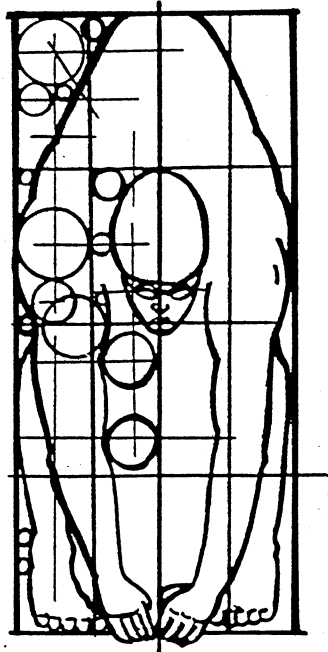




# AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER

VOLUME 1 NUMBER 4

1989



Hi! and welcome to the 4th edition of our Newsletter. Subscriptions have been flowing in steadily and the hard work is made more worthwhile by the lovely letters and comments I have had from subscribers.

I took a number of copies with me to the Nationals in Sydney and was surprised at how many people were unaware of its existence. Perhaps you could take your copy to club night and pass it around to others.

While on the subject of Sydney Nationals, organisers did a superb job with the meet, despite a disappointing turn-up of swimmers.

This became more evident by the lack of teams fielded in relay events. The swimmers however well and truly compensated by kicking up their heels at the farewell Presentation Dinner, which was magnificently staged and run.

Immediately prior to the Nationals, Aussi held their Annual Council Meeting which heralded a new stage in AUSSI organisation. Our new president, Graeme McDougall was elected unopposed, and the appointment of Ivan Wingate as our first paid part-time executive director was announced. The new Board of Directors will ensure that each state has a direct hand in the organisation and running of AUSSI on a national level. As the continuing National Coaching Director, I would like to wish everyone the best in their new roles and a special thanks to Glenys McDonald who has played such a major role in guiding AUSSI over the years. The Committee awarded her Life Membership for her outstanding contributions.

I have responded in great length to a letter received regarding coaching courses in the hope of clearing up any misconceptions people may have. While it is not a coaching course, the Austswim Instructors' course has been detailed as my personal belief is that people with a swimming teaching background make better coaches.

Kay Cox has been very busy over the past year and I have included her WA Annual Report on p.12 so other branches might follow suit. Kay's "Guidelines to a Safe Swimming Program" on p.18 is used by the WA branch as a handout to new members. Clubs and State branches are welcome to copy this for their own use.

Our two-part Keith Bell lecture concludes on p.21 and a special article on "Fun and Games" written by Sybil Killmier (who just happens to be my mum!) is on p.9.

A major article for Masters Coaches via the USA begins on p.15 and our regular features "Favourite Workouts" and Examples of V02 Max Sets are given on pages 25 and 14 respectively.

Happy Reading,

Anita Killmier.

## LETTERS

To the Editor,

Through the columns of your excellent magazine, could you please advise members of our club (and those of other clubs who I am sure would be interested):

1. What courses in coaching are available around Australia.
2. What courses would be most useful to AUSSI Club Coaches.
3. What the main differences between the courses are in terms of work covered, time taken, poolside requirements, theory etc.
4. To what level each of the courses will go.
5. Addresses, contacts, so that we can get started.

RON BLOOMFIELD,  
Hobart Masters Swimming Club

Dear Ron,

To meet the specific needs of the adult swimmer, a Level 1 M course has been implemented by AUSSI which has full accreditation status with the Australian Coaching Council and the Confederation of Australian Sport.

Some elements are similar to the A.S.I. (Australian Swimming Incorporated) Level 1 Course, resulting in AUSSI offering a supplementary course for those who may have already completed these requirements.

Candidates have 12 months from completion of the course to meet all requirements.

Please note: Coaching children or teaching adults will not meet the practical requirements for Level 1 M Accreditation.

Small Branches such as A.C.T., N.T., and Tasmania may join with a larger state if numbers are insufficient to hold one locally.

For more information contact your state Fitness and Coaching Director.

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For further information on most other courses contact the parent sporting body in your state.

N.S.W.  
Pat Sommerville,  
c/- P.O. Box 456,  
SUTHERLAND, 2232

S.A.  
Lynda Lehmann,

W.A.  
Kay Cox,  
8 Syree Court,  
MARMION, 6020

VIC  
Ted Tulberg,  
5 Bulla Drive,  
GLEN WAVERLEY, 3150

A.C.T.  
Les Worthington,  
99 Novar Street,  
YARRALUMLA, 2600

NTH QLD  
Pat Wright,  
P.O. Box 251,  
MACKAY, 4740

STH QLD  
Glendan Dick

NATIONAL COACHING ACCREDITATION COURSE LEVEL 1

ALTERNATIVE 1

COURSE TITLE

Introductory coaching course for the Adult Swimmer - Level 1.

COURSE AIM

To provide individuals with the basic coaching knowledge and skills of swimming to be effective AUSSI club coaches.

COURSE OBJECTIVES

1. To gain an understanding of the benefits of swimming; an understanding of the adult swimmer; and an awareness of special needs of the adult swimmer.
2. To gain a basic knowledge of anatomy and physiology and its application to swimming and the adult.
3. To gain a basic knowledge and understanding of the principles of training and conditioning the adult swimmer. To apply this to plan appropriate training programmes.
4. To gain a knowledge and understanding of basic biomechanical principles and how these apply to the swimming strokes.
5. To gain a knowledge of the correct technique of swimming strokes and starts and turns.
6. To develop the ability to demonstrate correct technique of the strokes, starts and turns. To obtain a basic knowledge of teaching theories and methods and their application to the adult swimmer.
7. To be able to develop drills and practices to effectively teach the skills of swimming.
8. To be able to efficiently organise training sessions.
9. To gain the basic knowledge, understanding and skills to be able to advise on workouts for adult swimmers.
10. To be able to observe and analyse swimmers strokes and to be able to effect changes to increase the efficiency of the swimmer.
11. To be competent in the techniques of cardio pulmonary resuscitation to the level of the Royal Lifesaving Society Resuscitation (CPR) Certificate, or its equivalent.
12. To develop the confidence and skills to be able to conduct coaching sessions that are based on scientific coaching principles, but are considerate of the ability, fitness and needs of the average AUSSI Masters swimmer.

PRE REQUISITES

1. Need to be an eligible member of AUSSI, ie over twenty years of age.
2. Individuals should, or should have displayed an interest and some past involvement in swimming coaching at the club level.

COURSE ORGANISATION

1. There will be 20 hours of lectures and workshop sessions to cover the theoretical course content.
2. Some practical sessions will be conducted at a pool venue.
3. Appropriately qualified lecturers will be appointed/approached by consultation with the State Director of Fitness & Coaching within the respective AUSSI Branch. These need to be approved by the National Branch and Australian Swimming Inc.
4. A theory examination will be conducted at the end of the course.
5. Participants will be responsible for completing the Resuscitation Certificate requirements in the time permitted.

COURSE TIME ALLOCATION

|                    |          |
|--------------------|----------|
| Theory             | 20 hours |
| Examination        | 2 hours  |
| Practical Coaching | 60 hours |

COURSE CONTENT

|                                                                                                                 |          |
|-----------------------------------------------------------------------------------------------------------------|----------|
| 1. Introduction<br>The adult swimmer<br>Effects of age on performance<br>Coaching the adult<br>Coaching methods | 2½ hours |
| 2. Coaching techniques<br>Organisation of training                                                              | 1 hour   |
| 3. Basic Biomechanics of Swimming                                                                               | 1½ hours |
| 4. Basic Anatomy and Physiology                                                                                 | 1 hour   |
| 5. Training the Adult Swimmer                                                                                   | 1½ hours |
| 6. Nutrition for Swimming                                                                                       | 1 hour   |
| 7. Medical Problems in Swimming                                                                                 | 1 hour   |
| 8. Swimming Injuries                                                                                            | ½ hour   |
| 9. Freestyle techniques & practical                                                                             | 2½ hours |
| 10. Backstroke techniques & practical                                                                           | 2½ hours |
| 11. Breaststroke techniques & practical                                                                         | 2½ hours |
| 12. Butterfly stroke techniques & practical                                                                     | 2½ hours |
| Total                                                                                                           | 20 hours |
| Theory Examination                                                                                              | 2 hours  |

COURSE EVALUATION

1. A requirement of all successful Level 1 coaches will be that they hold a current (no older than 2 years) Resuscitation Certificate that has been approved by the Australian Resuscitation Council.  
Participants will have 12 months from the start of the course to fulfill this requirement.
2. Attendance at lectures:  
All practical and lecture sessions are compulsory.
3. Participation and attitude during the course, in particular the willingness to contribute to the coaching practical sessions are essential attributes of the Coach and these are expected in the course.

