



AUSSI NEWS

by Trish Beveridge.

As my fingers glide across the keys of my typewriter to offer readers an insight into the THIRD Winter Championships for Masters Swimming I can't help but grimace at the tension and stiffness across my shoulders. Lack of training and a big effort at the weekend has left me jubilant in a most successfully run meet but tired and sore physically. No doubt my next three weeks holidaying at Noosa Heads will dispell the sorness and bring me back to the training sessions that will lead up to the Masters Games in November.

Fifty-five swimmers took to the water to contest the valued Championship Pennant which had been held by the Launceston Club since its inception two years ago however the outcome of the weekend has seen the Devonport Devils amassing a total of 487 points to win the "spoils" followed closely by Launceston with 335 and Hobart Masters entering the competition with a team for the first time a creditable 157 points.

Devonport's coach Tony White was pleased with his teams overall performance, particularly the way they were able to eclipse many strong challenges. He attributed this to the training schedule he utilised, team morale and the quality preparation by most team members. He considered the event an ideal lead up for all swimmers for the Masters Games later in the year.

Hobart Masters dominated the over Fifty age groups with a spear headed attack from top point scorer John Menadue (57) gaining maximum points for his age group the 55-59 years section.



The favoured event by competitors was the 50m Sprint Freestyle which had nine heats. With the recently set world record in this event the Masters were out to prove that they are a force to be reckoned with. The final heat had a age range from Philip Keam (24) to John Pugh (49). The results were as follows:

Deacon Spicer	28.64	(27 D)
Philip Keam	29.13	(24 L)
Chris Branson	29.19	(36 D)
Gus Koerbin	29.19	(30 L)
John Pugh	31.38	(49 L)
Ross Fromholtz	32.37	(29 L)

There were however three faster times in earlier heats by -

Peter Smith	30.83	(33 L)
Jim Gore	30.94	(39 D)
Frank Webb	31.38	(45 D)

I am sure that if you check your finalists for the summer championships that you would be able to slot one or two swimmers from this heat into the final of the 50m Freestyle. Just an indication of the standard of some of the events that were swum during the weekend.

The women are not to go without a mention either, although their beauty surpasses their speed, fastest being

Gai Furey	34.02	(33 D)
Helen Myers	34.19	(30 D)
Jan Vaughan	34.19	(35 H)
Kerri Fisher	35.15	(27 L)

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A grand total of 117 individual and relay record-breaking swims indicates the keenness of the competition and the improvement in fielding competitors across the age groups which are contested in five yearly groups.

Devonport's Deacon Spicer who has recently returned from training in Sydney as a full time iron man athlete saw a record broken in every event Deacon contested. Chris Branson who comes from Adelaide's AUSSI Marion Club, S.A. and now residing in Devonport also set 6 new records for his age group.

Top female performances came from Devonports Kathy Smith and Gai Furey in the 25-29 and 30-34 age groups respectively.

The keenest competition of the meet however was in the womens 35-39 year age group which saw new comer Jan Vaughan (35) and myself in a stroke for stroke battle for points. The outcome after some nervous tension and a few pep talks from Coach White saw us both equal in first place gaining 22 points. This no doubt will keep us both training hard to make sure the other doesn't edge away and will make for some interesting competitions in the future.



Surprise of the meet was the defeat of Nan Lewis in the 65-69 year age group by fellow Hobartian, Marian Skarratt. Nan had difficulty adjusting to the cooler water temperature as did we all. Her decision to scratch from the 400m Freestyle resulted in her missing first place in her age group.

A complete list of competitors and their pointscore is included for all to show that there are some areas of little participation and to encourage all those who would like to swim in the AUSSI events a chance to register up prior to the Summer Championships being hosted by Hobart in March 1988.

Of course, Aussi boasts a healthy social side to their clubs and the Launceston Club are to be congratulated on providing members with a counter meal at the Archer Arms on Saturday night and a top s:orgasboard presentation luncheon Raferty's Restaurant. This provided us all with the chance to sit down and relax while the total points were tallied up. We were computerised this year which made everything very quick and easy as well as being a rehearsal for the Masters Games. Unisys provided the personal touch in sending up a representative from Hobart and together with the confident assistance from the Northern Districts Association providing us with referees and turn judges, organisers were very pleased with the efficient running of the meet.



