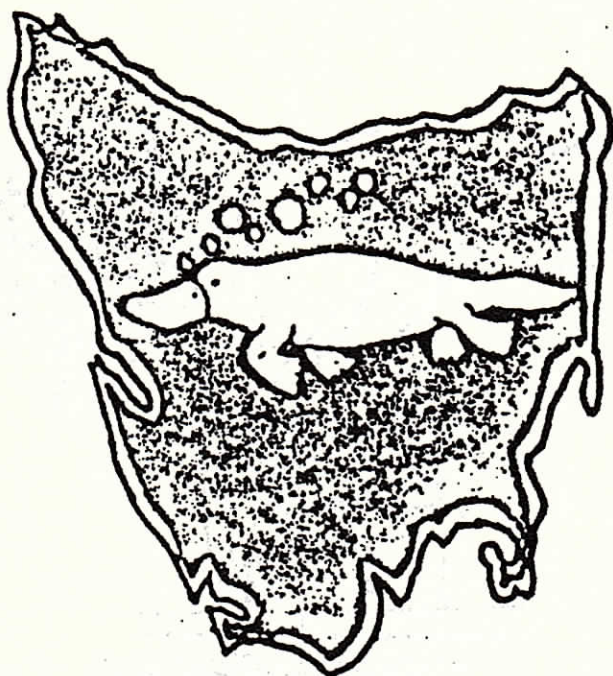


Vol 2 No. 1

May 1988

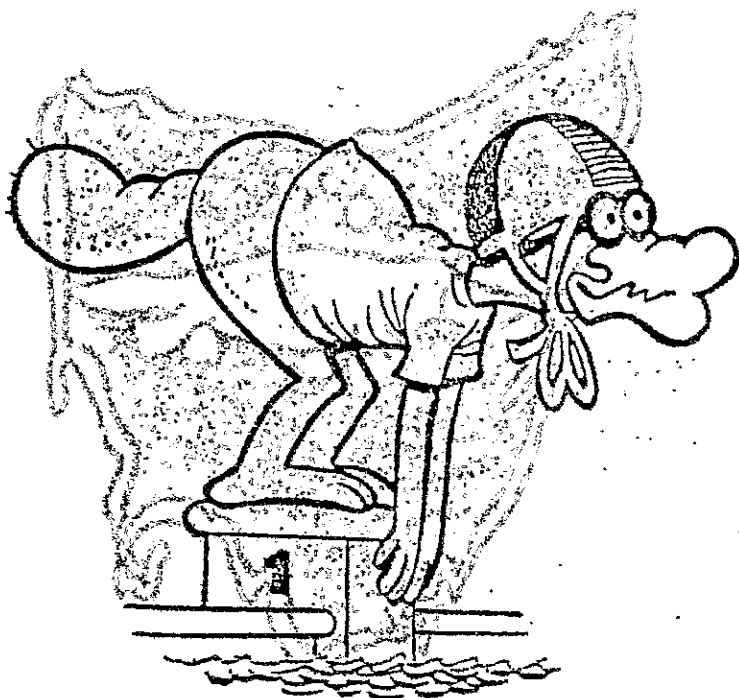
**AUSSI  
MASTERS SWIMMING  
IN AUSTRALIA**



**TASMANIA  
BRANCH  
NEWSLETTER**

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ISSUE  
MASTERS SWIMMING  
IN AUSTRALIA



TASMANIA  
BRANCH  
NEWSTELTER

Volume 2.

May, 1988.

Number 1.



To: All Fellow Aussi Members,

This time last year a brave Trish Beveridge (and would she say "foolish"!) brought to fruition our first State Newsletter; saying in her editorial "This is another fine mess I've got myself into."

As I sit in my living room and ponder over THIS editorial, I can assure all and sundry - I heartily concur!!

So far as this being MY newsletter, that is not so; it is to be (hopefully) Your newsletter, containing items of interest; humorous or otherwise, past and present; contributed by you all and me being just "The Editor".

An "Around the Clubs" section would be nice to include. If the Secretaries of all three clubs could kindly send to me, each time it is produced, a copy of their newsletters, this would be possible. Back copies are gratefully accepted!

