

SWIMMING IN AUSTRALIA

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**1985 -
A Year
of Challenge for
Australian
Water Polo**

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... New Talent
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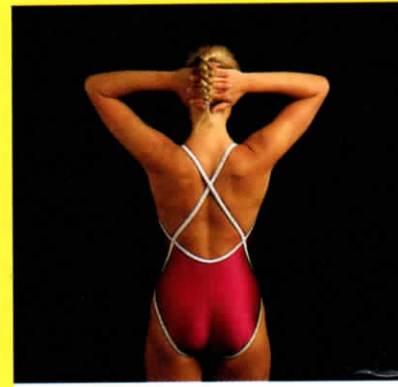
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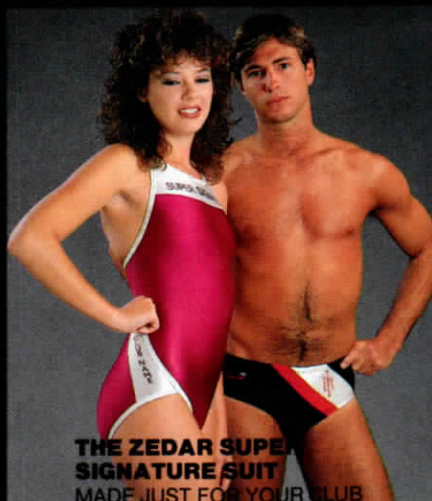
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Carol A. Davis.

Editorial

Thank you to the many people who wrote or phoned to say how much they liked the look of, and enjoyed reading the first volume of SWIMMING IN AUSTRALIA. The kind words have been much appreciated, however, all of us involved in Swimming In Australia have had one thought for this June volume, 'improvement'.

One of the improvements is the appointment of an Assistant Editor. Graeme Brewer joined Swimming In Australia in May. That gave him very little time to work on what will be a special project for him, that is, looking at Australian Age Group Swimming. Graeme has written an introduction to his column to be known as 'What's Brewing', then profiled two very promising young Australian swimmers.

Just in case there are some readers who don't recognise Graeme's name, Graeme Brewer has represented Australia on numerous occasions, highlighted by his Olympic Bronze in Moscow in 1980 and the Gold for the 4 x 100m F/S Relay at the Commonwealth Games — Brisbane 1982. Graeme has written an open letter to Swimming in Australia readers, telling how he became involved in swimming.

My aim with the competitive swimming panel is to gather together people with special expertise, so we will be able to interest and inform you. Kevin Berry will continue to contribute with his speciality articles and while Graeme's role at Swimming In Australia is a major one, he plans to continue his involvement in the Coaching Camps. That will keep him in close contact with our young swimmers of today, and tomorrow's future champions. Mark Morgan is the latest to join our panel, Mark will focus on what's happening overseas, so don't miss our September journal which will contain an up to date International Round-Up. Add that to the fact that a representative of Swimming In Australia will cover the major meets on the swim calendar, I think we can confidently claim that 'we've got it all'.

'When', I was asked, 'will there be something about Water Polo?' Well, you won't be disappointed, Geoff Winterton has written a most comprehensive report which is highlighted with photographs taken by Vedat Acikalin. Likewise, Synchronized Swimming makes its debut this issue.

The Australian Diving Team are on their way home after competing in the F.I.N.A. World Cup in China and the Pan Am Mex in Fort Lauderdale, U.S.A. At the airport reception before they left, the team were very relaxed and confident. It was no surprise to hear of their 4th placing in the World Cup, a magnificent effort, congratulations. Jack Sander's full report on the Championship is on page 34.

It's going to be a big year for Marathon Swimming. King of the Channel, Des Renford plans another crossing, he's also acting as advisor to Cyril Baldock, who will be attempting his first channel crossing. Cyril had a 'warm up' of 50 laps of Bondi Beach last April. I was invited to a 7.00 am (yes, AM) launch party a few days beforehand. Despite the wet, windy, miserable conditions, Des and Cyril still went into the water to do their stuff for the TV cameras and photographers. Then it was breakfast time, king prawns, bread and butter and beer, that was a new experience for me.

August is certainly a busy month. I'm off to Tokyo to cover the Pan Pacific Meet for Swimming In Australia, while Gary Stutsel who is President of Masters Swimming International, travels to Toronto for the Masters Games. Gary, in his official capacity will preside over the M.S.I. Conference. We could see significant changes, as since the successful Masters International Championships in Christchurch last year (1100 competitors from 16 different countries), F.I.N.A. has decided that the Masters movement is alive and well, and that they want a piece of the action. Apart from competing in the breaststroke events, where he is a potential medal winner in his age group, Gary will return with a full report on the Games and in particular the swimming and diving. Speaking of Masters, read about the AUSSI Nationals on page 9.

Late in April, Swimming In Australia received a request to sponsor a Swimathon to raise funds for the NSW Sports Council for the Disabled. It was a

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great feeling to find the funds and be able to help such a worthy cause. Our fun challenge relay of four AUSSI swimmers, named the KEEN MACHINE, swimming against the mighty MEAN MACHINE, proved a real winner, and caught the imagination of many. I really appreciated the co-operation I received from both teams, the boys were terrific, also Jon Pratlett of the Sports Council and Val Dorrington, AUSSI - NSW. My thanks also to Cyril Baldock of Spank Sportswear, and Dri-Glo Towels who made it possible to provide tracksuits, costumes and towels to all team members plus Graeme and myself.

The real winners were the disabled sports men and women. However, I know the AUSSI swimmers enjoyed the opportunity to swim some of their distance events and chalk up aerobic points towards the State and National Aerobic Trophy. It might also be worth noting that Neil, Greg, Michael and Mark, with Grant Kenny and Lisa Curry haven't turned down too many requests for charity appearances.

This June volume is really a bumper issue, with highlights of the Australian Open and Age Group Championships, along with profiles and coaching information which I am sure you will enjoy.

Good reading.

Carol Davis
Editor

STOP PRESS

F.I.N.A. Recognises Masters Swimming World Championships in Australia 1988 Sanctioned

The President of Masters Swimming International (and regular contributors to S.I.A.) Gary Stutsel, returned this month from an unexpected meeting in the U.S.A. between F.I.N.A. and M.S.I. officials. Mr Stutsel brought with him an agreement between F.I.N.A. and M.S.I. Technical meetings to iron out certain rules and standards differences are still to be held, but the basic agreement on the aims of Masters Swimming has been reached.

Mr Stutsel was assisted by the Directors of M.S.I. Asia and Europe Kusuo Kitamura and Brunello Graya. Messrs Stutsel and Kitamura were delighted with the sanction of the next two M.S.I. Championships — 1986 in Japan and 1988 in Australia. Despite the very successful Championships hosted by New Zealand in April 1984 the title was changed from World to 'International' so the following Championships will be known as the F.I.N.A./M.S.I. first World Championships — Tokyo, Japan 1986 and the F.I.N.A./M.S.I. second World Championships Australia 1988.

AUSTRALIA

A photograph showing several water polo players in a pool. They are wearing white caps with earflaps. The water is splashing around them, and they appear to be in the middle of a game. The background is slightly blurred, focusing on the players in the foreground.

The Emerging Power in Water Polo

BY GEOFF WINTERTON



Water polo began in England a little over a hundred years ago.

Manchester's Osborne Club won the first Olympic Gold medals in 1900, and the National team the next three — 1908, 1912 and 1920. At St. Louis in 1904, only US club teams competed, under Rules different even for that day, though that competition makes Water Polo the oldest continuous team sport in the Olympics. England provided the first three of Water Polo's five triple Gold medalists — George Wilkinson, Charles Smith and Paul Radmilovic, who added a fourth gold medal in the 4 x 220 yards Freestyle relay in 1908.

France took the gold at home in 1924, but since then the strength in world and Olympic polo has been further to the East — Hungary, Yugoslavia, Germany, Italy and more recently the USSR. The game is now played in all continents, with women taking up the sport in many countries.

Hungary, with a medal in every Olympics from 1928 to 1980, has the greatest record, and some of the most outstanding individuals. Gyorgy Karpati — golds in 1952, 1956 and 1964, plus bronze in 1960 — is surpassed only by teammate Dezso Gyarmati, who added a silver in 1948 to that record, and went on to coach the national side to further gold.

The USA's silver medal at Los Angeles in 1984 is (apart from 1904) the best result for a country outside Europe. They had previously won bronze, including in 1924, Johnny Weissmuller adding to his three Swimming golds at those games.

Beginnings in Australia

What of Australia? Fifth in Los Angeles was our best ever Olympic result, but how has the game developed in this country?

The NSW Water Polo Association dates back to 1929, but inter-club competition started earlier, at least in Sydney. Research done for last year's centenary of Sydney's Balmain Club, long a force in Swimming, Water Polo and Life-saving, indicated the game may have been played here before the turn of the century, not very long after its "invention" in England.

Water Polo today is far removed from the way it would have been played in 1900, 1929, or even 1956, when the Olympic Games "battle" between Hungary and the USSR took place in Melbourne — perhaps Australia's best known match, and an inaccurate picture of the game even for that time.

Rule changes — and there have

been many — have improved the game for both speed and skill. Modern Water Polo requires combining swimming ability and fitness with two sets of skills — individual for ball handling and water movement, and team for game plays and tactics. A simple comparison is Water Polo is to Swimming what Football is to Running. To reach the top — and stay there — requires developing those skills, and full time dedication and considerable personal cost in what, in Australia, is very much an amateur sport.

Australia's fifth in Los Angeles showed that we have a small number of people with those skills, and that dedication. But, as for any sport, they are the tip of an iceberg.

Perhaps surprisingly, more people play Water Polo in Australia than in most other countries, even the historically strongest countries. There are extensive school competitions, especially in NSW, and at Club level the Sydney summer competition, with 109 teams in nine men's grades and four women's grades last season, is believed to be the world's largest.

Water Polo in Australia has long catered for wide participation, rather than be competition for only a selected few, as frequently happens in other countries. Our extensive competitions accommodate the top players, as well as social players and beginners — there is a wide range of interests to be met in the one structure!

As with most Australian team sports, there is national championship competition. This goes back, at least formally, to matches between NSW and Victoria starting some 35-40 years ago, with open men's teams only. This season's Nationals, in Melbourne in January, had seven teams each in Open Men's and Open Women's, and six in the Junior Men's event (Northern Territory are still developing their Juniors). In addition to the National Championships, there are the National Club Championships, Interstate Tournaments for Junior Girls and for Country Open Men's and Women's teams and, very importantly, the National Schoolboys and Schoolgirls Championships. These events provide the experience and the selection base for National teams.

Australia's steady improvement internationally over the past decade came at a time when NSW has been the leading State, and many of its players have been selected in the National Team. The National team has

been able to overcome, at least partially, the tyranny of distance through team members being from most states, partly through the strong NSW presence and also through a number of leading players maintaining their interest and incentive and staying at the top.

Best known of these — and now both retired — are Peter Montgomery, Captain in Los Angeles, four-time Olympian with over 500 international games for Australia, and Charles Turner, his successor as Captain for the Australia Games, triple Olympian and long considered one of the world's best attacking players. Fortunately neither is lost to the sport, with Peter now the Secretary of FINA's Technical Water Polo Committee, and Charles the Coach of the AIS Water Polo Squad in Canberra.

Long linked with them, in NSW and National teams, have been Andrew Kerr, now national captain, and goalkeeper Michael Turner, Charles' brother. All four were amongst the select few recipients of awards from the NSW Association for ten years membership of the State team, a period in which the National title has been lost only once.

However the ninth successive title, in Melbourne this year, did not come easily, in contrast to 1984 when a superlative start put NSW 7-1 ahead of Western Australia half-way through the second quarter. With Charles Turner outstanding in attack, the final result was 16-5.

The first surprise in 1985 was the opponents — Queensland had unexpectedly beaten WA in a tough preliminary final, after having lost to them in the tournament rounds. The next surprise for NSW was Queensland taking an early two goal lead, and then continuing to frustrate NSW's fast breaking counter-attack. The half-time margin remained two goals (4-2 to Queensland), and goals proved hard to come by for both teams. NSW drew level, but Queensland's Peter Bagster scored in the last quarter to put Queensland back in the lead, until Charles Turner was successful for his first and, unusually, only time in the match. Scores remain level and the last minute was almost half gone when the NSW double Olympian Robert 'Rock' Bryant showed why he is regarded as one of the game's most skilful players, deflecting a pass to him, in the heavily marked centre-forward position, into the top corner of the net. To their own, and their supporters great relief, NSW held Queensland out for the remaining half

minute — the only time NSW had led in the match.

Water Polo for Women

Women's Water Polo competition in NSW dates back some 20 years, but it was a few years until interstate competition began, with official National championships not until the 1970's. International competition took a while longer; by the second half of the 1970's Australia was one of the pioneers, its opposition being USA, Canada and Holland. Over many years and many competitions, Australia managed to defeat all of these opponents — but never to link the victories together and run out tournament winners. However, the pioneering efforts had been rewarded by inclusion of a tournament with the World Cup competition at Guayaquil in Ecuador, the FINA recognition of tournaments, and most recently by full inclusion of women's Water Polo in the programme for Madrid in 1986.

For that tournament, a major qualifying event was the FINA Cup held in Los Angeles in 1984, just prior to the Olympics. This at last became the occasion for Australia's breakthrough to the top spot, defeating Holland, the USA and New Zealand.

For Australian women's Water Polo, there are many similarities in background to the men's — competition structure, school involvement, representative opportunities. The further similarity is that a small number of top players have continued in the game, at representative level, and so provided the necessary experience which has supplemented the abilities of those who have risen quickly through the junior ranks. As in swimming, women Water Polo players are on average younger than men and leave the sport earlier, so the continued role of the experienced players has been of great importance.

At State level, after many changes in the first few years, Queensland and NSW have become 'regular' Grand Final opponents, with Queensland successful for the past two seasons. However, competition remains close — NSW defeated Queensland in the major semi-final in 1985, so that Queensland had to win through the preliminary final to challenge to retain their title, while NSW had been hard pressed to beat Victoria in the preliminary rounds.

Juniors and Schools

At the National Championships, there is only a championship for Junior Boys (U/19). This is not because of

chauvinism in Australian Water Polo, but a reflection of FINA's Junior World Championship for that age group; as yet there is no corresponding Girls' event, but perhaps in the future?

As would be expected, the National Junior title is rarely held by any State for a long time. For the past two years Victoria, led by a few particularly skilled players, has been successful. Next year, they will all be too old, and any of four States — Victoria, Queensland, WA or NSW — might win.

For junior girls, the Interstate Tournament held during recent years has been the stepping-stone for many to State team representation, and for some to National team honours. NSW has been the most successful in recent years, but the 1985 tournament, scheduled for Perth in September, could see strong challenges from Queensland and the home state.

The narrow margin between

Queensland and NSW in women's Water Polo was well demonstrated at the junior level in the Grand Final of the 1985 Schoolgirls' title, a grafting 7-6 win to NSW. In contrast, NSW was far too strong in the Schoolboys tournament, easily winning all matches including the Grand Final.

Looking Forward

Australian Water Polo has reached world standard, and the game is increasing in popularity throughout the country. The aims must now be to encourage that growth in participation and, at the same time, encourage the development of top level skills so that the standard is maintained. These challenges will not be easy and must necessarily involve administrators as well as players, and also referees — with many often involved in more than one of these roles.

1985 — A Year of Challenge for Australian Water Polo

In the past, Water Polo had a four year cycle — build, retire, rebuild — linked to the Olympics. But the Olympics is only for the open men's team, and for them there are now many increasingly important tournaments (including as qualification for the Olympics) within each four years. A strong team must be developed and maintained, even though rebuilding will be inevitable from time to time.

The first challenge for 1985 for the open men's team was the retirements of Peter Montgomery and Charles Turner, and — at least for 1985 — the unavailability of Michael Turner, Robert Bryant and Russell Bassar. It was not long before the first steps in the process were taken. After two weeks of hard competition, at the National titles in Melbourne followed by the Club Championships in Canberra, the National squad returned to Melbourne for the first Australia Games.

Australia Games 1985

Water Polo was a high profile sport in the inaugural Games in Melbourne in February, with the competition between four full national teams — Australia, USA, People's Republic of China and New Zealand. The USA had many

retirements from its silver medal Los Angeles team, so was heavily into the process of rebuilding, but the PRC team was little changed from their 1984 Olympic squad.

Australia had never defeated USA in a tournament, and customarily was hard pressed to defeat China, so prospects were for a tough competition. Australia had the easy start, defeating New Zealand 19-5 in the first round, while USA was closely pressed by China, recording a 9-7 win. A win in the second round, against China, would thus put Australia into the final against USA, and the very satisfying result of 10-4 was achieved. As expected USA comfortably defeated NZ 17-4. The last preliminary round would thus foreshadow the finals, and China defeated NZ 10-2, and Australia may have gained a psychological edge by defeating USA 11-7.

Whatever the psychology, these results were repeated in the Finals, China having a 15-8 margin and Australia defeating USA 9-6 for the gold medals of this inaugural tournament.

The tournament marked the retirement of Charles Turner, and was the only occasion on which Charles

captained the national side for a tournament. Gold medals were a fitting conclusion for Charles, as had been NSW's narrowly won gold medals at the Nationals two weeks previously in his year of captaincy of the State team. As in the National final, he contributed one goal, Chris Wybrow scoring three and Charles' successor as captain, Andrew Kerr, two.

Commenting later, Charles considered the deciding factor in the final was Australia's very effective defence, allowing the USA only one goal in the first half to Australia's six. To retire after captaining a team unbeaten by three full international sides was thus most satisfying.

Speedo Cup 1985

While Charles Turner may have retired, and commenced planning for his new role as AIS coach after the Australia Games, the remaining team members, supplemented by a group of improving younger players, had a brief break — for matches in their own club competitions — before moving to Canberra and then Sydney to play against and train with the USSR National team in the matches for the Speedo Cup 1985.

Regarded as the world's best team (though absent from Los Angeles in 1984), the USSR team does not base its play around outstanding individuals but on extreme fitness and fully developed individual ball skills, plus tactics of minimal mistakes and taking maximum opportunity of the opposition's errors. The two week training period with the Australians, the first week in Canberra at the AIS facility, was the longest period the USSR team had spent with any other national team for many years, and a great learning experience for the Australian players and coaches involved.

One official Speedo Cup match was held during the first week in Canberra with a clear win to USSR, 12-4; during the rest of the week there were unofficial games in the evenings and morning training sessions. Leading the Soviet scorers for that game in Canberra was Georgy Mshvenieradze, with five goals.

Though the USSR team may not rely on the particular skills of individuals — as does Spain with Manuel Estiarte — it certainly uses effectively the skills its players have. For Georgy, at centre forward, those skills are remarkable, especially leg strength enabling him to hold his position, control the ball and then twist, come up out of the water

and fire a very fast and very accurate shot at nearly point-blank range. His team membership continues a family tradition, his father Petr having come to Melbourne in the 1956 team, and also to Rome in 1960. The USSR also has progressive rebuilding, as former captain Kabanov (gold medals in 1972 and 1980) had retired, though now accompanied the team as assistant coach.

Moving to Sydney, the second Speedo Cup game on Thursday 28 February saw USSR clinch the trophy with a 14-9 win, solid defensive play in the second and third quarters enabling a 11-5 margin, the first quarter finishing level at 3-3. Georgy Mshvenieradze's three goals were matched by the very promising tall youngster, Mendigaliev, and by Markoch, whilst Naumov's deceptively fast shot was good for another two. For Australia, Chris Wybrow showed he was returning to top attacking form, after a post Los Angeles shoulder operation, with five goals. Captaining Australia for the first time, Andrew Kerr would have taken out the award for hardest working player, never stopping in either attack or defence.

The final Speedo Cup match was on Saturday 2 March, with the last unofficial match on Friday. This was to be a most important match for Australia, as it was the first time that Australia had beaten the USSR. There had been draws, twice (and a third more recently) — but this was the first and hopefully not the last, victory. Again the first quarter score was 3-3. But in the second quarter, after the Soviets had scored first, a determined final two minutes saw first a goal to captain Andrew Kerr, and then two to Peter Bagster, using his height and reach to great effect. Another goal by Andrew Kerr, a minute into the third quarter, and Australia had a two goal lead. Twice the USSR got to within a goal, but the final result was 11-9.

Again Chris Wybrow led the scoring with four, including Australia's two in the last quarter, well supported by Andrew Kerr and Peter Bagster with three each.

That win raised the question — could it be repeated in the final Speedo Cup match? At quarter time a 1-1 scoreline, with defences holding firm, but in the second quarter the USSR's number 3 cap, Prokupchuk, was successful on three occasions in finding the net to help give his team a 5-3 lead. Capitalising on both their extra man opportunities, the lead was

increased at 8-5 at three-quarter time, and three goals each in the final quarter meant an 11-8 win and a clean sweep of the Speedo Cup 1985 matches to the USSR.

The matches were excellent demonstrations of how to play Water Polo, as a team game requiring skills and fitness. The particular ball handling skills were fully in evidence — accuracy in passing, shooting, controlling the ball. For team skills, there were obviously planned moves, and there was also that element most essential to the game — all players watching where the ball was. One example of team skills was the USSR's high success rate in extra man attack, and — to Australia's further disadvantage — good success in extra man defence.

On fitness, there was of course the ability to swim fast and so create a break, or defend against it, but shown to be even more important was leg strength, necessary in those first few metres of a sprint, for changing direction, for changing quickly from zone defence to man on man, and to assist very greatly passing and shooting. The greatest example of the last point was naturally Mshvenieradze — but others were not far behind.

A last point about the USSR setting an excellent example as a team, and with the Australians equally good, was the absence of questioning decisions by the referees. Water Polo is notorious — internationally, not just in Australia — for disputing referees' decisions, and it is equally well accepted as an extremely difficult sport to referee, but the Speedo Cup matches and the unofficial games, were all characterised by accepting the decisions made and immediately getting on and playing the game.

The previous USSR visit was in 1956, for the Melbourne Olympics; Australian Water Polo enthusiasts hope we do not have to wait 29 years for the next visit.

FINA Cup 1985

The next step for the National Men's Team has been to Duisberg, West Germany, for the FINA Cup, where their opposition is the other top seven teams from Los Angeles. Prior to this tournament (being played at the time this article is written) the team has competed in Marseilles with mixed results, including a further draw with USSR, a loss to a greatly improved French side, and win over Spain.

The first few results from Duisberg are a draw with Greece (8-8), a narrow

loss to West Germany (4-5), and a win over Holland (8-6). In summary, good results for the young team which has been selected — Andrew Kerr (NSW, Captain), Peter Bagster (Qld), Don Cameron (NSW), Chris Harrison (NSW), Ray Mayers (NSW), Julian Muspratt (Qld), Richard Pengelly (WA), Russell Sherwell (Qld), Troy Stockwell (WA), Andrew Taylor (WA), Glen Townsend (WA), Andrew Wightman (Vic) and Chris Wybrow (NSW), with coach Tom Hoad and manager David Neesham (both WA).

Four of the team are members of the AIS squad — Bagster, Cameron, Taylor and Wightman — and will be in the squad's tour to Europe for competition and training later in the northern summer, while Andrew Wightman and Troy Stockwell are both in the National Junior Team.

Junior World Championship, 1985

The third Junior World Championship will take place in Istanbul in early August, and Australian coach Phil Bower, of NSW, considers this year's side is stronger than those which finished 10th and 9th in the first two Championships, also under his coaching. The Australian team defeated

New Zealand very convincingly in January to qualify, and will have a week's training camp at AIS in July before leaving for overseas competition and training prior to the tournament. As well as the AIS camp, the team will benefit from having members of the AIS squad who have been in intensive training — Andrew Wightman, Brett Dugdale (Qld), and Adam Coffey (Vic) — plus the benefits for Wightman and Troy Stockwell of their selection in the open team for the FINA Cup.

Bower expects Hungary, Yugoslavia, Spain and Italy to be strong, but finds the USSR harder to predict — winners of the first Championship, they were unplaced in the second. For Australia, the question will be whether at the junior level the Olympic placing of fifth can be reached or, hopefully, surpassed.

USA Women to Visit

The 1984 victory in Los Angeles automatically put the women's team, and also Holland and USA, into the 1986 Madrid World Championship — so they do not have to travel to La Rochelle, France, where the remaining qualifiers will be determined later this

European summer.

To fulfil the need for top competition, the USA team have been invited to visit, and have accepted, for October 1985. Present plans are that the visit will be mainly to Sydney, and that a series of three matches will be held.

While this will provide essential match practice, National Coach Ian Trent will also be taking a look at possible new opponents at La Rochelle, on his way to Israel where he is coaching Australia's Water Polo team for the Maccabian Games.

