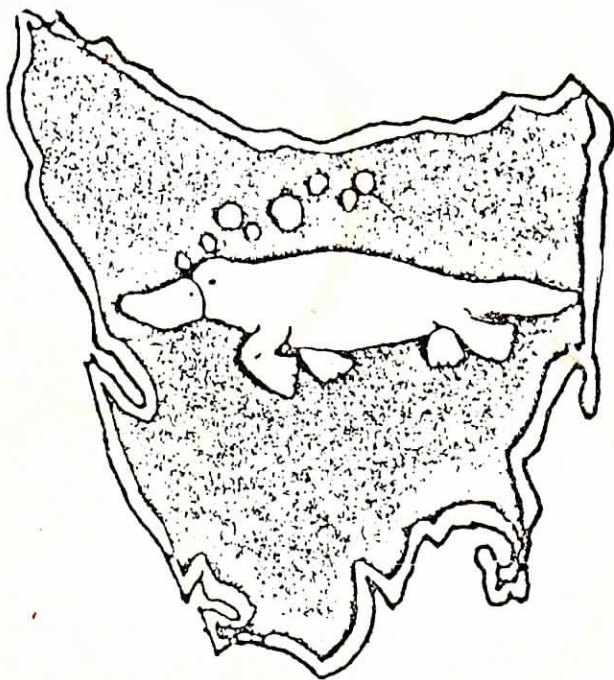


AUSSI

July 1988

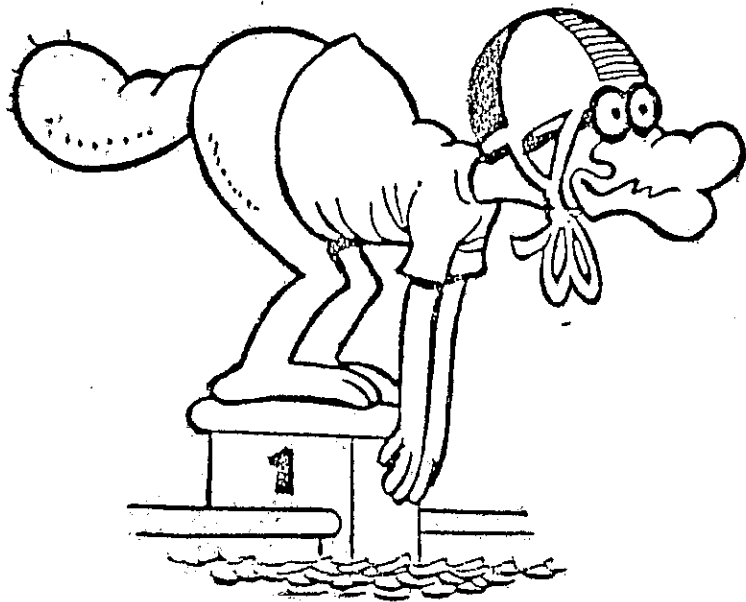
Vol. 2. No. 2

MASTERS SWIMMING
IN AUSTRALIA



TASMANIA
BRANCH
NEWSLETTER







Volume 2.
 Number 2.
 July, 1988.

WILKINSON, Diana Margaret (nee Pooley) — Passed away peacefully at the Royal Hobart Hospital, on May 31, 1988, dearly beloved wife of Robert, loving mother of David, Richard and James, loved daughter of Denis and Margaret, and loved sister of Shelagh, Pat and John, Sadly missed.

WILKINSON, Diana Margaret — Dearly beloved daughter, sister and aunt of the Pooley family. Resting peacefully with the Lord.

WILKINSON Diana — Suddenly May 31, 1988, beloved younger sister and sister-in-law of Shelagh and Kevin Quirk and aunt to Katherine, Stewart and Philip.

Good times and bad times come and go like wind and rain and summer always comes again in time.

WILKINSON, DI — Suddenly on May 31, 1988, a loved and loving friend, for ever in our hearts, Barry, Carol, Stefan and Ursula Parker.

WILKINSON, Diana — On Tuesday May 31, 1988, dear friend of Charles and Claire Button and family.

DIANNA MARGARET WICKINSON

17.4.45 - 31.5.88



Diana Wilkinson takes a rest from training.



Hi! to all fellow Aussi members;

By now, hopefully, you have all received your first, new edition, of the State newsletter.

I would appreciate "feedback"; your thoughts and criticisms (good and 'otherwise'!) This will assist me greatly in how you perceive your Newsletter; and what steps should be

Percy appreciates compliments of Aussi Casino Club.

taken by me to achieve that end. Must admit though, that all things taken into consideration - hair-tearing; sleepless nights; bottles of tranquilizers; panic-stricken stock phrases such as: "I can't find" "Where IS it?" "What have YOU done with it" - as one of our cats slinks suspiciously by; - I have enjoyed editing these two editions, and hope that you have enjoyed reading them.