With a little bit of luck AND lots of co-operation (!) this newsletter could be coming to you bi-monthly. I intend to give it my "best shot" - and with Trish's excellent beginning - I'll TRY to keep the standard as high!

Yours sincerely,

Perre

43 Illawarra Road,  
Blackmans Bay, 7052.

## 2nd FINA/MSI World Masters Swimming Championships

The 1988 World Swim Committee have been working extremely hard to put together the largest Swimming Championships, Australia will ever see.

Up to date all the work for the World Swim has been carried out by volunteers, and 2 years of planning is now coming to fruition.

Entries are coming in from all over the world, however AUSSI's should not forget that this will perhaps be our one and only chance to host a World Masters Championship on our home soil. We should use this chance to promote AUSSI and our objectives to all swimmers everywhere, whether AUSSI's or not, so that they too may join us in Brisbane for this wonderful event.

Has your club been promoting the world swim, and using it to promote AUSSI to fitness swimmers in your area? Let them know about the unique experience which will be theirs, when they join with 3,500 from all over the world. The fun aspect of our motto will also be well in evidence at the World Swim with the large programme of social activities planned.

Some suggestions for promoting AUSSI and the World Swim:

- .. talk to groups of swimmers about the World Swim '88.
- .. prepare and display a special notice board at your pool and at swim meets.
- .. insert articles in your local paper, triathlon magazines, and your Branch Amateur Swimming newsletter.
- .. contact your nearest Royal Life and Surf Lifesaving clubs
- .. advise water polo players and divers of the World Swim.
- .. encourage your members who are training for Brisbane.
- .. insert regular human interest stories about them in the local and State Press.

Let the world know that we have a grand showcase of Masters Swimming scheduled for Brisbane, Australia in October, 1988.

**WILL YOUR CLUB BE THERE?**

Closing date: July 31st, 1988.

**NO LATE ENTRIES WILL BE ACCEPTED!!**



**HONDA**

**CENTRAL AUSTRALIAN  
MASTERS GAMES**

**ALICE SPRINGS  
OCTOBER 15-25 1988.**

GAMES OFFICE  
PO BOX 1095  
ALICE SPRINGS NT 5750  
Telephone: (089) 52 8222

**IMPORTANT INFORMATION.**

1. Registrations close 31 August 1988.
2. Please complete section in each sport entered
3. Registration Fee covers Games Memorabilia, (including Identification Badge, Hat and Participation Certificate), and refreshments at Opening Ceremony.
4. Sports Fee set by individual sports
5. Accompanying Persons may pay Registration Fee of \$25.00 to receive all benefits available to competing athletes however most items of memorabilia will be on sale during the Games.
6. Each team member to complete separate Registration form.

**SWIMMING**

Venue: Alice Springs Swimming Centre

Dates: 20-23 October

Competitors: +25M +25W

- Events:  50m  100m  400m Freestyle  
 50m  100m  200m Backstroke  
 50m  100m  200m Breaststroke  
 50m  100m  200m Butterfly  
 200m Individual Medley

- Age Groups:  25-29  30-34  35-39  40-44  
 45-49  50-54  55-59  60-64  
 65-69  70-74  75-79  80+

- Relays:  200m Medley  200m Freestyle  
 200m Mixed Medley  200m Mixed Freestyle

Combined age of team members to be not less than  
 100  140  220  260  320 yrs

Sport Nomination Fee \$25.00 per competitor. Medals will be presented to the Overall Age Group Champion and for Relay Events. Entries are restricted to 5 individual events. Events conducted under "AUSSIE".

## NATIONAL AEROBIC TROPHY

Snippets of information from the National Aerobic Recorder

### Question 1. MULTIPLE ATTEMPTS

To obtain points in the 400m. and 800m. swims one must complete swims in five different months within the Aerobic Year - currently 1st Dec. to 30th Nov. (soon to be revised to co-incide with the new financial year - 1st Oct. to 30th Sept.). Am I allowed to do more than one swim in a particular month and select the fastest for inclusion in the National Aerobic Trophy?

Answer:

Certainly, and furthermore, I encourage all swimmers to do this in order to gain maximum points. I suggest that club records maintain details of swims in a "rough" form until the end of each month and then record the final "best" times on the official form at the end of the year.

### Question 2. THE NATIONAL SWIM.

If I swim 400m. in the National Swim, can I submit that time as an Aerobic Trophy swim even though 'split' times are unknown?