While women's water polo to date has been dominated by the four of Australia, Canada, Holland and USA, Trent is well aware of the need for women's competition to be spread to more countries if the objective of Olympic competition is to be realised. Some new countries are expected at La Rochelle, as a result of incorporation in the World Aquatic Games, and he is particularly interested in reports that Hungary, long at the top of men's Water Polo, may be there.

PLANNING CALENDAR



As a service to our readers, Swimming In Australia will provide, free of charge, space for advertisement of any forthcoming event. Our PLANNING CALENDAR will appear in every issue. Keep your membership informed.

Calendar Entry Form

Name of Event:

Date of Event:

Venue of Event:

Contact for Information or Entries:

Name:

Address:

Phone No:

- Swimming Diving Water Polo
- Synchronized Swimming AUSSI (Masters)
- Marathon Coaching Seminars Other

Please tick the appropriate box and print all information clearly, send to:

**Planning Calendar — Swimming in Australia,
Unit 10, Norberry Terrace, 177-199 Pacific Highway, North Sydney. 2060**



Mark Phillips — Outstanding swimmer of the meet

The AUSSI Masters National Swim — Canberra 1985

BY CAROL DAVIS

who covered the AUSSI Nationals for Swimming In Australia (and even managed to swim herself).

If you've never attended an AUSSI Masters National Meet, then you've still got something to experience. The participants ages start from 20+ to over 85 years with ability and style also having the same wide range. That doesn't matter, the 'Gun Swimmers' get roundly cheered for top swims with record times, as does any swimmer who makes the distance, especially when those around the pool realise it's a 'personal' achievement. Just because it's an 'oldies' meet doesn't mean there isn't intense rivalry to see who will win their age group, which club will be "Top Club" at the Nationals, even interstate loyalties get an airing as the smaller clubs cheer on the other club swimmers from their state.

The Nationals are also a social occasion, often the only time some have to meet and compete against each other. A welcoming Barbecue is always the order of the day, and more than once some wit, has declared — 'Eat, drink and be merry, for tomorrow we swim', while others clutch their heads and declare they were suffering from temporary insanity when they entered the 400 metres.

Canberra turned on the sun for the 1985 Meet or was it for the Canberra Festival? Some 521 Masters Swimmers from every state in Australia converged on the National Capital, all keen to churn up the pool at the Sports Centre. Plus this meet celebrated the 10th Anniversary of constituted Masters Swimming in Australia (1975-1985) and everyone who competed received a commemorative souvenir medal.

The swimming commenced on Wednesday 13th and went through to Saturday 16th, host Branch AUSSI — ACT were a well organised unit under the direction of Meet Director, Robin Sweeny.

It became obvious from the first event that national records would be re-written in a variety of age groups. One outstanding effort was by Mark Phillips, 20, of Toowoomba who swam a record time in every event. He was closely followed by Roger Van Hamburg, 30, of Warringah, with 5 national records. The competition was tough as in the 50 to 54 age group, Robert Barry, 53, of Leisure Coast, NSW swam 3 national records, but had to be content with a 3rd placing. However, despite a very strong, competitive field in the 25-29 age group, there wasn't one new record. Harry Fowler, 80, of Summerland (Lismore, NSW) took home the gold with three national records, and if there had been a prize for dancing he'd have won that also.

For the ladies, Frances Vorrath, 71, of North Lodge (Melbourne), swam 6 National Records to just beat her older rival from the next age group Myrtle Wright, 75, of Osborne Park, Western Australia who had 5 to her credit. Jacqui Ryan, 21, Armidale NSW, re-wrote the 50-100 and 200m Breaststroke records but still had to be content with 3rd place. The best comeback of the meet was by Barbara Wilson, 51, North Lodge, (Melbourne, Vic.), who, despite being disqualified in the 200m Breaststroke, still took the gold medal on 24 points from Marjorie Bennett, 51, Powerpoints (Melbourne, Vic.), on 23. Marjorie's silver was complemented by three National Records in the 50-100 and 200m Backstroke. Swimming by invitation in the same age group was Anne McGuire, 50, of the United States Masters. Anne swam the seven individual events for 7 first placings and set 5 National Records in the 200m I.M., 50-100 and 200m Fly and the 200m Breaststroke. Another U.S. Masters swimmer, Nadine Whitehall, a regular at AUSSI Nationals and also swimming in the 50-54 age group showed just how strong the Americans are, by swimming 2nd to Anne in the form strokes and 2nd to Barbara in the 400m and 100m Freestyle.

Team events are obviously popular, as the Relays proved, but the one the clubs

really enjoy is the Speedo Sprint, a 4x50m Freestyle dash featuring the best guys and gals the clubs can find. This year, Western Districts, SA, led by Robert Mackay took home the men's prize while North Lodge, Vic., the ladies.

Formalities at any Masters are kept to a minimum, the official opening on Friday was no exception, Mrs Ros Kelly MHR representing the Minister for Sport, Mr John Brown, officiated. Amongst the official guests invited to a luncheon were, David Brown, Executive Director of the A.S.U. and Brian Haddy of National Heart Foundation, the major sponsor of the meet.

The other 'formal' occasion is the Presentation Dinner where all the winners are presented with their medals, and the trophies to the winning clubs. Of special



*The Official Opening
by Mrs Ros Kelly MHR*

significance this year was the presentation of a Life Membership to Gary Stutsel for sustained excellence in the service of AUSSI Masters. This is the first Life Membership ever awarded at National level, and it received a standing ovation. Swimming In Australia's awards to the Outstanding Performers at the meet turned out to be popular choices, Mark Phillips and Frances Vorrath. Mark who blitzed the 20-24 records nearly didn't attend, while Frances was making a comeback to 'competitive' swimming.

The entertainment was provided by a live band called 'Rigby' who played great dance music, but unfortunately called it a night at 1.00 a.m. Apparently some of the 'adult' ragers decided to disco on at the Canberra night spots and see the sun come up on Capital Hill — Well the Masters Motto is FITNESS & FUN.

Top Club — Founders Trophy

North Lodge, Victoria

ACT Runners Up Trophy

Adelaide Masters, SA

Top Scoring Visiting Club Trophy

North Lodge, Victoria

City Mutual National Aerobics Shield

Claremont, WA

Swimming In Australia's Outstanding Swimmers of the Meet

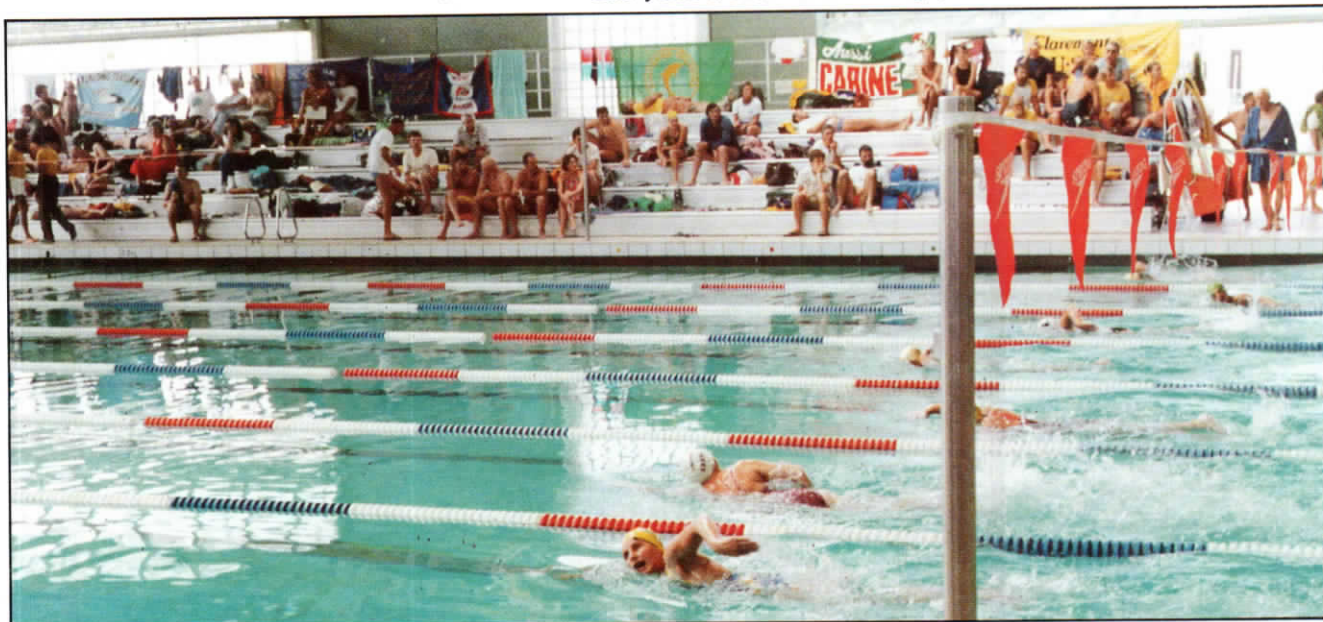
Frances Vorrath — North Lodge, Vic • Mark Phillips — Toowoomba, Qld

National Heart Foundation Trophy

Eileen Price, ACT

Relay Shields

Age groups 80 years & over — Adelaide Masters SA
 120 years & over — North Lodge, Vic
 160 years & over — Warringah, NSW
 200 years & over — North Lodge, Vic
 240 years & over — North Lodge, Vic
 280 years & over — North Lodge, Vic



WOMEN

AGE GROUP	NAME	CLUB	PTS
85-89	VERA FERNANCE	BLA	20
75-79	MYRTLE WRIGHT	OSB	24
70-74	FRANCES VORRATH	NLO	28
	MAVIS BOASE	ADL	19
	DULCIE NICOLE	QGC	19
65-69	BERYL ANDERSON	NLO	25
	LILIAN JOHNSTON	MAN	19
	MARY GARTON	HIL	16
60-64	BETTY CALLAGHAN	MAN	24
	BERYL GRACE	LAN	23
	NANCY ROWE	CRO	21
55-59	LIZ WALLIS	WARR	28
	JOSIE SANSOM	ADL	26
	CORRIE DE GROOT	NLO	18
50-54	BARBARA WILSON	NLO	24
	MARJORY BENNETT	POW	23
	BERNICE BORNHOLT	QGC	18
45-49	GLORIA ROBINSON	NLO	26
	MARGARET SMITH	NLO	22
	ALICE KINNAIRD	FRA	21
40-44	ALVA WYATT	BAD	23
	JAN WATSON	WAR	
	BARBARA LUSCOME	NLO	

35-39	GAYNOR CORLIS	ACT	28
	CAROLYN CHALMERS	QBS	18
	MARGARET PRUEN	KIA	17
	LINDY KENNIWELL	WAR	
30-34	PAT SOMMERVILLE	HIL	24
	BRONWYN CAMPBELL-BURNS	DON	19
	ANDREE GILROY	ACT	17
	JULIE KEAST	TTG	
25-29	HELEN GRAY	TOW	22
	JOANNE SUTCLIFFE	TTG	
	ANITA KILLMIER	POW	19
	LYN CUTHBERTSON	QGC	
20-24	SIMONE SAILER	NSY	25
	PAULA KEOGH	ADL	24
	JACQUI RYAN	ARM	23

MEN

AGE GROUP	NAME	CLUB	PTS
80-84	HARRY FOWLER	SUM	24
75-79	FRANK GRIFFITHS	ETT	24
	JACK ROGERS	NLO	22
70-74	MAL PARKER	NLO	25
	TED NEVILLE	NLO	20
	GEORGE McGILVRAY	WAR	16
65-69	BOB HARRIS	ETT	28
	CES TOMPKINS	POW	20
	BILL WORRALL	QGC	19
60-64	BOB McCABE	NLO	26
	KEVIN VICKERY	ETT	24
	SID KRASEY	NLO	17
55-59	JACK McMAHON	LAN	25
	MALCOLM STEVENS	QTB	22
	DON COUPE	GIPS	21
50-54	JONATHAN DAVIES	MAR	20
	JIM LEMON	ETT	19
	ROBERT BARRY	LCO	18
45-49	MIKE MOLONEY	POW	23
	GORDON KING	ADL	22
	ALLAN GREGSON	HIL	18
40-44	ANTHONY STRAHAN	DON	24
	FRANCIS GODDEN	DON	17
	GEOFF JAMES	POW	15
35-39	TONY FISHER	COO	21
	PETER EMERY	QSC	19
	PETER JOY	NSY	17
30-34	ROGER VAN HAMBURG	WAR	28
	TONY CURRAN	CAM	22
	STEVE WALKER	ADL	
25-29	ROBERT MACKAY	WDI	28
	GARY WHITE	LCO	20
	EVAN WILLIAMS	ACT	13
	WAYNE McDONALD	CRO	
20-24	NICK SMITH	WDI	
	MARK PHILLIPS	TOO	28
	DAVID JAMES	WDI	23
	NOEL KIME	QRK	20

Masters Swimming News

AUSSI President's Message

Hi! So you have a new President. Fresh Blood, new broom, new ideas ... and all that.

I have held a number of positions in various types of organisations and usually start with a list of objectives, some realistic and therefore achieved; some ambitious and tackled; others hypothetical and stay that way. I am sorry, but I must admit that this time my sole objective at this stage is to maintain the status quo. I see AUSSI as being on a great development curve, set by my predecessors and apart from the odd dotting of i's and crossing of t's the ideals set a decade ago are supreme to our direction today.

Concern has been expressed from time to time about the competitive nature sneaking in to our Meets, which it surely has, but the strength of our organisation is that this is happening as an add-on and not to the detriment of the bulk of the membership who swim solely for "Fitness and Fun."

I think it is lovely at the Nationals to see a young blade who has just broken a record, sincerely cheer on a mate of about the same age, swimming 20 seconds slower, but genuinely happy because that person has achieved a "P.B."

From the recent Nationals I see we have one major problem confronting AUSSI — what standards for form strokes are we to adopt? One thing is for sure, we cannot afford to have little old ladies crying because they were disqualified, and threatening never to swim

with AUSSI again. Actually, it wasn't just little old ladies who were upset, there were some 'should know better' ex amateur champions, who infringed the rules and paid the penalty too.

We have two options available to us to ensure that it won't happen again. We either relax the rules, or we don't swim if we can't do the stroke properly. If we relax the rules, then we have to consider the authenticity of our 'records'. Also, is it fair to the swimmer who disadvantages themselves by complying with the stroke rules? The alternative is that Clubs should be discouraged from entering swimmers in events in which they are not competent, in chasing those extra points. Yes, in some cases, the competitive element is not a good thing.

Please have a good, hard think about what policy we should adopt, discuss it within your club and let the feeling permeate through your delegates to the National Council.

Whilst on the subject of this year's Nationals, I take this opportunity to congratulate ACT AUSSI for the excellent way in which they conducted the event. They certainly proved to us that you don't have to be big to be good. I also would like to thank the Macklins, our referees. They undertook a difficult task in ensuring that a high standard of refereeing was maintained throughout the Meet. Jack has subsequently presented AUSSI with a detailed report of the disqualifications and the timing of each event and made a number of

recommendations, which will prove to be invaluable for planning the next Nationals.

The highlight of the Annual Council Meeting and National Swim, I believe was the granting of Life Membership to Gary Stutsel. I thought it fitting that in our tenth year we bestowed upon Gary the highest honour we could, that of our number one Life Member.

I finish this report with an important tribute to Peter Jackson. I do this in the belief that I have the support to say on behalf of all AUSSI's — Peter, thank you for a job well done.

Peter as President for seven years, steered the organisation through a vital period of growth, so will be recognised in our history book as one of the great contributors. However, don't think that he is lost to AUSSI. I am continually having to call on him for help and information and he is still on the National Executive in accepting the recently established portfolio of Public Relations Officer. We feel that Peter is ideally suited to this position because of his seniority and experience which will be most beneficial in our ongoing commitment to develop a healthy public image.

I referred earlier in this article to it being a report, which in a way I think it turned out to be. Next time I shall endeavour to deliver a message.

Enjoy your swimming.

**Ivan Wingate
PRESIDENT**

— MASTERS SWIMMING IN AUSTRALIA —

A new look AUSSI

Meet Ivan Wingate the new President and read his message.

also

Glenys McDonald the new secretary
and Glenys's update on the National scene:-
Branch News and a letter from 'Percy'.

Masters Swimming — International Competition



BY GARY STUTSEL

On the 4th of August this year, I will be flying to Toronto, Canada to join 1999 other swimmers at the 1st Masters Games. These Games will involve 10,000 competitors in 22 sports with the minimum age for competitors varying from 25 for swimmers through 30 for athletes to 50 for ten-pin bowlers. The Canadian organising committee is headed by an ex-patriate Australian, Dr Maureen O'Bryan, who went to Canada for a visit 23 years ago and stayed. It is intended that the Masters Games will be held every four years and interest is so high that the swimming has been limited to the first 2000 swimmers to register.

The numbers involved are far higher than with Olympic-type competitions because of the major differences that exist between Open and Masters Swimming competitions. The first of these differences is that Masters competitions do not have qualifying times nor do they impose a limit on the number of swimmers from any one team. The second difference is that Masters swimmers compete for their club or themselves, not their country, thereby limiting the nationalism common to open competitions. This has the effect of spreading the winners over a much larger group, for example at the 1st International Masters Swimming Championships (in Christchurch, New

Zealand) last year the 1086 swimmers represented 218 different clubs.

One club, Olympic of San Francisco, a male only group, almost made a clean sweep of the men's relay events, winning 11 of the 14 events (7 freestyle plus 7 medley) and losing only the 160+ medley (to Power Points, Victoria), the 160+ Freestyle (to Cronulla-Sutherland NSW, the team in which I broke my forearm trying to swim through the end wall) and the 200+ Freestyle (to Wharenui, New Zealand). On the other hand the 14 women's relays were shared by 7 different clubs with Oregon (USA) and Waikato (NZ) winning 3 each and Wharenui (NZ), Cameron (NZ) and Middle Atlantic (USA) winning two each. The other winners were Durham Light (NZ) and Pacific North-West (USA).

The third and final major difference between Masters and Open swimming is the mixed relay events in which teams consist of 2 men plus 2 women for both the Freestyle and Medley relays. In Christchurch, 11 teams shared the 14 events. Mixed events are carried to the ultimate in local carnivals such as those conducted by all State Branches of AUSSI-Masters Swimming in Australia, where swimmers are seeded into heats on nominated times only, regardless of sex or age. The recorded times are then used to determine placings in each age group and club and individual pointscores.

International competitions are conducted as separate timed heats (no finals) for each 5 year age group (*2) and both sexes, whilst relay groups are determined by adding the ages of the four team members. These competitions are, above all else, opportunities to meet and mix with swimmers from other countries, to form new friendships, and to create a great deal of international goodwill. Interest in the 2nd International Championships, which are to be held in Tokyo, Japan from July 12-16 1986, is so great that it may become necessary to restrict the number of events that swimmers may contest to 4 or 5 as against the 7 events that swimmers may enter in Toronto.

I have restricted myself to the 50, 100 and 200m Breaststroke and the 50 and 100m Freestyle in the 45-49 age group and can expect to do well if I make the time to train regularly. Naturally, like all young Masters swimmers (those under 65) I find the pressures of work and home often make it difficult to squeeze in more than 2 or 3 swims a week.

That's all for now. I look forward to writing for you after Toronto.

Footnotes:

*1 The other sports are Badminton, Basketball, Canoeing, Cricket, Cycling, Diving, Equestrian, Fencing, Ice Hockey, Orienteering, Racquetball, Rowing, Sailing, Shooting, Squash, Synchronized Swimming, Table Tennis, Tennis and Water Skiing. Contact your nearest Thomas Cook Office for details.

*2 Individual age groups are: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, and 90 and over. Relays are under 120, 120 and over, 160 and over, 200 and over, 240 and over, and 280 and over.

Ivan Wingate



Whilst Ivan learnt to swim at around the age of five, he did not join a swimming club until the age of sixteen, therefore, he never competed as a junior. Ivan was born and lived in Renmark for twenty one years. Renmark is on the river Murray in South Australia and is a major irrigation settlement, therefore there is plenty of water around to foster swimming. Also, at the time, the town had a small swimming pool. In those days it was the norm for kids to teach each other to swim, and not unusual to see ten year olds swimming the breadth of the mighty Murray. When Ivan joined, the Renmark swimming club was very strong and competed favourably in an interclub competition across the border against clubs in the Mildura district. Ivan, whilst being unsuccessful at school sports, took to competition swimming and in his second year won the coveted 100 yards club championship. His success came through a revolutionary form of training: he used to swim half a mile a night, which gained a write-up in the local paper along the lines of wondering how much the human body could

tolerate! He became district champion and then went on to hold the 110 yards country title for five years and in his last two years in the country, all the freestyle titles.

In those days, each country club held a championship event so Ivan had to travel to the extremes of S.A. often on motorbike, to compete in each event.

His swimming administration expertise began by becoming club captain and consequently coach in his second year of swimming. Of interest, in his last two years at Renmark, he conducted learn-to-swim classes for the Adult Education Centre. It was thought to be a first, in South Australia at least, because then it was thought that you could not teach an adult how to swim.

In 1959, Ivan moved to Adelaide to try and clean up the City kids. He didn't quite achieve this — the best was four bronze medals in State Championships. At the time all the gold went to juniors, except for one notable oldie — Dawn Fraser used to do okay in the female events.

It was quite funny, Dawn was often introduced as the grandmother and Ivan as the grandfather. Dawn was quicker. Also of interest, Dawn was swimming at her best and later Ivan swam his best at the age of 24. This was quite strange at the time because you were supposed to deteriorate after you reached eighteen.

Ivan's later performances were achieved because of two seasons under coach Harry Gallagher, the only coach he had, and of course, the person who taught him a lot about swimming. Later, Ivan continued on coaching at club level with a number of his swimmers winning State Championships, and his club, the top in the State.

Ivan continued to swim competitively as an amateur until the age of thirty, which was pretty unusual then in South Australia. When he turned pro, the next oldest was 22.

In Adelaide, Ivan represented Renmark as delegate on the South Australian Amateur Swimming Association Council. Through encouragement from Secretary Tom Herraman (still S.A.A.S.A. Secretary today) Ivan became quite involved in swimming administration. Because of his involvement in interclub swimming in Mildura, Tom said to give it a go in Adelaide. Today it is a major part of the swimming calendar in Adelaide. Ivan was also one of the first to qualify when refereeing accreditation was introduced; inaugurated the Coaching Advisory Committee, and among other things, was Carnival Director for three years.

Involvement in swimming administrative work took him to interests elsewhere after a brief professional coaching career. He was in Adelaide Jaycees for ten years and became involved in a number of other committee activities. Through work he helped inaugurate a State Branch of the Micrographics Association and is now a Life Member of the Federal Body of the M.A.A. He is presently on the State Council of the Society of Sport Administrators.

Ivan, by comparison to many, is new to AUSSI, but has a wealth of experience in swimming and administrative matters. He swims quite well and knows he can do better. He says that the beauty of AUSSI is that you can be in it for the rest of your life — "maybe next year I'll start training seriously."

Glenys McDonald

PROFILE



Glenys, whose maiden name was Kennedy, was born and educated in Melbourne, and in fact completed her general midwifery nursing training there. She also completed a secretarial course and worked for a time as a stenographer.

Because she lived quite a distance from pools or the ocean, apart from a few swimming lessons as the age of eight, swimming did not play any significant role.

However, she was heavily committed to training and 'coaching' in another equally physically demanding field — ballet. She completed fourteen years ballet training, the last year of which she

was a professional teacher (coach?).

She moved to Western Australia (the sun and the ocean) on her marriage to Vic in 1968. She has two sons aged 14 and 13 years and an eleven year old daughter. Until the inception of AUSSI in W.A. she was caught up in motherhood (three children under three years); working three nights per week in the labour ward of a local government hospital; and was involved in Surf Lifesaving, serving two years as Ladies Auxilliary Secretary of the Trigg Island Surf Lifesaving Club. (That was in the days before they allowed girls to become fully fledged members.)

When invited to attend the very first swim of AUSSI W.A. by a surf club member, she was not sure if it was the 'thing' for her, her swimming ability being what it was. However with encouragement coaching and a regular commitment to swimming, she discovered two things:

- a) She no longer huffed and puffed carting toddlers, bag and baggage up the sand hills from the beach;
- b) in the pool she could relax — no kids, no phone, and the slow pace she swam and counted laps was almost akin to a form of transcendental meditation and SO relaxing.

