Butter, margarine, cream.	1 serve	1 tablespoon cream — 2 tablespoons equals 1 tablespoon margarine.

TABLE 7

Eating a wide variety of foods from these food groups and in as close to their natural state as possible is the simplest recipe for obtaining a balanced diet.

We are all too well aware that, not only must we balance the nutrients in our diet, but we must also balance the energy requirements as well. An excess of energy ingested (calories or joules) in the diet will be converted to fat and stored in the body. Hence, when selecting the foods following the guidelines set out in Table 7, we also need to be aware of the energy content (calories or joules). In the case of a swimmer in hard training, then they can select extra servings to make up their energy needs. In the case of the person wishing to reduce weight, they require the minimum number of servings, but they should select from the lower calorie foods.

Daily Energy (Calorie) Needs

The daily calorie intake depends on the level of activity of the swimmer. The calorie charts that are often used refer to the calorie needs of the average person carrying out everyday activities. Any recreational or sporting activity requires extra energy. Table 8 shows the energy expenditure for men and women in the United States. These would be similar to that found in Australia.

From Table 8 it can be seen that the energy needed not only depends on the activity level, but whether you are male or female, how old you are, and how big you are. It requires less energy to maintain a small body than a larger one.

Swimming training will increase the energy requirements of your diet by 500-1000 k.calories per hour (2093 J.-4186 J.) of training, depending upon your size and skill and how much effort you expend in training. "Bigger bodies and hard work require more calories, while efficient swimmers expend fewer calories than inefficient swimmers when they swim the same distance at the same speed" — Maglischo p.427 (1983).

Table 9 outlines the energy expended per minute for swimming the various strokes for swimmers of different body weights.

To work through an example, let us say a 74kg male swims backstroke in his workout of, say, 30 minutes swimming time.

K.cal. per minute for 74 kg
Back = 17.76
K.cal. for 30 minutes
= 17.76 × 30 = 532.8 K.cals.

It must be remembered, of course, that workouts are usually a mixture of

strokes and distances and vary in their degree of effort; however, such Tables can be of use in gaining an estimate of the extra energy you are using up. More will be discussed in detail in a future article on swimming and weight control.

Calorie or Joule?

Both terms are measures of energy. The kilocalorie was the measure used in previous times and was usually referred to as merely the calorie. The updated measure is the kilojoule or the joule; to convert kilocalories to kilojoules, multiply by 4.186. I agree it is confusing, but hopefully the literature will catch up with the terminology and standardise all tables etc, and that in time we will be able to think in terms of 'joules'.

Fibre in the Diet

It has only been in recent years that there has been a re-awakening of the role of fibre in the diet. Fibre provides roughage which aids the rhythmical contraction of the intestinal tract and hence is seen as an aid to digestion and elimination. With the changes in the Australian diet due to the availability of highly processed foods, take-aways and the like, the dietary fibre has decreased. This perhaps can be seen by the increase in need for laxatives. Getting the fibre back into your diet is important from a nutritional aspect. Our low fibre diet is also believed by some to cause cancer of the colon. Evidence of this, however, is mixed at this stage. Fibre is generally found in foods of plant origin, especially the grains, beans, peas, nuts, seeds and vegetables, especially green leafy ones. The National Heart Foundation recommends eating high fibre foods. Fibre is also another reason why complex carbohydrates are better than simple sugar or processed foods.

Food Preparation and Nutrients

Food should be eaten in as close to a natural state as possible. The less refining the better. Food should not be overcooked; raw food is better. If using water, use as little as possible. Don't throw away the cooking water, it may contain the water-soluble vitamins.

More cutting destroys the vitamin content; the longer a food is prepared (cut or cooked) before eating, the greater amount of nutrients is lost.

Make sure you are not adding unnecessary sugar or salt to your foods.

