



M.S.I. NEWS

The official Newsletter of
MASTERS SWIMMING - INTERNATIONAL

Number 10

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Editor's Note

This newsletter must commence with that all important reminder that entries for the IV FINA/MSI World Masters Swimming Championships close at midnight on MAY 22, 1992. So come on you late comers, time is running out.

I have been receiving a large amount of mail these last months and my apologies to those who may think me tardy in answering. I always find the first four months of the year hectic, especially as my business involves tourism, and our summer and Easter holidays seem to come on top of each other. In addition, I travelled across Australia to attend our National Masters AGM and the first day of our National Championships in Melbourne, it was a great few days.

I am learning two main things from the correspondence I receive. (1) I just wish I was multi lingual, (what a pity we don't all share the same language. (2) We all seem to be moving in the same direction in Masters, and discussing the same issues. Reading Congress resolutions and rule changes in the US is similar to reading the minutes of Australia or New Zealand or reading a UK newsletter. The issues which seem most often discussed are:

- * warm up and cool down rules and facilities
- * drug testing
- * insurance coverage
- * coaching and coach of the year awards
- * integrated computerisation
- * registration fees to cover newsletters
- * posters and promotional material
- * certification of masters officials and courses
- * Top ten, records and award patches
- * fitness incentives and rewards
- * long distance swims

- * funding
- * research
- * Publications to assist clubs e.g. Rule books, club guides etc.

On the subject of publications, Australia's National Masters Coach – Anita Kilmier recently launched AUSSI's newest coaching book, edited by Anita, titled "Mastering Swimming".

This book is aimed at:

- * all those swimmers who want to know more about swimming
- * all those people who want to learn to swim or just swim better
- * swimming coaches and swimming teachers
- * fitness leaders and health professionals.

The 256 page book with lots of illustrations is available from:

IVAN WINGATE
P.O. BOX 207
COWANDILLA S.A. 5033
AUSTRALIA

Cost \$26.95 plus \$3.70 handling and postage.

Also in this edition I have written some thoughts on "Who is responsible for Masters". This article is not meant to be controversial, merely to aid understanding amongst our worldwide swimming administration. We have our usual Countrywide section and some further information on drug testing in Masters.

Finally, I would like to put in a plea for more subscribers. If we are to keep going, we need some funds coming in. Our subscription is very reasonable at \$10 Aust. and I urge you all to assist in keeping this publication going. Happy reading, and I look forward to meeting you all in Indianapolis.

Glenys McDonald

soothe swimmers eyes
PREFRIN DROPS

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Masters Swimming – Who is responsible?

First and foremost, I think it needs to be clarified that MSI and our Masters swimmers, all agree that FINA is the world governing body of swimming. We have no problem with that, and have always tried to have Masters accepted, for the growing movement it is, and secondly, we wish to see Masters fully incorporated into the FINA structure.

The first issue has been resolved. FINA now has a FINA Masters Technical Committee and a Masters Congress. They are fully committed to a World Masters Championship, and have accepted MSI World Masters Records. However, whilst FINA welcomes MSI input, consultation is not mandatory.

It is the second issue – that of fully incorporating Masters into the structure which is still causing concern. It would appear that we have a fundamental problem regarding representation at FINA level, and this comes from all corners of the globe.

In Europe, Masters have, in theory, a direct representation to FINA because

- (i) the Masters are part of the overall swimming club or sports club
- ii) the Country is directly affiliated to LEN and FINA.

This should work perfectly, but does it?

From correspondence from a number of countries in Europe masters feel that their swimming hierarchy:

- * treats them with some amusement and with little interest
- * does not understand or listen to their needs
- * are far too busy with elite swimming to spare a thought for masters problems
- * think adults should just be bathers and lap swimmers paying club fees and making no demands
- * are too slow to change and have lost touch
- * wish to make all decisions on masters matters (without being a participant) therefore not fully understanding the needs.

These are criticisms which need to be addressed if, in fact, they are occurring. Because after all, it is in our interest to ensure that the swimmers, whether masters or elite are having their needs met.

Does the other side of the globe fair any better? How does the US, Australia, Japan, Canada, New Zealand etc sort out the responsibility for Masters? The 'new world' in the masters picture evolved independently for many of the reasons given by today's European masters, in addition, we had then a problem with the interpretation of the 'professional' classification. Even though they were separate, most countries grew quickly, learnt a lot about the needs of masters with research, catering to huge numbers of swimmers and developing coaching skills for the older adult with a variety of swimming goals. In addition, these countries, in the most part, developed a 'kindred' association with their countries recognised amateur body, and although separate and independent, they work hand in hand, each devoting their time to their own areas of interest. In many cases assisting and supplementing each other with officials at swim meets etc. Pre FINA's acceptance of a Masters Congress in 1991, these countries organised their international regulations through Masters Swimming International, where to be involved, a person had to be a masters swimmer.