To commence "Club's Closet" - I would like to reproduce here a delightful piece from Hobart's May newsletter by their new Assistant Secretary Pat(ricia) Job (pronounced as per The Bible); AND two magnificent cartoons from Devonport's May issue - just goes to show what undiscovered talent we have lurking amongst our members. Anyone else like to try their hand? All donations gratefully received,

Working hard on keeping my enthusiasm from flagging,

Yours sincerely,

Percy

43 Illawassa Rd,
Blackman's Bay, 7052.

The Last Tepid Swim

Wow, we had a super evening after our swim at the Tepid Baths on Friday 29th. We went to the "Malaysian Teahouse" - Justine shopped around for a reasonable B.Y.O. The food was great and Jenny, who said she "had just eaten" and couldn't manage another bite made her way gallantly through a serving of Sweet and Sour Pork.

Perri had to show her end of the table how to use chopsticks, but I don't think she was a good teacher. Pat used her fork, Doug asked for a knife and fork and then didn't use them - he was spotted using his thumb alot! Hilda did very well with her chopsticks on the spring roll, Michael was superb (obviously well practiced), Margaret was an old hand and helped out. Justine, who did a splendid job,

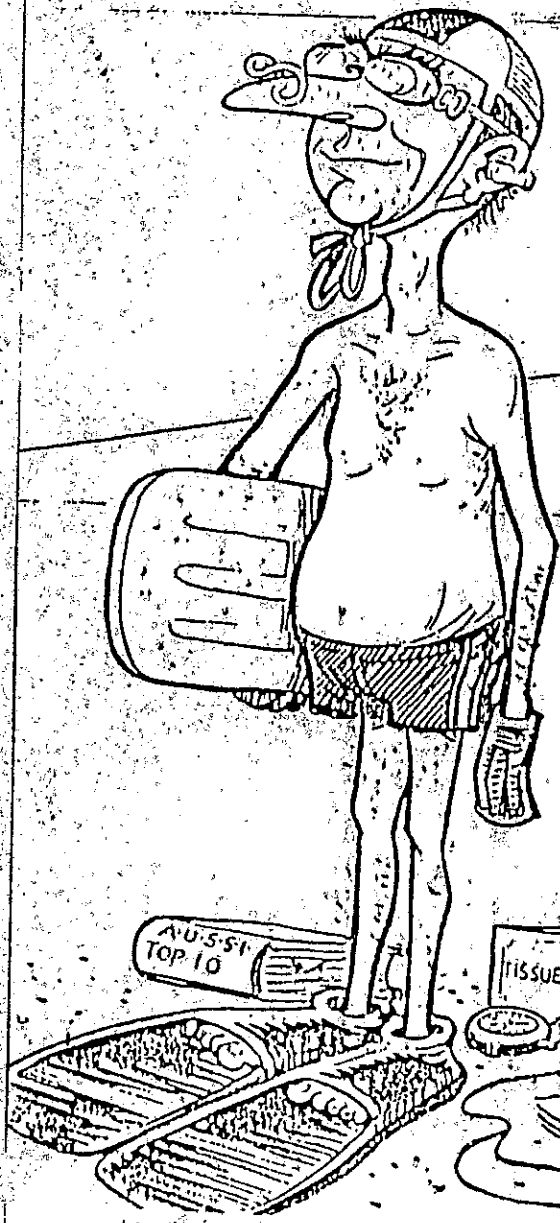
The only people to have TWO courses happened to be the skinniest of the bunch. They are both reknown for their long-distance swimming - can you guess who they were?

John Menadue cheated and used his knife, fork and spoon, and the Jordans ate all the Prawn Crackers and had to order another lot. Considering John was not a well man - his appetite was good!