Answer:

Definitely. The times of swimmers recorded at a National Swim are the most accurate available. Split times are included in official aerobic forms as a check to ensure the correct number of laps are swum. Split times are NOT mandatory however, and overall times are acceptable.

### Question 3. THE NATIONAL AEROBIC TROPHY & THE TOP TEN.

Can I submit a time recorded as an aerobic trophy swim for consideration in the Top Ten listing?

Answer:

You certainly can. You will need to transfer all the details of the swim from the aerobic form to the "swim entry card". Details to be recorded on the card are: distance, style, surname first name, age, club name, pool length, date of swim, AUSSI number and official time.

Coach's  
Corner's

TEACHING FREESTYLE TURNS.

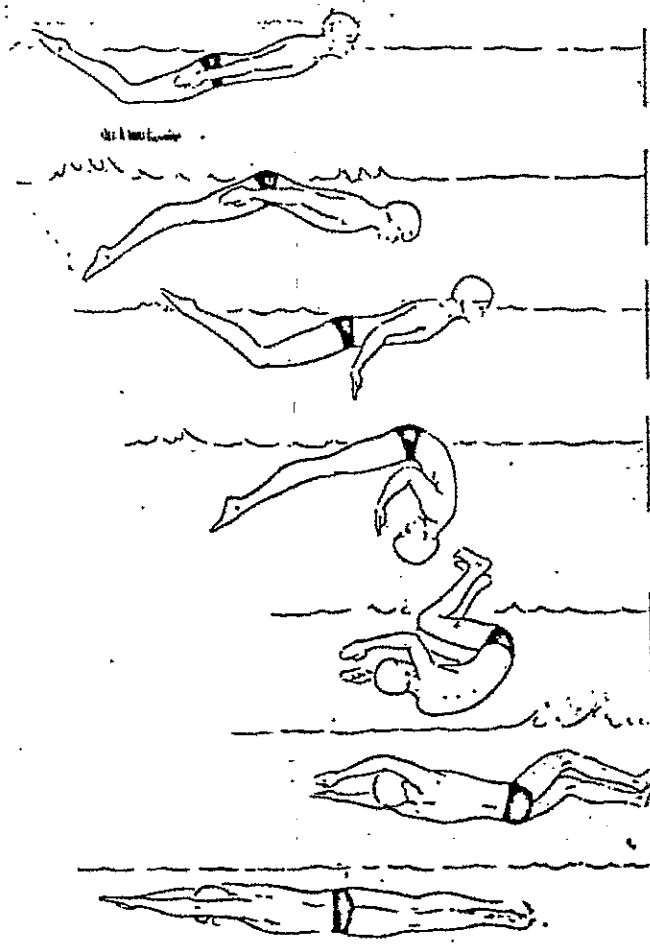
Dolphin-kicking into the turn.

(i) both hands at sides, swimmer dolphin kicks towards the wall; as swimmer "pikes" into the turn, legs give powerful downward thrust to provide momentum.

(ii) head rotates through the turn with hands performing reverse sculling motion.