Now FINA will decide the rules and regulations for masters, and these will be debated and accepted at future Masters Congresses. FINA have also recently decided to withdraw from the Pasadena Agreement which allowed for representation of MSI nominees on the FINA Masters Technical Committee.

Now the problem of representation for the 'new world' countries rests with the fact that their amateur body is the one affiliated with FINA, and that body will be called upon to provide nominees to the FINA Masters Committee and delegates to the Masters Congress. Unless that body decides to choose someone from the masters committee or organisation in their country, many masters will be without a voice.

Surely our primary aim and purpose in the world of swimming is to do what is best for our swimmers. I do not see this problem as a big issue as long as it is considered openly, and with compromise if necessary. I put forward the following ideas for consideration.

1. In Europe, swim clubs should hopefully recognise their masters component or masters committee and allow them representation and authority for masters within their structure. It should be participating masters from these committees who represent masters at an international level when called by FINA.
2. The 'new world' countries should seek a 'kindred' relationship with the amateur body affiliated to FINA, and that

amateur body should call for input on masters matters when these arise from the masters association in this country.

3. All countries should abide by the FINA Masters rules.

Masters is not a second rate area of the swimming fraternity. It is a viable, vibrant complement to a healthy swimming lifestyle for life. We shouldn't starve it from funds, incentives, or contribution. The unique factor that masters have in their favour is that their administrators should be also the participants, and therefore having a ready understanding of the needs.

I am aware that masters have been operating, albeit in small numbers, in Europe since the 1800s. But now there are about 100,000 of us and it is time that we all worked together. Let's back the FINA Masters Congress, but let the countries delegates be masters swimmers. Lets, back the FINA Masters Technical Committee, but ensure those members too are masters experts or leaders. Let us abide by the decisions they made. When that happens, MSI can accept that there is no longer a need for it in its present form.

The first Masters Congress held by FINA adopted several Masters Rules. Two of these concerned accepted age grouping within Masters and a format for accepting a swimmers age as at the last day of a swim meet and not December 31 each year. Some countries continue to run events contrary to the FINA Rules.

Let's put aside the confusion. FINA is responsible for Masters, but this will only be universally accepted, if Masters feel represented. Let's achieve this now, so that Masters swimming can go from strength to strength.

Countrywide – South Africa

contributed by Louise Pallet

In the February FINA News it was wonderful to read about the acceptance by the Bureau of the South African Amateur Swimming Association. For some time now I have had information on Masters Swimming in South Africa from Louise Pallet which I would not like to share with you so that Masters can welcome our newest members at Indianapolis.

South African Masters was started by some old Olympic swimmers about eight years ago. It is run at province level rather than club level, every province having its own Masters Association. The National Committee has a seat in Pretoria and supervises the Nationals which are run every year by a different province.

The provinces are:

Cape	approx 200 members
Natal	40
Border (East Cape)	25
TVL	80
Orange Free State	15
East Rand (E. Transvaal)	25
Northern Transvaal	50

Every province runs its own meets, called gala's. Once a month with Transvaal, Northern and Eastern Transvaal – these three interprovincial meets with a shield as a prize, a very social meet followed by a bar-b-que.

The Nationals are over three days. Swimmers stay in the same

hotel and make a big party of it on the last night. Most provinces have about 30 entries each.

So we are not big but we have a lot of fun. Masters Swimming has always been open to all races and we have some very competitive Indians, Africans and others.

We get our results in the big newspapers and we have a very good public relations and publicity department.

Training is mostly done alone, although there is some training given in some provinces, and I train the Transvaal Masters and they love it. It is once a week and very affordable for everybody (\$2.20 Aust) per session.

Our season runs from September till April as we do not have covered pools and the weather gets too cold in winter – approximately 14 degrees.

We have three or four long distance events where Masters are very enthusiastic. At our monthly gala's we have nine or ten events on a rotating basis so there is always something for everyone. Our oldest lady is 83 and two gentlemen 70–74. Our largest age groups are the 50–54 and 55–59 groups. The younger people have children to consider and the older fewer.

The pre masters group (19–24) is very big but drops and changes all the time. Most of us have been there since it started and hardly ever miss a gala. People come from all over as there is only one city per province. I have suggested they should start their own in some places but they find very few takers and we're so used to running it, they would rather come here. Some of the swimmers I coach drive 70–80km for coaching.

Further Information on Drug Testing in Masters

In our January issue I wrote an article "Drug Testing for Masters" and asked the question – do we need it in Masters? I also wondered how a 70 year old would feel about participating in the embarrassing procedure for drug testing. I will share with you, in a moment, the words of Willy van Ryssel, a female swimmer in the 75–79 year age group. Her story, compliments from the UK Masters Swimmer, in itself raises another issue.