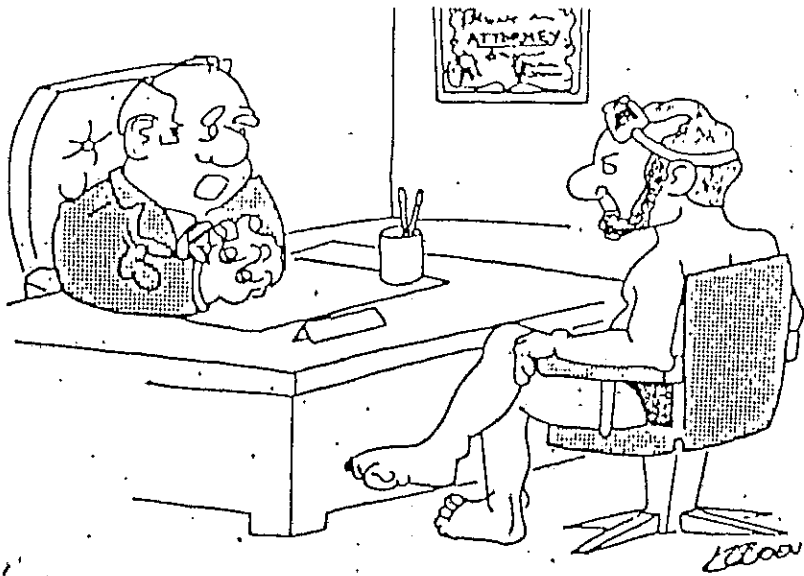
Perri encouraged the boozy members to buy glasses of wine from the casks she had donated for 50 cents a go. Di offered orange juice to the non-drinkers. Due to the donation of wine and juice by Perri and Di, the Club benefitted to the tune of \$32.50. Thanks girls.

We hope to make these sort of events a regular happening when we start again in September. So, if you know of a great little B.Y.O. place, with reasonable prices and that's not too swanky (i.e. we can wear tracksuits) let one of the Social Team members know and we'll see what we can arrange. More news next month.

Pat Job

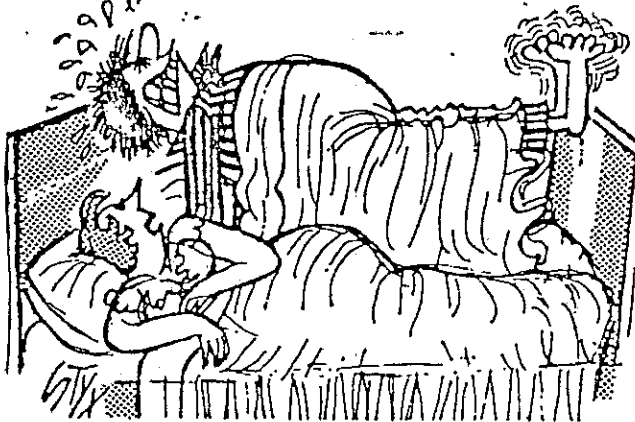


ALL PREPARED FOR THE SEASON - BUT WHERE'S THE WETTEX?



"TO BE HONEST STEVEN, I'M NOT SURE YOUR WIFE BEATING YOU IN THE HUNDRED FREE IS SUFFICIENT GROUNDS FOR DIVORCE."

Compliments of the National Newsletter!



★ "I'VE never had cramp — what's it like?"

THE HIGH-ELBOW PHASE IN THE FREESTYLE PULL

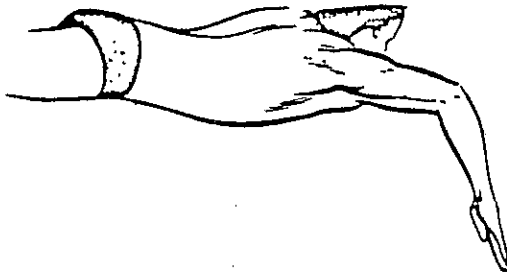
Freestyle swimmers should attempt to keep a high position of the elbow during the pull. This is only a fleeting phase of the action but is important in attaining maximum power. The swimmer should not keep the elbow high longer than necessary because this results in a stilted action.

Poorly-skilled swimmers permit their elbows to drop. This action causes water to slip off the hand and it is difficult to apply muscular power to the pull.

Swimmers should be taught to keep their elbows up in the pull. This enables power to be applied by the muscles of the shoulder-girdle, trunk and upper arm. Because of differences in body-build, there will be variations between swimmers in how high they keep their elbows. When some swimmers try for too high an elbow-position, their pull becomes awkward. They should settle for a stroke in which the hand travels further across the centre line of the body to compensate for lack of leverage.

An easy way of teaching the elbow-up pull is to tell the swimmer to "open" the arm-pit and point the elbow out sideways as the arm bends. This concept can be reinforced when doing land exercises such as pulley-weights and exercises on rubber strands.

The high-elbow action shown is an extreme example. It indicates ideal form but would not suit all swimmers. The coach should observe a swimmer from the side in attempting to suggest the best elbow-posture.



FRONT VIEW OF THE FREESTYLE

The Arm-Stroke

Throughout the stroke, the posture of the arm, elbow and hand constantly changes. These smoothly-made adjustments give the swimmer leverage to apply muscular power.

The arm-stroke is a working phase of pull then push.

The hand enters the water with finger tips first and the elbow set higher than the hand. The entry is on an imaginary line forward of the arm-pit. The arm slides forward until almost fully extended.

