



# M.S.I. NEWS

The official Newsletter of  
**MASTERS SWIMMING - INTERNATIONAL**

## RIO, HERE WE GO.

APRIL 1990 (2)

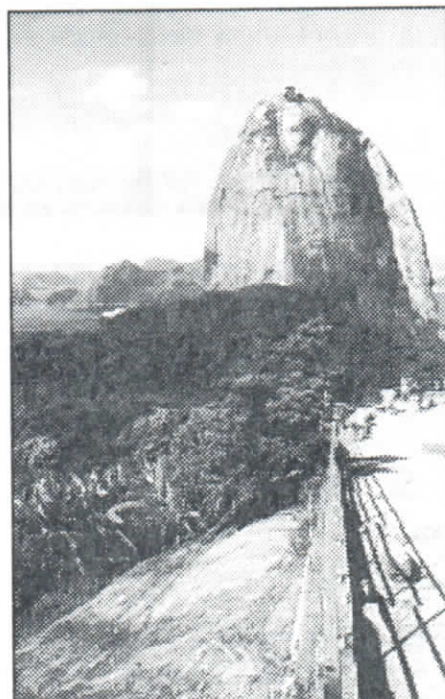
The most exciting event on all our calendars at the moment is the 3rd World Masters Swimming Championships in Rio in August. So it is time to confirm those bookings, get your visas and make sure your entries are in by June 6th, 1990. Late entries will not be accepted.

**Rio!** The name conjures up so much excitement. What we can expect is a well run swim meet, as Sylvio Kelly dos Santos and his huge band of volunteers have been working hard since early 1986 to bring you a great swim. We can also expect scenery which is breathtaking and the fun of living life like the Cariocas (the local term for a Rio native). They believe in the joy of life and think they have discovered the secret of happiness in Rio.

Between swimming events you will have the opportunity to tour this City of constant sun. Sugar Loaf, Botanical Gardens, Bay and Island tours, Tijuca Forest and a trip to the top of Corcovado (2,297ft) to catch your breath at the incredible panoramas and of course, get your photographs of the 40ft high stature of Christ the Redeemer. You may choose to become acquainted with Rio's historic buildings or simply stroll down Copacabana after a hectic day shopping for all those shoes, clothes and leather goods.

Another experience you must not miss is the Rio cuisine. Be daring and try "feijoada", "farofa" and "canja".

Just a few travel tips. travel light to save room in your suitcase for all your shopping. Currency is in cruzado and you can change your money at the "official exchange rate" or the unofficial rate. Check the daily papers so you know the correct rate.



When travelling, a friend of mine always packs her swim costume and goggles in her hand luggage. She has done this since her luggage went missing in Canada once and she was nearly forced to swim in the nude. Speaking of drawing attention to yourself, it is wise if you wish to travel in safety in Brazil, not to draw attention to yourself, wear no jewelry, and carry your money in a money belt on your person. If you follow a few rules of common sense, you will be assured of an exciting and breathtaking holiday.

Save room in your schedule for the "Gaucho" style Welcome barbecue, and the Gala farewell dinner, complete with Rio's famous Samba dancers.

### Information from:

111 FINA/MSI WORLD MASTERS CHAMP.

Av. President Vargas, 418- grupo 801

20071 Rio de Janeiro BRAZIL

Telephone (21) 253 6174

## COUNTRYWIDE

This segment is devoted to learning a little about the member countries of M.S.I. and how they run Masters Swimming. Hopefully we will all learn from each other and be able to identify our similarities and perhaps gain a better understanding for the reasons for our differences.

I will start towards the beginning of the alphabet with the country I know best - Australia.

### AUSTRALIA

AUSSI MASTERS SWIMMING, as it is called started in Sydney, on 22nd September, 1975 after a visit by the U.S. Masters team in March in 1974.

Australia is a huge continent, divided into 6 States and 2 Territories. AUSSI has a branch or division in each of the States and Territories, and these branches are responsible for controlling the clubs within their area. Currently there are approximately 130 masters Swimming Clubs in Australia, and about 5,200 registered members.

The purpose of Masters Swimming in Australia is **"To encourage adults, regardless of age or ability to swim regularly in order to promote fitness and improve their general health."**

Because this purpose is far reaching and encompasses more than the serious competitive swimmer, AUSSI provides programmes and incentives for all standards of swimming, although a degree of competence is expected. The main emphasis, however, is **"fitness and Fun"**.

In Australia, AUSSI Masters Swimming is recognised as the body responsible for the Masters Swimming by the Government and Australian Swimming. AUSSI is affiliated with Australian Swimming, and therefore FINA, but as a kindred association, and no fees are payable. AUSSI runs their affairs and ASI run theirs.

Each State or Territory provides a Director on the Board, along with the Management Committee of President, Director of Finance, Director of Coaching and Executive Director, run the affairs of Masters Swimming in Australia. This Board structure has only been in situ since 1989 and replaces the Honorary Secretary and delegates meetings.

The Board meets twice each year, once being at the venue of the National Championships. The Executive Director is employed part time, but works full time, and he employs some secretarial assistance out of his own salary.