Carbohydrate Loading

'Glycogen stockpiling', 'carbohydrate overshoot', 'carbohydrate loading' are terms that are used frequently in the sports world without people having a true understanding of what they mean. Carbohydrate loading is a technique used to maximise the glycogen stores in the body for use in endurance events of over *1 hour*. That is, it is of no benefit to swimming events under 1 hour duration. In Master Swimming, therefore, its use would be restricted to the 5000 metre swim, and for some the 3000 metre

AVERAGE ENERGY EXPENDITURE

1 kilo calorie (cal.) = 4.186 kilojoules

	Age	Weight	Height	Kilo calories	Kilo joules
Men	15-18	61 kg	175 cm	3000	12558
	19-22	67 kg	175 cm	3000	12558
	23-50	70 kg	175 cm	2700	11302
	51+	70 kg	175 cm	2400	10046
Women	15-18	54 kg	165 cm	2100	8790
	19-22	58 kg	165 cm	2100	8790
	23-50	58 kg	165 cm	2000	8372
	51+	58 kg	165 cm	1800	7535

TABLE 8 (from Katch & McArdle, 1977).

ENERGY EXPENDITURE PER MINUTE OF SWIMMING

Stroke	K.Cal. per min. per kg.	50kg	56kg	62kg	68kg	74kg	80kg	86kg	92kg	98kg
Backstroke	0.169	12.0	13.44	14.88	16.32	17.76	19.2	20.6	22.0	23.52
Butterfly (approx.)	0.24	8.5	9.5	10.5	11.5	12.5	13.5	14.5	15.5	16.6
Breaststroke	0.162	8.1	9.1	10.0	11.0	12.0	13.0	13.9	14.9	15.9
Crawl Fast	0.156	7.8	8.7	9.7	10.6	11.5	12.5	13.4	14.4	15.3
Crawl Slow	0.128	6.4	7.2	7.9	8.7	9.5	10.2	11.0	11.8	12.5
Sidestroke	0.122	6.1	6.8	7.6	8.3	9.0	9.8	10.5	11.2	12.0
Treading water	0.062	3.1	3.5	3.8	4.2	4.6	5.0	5.3	5.7	6.1

TABLE 9 (adapted from Katch & McArdle, 1977).

Award. Another factor to realise is that carbohydrate loading will not allow you to swim faster but will allow you to swim further. It is also suspected that swimmers are practising what they believe to be carbohydrate overload and it is, in fact, not. This was found to be the case with Australian Marathon runners by Burke and Read (1984). For these reasons I will outline the techniques of carbohydrate overload; however, there are some warnings and reservations about its use and effectiveness that have come to light in recent years (Nelson 1984; Hill 1982). The carbohydrate loading takes place one week before the event. There are three plans to achieve the maximum glycogen stores. This is shown in Figure I.

Plan I

Increase the amount of carbohydrate 3-4 days before the swim and avoid prolonged exercise.

Plan II

Use up the muscle glycogen with an intense swim — for example, greater than one hour duration, then increase the carbohydrate in the diet to 70-80%. This occurs 3-4 days before the swim. Increases the muscle glycogen by 100%.

Plan III

One week before, exercise the muscles to exhaustion (a swim over 1 hour and high intensity). Then follow a diet of low carbohydrate (20-30%) and high in proteins and fats for three days. Train with normal intensity and duration. Then 3-4 days prior to the event, eat a diet with normal levels of protein and fat but high carbohydrate. This improves the muscle glycogen by 150%.

Hence it can be seen that Plan III is the most advantageous in terms of increasing muscle glycogen. However, it does have disadvantages.

(1) Increased glycogen also leads to increase in water in the muscles, and can lead to stiffness and heaviness.

(2) The prolonged effort may also lead to muscle soreness and risk of injury.

(3) The low carbohydrate phase, i.e., high protein, has some unpleasant side effects, including low blood sugar, lack of energy and enthusiasm. It also produces an increase in the ketones which results in ketosis which gives the breath a distinctive odour, occasional nausea, depression, irritability and lack of appetite.

(4) Also in the high protein phase some subjects have shown symptoms of angina (chest pains) and ECG abnormalities. Hence, for the adult and especially older adult swimmer, Plan III is definitely not recommended.