- 4. Project:  
A short (maximum 1,000 word) written project. (Details will be given during the lectures). 20%
- 5. Theory Examination:  
Covers all aspects of the course and will consist of short answer type questions. 50%
- 6. Coaches will be required to do 60 hours of supervised practical coaching at the club level. An assessment of ability to organise a coaching session will be made. 30%
- 7. Practical Swimming Manual:  
Coaches will be expected to prepare and submit a practical guide for coaching for their own use. (Details on separate sheet).

RECOMMENDED TEXTS

- 1. AUSSI COACHING MANUAL LEVEL 1
- 2. SWIMMING & LIFESAVING RLSS WILKE & CO. LTD VIC 1982
- 3. AUSTRALIAN SWIMMING COACHING MANUAL ED. BRIAN BLANKSBY PERTH 1986
- 4. AN INTRODUCTION TO SWIMMING COACHING LEVEL 1 CECIL COLWIN, CANADIAN AMATEUR SWIMMING ASSOCIATION, ONTARIO 1977

OR

- 5. SWIMMING COACHING AT THE CLUB LEVEL (LEVEL 2) CECIL COLWIN, CANADIAN AMATEUR SWIMMING ASSOCIATION, ONTARIO 1978.

RECOMMENDED READING FROM :

- 1. COMPETITIVE SWIMMING MANUAL FOR COACHES & SWIMMERS, JAMES COUSILMAN 1977.
- 2. AUSTRALIAN SWIMMING COACHING MANUAL LEVEL 2 COURSE TEXTBOOK ED. DAVID URRAY, PEACOCK PUBLICATION S.A. 1982.
- 3. SWIMMING FASTER, ERNEST MAGLISHCO, MAYFIELD PUBLISHING CO: CALIFORNIA 1982.

AUSSI MASTERS SWIMMING IN AUSTRALIA (INC.)

NATIONAL ACCREDITATION COACHING COURSE LEVEL 1

ALTERNATIVE 2

SUPPLEMENTARY COURSE IN COACHING ADULT SWIMMING

This course is only available to those who have done the ASI Level 1 Coaching Course. It is designed as a supplement to ensure that coaches are adequately prepared to coach adult swimmers, particularly at the AUSSI Masters Swimming club level.

COURSE REQUIREMENTS

- THEORY 7 hours (plus 1 hour for examination)
- PRACTICAL 60 hours of 'on deck' coaching in AUSSI clubs
- C.P.R. Applicants should have a current resuscitation certificate. They have 12 months to fulfill this requirement.

COURSE PRE-REQUISITE ASI Level 1 National Accreditation Coaching Certificate.

COURSE CONTENT

- 1. Needs of the adult swimmer 1/2 hour
- 2. Effects of age on swimming performance 1/2 hour
- 3. The role of the AUSSI club coach 1/2 hour
- 4. Basic anatomy and physiology and training 3/4 hour
- 5. Training the adult swimmer 1 hour
- 6. Nutrition for swimming 1 hour
- 7. Medical problems and injuries and the adult 1 hour
- 8. Stroke analysis and common problems with the adult swimmer. Review of progressions and drills, stroke modifications, AUSSI rules. 2 hours
- 9. Examination paper 1 hour

Total 8 hours

COURSE EVALUATION

- 1. Examination paper 1 hour 50%
- 2. Practical coaching workbook 50%

COURSE TEXT

- 1. AUSSI Coaching Manual 1980
- 2. Introduction to Adult Swimming - Basic Conditioning. Kay Cox, AUSSI Masters Swimming in Australia (Inc) 1986.

RECOMMENDED READING FORM

- 1. Australian Swimming Coaching Manual Level 2 course textbook. Ed. David Urray, Peacock Publications SA 1982.
- 2. Swimming FASTER, Ernest Maglishco, Mayfield Publishing Co. California 1982.

Back issues of all newsletters are available for cost of \$3.00 per copy.

#### COURSE OUTLINE - BASIC MINIMUM REQUIREMENTS

The following is the Teacher of Swimming and Water Safety Certificate Course Outline adopted by the Australian Council for the Teaching of Swimming and Water Safety (AUSTSWIM). AUSTSWIM courses are conducted in Victoria under the auspices of VICSWIM - The Victorian Council for the Teaching of Swimming and Water Safety.

#### 1. COURSE CONDITIONS

The candidate must be at least eighteen years of age on the date of the theory examination to be eligible for the Australian Council Award.

Candidates are expected to attend all sessions. If a candidate is unable to attend a session, a reason must be submitted in writing to the Course Administrator.

Candidates must complete a Medical Form prior to participating in the course.

#### 2. THE COURSE COMPRISES

|                               |     |       |
|-------------------------------|-----|-------|
| Lecture Component             | 20  | hours |
| Practical Assessment          | 2   | hours |
| Theoretical Examination       | 1.5 | hours |
| C.P.R. Qualification          | 4   | hours |
| Practical Teaching Experience | 20  | hours |

NOTE: All practical requirements must be completed within twelve months of the theoretical examination date.

#### 3. LECTURE COMPONENT

|                                                                    |     |       |
|--------------------------------------------------------------------|-----|-------|
| The Role and Structure of AUSTSWIM                                 | 30  | mins  |
| The Learner                                                        | 1.5 | hours |
| The Teacher                                                        | 1.5 | hours |
| Basic Biomechanics                                                 | 1.5 | hours |
| Water Safety                                                       | 2   | hours |
| Freestyle, Backstroke & Butterfly                                  | 1.5 | hours |
|                                                                    | 1.5 | hours |
|                                                                    | 1   | hour  |
| The Beginner                                                       | 1   | hour  |
|                                                                    | 1   | hour  |
| Survival Strokes - Breaststroke, Lifesaving Backstroke, Sidestroke | 1.5 | hours |
|                                                                    | 1   | hour  |
| Survival                                                           | 1   | hour  |
|                                                                    | 1   | hour  |
| Emergency Procedures and Legal Responsibilities                    | 1   | hour  |
| Orientation to Practical Examination                               | 1   | hour  |

#### 4. ASSESSMENT

##### Practical Swimming & Water Safety Requirements

(A) The candidate shall demonstrate for teaching purposes, two skills as nominated by the examiner, from each of the following sections:

1. Strokes
  - Freestyle
  - Backstroke
  - Lifesaving Backstroke
  - Breaststroke
  - Sidestroke
2. Entries
  - Slide
  - Stride
  - Dive
3. Survival
  - Treadwater
  - Sculling
  - Floating
  - HELP position
  - Putting a P.F.D. on in the water
4. Water Safety
  - Accurate throw of an aid
  - Effective reaching technique
  - Swimming with an aid
  - Using a buoyancy aid for support

(B) Swim continuously for 200 metres using the following strokes:

- 50m Freestyle
- 50m Backstroke or Lifesaving Backstroke
- 50m Breaststroke
- 50m Sidestroke

#### (C) RESCUES

THE CANDIDATE SHALL SATISFACTORILY DEMONSTRATE, FOR RESCUE PURPOSES, TEST ITEMS 1, 2 & 3 AND AT LEAST ONE OF THE REMAINING FOUR TEST ITEMS AS NOMINATED BY THE EXAMINER. IF THE EXAMINER HAS ANY DOUBT ABOUT THE ABILITY OF THE CANDIDATE, ANY OF THE TEST ITEMS MAY BE ASSESSED AT THE DISCRETION OF THE EXAMINER.

1. Demonstrate initiative in carrying out the rescue of two people in an emergency situation which could arise during a swimming lesson involving a class of not less than 6 pupils. The conditions of the pupils will not be previously made known to the candidate. On completion of the rescue, the candidate will explain the reason for the actions taken.
2. A person with suspected spinal injury is lying face down in shallow water. Apply the vice grip for the immobilisation of a spinal injury to the neck, wade with person for 5 metres, and summon assistance.
3. This test represents a situation where a person is unconscious and lying on the pool bottom in water a minimum of 1.8 metres deep. Enter the water and recover an object of 2-4 kilograms. Exchange the object for a person and tow the person to the pool side or into shallow water, commencing resuscitation as soon as the side or shallow water is reached. Land the person with the help of an assistant. By this time the person will be breathing but remain unconscious. Place the person in the recovery position. The candidate shall describe the emergency care procedures.

4. A non-swimmer has fallen into deep water and is two metres from the pool side. Using an aid that might be commonly available at pool side for a teacher to use in an emergency, and as nominated by the examiner, effect a reaching rescue and instruct the person how to climb out of the water.
5. A weak swimmer is in difficulty in deep water eight metres from the pool side. Demonstrate a throwing rescue using either an unweighted rope or a buoyant aid, as nominated by the examiner, effect the rescue and secure the person in a position of safety. Should the candidates first throw not reach the person in difficulty, a further attempt or alternate appropriate action, consistent with the need for urgency, should be taken.
6. A weak swimmer is in difficulty 20-25 metres from the pool side in shallow water. Using an aid, as nominated by the examiner, effect a non-contact wading rescue.
7. A weak swimmer is in difficulty 10 metres from the pool side in deep water. Swim toward the person with a non-rigid, non-buoyant aid, and effect a rescue using a non-contact tow and assist the person from water.