So initially her personal goal was to swim to relax, but very quickly she became 'hooked'. Having Kay Cox as a friend and with her own nursing and ballet training background, she was very quickly able to assimilate the principles of fitness education. Her first goals in swimming were to learn the other strokes, then to swim longer distances. She can distinctly remember her first non stop 2,000m swim and the sense

of achievement she felt. Her next goal was to swim in one of the ocean "Swim Thrus" of 1,500m because she had always been afraid of the ocean. That now behind her, together with river swims, her next goal is to concentrate on trying to improve her sprinting, which she has always disliked, even though it was always a great feeling to see those times coming down. By the time she is 100 years old she hopes to achieve top points in her age group.

Glenys was the first Club and Branch secretary in W.A., and on appointment as National Secretary she resigned her Branch Secretary portfolio after eight years. She is however, no stranger to National Council meetings, having attended eleven of them since 1980. She was also a member of the sub-committee that recently re-drafted the National Constitution and By-Laws and was National Aerobic Recorder for the past two years.

Glenys was named by the Jaycees, one of the five Outstanding Young Australians of the Year in 1982 for her community service. One of the other recipients that year was the current W.A. Premier, Brian Burke. She is currently completing a Level 11 Administrators Course, and is studying for a Bachelor of Arts in English and History. She is a charter member of the Society of Sports Administrators and is the AUSSI W.A. delegate on the W.A. Sports Federation.

Currently she has completed twelve years of night duty and is working in the daytime as an ante-natal lecturer. On appointment as National Secretary she deferred her studies at University. Glenys was granted Life membership of the W.A. Branch in 1983.

National Update

from **Glenys McDonald**

Well, the first thing most people might ask, when seeing that the National Executive now comprises members from three Branches is — How is it going to work? How are they going to meet? What has happened to our National office?

I will try to briefly answer those questions. For the first time we have a nationally representative executive. Instead of N.S.W. being required to field a National team and thereby draining some expertise from their own Branch, this unfair situation to N.S.W. is no longer necessary.

The members of the executive will be required to make decisions on matters falling within their own duty statement, or under the previous Council directives which require no reference to other officers. Decisions requiring more than one person will be by phone.

A monthly telephone conference has been set down and the first was successfully completed in April. The cost of the three State hookup, seventy minute meeting was \$53. It is envisaged that future meetings should be less than an hour, thereby reducing the cost further. The reason for this is that during the week prior to the hookup, the agenda; list of all correspondence and copies of relevant correspondence; and all reports, are circulated to all officers. The meeting itself is reduced to decisions, and thereby gratefully ending the four hour meetings of the past.

The National office has effectively been transferred to W.A., however it is not shared with the W.A. Branch as the previous N.S.W. arrangement was, but is a separate entity. With the two largest Branches, W.A. and N.S.W. operating from their own Branch office, I believe that I can do the job of administering AUSSI nationally with a minimum of help or expense to members, from my own address. Contact is available at all times by the new AUSSI phone number connected as a separate line to my home — (09) 447 6577. Even when I am out at my part-time job, an answering machine will record your call and message and you will be re-contacted.

The major reason for suggesting that a great reduction in office salaries might be possible is because of the removal of the huge workload that the production

and mailing of the AAS magazine generated. Some salaried assistance will still be required for large typing jobs, but the bulk of correspondence, minutes etc can be carried out on an honorary basis. I would especially like to thank both Brian Hird and Maureen for their help in getting me underway in my task.

In March, for two days prior to the National Swim in Canberra, the Council sat for a total of sixteen exhausting hours discussing issues on your behalf. I thank them all for their dedication to the tasks at hand. The items of significance for club members from that meeting are outlined briefly:

1. The AAS magazine produced by AUSSI is no longer a viable economic proposition. Fortunately, a new magazine called 'Swimming In Australia' has agreed to include a complete AUSSI supplement and all members are encouraged to subscribe to this magazine. In return for our support, Colourscene have promised quite substantial sponsorship for our activities. The first of these is the production, as a supplement, of our Top Ten, to all subscribers with the next issue.

2. While on the subject of the Top Ten — The Top Ten year has been changed to 1st OCTOBER to 30th SEPTEMBER. Cards will need to be completed by your Branch in time to CLOSE with the NATIONAL RECORDER by 31st OCTOBER.

3. Submissions for the National Aerobic Trophy remains at closure of November 30th. However submissions will only be accepted through Branch recorders and MUST be accompanied by the completed tally sheet, as circulated.

4. Membership to the following National Sub-committees has been called. Any interested AUSSI member wishing to serve on one of these committees is asked to contact their Branch Secretary.

FINANCE, TECHNICAL, COACH ACCREDITATION and NATIONAL AEROBIC TROPHY REVIEW.

5. The pointscore system for the Nationals has been changed. (This is applicable to the National Swim only, not State or interclub swims.)

Fastest	10	Sixth	5
Second	9	Seventh	4
Third	8	Eighth	3
Fourth	7	Ninth	2
Fifth	6	Tenth & subsequent	1

Relays will score: 12, 10, 8, 6, 4 and 2

This pointscore commences with the 1986 National Swim.

6. The problem of the majority of AUSSI clubs being un-insured was discussed in detail and it is the intention of the Executive to place on the September Council agenda an item making Club insurance compulsory.

Currently clubs are covered for public liability — i.e. members of the public suing us. However there is no coverage for AUSSI members engaged in any AUSSI activity, swim or training session unless their clubs have taken up City Mutual Insurance's very generous policy. These aspects are covered by the minimal cost of \$40 per annum for a club of less than 24 members; \$60 for 25-50 members; and \$90 for 51-100 members etc.

7. The programme for the 1986 National Swim to be held in Adelaide, April 16th-19th was adopted.

The above were only a few of the decisions taken, but those most affecting the general membership. If you would like a fuller account of the Annual Council meeting, please contact your Branch Secretary.

Finally, I would like to focus on our conception of what AUSSI is and what AUSSI offers. Competition in AUSSI, in the format of our interclub, State and National Swims and Records is a very important incentive, particularly for our better swimmers, but it is not all of what AUSSI is about.

The prime constitutional purpose of AUSSI is, and always has been, "to encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health." For this reason, I would urge all clubs to offer a whole range of activities including stroke correction; coaching; fitness training and advice; aerobic swims and competition, and even teaching if facilities and expertise are available. And, as is evident from the number of recent National Swim disqualifications, clubs need to teach or familiarise members with the correct swimming rules. In achieving the above, they are truly supplying incentives to a whole range of swimming abilities.

Best wishes,

Glenys McDonald
National Secretary

Branch News



The State Cup

A staggering number of entries were received for this year's State Cup. In an excellent two days of swimming at Warringah Aquatic Centre, N.S.W. AUSSI gave the National Recorder a lot of extra work to do in updating the National Records.

Congratulations to Ettalong who took home the 1985 State Cup. It would seem their narrow loss to Warringah last year spurred them on to return with a vengeance.

The Nationals

It was then off to Canberra for the Nationals, and our 10th Anniversary Celebrations.

Fabulous pool, sunshine, meeting folk from other branches — there is nothing like the Nationals. On behalf of the N.S.W. members, thank you A.C.T. Branch for a well run meet.

There were so many terrific performances that it's hard to select just a few, however, Roger Van Hamburg — 5 National Records — Bob Barry 3. My training partner Pat Sommerville swam a brilliant 200m Bk/S to break the record held by Gaynor Corlis.

It must be the atmosphere because even I did better than I expected helped on by the encouragement I received from Fred Johnson from W.A. and my club coach Des McCormick. That's what is so terrific at AUSSI swim meets — the encouragement you receive.

Swimathon 85.

N.S.W. AUSSI was privileged to work with the N.S.W. Sport Council for the Disabled and run a 24 hours Swimathon. At this time I don't know how much we managed to raise, however, it is a healthy sum. The support received was fantastic, Hills and Warringah manned their respective lanes for the entire Swimathon. Phil

Mason from the Coogee/Randwick Club swam 10000m non stop and a newcomer Geoff Collam obtained his 5000m Award, congratulations.

Six Australian sports personalities, our Mean Machine boys, Grant Kenny and the very delightful Lisa Curry donated their time to the fund raising. Grant and Lisa started the Swimathon on the Saturday, and the Mean Machine of Neil Brooks, Greg Fasala, Michael Delany and Graeme Brewer swam along with the AUSSI crowd, only they made it look so easy.

Sunday with the arrival of Mark Stockwell saw the great relay race. Only Carol Davis would come up with an idea of a relay race between the Mean Machine and the AUSSI Keen Machine AND pull it off.

The Mean Machine boys gave our boys Roger Van Hamburg (Warringah), Tony Curren (C.Town), Ian Dodd (Manly) and John Marshall (Hunter) a 20 second start, our boys wanted 22 seconds, but did they need it? No! Our Keen Machine swam out of their skins to win. Mind you, they sure had some cheer squads poolside to push them along.

Both the Sports Council for the Disabled and N.S.W. AUSSI were very grateful for 'Swimming In Australia's' sponsorship. It really made the difference. Like anything Carol does, it was done with style. Both teams received tracksuits, costumes, caps and towels. A very nice thank you for the eight boys who helped turn the Swimathon into an event. Also a word of appreciation to the Balgowlah R.S.L. Club who made it possible for Jon Pratlett of the N.S.W. Sports Council for the Disabled to entertain the sponsors, special guests, and AUSSI members who swam, sincere thanks. For the Mean Machine I & II, Grant and Lisa, my admiration. They were terrific — signing autographs, (even at dinner) and posing for photographs. Last but not least - to members of the Rotoract Clubs who worked the canteen — a big thanks for a job well done.

See you all at the Short Course Championships.

*Valerie Dorrington
Public Relations Officer.*



The major activity of the past three months has been the holding of the Annual General Meeting on Wednesday, May 8 and a couple of noticeable changes occurred.

With the move of Ivan Wingate to the national presidency a new State President had to be elected.

Both Peter Gillett and Graham Ormsby were nominated for the post with Gillett withdrawing to accept the vice-presidency.

Graham, as president of South Australia's oldest and biggest club in Adelaide Masters, and with a background in business, seems well-suited to the position.

Florence Walker was unchallenged as secretary, as was Chris Potter (treasurer), Jane McNamara (publicity) and Kit Simons (carnival director).

However, in another first for the meeting, nominations were received for the position of Fitness Director.

A lengthy discussion ensued over the duties of such a person until it was generally agreed to be a misnomer and the job should be "purely communication" and the first person would define the job.

Three nominations, Josie Sansom, Sybil Killmier and Vicky Murphy, were received with Josie withdrawing and Vicky winning the final ballot.

The competition side of AUSSI has been in recess since March when an outdoor, long-course, evening interclub was held at Marion.

The rumour that the gap between competitions was to allow swimmers to thaw out is definitely untrue but those who competed will understand the misconception.

A southerly breeze chilled the damp swimmers making fast times difficult to achieve and it was the fastest any pool

has cleared after the meet. Everyone escaped to the warmth of their cars, and homes.

Swimmers have now gone indoors preparing for the June Interclub.

On the Pool Front

The latest estimated opening date for the State Aquatic Centre is August 25, 1985. So, with a bit of luck it will be ready for next year's Nationals ... but don't hold your breath.

Jane McNamara
Publicity Officer

Life Membership for Peter Gillett

As AUSSI enters its second decade the South Australian Branch installed its first life member.

As champagne corks popped, secretary Florence Walker moved, and treasurer Christopher Potter seconded, the installation of Peter Gillett as the Branch's first life member.

The occasion was the Annual General Meeting of the SA Branch and Florence detailed how she first met Peter through the Elizabeth Amateur Swimming Club.

Peter joined AUSSI in 1979 and the following year attended his first National Council meeting — he has since attended 10 more.

His enthusiasm for the AUSSI organisation led to his becoming State President between 1981 to 1984. This period had the greatest growth of the organisation in this State — no doubt some of this was due to Peter's enthusiasm.

However, Peter's forte is recording. He seems to relish work as he wills the swimmers to lower the previous times. This is shown when he announces the records broken at each carnival.

He became State recorder in 1980, his second year in AUSSI, and only relinquished the post to take up the positions of National and World recorder.

Although Peter claimed he has "got more out of AUSSI than (he has) given" — he "LIVES AUSSI" and is therefore a worthy life member.



The Annual General Meeting of our Branch was held on April 26th in Launceston. The executive members were all returned to office for 1985-86. Sadly for Tasmania, our President Ken Pitman and his wife Edith (Publicity Officer) look like leaving us for the warmer climate of Perth W.A. Our loss will be W.A.'s gain, as both are dedicated AUSSI people. We all wish them luck in their new venture and will renew friendships at future National Swims. Our problem will be to find replacements on our executive — not an easy task. However, we have many keen AUSSI's so hopefully we will be able to find another keen, enthusiastic President and Publicity Officer.

Our 1st State Swim was held over two weekends in February and judging by results and comments received, it was very successful. Although there was a lot of work prior to the Meet, the sessions were smoothly and efficiently run, thanks to a lot of "outside" helpers. Forty individuals contested the events, with quite a few entering the maximum six. Many events resulted in State records. State recorder, Chris Holloway is doing a great job in setting up a record book and keeping a complete list of *all* times swum. Having only two clubs and approximately seventy members makes the task feasible but being such a well organised person, Chris will no doubt be able to cope regardless of the numbers we hope to attract to AUSSI.

The inaugural State Swim Trophy was won by the Devonport Devils but we are assured that Launceston AUSSI will be out to reverse the points at the winter swim we are planning.

Such was the success of our Summer Swim, that we intend having a short course Winter Swim probably during August. As our swimming time is somewhat limited during winter by lack of facilities we plan to hold clinics, both at Clubs and Branch level.

The Presentation Dinner which was held at the Olde Tudor Inn in Launceston was very well attended and enjoyed by all. State Swim medals and

certificates were presented, along with the State Swim Trophy. Award patches from 1984 were presented to recipients by recorder Chris. He also gave information about awards and National Swims and encouraged all AUSSI's to become involved.

We in Tasmania sometimes feel isolated from the rest of AUSSI and look forward to meeting members from other clubs and receiving their news. If you happen to visit the "Holiday Isle", you'll be welcome to come along and have a swim with either of our clubs. And please, if your club has a newsletter, send a copy to me, and help us keep in touch with club happenings.

Jenny Page
Secretary



With winter fast approaching many of the Queensland Clubs can expect a decline in their numbers. We are less fortunate than other States as there are very few heated pools available for use to our swimmers. However, a programme of land exercises has been prepared by Ian Findlay — South Queensland Director of Coaching — to be used by those members who do not have access to pools.

The Queensland Master's State Swim Titles were held on the weekend of March 30th and 31st at the Chandler Aquatic Complex — Brisbane. In total 322 swimmers representing 14 Clubs from both Queensland and Northern New South Wales contested this Swim Meet.

We were ably supported by the following sponsors —

- The Commonwealth Banking Corporation
- Zedar Swimwear
- Rheem Australia Limited
- City Mutual Insurance
- Delta Office Equipment
- Academy Computer Software Pty. Ltd.

These companies support ensured a great Swim Meet which will be remembered by all those who took part.

On the Local Scene

Cairns Mud Crabs — Important event came up on the June long weekend — Cairns City Games was held at the Tobruk Pool, Cairns. For those who felt that a day of competitive swimming was not enough, on Monday June 10th the Mud Crabs had arranged for a 3.8 km swim in Lake Placid.

Townsville Masters

Official Host for the 1986 State Titles to be held on the weekend of March 15th and 16th. When the temperature starts to drop in Townsville you will find many of our North Queensland members competing in Triathlons. We have been assured by a certain Scottish gentleman that the race is on in earnest to have that National Aerobic Trophy find its way into Queensland.

Mackay Masters

Another club keen on Triathlons, it appears hardly a weekend goes by where there is not one being contested by a team from Mackay. Congratulations go to Mackay for a first in this State — the successful combination of a 1500 metre Freestyle event with their annual Swim Meet. Reliable sources indicate that Mackay will have an all year round swimming venue after the installation of solar collectors has been carried out by the local Council.

Rocky Crocs

Perhaps they should consider changing their name to the "Travelling Rocky Crocs" as there was not one single swim meet in Queensland this year that was not graced with the presence of a Rocky Croc. The use of a heated pool during the winter months has certainly seen the Crocs come out in a blaze of glory at the recent State Titles. Their overall performance can be attributed to a lot of hard work and dedication by all their members. Congratulations also for a tremendous effort in the organisation of the Rockhampton City Games. The Roman Toga night held at the conclusion of the Games has highlighted that not only can this club swim, but organise a social function which will now be included on the Calendar of social events.

Rum City Masters

Bundaberg — one of our newest clubs which has shown a tremendous effort to get Masters Swimming going in Bundaberg. Although at this stage they are only small, they have acquitted themselves admirably at club carnivals and at the State Titles. President Graham McKenzie.

Timber City Waterlogs — Maryborough

Another club which takes a certain something to beat. Their fellowship with other Masters Clubs has won them the title of the "Most Social Club of the Year". Winter will see this club find new avenues to retain their fitness so that when the warmer months return Maryborough will once again be able to produce their infamous "Mean Machine" to steal the limelight at Swim Meets.

Sunshine Coast Masters

A recent 10 man relay event saw the Sunshine Coast Team attired in what some fanatics of swimming would consider dangerous to one's health. Club President Peter Emery explains "although XXXX has been proved to be the wonder medicine, the Sunshine Coast AUSSI are now looking at ways of incorporating XXXX into their food intake as another form of carbohydrate". Best of luck Sunshine Coast — but one suggestion, leave the teat off the Stubbie next time. A good year for Sunshine — a tied 1st at their own carnival, plus numerous minor placings at other Swim Meets.

Toowoomba Tadpoles

Interest has increased greatly on the Downs since last year. The Club has the use of an indoor heated pool and is currently fortunate to have Mark Phillips assisting in their training.

Ipswich Masters

Only small now, but have already shown that they will be a force in Masters Swimming in the not so distant future. Club President, Ken Turley hopes to keep the club active during winter by taking his members to Chandler for training.

Brisbane Northside

Once again Northside will host a Short Course Carnival, however there will be a change of name and venue. The Swim Meet will be known as the South East Queensland Short Course Swim Championships, to be held at the Polas Aquatic Centre — Lawnton on Saturday August 24th. Details will be circulated when available.

Brisbane Southside

A great year for B.S.M. topped off by winning the City Mutual State Trophy for overall points scored at the State Titles. A tremendous team effort by all members. B.S.M. are of course fortunate enough to have the use of the Chandler Aquatic Centre all year round, and possibly the assistance of Australia's number one swim coach Laurie Lawrence and his second coach Ian

Findlay. Standards within the club have risen dramatically along with membership. The Committee under President Max Gillespie, Secretary Rhonda Partridge, Treasurer Manuel Panaretos and Club Captain Paul Atkinson have had some headaches recently as to how they will cope with the numbers as they approach 200 fully registered members. Some Club Members have recently become active in Triathlons — must have caught the bug from the Northerners.

Gold Coast Masters

Under the guidance of Hank Markus, Gold Coast have had a very successful year. Their Carnival set down for 23rd February had to be postponed because of the Queensland power dispute, so swum in April. Great effort on the Gold Coast Club's part — the weather was superb, the venue ideal and the atmosphere relaxed which led to one of the best carnivals of the season. If winding down after a heavy competition season was needed, then this was the one to look forward to. Gold Coast collected the Fred Knudsen Trophy — a great reward to finish the season.

**SOUTH QUEENSLAND
SHORT COURSE CHAMPIONSHIPS**
Saturday 24 August 1985
Starts at 11.00 am
at **POLAS AQUATIC CENTRE**
53 Lawnton Pocket Rd., Lawnton, Qld.
Enquiries: Gil Porter
(07) 359 5359
(Bris. Northside AUSSI)



Of course A.C.T. Branch has only one REAL item of news — the 1985 Nationals — but that has been covered thoroughly elsewhere in this issue of Swimming In Australia, so this segment need only be brief.

I will take this opportunity though, to thank all 'volunteer' and other officials and swimmers for making the event such a pleasant and memorable one for the A.C.T. Branch.

Anyway, in spite of a post-National 'low' amongst members, there are quite

a few well on the way to completing aerobic swims (cleverly avoiding the end-of-year rush)!

Club nights now include modified handicap swims, which seem to be popular, and a raffle with a multiple choice prize — AUSSI Port/10th Anniversary Commemorative Glass combinations. This also is proving popular (luckily, in view of the excess of 1985 AUSSI Nationals gear we have and about which a number of clubs already know).

We, and other pool users, are currently having access to the National Sports Centre Pool cut by the A.I.S. Water Polo training programme. However, the Management seems to be doing the utmost to meet as many demands as possible and we are hopeful of improved conditions in the near future. With such a wonderful facility to use, I must agree that it does seem difficult to think of 'improved conditions' but more time would be lovely.

We have had one social gathering since the Nationals — a BBQ/Port tasting (and selling) night — that was well attended by the usual gathering of (drinking) swimmers.

There are also plans afoot for a quiz night which promises to divide us into "smart and not-so-smart" teams half way through the evening. Here's hoping there will be a sufficiently large flow of liquid refreshments for the adjudicator (and 'quizees') to be unable to tell the difference! (It should provide news for the next magazine anyway).

Until then, happy swimming everyone.

Angelika Erpic.



The State Swim was a wonderful success. Swim Meet Organiser or Carnival Director, Vic McDonald and his hard working committee must be congratulated for the best States yet. And it is a miracle to have all the results typed and completed just three days after the event.

After a very wet start to the week, it was good to hear the 22 and 26 degree

forecast for Saturday 13th and Sunday 14th of April. 517 swimmers had nominated and 499 went through the turnstiles on the first day.

The first morning was a little nippy, but the water was fine and spectators 'followed the sun' around the stand as the day progressed.

The West Australian Swimming Association supplied us with a Starter and an electronic timing operator, AUSSI W.A. members provided the remaining Swim Meet Officials. Vic had organised a seminar prior to the Swim where those who were doing the recording, timekeeping, marshals and referees received instructions on their duties. A de-briefing meeting will also take place for the organising committee next week.

The Swim ran smoothly because each of Vic's committee members did their job with dedication and enthusiasm. The entries were processed by Goff Williams of Inglewood and his helpers who handed them on to Alistair Young from West Coast Masters who was responsible for the programme. I am sure you will all agree this was a first class production, and we got advertising too! The computer girls had some headaches with power failures and hiccuping computers, but all turned out well in the end.

The marshalling system instigated by David Cummins last year was continued by his Claremont team mate Brian Green. This year, however, instead of sheltering from the sun under our marquee, we tended to freeze.

Austin Caddy from Maida Vale had a huge portfolio — Sponsorship and the Presentation Dinner. He cemented our relationship with City Mutual Insurance by personal contact and was successful in gaining for us our first major sponsor of our Swim. City Mutual has shown great interest in AUSSI and have promised us \$500 towards our programme costs and a trophy for the winner to keep when the perpetual one is handed back. City Mutual's representative — Bill Cotter and his wife Ursula were able to share our Swim and the Presentation Dinner with us.

Bruce Gliddon, who works for Channel 7 was able to get us press and T.V. coverage. Channel 9 gave us a segment in the Saturday night news which covered a wide range of our swimming ages and abilities. The Swim Meet announcer showed no mercy for those who starred on T.V. on the Saturday night. Then Sunday dawned with the "State Affair" team from Channel 7

spending about 2 hours filming us all in action, and this segment appeared in their Tuesday night programme.

Our newest clubs, Perth City and Armadale AUSSI spent two days ensuring that all the officials were well watered. Thanks girls.

At any swim, the Carnival Director always worries if all the equipment is going to arrive on the day. Vic did not have a worry in the world with Bill Johnson of Belmont. The Recorders had a huge pile of rubber bands, paper clips. John King of Whitfords was responsible for Recording, and Jacqui Austin as Chief Recorder had a smile on her face for most of the day — that was except when Carine were very tardy getting their relay cards in. However Phil Jose must have paid a satisfactory bribe because all was soon smiles again. Hopefully we will have the use of a computer next year but I personally will miss all those at the Recording Table.

To assist the Recorders and Announcer with scratchings, Graham Deverill of Kenwick had his 2 way radios oiled and greased and ready to go, while Norma Vidler of Osborne Park was to be seen hard at work taking relay nominations.

John Knoxon from Somerset had the unenviable task of balancing the books and reading Vic's writing. It has taken me over 17 years John, and I still can't!

Toni Morris our retired President played host to our invited guests and 'The Mouth' (no prizes for guessing who), was the Announcer. Kay Cox had a team of referees, turn and stroke judges, all with their rosters drawn up. After the 40 disqualifications at the recent National Swim, our swimmers were on their toes, and more than a little nervous. Only 9 disqualifications occurred, with swimmers taking it all with good grace for the most part, and some of them learning something new about swimming.

It was pleasing to see one swimmer who was disqualified for something he did not believe he did, return to shake the referees hand after his team agreed with the referee. That's being a good AUSSI sport!