(5) The long-term effects of years of using this technique have not been assessed. There have been reports of increased health risks such as increased blood fats. Hence it would be wise to critically assess the need for Plan III in Masters swimming.

The technique of carbohydrate loading as a whole has some limitations —

(1) It is only for endurance events and may be harmful to short-term events because of the extra water carried by the muscle; creates water drag.

(2) It can only be used sparingly. Used more than every 2-3 weeks it loses its effectiveness.

(3) It should really only be used once or twice per year, in the light of other disadvantages or problems.

(4) The process should be tried before competition because some swimmers may not be able to tolerate this manipulation in diet.

(5) If, in an effort to achieve a high carbohydrate diet, sweets, soft drinks and sugars are used, nutritional deficiencies may occur.

(6) There is some suggestion (Nelson 1984) that excess deposits of glycogen in the muscle may cause damage to the muscle fibre. He also points out that this effect on the heart muscle has not been evaluated.

Thus, in summary on carbohydrate overload; swimmers should use this technique sparingly, reserve it for special endurance swims; Plans I and II only are recommended. *Plan I, even though* it has a less increase in glycogen, is the *preferred method.*

Note: Even though alcohol is a source of energy, it should be excluded as it promotes the synthesis of fat in the body rather than glycogen.

Also remember, carbohydrate overload is not for everyone.

What to Eat Before a Swim

Your pre-swim meal shouldn't be thought of as that magical source of strength, speed and energy that is going to help you achieve greater heights of performance. Remember your preparation in training and your overall diet will have already determined this. Contrary to what is believed, this pre-swim meal does not supply energy for the race; this has already been stored. The major purpose of this meal is to prevent hunger without causing nausea. The recommended pre-swim meal is one which is low in protein and fat and high in car-

THE THREE PLANS FOR CARBOHYDRATE LOADING

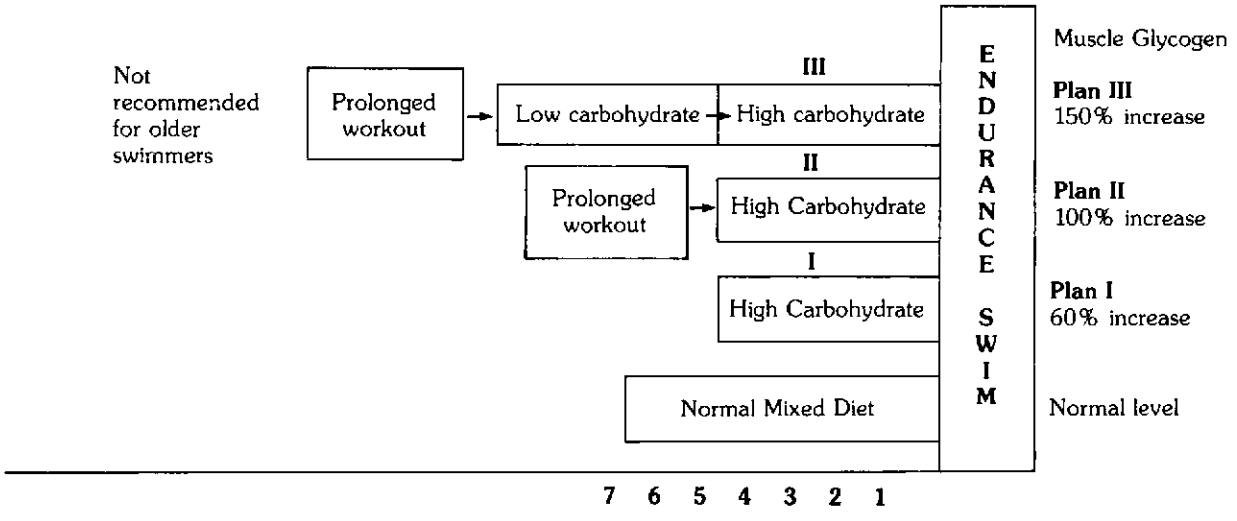


FIGURE I
Plan I the only one considered appropriate for the average swimmer in endurance events (over 1 hour).

bohydrate. The carbohydrates that are ingested prior to the swim will be digested and made available after the swim to replace glycogen stores that were used up.