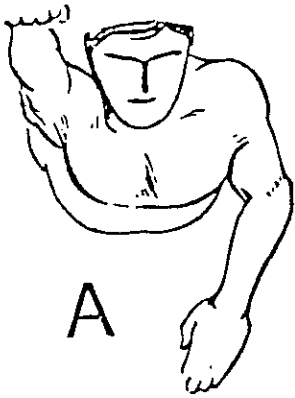
The hand moves backwards into the pull and the elbow bends progressively until maximum flexion (approximately 90 degrees) is reached. Throughout the pull, the elbow is kept higher than the hand and pointed sideways (elbow-up position). This gives maximum leverage and helps stop water slipping off the hand.

The maximum elbow-bend is reached half-way through the stroke. From here, a smooth transition is made into the push-phase back to the hips. The stroke finishes with the arm not quite extended.

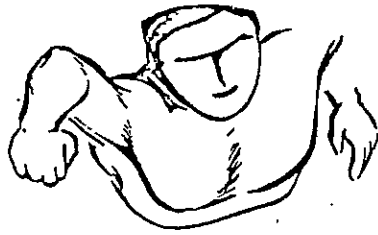
The hand produces a sculling effect as it pitches inwards across the body and outwards as the arm extends.

In preparation for the over-water recovery, the arm relaxes and hand points towards the body. The arm recovers from the water with a rounded movement. Relaxing the arm enables the momentum created during the stroke to carry the arm into the recovery with a minimum of muscular effort.

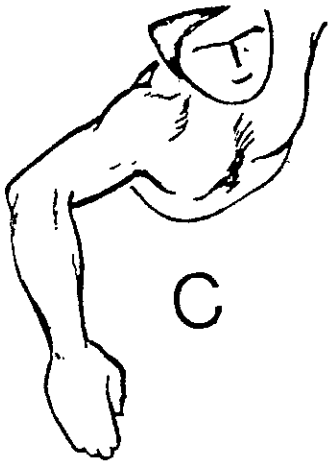
Although the arm-stroke has been described as a series of part-movements, it should be remembered that the stroke should be performed smoothly with each movement flowing smoothly into the other. Complete fluency is achieved by the ability to repeat correct patterns for stroke after stroke.



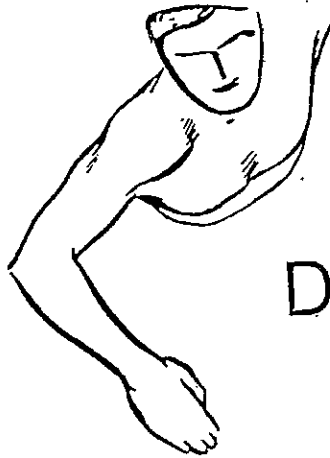
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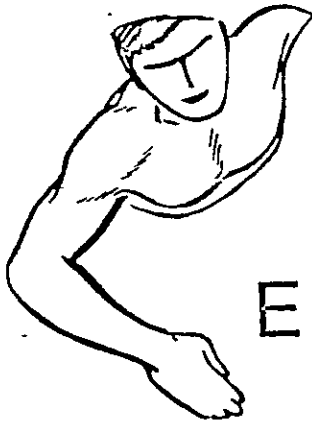
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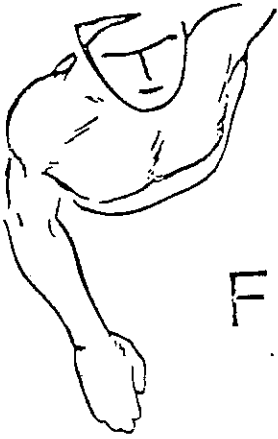
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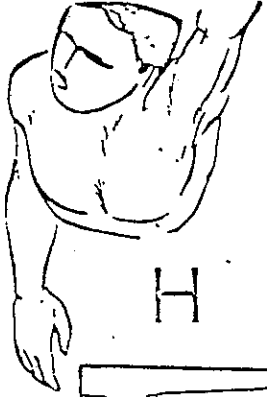
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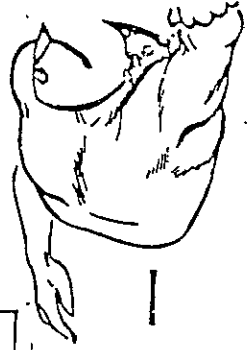
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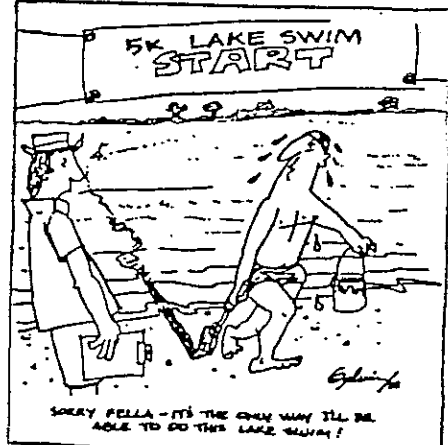
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AUSSI TASMANIA

SCHWEPPE'S WINTER CHAMPIONSHIP

MOWBRAY MEMORIAL POOL, LAUNCESTON.