#### Theoretical Examination

Candidates must sit the theory examination within two months of completing the last lecture. The examination will comprise both multiple choice and short answer questions. If a candidate is unable to sit for an examination owing to exceptional circumstances, a written application must be submitted to VICSWIM for consideration.

All Candidates will be notified of their results by mail within fourteen days of VICSWIM receiving examination papers.

#### C.P.R. Qualification

Basic Life Support (four hour course). Candidates are required to attend a Cardio Pulmonary Resuscitation Course (approved by VICSWIM), of a maximum of four hours duration. Examiners are required to hold a Cardio Pulmonary Resuscitation qualification accepted by the Australian Resuscitation Council.

#### NOTE:

Candidates who hold a current qualification (i.e. taken within the previous twelve months) with the following organisations may claim exemption from this component of the course.

R.L.S.S. Resuscitation Award  
Surf Life Advanced Resuscitation  
Senior Resuscitation Certificate  
Bronze Medallion  
St. John Basic Certificate Course  
Red Cross Basic Life Support Course  
St. John Advanced Course

Courses in C.P.R. are provided regularly by the above mentioned organisations for further details of these courses telephone:

Royal Lifesaving Society 568 5822  
Surf Lifesaving Association 534 8201  
St John Ambulance 670 5576  
Red Cross 616 9990

#### Practical Swimming Teaching Experience

Before an AUSTSWIM Certificate can be issued, candidates are expected to supply evidence of having a minimum of twenty hours practical teaching experience. This experience must be undertaken in a formal approved swimming program, in a group situation, organised by a school or club or some similar organisation, under the supervision of an approved instructor and within the twelve month time requirement.

The teaching experience must be taken after the commencement date of the course, except in the case of registered school teachers who may claim up to ten hours experience taken in the twelve months prior to the commencement of the course for which adequate documentation must be provided.

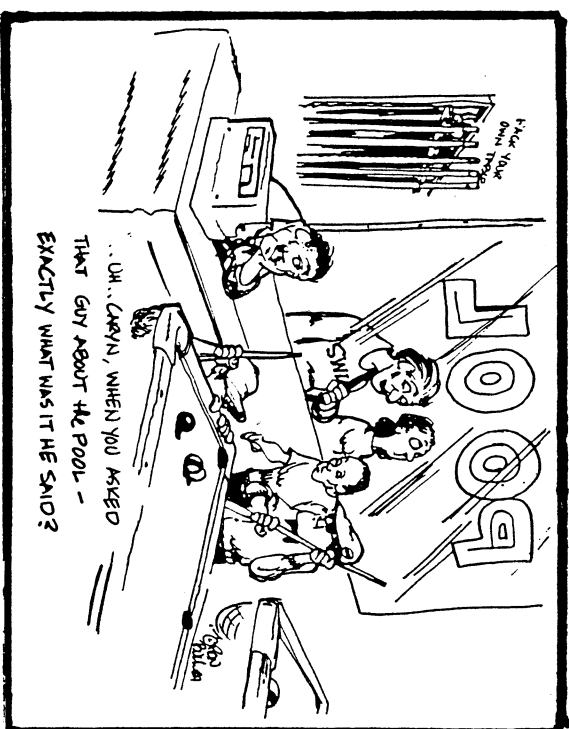
#### Re-Accreditation

The AUSTSWIM Certificate is valid for five years from the date of issue. After this time applicants must formally apply for re-accreditation. Applicants must meet certain requirements before they will be re-accredited. Details of these requirements can be obtained from the VICSWIM office.

The AUSTSWIM Council and the VICSWIM Council reserve the right to vary these requirements. Candidates should also note the following:

1. VICSWIM reserves the right to withdraw, withhold, rescind any certificate from any course candidate.
2. VICSWIM reserves the right to refuse to enrol any person into any course.

If you require further information about AUSTSWIM courses conducted in Victoria, please contact the VICSWIM Office, 49 Spring Street, Melbourne, 3000. Phone: 654-8866.



1-2  
AUSTRALIAN SWIMMING NATIONAL COACHING ACCREDITATION SCHEME

# QUALIFICATIONS.

The qualification requirements of Club Coach, Level 1, are set by the Coaching Committee of Australian Swimming. The qualifications are based on the following:

- The applicant must be over 18 years of age to be accredited as Club Coach, Level 1.
- Having an acceptable knowledge of resuscitation as evidenced by possession of a current C.P.R. certificate acceptable to the Australian Resuscitation Council, e.g.  
Any Royal Life Saving Society Resuscitation qualification.  
Any Surf Life Saving Association Resuscitation qualification.  
St. John's or any other recognised Ambulance Authority.
- Attend all sessions of the course.
- Pass with 50%, a standardised written examination of the course content covering:  
Principles of Coaching  
Training Principles  
Organisation of Training  
Training Novice and Junior Swimmers  
Detection and Correction of Stroke Faults
- Complete a minimum of 120 hours 'contact' time (75% of which is pool time), coaching a squad\* of swimmers. This must be completed within twelve months, before or after, of satisfactorily completing the theory section of the Course. Verification of this must be on the Coaching Committee of Australian Swimming pro-forma.
- The applicant must be a financial member of the Australian Swimming Coaches Association.  
\*squad\* is defined as a group of swimmers whose membership remains relatively constant over the time requirement. The number of swimmers in the squad shall be no less than ten.

## REQUIRED READING.

- Candidates for the Level 1 Course are advised to study -  
"You're the Coach" edited by Brian NETTLETON, Australian Coaching Council, Australian Government Publishing Service 1980.  
and at least one of the following:  
OR  
"Counsellman On Swimming" by Dr. James E. COUNSILMAN, 1980.  
OR  
"An Introduction to Swimming Coaching" Cecil Colwin, Canadian Amateur Swimming Association 1977.  
OR  
"Australian Swimming Coaching Manual 1982".

## SPECIAL NOTES ON COMPLETING LEVEL 1 COURSE.

- A candidate for a LEVEL 1 COURSE has a period of one year from the last day of the Course in which to complete all of the theory requirements. Practical experience obtained within a period of one year before or one year after the conduct of the course may be counted towards the candidate's practical requirements.
- A candidate who does not complete any section of the examination satisfactorily, theory or practical, may present again for that section within the time limit as above.



## QUALIFICATIONS

The qualification standards of the Advanced Coach, Level 2, are set by the Coaching Committee of Australian Swimming. The qualifications are based on the following:

- The applicant must be qualified as a Club Coach, Level 1.
- Have coached at Level 2 standard for at least two years, with a minimum of two hundred and fifty hours 'on-deck' coaching time in each year. Verification of this must be by the responsible body in each State, on the Australian Swimming Coaching Committee pro-forma.
- Attend all sessions of the Course.
- Pass with 60%, a written examination set by the Australian Swimming Coaching Committee of the Australian Swimming Inc. This will consist of:  
i) A written examination on the course content, and  
ii) A written assignment of two thousand words on swimming coaching topics approved by the Australian Swimming Coaching Committee.
- Must be considered proficient to coach swimmers up to State Championship Finals standard as determined by coaching results and the evaluation procedures set by the Coaching Committee of Australian Swimming Inc. This will be based on the Coach -

1. Having coached, as a Primary\* Coach at least five (5) individual swimmers to State Open or Age Swimming Championship Finals, and have supervised those swimmers at the relevant Championships.

OR

2. Having coached, as a Primary\* Coach at least three (3) individual swimmers to Australian Age and/or Australian Open Championship Qualifying Times, and have supervised those swimmers pre-meet training and competition at the relevant Championships.

OR

3. Having coached as a Primary\* Coach at least two (2) swimmers to the Australian Age or Australian Open Championship Finals, and have supervised those swimmers pre-meet training and competition at the relevant competitions. When international swimmers participate in finals the relevant Australian times will be taken into consideration.

N.B.

PRIMARY coach means that the coach has developed the seasonal and workout programmes for the relevant swimmers, and has fully supervised at least 90% of those programmes. A coach must have had a minimum of nine (9) weeks primary involvement with the swimmer prior to the performances used to meet these Level 2 requirements.

(d) and (e) must be fulfilled within two (2) years, before or after, satisfactorily completing the theory section of the Course. Verification of this must be through the responsible body in each State.

Candidates who have gained a Bachelors Degree in the Sport Sciences or an equivalent course ratified by the Australian Swimming Coaching Committee, may be exempt from those aspects of the Coaching Course, namely, Alternative B, General Principles.

## SPECIAL NOTES ON COMPLETING LEVEL 2 COURSE

- A candidate for a LEVEL 2 COURSE has a period of two years from the last day of the course in which to complete all of the theory requirements. Practical experience obtained within a period of two years before or two years after the conduct of the course may be counted towards the candidate's practical requirements, for his accreditation to be approved at that level.
- A candidate who does not complete any section of the examination satisfactorily, theory or practical, may present again within the time limit as above.