The old practice of having a steak or other high protein foods before an event is quite unsatisfactory because —

(a) it does not supply energy for competition;
(b) it is hard to digest and may not even be available for many hours after;
(c) it can cause nausea before and during races;
(d) its metabolism results in fixed acids which can only be excreted by the kidneys and kidney function is reduced during exercise;
(e) it draws water for excretion which could be better used for sweat;
(f) protein foods remain in the stomach for longer and the pressure on the diaphragm may be detrimental to performance.

Foods high in fat should also be excluded from the meal as fats take the longest time to be digested and evacuated. Maximum blood supply should be to the muscles and not being used for digestion during a swim. This may also interfere with respiration and place excessive stress on the circulation when they are eaten within two hours of heavy exercise, reported in Maglischo (1983).

The pre-swim meal should be eaten at least three hours before the swim to allow for sufficient time for digestion, as it is important to have as little food in the stomach as possible. The meal should be light, containing only 500-800 k.calories. Highly spiced foods and gas-producing foods should be avoided. Foods such as cucumber, onions etc. can be very unpleasant when participating in an event. Also, a warning when selecting your carbohydrate foods you must be careful to select according to your own digestive habits and your pre-swim 'butterflies'. That is, if you are usually nervous before an event and the reaction is a need to empty your bowels, then it would be wise to go easy on high fibre food.

Remember carbohydrates should be in starch forms, not sugars, otherwise you may induce a drop in blood sugar at a time when the muscles need it to supplement their energy supply. So, no lollies, honey, glucose dextrose, etc. at least 1-2 hours before the event.

Carbohydrates may be in solid or liquid form. There are several liquid carbohydrate meals on the market which will provide a good pre-swim meal. Check the contents on the label and make sure you try it out before the swim, to make sure it is palatable and it agrees with you. For those people who enjoy eating food, careful selection of carbohydrate foods to suit your needs and tastes is just as effective. The liquid meal has convenience as an advantage, particularly if you are eating away from home; however, with forethought and a little planning, you can

prepare just as adequate meals.

Some swimmers have their favourite pre-swim meals and this has certain psychological advantages. Provided these meals are not contrary to the principles outlined, then there should be no harm in using them. Suitable foods for the pre-swim meal are —

(i) Breads and cereal
(ii) Lean meat and salad sandwiches
(iii) Cooked vegetables, potatoes etc.
(iv) Salads
(v) Fruit and fruit juices.

Make sure ample fluid is included.

Care should be taken to see that if meat or fish etc. is included, even in small amounts, they must be lean. If you are in doubt, leave them out.

Post-Swim Meal

After the swim the appetite may be depressed for a short time, and you may not feel like eating. You should, however, take fluids and after rest the appetite will increase. The meals that follow are important, particularly if more events are to follow one or two days later. This meal should be similar to the pre-swim meal, high carbohydrate, balanced and palatable. Costill (1978) claims the food should be taken soon after competition to allow the maximum time for glycogen replacement.

Food Intake in Training

Swimmers in hard training should eat frequently during the day to replace glycogen, fat and other nutrients used in training. There should be a minimum of three meals; however, five or six are better. However, this doesn't mean extra food, but that the food is spread over more meals. If you are doing a workout before breakfast, a liquid or semi-liquid carbohydrate meal may be an alternative and have a normal breakfast after, remembering to adjust the energy intake in the other meals. The same principles in selection of food apply as for the pre-swim meal. Through practice you will find the types and amounts of foods that suit you best.

Fluid Intake

As said before, water is an important component of the body. Where profuse sweating occurs in prolonged strenuous exercise and fluid is not replaced, dehydration will occur. The effects of dehydration are:

(i) Fatigue
(ii) Deterioration in performance
(iii) Increase in body temperature.