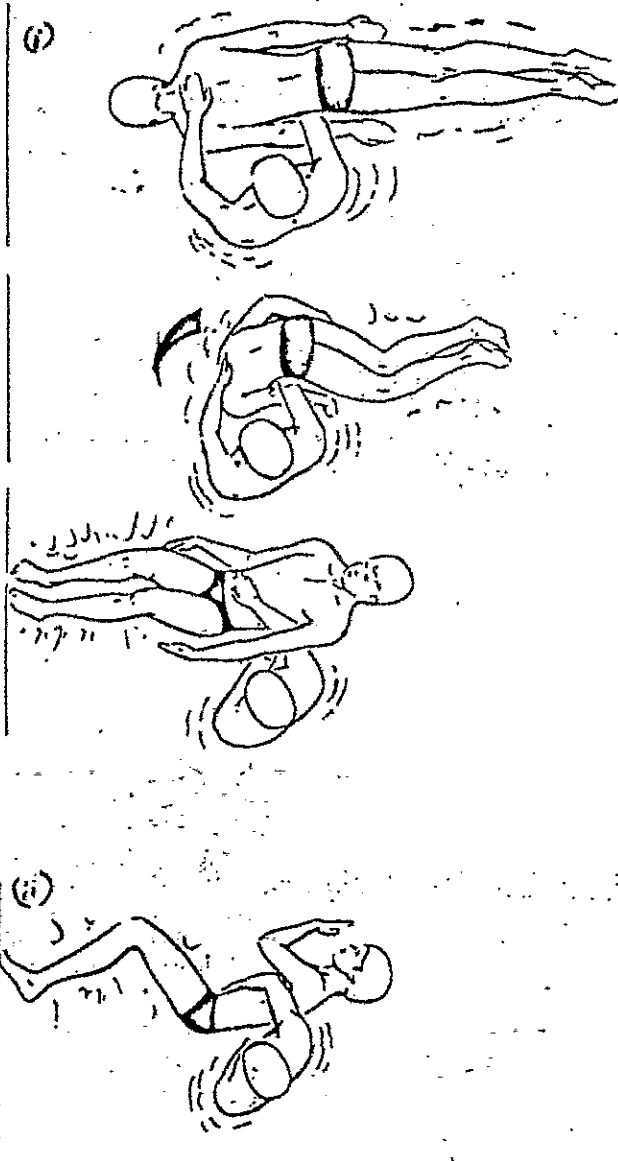
(iii) swimmer twists trunk as legs come over and finishes on one side preparatory to pushing off.

(iv) swimmer practises complete freestyle turn!



Partner-assisted turns (two stages):

- (i) partner assists swimmer in spinning over into the turn. One hand is placed behind swimmer's shoulder and the other hand in front of the swimmer's hip.
- (ii) Partner assists swimmer. Swimmer twists body as turn is performed and finishes on one side with one foot above the other against the wall.





### the Start: AUSSI Style.

With the State Short Course Swim coming up in August, it is important that we are all aware of the starting procedure for all events. Our rules vary from Amateur Swimming so we must also educate our referees. Whatever occurs, be prepared to follow the starters advice.

It is permissible to start in the water for all events. However, one hand must be on the pool end before the start. In backstroke events, the swimmer must start in the water and push off backwards from the pool end.

The referee will call competitors to the starting blocks, or to get in the water. This is where we vary from Amateur Swimming. AUSSI swimmers may take up position at the front of the block. It is not a requirement that you stand "at the back of the block". The starter will call "take your marks". When all are steady he will give the starting signal (hooter, gun, whistle).

Should a false start occur, the starter will recall the competitors by a second signal. A false start rope shall be dropped. Two false starts only - if there is a third, the start proceeds but the offender(s) shall be disqualified.

After the start in breaststroke events the swimmer is allowed one arm pull and one leg kick under water. He must not do more than one complete stroke before his head breaks the surface.

Please remember: 2 hands to turn and finish in breaststroke. Shoulders must be level, feet turned out - no dolphins! Backstroke - keep on the back, especially at turns and the finish.

At the end of the race all competitors must remain in the water until the referee instructs them to leave (usually with a whistle blast).

During the race, standing on the bottom is allowed but you must not walk or push off to resume the swim (same for lane ropes).

### Tips for starting with goggles:

1. Make sure goggles are very tight.
2. Keep chin tucked in.
3. Keep head down.
4. Lots of practice!!

If they do come off, it would be easier to get rid of them altogether (my opinion only!) 200m breaststroke with goggles under the nose would be uncomfortable to say the least. Remember too, that it is probably easier to swim your backstroke events without goggles. They do tend to fog up, unless your are lucky enough to have "fog-free" goggles.