Referee Elsa Wallace was confronted with a rather strange situation in the Devonport Devils 4 x 25 Freestyle Relay for Women when a first in Australian Swimming history took place. A sex test was demanded when Wilemina Furey was substituted for a missing female swimmer. It wasn't the bathers that gave Bill away for you meet all shapes and sizes at Aussi meets. In fact it wasn't even the flatness of his chest which lacked substance in a size 16 black female swim suit, so it must have been either the hairs on his chest or the wink he gave Elsa that gave his game away and resulted in the teams disqualification from that event.



I guess I should get on with my packing and give my final summations which would be to congratulate the Devonport Devils on a fine display of sportsmanship and to extend to all competitors encouragement to regain or win the pennant next year. Anyone who is considering joining an AUSSI club needs only to have the guts to have a go!!!

Devil Dan appears courtesy of Devonport Devils Club
Percy appears courtesy of Aussi Carine Club.....

AUSSI WINTER CHAMPIONSHIPS - RESULTS

Age Group	Men	Point Score	Women	Point Score
20-24	Philip Keam	(L) 12	No competitors	
25-29	Deacon Spicer	(D) 24	Kathy Smith	(D) 24
	Ross Fromholtz	(L) 15	Kerri Fisher	(L) 18
	Mark Flanagan	(G) 15	Debbie Lambert	(L) 16
	Michael Doran	(L) 10	Anne Koerbin	(L) 13
	Rod Bird	(D) 6	Sally Anne Mitchell	(L) 8
			Jenny Roberts	(D) 3
30-34			Louise Clifford	(D) 3
			Helen Butler	(L) 3
			Debra Innes	(L) 2
	Gus Koerbin	(L) 24	Gai Furey	(D) 24
	Bill Furey	(D) 18	Diana McHenry	(L) 18
	Ian Roberts	(D) 17	Helen Myers	(D) 16
35-39	Peter Smith	(L) 15	Kerry Stallard	(D) 14
	Stephen Smith	(D) 2	Lorene Duniam	(D) 11
			Sally Wallace	(L) 7
	Chris Branson	(D) 24	Jan Vaughan	(H) 22
	James Gore	(D) 18	Trish Beveridge	(D) 22
	Chris Showell	(L) 17	Carmel Whittle	(D) 14
40-44	Neville Sice	(L) 7		
	Peter Rickman	(L) 1		
	Chris Holloway	(D) 23	Pat Mackie	(D) 24
	Hector Beveridge	(D) 19	Jenny Page	(L) 19
	David Yeomans	(D) 17	Janet French	(H) 19
45-49	Ted Sands	(L) 4	Perri Brereton	(H) 14
	John Pugh	(L) 24	Mary Staggard	(D) 4
	Frank Webb	(D) 12		
	Barri Hall	(D) 9		
50-54	Peter Fisher	(H) 5		
	No competitors		No competitors	
55-59	John Menadue	(H) 24	No competitors	
60-64	No competitors		Maureen Pepper	(H) 8
65-69	No competitors		Marian Skarratt	(H) 21
			Nan Lewis	(H) 20

D = Devonport Devils

L = Launceston

H = Hobart Masters

On track to good nutrition

Booklet for the sports-minded

The most faithful and supporting training partner you'll every have awaits you at the dinner table.

It's called good nutrition. The knowing sports person puts this at the top of the training list.

You don't need to be a diet fanatic to do well at swimming, running, cycling or any sport for that matter.

A sensible approach to nutrition through tucking into a wide variety of foods is the answer.

Australia is the lucky country when it comes to food variety.

Athletes of all ages and all shapes and sizes have countless combinations of diets to help their quest for sports excellence.

The "miracle" diet is simply healthy eating based on three well-proven nutritional principles: balance, moderation and variety from the five famous Australian food groups.

To help athletes get on the right nutritional track the Dairy Foods Advisory Bureau has produced an informative booklet called *Eating Well and Winning*, for the sports-minded as part of their Good Nutrition series.

The booklet's central theme is that those who eat well are the winners — not just in sport but in the race of life as well.

Athletes generally need much higher daily energy requirements

than those on the "average" diet, particularly those who train for more than one hour daily.