AUGUST 20, 21, 1988



PROGRAMME

Session 1. Saturday 20th August 3.00 p.m. - 6.00 p.m.

- Event 1. 200m Freestyle
- 2. 50m Breaststroke
- 3. 200m Backstroke
- 4. 50m Freestyle
- 5. 100m Butterfly
- 6. 100m Breaststroke
- 7. 100m Individual Medley
- 8. 4 x 25m Medley Relay Men
- 9. 4 x 25m Freestyle Relay - Mixed
- 10. 4 x 25m Freestyle Relay - Women

Session 2. Sunday 21st August 9.00 a.m. - 12 noon

- Event 11. 400m Freestyle
- 12. 50m Backstroke
- 13. 200m Breaststroke
- 14. 50m Butterfly
- 15. 100m Backstroke
- 16. 100m Freestyle
- 17. 4 x 25m Medley Relay - Women
- 18. 4 x 25m Medley Relay - Mixed
- 19. 4 x 25m Freestyle Relay Men



CONDITIONS OF ENTRY

Entrants must be registered members of AUSSI Tasmania. Entry is limited to six (6) Individual events. Relay swimmers may compete in **ONLY ONE AGE GROUP** per event. Relay swimmers must compete in at least **ONE** individual event. Age is at the last day of the swim meet.

ENTRY FEE:

Individual events irregardless of number of swims \$10.00. Relay events \$2.00 per team. (unlimited number per club but points only count for first team per age group).

Entries to be on official AUSSI race cards complete with Registration Number and nominated times. Clubs to complete all entries on the summary sheets. Events will be seeded. Closing date 29TH JULY.

CLOSING DATE OF ENTRIES:

Entries close on 29TH JULY, 1988 and must be lodged with -

AUSSI WINTER SWIM.
P.O. Box 133,
DEVONPORT. TAS. 7310.

ENTRIES WILL BE RECEIVED.

by that date. NO LATE

AWARDS:

Championship Pendant to top scoring Club.
Certificates to all competitors

Points First - 10 points
Second - 9 points
Third - 8 points

etc.

Relays scoring double points.

RULES:

Swim conducted under the rules of AUSSI as at 1st August, 1988.
Medical disabilities must be marked on race card at time of entry and must be supported by a doctor's certificate.

SOCIAL EVENTS:

Launceston AUSSI has offered to host a Saturday evening function.
Further details available soon.

Presentation Function 12.30 p.m. Sunday 21st August. Venue to be decided.

CONDUCT OF MEET:

Three hours have been allocated to each session to allow for -

15 minute warm up
at least one break during programme
10 minutes relay organisation period.

The rules of AUSSI will be strictly enforced. All disputes will be settled by the Meet Director whose decision is final.

Schweppes
REG. TRADE MARK

FROM: National Secretary
DATE: 19th March, 1988
SUBJECT: NOTIFICATION OF DEATH DURING AUSSI ACTIVITIES.

For a number of years, AUSSI could 'boast' that we had no deaths during our activities, not like the poor joggers who seemed to get a lot of publicity. However in recent months we have heard of a couple of such tragic cases within AUSSI. At present we have no system of reporting of such incidents, and during the situation club members are usually too upset to think of passing on information to their Branch or AUSSI National.

If we are to be a professional Association, we must have a system of reporting, to protect our coaches and club executives and ensure that we are 'teaching' our members a safe message.

Unfortunately death is a fact of life, and as our membership grows, our chances of experiencing such a fact within our Association will rise.

From January 1st 1988 club's are required to send to AUSSI National, with a copy to their Branch Secretary, full details of any death or serious incident which occurs during club activities. Branches are required to forward similar details of any such incident occurring during State Swims etc.

Shortly a new club membership form will be available for clubs to use, which should give club coaches a good guide to a member's state of health. In the meantime a pamphlet from the US Masters Sports Medicine and Research Committee might be helpful as a guide for your club committee and members.

Yours sincerely,

Glenys McDonald
National Secretary.

Be Warned!

AUSSI members have to be aware that all swimmers competing at the FINA/MSI World Masters Swim in Brisbane will be competing under FINA/MSI Rules which have several differences to the AUSSI swimming rules.

Just because you have not been disqualified at an AUSSI meet is no guarantee that you meet FINA/MSI regulations.