It would be impossible to thank all the timekeepers, runners etc who helped to make it such a smoothly run Carnival. Vic states that his job was a very easy one as Carnival Director as everyone did his allotted task well. But it takes a special brand of person to make it all gel together so nicely. Congratulations Vic.

Speaking of delegation, it is probably appropriate to congratulate Steve Smith of Carine whose job it was to get out the Results. As Vic handed him the cards on Sunday he said — "You thought you had it easy on the committee, you're job is just beginning." But was it? Steve went home and told his wife Carmel, "I've got a job for you tomorrow." Thanks a lot Carmel, I would have thrown them at him, you must have been glued to the typewriter for three days!

Opening Ceremony

Our Swim was opened by the Minister for Sport, Mr. Keith Wilson, who made everyone's day by also announcing a Government grant for AUSSI W.A. of \$8,000.

This grant means that as soon as the paperwork is finalised, AUSSI W.A. will be able to employ a part time Administrator at \$12,000 per year.

Pilbara State Swim

The three clubs who participated Pilbara Platypii; Newman Fortescue Frogs and the Karratha Crabs are all about 2,000klms away from Perth. They swam identical events several days prior to the States and had their cards flown down for inclusion into the final pointscore.

It was a wonderful two days swimming, the weather was 38-43 degrees and the unheated water was hot. The hospitality was truly wonderful, although I think I would have to get used to drinking champagne on someone's front lawn when it is 43 degrees in the shade!! There were some very tired swimmers, especially those who swam in all the relays straight after the 200m individual medley.

Presentation Dinner

This dinner was held in very comfortable surroundings at the Vegas Hotel. When we arrived a scantily clad bunny girl was disappearing through a doorway and I wondered exactly what the State Swim committee had organised, but apparently she wasn't for our lot.

For once there was an announcement that swimmers were welcome to line up for seconds and we never saw Phil Jose and Barry Power again.

At the dinner the following Trophies were presented, and congratulations to the winning clubs and to Dorothy Andrews:

1. City Mutual State Shield To The Champion Club Claremont 750½ points

The runners up were:

Osborne Park	516½
Somerset	414

Melville	351
Maida Vale	284
Carine	232
Inglewood	218
Whitfords	192
Pilbara Platypi	147
Kenwick	133
West Coast	108
Northam	57
Rockingham	56
Belmont	55
Newman Fortescue	52
Karratha	31
Armadale	31
Perth City	29

Congratulations to all the swimmers who contributed to those point scores.

2. State Aerobic Trophy
Claremont 1856 points

Runners up second Whitfords 713 points
Third Carine 694 points

3. Lifemembers Country Aerobic Trophy
Esperance 288 points

4. The Administration Trophy
Dorothy Andrews — Esperance
Dorothy had accepted the Lifemembers Country Aerobic Trophy and told us all how delighted she was to accept it on behalf of her club. She hinted that she might have done some bullying to get them going, and thanked Fred Johnson for his efforts in helping country clubs, and in particular — Esperance. Dorothy then nearly died when she was called up again to receive the Administration Trophy. You see Dorothy, we had heard about that bullying too!!

National Swim, Canberra 1985

Our State Swim came hot on the heels of a successful National Swim in Canberra which was attended by some 30 W.A. members from various clubs. Our tally of medals was a bit dismal this year, but Myrtle Wright starred for us with her World records, quite a lady to inspire us all.

**ALL MASTERS SWIMMERS
ARE INVITED TO ATTEND**

**THE NATIONAL SWIM
1986
ADELAIDE —
SOUTH AUSTRALIA**

April 16th-17th-18th and 19th.

HOME SWEET HOME!



You have possibly seen me around over the years but never met me or knew my name. Let me introduce myself. My name is Percy and I was born seven years ago at the Carine Swim and Health Centre, Western Australia to the skilful pen of Don Williams and adopted by the members of the AUSSI Carine Club.

Over the years my adopted family have utilised my illustrious image on their T-shirts, bathing caps, bathers, badges, letterhead and pamphlets. I have been depicted dancing with buxom beauties, sitting in champagne glasses, as chef at BBQ's, prominent on the starting block and laying pooped after an aerobic swim.



A lifesize cardboard replica or banner of me attends all functions and Swim Meets spurring my Carine loved ones on to glorious victory (??)



My charm caught the attention of the AUSSI W.A. Branch who sought parental approval to feature me on W.A. State Swim Meet programmes and this in turn led to a similar request for my distinguished features to appear on the National Aerobic Trophy booklets.



These were proud moments for my dad, Don, and my adopted family. I was a star — I had gone National ...

Recently, some of my adopted family were touring A.C.T. for the 1985 National Swim Meet when they perceived a "look-a-like" posing on bathing caps and a club T-shirt. Immediately they thought my dad had been East of late ... but enquiries discovered otherwise and, in fact, my profile had been utilised without his consent. Usurped????

It appears that because of my sexy good looks, suave and sophisticated manner and the "cross-country" exposure received, clubs throughout the AUSSI organisation have understandably fallen for my charms.

Whilst I personally was flattered, my dad and adopted family at Carine were concerned that such happenings might lead to me losing my identity and becoming a mere commercial product.

Additionally, I suffer travel sickness and as a consequence must curtain my wanderings, staying close to and under the protection of home-base.

Therefore, the purpose of my writings is to ask that you all please admire me, say hello to me, love me but leave me under the tender care of my adopted AUSSI Carine family and my dad, Don, where I am their much loved and treasured logo.

Yours in swimming,
Percy.

Dear Percy,

How was I to know? How could anyone know? When I sought permission from your Godmother Glenys to use your image to promote the Pan Pacific in the old U.S. of A., how was I to know you'd become an instant hit? They just went mad for you over there, but Americans are funny like that, just look at their cult figures; peanut farmers, movie stars, so there you are — what the Americans will do, the Australians do also.

Still enough is enough, images on T-shirts indeed! I for one am glad to see your little webbed feet firmly planted in terra Western Australia. Lesser individuals would have become affected by such wide exposure and popularity, and forgotten those loved ones back home.

However, it is a fact when one becomes a "star" they become 'public property' and their lives are no longer their own. So, I am not sure that your plea to "be left alone with your Carine loved ones" will be heeded. On the other hand AUSSI swimmers are well known for giving a bloke a 'fair go'.

Perhaps you dad, Don could take out a copyright, in the mean time, you could try dark goggles and TIME. As other past or fallen stars will sadly tell you, 'Nothing lasts forever'.

The Editor.



AUSSI FORUM

Dear Carol,

May I congratulate you, and your production team, upon the splendid production of *Swimming In Australia*.

The quality, and high standard of presentation, has made it a more than worthy successor to the 'AUSSI Adult Swimming' magazine. The inclusion of articles pertaining to a variety of aquatic disciplines shall make both interesting and informative reading. A vast range of content presented with the same high standard as this first edition can only ensure its long term success.

The 'Aquafitness' and the 'Food for Thought' articles were a welcome addition to a swimming magazine, as these are two areas which are often neglected when one considers aquatic fitness.

However, as *Swimming In Australia* develops, I hope that the quality articles which dealt with training and fitness programmes, submitted by Dick Campion and Kay Cox to the 'AAS' journal, may too grace your columns in the form of regular articles. I am sure that these would fulfill a necessary need for the many regular sports-persons who shall comprise your readership, not only those involved in AUSSI swimming but also those who engage in Marathon Swimming or Water Polo.

The AUSSI Supplement more than adequately fills the gap left by the demise of the 'AAS' journal.

Keep up the great work and all the best in the future.

*Yours in swimming,
RHYS MCGREGOR.*

Dear Rhys,

Thank you for your best wishes. At Swimming In Australia we have made a firm commitment to quality both in the standard of our articles and presentation.

Yes, I can promise you a variety of articles on fitness and training. There are just so many ideas on these subjects, and the exchange of these can only benefit those seeking that knowledge.

Carol

Dear Carol,

I have just returned from my first competition in the AUSSI Nationals in Canberra, where I was overjoyed at being awarded the medal and trophy for the Outstanding Swimmer of the Meet (7 wins and 6 Australian records in the 70-74 age group).

On perusing the reading matter accompanying my complementary copy of *Swimming In Australia*, I noted that the awards were provided by your magazine.

I would like to thank you for making these trophies available.

I would also like to commend the people who chose the design of the medal and the elegant vase (which I have appropriately filled with autumn roses!).

I had the good fortune to compete in the 10th Olympiad in Los Angeles in 1932 — never dreaming that I would be competing in the 10th AUSSI Meet, some 53 years later!

I am hoping to swim in the individual events at the Toronto Masters in August of this year.

I wish you every success with your new format for the magazine.

*Yours sincerely,
FRANCES VORRATH.*

Dear Frances,

Thank you for your lovely letter, we at Swimming In Australia felt you were the most worthy and charming recipient of the inaugural SIA Trophy.

I was fascinated to read that you had competed in Los Angeles in 1932 and now intend to resume your competitive career. What a wonderful sport swimming is, that you can be involved with it for life. As our AUSSI friends point out, by continuing to swim, you add to the quality of that life. At Swimming In Australia, we look forward to involvement and sponsorship of AUSSI for many years.

The very best of luck for the Masters Games in Toronto this year. The Second International Swimming Championships in Japan in '86?

Carol

THE AUSTRALIAN AGE GROUP CHAMPIONSHIPS UNEARTH'S **SUPER NEW TALENT**

BY JOHN ANDERSON



Jodie Chatworthy



Jenni Burke



Su-Lin Ch'ng

Anthony McDonald, Jenni Burke, Sarah Thorpe, Celina Hardy, Janelle Elford, Michael McKenzie, Barry Armstrong, Donna Procter, Jason Plummer, Claudia Dullo, Jenny Messenger and Lance Leech are just some of those to awake the consciousness of the public since last year's Olympics.

And the Australian Age Championships added several more names to the list who will be vying for next year's Edinburgh Commonwealth Games team and the World Championships in Spain.

Youngster's like Sydney's Jonathon Steinbeck, Jonathon Barrett of Melbourne, NSW Country swimmer Angela Mullens of Wauchope and Sydney's Ashley Turner all strengthened their hand for a full scale assault on next year's Australian Open Championships with mighty efforts at Canberra.

Sixteen-year-olds Steinbeck (Wales) and Barrett (ACI Vicentre) produced the race of the titles in the 100m Breaststroke clocking an Australian record time of 1m06.22s — .26s ahead of Barrett — in a nailbiting climax.

A week earlier at the Open Championships Barrett had broken the record with a time of 1m 06.24s that gave him fourth spot behind Olympians Brett Stocks and Glenn Beringen and Pan Pacific representative Leech.

Steinbeck had finished a highly creditable fifth in 1m 6.27s so revenge was sweet for the bespectacled Sydney schoolboy at Canberra.

Clearly Steinbeck and Barrett are now primed for a 'battle royal' that could throw a spanner in the respective campaigns of Stocks, Leech and Beringen, the Los Angeles Olympic 200m silver medallist, next summer.

Likewise Mullens, a tall, slender 16-year-old blonde who entered the Australian Institute of Sport on a three-month 'visitor's scholarship' last month, confirmed her potential with a personal best time of 58.50s behind Anna McVann in the 100m Freestyle.

It was the fifth time in less than a month Mullens had broken the minute — tremendous morale-booster for the youngster considering she first broke through the barrier with a time of

59.30s that placed her fifth in last year's final at the Australian Open Championships and Olympic trials in Brisbane and had to wait a full year to break the minute a second time.

"I was in a rut there for quite a while and went through all the self doubts. Fortunately I had the help of a Lend Lease Junior Sports Foundation scholarship and I was able to travel to a lot more meets to get the extra competition I needed," said Mullens.

It's worth noting that five members of Australia's 31-strong team for the Pan Pacific Championships in Tokyo next August — Livingstone, Burke, Hardy, Procter and Dimity Douglas — are similarly backed by Lend Lease Scholarships.

Fourteen-year-old Ashley Turner, another of the talented Wales contingent coached by Brett Sutton, provided one of the big upsets of the Age Championships with her victory over Burke in the 13 and 14 years 100m Freestyle.

Turner, big on heart and pleasantly warm by nature, smashed the NSW record with a time of 59.08s that beat the 13-year-old Burke by a fingertip — three 100ths of a second to be precise.

Look out for Turner to make a bold impression in Adelaide next summer, particularly now that she has given up her second great love, field hockey, to concentrate on her swimming.

Others like tiny Malaysian schoolgirl Su-Lin Ch'ng and Duncan Armstrong of Brisbane also shone at Canberra.

Twelve-year-old Su-Lin competed at the titles for the Carin-Chandler Club Coached by that man-mountain John Wright and went away clutching eight medals — six gold, a silver and bronze — from as many swims.

Not surprisingly, Su-Lin is the hottest property in Malaysian swimming and is backed by her Government under a scheme designed to upgrade swimming standards in the South East Asian tourist resort.

Armstrong, yet another protege of the colourful Laurie Lawrence at ACI Lawrence, snared a gold medal triple in the 16 years division with wins in the 100m and 200m Freestyle and the 200m Butterfly and was also the best-placed Australian behind New Zealand's Ross Anderson in the 100m Butterfly.

WHAT'S BREWING

Teenagers in **PROFILE**

BY GRAEME BREWER

Age group swimming in Australia forms the base from which all successful competitors of the future develop. It is therefore important to provide motivation to help inspire swimmers at this level to challenge themselves in the pool.

The various age group meets throughout the country satisfy this need to a degree, in offering opportunities to compete at District, State and National level, as well as inter-school competition. Unfortunately not all competitors are able to take full advantage of each of these meets especially when the national championships are scheduled in a distant state, and often clash with school swimming and academic commitments. Hopefully this problem can eventually be solved to enable teenagers to fully pursue their chosen sport without jeopardising their progress in academics.

In the meantime though, Swimming In Australia and Spank Sportswear are combining to present to the swimming community of Australia, profiles on some of the most outstanding teenage competitors of today. In doing so, we hope to attach the personalities and character to the faces and names so highly respected in our age group swimming ranks.

We will be choosing several teenagers for each issue to write about, based on their most recent performances and achievements. In selecting our 'Teenagers in Profile', we will be looking at world class performances in individual events, all-

round swimming ability, most improved competitors and also those displaying outstanding potential in events. Swimmers chosen for 'WHAT'S BREWING?' will include, therefore, some outstanding nationally recognised performers along with others who perhaps have less opportunity in training and competition, but show outstanding promise or improvement.

I can remember when I was beginning to break into the higher levels of open swimming, the most motivating thing (apart from receiving 'issue' and finally being selected in a state team) was finding my name listed for the first time on the March World Swim ranking. (Of course, at this time of year, Australia was the only country to have held a long-course National level meet!) Nevertheless, this helped me formulate some concrete goals which were so important in maintaining my enthusiasm. I hope the opportunity to be in 'WHAT'S BREWING' will assist the young swimmers around Australia in creating goals for themselves to enable them to achieve their full potential in the sport.

Spank are providing a gift pack to each swimmer we profile. We know the swimmers will appreciate this.

In this inaugural column we have chosen only two swimmers, however I think you'll agree that their achievements in the past season make them worthy of sharing 'line honours'. They also represent the two strongest NSW Swim Clubs, Wales and ACI Carlisle, 2nd and 3rd in the club pointscore at the Age Nationals in Canberra.



PROFILE

CELINA HARDY

At the Wales morning training session, the distance lanes had just completed 100 x 100m, one every seventy seconds, and were warming down. This was the atmosphere of dedication that surrounded the Wales team when I observed their training session. Bodies speeding constantly up and down the 25m pool — never a loose stroke — discipline which has earned them 2nd position in the club pointscore at Age Nationals this last summer, as well as 4th spot in the Open championship.

Celina Hardy's contribution to the team's successes were enormous, and highlighted, she says, by her second placing to Janet Tibbits in the Open Australian 200m 'fly, with a time of 2:14. At 14, Celina has many more successful years ahead, and her outstanding success at the Age Championships in Canberra attest to that. She has spent time in progressing to her current standard, having begun her training at the age of 7 years.

"I began with Geoff Dowsley in the Harbourside Club in 1978, then in 1980 we moved to the N.S.W. University Pool. Brett began coaching me in 1982". During these years Celina has combined with her swimming training, classical, modern and tap dancing twice a week at Beryl Ellis Dance Studio. This year she sits for her School Certificate as she is in year 10 at Sydney Girls' High School.

"Celina is a good sprinter for her size" Sutton remarks, "But she has unexplored endurance capacity, which we are trying to develop this year. She gives a lot away to the taller girls in the sprint events, and I feel we need to work on this aerobic aspect of training to help her 200m 'fly and 400 IM".

Celina seemed to cringe slightly at this. Who wouldn't? However, while admitting that her favourite event was the 200 IM, in which she's close to Lisa Curry's 1978 national 16 years record of 2:19.84, with the 2:20 she swam in Holland in January, the 200m 'fly is the event she is more suited to. With the classy time of 2:14 first swam in Holland and then repeated in Melbourne this summer, it's easy to see her obvious potential in this event.

Although she is currently aiming at the Pan-Pacific Meet in Tokyo, Japan during August, she is working ultimately toward the 1986 Commonwealth

Games and the Olympic team in 1988. "I think I'll concentrate on the 200m 'fly and 400 IM more during the next year", she says, having consulted Brett. So it seems that she may have a few endurance sessions to do between now and then.

"Her training programme never totals more than 70k per week", Sutton explains. "We only have between 6.30 and 8.00 in the mornings while school is on, so covering more distance than this is unrealistic for most of the year. We generally spend the last half hour in the mornings sprinting, and try to do some aerobic work in the afternoons. I never send the squad on two consecutive endurance sessions."

"We worked on some endurance Butterfly last year, and Celina reached a plateau; I think the benefits of this work will show up in the next few seasons. She is working hard now to improve her second half, the Breaststroke and Freestyle of the 400 IM. I think you need the endurance of a 1500m Freestyler to perform a world class 400 medley, and Celina has plenty of improvement ahead of her in this area", Brett comments. She is certainly in the right environment to make hard work a routine judging by the team's attitudes in the training pool.

Like every swimmer, Celina is aware of pressure when she competes — especially now that many have high expectations of her in the competition arena.

She has therefore followed the example set by many international athletes throughout the world — consulting a sports psychologist along with Brett and some other team members. "We went for a talk last week to get to know him better, and we are seeing him for the second time this afternoon," Celina explains. "We think he can provide some ideas on how to deal with race pressures", continues Brett, "I have trouble convincing her of how good she is. She has a very low self-image which we can definitely improve."

With accomplishments as impressive as Celina's she certainly has no reason to doubt her potential ability. We congratulate her, and wish Celina the best for her swims this year in Japan. She is certainly a worthy model for any aspiring young swimmer.



PROFILE

JASON LOVELL

Jason Lovell is no newcomer to Australian Swimming, and at fourteen has shown amazing versatility in his performances. He is a member of the powerful ACI Carlile Club under the guidance of Paul Hardman. In the recent Australian Age Championships in Canberra the Carlile Club finished third in the team pointscore, boosted by some great swimming from Jason and his team mates. While leading the field home in three events during the weekend, Jason also was a finalist in every 100m event and the 200m F/s and Backstroke. His 100 F/s (55.0), 200 IM (2.14.64) and 100 Backstroke (1.02.75) stood out in winning him gold in Canberra.

This hectic programme at the Nationals suggests that Jason will need to specialise in the next few seasons in order to reach his goals. His achievements so far compare favourably to those of world record holders Alex Bowman and Steve Lundquist, both of whom showed similar versatility in their age group careers. When we asked Jason about his preferred events he told us, "I enjoy the short events the most — distance races become boring. My favourite events are the 200 IM and 100F/s, so its important to work on all my strokes".

Although Jason has been swimming at Carlile, he has always steered towards the sprints. Long swims in training are not his cup of tea, "You have to think about how to swim distance, this makes you mentally tired, then you become physically tired". Paul is aware more than anyone of Jason's potential in sprinting, and his training routine is geared toward that, including one hour dry land training three times a week for strength and speed. This also provides a variety in training needed to maintain the sprinter's enthusiasm.

Spending 20 hours a week training shows a high level of commitment of those in the Carlile squad. In Jason's case he has an added incentive through a sponsorship by Shaklee Australia, who produce vitamins and health foods. In return for this sponsorship, Jason is tested physically three times per year at the Cumberland College of Advanced Education in Sydney. The results of the testing assist Paul in his programme design each season.

When he gets the chance, Jason spends his spare time surfing at Curl Curl, on Sydney's northern coast. He says swimming has helped him organise his time, "because I have so little of it". He still manages well academically at St Augustines, Brookvale, where he is in Year 9. As his mother explains, "Jason's marks are good at school, he does his homework but doesn't go in much for study". He was interested in a career in Vet Science, however, with the Olympic year clashing with his final year of high school, "some decisions will have to be made regarding study". Again, the age-old problem of combining international sport with study.

International travel for competitions will not be foreign to Jason who represented Australia in 1983 as a 12 year old in Japan with the Development Team. Naturally enough this tour has been the highlight of his swimming career so far, and his performances in Toyama displayed the benefits of overseas competition. He set two 12 year old national records there, in the 200IM and 200 F/s clocking 2.20.08 and 2.06 respectively.

His immediate goals in swimming are to make an open national consolation final, and to "make the '88 Olympic team and swim well". These seem modest goals for a young man with such ability and dedication.

During the summer season, Jason lowered two more national 14 years records with a 2.14.05 200 IM, and a 1.02.75 100 Backstroke, closing the narrow gap that separates age group and open standards.

"Mark Morgan will be coaching us for the next few weeks while Paul is overseas with the A.S.C.A. Coaching Scholarship", Jason explains. While in the USA, Paul will be working at the Indiana University swim camps under the legendary Doc Counsilman and will also spend time at various top summer swimming programmes in California and Florida. There is no doubt that the Carlile squad will benefit from Paul's experiences overseas.

I'm sure Mark will enjoy working with the Carlile team, and especially with Jason who obviously has a most successful and exciting career of swimming ahead.

pushed World Champion silver medallist Georgie Parkes to the limit in the 100m Backstroke.

Just when Georgie may have thought she could relax a little with her tormentor Lisa Forrest now in retirement and sculpturing a career in television sports journalism, along comes this skinny kid from Melbourne.

To be fair to Georgie, she competed in the Open titles with only six weeks work behind her, but the 19-year-old veteran of two Olympics and the 1982 Brisbane Commonwealth Games really had to stretch out to win in a time of 1m 05.40s that was only 4/100ths ahead of the fast-finishing Livingstone.

The quizzical look Georgie gave when Livingstone bubbled over to congratulate her mirrored that of Michael Gross when John Sieben pinched the gold medal and the West German's world record at the Los Angeles Olympics.

"Who is this kid?" Gross seemed to be thinking and likewise Georgie Parkes.

A week later in the National Age Championships at Canberra, Nicole confirmed her selection in the Australian team for the Pan Pacific Championships when she snared the 100m and 200m backstroke double clocking a time of 1m 05.36s in the 100m that would have beaten Parkes in the Open.

Indeed Nicole Livingstone has arrived.

Oh! and that incident involving the Government Minister . . . The gentleman in question was the Victorian Minister for Ethnic Affairs, Mr Peter Spyker who was attending a fete in his own electorate late last year when Nicole bounded up to him and demanded to know why his government had dropped its \$30,000 backing of the Victorian Swimming Team for its tour of China last month.

"I told Mr Spyker there was something wrong when his Government could spend so much money on migrants and the ethnic community yet was not prepared to back our swimming team on what was, after all, largely a cultural exchange mission to China," said Nicole.

"He was a bit surprised but promised to go in and bat for us at the next caucus meeting . . . nothing came of it unfortunately but at least I tried and I'd do it again if I thought it would do any good."

A remarkable girl our Miss Livingstone and the latest in a mounting wave of new talent that has begun to roll in the wake of Australia's enormous success at the Los Angeles Olympics.



MISS LIVINGSTONE I PRESUME

BY JOHN ANDERSON

Any 13-year-old schoolgirl who can brazenly bowl up to a Government Minister and demand a better deal for funding of her sport has to be something special.

And that's what is so exciting about Melbourne's newest swimming sensation Nicole Livingstone . . . she is a unique personality.

Tall, fashioned for speed and dark haired with brown eyes that both sparkle and captivate, Nicole may just about be the most exciting prospect Victoria has unearthed for a mighty long time.

Not that Victoria hasn't had its share of champions in recent years — Greg Fasala, Rob and Susie Woodhouse, Kim Gasch and David Morarty — have all worn Australia's green and gold colours with distinction.

But there is a magical quality about Nicole Livingstone that makes the hairs on the back of the neck bristle watching her in action.

Talking to her is both a stunning revelation and a shock to the system.