## REQUIRED READING

Candidates for Coach Level 2 Accreditation are advised to study:

- "Towards Better Coaching" Pyke, F. (Ed) Australian Coaching Council, 1980. Australian Government Publishing Service.  
AND  
"Australian Swimming Coaching Manual" Urry, D. (Ed) Amateur Swimming Union of Australia Inc. and Australian Swimming Coaches Association.  
AND  
"Competitive Swimming Manual for Coaches and Swimmers". Dr. James E. Counsilman. Pelham Books, 1977.  
OR  
"Swimming Faster" Ernest W. Maglischo, Mayfield Publishing Co. 1982.

## COACHING COMMITTEE OF AUSTRALIAN SWIMMING INC. SENIOR COACH, LEVEL 3

### COURSE CONTENT

Level 3 Courses are designed to give coaches a high standard of knowledge in competitive swimming coaching, including swimming specific sport science theories. The total duration of Level 3 Courses is expected to cover 100 hours, made up of the following:

**Swimming Theory** (40 hours: Lectures, Seminars and Laboratories)

1. Detailed stroke specific biomechanics and techniques related to elite performance in particular events.  
8 hours
2. Advanced exercise physiology, adjusted to the demands of particular events.  
6 hours
3. Advanced training methods, including the theory of periodization and problems of peaking.  
6 hours
4. Organisation and structure of the ideal club training environment; management of the team during training and competitions (home and away).  
3 hours
5. Talent identification and development, emphasising the monitoring of physical, emotional and social changes, and problems involved in coaching young elite athletes.  
4 hours
6. Latest techniques in the development of performance components, including in the water and dry land training methods, resistance training and the application of research findings.  
4 hours
7. Sports Medicine - advanced work on injury prevention, nutrition, physiotherapy, modalities and massage.  
4 hours.
8. Sports Psychology - advanced work relating to recent research into motivation and performance - an understanding of personality states/trait and cognitive psychology relating to goal setting.  
5 hours

### Practical (70 hours)

1. Practical coaching (i.e. on deck coaching and preparation of programmes) under the supervision of a Senior Coach - Level 3, devoted to the coaching of Australian Open standard swimmers.  
40 hours
2. Practical coaching of Australian Age Group standard swimmers, under the supervision of a Senior Coach - Level 3.  
30 hours

**N.B.** The practical coaching requirements and preparation of programmes may be completed over a three year period. This would be similar to an internship, where the applicant spends approximately two weeks per year to complete the requirement. It is preferable that coaches at this level gain broad experience with as many top coaches as possible, both in Australia and overseas.

Verification of the practical requirements must be on the Australian Swimming Coaching Commit pro-forma.

## QUALIFICATIONS

The qualification standards of the Senior Coach - Level 3, are set by the Australian Swimming Coaching Committee of the Australian Swimming Inc. The qualifications are based on the following:

The applicant must:-

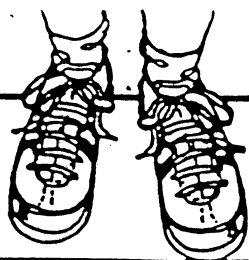
- a. be qualified as an Advanced Coach, Level 2.
  - b. have coached at that level for at least three (3) years, with a minimum of four hundred and eighty (480) hours per year 'contact time' (see 'e' in Coach - Level 1 Qualifications).
  - c. attend all Course sessions.
  - d. complete an assignment of not less than five thousand (5000) words, on topics approved by the Australian Swimming Coaching Committee.
- OR
- a. provide a presentation of one hour and a half at a National Coaches Convention/Seminar. A written paper must be made available by the candidate and the presentation approved by the Australian Swimming Coaching Committee of the Australian Swimming Inc.
  - b. pass with at least 65% credit, a written examination set by the National Coaching Accreditation Committee of the Australian Swimming Inc. on the Level 3 Course.
  - c. provide evidence of consistent attendance at National and State Seminars, Clinics, Conferences or Workshops on swimming during the three year period.
  - d. be considered proficient to coach swimmers to National standards as determined by the evaluation procedures set by the A.S. O.C. (This is based on the applicant coaching, as a PRIMARY coach, at least four swimmers to Australian Open finals OR two swimmers to major placings at Australian Open Championships OR at least one swimmer to an Australian team for major championships. When international competitors are competing in finals only the relevant Australian times will be taken into consideration).

## SPECIAL NOTES ON COMPLETING LEVEL 3 COURSE

1. A candidate for LEVEL 3 COURSE has a period of **three years** from the last day of the course in which to complete all of the theory requirements. Practical experience obtained within a period of **three years before** or **three years after** the conduct of the course may be counted towards the candidate's practical requirements.
2. A candidate who does not complete any section of the examination satisfactorily, theory or practical, may present again within the time limit as above.

If you have any coaching queries I will attempt to answer them to the best of my ability.  
- deadline for the next Newsletter August 1st.





## FUN & GAMES



By SYBIL KILLMIER  
Coach of MARION AUSSI (SOUTH AUSTRALIA)

On odd occasions our Club has a "Fun" night, e.g. the last training session before Xmas, where we still do some training but include games adapted from Sports Day at your school.

We usually start the programme with a warm up going down the 50m edge of the pool in single file, across the 25m end, then down the diagonal, back to the 25m end and then carefully weave between the tail enders on the diagonal back to the 25m end do the 25m end again and then along the perimeter of the 50 side (approximately 300m in total). By this time the latecomers have arrived and they can be evenly divided into teams. We would choose games like Circle Gap, with one person in the middle, the team around in a circle and the ball passed to a swimmer who then swims with the ball to between the next 2 persons and then throws it back to the centre. When the correct number of passes has been made, the next person goes to the centre and it is repeated until all have had a turn in the centre. The winning team gets a jelly bean.

Corner Spry. Team in a line with one out the front passing the ball backwards and forwards along the line to the end when the front person is replaced. Continue until all have had a turn at the front. Winning team gets a jelly bean.

Overhead ball. Team in a line with one out the front. Pass the ball overhead and then the last person swims with the ball to the front and repeats until all have had a turn at the front. Winning team gets a jelly bean.

Over and under. I vary this with or without a ball. With a ball it is passed above the head and then under the legs of the person behind, then overhead again until the end is reached. The last person swims with the ball to the front and repeats until all have had a turn at the front. Winning team gets a jelly bean.

Without the ball I start from the back of the line and we leapfrog over 1 person and go under the legs of the next person, leapfrog over the next and so on until the end when the same process is started from the end again.

We also do tunnel ball, with the ball being passed under the legs of each team member - I think you can guess how difficult this is, because the ball has a habit of bouncing right up into the air and time is wasted catching it.

We also do a form of tunnel swimming, going through all the legs of the team, right to the other end.

We would do a series of 3 member team relays on each of the strokes or incorporating polo swimming or trick swimming, e.g. f/s with brst legs etc. Winning team each time getting jelly beans.

Sometimes we would swim the "Grand old Duke of York" dividing the swimmers

as they swim towards you, forming pairs at the other end, dividing again, then forming 4's, dividing again and forming 8's until we all form one long line across the pool. The difference is that we always swim holding the hand of the person next to us, so timing is of vital importance when the line becomes longer. This is also good for a warm up as you can do quite a bit of distance swimming around the edge of the pool.

Sometimes we have 3 arm races on f/s or backstroke

Sometimes we have a front person swimming a stroke, the legs being held by the partner and that partner completing the kicking.

Another form of training which I might do at the beginning of the season, when we first go outdoors, or indoors, is to go through the history of swimming and doing the strokes as they were swum in the 1800's up to the present day, e.g. breaststroke, side stroke, one arm overarm side stroke, the trudgeon kick with both arms alternating over the water etc. etc. It makes them realise how the strokes have evolved and how efficient the strokes have become today.

I hope this will help you - you might have some additions which you already do with your own squads.



**AUSSI**  
MASTERS SWIMMING IN AUSTRALIA (INC.)

P.O. BOX 142  
NORTHAMPTON W.A. 6535

22nd February, 1989

MEMORANDUM

TO: Branch Secretaries and Coaches  
FROM: National Secretary  
SUBJECT: COACH ACCREDITATION COURSE REQUIREMENTS

As we have had a couple of enquiries on the rules for the practical coaching section of our Level 1 M Course, the following information may need to be passed on to your membership.

For a person to gain a Level 1 M Coach Accreditation certificate they need to complete the Masters theory component and 60 hours practical coaching with adults.

For a person to gain the ASI Level 1 Accreditation certificate they need to complete the ASI theory course and 120 hours practical age group coaching.

If a person has an ASI Level 1 and wishes to also have a Level 1 M, then we have a bridging course and they would need to do 60 hours practical coaching of adults to qualify.

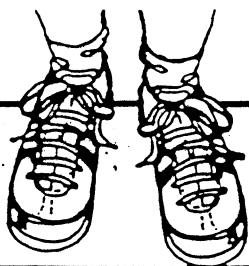
If a person has a Level 1 M and wishes to gain an ordinary Level 1 it is our understanding from ASI that this can be obtained by the person completing 120 hours age group coaching.

There is NO provision for any member to do the theory of one course and the practical component of the other. In order to preserve the integrity of our course we do not intend to recommend any such provision.