Apart from isolated instances, no funding is provided by the Australian Government, and the organisation is funded by member registrations.

Each Branch conducts their own inter-club and State short course and long course swim meets, and by a rotation system every branch gets the opportunity to host the National Championships. Participation depends on when and where the Championships are, but for example the recent West Australian State Titles had just over 500 swimmers, and the Nationals vary from 500-900 swimmers. AUSSI has also hosted two Pan Pacific meets and the 11 FINA/MSI World Masters Championships. We have discovered that only 50% of our membership are interested in competing.

Apart from the Management Committee AUSSI has a Director of Communications; Technical Development; Planning; Recording; Programmes; Membership Development, and two assistant Directors. In addition the Director of Coaching has a Coaching Council.

AUSSI has produced the following material to assist clubs and members:

- . Guidelines for Referees
- . Club Guide
- . Coaching Manual
- . Basic Conditioning Booklet
- . National Swim Meet Guide
- . Handbook - containing constitution, rules etc.

In addition AUSSI has been successful in getting the Australian Coaching Council for all sports to accept a Level 1 Masters Swimming Coaching Course for Masters Swimmers.

Long distance swimming is gaining popularity in Australia, but open water swims are usually limited to 1km to 3km with only a few in the 5 - 20 km range.

Interested is maintained all year with the opportunity to swim in Swim Meets, open water swims, or just swim for fitness at club level. However the most popular invention in Australian Masters has been the initiation of the AEROBIC TROPHY.

This is an annually awarded trophy which clubs strive to win each year, and it is based on an age-group point score for various distances and strokes from 400m to 5000m. The object is to improve endurance and fitness, and to provide individual and club goals. Certificates are provided to those iron men and women who gain maximum points in all events.

There is great interest of course in State and National Records and the Australian Top Ten Times listing. Members enjoy travel and now also include in their itinerary the Australian Masters Games which are held every second year. Of concern currently is that these Games are Government funded and may attract swimmers and their travel dollars away from our own National titles, especially as one person put it, they are less serious and more fun. Perhaps we need to instil more serious fun into our competitions?

Current President - Graeme McDougall

Executive Director - Ivan Wingate

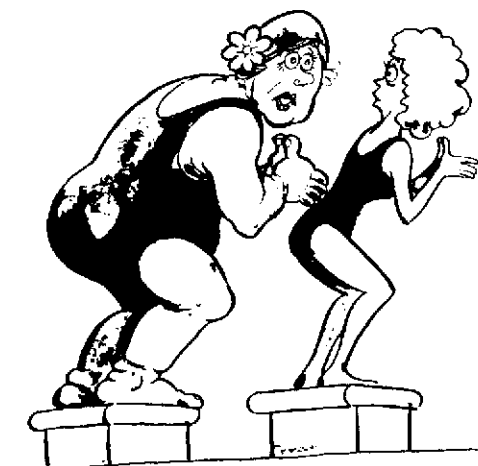
AUSSI have honoured two Lifemembers

. Gary Stutsel

and

. Glenys McDonald

for their service to Masters Swimming in Australia.



*I THINK I OVERDID THE CARBOHYDRATE LOADING!*

## EDITOR'S NOTE

Thank you all for your great response to my first issue of the M.S.I NEWS. The mailbag has been bursting at the seams with comments on the article in the January Newsletter concerning possible entry restrictions for our swim meets. Some of those comments are printed overleaf.

For M.S.I NEWS to be a success as the format for bringing you news and current international items of importance, we must have your support. M.S.I's funds are limited and the production and mailing of a newsletter to member countries is expensive, so we must rely on subscriptions, advertisements and sponsorship.

You can help by promoting the M.S.I NEWS to your fellow swimmers and suggesting they subscribe to it. Your business too, may benefit from taking advantage of advertising your product to a world market of Masters Swimmers, or you may know of a generous sponsor who would like to be linked with this publication and help us go from strength to strength.

Glenys McDonald, Editor.

MASTERS SWIMMING INTERNATIONAL

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MASTERS SWIMMING INTERNATIONAL

P.O. BOX 142 NORTHAMPTON W.A. 6530 AUSTRALIA.

## MAIL BOX

The topic of entry restrictions for World Masters Championships has stirred up much comment and interest. Fitness Swimmers have united in fear that their opportunity to participate in the excitement of Masters competition might become a thing of the past. They also have concerns about proposals that might wipe out participation by a large percentage of our membership.

This newsletter is not a large enough forum to print all letters, so I have selected 2 opposing viewpoints, who have also offered suggestions to resolve the problem.

### **NO. NO. NO.**

Our club is against restrictions for future world swims. We suggest that the use of multiple pools be considered. This could be used for holding one venue for certain strokes, i.e. freestyle and breaststroke in one venue, and backstroke and butterfly and maybe medleys in another venue.

Further another suggestion is to use different pools for different age groups. All these suggestions are made to show our concern at any attempt to alter the present position with World Championships, to move away from the spirit and meaning of our current standing within Masters Swimming will completely lose sight of the aims of swimmers of all ages and abilities.