To use the modern vernacular . . . Nicole Livingstone is 'really switched on' — and not only to the music of rock group Spandau Ballet.

There's nothing shy and retiring about this lass from Parkdale High in the outer Melbourne suburb of Mentone. She's good and knows it without being

an over-bearing bore and, more importantly, knows exactly where she is headed in one of the most demanding and competitive of sports.

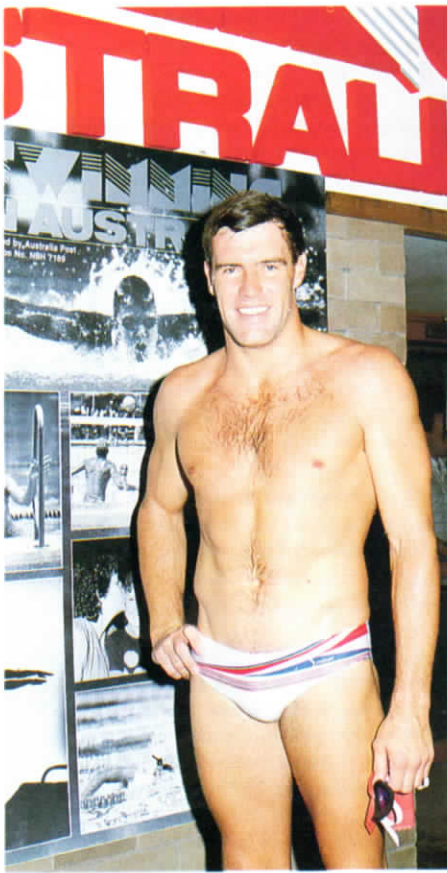
It's easy to pick the champions from the battlers . . . they're the ones that stand out in a crowd . . . and Nicole Livingstone certainly does that.

The daughter of former Victorian freestyle champion Elsie Kirkpatrick, Nicole has been given a solid grounding in swimming, firstly with Oakleigh then with the late Vic Warren at Cheltenham where she spent three years developing her talents before she decided to switch to ACI Vicentre last year and linked up with the club's American coach Dr Ralph Richards.

Nicole respects the work of her former coaches and is grateful, but she's definite in her opinion of Richards like everything else.

"He's the best coach I've had . . . he knows what he's talking about. There's no baloney about him — everything he says makes a lot of sense and he should, learning as he did from Doc Councilman. I know I'm getting where I want to go with Dr Richards directing me," say the remarkably mature youngster.

Nicole grabbed the spotlight at the Australian Open Championships in her native Melbourne last February when she



A MESSAGE FROM GRAEME BREWER

Living in the Sydney coastal suburb of Clovelly made my introductions to swimming as a recreational and competitive sport not only easy, but an essential part of growing up. Famous names such as Terry Buck, Bobby Green, Greg Ron and Neil Rogers (the list goes on!) had all taken their first strokes under the watchful guidance of Tom Caddy in the ocean pool at Clovelly bay. I imagine this would inspire any eight year old to become a keen "nipper" in the Clovelly Surf Club and regular member of the Caddy Clan.

In those days there were quite a few of us spending our spare time enjoying the variety Tom provided in his training. This included lots of running and exercise, sprinting up and down stairs and of course the occasional lap or two of the bay.

Braving the winter months seems to be unusual now to say the least without the luxury of heated water, but I can remember vividly the August afternoons, when it wasn't until we'd jogged 6 laps of Coogee beach that we put on our thick rubber ladies' caps and managed a few 'sixty-sixes' in the dark, before racing for the hot showers. Even allowing for these barbaric conditions and noticeable lack of scientific testing or

equipment, I reckon I was the fittest then I have ever been.

Times change though, and at the age of twelve I got soft, and began training in the heated luxury of Woollahra pool three times a week with Tony Fraser. I was talked into it by a school friend named Stephen Badger who later represented Australia and Canada internationally and currently coaches Olympia swim club. The ensuing years saw me combining surfing and still water swimming with rugby union & athletics, until the inevitable football injury helped me decide to pursue the aquatic sports.

At this stage, my coach left for Canada, and I joined the Maroubra squad, teaming up with Max Metzker, Ron McKeon, Trevor Cracknell and lots of talented swimmers under guidance of John Rodgers. My ambitions at this stage were still in surf lifesaving, and much to JR's dismay I spent many more hours on wave ski's and surfboards that in Heffron Park pool. These hours were rewarded however with some success in the iron man events, but when Max flew off to Montreal in 1976, I decided it was time I devoted some serious time to still water swimming.

I finally made my first national team in 1978 to Edmonton for the Commonwealth Games, and managed to muscle my way onto the smaller team to the World Championships in West Berlin a couple of weeks later. Now, international travel can be tiring, and some find living out of a suitcase uncomfortable and difficult, but as far as I was concerned, I liked it! Funny how your attitude to training can sometimes make an about-face!

Studying Civil Engineering at NSW University and training regularly — well at least more regularly than the past —

was fine, however spending weeks on end out of classes took it's inevitable toll, and I found it difficult to maintain a full university load. After the Olympics in 1980, I accepted a scholarship to the University of Iowa, where I changed my study course to Sports Administration. During the two years in Iowa we swam against Doc Counsilman's team regularly, and managed to defeat them in winning two consecutive Big 10 championships. College swimming still impresses me as being the most exciting and emotional competition in the world. Being a member of the team so strongly dedicated to their goals has a wonderful effect on your performance both in and out of the pool.

I graduated in 1982, and returned to Sydney prior to the Brisbane Commonwealth Games. Following the games I worked for a year at Sydney University as a fitness instructor, and also had surgery on my knee (yes — football!) hoping to be able to swim competitively again that year.

The following Olympic trials in 1984 made many months of frustration worth while when I managed to make the team for LA, and again enjoy the excitement of being a member of a highly motivated, talented and extremely harmonious team.

Since LA I have been teaching PE at Pymble Ladies' College in Sydney and have also enjoyed developing the swim camps I began organising in 1983.

The opportunity to be associated with S.I.A. is thrilling for me, and especially exciting as I will be focussing on those swimmers in Australia who will consolidate our path of recovery to the top of the world competitive swimming. I may even try to keep them honest for another season too — or at least until the grey hairs appear!

COACHING DEVELOPMENTS



Using Video Analysis AS A COACHING AID

BY KIRK MARKS

Coaching Director
— NSW Swimming —

Underwater photograph showing error.

Due to the fact that people are best taught through the use of visual aids it is feasible to include video-analysis in the coaches selection of teaching aids and methods.

It has been found that for video to be employed as a useful tool, a coach must be more sophisticated in his method than it was previously thought.

Rothstein and Arnold, 1976, determined the following:

1. *Advanced beginners tended to benefit more from use of video than did beginners, and that slow motion and zoom lenses may be necessary for more precise analysis with advanced athletes.*
2. *Repetitive use of 3 or more viewings per session and 5 or more sessions per season were necessary for significant improvement to occur.*
3. *The attention of the learner should be directed to specific parts of the replay for best results (Rothstein, 1980).*

Feedback is important in the learning of skills and, therefore, using multiple senses in the form of verbal cues as well as the television replay, can be of inestimable value in the early and advanced stages of learning.

While it is not good to dwell on the negative aspects of a swimmers performance, it can often be employed to benefit the swimmer. Remembering that it is important to give praise for good performances and correct technique. If the group is organised effectively then part of a training session can be used for video taping and replaying individual techniques or for learning skills. Starts, Turns, etc.

This can be done with the minimum of disruption to the squad and each session will strengthen coach/swimmer relationships. It is possible to video approximately 60 swimmers in one week using this approach.

It is most important that regular taping of each swimmer involved in the programme is carried out so that improvement can be traced over several weeks or months to assist in effectiveness.

It is important to identify each swimmer on video by using a board with swimmer's name and the date the session is carried out. Highly skilled swimmers should be recorded —

- i) *as a total movement on several occasions;*
- ii) *as separate sections such as head, arm or leg positions, depending where correction is required.*

Video can also be used to record the performances of other swimmers for comparison purposes. It is often possible to use tapes of competitors to assist in preparing your own swimmers.

It is important that as well as the coach or assistant coaches recording the swimmers, that the camera be positioned so that the entire workout can be viewed and evaluated, both with and without input from team members, this is a useful aid when used correctly as a coach can critically evaluate his/her own methods.

Points that can be looked for include:

- | | |
|----------------------|---------------------------|
| — <i>planning</i> | — <i>voice clarity</i> |
| — <i>behaviour</i> | — <i>voice modulation</i> |
| — <i>positioning</i> | — <i>reinforcement</i> |

and any other areas that may be important to the coach's effectiveness.

The use of video with a time base displayed on the screen is an excellent mechanism for the analysis and improvement of starts and turns.

Consideration must be given to filming technique. It is important that the operator zooms in on particular aspects of performance, this enhances the selective attention.

The following points must be considered:

1. *Must be used frequently (or not at all).*
2. *Practise must occur after replay.*
3. *Camera angles must be varied.*
4. *Close ups must be taken.*

SUMMARY:

Video does offer a vast realm for the future development of swimming, while many believe it is not cheap it is readily accessible by both coaches and clubs, and if used effectively by an organised coach, it has few restrictions.

Video is accessible, mobile, extremely easy to operate and many swimmers should benefit from the implementation of video analysis as an integral part of the learning process.

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THE AUSTRALIAN OPEN NATIONAL CHAMPIONSHIPS

Watch Out Here Comes W.A.

Anthony McDonald, Barry Armstrong, Thomas Stackewicz, Neil Brooks, Paul Lee, Sarah Thorpe, all have two things in common — they all took home medals, and they hail from W.A.

It was the performances by McDonald, Armstrong, Stackewicz and Thorpe that had everybody talking about the revival of swimming in the West.

Anthony McDonald's stunning 200m Fly was the swim of the meet. On the first night of the finals, in an air of disbelief, the crowd looked and looked again, yes, McDonald had swum under the 2 minutes, a brilliant 1.59.36.

"Did McDonald swim in Brisbane last year?" muttered one journalist



'Phew! That was a close thing,' Glen Beringen could be saying of the 200m Breaststroke.

reaching for his briefcase of information. McDonald did swim in the Games trials and managed 2.03 to come in third behind Sieben and Rowe.

Was Anthony surprised by his time? "No, we've been working at it" the "we" being Anthony and Coach Stackewicz. Was he disappointed that Sieben didn't return for the Nationals? "Well, sort of, but he couldn't come, we'll meet later this year".

The big question, can you beat



The W.A.-new wave: Coach Gerry Stackewicz with Anthony McDonald and son Thomas.

Sieben? Now what should the boy do, pretend to be modest and demure, Anthony didn't, "Why not", he said, "he's there to be beaten, just as Gross was".

Not content with just one great swim, Anthony pushed team mates Barry Armstrong and Thomas

Stackewicz in the 100m Fly and 200m F/s and Rob Woodhouse in the 200m I.M. to take 3 second placings.

Barry Armstrongs' Australian record for the 100m Fly must have gone a long way towards easing the disappointment that he suffered when he missed making the Commonwealth



Lance Leech shows his style.

Games team in 1982. Armstrong had decided to quit swimming, until coach Rick Turner persuaded him to give it another go. With the selection of Armstrong, McDonald and Sieben for the Pan Pacific, maybe Australia has a 1-2-3 combination.

It's not often the exuberant Laurie Lawrence is overshadowed, but the quietly spoken Beatty Park Coach Gerry Stackewicz, with McDonald, Thorpe and son Thomas, was unmistakably the Coach of the Meet. Thomas took the 200m Freestyle with a 1.51.48 and believes he can go faster once he finds the right tactics when swimming the 200 Free. According to Thomas, he didn't put it together correctly on the night; dad, the coach, said, "We will continue to experiment with tactics and build up strength, and then Thomas will do better".

And Sarah Thorpe, will she do better? Sarah, one of the discoveries of the Nationals, at only 15 has a long career ahead of her. The gutsy 100m Freestyle which she won with a badly gashed heel emphasised the control she can exercise over her performance.

While Anthony McDonald's 200m Butterfly was the swim of the Meet, the find of the Meet was the talented Nicole Livingstone. Nicole, at 13, could be the best in swimming to come from Victoria in a long time. Her stunning 100m Backstroke in 1.05.44 which gave her second to Olympian Georgina Parks (1.05.40) really pushed the tall smooth stroking Georgie. Nicole and Lauren Wilkinson (15), Jones, NSW, exchanged placing in the 200m Backstroke with Lauren just ahead of Nicole with times of 2.19.28 and 2.20.43 respectively. With Georgie Parks decision to come out of retirement, Nicole and Lauren, Australian women's Backstroke is looking better.

Another new and youthful talent is 13 year old Jenni Burke. On the last night of the Nationals, Jenni set a new age group record, 2.03.19, when winning the 200m Freestyle. Jenni is a delightful pixie face protege of Laurie Lawrence, and although her idol might be Tracy Wickham, look out for your records Tracy. At the press interview after her race, Jenni captivated everyone with her delightful giggle and quotable quotes.

"Did you know Laurie was doing a war dance as you came down the last lap?" "Well he gets excited", said Miss Burke.

"Have you seen him yet?"

"No".....

"Do you think he might hit you?"

"Well, he might try" said this unperturbable young lady.

If there was a queen of the Australian Open, then it was Burnside Southsides, Anna McVann. Anna showed no signs of strain from a very hectic summer of swimming, her wins in the 400-800 and 1500m Freestyle were done in excellent times. Just pipped by Jenni Burke in the 200m Freestyle, she showed her strength winning the 400m Individual Medley. It was Anna's 1500m Freestyle that most excited everyone, when she swam the 10th fastest time for that distance ever recorded, 16.19.44. Deciding to concentrate on her H.S.C. must have been a difficult decision for Anna, but once she has that out of the way and can concentrate full time on her swimming, watch out for the records.

While distance events for women looks healthy with Anna, Donna Procter (Hunter-Newcastle) and little Jenni Burke, Michael McKenzie, 17, (Carina-Chandler) is out on his own.

Michael won the 400m-800m and 1500m Freestyle, and although young Jason Plummer endeavoured to make a race of it during the 400m Freestyle, McKenzie didn't look threatened. With still no one to push him, Michael's 800m Freestyle was a top swim of 8.11.42. The 1500 was the same story and all Michael McKenzie had to do was race the clock.

Questioned on the lack of opponents, Michael quoted Max Metzker, who believes that the majority of swimmers won't put in the hard work.

"Other swimmers get bored, or sick of the grind, some coaches don't like spending the time on distance work, but not me, I really enjoy it", said Michael.

With his school studies behind him, Michael declared his intention to work on the 1500m and make the event his own.

The Breastroke events had some exciting moments, and although Dimity Douglas had a clean sweep of the 50-100 and 200 metres, Claudia Dullo pushed her in the 50m and Cindy-Lu Fitzpatrick looks like she's finding form again. It was however, the Men's Breastroke which saw a few upsets and near misses.

The 200 metres had a shock start when Brett Stocks was inexplicably left on the blocks. Then an unknown Queenslander, Lance Leech, made

Olympic Silver Medallist Glen Beringen lunge for the wall to stave off defeat. Leech, 21 of Leander, has returned to swimming after finishing his apprenticeship as a tiler. Leech then kept club mate Stocks honest in the 50 and 100m events. Stocks had an unlucky meet with his mis-start in the 200m and then pulling a hamstring muscle before the final of the 50m which resulted in him swimming after receiving a pain killing injection.

The mens 100m Freestyle, often referred to as the 'blue ribbon event' at any meet, saw an impressive lineup, Olympians, Neil Brooks, Mark Stockwell and Thomas Stackewicz, fastest qualifier from the heats Matthew Renshaw and two more Knox swimmers, referred to as veterans, Mark Morgan and Graeme Brewer.

"Hey, Stocky's got it! no! look at Brookesie go", at the end Stockwell raised his fist in victory as lane 6 appeared at the top of the electric timing, but then, like everyone else, realised that lane 5 carried the same time 51.12 a dead heat for line honours, with Renshaw taking 3rd place.

That Knox trio of Renshaw, Brewer and Morgan combined with Dunlop, Beattie and Weeding to produce the best relay results of the meet, in times that surprised others, but not the boys themselves.

Celina Hardy the 15 year old from Wales put in some gutsy performances to finish second to Olympians Janet Tibbits in the 100m and 200m Butterfly, Michelle Pearson and Anna McVann in the 200 and 400m Individual Medley. The Pan Pacific Meet should help develop young Celina's obvious talents. What about Shelly Pearson! An emergency appendix operation at Christmas curtailed any serious training, but you can't keep a good woman down. It might have hurt Shelly, but you did it.

Alex Bowmann, watch out because Victoria's Robbie Woodhouse is after you — Woodhouse who won both medley events stated categorically that Bowman and his records are what he's after, and it won't be only Woodhouse, the star of the Nationals. Anthony Armstrong swims a mean medley also.

Although some National Championships don't quite match others with new records, each one does produce that 'new face' and the promise of a brand new Australian Swimming Star.

THE 1985 FINA WORLD DIVING CUP —SHANGHAI CHINA 25-28th APRIL, 1985—



AUSTRALIAN DIVERS SUCCEED

BY JACK SANDERS

Team Manager, Executive Director, ADA

Firstly I wish to thank City Mutual Assurances for their financial support, without which we would not have been able to send a full team. I wish also to thank all those people, too numerous to name, who provided assistance, support and back-up during the preparation period and to the Federal Minister for Sport, Recreation and Tourism for the telegram of support for the team.

Team

Male Divers — Steve Foley, AIS (Springboard), Shaun Panayi, Vic. (Springboard), Craig Rogerson, AIS (Platform), Chris Ryan, AIS (Platform).

Female Divers — Carol Boots, AIS (Platform), Jenny Donnet, Qld (Springboard), Julie Kent, AIS (Springboard and Platform).

Coach — Bruce Prance

Manager — Jack Sanders

Medical Staff — Garry Zimmerman (Doctor), Michael Troup (Physiotherapist), Dorothy Harris (Physiotherapist).

Supporters — Clive Morton, Peter Panayi, Helen Wood-Bradley, Joan Edney.

The whole Australian contingent of sixteen people formed a cohesive solid team unit, and the support and assistance of the Medical Staff and Supporters (who all paid their own expenses for the tour) was of great assistance. Each member willingly undertook any task which they were asked to do to assist the

activities and requirements of the competitors. The result was an exceptionally high team morale which was maintained during the duration of the tour.

Summary of Results The complete results are included at the end of this report. Briefly, Australia came fifth in the Teams event and we had five finalists out of the eight positions contested. To be able to maintain our 1983 fifth placing while on a re-building programme was an excellent result, and the following comparison between the finalists and points gap between Australia and the leading teams in 1983 and 1985 shows a marked improvement in our results.

	1983 FINA World Cup	1985 FINA World Cup
Placing in teams event	5th	5th
Number of finalists	876 (China)	758 (China)
Pts between Australia and winner in teams event	three	five
Pts between Australia and 2nd place	869 (USA)	407 (USSR)
Pts between Australia and 3rd place	491 (USSR)	366 (USSR)

The closing of the gap between the three top countries, and especially to the USSR and USA is exceptionally pleasing and a sign that in future we will be challenging these countries for one of the top spots.

Bearing in mind that this was a tougher competition than the Olympics because of the inclusion of USSR and East Germany, our improved team placing from 6th in Los Angeles was again an excellent result. This improvement was at the expense of Canada and West Germany, who were ahead of Australia in LA.

These excellent results can be attributed to the long term planning and preparation of the team, together with the contribution made by the Australian Institute of Sport towards the development of our diving standards. Remembering that five of the seven divers train at the Institute their contribution can be readily seen. The very high team spirit was another contributing factor.

It can be noted that Australia is recognised as a world power in Diving, and our previous programmes to achieve this result has now been reached. This is reflected in the fact that judges now recognise that a diver from Australia must be a good diver and our new competitors do not suffer from being an unknown diver from a minor country.

INDIVIDUAL EVENTS

Women's Springboard — This event provided our first dual finalists. Jenny Donnet dived exceptionally well to finish 6th and within shooting range of the leaders while Julie Kent, hampered by a shoulder injury, finished a creditable 11th. The two Chinese divers, Qiaoxian and Yihua, finished 1st and 2nd but reversed this placing in the individual knockout competitions. In the first round of the knockout Jenny disposed of Alebneva from the USSR but then went down to eventual 4th placegetter Cherolinekova (USSR) in the quarter final. Julie was beaten in the first round by Laface of the USA.

Women's Platform — Again Australia had two finalists in a tough field, Julie Kent being placed 9th with some great dives and Carol Boots making the final in 12th place with a solid performance. In the first round of the knockout Julie was unlucky to draw eventual 2nd placegetter Chen Xiaoxia from China and although leading her at one stage was eventually beaten by a narrow margin. Carol was defeated by Canseco from Mexico. The eventual winner was Michelle Mitchell with some superlative dives, 2nd Xiaoxia with Lobankena (USSR) in third place. The crowd placed Michelle Mitchell in a difficult position when, in the preliminary round, they slow hand-clapped her when she was balanced on the tower for an inward 3½ somersault. Her dive drew 8's from the judges and following harsh words from the Organising Committee the crowd did not repeat that offence.

Men's Springboard — This was one of the toughest fields ever assembled for a springboard event and Steve Foley was unfortunate enough to have to compete with infected ears. He dived very well but missed one dive (reverse 2½ somersault pike) which was enough to cause him to miss the final by twelve points. Steve gains tremendous height from the springboard and the only others in the field who came close to the same height were the two Mexican divers. Shaun Panayi was one point behind Steve in 14th place with a good solid list except for a missed inward 2½ somersault tuck. The field was so hot that one

**'Australia closes
the gap'**



Julie Kent and Craig Rogerson

More Australian judges needed.

small mistake was enough to miss the final. Both Steve and Shaun beat Olympic 6th placegetter and Australian Games winner Piirro Italiani. The two Chinese divers Liangde and Hongping were well ahead of the rest of the field, although in the subsequent individual knockout competition Liangde was the winner with Bradshaw (USA) 2nd, Meyer (USA) 3rd and Hongping 4th.

Men's Platform — The highlight of this, from our point of view, was a magnificent effort from Craig Rogerson in making the final in 11th place ahead of people such as Aleyneck (USSR), Layland (USA) and Rinaldi (Italy). In his first dive (forward dive pike) he scored 8's and 8½'s, a tremendous start. Chris Ryan finished 18th with a reasonable list that was a little below his best. Craig then met Killat from West Germany (6th in the LA Olympics) and was beaten but not disgraced. It was an exceptional introduction to major competition and drew supportive comment from many of the international experts present.

JUDGING

The IDC determined that only judges on the international panel could be used so I was not able to press for any of our supporters to judge. It is important that Australia does have judges in the chair and in future we must establish that our members on the International Judging Panel must be prepared to travel to these types of contests. I ended up judging both women's events and then all platform events in the first round, quarter finals, semi finals and finals, and these duties on top of team management and IDC meetings and duties kept me very busy. However, this was made much easier by the supporters who gave me every assistance whenever asked.

The standard of judging was about normal with the usual range of marks on some divers and some international bias present (but not as much as previously).

POOL FACILITIES

The layout of the pool included all normal facilities of 2 x 1m boards, 2 x 3m boards and 1m, 3m, 5m, 7.5m, 10m platforms. In addition, two extra 1m platforms and two 0.6m springboards had been constructed, and it can be seen from this that the Chinese spend a lot of their effort in coaching from these levels. We also had to fix the usual problem of glare from the lights in the judges' eyes when judging 'platform'. The water level had dropped to 2cm below the skimming weirs on the second day after arrival which presented some health problems and after some persuasion I was able to get their authorities to raise the water back to the correct level. To the side of the pool there is a dry land training room with eight springboards (three with harnesses) and four pit trampolines (two with harnesses), although it was surprising to note that the top frames of the harnesses were only about three metres above the board levels.

ACCOMMODATION AND GROUND TRANSPORT

The accommodation was luxurious with large rooms in an old colonial style hotel. Unfortunately the lift was also an old colonial style and the long wait sometimes was very frustrating.

In general the food was good, although different. Early in the visit we asked for some items to be added, such as vegetables and salads and this was generally done. When the team wanted a change from Chinese food to Western this was done.

Ground transport from hotel to pool was by a team bus. This bus was available at all times and always punctual. It was also fitted with a tape deck which was used continuously and often played "Down Under" by Men at Work very loudly when arriving at the pool or hotel (as per the America Cup team). The major problem was that the pool was 40 minutes from the hotel and this entailed a lot of travelling.