Yours sincerely,

*Glenys McDonald*

Glenys McDonald  
National Secretary.



**Proposed suggestions from the Masters Aquatic Coaches Association to the FINA Technical Committee concerning the meet procedures for a FINA World Championship Meet.**

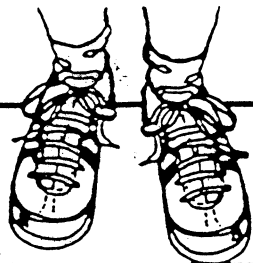


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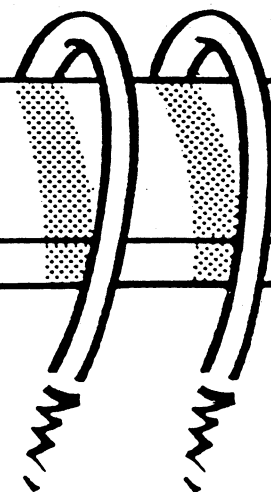
October 12, 1988 Brisbane, Australia

1. It was agreed in light of the fact that this is a World Championship, stroke officiating should be adhered to all levels of ability and ages.
2. Suggestions concerning distance events:
  - A. Add another day for the 400 Free or an additional venue in the same city.
  - B. For all time seeded events - seed at least one heat within each age group together.
3. It is recommended that marshalling should be available, but not required for two to three heats in advance of an event. Well placed and clearly marked event/heat indicators should be placed in easily viewed and strategic positions at the venue.
4. A World Championship meet must be run according to the information booklet that is distributed to all participants.
5. Efforts should be made to maintain the high standard of flexibility set in Brisbane in attempts to monitor and correct entries.
6. Warm-up procedures similar to U.S.M.S. National Championships should be enforced and monitored to provide a safe warm-up for the participants. This should be published in the meet information booklet and in the meet registration packet. It should be published in as many languages as possible. Adequate and sufficient warm-up facilities should be provided. The scheduling of Diving and Waterpolo should not compromise warm-up and warm-down facilities.
7. Pool attendants on deck should be clearly identifiable at all times.
8. High standards of cleaning and maintenance of the changing rooms, toilets and warm-ups facilities should be enforced throughout the entire championship meet.
9. Suggestions for meals:
 

Full meal service, as well as healthful foods and snacks should be made available throughout the duration of the warm-up and competition, but at the least, correct information as to the availability and variety of foodstuffs to be announced prior to the meet.
10. In the distance events (400 and 800 Free), separate men and women events if having to swim two to a lane.
11. In order to run a smooth and efficient meet, the no false start rule should be taken into consideration.
12. As masters coaches, there are varied and serious concerns about the reliability of printed information, running of the meet, and availability of food, transportation and schedules.



## FITNESS, COACHING & EDUCATION



### WESTERN AUSTRALIA ANNUAL REPORT

Once again we have had a very industrious year on the fitness, coaching and education side of our activities. In the 3 year plan we had a number of goals we had set for 1988, some were part of our established activities but some were new ones. With the success of our grant application and the funds made available by the Department for Sport and Recreation we were able to achieve these goals. I am very happy to say that after a couple of years of trying, thanks to Karen Liggins and Lynley Jenkins we were able to do a coaching trip to the North West clubs.

#### CLUB VISITS

The informal system of clubs requesting visits during the year seems to have been satisfactory again this year. The 8 clubs visited this year were:

- Armadale (twice)
- Belmont
- Carine
- Inglewood
- Somerset
- Whitfords
- Karratha with 4 members from Port Hedland attending (weekend visit)

The only country area visited this year was the North West at Karratha. Karen conducted a very successful coaching clinic on the strokes to members from Karratha and Port Hedland.

#### SEMINARS

Two seminars were held during the year both given by Professor John Hogg, a highly respected swim coach and academic from Canada. He spoke on the strokes, the adult swimmer, and training the adult swimmer. Attendances at both sessions were excellent and everyone enjoyed his entertaining presentation. Thanks to WASA for allowing us to make use of John's services.

Two other seminars on refereeing and officials were conducted throughout the year prior to the two State Swims. Overall attendance was good and it is planned to repeat these next year, but perhaps with some formal recognition given to those who attend.

COACHING COURSE

Australian Swimming Inc. recognized our pilot course as an official coaching course earlier this year. This means it has the full status of an accredited coaching course with ASI and the Australian Coaching Council and is recognized Australia wide. Once this was achieved, a course was planned for WA members in August, this was attended by 14 members from 6 metropolitan clubs. Final results are not to hand as they have a full twelve months to complete all the requirements

Courses such as these are important for the development of the quality of coaching in our clubs. This will be held again in 1989 and clubs should encourage attendance. As these courses are very time consuming to organize, it is far more economical and satisfying to the organizers if more people attend.

AUSTSWIM TEACHER OF ADULT SWIMMING COURSE

This course was given to AUSSI through me to write and pilot in 1988 for submission as a National course and recognition as the professional qualification for teaching adults to swim.

A pilot course was designed and conducted in May and June of 1988 with 28 people completing the course. The response was overwhelming and the demand continues for further courses. AUSSI members were invited to be participants in a coaching clinic which was part of this course and it provided benefits for both groups. This course was granted approval as the National course in October 1988.

It is quite an achievement that AUSSI has opened up the way for the training of teachers who understand adult needs and hopefully this will have future returns for our clubs and members.

RESOURCES

We have added two videos to our library and some books. Video reviews have been done so that clubs can locate what they are looking for. We can see more use made of these and the library.

The coaching newsletters have continued this year but have not been as regular or frequent as the previous year due to my study commitments and other AUSSI projects.

There is a selection of notes on most topical subjects in our resource section which is available on request for coaches and members.

As stated before both the State Coach and myself have been kept very busy during 1988. We hope that we have provided the services and Clubs have benefited.

My sincere thanks to Karen Liggins in her role as State Coach and for all the extra assistance she has given with the various projects undertaken during the year.

Thanks also to Mally Blake who continues to contribute her time and expertise with hydrobic sessions.

---

Kay Cox  
DIRECTOR OF FITNESS & EDUCATION



$VO^2$  MAX SETS

A swimmers ability to utilize their consumption of oxygen effectively ( $VO^2$  Max) may be enhanced by performing middle distance repeats (or sets of shorter distances) at 80-90% effort. The break between repeats or sets\* will be lengthy to enable the swimmer to metabolize any lactic acid that may have built up toward the end of each set, e.g.

\* 1-5 minutes depending on the length of each set.

- . 4 (10 x 50's on 50)  
2 min between sets
- . 10 x 200m on 4 min
- . 4 (5 x 100m on 1.40)
- . 5 x 400m on 8 min
  - 1 - 400m swim
  - 2 2 x 200m on 4 min
  - 3 4 x 100m on 2 min
  - 4 8 x 50m on 1 min
  - 5 16 x 25m on 30 sec
- . 3 x 800m
  - Broken at 400m ) 15 sec
  - 200 ) rest
  - 100 ) on
  - 2 x 50 ) 15 min
- . 4 x 5 min swims on 7 min
- . 4 (8 x 75m on 60)
- . 6 (10 x 25's on 25)
- . 3 (3 x 200's on 3.15)  
2 min bet sets
- . 5 x 300m on 5 min
- . 4 (4 x 150m on 2.15)
- . 5 x 400m on 7.00min  
for swimmers repeating > 5.30  
otherwise 1.30 rest

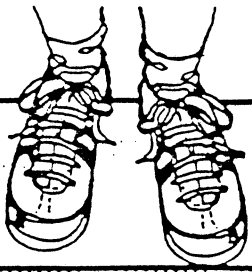
N.B. These sets should be modified according to ability - they are the repeat times my fastest group could manage.

Back issues of all newsletters  
are available for \$3.00 per copy.  
Please send cheques payable to

AUSSI,

44 Warncliffe Road,  
East Ivanhoe 3079.





SPECIFIC ADULT ATHLETE INFORMATION  
FOR MASTERS COACHES



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The following was prepared by Kerry O'Brien, Walnut Creek Masters (CA), Cathy Brooks, Tiger Masters (WA), and Ross Yancher, Davis Aquatic Masters (CA). We appreciate their efforts on this project. Continued input is encouraged!

Most masters swimmers can be trained the same way as age groupers. There are certain training adaptations however, which are important to know for adult swimmers. Although older athletes may have more training limitations, flexible training programs make it possible for anyone with the desire to be part of a swimming program, by adapting the workouts of the average swimmer so that swimmers of all levels of ability or physical impairments can participate. Many swimmers who begin with physical limitations are eventually able to adapt to a normally structured workout.

General Considerations:

The entry and finish areas of strokes are those which most frequently stress the shoulders of joint weak and injured swimmers. These areas of higher stress can be eliminated by having the swimmer shorten their strokes to avoid pushing and pulling motions in the arm's most extended ranges.