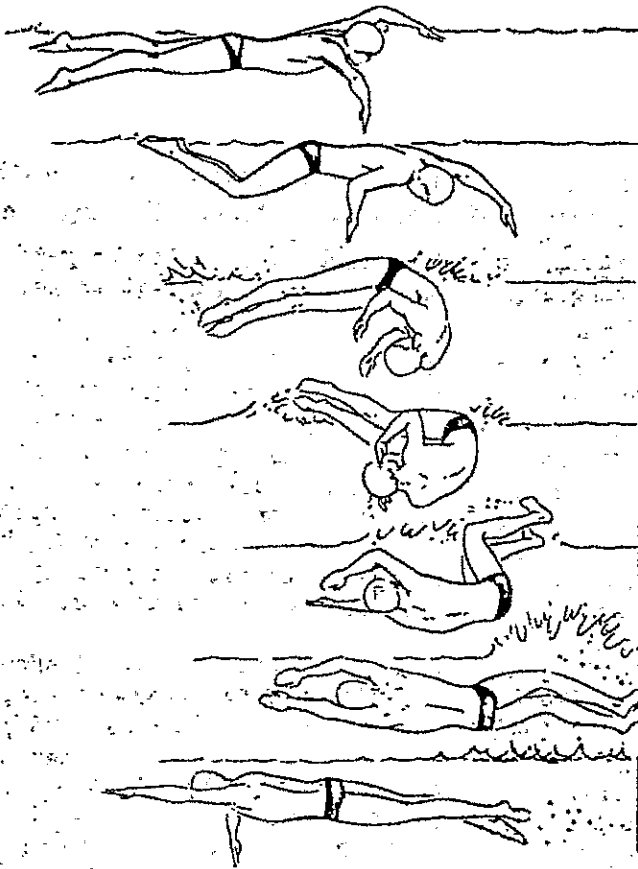
### Tumble turns. (in full)

In learning the freestyle turn it is vital to have a clear concept of what is actually desired. Certainly the swimmer must know what is desired before attempting the turn. The important point to remember is that the body's forward momentum is first arrested and then developed in the opposite direction. The swimmer uses incoming forward momentum to provide the rotating movement of the turn. In essence, the turn is a forward somersault with the legs held in a pike position as long as possible. In learning the turn, the most common fault is for the swimmer to land awkwardly on the back as the feet are about to be placed on the wall. Obviously, this position does not assist a clean push-off from the wall (!) as the swimmer has to turn the body from back to front in order to resume swimming. The placement of the feet on the wall prior to the push-off, is the next important aspect in the sequence of the turn. With a poor placement of the feet on the wall it is impossible to achieve a strong push-off.

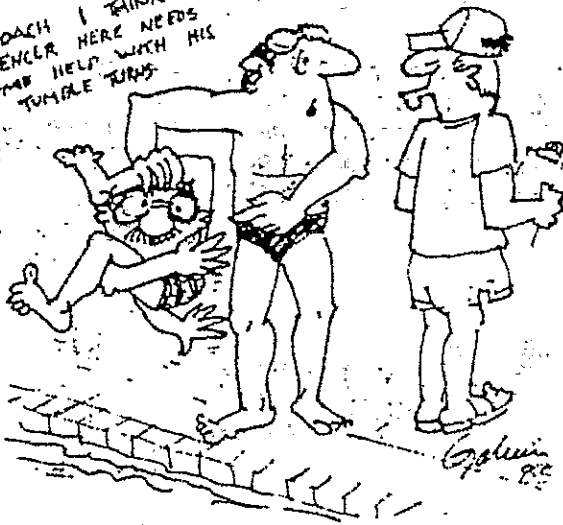
Studying the sequence drawings of the freestyle turn, it should be observed that the head continues through the turn without stopping. The swimmer's back is thrown towards the wall as the hips pike. In the continuing action of the turn it will be noted also that the swimmer's body performs a half twist... almost like a ju-jitsuist performing a break-fall and landing on the point of the shoulder. The action of the arms should also be noted. The rules of swimming do not require that the hands should touch the wall but that some part of the body (namely the feet) should touch the wall. As the swimmer approaches the wall the forward hand continues through without any hesitation. The pulling arm has completed a half-stroke and the elbow flexes to join with the forward arm, which is also now bent, in a backward sculling motion.

As the hips pass over the head, the head continues through and the feet are placed on the wall. Without any hesitation, the leg thrust commences with the swimmer thrusting from the wall using the toes only and not a flat placement of the heels. Simultaneously the arms thrust forward as the swimmer's body once more assumes a position on the chest.

The body is kept in a streamlined position as he/she planes gradually to the surface and resumes swimming. The head is again raised gradually with each successive stroke and the swimmer should take 3 or 4 strokes before taking up the breathing rhythm.