ORGANISING COMMITTEE

The organisation of the competition was not up to normal standards and it was obvious that the Chinese were in a learning situation in running an event like this. They were generally willing to try and correct mistakes and the organisation improved as the days went by. The major problem was that the red tape situation made it difficult for anything to be changed, but we had tremendous assistance from our liaison officer provided by the organising committee (renamed Bill by our team). Bill was at our side the whole time and smoothed the way through many problems.

**'Prance'
Faster than a striking
snake . . .**

The Chinese were generous hosts, and provided very nice gifts to all visitors at the final banquet. On the day after competition all overseas visitors were taken on a comfortable train trip to Wuxi, a beautiful country area which gave the team an opportunity to relax the day after rather than depart immediately.

The Chinese Sports Medicine Team endeavoured to measure the physical features of all visiting divers with the promise that these would be distributed to all teams. However, after the Australians were measured we were told that we would only get our own measurements back, and this information would then have been of use to only the Chinese. When this was stated Bruce Prance, faster than a striking snake, grabbed all the Australian sheets back and so they will not get this benefit from us.

MEDICAL STAFF

The three medicos proved to be so valuable that I cannot see how we would have got on without them. Apart from all the minor medical problems that were fixed, Julie Kent had a partial shoulder dislocation and Steve Foley had badly infected ears and I am certain that without the medical support these two people would not have been able to dive. Our thanks are due to Garry, Michael and Dorothy who came on the tour at their own expense and worked hard throughout the whole time.

There is no doubt that medical support staff must be attached to all future travelling teams.

COACHING

I wish to extend my thanks to Bruce Prance for his efforts and dedication to the team. Thanks also to Steve Foley and Peter Panayi who also worked hard with the divers. I am sure that the divers appreciated these efforts.

TRAVEL

For various reasons it was necessary for the team to travel to Hong Kong in three groups where we all met up and stayed at the YMCA. Hotel accommodation is very short and very expensive in Hong Kong and I can recommend the YMCA as being most suitable, at a cost of about half of that of the hotels.

The majority of travel to Shanghai was by Cathay Pacific rather than by China Air due to China Air's reputation for cancelling bookings, changing flights etc. This reputation was borne out when they changed the flights of Prance, Rogerson and Ryan without reference to us, and it needed strong action over a five-day period from myself aided by Bill to have the matter corrected.

EXPENSES ON TOUR

These were very few as air fares and accommodation had previously been paid and we did not have any medical expenses. A summary of this is attached, and it can be seen that out of a total expenditure of \$588, \$411 was spent on airport taxes.

IDC MEETING

Several meetings were held during the period, and the following is a summary of actions.

- (a) Dick Smith discussed the forthcoming World Age Group Championships with a proposal for a three day programme. We settled on a 3½ day programme with departure put back one day to allow for home-hosting activities to occur.
- (b) I also spent some time with Dick Smith planning future WODCA programmes.
- (c) We were advised by the FINA Bureau that the next FINA World Diving Cup would be held in Zurich Switzerland during April, 1987.
- (d) Programmes and Facilities for the 1986 World Championships in Spain were discussed. The plans of the facilities included a grandstand in front of the tower, which was rejected. Steve Foley will be visiting Madrid to check out the facilities and arrangements in June this year.
- (e) Diving Rules — Several actions are being taken in regard to these —
 - (i) They are being reorganised in a more logical sequence.
 - (ii) Several of the rules which are difficult to interpret are being made clearer.
 - (iii) A section on explanation of the rules is being added.

- (iv) The diagrams are being eliminated and replaced by modern diagrams of 17 basic dives only.
- (v) The technical facilities requirements are being eased in a few areas.
- (f) I was given the honour of being awarded the FINA Silver Pin for services to FINA and Diving by the FINA Bureau. It is a privilege to receive this, as only six diving people world wide have been presented with the award, Bill Phillips and Syd Grange are the only other Australians to have received one.

**INDIVIDUAL RESULTS IN TEAMS COMPETITION —
1985 FINA WORLD DIVING CUP IN SHANGHAI CHINA ON
25-28th APRIL 1985**

STOP PRESS:-
Results from the CAN-AM-Mex
International Diving Meet at
Fort Lauderdale USA

Women's 3m Springboard
Julie Kent — 8th
Jenny Donnet — 11th

Women's Platform
Julie Kent — 10th

Men's 3m Springboard
Shaun Panayi — 14th

Steve Foley withdrew
due to health problems.

WOMEN'S SPRINGBOARD				MEN'S SPRINGBOARD			
1.	Li Qiaoxian	CHN	523.92	1.	Tan Liangde	CHN	660.87
2.	Li Yihua	CHN	518.79	2.	Li Hongping	CHN	653.58
3.	G. Cherolinekova	URS	497.73	3.	Ron Meyer	USA	607.83
4.	Brita Balok	GDR	493.89	4.	Mark Bradshaw	USA	598.05
5.	W. Williams	USA	476.16	5.	N. Drojone	URS	589.17
6.	Jenny Donnet	AUS	472.92	6.	J. Mondragon	MEX	586.71
7.	Karen Laface	USA	470.70	7.	A. Portnov	URS	584.49
8.	H. Grecka	TCH	447.81	8.	Albin Killat	FRG	581.34
9.	Katrin Binfing	GDR	445.62	9.	Randy Sageman	CAN	569.85
10.	T. Alebneva	URS	444.33	10.	J.L. Rocia	MEX	564.93
11.	Julie Kent	AUS	428.88	11.	John Nash	CAN	547.44
12.	Kathy Kelemen	CAN	416.67	12.	M. Castellani	ITA	546.12
13.	Jenny Tysdale	CAN	408.00	13.	Steven Foley	AUS	534.48
14.	Elsa Tenorio	MEX	384.57	14.	Shaun Panayi	AUS	533.04
15.	Laura Schermi	ITA	384.00	15.	Piero Italiani	ITA	520.44
16.	E.D.L. Torre	MEX	382.38	16.	Namashima	JPN	505.08
17.	Nicky Cooney	NZL	377.13	17.	Yamagishi Isao	JPN	501.81
18.	Guiliana Aor	ITA	368.91	18.	Wilfried Meyer	FRG	498.03
19.	Kerstin Fink	FRG	365.64				
20.	Susan Stewart	NZL	350.04				
21.	Doris Pecher	FRG	348.15				

WOMEN'S PLATFORM				MEN'S PLATFORM			
1.	M. Mitchell	USA	437.22	1.	Li Kongzeng	CHN	580.74
2.	A. Lobankena	URS	427.56	2.	Tong Hui	CHN	567.93
3.	Zhou Jihong	CHN	417.45	3.	V. Troheen	URS	558.63
4.	Ramona Patow	GDR	416.16	4.	J. Mena	MEX	524.52
5.	Chen Xiaoxia	CHN	410.79	5.	J. Mondragon	MEX	521.58
6.	A. Stashulivich	URS	385.32	6.	Thomas Knuths	GDR	512.94
7.	Kim Engel	USA	358.56	7.	Albin Killat	FRG	512.52
8.	G. Canseco	MEX	353.31	8.	Matt Scoggin	USA	509.25
9.	Julie Kent	AUS	349.56	9.	Dieter Doerr	FRG	506.34
10.	H. Novotna	TCH	342.78	10.	Namashima	JPN	496.44
11.	Kerstin Fink	FRG	335.25	11.	Craig Rogerson	AUS	496.05
12.	Carol Boots	AUS	334.86	12.	V. Aleyneck	URS	495.78
13.	E.D.L. Torre	MEX	333.00	13.	D. Rinaldi	ITA	489.15
14.	Lindsey Fraser	GBR	317.49	14.	F. De Angelus	ITA	485.22
15.	Jenny Tysdale	CAN	314.43	15.	Lenny Layland	USA	484.32
16.	Laura Schermi	ITA	314.25	16.	John Nash	CAN	465.81
17.	Carolyn Roscoe	GBR	310.26	17.	Yamagishi Isao	JPN	443.85
18.	Kathy Kelemen	CAN	309.21	18.	Chris Ryan	AUS	426.24
19.	Doris Pecher	FRG	305.28	19.	David Bedard	CAN	422.40
				20.	Jong Yong Park	KOR	360.60

TEAM TOTALS IN 1985 FINA WORLD DIVING CUP

COUNTRY	COMBINED MEN AND WOMEN		WOMEN		MEN		SPRINGBOARD		PLATFORM	
	Points	Place	Points	Place	Points	Place	Points	Place	Points	Place
CHINA	4334.07	1	1870.95	1	2463.12	1	2284.32	1	2049.75	1
USSR	3938.01	2	1754.94	2	2228.07	2	2115.72	3	1867.29	2
USA	3942.09	3	1742.64	3	2199.45	3	2152.74	2	1789.35	3
MEXICO	3651.00	4	1453.26	5	2197.74	4	1918.59	6	1732.41	4
AUSTRALIA	3576.03	5	1586.22	4	1989.81	8	1969.32	4	1606.71	6
WEST GERMANY	3452.55	6	1354.32	8	2098.23	5	1793.16	8	1659.39	5
CANADA	3452.19	7	1446.69	6	2005.50	7	1941.96	5	1510.23	7
ITALY	3108.09	8	1067.16	9	2040.93	6	1819.47	7	1288.62	8
JAPAN	1947.18	9	—	—	1947.18	10	1006.89	10	940.29	9
EAST GERMANY	1868.61	10	1355.67	7	512.94	9	1452.45	9	929.10	10
CZECHOSLOVAKIA	790.59	11	790.59	10	—	—	447.81	12	342.78	13
NEW ZEALAND	727.17	12	727.17	11	—	—	727.17	11	—	—
GREAT BRITAIN	627.75	13	627.75	12	—	—	—	—	627.75	11
KOREA	360.60	14	—	—	360.60	11	—	—	360.60	12



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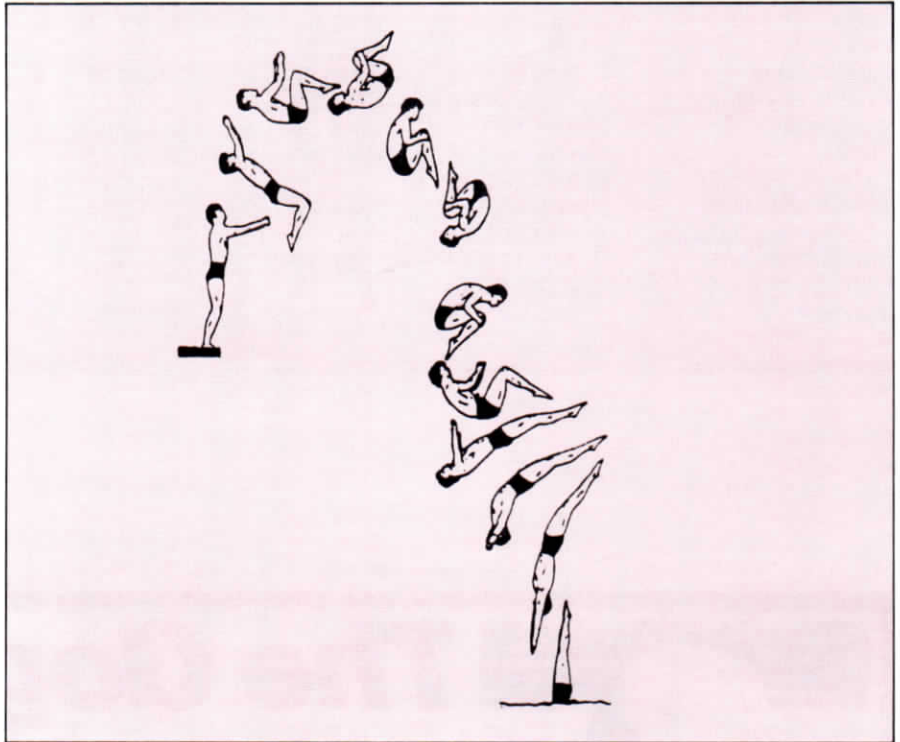
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Coaching with Peter Panayi



Reverse 2½ Somersaults — Tuck

The diver begins to take off from the end of the board, with the arms and head aiming overhead at a point slightly in front of the body. The legs, ankles and toes extend completely as the diver leaves the board.

The knees quickly draw up toward the hands when the toes leave the board. The arms and head remain in a fixed position as the knees begin to rise. CAUTION: the stomach and hips must not be thrown outward in order to avoid hitting the board. The proper placement of the arms and head at the take-off should provide enough distance for the diver to pass the board safely.

The arms thrust forward to a short distance to grasp the knees with the hands when the knees rise to a near vertical position. This reverse action increases the speed of the somersault. The head pulls back very slightly during this action.

The knees are grasped just above the shins and pulled in tight with the elbows held close to the sides. An effort is made to pull the knees in tighter to the chest as the body somersaults.

The hands release the knees and the legs extend with a snap when the diver reaches a sitting position slightly past the second somersault. The moment the knees are released, the upper part of the body pulls back toward the water. In this action, the head tilts back and the arms spread slightly as they straighten to reach overhead for the water.

An effort is made to look back and see the water as the arms extend overhead.

The diver enters the water in a vertical position with the body straight.

SWIMATHON 1985

Keen V's Mean

By Peter Jackson

National Public Relations Officer Aussi.

A highly successful Swimathon sponsored by Swimming In Australia and organised by AUSSI — N.S.W. in aid of the N.S.W. Sports Council for Disabled was held on the 27/28th of April at Narrabeen National Fitness Camp. The weekend was a great success and raised in excess of \$11,000.00. The highlight for all those attending was the appearance of Australia's fabulous Mean Machine, Greg Fasala, Neil Brooks, Mike Delany and Mark Stockwell, plus Grant Kenny and Lisa Curry. These

Deceit can beat Youth and Skill."

In pre-race introductions the editor of 'Swimming In Australia', was asked about the Keen Machines race preparations. Carol said the team had trained hard, had a great meal, drunk only orange juice and gone to bed early. 'Swimming In Australia's' Assistant Editor, Graeme Brewer, when asked about the Mean Machine, said he couldn't vouch for their training, but they too had a good meal, drunk only Australia's National Drink and whoever went to bed early on Saturday night?

When presenting the 'Swimming In Australia' cheque of \$2000 to Jon Pratlett, Executive Director of the N.S.W. Sports Council for Disabled, Carol and Graeme paid compliments to the organisers and many helpers plus other sponsors, Ansett, B.P., and Spank Sportswear. Then just to prove they were totally involved in swimming both swam 32 sponsored laps.

Cerebral Palsy swimmer Robert Walden a gold medal winner at the Disabled Olympics in 1984 swam some 23 kilometers during the 24 hour event proving that these special sports people, despite their personal disability, are ready to get in and help themselves.

There were some great performances, two AUSSI clubs Hills and Warringah had two lanes filled with swimmers for the entire 24 hours. Then there were the members of the Rotoract Clubs who manned the canteen for the entire duration of the Swimathon, making sure all had sustenance, especially during the Death Watch (midnight to dawn).

The Swimathon was one of those special occasions when elite sports people joined with an enthusiastic sporting group and along with sponsorship and general assistance, were able to help those less fortunate than themselves.

popular Australian sports stars flown to Sydney by Ansett, were besieged by autograph hunters and people who just wanted to talk to them.

The swim of the weekend was a 4x100m Freestyle handicapped relay pitting the AUSSI Keen Machine against the Mean Machine. In a good natured contest the Mean Machine boys gave the 'oldies', Roger Van Hamburg 30, Ian Dodd 38, Tony Curran 30 and John Marshall 25 a twenty second start. The moral of the story is that "Age, Cunning and



The KEEN MACHINE give a triumphant salute.

AUSTRALIA GAMES

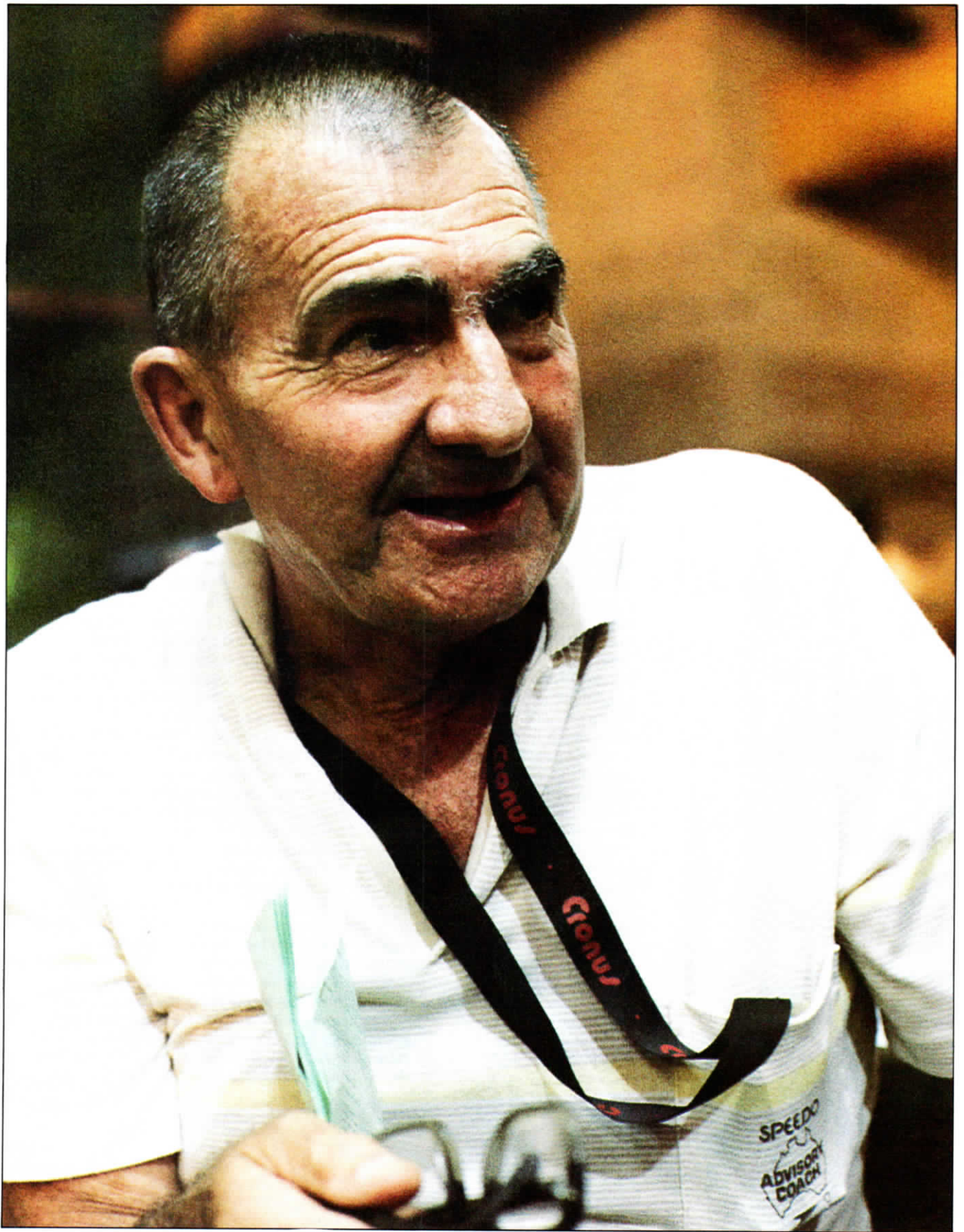
By Jim Webster, who covered the Games for The Sydney Morning Herald and The Sun Herald.

Taxi drivers know most things. I met one in Washington DC once who reckoned he knew a back way into the White House. And another in London who swore that he once saw the Queen walking down Regent Street with a shopping basket over her arm. I know one however that they didn't know. None of them knew anything about the Australia Games. Now Melbourne cabbies aren't the best in the world, but you'd imagine they would have heard of these Games they were having in their own city. But no. On my first morning in Melbourne I leapt into one of those taxis that hovers outside the Southern Cross Hotel like dew on a winter's lawn and directed him to the Australia Games headquarters. "The What?" he asked. "You know, good man. Where it's all taking place. The universal centre of sport for this week. You can't miss it. Now off you go ..." We had been driving several minutes before the poor blighter, born as it turns out on some distant Greek island, told me he didn't know which direction to head. "Where the puppies yap," said I, and instantly he turned for Olympic Park No 1, where the buildings surrounding the greyhound track had been transformed into the throbbing heart of the Australia Games administration. And so each morning after that I did not bother to confuse the poor cabbie with anything more simple than directing him to 'the joint where the greyhounds chase the bunny.' That, in essence, was among the problems that faced the Australia Games. The cabbies, and just about everyone else you met, didn't know what they were, where they were being held, or what they were in aid

"But mate -
these ARE
the only Australia
Games I know of."



of. There was a seemingly total lack of knowledge of them. The organisers defend themselves when confronted with this, pleading that they had swamped the media and press with releases, information etc etc. in the months beforehand but in a summer of intolerably tedious cricket it had all somehow been overlooked. Only in the few days before the Games were due to start did publicity begin to sprout, albeit too late to interest or attract people along to them. There was a trickle at events in the early days, which was disappointing to both the organisers and the spectators and only a slight improvement towards the end. The other thing, beside the publicity blackout, which kept the crowds away was that many of the big international names who had been mentioned as perhaps coming to the Games did not eventuate. Half the Soviet weightlifting team was stranded by foul weather somewhere beyond Moscow and could not get transport out. Swimming had nobody of great importance. And track and field had only one exceptional competitor in America's world 100m record-holder Calvin Smith. So there were hardly any magnets to get the crowds along, which was a shame, for the Games were, if nothing else, fairly skilfully managed. Oh, certainly there were a few things which could have been improved. How, for instance, did the organisers expect members of the written media to be able to provide them with 24 hours notice if they were needing transport anywhere. Most journalists, because of the constantly shifting work requirements at a sporting event like that, would barely be able to say what he or she was precisely doing in an hour's time, let alone 24 hours hence. But these were small internal matters between media and management. To the outsider, the Games ticked along fairly smoothly and the spectators must have been fairly pleased with the way they were run. But if there was little apparent interest, although the TV ratings were allegedly quite respectable, and the crowds were small, what benefit then did the Games have? The answer is this: more than you could imagine. To begin with, it allowed several thousand athletes to live for a little over a week in a Games Village atmosphere. And that's important for so many of these kids who might one day be going to a Commonwealth or Olympic Games. Mum wasn't there to look after them. They had to fend for themselves, make their own beds, do their own washing and keep an eye on what they ate, which was so important considering the ease with which so many Australian representatives have eaten themselves out of form when confronted with a 24 hour food service and as much of anything that you can shovel away with a knife, fork and spoon. The other important factor was that the Games introduced many hundreds of promising young Australian sportsmen and women to international competition. They were made familiar with the way a big meeting is conducted, they felt more nervous than they ever have before and, in this regard, some coped and some didn't. But they'll all be much better competitors for it when they do eventually attend an Olympic or Commonwealth Games. The swimmers were a perfect example of youngsters being exposed to major competition for the first time. Because of so many frontline candidates being unavailable the Australian team was a string of new bloods. People like Barry Armstrong (WA), Andrew De Vries (NSW), Paul Lee (WA), David Morarty (VIC), David O'Brien (NSW), Rebecca McCabe (NSW), Sarah Thorpe (WA) and Lauren Wilkenson (NSW) were some of those who launched their international careers at the Australia Games. Mixed with some of the older hands who were available, they turned out to be a pretty formidable team. Coach Bernie Mulroy who, incidentally, had quite a hand in Neil Brooks' early career, was thrilled with the way the team performed. In fact, something like 85 per cent of them swam quicker than the times on which they were selected for the team. Of those who didn't, the important thing is that they learned a vast amount about international swimming and will be much better for it by the time of the Commonwealth Games next year in Edinburgh. So the Australia Games were successful; they provided international competition, even if it was not the very best, for a large number of Australian sportsmen and women who can only have benefited from it. I'm sure the Australian Games will be better organised next time — presumably in Brisbane in 1987 — and better known by then. And they deserve the support of all Australians.



FORBES CARLILE

Coach Extraordinaire

It's hard to know just where to start when you are going to write about Forbes Carlile, he is a man of such diverse abilities and interests often bordering on the controversial. For well over 35 years, Carlile has been one of Australia's leading coaches, mention Karen Moras, Shane Gould or Jenny Turrall and their World Records and you mention Forbes Carlile. Talk about scientific research in swimming and guess whose name heads the list? Read about differing opinions between the Coaches Association and the A.S.U. and you can bet Forbes Carlile is there snapping like a persistent terrier. Talk about the Modern Pentathlon — Forbes in 1952 at Helsinki was Australia's first Olympic competitor, he beat two Russians and 25 others in a field of 52.