Drug testing is occurring to my knowledge in both England and Sweden. I don't think we have researched it carefully enough with all the ramifications it brings, for introduction into Masters just yet. We need, as I said before to work out:

- i who pays?
- ii how many of the 1000, or 4000 will get random testing?
- iii how do we ensure we will not interfere in a swimmers other events?

Let us remember we are not elite swimmers who may only swim one or two events, with heats and finals spaced out. Our swimmers are participants, and may wish to swim as many as six events plus relays. It would be a disaster if a drug testing procedure interfered with a swimmers future medal chances in the next event.

In an effort to gain additional information I wrote to Dr David Gerrard MB ChB a member of the FINA Medical Committee. He provided me with much useful information which unfortunately I do

not have the space to include in total. However, he did say:

"I think you have summed up the current attitude well in your article in MSI News. Particularly when you say "Do we bury our heads in the sand and pretend no one cheats?" Sadly, when there is great enthusiasm for winning in any sport associated with records, gold medals and international status, there will be those who choose to bend the rules a little. Proof of age in masters swimming has become a sad but true acknowledgment of the desire to win (for some).

"I do believe that the constitutional directive must come from the FINA Bureau. Obviously they will want an opinion from us on the medical ramifications. Clearly, those masters who already take prescribed medication need not fear that their health will be in jeopardy. Having said that, it is still important to make the list of banned substances available to all masters competitors.

"Finally I think that the specific question of drug testing in masters events ought to be put to the FINA Bureau. In that way it will be acknowledged, and placed on our medical committee agenda in Barcelona. I hope my thoughts are of some help."

In the next issue I will try to find space for a list of permitted alternatives and the banned drugs. If you are in doubt, check with your Doctor or ask your chemist.

Advisory Notes

- * Narcotic analgesics are banned. Beware codeine containing medications and combined preparations.
- * Generally all antibiotics are permitted.
- * Many asthma medications are permitted.
- * Use only plain preparation of anti-histamines. Combined preparations often contain banned drugs.
- * Beta blockers are banned. Alternatives should be sought.
- * All non steroidal anti inflammatory agents are permitted. The use of corticosteroid anti inflammatories by injection

(intra-articular and local) require notification. Oral and parenteral corticosteroids are prohibited. Topical, dermal, aural and ophthalmological preparations are permitted.

- * Some anti migraine agents contain caffeine.
- * Beware the majority of 'cough medicines' contain banned drugs.
- * Some nasal drops and sprays purchased from pharmacies may contain banned substances so check with your pharmacist.

Now finally, lets hear Willy tell her story in her own words:

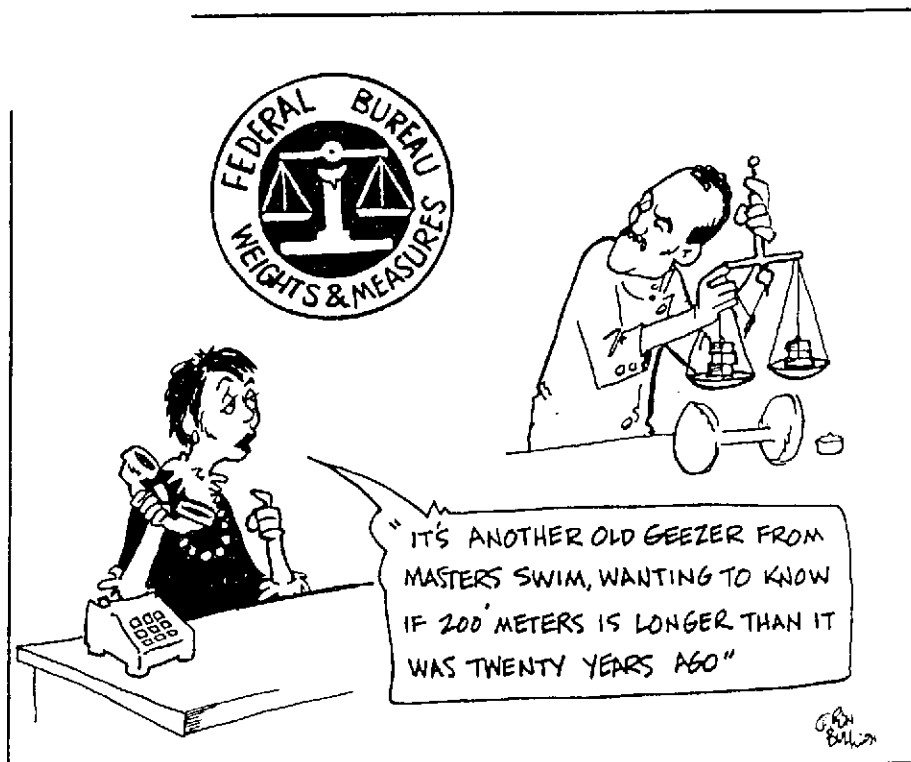
"I was one of the first Masters swimmers in the world to be drug tested. When I came out of the water after swimming the 400m freestyle (as the ASA Masters at Sheffield) I was escorted to the drug test room to sign forms and produce urine with someone standing one foot away from me watching, most embarrassing. As my bladder was empty, I could not produce. I had to drink two beakers of orange juice and wait.