COACH I THINK  
SPENCER HERE NEEDS  
SOME HELP WITH HIS  
TUMBLE TURNS



### Kicking practice.

1. The leg-kick should be practised separately, using a kick-board, to establish ideal form and condition the leg muscles.
2. Note the correct way to hold a kick-board. The body-position with buttocks touching the surface, is important to reduce drag.

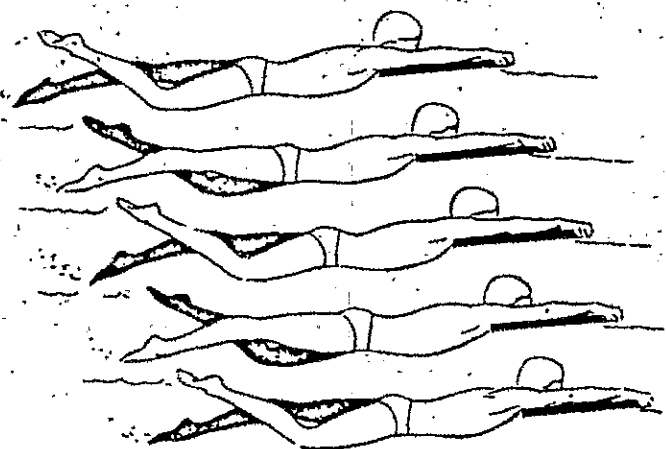
3. The swimmer should develop a "feel" of the correct movement because the action is behind the swimmer and cannot be seen. Water should be felt passing between the toes. At the "top" of the kick, the toe-nails should make impact on the surface of the water. When the leg-action is correctly performed, the coach will see a mound of water, or a "dome", constantly rising above the swimmer's feet. This indicates that the feet are efficiently "gripping" the water. Conversely, a sharp, spasmodic splash indicates that there is excessive bending at the knees.

The ideal undulating leg-movement starts in the hip-joint, passes through the leg with a slight knee-flexion (not a bend), moves down the limb and finishes with a whip-lash movement of ankle and foot.

The "feel" of water passing between the toes indicates a loose movement of ankle and foot and that the water is efficiently engaged. The swimmer can be given "word-pictures" of the ideal leg-action by describing it as "a pliant-willow-branch moving in the wind" or a "soft-shoe shuffle".

4. The legs act as balancing agents in freestyle. Generally, swimmers should be allowed to develop a natural leg-tempo, the amount of effort used depending on the individual. However, the coach may need to correct the swimmer when the kick is too vigorous or too slight.





### THE WINNER OF THE MOST TERRIBLE JOKE OF THE YEAR

In a Swim Meet held for women, three finalists were entered in the breaststroke event - an Australian, an American and an Irish girl.

The Australian woman finished first, the American breastroker came in ten seconds later. - An hour and a half later the Irish entry arrived.

She jumped out of the pool. "Protest, Protest!" she shouted. "Those other two girls used their arms"!!!!

## THE ROLE OF THE MEDICAL EXAM IN MASTERS SWIMMING

*Note: This information is being disseminated to every registered masters swimmer through the USMS Newsletter by the USMS Sports Medicine and Research Committee. The primary authors of this pamphlet are physicians Bill Weir and Jim Miller. The Committee requests that club officials and LMSC registrars disseminate this pamphlet to every newly-registered swimmer.*

Medical experts agree that some individuals risk impaired health if they exercise strenuously; however, debate continues about the true value of the routine physical examination in identifying or predicting risk factors. Extensive research has been conducted through the Institute for Aerobics Research in Dallas, headed by Dr. Kenneth Cooper, as to the degree of risk encountered by the general population. Another body that publishes guidelines for classification of risk factors is the American College of Sports Medicine in their *Guidelines for Exercise Testing and Prescription*, third edition of 1986. The categories are summarized below.

- Group A** Individuals younger than 45 years who are healthy and who have no major coronary risk factors. Persons in Group A should be exempt from medical testing.
- Group B** Individuals 45 years or older who are healthy and have no major risk factors. These individuals should have an exercise stress test (preferably a maximum exercise stress test and a complete physical examination) prior to beginning an exercise program.
- Group C** Individuals 35 years or older who have no symptoms, but who have at least one major coronary risk factor. Group C members should have a maximum exercise stress test and a complete physical examination test prior to initiating a fitness program.
- Group D** Individuals regardless of age with at least one major coronary risk factor and/or symptoms suggestive of cardiac or lung or metabolic diseases. These individuals need to have a complete physical examination as well as a maximum exercise stress test and, after being counseled regarding heart rates, can be monitored closely and safely improve their exercise tolerance.