The Technical Committee have tried to set out below the essential differences in the rules of strokes and procedures and it is our suggestion that swimmers attending that meet have their strokes, turns, etc., checked by a qualified person, preferably prior to selecting your events for Brisbane.

If you are not attending the World Swim there is no reason to read any further. These differences relate to this swim only.

It is not our intention to describe all the rules of swimming (most swimmers should know these) only highlight the differences.

First and foremost, it is pointed out that FINA/MSI Rules do not take into account Medical Disabilities. Physical problems, such as say, arthritic shoulder, will not be acceptable as a reason for not being able to perform butterfly to the rules.

Rightly or wrongly the swim will be conducted under these conditions. After having your strokes checked it may be more prudent to avoid the technical strokes of Breaststroke and Butterfly.

FREESTYLE: No difference in rules. Swimmers need only to keep in mind that some part of their body must touch the wall at the turn and the finish.

BUTTERFLY: The essential difference here is that under FINA/MSI Rules "both arms must be brought forward together over the water and brought backward simultaneously". "Over the water" is defined as that during the forward motion of the arms (the recovery), the whole of the arms must clear the surface of the water. AUSSI rules merely require both elbows to be visible on top of the water.

Have someone check that your arms do in fact get carried OVER the water, on recovery for the whole of the event i.e. 50 metres Butterfly.

BACKSTROKE: No difference in rules. Swimmers must remain on their back from the start until some part of their body touches the wall at the turn or the finish.

BREASTSTROKE: The essential difference here is in the positioning of the legs. AUSSI Rules have been relaxed with regards to the positioning of the legs. Under FINA/MSI Rules "All movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement."

This requirement will be enforced at the Brisbane Meet. The swimmers' legs must both be doing the same thing at the same time and on the same level. Many AUSSI swimmers are permitted to

swim their breaststroke with one leg positioned higher than the other or swim with a screw or side stroke type of kick. For this Meet all of the above run a high risk of disqualification.

Have your kick checked and corrected by a qualified person, otherwise the meet may be more enjoyable if you select another event.

MEDLEY SWIMMING: The World Masters Swim contains two Medley swims the 200 and the 400 metres.

The 200 metres I.M. consists of 4 x 50m swims of each stroke which require correct finishes of each of the four strokes.

The 400 metre I.M. consists of 4 x 100m swims of each stroke which require correct turns and finishes of each of the four strokes.

The order of strokes is Butterfly, Backstroke, Breaststroke and Freestyle. When changing from stroke to stroke each "leg" must be "finished" according to the rules as the finish of a "race".

The comments on rule differences for butterfly and breaststroke above WILL apply for these events at this Meet.

RELAY EVENTS:

- a) Freestyle:- No difference in Rules
- b) Medley:- Breaststroke and Butterfly legs must be swum as described above.

The only difference in the Rules of FINA/MSI and those of AUSSI is in the age groupings.

AUSSI age grouping is 80+ years then 120+ years as the total of the four swimmers ages. For the Brisbane Meet, age groupings for FINA/MSI is 119 years and under, 120 years and over, etc.

The difference being the total ages of the four swimmers in the lowest age group must not exceed 119 years.

THE START: ^(FINA/MSI) The Start procedure in Brisbane will be similar to experienced in AUSSI meets. However, it is set out below, so ~~that~~ no confusion will eventuate.

"The forward start may be taken from the starting platform, the pool deck or from in the pool".

"The Start - In Freestyle, Breaststroke and Butterfly -

On the long whistle from the Referee, swimmers shall:-

- a) step onto any part of the starting platform
or
- b) step to within 0.5 metres of the pool end on the pool deck
or

- c) immediately enter the water and grip the backstroke grips with at least one hand.

On the starter's command "take your marks" swimmers shall immediately take up a starting position:-

- a) at the front of the starting platform,
or
b) on the pool deck at the end wall,
or
c) in the pool at the end wall with at least one hand on the backstroke grips and with both feet touching the end wall.

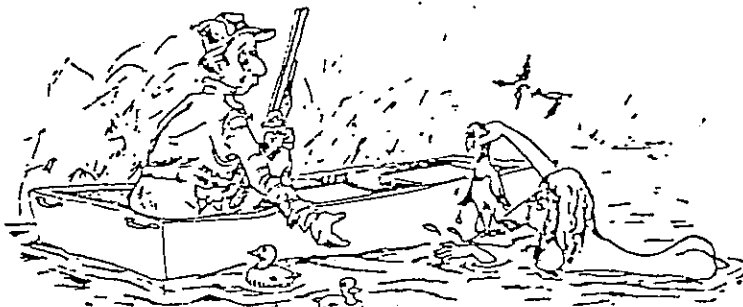
When all swimmers are stationary the Starter shall give the starting signal (by shot or horn)".