Dehydration can result in heat cramps, heat exhaustion and heat stroke. Dehydration in swimmers is not as great as for land-based athletes, as the cool water absorbs the heat and hence the sweat rate is reduced. However, swimmers do sweat when they train and swim in long events and hence lose more fluid than the average person. The exact amount is not known and the recommendations made for swimmers are not precise, but it is certain that extra fluids should be included in the diet. Maglischo recommends 4-8 litres of fluid per day, half of which comes from food and the rest made up by drinking 6-10 glasses of water, juice, milk etc.

Fluid supplements are needed during competition days, especially if it is hot; don't be misled by the myth that drinking fluid will slow you down. Dehydration most certainly will. Older adults are more susceptible to dehydration, and special care must be taken. Perhaps serious attention should be given to the 5000 metre swim and allowing fluid replacement during the swim.

Rules for Fluid Replacement

(Morton, 1982)

1. The water should be cool but *not cold* (5-10°C); cold water can cause cramp and pain.
2. The drink should not be fizzy or gaseous, as this leads to discomfort.
3. Before the event (10-15 minutes) drink 400-500 mls. The drink sould have less than 25g glucose per litre of water, less than 10m.Eq. sodium and less than 5m.Eq. potassium per litre of solution.
4. Drinks should be taken in small quantities, i.e., 'little and often'. About 100-300ml every 10-15 minutes and at that rate 1-1½ litres per hour can be replaced. For swimming this is more than sufficient.
5. Thirst is not a good guide to fluid needs, as thirst is quenched before fluid needs are met.

Salt is also lost in the sweat and salt balance must be kept, just like water balance. Normal salting of food (7-15 grams per day) is seen as sufficient; however, with the promotion of low salt diets, special consideration may be necessary for extreme heavy work in extremely hot environments. This is unlikely to happen in the Master swimming programme. One way to measure fluid loss is to weigh before and after, as the loss in body weight will be the fluid lost; if more than 3 litres (3kg) then salt plus fluid must be replaced.

With extreme sweat loss the body's salt level may be aggravated by too much water only and may produce cramps, especially in the legs. Salt therefore is indicated. This can be done in the form of salt tablets. However, high concentrations tend to irritate the stomach, causing

nausea and vomiting. Salted drinks offer a better alternative; the recommended formula is:

½-1 grain salt
1 litre water
lemon juice or flavouring to hide the salty taste;
less than 25 grams of glucose.

The commercial fluid replacements have been found to be much too concentrated and need to be diluted in some cases by four times as much water. Check the labels. Remember, replacing water is the primary concern and replacing salt secondary, but still important.

In theory fluid replacement in the 5000 metres is certainly desirable. However, the practicalities of drinking while swimming need to be looked at seriously, as it will be difficult to convince swimmers to slow down to take a drink and stopping to do so is against the rules. Food for thought! Definitely room for some investigation.

Caffeine

In endurance events it has been found that caffeine (2-3 cups of coffee) taken 60 minutes before an event is advantageous, reported by Morton (1982). The caffeine has the effect of mobilising and using free fatty acids before using glycogen, and will lengthen energy supplies. Once again, however, this is of no value for sprint swimming events.

Conclusions

Physical training increases the nutritional requirements of total joules (calories), proportion of carbohydrates, thiamine, riboflavin, niacin, iron, water and salt. A conscious adjustment needs to be made to increase supplies of foods that supply these in the diet. Examine your diet and determine whether it is balanced, and examine the intensity of your exercise. Any eating that promotes obesity, semi-starvation, dehydration and excess vitamin supplementation is counter-productive to swimming training. The pre-swim meal is best if it is a normal, well balanced meal based on the swimmer's preferences taken at least three hours before the swim, with water taken freely in hot weather. The Master Swimmers' diet should be one you can maintain easily and should fit in with your lifestyle, and you should be very analytical of so-called swimmers' diets and fad diets. Examine these in the light of the principles outlined here, but remember so-called diets usually lose their appeal quickly. A well balanced diet is the best guide to good nutrition.

