



## AUSSI News

by Bob Foster

As you read this, the 1987 AUSSI programme is in full swing with most State Championships completed and the all important Nationals on the doorstep ... No doubt everyone is finely tuned and approaching the final tapering period for the major confrontation in Perth.

The theme of the Nationals is "G'Day from W.A." and judging by the social programme the event could even surpass Adelaide's ripper last year. The action commences on April Fool's Day through to the 4th with the welcome party on Tuesday 31st March at Fremantle; Happy Hour on Friday 3rd and the Presentation dinner on the Saturday — it's shaping up to be a real winner.

As the event follows the Surf Life Saving Nationals there is a chance that some extra AUSSI "heavies" will stay on for our Championships.

The 1988 National Swim will be a postal event due to the 2nd World Masters in Brisbane and 1989 will see the NSW Branch hosting the event. Also in the wind is the possibility of a National Short Course postal event during the winter months to keep us all up to scratch!

Congratulations to MSI President, Gary Stutsel, on his appointment as Chairman of the FINA Masters Committee, also to that untiring worker Kay Cox on her selection by the Jaycees as one of the 5 outstanding Young Australians of the Year.

Australia's lead in lowering the entry age to 20 has apparently worked and the U.S.A., Canada and Japan are following suit. This is encouraging news for our younger swimmers as 25 years is the current International limit.

Another significant change to current FINA swimming rules occurs in breast-stroke swimming, where the head no longer has to stay above the water, level throughout the race. After the first underwater stroke and kick, the head only has to break the surface of the water once during each stroke cycle.

It's encouraging to see the increasing

numbers of older people back into exercising and caring for their bodies.

Swimming, as a non-impact sport, is high on the list and attracting more and more participants. Even ex-Olympian, Mike Agostini, who years ago generated the jogging craze, now recommends walking and swimming as more beneficial as age progresses.

Here are a few pointers from SA Coaching Director, Lynda Lehman on getting fit and some hints and facts from the Durham Light Club in New Zealand on food:-

### How to go About Getting Fit

Most people join AUSSI to improve their fitness because swimming is one of the best forms of exercise. It should be stressed, however, that you consider your general state of health, sport and fitness background, swimming ability, workload and stress levels when starting a program.

If over-35 it is vital that you have a medical check, especially if overweight, inactive, a smoker or have high blood pressure. Tell your doctor you intend starting a swimming program and tell your coach of any limiting physical condition.

Also, remember if you have been out of the water for a period of time reduce your workload on your return and rebuild your fitness gradually.

Down to training! Always allow time for a warm up and cool down. Think of your body as a car ... you don't step into a car and take off at 100mph, but you idle the engine first. The warm up can be considered an idling period where you find out how you're feeling in the water today.

The easiest way to measure how hard you're working is by taking your pulse. As a rule of thumb you can assume your MAXIMUM is 220 minus your age. The most effective training will take place when exercising your heart at between 70-90% of this level.

Pushing yourself over this level is EXTREMELY DANGEROUS as it places enormous stress on your heart. Also, there is no benefit in exceeding 90% of your maximum because you cannot maintain it long enough to have a training effect.

If you experience tightness in the chest, severe breathlessness, lightheadedness, nausea or loss of muscle control STOP AT ONCE.

If your pulse is over 120bpm five minutes after you finish exercising, over 100 ten minutes after, then you have pushed yourself too hard for your present level of fitness. Ease up.

### What Should Swimmers Eat?

As a swimmer, you need about 50 nutrients for top performance. You can get these nutrients by including the recommended number of servings daily from each food group and by choosing a variety of foods from each food group.

**PRE COMPETITION MEALS:** The purpose of the pre event meal is not to supply extra energy for competition but to keep you from feeling hungry before and during the event. Remember these guidelines when choosing your pre competition meal: 1) Avoid overeating, 2) Eat your pre competition meal three to four hours before the event and 3) Choose meals that include mostly foods high in carbohydrate and low in fat.

### Don't Let Nutrition Myths Hurt your Performance

**MYTH** — Consuming large amounts of protein or taking protein supplements will increase muscle size and strength.

**FACT** — Excess protein will not increase muscle growth and strength. A normal diet will supply you with more than enough protein to build muscle.

**MYTH** — eating honey, sugar, glucose, sweets or sweet liquids is an excellent way to get quick energy just before competition or practice.

**FACT** — The energy used in competition or practice comes from foods eaten days prior to the event. A diet consisting of the four food groups and adequate training will enable you to perform at your best.

**MYTH** — Drinking water during exercise causes an upset stomach and cramps.

**FACT** — There is no evidence that water during exercise causes any problems. In fact drinking water is very important. One half cup of water every 10-15 minutes helps replace body fluids lost in sweat.

**VITAMINS:** Vitamins help control the growth of body tissue. They are also essential for the release of energy within the body. The body cannot make most vitamins and therefore they must be supplied in what you eat and drink. Vitamins are widely distributed in the food that makes up a typical diet and most swimmers can obtain all they need by eating a wide variety of foods from the four food groups, i.e.: meat, dairy products, vegetables and grain products.

**CALORIES:** A calorie is a unit used to express the heat or energy value of food. Energy comes from the conversion of body energy stores. The calorie level of the swimmers diet needs to be adjusted to energy demands otherwise undesirable weight gains or losses occur.

### DO SWIMMERS NEED TO TAKE EXTRA VITAMINS OR MINERALS?

Although deficiency of vitamins or minerals can result in poor performances, there is no evidence that vitamins and minerals taken in excess of the normal daily requirement will enhance performance. Swimmers can automatically increase their vitamin and mineral intake by making wise food choices from the four food groups.

Hope this is of some benefit, looking forward to saying G'Day to W.A., hope to see you there! Good luck and Good Swimming.