Swimmers with joint and tendon problems should be referred to a joint expert who can test to provide strengthening and flexibility exercises or healing treatments. The joint expert should be encouraged to confer with the Coach, in addition to the Swimmer.

In addition, swimmers who are susceptible to shoulder problems should not use hand paddles. As age is a definite consideration in the spread of shoulder problems, paddles should be used sparingly, if at all.

Swimmers with back and buoyancy problems may prefer and need to pull without a pull buoy or not pull at all. Swimmers with injured shoulders may have to avoid pulling altogether, as well as tethered swimming or swimming with extra drag resistance (drag suits, pull tubes, etc.) Upon recovery from injury, swimmers should be eased into such activities.

The use of fins is helpful in the development of ankle flexibility, where it is often lacking in adults. General swimming technique improvements often occur with the aid of fins. In terms of workout adaptability, the swimmer with a shoulder injury can kick a workout the others are swimming, and yet be able to keep up with the fins on. Similarly, a slow swimmer who otherwise might not fit in a faster lane, can do so by wearing fins.

Coaches are encouraged to listen to their swimmers about how their bodies are feeling. Pain or unusual tiring are signals that an adjustment is necessary. Simple procedures, such as post-workout ice packs or the prudent use of anti-inflammatory drugs, can save a swimmer from much pain, rehabilitation time or having to stop swimming entirely.

Prior to continuing with adaptations for Masters in the individual strokes, starts and turns, it should be noted that all of these ideas can be applied to any joint weak, injured or handicapped swimmer, regardless of age. Emphasis here is placed on specific information which is important for the coach of adult swimmers to know, the wisdom of age group coaching notwithstanding.

### Strokes, Starts and Turns:

Coaches should refer to U.S.M.S. rules on what constitutes a legal stroke for competition. Swimmers should be made aware of options for strokes in U.S.M.S. competition and workout. Amongst the following, divided into strokes, most are non-legal stroke adaptations in U.S.M.S. competition, but all are acceptable for workouts.

#### O Butterfly:

One arm butterfly pull with dolphin kick. In any combinations of left arm, right arm, and both arm drills, one arm butterfly teaches and allows practice of stroke and kick timing without the stress of full stroke on joints and shoulders.

Fin swimming promotes streamlining and leg drive which are often absent from the novice flyers stroke. Swimmers who are otherwise unable to perform the stroke often, can do so with fins.

Push drill (full stroke fly with underwater recovery-similar to the underwater pull and recovery in breaststroke, but with the dolphin kicks) emphasizes the timing and need for force in the kick when the arms recover. The underwater recovery allows swimmers with shoulder problems to practice butterfly without the stress of over the water recovery.

#### O Backstroke:

Double arm (simultaneous) backstroke with whip kick (on the back) is a legal alternative to conventional backstroke for workouts or meets.

Overly buoyant swimmers and those with back problems, can abandon the arched back, over the water start, and push off at the surface or push off after dipping underwater. Both are legal for workouts or meets.

#### O Breaststroke:

Overly buoyant swimmers may have to abandon attempts to glide underwater and take the underwater pull on pushoffs. This is legal in competition.

Dolphin kick is an acceptable alternative to whip kick for those with knee problems, who still wish to do breaststroke pull.

Swimmers with lower back problems may wish to abandon the contemporary undulating style of breaststroke for the traditional flat, level style. Both are legal for competition.

#### O Freestyle:

Freestyle, when swum with clenched fists, lessens the stress on weak shoulders or helps those who need longer, less stressful warmups.



Poor flutter kickers, beyond wearing fins, can do a drill where the swimmer rolls to one side with the bottom arm extended, and pulls with the arm every eight to ten kicks. The intermittent arm pulls provide the weak kicker with the velocity to propel themselves (or stay afloat) while affording them the opportunity to work on their flutter kick.

#### O Starts:

In water starts (no dive) are acceptable at workouts or swim meets when necessary. Even in relays, it is permissible for the second, third, and last persons to start in the water. Swimmers must remain in their lanes until all in their heats have finished before proceeding to the pool ladder in another lane (or may hop out or be pulled-out at the end of their lane, if able).

#### O Turns:

Touch turns and spin turns are legal and sometimes necessary alternatives to flip turns for some swimmers. Coaches must use their discretion as to the swimmers ability to do a somersault in the water.

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### INTERPRETATION OF BACKSTROKE & BUTTERFLY RULES

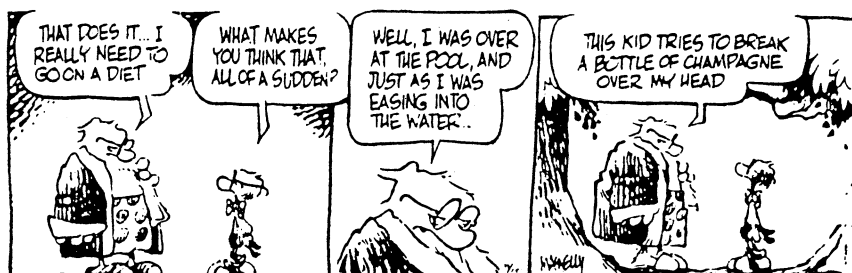
The following rules, regarding the above, from FINA & Australian Swimming Inc. Technical Committee to come into force from the 19 December 1988, have been noted by the WA Branch.

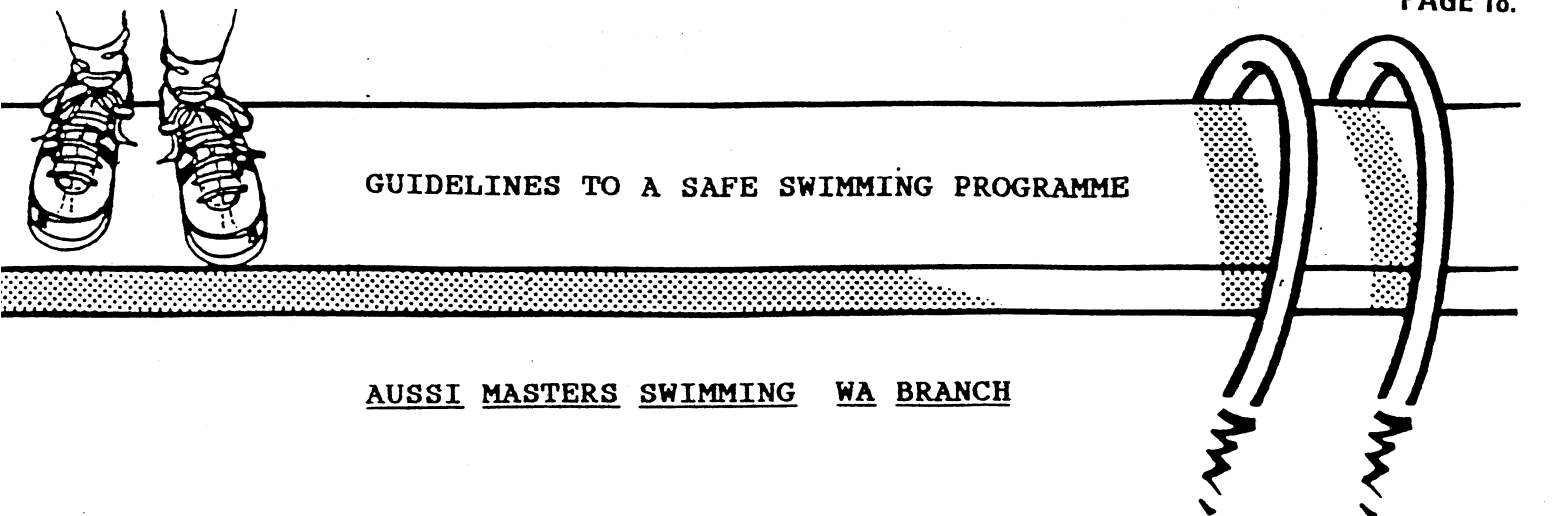
#### (a) BACKSTROKE INTERPRETATION RULE SW 6.2

"Swim upon their backs throughout the Race" means that some part of the body must break the surface of the water throughout the race, except that immediately after the start and after each turn the swimmer may be totally submerged for a distance of up to 10 metres from the wall.

#### (b) BUTTERFLY INTERPRETATION RULE SW 8.2

"In the Butterfly, the swimmer must remain on the breast throughout the race. From the beginning of the first arm-stroke after the start and on the turn the swimmer's shoulders must be in line with the surface of the water; any swimmer who rolls over onto the back at any point during the race MUST be disqualified."





## GUIDELINES TO A SAFE SWIMMING PROGRAMME

### AUSSI MASTERS SWIMMING WA BRANCH

Swimming is an ideal exercise to improve your health and fitness. However, like any other exercise programme it should be planned, it should be safe and it should progress slowly. If you are a new member or have stopped training for more than four weeks then you need to carefully assess what stresses you are putting upon yourself. The aim of a swimming programme is to achieve positive results from the exercise not place undue stress on the body and cause harm or injury.