At the moment, it is felt that the majority of the benefit of exercise has to do with the peripheral changes that occur in the human body, enabling the increasing exercise capacity, as opposed to true changes with heart function that would allow this group of individuals, as well as other groups, to benefit from an organized program of exercise.

**Group E:** Individuals regardless of age with known heart, lung, or metabolic disease. Persons in this category are considered to be incurring undue risk if they involve themselves in strenuous exercise, regardless of the baseline data that may be accumulated involving them.

**Group F:** Individuals regardless of age who are medically unstable and deemed at high risk by their physicians. Like those in Group E, these individuals are considered to be incurring undue risk if they involve themselves in a strenuous exercise program.

### MAJOR CORONARY RISK FACTORS

1. History of high blood pressure (above 145/95).
2. Elevated total cholesterol/high density lipoprotein cholesterol ratio (above 5).
3. Cigarette smoking.
4. Abnormal resting ECG, including evidence of old myocardial infarction, left ventricular hypertrophy, ischemia, conduction defects, or dysrhythmias.
5. Family history of coronary or other atherosclerotic disease prior to age 50.
6. Diabetes mellitus.

Source: American College of Sports Medicine, *Guidelines for Exercise Testing and Prescription*, 3rd Edition, 1986.

Although individuals in Groups E and F are felt to be incurring undue risk, the benefit of the sport itself in the form of workouts, improving exercise tolerance, etc. is present. However, the supervision required would involve a level of sophistication beyond the scope of the majority of Masters swimming programs. Also, it should be stated here that these individuals should not be involved in any competitive settings. In addition, supervision is difficult because at-risk persons frequently use medications which mask the usual warning signs and symptoms of problems. The American College of Sports Medicine and the Institute of Aerobics Research in Dallas also recommend that persons in Groups B, C, D, E, and F undergo certain risk profiling, have blood analyses performed, and work from that point with a dietary program to correct metabolic problems.

Even if you are physically fit and enjoy good health, it is advisable to see your physician for periodic medical exams, the frequency of which should be determined by your underlying health problems. Some people erroneously believe that physical fitness will protect them against cardiorespiratory problems. Apparently healthy people are all too often unaware that they possess risk factors for cardiac problems. Your health care provider usually can take steps to detect these risk factors if they exist and can counsel you about guidelines for a safe exercise program.

Many currently active masters swimmers are rather complacent about the need for periodic physical examinations. In fact, a survey conducted by Dr. Bill Weir at the 1984 USMS Long Course National Championships revealed that some of the competitors had not been examined by a physician for as many as eight years. Check your health records and arrange for a medical exam if you haven't seen your physician recently. We must recognize the distressing fact that there is no known absolute preventative of coronary heart disease or of vascular disease in general. In spite of how hard you train, even Masters swimming is not a guarantee against vascular disease!

One final note on this topic: Communicate your health concerns and emergency medical information to your coach. This information will help your coach to individualize your workouts, and also will help ensure your safe participation in masters swimming.

Masters swimming is a strenuous athletic activity, and each participant is advised to consult his/her personal physician before undertaking the program.



SPEEDO GRAND AUSSI POSTAL RELAY COMPETITION 1987.

This is the third year this competition has been run and as yet hasn't taken off as a popular event for Aussi Clubs nationally. 16 clubs took part, less than last year, but as far as the Tasmanian clubs were concerned, all three took part which is a 100% result.

Chris Holloway, State Recorder.

RESULTS:

80+ Mixed Freestyle 4x50m.

Second - Devonport Devils	2.11.85	Teams competing: 3
120+		
Third - Devonport Devils	2.08.63	
Sixth - Launceston Aussi "A"	2.31.20	
Ninth - " " "B"	2.37.72	" " 10

160+

Second - Devonport Devils	2.18.01	" " 1
Sixth - Hobart Masters	2.52.71	" " 8

200+

Fifth - Hobart Masters	4.03.62	" " 5
------------------------	---------	-------

80+ Womens Freestyle 4x50m.