MARSHALLING procedures will be different to that normally experienced at AUSSI meets. With so many swimmers competing, marshalling has to be efficient. The procedures have been described in various pamphlets forwarded to members and it is up to the swimmer to be in the right place at the right time.

Rules of Swimming and Referees are essential to gauge one swimmer's performance against another. Should you know and swim within the established rules then you should have no cause to fear Referees and Officials at a Meet.

This item was compiled for your assistance so that while preparing yourself physically for the World Swim, you can also prepare yourself technically.

NATIONAL TECHNICAL COMMITTEE.



"Of course I still would have married you even if you couldn't swim"

CAN I.....?

While discussing various rules of swimming, questions arose within the Technical Committee which relate to any form of AJSSI or FINA Swimming, so we have decided to begin a CAN I ? column to answer members questions.

Q. Can I do a breaststroke kick with butterfly?

A. Yes. The leg action sometimes confuses swimmers. The rule states "All movements of the feet must be executed in a simultaneous manner. Simultaneous up and down movements of the legs and feet in the vertical plane are permitted. The legs or feet need not be at the same level, but alternating movements are not permitted."

The following is a list of kicks which can be used:-

1. The normal dolphin kick
2. The regulation breaststroke kick
3. The combination of both of the above kicks.

It should go without saying that if the breaststroke kick is used then it must comply with the rules relating to that kick. A point regarding the dolphin kick is that the rule states that the feet need not be at the same level, but swimmers are warned that it is dangerous to allow the feet to be at different levels. There is always the chance that one foot may kick a little harder than the other and pass, or appear to pass the other foot - that is an alternating movement and disqualifiable.

Q. Can I do double arm backstroke?

A. Yes. The rules are clear on this point. The only stipulation in the rules is that the swimmer remains on their back throughout the event. You are then clear to perform the following:-

1. The normal backstroke
2. The double arm backstroke with either an alternating leg action or the inverted breaststroke type kick, or
3. A combination of the above.

Whether the arms are lifted out of the water or kept in the water is of no interest to the rules. The swimmer may on coming to the wall, change their leg action.

Q. Can I roll over on my stomach when I near the turn, finish in backstroke, so that I don't hurt my arm on the wall?

A. No. The rule states "Any competitor who leaves the normal position ~~the back~~ before the head, shoulder, foremost hand or arm has made contact with the end of the course for the purpose of turning or finishing shall be disqualified".

The critical point is the last few metres when a swimmer approaches the wall and, at the same time as they begin to make a touch, they turn the body more than ninety degrees before the touch is made. This is noticed among older swimmers who do not stretch the arm back to make the touch. Reaching back and kicking hard to the wall will help avoid disqualification.

Q. Can I touch one handed in breaststroke or butterfly?

A. No. A two handed touch must be made both at the turn and the finish. The rule states (for both breaststroke and butterfly) "At each turn and upon the finish of the race, the touch shall be made with both hands simultaneously, either at, above or below the water level. The shoulders shall remain in the horizontal position".

The hands need not be on the same level but the shoulders must not drop to one side while trying to make the turn, they must remain horizontal.

Q. Can I allow my head to go underwater in breaststroke ?

A. Yes. The head can now be completely submerged as long as part of the head breaks the surface of the water during each complete cycle of one armstroke and one leg kick. The important thing to note here is that part of the head must actually be exposed to the air with no possibility of it being covered by a wave. The head may also go beneath the surface of the water when "lunging" for the wall at a turn or finish provided the head broke the surface of the water at some time during the previous arm/leg cycle.

Put simply, if you lift your head to breathe on every arm/leg cycle, you will avoid being disqualified for any infringement relating to the head.

Q. Can I swim other strokes in a freestyle event ?

A. Yes. You may swim backstroke, breaststroke or butterfly in a freestyle event with the following provisions:-

- a) If you "nominate" freestyle the swim say breaststroke then you have to conform to the rules of freestyle only. No records or Top Ten swims can be claimed however for breaststroke.
- b) If you "nominate" breaststroke in a freestyle event for say a National Record, then you must swim in accordance with the rules of breaststroke.
- c) Freestyle in a Medley Relay or Individual Medley event is "any stroke other than butterfly, backstroke or breaststroke" i.e. you must swim freestyle.



Q. Is the change from butterfly to backstroke in an Individual Medley event considered a turn?

A. No. The Individual Medley (say the 200IM) is considered as four 50 metres swims of each stroke which each require correct starting and finishing procedures.

A swimmer must finish the butterfly with a two handed touch and shoulders horizontal, turn on their back for backstroke and be completely on their back before starting the first armstroke. The backstroke is finished by touching the wall (with any part of the upper body) provided you have not "rolled over" more than ninety degrees before the touch is made. The next stroke is breaststroke so a swimmer must ensure they are in a horizontal position on their breast before making the first stroke of breaststroke. Finish the breaststroke leg two handed with shoulders horizontal, turn, and get to the other end in freestyle as best you can.