Forbes Carlile was born in 1921, a student and later a lecturer in Human Physiology at the University of Sydney. During this time he studied under Professor Frank Cotton, and later became the Professor's right hand man in 'exercise physiology research'. So began a period of sports science, experiments destined to change the entire concept of training programmes. The Carlile/Cotton studies on training programmes changed the course of many top Australian athletes. They pioneered heart-rate prediction tests thus assessing 'effort' and were again first with the concept of Interval Training in swimming. With his wife Ursula as his willing and knowledgeable assistant, Forbes continued to look into, enquire about, ever trying something new, his enquiring mind never resting. He experimented with hypnosis, oxygen priming, hot tubbing in warming up, forever looking at everything which might produce better results. The 'papers' he and Ursula have had published are much used reference material. Ahead of their time originally, much of this work still stands up in the face of scientific progress. It is hardly surprising that Forbes's book 'Forbes Carlile on Swimming' has often been referred to as 'The Bible' by swimming coaches world wide. It has even been translated into six different languages since it was first published in 1963.

What of Forbes the coach? Coach to

the Australian Olympic Team in London 1948, he has coached Australian International Teams on a number of occasions, including being one of the four coaches for the all conquering 1956 Olympic Team, Chief Coach for the 1973 World Championships and from 1962 to 1964 National and then Olympic Coach at Tokyo for the Netherlands. In 1978 Forbes and Ursula were named as the first 'Honorary Coaches' to the Peoples Republic of China. As a lecturer conducting Swim Clinics, Forbes has visited swimming nations on six continents. A glance around his Ryde home shows you that you're at HQ or the beating heart of the Carlile Organisation. Here you will find countless books and files, photographs and cartoons, technical films and video tapes, many made by Forbes himself. Covering the walls are plaques, awards and all kinds of memorabilia. It's from here that the Carlile schools, beginning at the Water Babies, Learn to Swim, Age Group, through to elite swimmers, are planned and organised. Successfully it would seem, as the Carlile Age Group Swimming Team has never been out of a place in the NSW Premierships since 1947. A 38 year record from Palm Beach Club through Ryde and Carlile Clubs that Forbes is intensely proud of. However, he is quick to point out that the support and assistance he's received from Ursula and various assistant coaches. Many of these former assistants such as Terry Gathercole and Bill Robertson have gone to become highly successful coaches in their own right.

As a coach, Forbes Carlile has not been without detractors, not everyone agrees with his ideas and methods. While he himself cites Shane Gould as a swimmer who never fully reached her full potential, others claim Shane's early retirement was induced by Carlile's efforts to push her ever on. His demands for competitive commitment from even young squad members has evoked strong criticism and led to the now famous or infamous, depending on your point of view, reply, "Better to be a has-been than a never-was".

No story about Forbes Carlile could be written without a chapter entitled, Carlile vs the Establishment. Asking

members of the Australian Swimming Union for any comments regarding Forbes Carlile, and the polite reply was that "he's certainly made his contribution". What about his constant and often critical remarks about the Union's administration? "All administrative bodies come in for a fair share of criticism, it's impossible to please everyone", I'm told. How about the current issue, the demands for radical changes to the Union's constitution? Again I'm politely told that "it appears that Carlile didn't or refused to understand what the real issues were". So if the constant barrage of letters, papers and statements by Carlile were ever a source of irritation, or had any effect, publicly the Union wasn't saying.

Not so Carlile, publicly he mans the cannon, shooting off verbal and written bullets at the lack of democracy, at what he calls the iron fist oligarchy of the Union. He champion his causes with fervour and endurance, like his long time efforts to gain recognition for professional coaches. "Is it too much to ask for input by the coaches and swimmers into the administration of Australian Swimming?" he demands. What about the constitution? "Written and devised during a period of social change by men who wished to preserve the old order". "Isn't it time", he argues, "for the Union's Constitution to reflect the times and attitudes of today?". Carlile reflects, "An important goal in my contribution to swimming is to see great changes in the Union's Constitution so that administration is opened up and input from all sections of swimming are truly represented at Conference level".

Honours such as being awarded an MBE for services to swimming, election to the International Hall of Swimming Fame (1976) and being granted life membership to the Australian Swimming Coaches Association (1984) are not laurels that Forbes Carlile will sit back and rest on. I don't believe Forbes can rest, he's a driver, who has got to keep on going. As the story goes, that when a question arose during the Age Group Nationals last summer, the enquirer was directed to go ask Forbes. "Is he here?", asked the enquirer. "Well, if he isn't he's dead", was the reply.

THE UNION OF OLD SWIMMERS THE VARIETY CLUB OF THE SWIMMING WORLD

BY KEVIN BERRY



Ken Knight

The Union took shape in 1949 after some of the old Sydney Amateur Swimming Club members met at the old Domain Baths for a get-together and a suggestion was made that a Union of Old Swimmers be formed.

An inaugural meeting of ex-swimmers was called and the go-ahead was given. To be eligible for membership you had to be at least 30 years of age (now reduced to 25) and open to males who had been members or still were members of swimming clubs or kindred associations. It did not matter as to whether you were just a plodder or a champion. Incidentally, to move with the times the constitution was changed some years back to admit female members.

A constitution was prepared, the main objects being: to promote harmony amongst the veterans: to improve and support the building of more Olympic Pools: to assist in the raising of funds for the Australian selected Swimming Team Members; and to assist swimmers financially in various ways.

The Annual Subscription was a nominal one of 2/- (two shillings) which now stands at \$2 (two dollars) but for the sum of \$25 (twenty-five dollars) you can become a Life Member and be the recipient of a copyright specially designed by Perma Plaque.

Of course with the passing on of a large number of the oldies and the young ones retiring at an early age, we, like other organisations have had to relax a little on the eligibility for membership but it is not as expressed by the popular past President John Devitt — "You just have to pass a pool to be eligible" — Still, it's a thought.

In the initial years the Union raised quite a considerable sum of money for the Olympic and Commonwealth Games and in assisting swimmers in various ways.

Now with the highly organised fund raising committee coupled with the big firms sponsorships and more help from

the Governments, the Union concentrates in assisting in scholarships for swimmers and has given \$3000 over the past three years.

Each year the Union promotes, *-inter alia-*, three permanent functions, viz.,

March/April: The Annual Swimming Reunion and Social. The swimming events are for age scratch races and the Frank J. Carberry, C.B.E. Memorial Handicap Race. The novelty events being — Throwing the Water Polo Ball through the Lifebuoy and the Plunge. The latter event being a N.S.W. Championship in the old days.

July: The Annual General Meeting which is combined with a social and conversazione and the showing of appropriate sporting films.

October: The Natatorial Awards Presentation Dinner. The Awards being — For the Personality of the Year: The Swimmer of the Year: The Outstanding Contribution to Swimming over the Years: The best Media of the Year: and the Coach of the Year. The Awards are presented by prominent sportsmen.

Can You Name These Olympians?

From the photographic archives of John Fairfax & Sons, Kevin Benny asks:-
"Name these five members of the Australian Swimming Team at the 1932 Olympics at L.A.?"



Answers: Andrew 'Boy' Charlton, Neil Ryan, Alan Dennis, N. Frances Bult, Philomena Mealing.

Kevin Berry at Indiana Uni

Kevin Berry looks back
on his days as a
student at IU

Twenty-five years ago, when I was a mere youth of fourteen and recently selected for the Rome Olympics, about the only notion that the word "Indiana" evoked in me was of a motor car race. I knew that in the month of May there was a 500 mile race in Indianapolis. But that was all. Little did I suspect that in the following 10 years, Indiana and Indiana University in particular would have such a profound effect on my life.

I went to Rome in 1960 and swam in the 200 metres Butterfly event. I was fortunate enough to swim in the final and finished sixth. It was this performance that inspired me to look ahead to Tokyo, four years hence.

However, at those 1960 Olympics, held in the city on the banks of the Tiber, I met two Americans. One was Mike Troy, the winner of the 200 metres 'fly event. The other was Troy's coach, James "Doc" Counsilman. Both were from Indiana University.

Troy gave me an Indiana Swimming T-shirt and when I returned to Australia, it was one of my prized possessions from my first foray overseas.

Looking back on it, I suppose that T-shirt had a lot to do with me going to the States and to IU some three years later.

I lived in that grey T-shirt and even slept in it and I guess, subconsciously, it influenced me. A seed had been sown!

Some two years after Rome, the British Empire and Commonwealth Games were held in Perth. I was a member of the Australian team there and in fact, I ended up winning three gold medals at those Games. The memories from that period are still some of the fondest memories I have of my swimming days.

At those Games I came into contact with a Canadian diver by the name of Tom Dinsley.

Dinsley, while representing Canada, had been asked by the head swim coach at the university he attended in America, to seek me out. He had been given a 'brief' to contact me about taking up an athletic scholarship. The coach was Doc Counsilman. The university, Indiana.

It was about this time that I was seriously entertaining the thought of going to the States. A few others had gone before me — Murray Rose, Jon Henricks, John Konrads — but no other swimmer from this country had headed off into the wilds of Midwest where Indiana is situated.

But why Indiana? Rose, Henricks and Konrads had gone to the University of Southern California on the West Coast. Back in the dim, dark past of the early 50's, John Marshall had attended Yale. So why should I go to IU? Well, there was Counsilman. He had emerged as one of the leading coaches in the world. He had produced Troy as well as several other swimmers in Rome including George Breen and Alan Sommers, two very fine freestylers.

Indiana, in the early 1960's, had a sway of other world record holders. Chet Jastremski was there, and he held every Breaststroke world record. Tom Stock was there and he held all the Backstroke records. Then there was an individual medley swimmer by the name of Ted Stickle, and he was supremo in his events. To cap it all off, the University team held the world record for the 4 X 100 metres Medley relay. Can you imagine it! A university team holding a relay world record. In those days such a feat was very difficult to comprehend when looking at it from Sydney, Australia.

If I were to go there we would just about have the game sown up in the form strokes. (Luis Nicolao from Argentina held the world record for 100 metres Butterfly) while in 1963 I held the world records for 110 yds - 220 yds and 200m, fly. It was something to think about!

I thought long and hard about it and by the time April, 1963 came along, I had made my decision. I would go.

So when an Australian men's team left for a tour of Japan, Russia and Europe in that month, I left with them. I had sought, and been granted, permission to leave the team in England and head for the States.

But this is all getting away from the subject. I will endeavour to explain to you what a sporting scholarship to the States entails.

Firstly, to gain admission to the university, you must provide proof of

your academic qualifications from high school here in Australia. In my case, Indiana wanted evidence of my Leaving Certificate pass — pre-HSC days — and they also wanted a class ranking. While this second “ask” is common in America, back in 1963 it was a most unusual request.

I sent back a copy of my Leaving Certificate pass and also included that my class ranking was average, whatever that meant. (I didn't know where I was ranked in my class of 32. American high schools have very large classes and we would probably call them 'forms'. It is not unusual to see a class size of 500 students in America.)

While these requirements were acceptable I still had to sit for my SAT's. S.A.T. stands for Scholastic Aptitude Test and it is required by all prospective students to American universities. These tests are only given on four days in the year and I finally ended up taking mine at the US Embassy in London at the conclusion of our Japan-Russia-Europe trip.

With all the above academic requirements finally completed I was granted a sporting scholarship to IU. I was also given a student visa to enter the United States.

I might add here that the type of scholarship I received was a “full scholarship”. I was to find out when I got to Indiana that there were only four full scholarships given each year and it was very competitive to get one. I guess it helps a little if you hold three world records.

With my full scholarship I received all my tuition paid for by the university. I was given room and board at one of the university dormitories. I had all my books paid for and any other fees associated with my academic programme. On the surface, all sounded fine!

However ...

There are some hidden traps which I certainly did not consider when I accepted my scholarships.

The most obvious stumbling block is the cost of getting to the States. I was fortunate in 1963 in that I was coming off a swimming trip and it was a lot cheaper for the ASU to pay my fare from London to New York than from London to Sydney.

Then, it wasn't until I was enrolled that I realize I needed spending

money. Not spending money for meals or books but spending money for those activities that any 18-year-old might want to do. To go to the movies. To have a hair cut. To take a girl out. All these cost money. I hadn't realized it but you were expected to find that money yourself.

Another point that I hadn't thought about, was just how I was going to exist in the summer months over there. The academic year was from September to June and it was only during that period that the above things were paid for. There was a three month period that I would have to fend for myself.

Mind you, if my parents had been wealthy enough, they could have flown me back to Australia. They could have also provided me with that spending money. But such was not the case.

I managed to work things out in a variety of ways most of which were slightly illegal. I use the word illegal only in the sense that what I did was bending the rules under which a sporting scholarship is given.

For instance, I joined a fraternity and in return for washing dishes, I received the money that would normally have gone towards my meals. In fact, I worked for my meals and pocketed what I had been given under the scholarship.

I cottoned on to another small money making scheme. In the evenings I made sandwiches and then at 11 pm, when the fraternity students were seeking a break from studying and a snack, I would sell the sandwiches. I wasn't going to become a millionaire by doing this but at least it would allow me to go to the movies now and again.

The summer vacation situation was a little more difficult to handle. I had to find some form of employment to bring in enough money for me to live off. Hence, during that period of my life I drove a taxi; worked on a construction site and had several other manual labour type jobs to get me by.

It was quite an experience!

What do you have to give in return for receiving a sporting scholarship to an American university?

You must first maintain your grades. This means that you must attend lectures and classes and at least keep up passing grades in your overall academic programme. Forget about

those stories that seem prevalent in Australia about not having to do any academic work. You have to work and you have to work hard.

Then you have to swim for the university during the collegiate year. After all, the whole idea of providing a scholarship to someone is that the university hopes that person will cover the college in glory with his or her victories. As the old saying goes, “You don't get anything for nothing.”

Swimming for the university means participating in a series of dual meets with other universities from December to March. (It must be remembered that all collegiate swimming is indoors and done in a 25yd pool). Then in March, you would swim in the Conference Meet — in Indiana's case, the Big 10 Conference Meet. Finally, if you were good enough and had qualified, a trip to the NCAA Meet. (National Collegiate Athletic Association).

I might add here that most college swimmers also participated in a summer or long course programme but this is not associated with the university. Between my taxi driving, construction work and making sandwiches, I managed to fit in some summer swimming also.

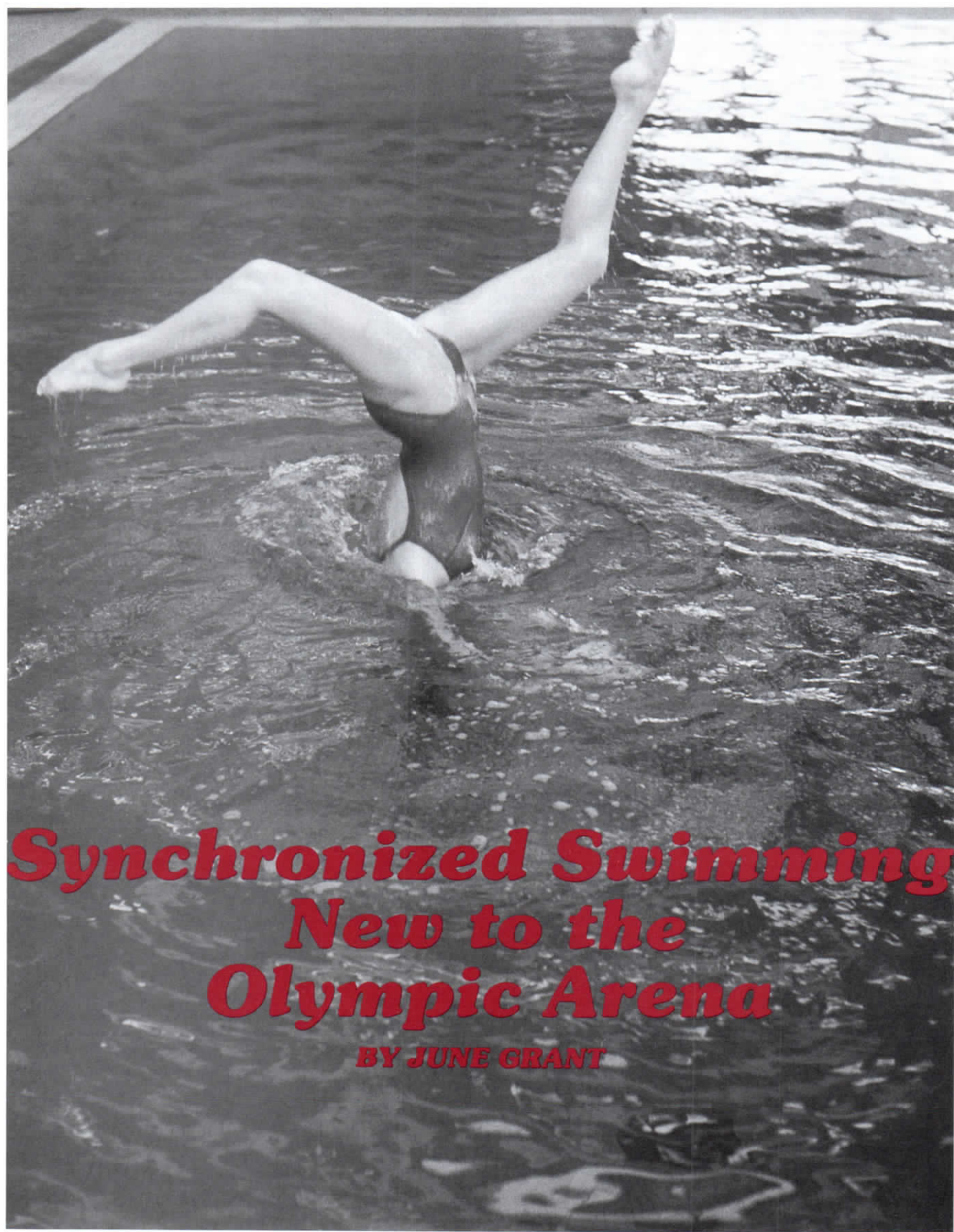
There are a few other observations that I would like to make about the Athletic programme at Indiana University.

— The overall budget of an athletic department at any major US university is a million dollar a year business. Large amounts of money are generated by the two college revenue sports — football and basketball — and these allow the minor sports like swimming to be provided with scholarships.

— Some universities have their own planes in which their teams travel to meets. In the 1960's IU had its own DC3. We used to travel all over the country in that plane. I wonder what they have today?

— The man I mentioned earlier in this story, Doc Counsilman, was a coach way ahead of his time. He revolutionised stroke mechanics and in the area of psychology, he had no peer.

Overall, my days at Indiana University were wonderful times and I treasure the memories from that period of my life.



**Synchronized Swimming
New to the
Olympic Arena**

BY JUNE GRANT

People often wonder how one swimmer is synchronized . . .

SYNCHRONIZED SWIMMING is strength, endurance and beauty. Peculiar to the sport is the sculling which has scientific principles which must be obeyed for the swimmer to be successful. The sport's other aspects are used in gymnastics, swimming and waterpolo. Now, it has grown from its early Water Ballet image and has become the most complex sport.

From gymnastics we use the flexibility of the body to make the intricate movements needed to make the transitions into and out of the listed Basic Positions (and to design hybrid ones).

From swimming we gain the strength and endurance which gives the Synchro. swimmer the power to cover the pool surface in the laps expected for the ability level of the routine performance. The four swim strokes are used in combination creating hybrid strokes no speed swimmer would use.

As with Water Polo we use the eggbeater kick (whipkick with alternate legs) or a means to "rocket" the body out of the water, by oneself or with a partner.

Or as an alternate means of leg propulsion through the water which leaves the arms free to be graceful, crisp or emotional in mime.

People often wonder how one swimmer is synchronized. The synchronization of the Solo Synchro. swimmer is to the music, but in duets and teams it is done with partners and music. The more people in the team (of 8 maximum) the harder is the synchronization of movement to do as the arms and body shapes must melt together as one. By choice, different but matching movements can be shown, but not before pure and perfect synchronization is shown and established to the judges. The soloist can emote with the music and bring the audience into what she is doing. Words like sad, happy, strong, tender can be mimed, and develop the relationship with the audience in the solos, duets and teams.

Creativity and originality in the hybrid movements made by the Synchro. swimmer or the coach result in higher marks being given by the judges.

The routine should flow forward even when the body/ies are turned sideways or backwards to the direction of travel, and should cover the pool surface once during the routine.

The choreography is an aquatic gymnastic exercise to show all the complex movements, and the execution should be confident and flawless showing complete mastery and control. The

placing of the body is naturally right for the girl with a background in ballet and makes the difference in solos of winning, or not, at the highest level of competition.

The music designs the the figures and propulsion used in the routine. A rise or drop in the music means a rise or drop by either the arms and legs with the body. Unless music is especially written, it is hard to find the perfect piece that allows full rein to the repertoire of movements. This is the reason that the girls join together the segments. Audience and judges should be moved by the swimming not the accompanying music as it would give the music too great an importance.

From an average mark. The highest and lowest marks are deducted when there are five or seven judges. The remaining judges are added together and divided by the number of judges (3 or 5).

Each Synchro. Competition is divided into two halves, the Figure Competition where internationally agreed upon figures are chosen from groups picked out forty-eight hours before the event. The marking is the same as for Diving, in that there are 10 points divided into 1/2 points totalling 20 possible scores. F.I.N.A. select the final groups to send to all nations National Bodies. The routine competition has complete freedom of choice in the contest but there are specific times for the length of the music. Routines have three levels which the judges must evaluate — Beginner, Intermediate and Advanced.

After computing the marks for the figures with the degree of difficulty (each figure, as in Diving has a specific one) the results are added to the Routine points out of 100 to find the winner.

How it all began

This complex sport has changed since its origins in the "Show-Biz" world. This origin has been one of the greatest deterrents to it being known as a strong, powerful, endurance sport that is extremely beautiful to watch.

The U.S.A. spearheaded its entry into the Olympic Games starting 30 years ago until its acceptance into the Los Angeles Olympics, 1984.

The Australian swimmer, Annette Kellerman, left her home to go to Hollywood with her father. This incredible lady was making films in 1912 moving around in the water like a fish using figures like porpoises and dolphins

as part of the "spectaculase" done with many glamorous ladies.

It was Annette who removed the frills, legs and arms off those Edwardian suits. How anyone swam in them can not be imagined as the weight was almost impossible to endure. Her sculling techniques were primitive by today's standards but the germ of the sport was developed by her and we should be proud of her imagination. Annette died in Brisbane in 1975, still able to bend over to place her head on her knees.

In the middle 60's three books were written which are still valid today. Particular sections of George Rockham's book on breath control and the control of the two forces of gravity and buoyancy are the best yet, the same diagrams he used are used in speed swimming text books written in the last five years, as it effects the scull in the swimming strokes.

National Championships Results

The Australian Titles were unusual in that the two Olympians, Donella and Lisa were not competing. For the first time instead of N.S.W. holding most of the premier placings the results were evenly distributed between N.S.W. (1-7 places) and Victoria (2-0). N.S.W.'s Lisa Stabback beat Victoria's Josie Hopkins by 0.9 of a point. With Donna Rankin, N.S.W. (3rd place) and Tracey Dunlap, Victoria (4th place) there was less than 4 points difference and this will ensure a tough fight in those placings for next year. Semon Rolhoff's Open Routine was marked 8 points more than the same routine in the Age event. Even with the difference in time of a thirty seconds limit, one wonders if the judges were harder markers for the Age than the other judges were for the Open. Of course swimmers can have better luck in a second swim competition. Celeste Ferraris of Queensland and Robin Sansing N.S.W. had a similar problem like Semon. These 14/15 year olds who can enter both Age and Open Events, will by the time they are twenty years of age in the Open, have reached a very high standard indeed.

International Competition

Australia has sent solos, duets and teams overseas since 1973 but not all at the same time. Since the Olympics in Los Angeles, Lisa Steanes has retired and, due to an accident, two days before the N.S.W. Team left for the Australian

Titles in Melbourne, in February, Donella Buridge was not able to be part of the team of eight representing Australia at the Pan-Pacific Championships to be held in Hawaii, in August 1985. This is a loss to Australian Synchro. temporarily.

A week was spent with the team of 11 swimmers at the Australian Institute of Sport in Canberra where the Canadian Coach, Janet Arnold, has "broken the back" of Australian Routine. Janet has been in the Australian States for four months already and will stay with the team until after the Pan-Pacifc. She was a member of the Canadian National Team for three years and has learnt Synchro. since she was seven years old.

Five coaches were present and each state selected one coach to be present with accommodation expenses paid. I was privileged to attend for N.S.W., Brenda Chisholm for Vic., Laurel Glancye for Qld., Barbara Dunstall for S.A. The speed with which Janet taught the routine that they are to perform was most impressive. She jelled the girls together from four states with no trouble whatsoever. A commendable feat when one had never swum with a partner.

The eleven girl squad was chosen on the results of the Australian Titles and on the availability of each swimmer to find the funds to support herself for three weeks from the 13th July to 6th August 1985. Even though there is a Federal grant for which the sport is most grateful, it will not pay all of the expenses. The team will have 10 selected members.