Second - Launceston Aussi	2.45.31	" " 3
120+		
Third - Devonport Devils	2.14.58	" " 10

160+

Third - Hobart Masters "A"	2.40.58	
Seventh - " " "B"	3.06.09	" " 8

240+

Fourth - Hobart Masters	4.20.50	" " 4
-------------------------	---------	-------

80+ Mens Freestyle 4x50m.

Third - Devonport Devils	2.03.76	" " 3
120+		
Fourth - Devonport Devils	2.04.08	
Seventh - Launceston Aussi	2.11.72	" " 9

160+

First - Devonport Devils	2.05.09	H. Beveridge, J. Gore,
--------------------------	---------	------------------------

F. Webb, C. Branson

Seventh - Hobart Masters	2.27.06	Teams competing 9
--------------------------	---------	-------------------

80+ Womens Medley 4x50m.

Second - Launceston Aussie 3.02.22 Teams competing. 2  
120+

Third - Devonport Devils 2.47.30 " " 10  
200+

Second - Hobart Masters 3.26.44 " " 2

120+ Mens Medley 4x50m.  
Third - Launceston Aussie 2.54.00 " " 4

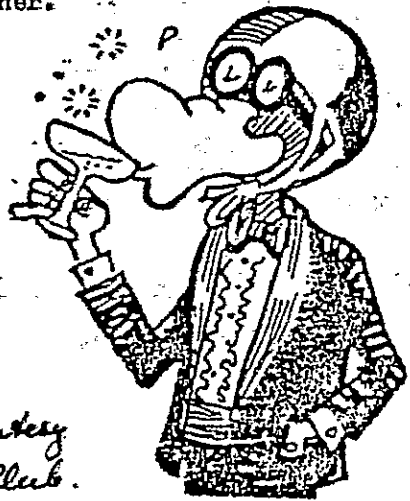
160+  
Second Devonport Devils 2.32.95 " " 8  
Eighth - Hobart Masters 3.08.81 " " 9

120+ Mixed Medley 4x50m.  
Second - Devonport Devils 2.24.96 " " 10  
Eighth - Launceston Aussie "A" 2.48.14 " " 10  
Tenth - " " "B" 3.07.81 " " 10

160+  
Third - Devonport Devils 2.41.16 " " 9  
Fifth - Hobart Masters 3.16.53 " " 9

Congratulations to the Devonport Devils team in Hec.  
Bevridge, Frank Webb, Jim Gore, and Chris. Branson in the 160+ Mens  
Freestyle 1st place!

This event may be a good opportunity for Tasmanian Clubs to get together during November when this event is run and compete together to improve our times. Overall Tasmania did quite well and as not a large number of teams enter this National event, it's a good chance for Tassie to get on a winner.

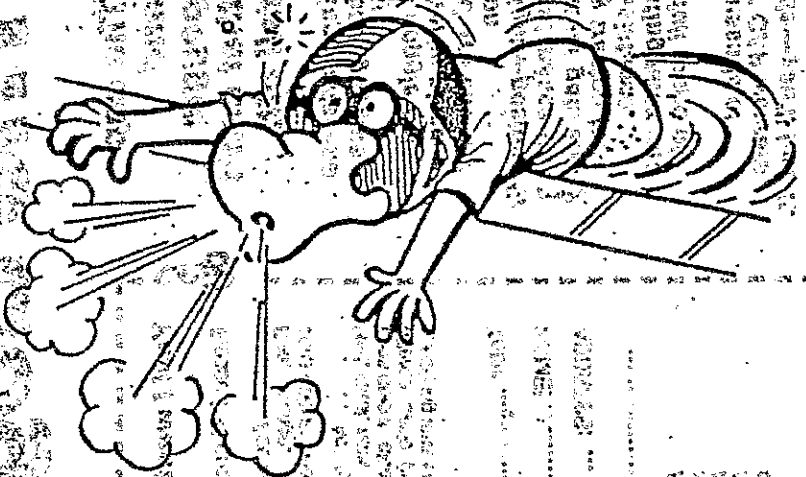


*Lucy appears courtesy  
of Aussie Canine Club.*

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NEW YORK STATE  
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..... Lens colour: clear, blue, smoked.

..... (Please circle preferred cap and lens colours. Orders not specifying lens colour will be sent clear.)

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