SUMMARY

1. Your diet is all the foods you eat.
2. Your diet should be part of your lifestyle and should be one you follow for 365 days per year.
3. The swimmer's diet should be the same as the average persons, a balanced diet but more of it to meet extra needs of swimming.
4. The nutrients in food are:
   (a) **Carbohydrates**
   (b) **Fats**
   (c) **Proteins**
   (d) **Vitamins**
   (e) **Minerals**
   (f) **Water**
5. Carbohydates are made up of:
   (a) Sugars — simple forms
   (b) Starches — complex carbohydrate
6. Carbohydrates should make up 50-60% of the diet.
7. When increasing carbohydrate intake, it should be in the form of complex carbohydrates, not sugars.
8. Fats are either saturated or unsaturated.
9. Fats should compose 10-15% of the diet, which means a reduction for most Australians.
10. Unsaturated fats should be substituted for saturated fats.
11. How cholesterol foods should be selected.
12. Protein should make up 10-15% of the diet.
13. For adults 1 gram of protein for every kilogram of body weight daily is sufficient.
14. Vegetarians must be sure to eat all the essential components of protein.
15. Vitamins are essential to the body.
16. In a balanced diet, vitamin supplements are not needed.
17. Minerals in small quantities are essential.
18. Mineral supplements are not required in a balanced diet. The exception with some women may be iron.
19. Some salt replacement will be needed in extreme exercise in extremely hot and humid environments.
20. Water is essential and must be taken before and during swim meets.

Part II

21. The balanced diet consists of foods from the five food groups daily.
    (i) Milk group
    (ii) Meat and alternatives
    (iii) Fruit and vegetables
    (iv) Bread and cereals
    (v) Butter and margarine
22. To maintain body weight and for best performance, energy intake

must be balanced with energy output.

23. Food should be eaten in as close to its natural state as possible.
24. Performance in endurance events over 1 hour may be enhanced by the technique of carbohydrate loading.
25. This technique should be used sparingly and reserved for a special event.
26. Plan I is the preferred carbohydrate loading technique, if it is to be used at all.
27. Carbohydrate loading is not appropriate or of any use for sprint swimming.
28. Although the pre-swim meal is important, performance depends more on the diet of the previous week.
29. The pre-swim meal should be
    (a) high carbohydrate, low fat and low protein.
    (b) About 500-800 k.cals.
    (c) Eaten about 3-4 hours before the event.
    (d) Not contain spicy or gas-producing foods.
    (e) Should be palatable.
    (f) Can be in liquid form.
30. The post-swim meal should be high in carbohydrate.
31. During periods of hard training, meals should be small but more frequent (5-6 per day).
32. The calories (joules) taken in should not exceed the calories expended, otherwise body fat will be the result.
33. Caffeine in the form of 2-3 cups of coffee 60 minutes before the event has been found to improve performance in endurance events.
34. No single food or food group contains all of the nutrients in sufficient amounts to maintain life. A wide selection of foods in the diet is recommended.
35. Sugar foods such as honey, sweets, chocolate, should not be eaten within an hour of a swimming event, as low blood sugar will result.
36. The Master Swimmer's diet is similar to the non-swimmer. It should be balanced. An examination of your diet is necesary. The Master Swimmer's diet should promote over-all health and well-being, and contribute to good lifetime nutritional practices.

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Recommended Reading

Choice Magazine — "Vitamins", May 1984.

National Heart Foundation of Australia:

1. Food Guide (Free)
2. Diet and Heart Disease (Free)
3. Planning Fat-controlled Meals (Free)
4. Guide to Losing Weight
5. Guide to Exercise. A.C.T. 1982 ($4)
6. Guide to Healthy Eating. Melbourne 1982 ($5).

meet some of our

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Swimming — Royal Life Saving Society Bar to Bronze Cross, Instructors Certificate, Austswim Certificate.

Summary Swimming Experience

Learned to swim age 10 began competition swimming. Swam, club — interclub and State level for 11 years. Taught at club level from 14 to 17 years. Coached from 18 to 21 years with professional coach. Taught swimming for Education Department 1967-71. During 1971-1973 coached Bayswater Swimming Club. Taught swimming at High Schools 1970-1973. Lectured swimming course Churchlands College 1974-1979. 1977-1984 became involved with AUSSI Masters programme. 1977-78 Vice President AUSSI Carine W.A. 1979 State Registrar and Recorder. 1980/1981 State Fitness and Coaching Director. 1981 National Swim Co-ordinator. 1982-84 Fitness Health and Research Sub Editor AUSSI Magazine. 1984 Co-ordinator at Swimming through Life Programme for over 50.