**Barbara J. Jones**

**Cronulla/Sutherland AUS.**

### **IT'S A POSITIVE IDEA TO HAVE CHAMPIONS.**

I am writing in support of some form of entry restriction using qualifying times for future world championships. All competitive sports produce elite members. It is a positive idea to have champions. They set the standards for the rest (e.g. Top Ten Time). They demonstrate how goals are set and excellence achieved. These elite members earned their places in Masters Swimming; and they deserve to be given special consideration as far as World Championship is concerned.

Yes, I concur that Masters Swimming is about fitness, friendship and participation. We enjoy all of it at our local, regional and national meets. That does not mean that there should be no entry restriction for World Championships, especially in view of the problem in Brisbane in 1988. No swimmer should have to wait until midnight to have their swim at a World Championship. A 17 hour day is simply too long for swimmers and officials alike.

I would like to see M.S.I Area Championships organised for odd number years (e.g. 1991, 1993 etc) in each of the five areas such as North America, South America, Oceania etc. Registered Masters Swimmers are eligible to enter in an Area Championship will serve as qualifying heats for the following year's World Championship. M.S.I Congress will set the World Championship qualifying rules (e.g. qualifying times), and they are to be carried out by respective organizers of the M.S.I Area Championships.

The above suggestions will produce the following benefits:-

1. Masters swimmers love to travel and make new friends. They will have five locations around the world to choose from for participating in Area Championships. Even if some fail to qualify for the following year's World Championship, I believe that they would enjoy the Area Championship competition, and would be glad that they attended the meet.
2. The qualifying meets could restrict the number of potential competitors at the World Championships to a manageable number. This will enhance the World Championship program.
3. It is not necessary to have all 5 Area Championships at once. Each Area can decide for themselves depending upon their available resources. Eventually, we hope to have all 5 Area Championships in place. The Area Championship could form an important link in forging friendship among Masters swimmers around the world.

Glenys, I am offering the suggestion with the thought it might stimulate discussion on the issue. I am not an elite swimmer, although I participate in competitions. If I ever hope to reach any qualifying time for World Championship, I would have to train very hard indeed.

**Fred N. Tan**

**USMS, Dayton, Ohio U.S.A**

## CALENDAR OF EVENTS

### 1990

- May 11-13 CANADIAN MASTERS CHAMPIONSHIPS  
Irene Harris Box 3023 Regina, Sask.
- May 12-14 SCOTLAND NATIONALS, SCM, AVIEMORE SCOTLAND
- May 18-21 USMS SC NATIONALS, LOS ANGELES, CA  
Ed Bartch, 203 Kennedy Ath Ctr, Los Angeles CA 90089
- Aug 7-12 3rd FINA/MSI WORLD MASTERS CHAMPIONSHIPS  
Av Pres Vargas, 418/801, Rio De Janeiro, BRAZIL 20071
- Aug 11 MASTERS FESTIVAL, SWEDEN (50m) MALMO
- Aug 24-27 USMS LC CHAMPIONSHIPS, TEXAS  
Del Hanson, 10 North Timbertop Dr. The Woodlands, Texas TX77380
- Oct 6-7 SWEDISH AND NORDIC MASTERS (50)

### 1991

- 4th PAN PACIFIC MASTERS SWIMMING CHAMPIONSHIPS  
Swimming, Diving - July 12-17 1991  
Yoyogi Olympic Pool, Tokyo, Japan.  
Enquiries Japan Masters Swimming Association  
Showa Bld, 3 F  
2-7-12 Kanda Jimbocho, Chiyoda-ku, Tokyo 101  
Water Polo - July 18-21, 1991  
Enquiries Guam Masters Aquatics  
P.O. Box 7233 Tamuning, Guam 96911.

### 1992

- 4th FINA/MSI WORLD MASTERS CHAMPIONSHIPS  
June 27- July 5, 1992.

### 1993

- WORLD MASTERS GAMES 111, 1993. MINNESOTA, U.S.A  
Enquiries 1993 Secretariat  
World Masters Games 111  
P.O. Box 65708, St. Paul, MN 55165-0708

# WELCOME

TO  
1991 / 4th  
**Pan Pacific Masters  
Swimming Championships**



**SWIMMING:**

July 12 - 17, 1991  
Yoyogi Olympic Diving Pool(50m), Tokyo

**DIVING:**

July 16 - 17, 1991  
Yoyogi Olympic Diving Pool, Tokyo

**OFFICE:**

Japan Masters Swimming Association  
Showa Bld. 3F  
2-7-12, Kanda Jimbocho,  
Chiyoda-ku, Tokyo 101, Japan

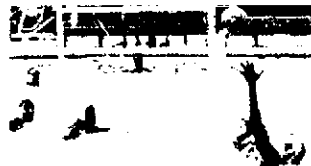
Ph: 03-262-1932  
Fax: 03-262-7332

**WATER POLO:**

July 18 - 21, 1991

**OFFICE:**

Guam Masters Aquatics  
P.O. Box. 7233  
Tamuning, Guam 96911  
Ph: (671) 646-6457  
Fax: (671) 649-2776



Note: Official brochures will be available in August 1990

POSTAGE  
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