The booklet's authors say appetite is a good guide to energy food needs but body weight is probably the best measure of energy balance. Athletes who find it hard to maintain an ideal body weight may need to increase or decrease their energy intakes.

Some sports burn up much more energy than others. Walking used up 21-30 kilojoules per minute while jogging accounts for 50-58 kJ/min and cycling 34-63 kJ/min.

Tennis and golf are in the range of 21-46 kJ/min while canoeing and aerobics rate 17-42 kJ/min.

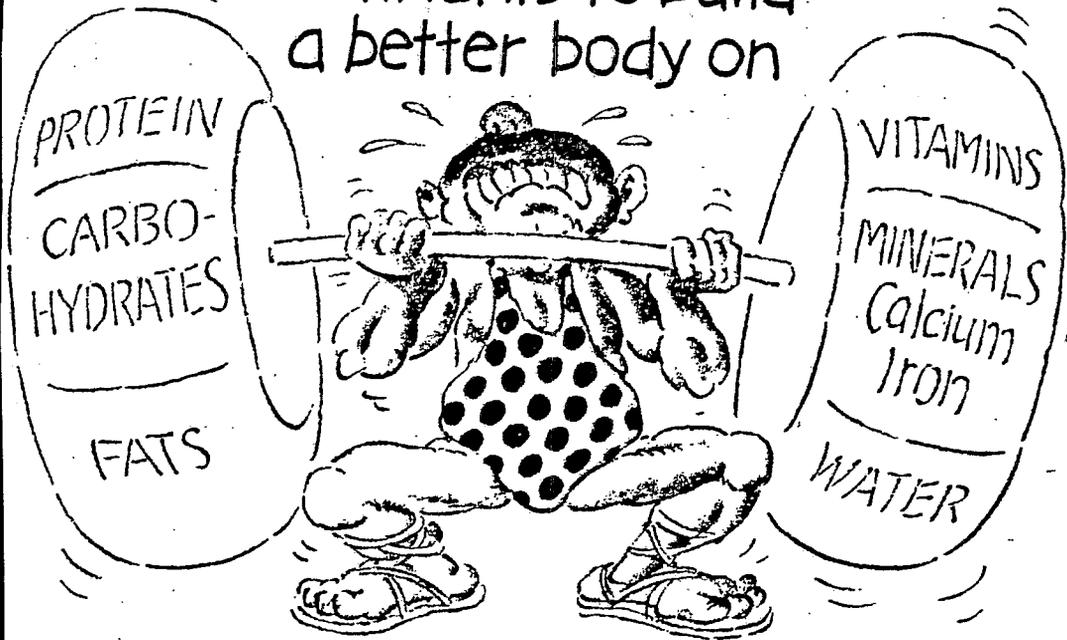
We're told that athletes should get more than 50% of their daily energy needs from complex carbohydrates and that daily fat intakes should not account for more than 30% of total calories or kilojoules. Much less fat would be even more beneficial.

Protein, says the booklet, should make up from 12-20 p.c. of total daily kilojoule intake in athletes or active people, obtainable from lean meat and meat alternatives, as well as from milk and milk products such as cheese and yogurt.

Many health professionals believe vitamin supplementation is unnecessary — as long as you eat a wide variety of foods.

The B-vitamin group is perhaps

Nutrients to build a better body on



the most important group for athletically minded. Foods rich in this winning group are bread, milk, cheese, eggs and fruits and vegetables, particularly legumes.

Calcium (found abundantly in milk and dairy foods) is important for active people, not only for promoting strong bones and teeth, but vital for blood clotting, proper muscle function and for transmission of nerve impulses.

Other booklets in the Good Nutrition series produced by the Dairy Foods Advisory Bureau are for pregnant women and nursing mothers, toddlers, teenagers, senior citizens and for executives in the fast lane.

These booklets are available through family doctors but individual requests can be made to the Dairy Foods Advisory Bureau, G.P.O. Box 4750, Melbourne, 3001, Victoria.

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Personalities in Profile

JENNY PAGE, SECRETARY (STATE BRANCH)

I was born in Hobart but have lived most of my life in Launceston. Attended Glen Dhu School, Launceston High and the very new Launceston Matriculation College, prior to attending the University of Tasmania in Hobart. As another of those who learned to swim in the icy Tech Baths, it is probably quite surprising that I developed my love of swimming! However, I became a member of the South Esk A.S.C. (and still am!) and was coached by the late Lawson Scott. After several years of 6.30 a.m. and 4.30 p.m. training sessions, my swimming had to make way for studies.