Kay was also the Co-ordinator of the Committee to establish the need for a Shire Pool in Kunanurra. This committee had to fight apathy and prejudice to establish the need to the Councillors and many townsfolk. They also were involved in fund raising to the tune of $20,000. The pool will become a reality by mid 1985.

Kay's articles have been very popular within the Masters organisation. Many of her fine researched works have been reprinted by Canada's 'Wave Lengths'. All readers of 'Swimming in Australia', not just the Masters will learn something of benefit from Kay Cox's Health and Fitness.

writers:

GARY STUTSEL

Gary Stutsel was born in Sydney in 1939. A late starter by today's standards, he started swimming competitively at 14 and was a NSW Championships finalist from 1953-58 in 100m and 200m breaststroke events. Having missed 1958 due to a serious accident which resulted in the loss of his left knee-cap, Gary returned in 1960 to win the NSW 100m breaststroke and finish 3rd in both the Nationals and the Rome Olympic trials. Gary continued to swim and play waterpolo until his marriage in 1966 to Audrey. During his swimming career he won district, All-Schools, Australian Universities individual events and was a key member of many record breaking relay teams.

Returning to swimming in 1974 as the father of Matthew (1969), Melissa (1971) and Melanie (1975), Gary was a founder of AUSSI Adult Swimming and its first National Secretary (1975-81). After directing the 1st Pan Pacific International Masters Swim in 1981 Gary resigned to concentrate on his part-time studies in business at the NSW Institute of Technology, where he obtained a Graduate Diploma in Administration (Credit level) in 1984. Having worked as a self-employed pharmacist for 20 years, Gary is now employed by Parke Davis and is currently President of Masters Swimming International (MSI) the coordinating body of international masters swimming. Inspite of restricted training due to studies Gary swam 4th in the Christchurch MSI Championships and was a member of Cronulla's record breaking 160 plus men's 200m freestyle relay team.

KEVIN BERRY

Born Sydney 10.4.1945

Kevin began swimming at the old Brighton Le Sands Baths at the age of 5 years. He then swam for his school De La Salle College, Marrickville and due to the interest of his sports master Brother Dominic, began training with a professional coach at Victoria Park.

Kevin's interest in competitive swimming was heightened by Australia's golden era in the 1956 Olympics. He joined Pyrmont A.S.C. and it was during an inter-club meet that Kevin came to the attention of Don Talbot. Talbot, mentor of the 'Konrads Kids' invited Kevin to train with his squad as a specialised Butterfly swimmer.

1960 the Olympic year, saw top match races between Kevin and his friend and rival Neville Hayes, Kevin finishing second to Neville in all events. His times gained him selection in the Olympic team and he went to Rome. Rome proved a tough testing ground for the 14-year-old!

In 1961 Kevin set his first World Record for 220 yards fly. The following year Kevin was both State and National Champion winning the fly events in World Record times.

The Commonwealth Games in Perth were Golden for Kevin Berry, he won the 110 yards plus the 220 yards butterfly and swam the fly leg of the successful 4 x 110 yards medley relay.

Kevin's career peaked in 1964, again State and National Butterfly Champion for 100 and 200 metres fly — the 200 metres in the World Record time of 2.06.9. He went to Tokyo and further reduced his own record to 2.06.6 (World and Olympic) in winning Gold in the mens 200 metre fly. (It took 20 years for Australia to regain that prestige again in World and Olympic time). Kevin also swam the fly leg of the mens 4 x 100 metres medley relay, to add an Olympic Bronze to his medal collection.

Studies then took over as Kevin returned to Indiana University, where he continued to swim, however, he retired from competition in 1968.