The best form of exercise is aerobic exercise where the heart rate is kept between 120-150 beats per minute for at least 20-30 minutes. Sprinting for the unconditioned can be harmful. The breathless, red faced individual who can't talk or walk after a swim is placing much more stress on his/her body e.g. increased blood pressure, heart stress etc. than is necessary or desirable.

If you are still stressed 5-10 minutes after training or a swim then slow down and reassess what you are asking your body to do.

### A SAFE SWIMMING PROGRAMME

#### ACTION STEPS

1. Make sure you are in good health.  
\*If in doubt or over the age of 35 have a medical check first.  
  
\*You should have your blood pressure checked and make sure it is within the normal range. i.e. less than 140/90.
2. Make sure your swimming is enjoyable.
3. Make sure your swimming times fit as conveniently as possible into your daily routine.
4. Obtain the necessary basic equipment e.g. comfortable bathers, swim goggles, cap etc. (these need not be expensive.
5. Set some realistic objectives - you won't be setting any world records in the first weeks!!
6. Plan your sessions to include :-  
WARM UP, STRETCHING, MAIN WORK SESSION AND COOL DOWN.  
This applies to training and race conditioning.
7. Take note of the length of time you exercise (exclude rest periods) and measure any distance covered.
8. Make a brief record of your swimming, this helps to motivate

you when you see the progress.

9. Improve the skill of your swimming you have chosen so that:
  - \* it is more enjoyable
  - \* you progress
  - \* the chance of injury is minimised.

#### 10. BE REALISTIC ABOUT YOUR STARTING LEVEL OF FITNESS.

#### ARE YOU OVERDOING IT?

There are 3 ways you can check if you are exercising too hard:

##### 1. SYMPTOMS DURING EXERCISE

SIGNS OF OVER EXERTION ARE;

- (A) Tightness or pain in the chest.
- (B) Severe breathlessness.
- (C) Light-headedness.
- (D) Dizziness.
- (E) Loss of muscle control and nausea.
- (F) Confusion and incoherent behaviour.
- (G) Excessive overheating and failure to get rid of excess body heat.

IF YOU EXPERIENCE ANY OF THESE SYMTOMS STOP EXERCISING IMMEDIATELY AND HAVE A MEDICAL CHECK UP.

##### 2. RECOVERY HEART RATE :

Five minutes after exercise count your pulse.

\* If it is still over 120 this indicates the exercise was too hard for your present condition.

Check after ten minutes.

\* It should be below 100, if not then ease up on your programme until you achieve this.

##### 3. RECOVERY BREATHING RATE :

Normal resting breathing rate os frp, 12-20 breaths per minute.

If you are still short of breath 10 minutes after exercising then you are working too hard.

If your breathing is distressed after this time you should seek medical advice.

REMEMBER: THE AIM OF EXERCISE IS TO TRAIN NOT STRAIN  
YOU ARE TRYING TO IMPROVE YOUR HEALTH NOT ENDANGER IT.

## ARE YOU OVER DOING IT?

## SPECIAL NOTES

1. If you feel ill while training, you will need to start at a lower level when you resume.  
If you have a fever or infection DO NOT EXERCISE.
2. It will take about 12 weeks of conditioning before you are ready for an intensive exercise programme.
3. Exercise in very cold conditions or cold water should be avoided.  
The chill factor can limit exercise and cause injury.  
Cold conditions and cold water swimming can lead to 'hypothermia' - a cooling of the body which is harmful to health and therefore not advised.  
Water below 20 degrees celsius is not suitable for most people to train in. Comfortable water is between 25 -27 degrees celsius.
4. Swimming will produce heat, if you are swimming hard and fast this maybe excessive. If you are in a heated pool (especially above 27 degrees celsius) you may not be able to get out of the heat fast enough. This depends on your fitness, body build, age and intensity of swimming. Heat stress can be a real factor in these conditions that will decrease performance.
5. Curb the desire to race until you have given your body a chance to reach a desired level of fitness.
6. Over training may occur if the frequency and intensity of your training is too high. Signs of over training are:
 

|                              |                           |
|------------------------------|---------------------------|
| poor performance at training | poor times at time trials |
| irritability                 | sleeplessness             |
| weight loss                  | excessive tiredness etc.  |

The only solution is to ease up or take some rest days.

ENJOY YOUR AUSSI SWIMMING AND GOOD LUCK WITH YOUR SWIMMING PROGRAMME

Kay Cox  
November 1988



"OH, THIS FIRST-PLACE MEDAL I WON  
AT THE MASTERS? M'GOSH, I FORGOT  
I HAD IT ON."



KEITH BELL TRANSCRIPT PT 2

EDITORS NOTE: Keith Bell is a world renowned sports psychologist and the author of many books. This transcript was part of a series of lectures held at the World Master's Games. Keith talks about his own "Sports Psychologist" team, the philosophy they have developed and how to handle problem swimmers.

Q What sort of things can you do for a person who "spits the dummy" ie. has a bad attitude that might affect the rest of the swimmers?

A We don't allow that. We catch it the second something comes out of their mouth, we never let it slide and we ask everyone else never to let it slide. People are imperfect and people say dumb things sometimes.

Q How can you stop it from getting to the stage that it comes out?

A We correct them. They say "oh coach this is too hard" and I'll look at them and say "oh it's challenging isn't it?" or "oh you don't like this stuff. Well what is it that you don't like? Why are you willing not to like it?" If someone says "it's boring" the only comment I have for that is "Why are you willing to be bored. Why are you making that choice", and I feel it is a choice. If you know how to set goals you should never be bored. Let that be their responsibility and let them feel a little foolish about doing that but we won't let them continue with that. And I will remove them from practise to talk to me privately so it won't embarrass them and remind them that they do enjoy it. Nobody forces them to be there and I know they don't mean it when they say that, they're just blowing off steam. Unfortunately it focuses some of the other peoples attention on it.

It's like saying "God the water's hot" Now I like cold water when I train and the last thing I want to hear is how hot the water is. No if I think about it I say "it's a great opportunity to practice for when I get to a meet and it's too hot". So I'm going to put it out of my head, I don't want to think about it.

If someone says it in a derogatory way, that labels it as negative and it invites someone else who might not have thought of it as something negative at all, to relate to it as negative. That doesn't matter whether it is hot water, or fly, or fast intervals which is a concept we want them to value (ie. more swimming and harder challenges). We want them labelled as good, not something as bad, and if it invites something bad then we want to put a stop to it. "Yeah I know it doesn't mean that much to you, but its going to get to the other people."

If we can't, we show them where there is another program in town. We've only had to do that twice. We've asked 2 people to leave and they were popular people, one of whom was a great swimmer. But I told them I thought it would be better for them and us if they went elsewhere. No hard feelings, we'll still be friends, we'll still see you at meets - and now our team is so much better without them.

Q What do you do if you don't have that option?

A They can always swim on their own if there is not another pool or program. They have a choice and we're real gentle about it. It's not like "It's my way or it's the highway", but our program isn't for everyone.

We feel as coach it's our responsibility to take care of the program first, the majority of the people next, and every individual after that. We care very much about the individual but we can't jeopardize the program for everyone else.

Q What was it that was aggravating the situation?

A Comments. Constant comments and he didn't mean anything by it. He's really easy going but he was also an alcoholic and a bit of a conman, but a very personable guy. But I may say to repeat 100's on 1.15 and he'll say "hey lets go 1.25 instead". Or I'll tell them to go 6 seconds apart instead of 5 (which I do very often to keep them thinking) and he'll just say "oh let's just go on the top". If that keeps happening we lose control of the program, the people and what we give them. Not because we want to be in control, but because we want to take care of the environment we're giving them.

Q You've talked alot about developing attitudes within individuals and attitudes within a team, when it actually comes to the meet do you try to individualize the skills and the excitement - do they do it by themselves or do they need you to help them get their heads together? How do you maximize their potential at a meet with a large team?

A At a meet is not necessarily the time to do it. We want to teach those skills well in advance of the competition - that doesn't mean we don't still teach skills at a competition. We feel our job as coaches and psychologists is to put ourselves out of business ie. we want people to become independant, to be skilled and not to rely on us. We're happy to time people if they want it, (though we tend not to do much timing) we're happy to give them warmups or look at their stroke. Frequently we'll talk to them before they race but we would prefer them to be a little bit more independent. We do try to teach them psychological skills in separate sessions well in advance. On the day of the meet I tell them how to apply that, not as a psychologist, but as a coach and as a coach we try to build on and teach them those skills every practise. By the way we talk about the sensations that they're feeling in practice and not be scared of them. We don't let it slip by when someone says something about "dieing". There's a Canadian T-shirt that says "Take it out Fast and Die like a Pig". Its cute but it's detrimental to what were trying to do - we don't want to do that. You don't "die". Even the guy who carries a piano on his back in the last 25 m doesn't "die". And we laugh about that all the time and we get scared to go after it. As we race the sensations build up and we think there is pain, we think they hurt, and the ultimate pain signals we think is death. And what we're talking about is we

think we might die if we swim too hard. So we don't talk about "dying" in training, we don't talk about pain - there is no such thing as "pain". There is intense sensation that brings about adaptation and that's a little bit different than injury. We talk about the differences between the 2. We try to create an environment that can carry over to competition so that they can swim faster than they've ever swum before and we'll show them how by giving them challenges in practice that they can handle, that they didn't think they could handle. We coax, guide or even trick them into doing it. eg. My swimmers who can repeat 100's in 1.20 I may kid them a little and say "On the last one I don't want anyone going under a minute". Even though they've never in their life got near to the minute, we talk like that.