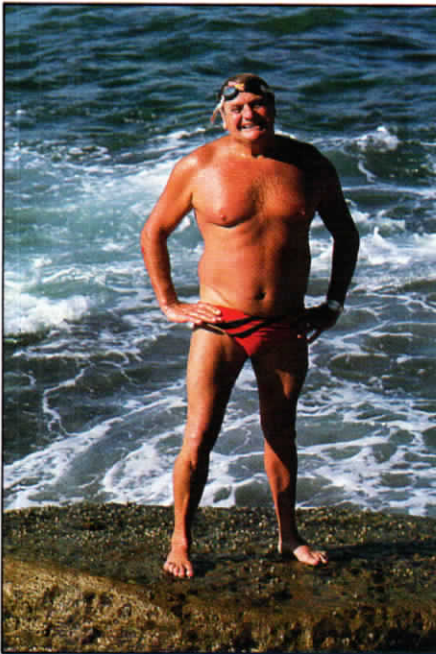
These are:—

Lisa Stabback
Josie Hopkins
Donna Rankin
Tracy Dunlap
Clare Conway
Karen Titmarsh
Celeste Ferraris
Semon Rolhoff
Diane Dunstall
Madeleine Easten
and the alternative Karen Jones

So from explanation of this complex sport, I hope all readers have a better idea of why we do what we do in the water so when there are comments like "Why do they smile like that", it's because they are practicing deep breathing to recover, and then to slightly normalise their breath to allow them to go under the water again. When they show this boost in an inverted position, please understand they are showing strength and power and not showing their legs off to the uninitiated.

"Team members must find the funds to meet their expenses."

So You Want to Swim the Channel!



Des Renford MBE

BY DES RENFORD MBE

I received yet another letter today, this time from a young lady who writes that she will be 17 years old this November. Her name is Sandra. Like all of the other kids she has aspirations of swimming the Channel one day. What Channel? You may well ask. Well, in the Marathon Swimming fraternity, there is only one Channel. . . 'The English Channel', just as there is only one Melbourne Cup, one British Open, or one Wimbledon.

Sandra asks a lot of questions about the Channel. . . how far is it across? How cold is the water? Is it rough? What training would I have to do to prepare myself? and so it goes on.

The English Channel has one hundred and ten years of tradition, and to quote the words of 'Doc' Counsilman after he crossed from England to France in September 1979, 'Now I know what it is like to belong to one of the most exclusive clubs in the World — those who've swum the English Channel'. James 'Doc' Counsilman at the grand age of 58 became the oldest conqueror of the Old Ditch. He added that he looked upon the experience like marriage. . . once is enough. Just think, the man who was USA Olympic Swim Coach in 1964 and 1976, was voted 'Swimmer of the Year' in 1979 by the very same colleagues who elected him as National Coach.

The French call it La Manche — The Sleeve. Prime Minister Churchill called it England's mighty moat. For centuries it has been Britain's first line of defence. It is such a baffling and eccentric stretch of water. The first known aggressor to attempt to invade Britain was Julius Caesar in 54BC and Hitler was the last to contemplate invasion via the Dover Straits under the operational name of 'Sea Lion' in the summer of 1940. In the year 1066, William of Normandy conquered England by patiently waiting many weeks in France for favourable winds and tides to take his 10,000 troops across in 700 sail-driven shallow draught barges. In 1545 the French under the command of King Francis 1 were repulsed, and in 1588 the Spanish Armada were forced to retreat by Sir Francis Drake who had a greater knowledge of the Straits. Napoleon set

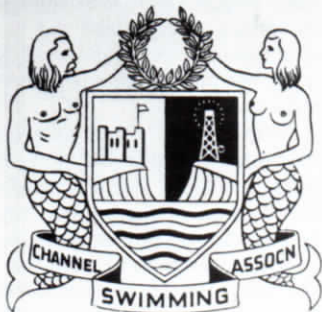
his sights on Britain in 1804 after he had conquered most of Europe. 'Let us be masters of the Strait for six hours and we will be masters of the World,' he wrote. He had 150,000 troops and a large fleet of galleons at the ready but made many miscalculations of the weather and tides and the cross-Channel invasion was cancelled.

The colourful and courageous sport of Marathon Swimming in open water had its beginnings in the summer of 1875. Captain Matthew Webb, second son of a surgeon entered the water at Dover for his second attempt to swim the 35km to France on August 24. He emerged from the water at Calais after 21 hrs and 45 mins of swimming a combination of Breast/Side-stroke. Webb was acclaimed throughout the World for his feat and the Prince of Wales gave him a grant of 10,000 pounds. The Mayor of Dover told the multitude who were gathered to meet the hero, 'I make bold to say that I don't believe that in the future history of the World any such feat will be performed by anyone else.' (Cries of 'Never, never' came from the people gathered). It was 36 years before there was another success. In the President's report of the Channel Swimming Association's 1984 Newsletter, he states that almost 3,500 attempts have been made and only 267 persons have been successful, 178 males and 89 females.

To swim from England to France it is prudent to enter the water at Shakespeare Beach, (2km west of Dover). This is the closest point to the Continent. We all strive to land at Cap Griz Nez on the French coast, but the fickle waters won't allow a swimmer to cross in a straight line. Be prepared for an average swim to cover about 45km and if the weather turns foul it could be 55km. The water temperature will vary between 13°C and 15°C (56°F to 60°F). Adverse weather is the most common cause of a swim having to be aborted. The ideal time to make an attempt is on the Neap Tides. This is the period when the moon is in the last quarter and the gravitational pull against the Earth's surface is at it's weakest, therefore the tides are 'low

With a foreword by

COMMANDER C. G. FORSBERG. O.B.E., R.N.

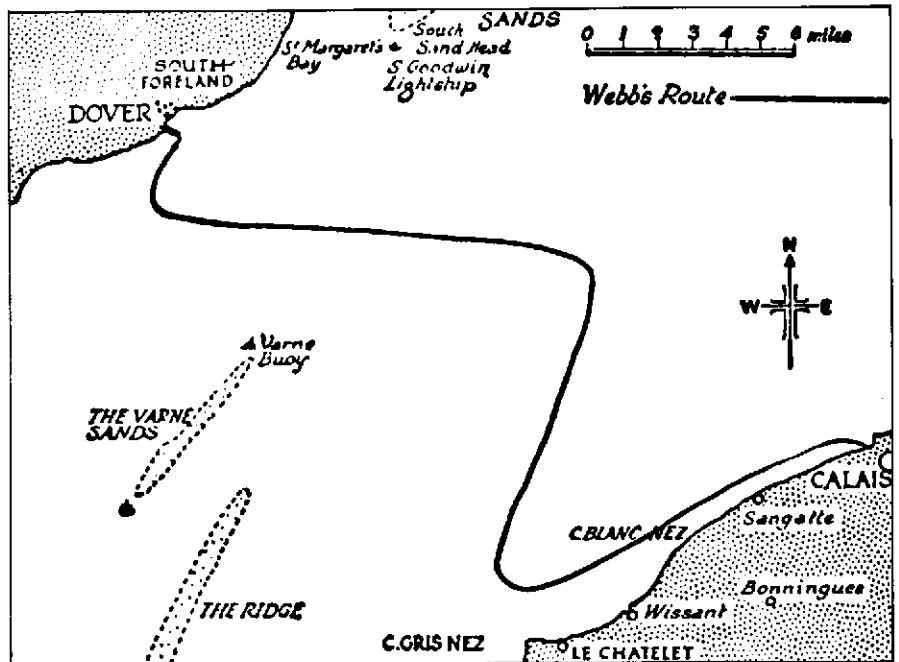


high's and high low's' . . . there are six Neap Tides during the swimming season. If there is a light breeze blowing from the south-east or south-west it would be favourable to swim F/E. If it is coming north-east or north-west an E/F swim is preferred. I have found over the years that the most reliable weather data is given by phoning the Met Officer at the R.A.F. base at Manston, however they can't guarantee any of their forecasts. I have known of swimmers waiting from early July to late August just to get one day where they can have a go. In 1974 I had to hang around and hold my condition for six weeks before I made an attempt.

The hazards are many but that is the excitement and the challenge of it all. The seas can blow up to a Force 5 or Force 6 without warning, such is her contempt for us mere mortals. The Portuguese Man-o-War can hit like an electric current and the Jelly Blubbers are almost as bad. The currents run from 1.5 knots on the Neap Tides to 5 knots on the Spring Tides pushing a swimmer around like a cork. Then there is the aquatic traffic, swimming in the busiest sea lanes in the world. Some 600,000 ships a year travel up and down or across the Straits and when the winds are superimposed on the currents the ships lurch and roll drunkenly and their bow waves cause a further problem to a swimmer. Then there is the oil slicks and the fog. I read where Calais had 27 consecutive days where visibility was cut to less than 50 metres.

Having stated most of the problems it can be readily seen that an experienced and qualified Pilot and well equipped vessel is necessary to navigate any cross-Channel aspirant. (Make sure there are no exhaust fumes into the water.)

All swims are conducted under the auspices of the Channel Swimming Association. The Association was formed in 1927 by a band of businessmen under the Presidency of Lord Desborough following a false claim by the late Dr Logan to have swum the Channel in a record time of 13 hrs 10 mins. She was fined 1,000 pounds for making a false declaration. The second President was Lord Freyburg, V.C. and we are now under the guidance of Commander Gerald Forsberg, O.B.E., R.N. (Rtd), himself a former England to France record holder. Every attempt is accompanied by an observer from the Association.



Captain Webb's course from Dover to Calais
Chart reproduced by courtesy of the publishers of 'Across the Straits'

All swimmers are subject to drug testing by the Association doctor and must have a Certificate of Health from a certified medico.

How does one prepare for such an onerous task, I am asked? My advice is to set out a programme of swimming; at least 160km (100 miles) a month for 12 months; four one hour sessions in the gymnasium each week with light weights and pulleys. Also stretch exercises daily. Try to keep a little fat on your frame to protect you from the cold. Do one long swim each week of around 12km. Before making the final decision to travel to England, take a leaf out of Cyril Baldock's book and have a trial swim over the distance of the Channel. Cyril, 40 years of age, and managing director of Spank Sportswear, swam 50 laps of Bondi Beach in appalling conditions, Sunday 28 April, in 9 hrs 15 mins (about 36 km), he took 90 mins off the record. A great swim. He is off to England late July and should become the 5th Australian to be successful. He hopes to swim on the first Neap Tides in August if the weather permits.

If you are to be successful in your quest to swim the Channel it is important to manage your time and make your physical preparation the number one priority. Rise at 5 am and then, before the sun comes up swim through 5 or 6 lung busting kilometres in open water. After work, it is off to

the pool to do a further 4 km of pull, sprints and kicking.

You must jam your digestive system with enough food throughout the day to compensate for the 7,500 calories that your protesting body has burned away. It is important to get enough sleep so that the body can recover to repeat the schedule six days a week, remember you have to do your one long swim on the seventh day.

A successful endurance swimmer must have great control and stability and he must discover his own capabilities. Long spells of solitary training must become second nature to him and he must be slightly masochistic, so as to keep inflicting pain upon himself to reach peak performance. You must WANT to do it, nobody should have to cajole you to MAKE you do it. You must be a self starter, self disciplined, highly motivated, well adjusted individual who sets personal goals for daily and weekly achievements. Remember, long term goals are met by attaining short term objectives.

I can remember in 1976 I entered the water one hour after high tide at Shakespeare Beach. There is roughly 40 minutes or so of slack water before the tide turns to run out, so I utilised the thrust to pull me away from the English Coast. The south-west stream runs for 6½ hours and I was perfectly positioned at the Goodwin Sands after

2¾ hours of throwing my arms over at the rate of 78 strokes a minute. When we were 8 hours into the swim, my doctor, Fred Grace signalled me to come close to the boat. I was being Piloted by Captain Reg Brickell in the 'Helen Ann Marie'. Dr Fred said, "How ya feelin' Des?", to which I replied, "Apart from a headache and sore arms, I'm OK". "Well," said my friendly medico, "you're in a great position, only 3½ miles to go and just over an hour of slack tide is predicted, don't kill yourself but give it a good bash." This gave me a new lease of life and I lifted my stroke rating to 80 SPM. With Cap Griz Nez only 600 metres away, (yes . . . 600 I said) . . . I was suddenly caught in a 6 knot flood tide and was being washed along the coast towards Calais. Captain Brickell nursed me across the tide and I finally landed at Wissant, about 8 km away from the Cape. The time for that swim was 12 hrs 2 mins. It took almost 3 hours to swim what should have been about 600 metres.

To answer the question, "how much does it cost?" Well, over a period of ten years and 19 Channel swims behind me, I guess that I've paid out about \$80,000 (most of it out of my own pocket). You see, the geographic disadvantage of being an Australian

means air fares to Britain. A swimmer needs a Manager/Coach cum friend to accompany him, internal travelling expenses, accommodation for up to 6 weeks if necessary, the Pilot/Navigator will cost as much as 750 pounds sterling (be prepared for a couple of attempts . . . the first may be unsuccessful). You will have to pay the Channel Swimming Association fees for membership and the Observer's costs, and if you are successful in your bid to join the exclusive club as 'Doc' calls it, then you pay for the privilege of having a Velum to hang on the wall of your den. All up, there is no change out of \$12,000.

It has been said that Marathon Swimming is the loneliest, monastic and masochistic sport there is. Nothing can be further from the truth. It is just as much a team sport as is Motor Racing or Water Polo or Rowing.

Over the many years that I've been swimming I have had such people to look after me as Tom Caddy, the most knowledgeable old Marathon swim coach in Australia, Fred Grace, my doctor, Reg Brickell and Val Noakes, both of whom passed away last year. They were the best Pilots on the Dover Straits. My close friend and business manager, Olympic Gold Medalist, John Devitt, and when

swimming in open water in Australia, I've had Australia's greatest all time surf champion, Barry Rodgers to take control. These guys were always backed up by our many friends and supporters.

Why do we continue to punish ourselves in this manner, some may ask? I really can't answer that question in depth. Maybe it is to have a goal to drive for and strive for, maybe it is to be recognised for being an achiever, maybe it is to give one a deep feeling of personal satisfaction of attaining what we set out to do. Whatever the reason I hope that we keep on testing our mental and physical resources. I always feel that a swim such as the Channel immerses me in an emotional experience that reaches to the outermost boundaries of the will . . . I don't know of anyone who has climbed Everest that could do a Channel swim, but I reckon that a few of the determined characters that have pitted their strength and will against the 'Old Ditch' could've climbed that Mountain.

I have enjoyed and savoured each of my successful encounters and, I hope, I've learnt a little from the not so successful ventures, and my involvement in a pure sport has made me a wealthy man, because wealth is measured in the real friends that we acquire on our journey through life.

For the Elite it's a Hard Slog

BY DAVID STOCKDALE



You don't have to be a masochist to be a Marathon Swimmer — but it sure helps.

Take the 17 competitors in the 15 km Ansett Tasfest Superswim from Kingston Beach to Watermans Dock.

Coming from far afield as Queensland and New Zealand, they braved an energy-sapping chop and numbingly cold water in quest of, wait for it, a garland and trophy.

No prizemoney, no mass adulation, no lucrative endorsements.

Racing car boss Enzo Ferrari once said there were about 30 drivers in the world at any one time who could drive a Formula One car — but only a handful who could win.

Much the same applies to Marathon Swimmers.

There are an elite core of about 30 of these tremendously dedicated iron men and women on the world circuit who can swim the full distance consistently, with only about three or four of them capable of winning.

For instance, for the Tasfest Superswim, organiser Chris Guesdon estimates only 32 of more than 100 were capable of swimming the distance under race conditions.

As it turned out, only six of the 17 starters finished the race, described by Guesdon as the 'toughest I've seen since the inception of the marathon in 1967.'

Admittedly, for major world marathon swims there's prizemoney of up to \$50,000, with the winner collecting 20 per cent of that.

But when you consider it costs a competitor about \$15,000 in out-of-pocket expenses to do the three-month world circuit, it's more a labour of love than financial reward.

Take the swim all marathon competitors aspire to — the 32 km solo crossing of the English Channel.

To do that, it takes not only superb fitness, stamina and courage, but a lot of money as well.

There are air fares for the swimmer and his entourage, accommodation and special diet food, plus a Pilot costing about \$1,400 for each attempt made.

And for a fast and successful Channel

crossing these days, the Pilot needs to be equipped with radar and other technological data which can advise the swimmer of changes in the tide, currents, winds and temperature.

Only six Australians have tackled the Channel swim — A. Kellerman, Linda McGill, John Koorey, Des Renford, Guesdon and Jenny Anderson.

The world marathon swimming circuit consists of 11 races in Europe, North America and North Africa and is contested in July, August and September.

The best known ones are Lake St John in Canada (40 km), Capri to Naples (32 km), New York's Manhattan Island swim (36 km), the 24-hour marathon at Latouque, Canada (record 104 km) and the Nile Marathon in Egypt (38 km).

They sound like awfully long hauls, but compared to the times they used to be swum in, 20 years ago, they're virtually sprints.

For example, in the 1960s, Renford did the English Channel in about 14 hours. The present record is held by and American girl, Penny Dean, who did it in 7 hrs 40 mins!

In recent years, marathon swimming

has been dominated by the Egyptians, who have adopted it as their national sport.

The competition is terribly tough, as Australians have found out.

Despite having produced some fine marathon men and women, an Australian has yet to win a major world event, much less the world title.

But they have had leaders on the administrative side of the sport.

Guesdon is a former secretary of the 35-nation International Long Distance Swimming Federation's controlling bureau, and Dick Campion was president of the World Professional Marathon Swimming Federation.

Those in the sport who rarely get the kudos they deserve are the Pilots.

Each swimmer is accompanied by a Pilot, whose many jobs include showing the swimmer the way, providing drink and food, encouragement and, if necessary, making the final decision on whether a swimmer is fit enough to continue.

The signs Pilots look for in a swimmer who is struggling is a noticeable drop-off in strokes per minute, zig-zagging, hallucinating, no leg-kick and constant complaints of being cold.

A careful check must be kept on this last sign because if a swimmer becomes too cold he could develop hypothermia and die.

Marathon swimmers defy all the accepted principles of cold-wet survival, as set out by the British Royal Navy, which has been studying hypothermia for the past 30 years.

The RN maintains that to survive in cold water, a person must stay as still as possible in a ball shape to conserve energy and body heat. Clothing is recommended for insulation.

Marathon swimmers break all the rules by stretching out and using up their reserves of heat and energy by swimming as quickly as possible to complete the distance, wearing only cap, goggles and bathers.

The only preventative measure they take against the cold is to apply a hydrous wool fat (or ointment, as it's more commonly known) to retain body heat.

Australian Marathon Swimming officials are negotiating to bring the current World Champion to Australia in December for the annual Hobart Tasfest Superswim.

THE AUSTRALIAN

CHAMPIONSHIPS

A SECOND TIME WIN

TO CRAIG RIDDINGTON



BY JOHN KOOREY

International pool and surf representative Craig Riddington put on another power swimming display in winning his second National Marathon Swim crown. Riddington who was again runner-up for the second year in the Australian Iron Man Championship took the lead in the fourth lap of the ten circuit event and was never headed. Graham Bruce, a warm pre-race favourite with a section of the crowd performed creditably to finish 8 minutes behind Riddington.

The Championships were again held at Manly Dam and seem now to be an established event. The day was perfect with a temperature of 26 degrees, water probably too warm at 24 degrees. Picnic facilities being available allowed for a top family day. The day proved our most successful held, 147 swimmers entered the water in the events varying from 16 kilometres down to the 2 kilometre introductory swim. Swimmers came from Victoria, South Australia and Tasmania along with heavy representation from New South Wales.

Dee Why schoolgirl Perri-Lee Gammie put herself in the record book by taking out the Women's 13 Kilometre event. Swimming her first true Marathon, Perri-Lee displayed a

maturity that should guarantee her a fine future in the sport. Tasmania's Matthew Watton had the fastest time of the day over the 8 kilometre course and won the 15 to 16 years championship.

Total results of all swimmers who finished follows ...

MENS OPEN ... 16 Kilometres

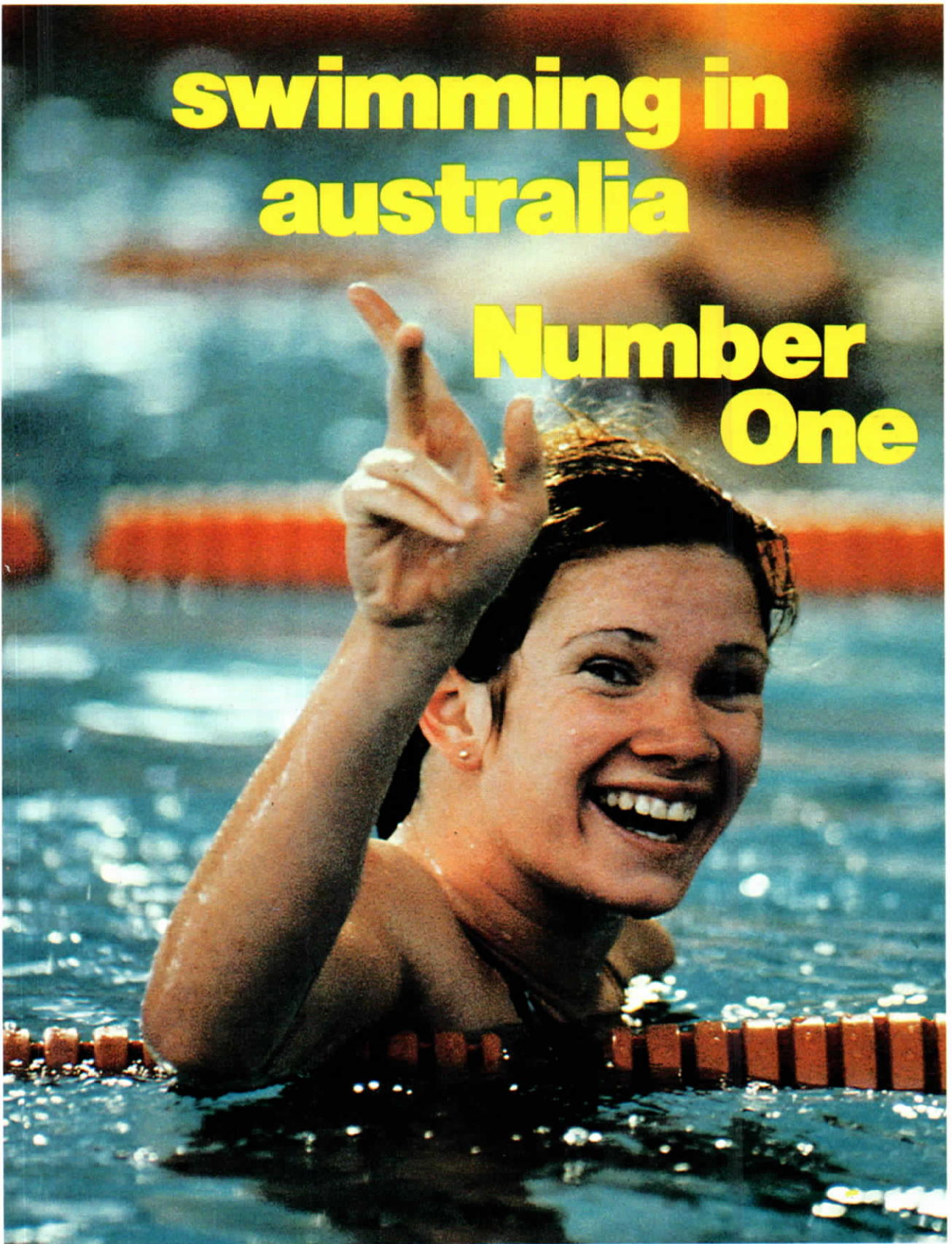
Craig Riddington
1st 3 hours 02 minutes 50 sec
 Graham Bruce
2nd 3 hours 10 minutes 55 sec
 Duncan Smith
3rd 3 hours 26 minutes 10 sec
 Brandon Pietzch
4th 3 hours 36 minutes 35 sec
 John Koorey
5th 3 hours 48 minutes 06 sec
 Cyril Baldock
6th 3 hours 53 minutes 10 sec
 Darren Talberg
 3 hours 59 minutes 02 sec
 Matthew Koorey
 4 hours 02 minutes 48 sec

WOMEN'S 13 Kilometre

Perri-Lee Gammie
1st 2 hours 53 minutes 50 sec
 Cassie Jones
2nd 3 hours 09 minutes
 only finishers

**swimming in
australia**

**Number
One**





SWIMMING
IN AUSTRALIA