Now, the Pictorial Editor of the Sydney Morning Herald, Kevin is happily married to Julie and has two young children, Laura (12) and Luke (10). His interest in Australian Swimming is still active, and we look foreward to his contribution to SWIMMING IN AUSTRALIA.

JOHN KOOREY

Born Sydney in 1944
Married with 2 children

Koorey began Marathon Swimming when he swam in the original three mile races at Manly Harbour Pool.

He then swam in the Magnetic Island to Townsville swim, distance approximately 5½ miles in 1963. He participated 6 times and was 3 times successful.

John then went to England and in 1969 became the first Australian male to cross the English Channel — his time 10 hours 32 minutes.

In the World Championship Race series in Canada in 1968 he finished second and fourth in 2 races.

John is also a surfer and has represented his club Manly and NSW at many titles.

In 1981 unable to resist the lure of a challenge John came out of retirement to swim the Cook Strait in New Zealand. He completed the distance to be the first Australian to make the crossing, doing it in the record time of 5 hours 37 minutes. This record still remains not even the Kiwis can beat it. John is surprised that he is still the sole Australian to have made the distance, however, he feels that this distinction, and the record must be broken as the interest in Marathon Swimming develops.

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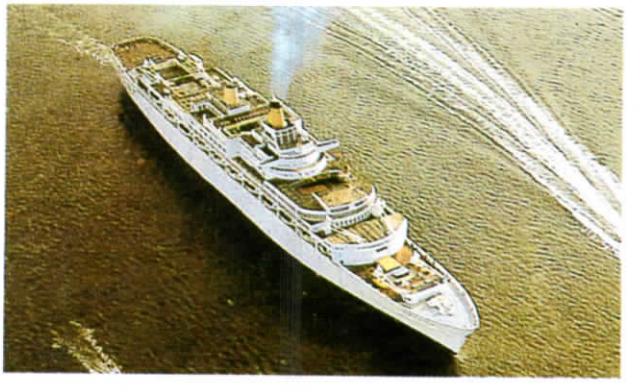

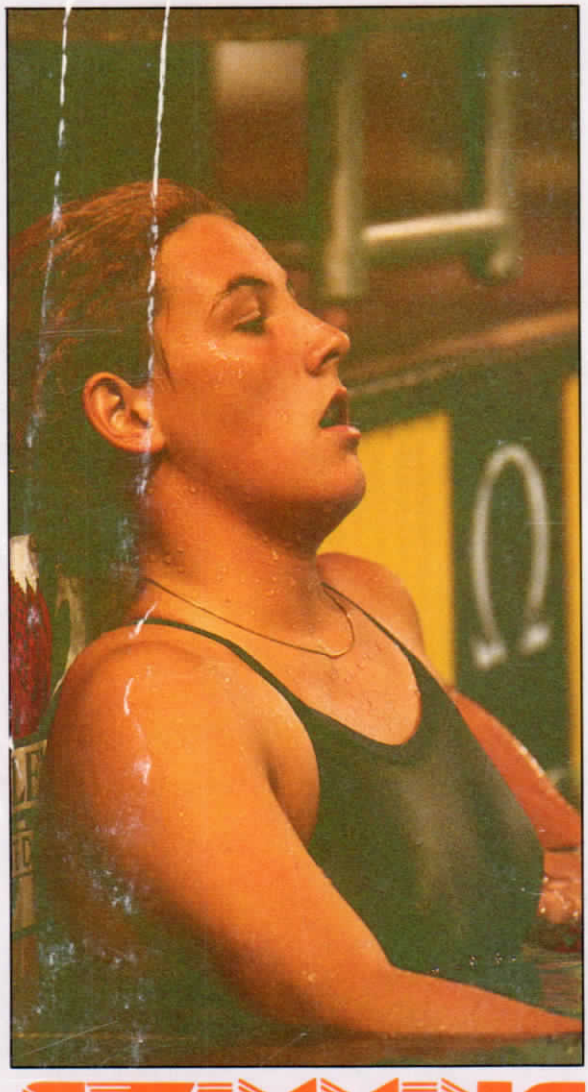

SWIMMING IN AUSTRALIA