It was after 15 years of infant teaching and three children, that I ventured back into the pool, purely in an effort to gain some level of fitness. At about the same time, the AUSSI movement arrived in Tasmania. It appeared to be the answer to my renewed interest in swimming. So AUSSI got off the ground with just a few in 1979. Sad to say that I am the only remaining member from those days. Masters Swimming has gradually built a following in Tasmania and I'm proud to be associated with it as Branch Secretary. It is via this position that I have attended several conferences and national swims. Two whole days of sitting on your backside in Council Meetings, twice yearly may not be the most enjoyable experience but I have met many others who share my interest as a result. I have also been lucky enough to attend National Swims in Brisbane, Melbourne, Adelaide and Perth the last three as delegate to the meetings held prior to the the Swim. While my interest in AUSSI is in this area, I also feel there is a need for more of the "swimming for fitness" type of activity within our club. BUT you've got to be involved and prepared to put in if you want to get anything out of it.

After teaching adults at Theogenes and gaining my Austswim Instructors Certificate, I began teaching privately. I spent some time with the Asthma Foundation swimming programme. I now coach quite a large group of children from South Esk. Along with Neville Sice, I have become a RLSS instructor and Level 1 Examiner and spend Friday evenings with our group of kids in the Launceston Lifesaving Club.

I intend shortly to complete Level 1 coaching accreditation and then, when it is approved, the Masters Accreditation. I hope then that I can put something back into AUSSI via coaching. Until then, I teach Prep at Summerdale School full time, take Learn to Swim lessons on Saturdays and when the Pool (Windmill Hill) reopens, extend my coaching with the kids to daily after school. Swimming lessons, and my own swimming fits in somewhere along the way!



GREETINGS AND BEST WISHES
for *Christmas*
AND THE *New Year*

I had hoped for a better response for articles and contributions to this magazine however, I know that everyone is busy in this never have time to breathe world.

However you will soon become bored with my presentations so let's have some articles from all the clubs for the next issue. I can't see it getting out before the New Year so that will give everyone a good chance to get something to me.

Therefore I will close off wishing everyone a Happy Christmas and a Merry New Year.

Jish B

HEART RATE AND EXERCISE

By taking regular pulse counts we have a rough guide to work output and improvements in fitness. Your heart rate at rest, during and after exercise can be a guide as to whether your exercise (swimming) has been sufficient to achieve some improvement in your fitness or whether it has been excessive.

Here are three measures of heart rate to indicate your level of Aerobic fitness.

1. Basal or resting heart rate - is best taken when you first wake up, before you sit up or get up. Count for a full minute if possible, or ten seconds and multiply by 6. If you attempt to get a resting heart rate at any other time, make sure you have completely rested for 15-20 minutes beforehand. The basal rate of most adults can range between 30 and 88 beats per minute. Generally, a lower heart rate indicates a higher level of fitness. A well trained endurance swimmer can have a basal heart rate in the low 30s. With regular activity an unfit person can decrease their heart rate by 20 beats (say 70 to 50 bpm). If your basal heart rate is in the 50s then you are in very good condition and excellent condition if it is in the 40s.

(Note: Women's heart rate can be 5-10 beats faster than men's under the same conditions. A high early morning heart rate can be indicative of strain.)

2. Exercise Heart Rate - Take your exercise heart rate immediately you stop swimming. Count for 10 seconds multiply by 6. The greater the intensity of effort of your swimming the higher your heart rate will be. A fit person will have a lower heart rate for the same amount of exercise than an unfit person.
3. Recovery Heart Rate - will decrease and fitness will improve as the heart becomes more efficient in returning the body to normal more quickly. After ten minutes you should be nearly fully recovered.

Take your recovery rate one minute after finishing your swim. Count to 10 seconds multiply by 6. Use the same distance swim each time. The distance should be, if possible, over 100m or more.

Maximum Heart Rate:

Each person has a maximum rate at which the heart can pump. To measure this a person needs to do exhaustive exercise, however, it is recommended to consider yourself average and use the predicted rates in the table below.