"The 50m backstroke was the next event I had to swim immediately, hoping to break the world record after drinking two beakers of orange juice and lost concentration. I was escorted to the start (Land 1). I did break the world record but two seconds slower than I should have done.

When I came out of the water, I was escorted back to the drug test room, I could still not produce. I had to drink two more beakers of orange juice. I had to swim again with a full bladder, this time I was allowed to go back to the drug test room all by myself. Success at last, two full bottles.

"I do welcome drug testing in Masters swimming, it was long overdue. I am sure this could and should have been arranged some other way.

"I would like you to know, I broke three world records short course and two world records long course in the 75-79 age group this year - without drugs."



WORLD NEWS

Japan Masters Committee

Japan Masters Swimming Association, at their February 5 AGM elected the following officers: Honorary President, Mr Kusuo Kitamura; President, Mr Yoshihiko Osaki; Executive Director, Mr Keiji Hase; Directors, Mr Yuzo Hayashi, Mr Wataru Okada, Mrs Satoka Takeuji, Ms Hiromi Sato, Mr Kenichi Kirai, Mr Tsutomu Hayashi and Mr Takatada Niwa who will take on the international Liaison and General Secretary duties.

2,500km Swim

AUSSI Masters member Graham Middleton has just completed the 2,500km swim he commenced in November 1991. Graham averaged 17km a day and coped with cold water and snakes to raise over \$100,000 for the Anti Cancer Council. Graham commented that whilst the physical challenge in swimming Australia's mighty Murray River was incredible, it was the mental challenge that was the most demanding. Well done Graham, after five months of daily 17km, I'm just wondering what your next challenge is and was this a mid life crisis?

Report on the 4th Pan Pacific Masters Championships

The organising committee of the above event should be congratulated on the excellent and comprehensive report on the July 1991 event. This document will be of great value to future hosts.

Of interest, there were:

- * 1,912 male swimmers and 1,524 female swimmers
- * 45% of the total expenses were met by registration fee and entry paid by participants
- * 2.4 million yen were donated by sponsors
- * 77 disqualifications
- * 5 protests
- * 63 first aid cases.

Once again. Well done Japan.

MSI Congress

9.00am Sunday, June 28, Indianapolis, USA.

Calendar of Events

APRIL

24-26 8th German Masters Swimming Championships
(220m-1500m events)
Wuppertal, Germany. Tel 0202 401154

25-26 3rd Masters International Grand Prix
Charleroi, Belgium. Tel 32 71 515746

MAY

1-3 Scottish Open Masters - Ken McKay - Airthrey
Castle
University of Stirling, Scotland FK9 4LA

16-17 9th International Masters Meet, Alfredo Pagani
Rome
Tel 06 808 4059

21-24 US Short Course Masters
P.O. Box 19324, Raleigh NC 27619 USA.

22-25 Canadian Championships. St John
Maralyn Stewart Tel 506 633 0594

30-31 6th International Masters Championships, Baja,
Hungary
Tel 36 79 21838

JUNE

5-7 6km Great Britain Masters Swimming
Championships
Crystal Palace, London. Tel 0509 230431

12-14 Casparie Dutch Open, Apeldoorn, Holland.
Tel 055 417943

27-July 5 4th FINA/MSI WORLD MASTERS SWIMMING
CHAMPIONSHIPS
Entries close 22 May. Heidi Neuburger. 901 W.
New York Street, Room 204, Indianapolis,
Indiana 46202, USA.

AUGUST

20-23 US LC Masters Championships, The Goodwill
Games Pool, Seattle
Contact Hugh Moore, 29920, 2nd Place SW,
Federal Way W.A. 98023 USA

OCTOBER

17-25 Honda Central Australian Masters Games
P.O. Box 1095, Alice Springs, Australia.

24-25 North Island Masters Championships SC,
Tauranga, New Zealand.

APRIL 1993

10-17 5th PAN PACIFIC MASTERS CHAMPIONSHIPS
Hamilton, New Zealand.

24-26 AUSTRALIAN MASTERS GAMES, Superdrome,
Perth

MAY

4-8 AUSSI NATIONAL CHAMPIONSHIPS, Darwin,
N.T.



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