Conversely those who can repeat 100's in 1.13 I may say "Don't go any faster than 1.17", They may go 1.13 and 1.15's and I'll tell them to go a little faster and they feel how EASY it is to do 1.13 when they're not trying to. So they can think about their stroke more and relax because they've discovered how easy it is.

Q You've talked alot about "Our Policies" - Are they your own ideas or club policies formed by a committee?

A Those are things that we formulated for the club, we wrote them out and originally handed them out and invited suggestions.

Q Can you run through some of the specific things that you've got in your policies. eg.

- . Everyone on the team is responsible for the fulfilling of Team Purpose.
- . I mention accepting everyone on the team as a person - his/her right to be on the team and to have their own goals respected.
- . We place alot of value on the pursuit of excellence, victory and to make swimming good, challenges good and the tougher the better. We ask them to welcome different goal oriented challenges -
- . To thank each other for support, appreciation, encouragement etc.
- . To NOT tolerate goal detracting behaviour ie. to redirect people.
- . That you don't have excuses and we don't want to hear them.
- . That it's their responsibility to have fun and having fun is a skill we may have to teach them and we remind them of that. But its also easy to get bored and get yourself down if you don't intend it to. But if we make it fun we can get real skilled at that.

Q Do you mean "fun" by giving fun sets or fun by socializing sets?

A We make a real distinction between making the pursuit of excellence fun, and making fun at the expense of the pursuit of excellence, so we don't care if it's social or goofing around as long as it's consistent with our goals. But if it's inconsistent, if it's dragging

the others down, if it's inattentive and takes away from practise we don't allow it.

We make things fun like we do long kick sets where we'll say you have to do at least 100m in each lane, they have to know everyone by name and they have to say "hello" to everyone by name as they pass them - Its a very social set but we still get a lot of kicking done.

We use fins alot because we think fins are fun. But we do it also for power conditioning drill work as a teaching technique. We also think that they teach "expectancies". Because they swim so much faster they see that they can do it. We may put fins on some and not on others so they can all go together. And even if we put them on everybody it collapses the differences between them ie. It closes the gap.

I've got a wonderful collection of water pistols and periodically I might take one out that might look like a snake, or whale, or a lugar, or machine gun and we might hand them out during a kick set and they have to use them as they go along. Half the time of course they use them on me, but that's fun.

We might even throw a few beach balls in to bounce around while they kick.

We have lots of variety and we may never do the same workout twice.

Q I have a person who always swims within himself in training even though he is capable of doing harder intervals. Should I leave him alone and let him keep going this way?

A No I don't think so, but it depends on the purpose of your squad. If it's the pursuit of excellence it's not OK because he is not a good role model. The social learning period tells us that the greatest influence on learning is the action of others.

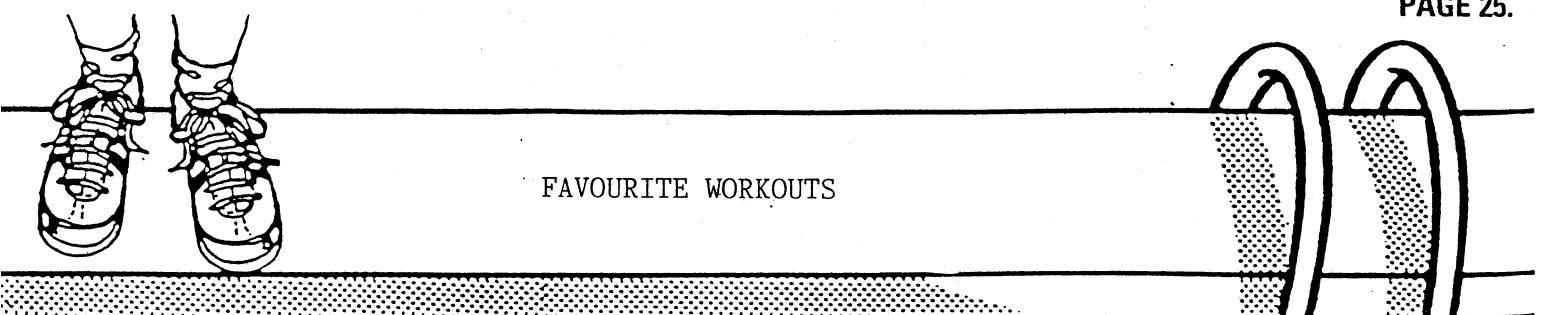
The first thing I'd want to do is talk to him and discover why? What is he afraid of? The other thing is I'd go the other way when you change people into other lanes with harder intervals, don't let him - treat it as a real privilege and a great opportunity and one that he's not ready for and if he's stubborn enough he may prove to you that he is ready.

Is he afraid of failing, or looking bad?

Q No from what I can gather because he's older he feels he shouldn't push himself as hard, that he needs more rest than the others.

A It sounds like he's afraid - your body cannot adapt unless it is stressed even if you're doing it just for health and fitness. If he does 34 seconds for 50 F/S maybe he would do 33 seconds if he pushed himself. He may be scared of having a heart attack at his age, and depending on his medical history that may be real. He should consult with his doctor to find that out. But given that he's OK he needs to learn that the body is such a wonderful organism and that it does adapt to stress and of course water is the perfect medium to do it in.





## FAVOURITE WORKOUTS

The following program has been swum by Power Pointers in the QUALITY phase of the season as a lead up to major competition. The program was swum in a 50m pool over a 1½ hour session.

**NOVICE**

60 sec bet.sets  
300m easy-60 sec rest  
150m medium-45 sec rest  
50m faster-

1 x F/s  
1xF/s kick with flippers

.100m I.M.  
loosen up

. Fit novices may do  
int or adv program  
Others do  
-200m Brst drill  
(Kick kick, pull)  
emphasising  
-200m Brst  
Counting strokes

.12 x 50m Main Stroke  
on 1.45

i.e. 25m Easy /25m Hard  
25m Hard/25m Easy  
25m Hard/25m Hard  
25m Easy/25m Easy

All lanes 200m Warm Down Easy  
i.e. 50m Drill - Your choice  
50m Swim - Your choice

**INTERMEDIATE**

. As advanced

200m I.M.  
loosen up

.As advanced

.200m loosen up  
choice

.16 x 50m Main Stroke  
on 1.30

**ADVANCED**

60 sec rest between sets  
.400m Easy-60 sec rest  
.200m medium-45 sec rest  
.100m fast-30 sec rest  
2x50m faster-15 sec rest  
1 x Through F/s  
1 x Through F/s  
Kick with flippers  
200m I.M.  
loosen up

.4 x 100m F/s max on  
4 min- Timed  
Broken at 35m and 65m  
for 15 secs  
Dive starts -  
H.R. to max \*  
Net time within 2 secs  
of P.B.

.200m loosen up  
choice

.20 x 50m Main Stroke  
on 1,15

\*Caution should be used with Masters when employing Max. Heart Rate Sets.

Anyone unfit or recovering from illness should not attempt this set and coaches should keep a watchful eye on the swimmers

Deadline for the next Newsletter August 1st.



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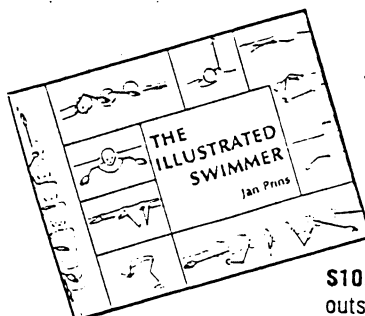
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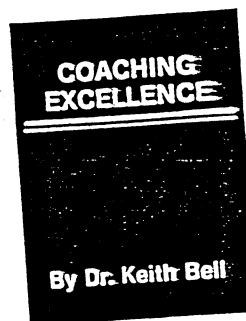
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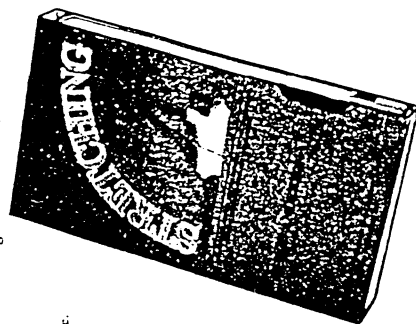
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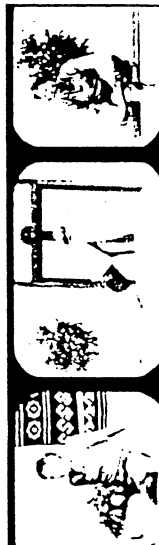


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11th February, 1989

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