Age	20	25	30	35	40	45	50	55	60	65 & over
Predicted maximum heart rate	200	195	190	185	180	173	166	160	155	150

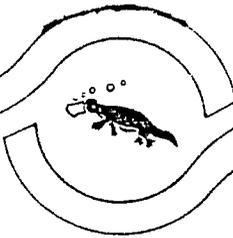
Alternatively, your heart rate can be calculated as 220 minus your age. E.g. A 40 year old would have a Maximum Heart Rate of $220 - 40 = 180$ bpm

The intensity of your training is the most critical factor in aerobic conditioning. A common and convenient method to measure the strenuousness of your swimming and to work out a training program is to use heart rate. To have a training effect your swimming has to be vigorous enough to produce a sustained heart rate above a certain level that is appropriate for your age.

For example: If a 40 year old has a resting heart rate of 65 and a maximum heart rate of 180 then to benefit from his training he would have to train at a heart rate of 134 beats per minute.

$$65 + \frac{60}{100} (180-65) \text{ bpm}$$





September, 1987.

NEWSLETTER

As time is running short, I promised our President that I would have this newsletter completed for distribution today. Despite my well intended presentation methods I have gone for the simple method to just get the message across so that everyone is aware of the forthcoming activities and events.

1. WEDNESDAY NIGHT POOL CLOSURE:

Wednesday September 30th will be the last one for this year. Mondays and Fridays will continue for a while until the Olympic pool opens (Opening date 10th October) or until such time as weather warms up.

2. FIRST AUSTRALIAN MASTERS GAMES SWIM:

Get those entry cards filled out and in. Remember Relay team members will have to be selected and we cannot do that until we know how many teams we can formulate. Let us know if you are not available for relay selection. Entries close in Hobart on October 1st so please make sure you enter in plenty of time.

3. NEXT DEVONPORT AUSSI MEETING:

Wednesday October 7th at No. 152 River Road, Ambleside. This is your chance to have a say in what happens in AUSSI so please be a contributor and not a knocker. Meetings are very friendly.

4. WINE LABELLING:

October 25th is the day to get your act together to assist with our Wine labelling. Bar-B-Q to follow at 152 River Road, Ambleside.

5. PUB NIGHT:

Don't forget our usually Forth Pub Night on the first Friday of the month. This time bring along a friend with you for a chat and a giggle.

6. TEE SHIRTS & WINDCHEATERS:

Liz Yeomans is the person to see if you need to have a Tee Shirt or windcheater. She will be able to arrange for a size to be order if there is nothing in your size in her box of tricks. Price is reasonable and it contributes to good team spirit to have everyone in a similar outfit.

7. EARLY MORNING TRAINING - OLYMPIC POOL (SUMMER):

If you are interested in training at 6 a.m. throughout the summer months, the committee would be interested to hear from you as it needs to make arrangements for lane space if so desired. However, if you would likewise prefer to train in the afternoons perhaps something can be arranged to suit everyone. We need to know. Speak to us and let us have your preference times.

8. GLORY AND GLORY TOUR:

Don't forget the social gathering at Peter and Kerry Stallards kind invitation to view the winning of the pennant at the recent Winter Championships. Bring your own drinkies and perhaps a nibbly or two see you T.V. side.

9. MAGICAL MYSTERY TOUR:

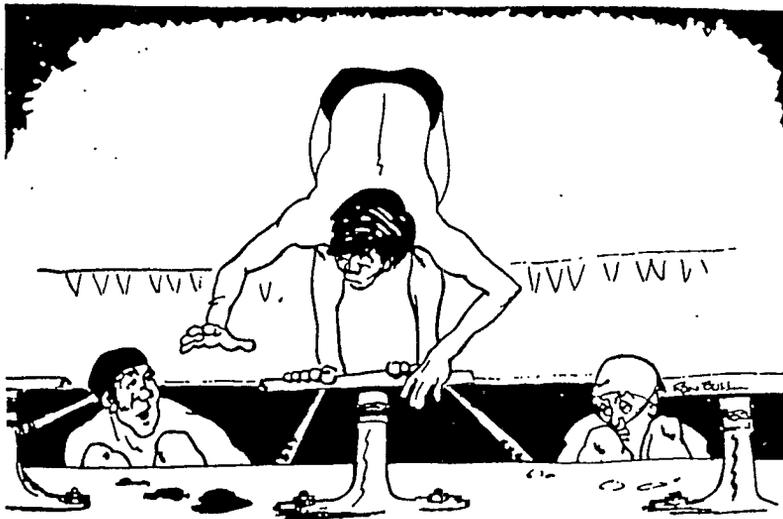
Date 24th October. Cost: \$10.00 each B.Y.O. Grog.
Bus fare will be decided when we know how many people are coming.
Maximum number of people will be 45 so get in early with your money down for a seat on the bus.

THE MYSTERY VENUE is Fitzgeralds in Burnie as the special guests of Frank Webb so you can be assured of a side splitting night of laughter "these Mercedi Benz' people think of everything".

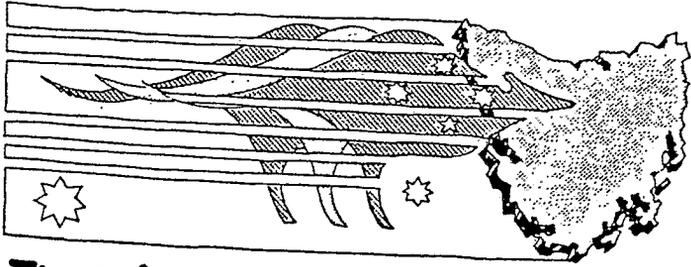
10. XMAS DINNER PARTY:

Remember last year we went Chinese. Well this year it is going to be Mexican Food to delight our palates. December 4th at Taco Bills. Once again to make it economical B.Y.O. Grog.

In closing I will project into 1988 with the thoughts that some of you will be interested in coming to the State Summer Championships which are in Hobart on the last weekend in March. Hobart Masters have already started planning social functions and we are hoping to stay at a reputable accommodation house. The Beltana seems likely. If enough people are interested we may have to book early to acquire accommodation at that time in Hobart so if you know now that you are a definite starter also let us know so that accommodation arrangements can be made.

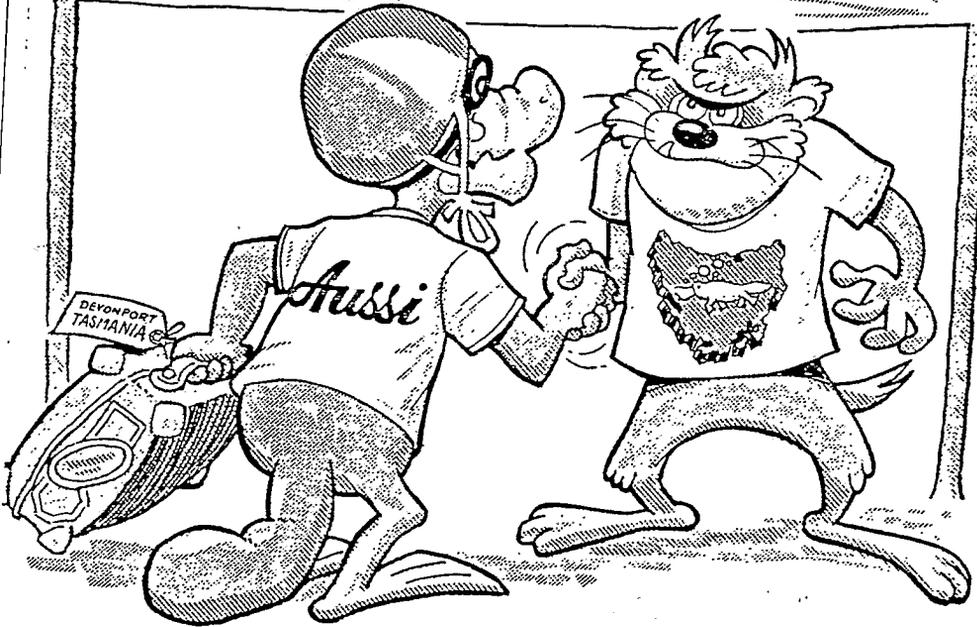


IS THIS YOUR FIRST BACKSTROKE START?



The First Australian Masters Games SWIM MEET

Devonport Olympic Pool. 28-30 November 1987



See you there !