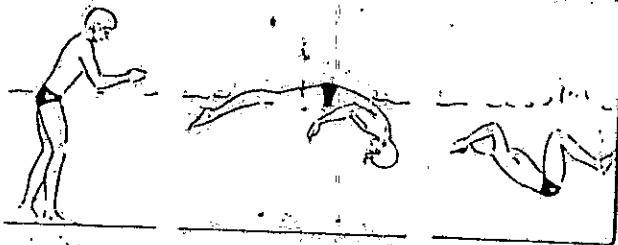
CAN I ? WHAT IF ? WHY ?

There are many other questions of a technical nature that members want answers for. If you have a question to ask then share it with other members (they may want to know too), write to the Technical Committee

c/- Bruce Edmunds
2 Deborah Close
Fairfield N.S.W.
2165.

our response will be published in the next newsletter.

NATIONAL TECHNICAL COMMITTEE.



STANDING "PIKE JUMP"

Practise as shown:

- (1) Away from the wall.
- (2) Jumping towards the wall and placing feet on the wall as turn is completed.

HONDA CENTRAL AUSTRALIAN

MASTERS GAMES.

The Games will be held from October 15-25¹⁹⁸⁹ with swimming taking place from October 20-23 inclusive. Swimming will take place from 4.00pm onwards at the Alice Springs Swimming Centre.

The Swimming Centre has a 50 metre 8 lane open air pool. Depending upon the weather conditions the pool will be heated to a comfortable temperature. The Swimming Centre is well served with club rooms, toilets and shower facilities. A canteen operates, and the pool is attractively sited with lawns and shade areas.

Medals will be awarded to age group place getters and to all place getters in relay events. Additionally place getters in individual events will receive an attractive certificate to acknowledge their efforts.

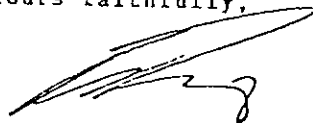
A copy of the proposed programme over the 4 days is attached, perhaps this could be included in your publication.

I have included a registration form - registration is \$25.00. This fee includes Games memorabilia (identification badge, hat and participation certificate) and refreshments at the opening ceremony. Swimming has a participants fee of \$25.00 to cover costs to the sport. It is anticipated that a social function will be run. Accompanying persons by paying a fee of \$25.00 receive all of the benefits available to competing athletes.

Registrations should be forwarded to the Games Office, P.O. Box 1095, Alice Springs, N.T. 5750.

For further information I can be contacted on telephone (089) 52 5484 B.H. and (089) 52 5675 A.H. My postal address for Games correspondence is P.O. Box 1929, Alice Springs, N.T. 5750.

Yours faithfully,



Peter Hoey

HONDA CENTRAL AUSTRALIAN MASTERS GAMES

PROPOSED SWIMMING PROGRAM

COMMENCEMENT: 4:00PM EACH EVENING

October 20/21 inc

Day 1

400 metres Freestyle

Day 2

100 metres Backstroke

50 metres Breast Stroke

100 metres Butterfly

200 metres Individual Medley

200 metres Medley Relay - Women

200 metres Medley Relay - Men

Day 3

50 metres Butterfly

200 metres Backstroke

100 metres Breast Stroke

50 metres Freestyle

200 metres Freestyle Relay - Women

200 metres Freestyle Relay - Men

Day 4

200 metres Mixed Medley Relay

200 metres Breast Stroke

200 metres Butterfly

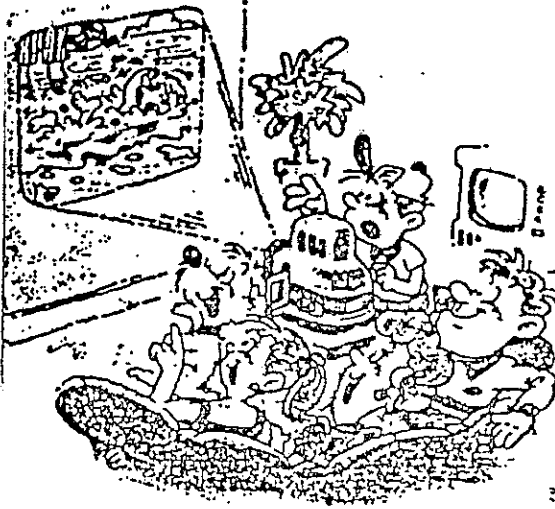
50 metres Backstroke

100 metres Freestyle

200 metres Mixed Freestyle Relay

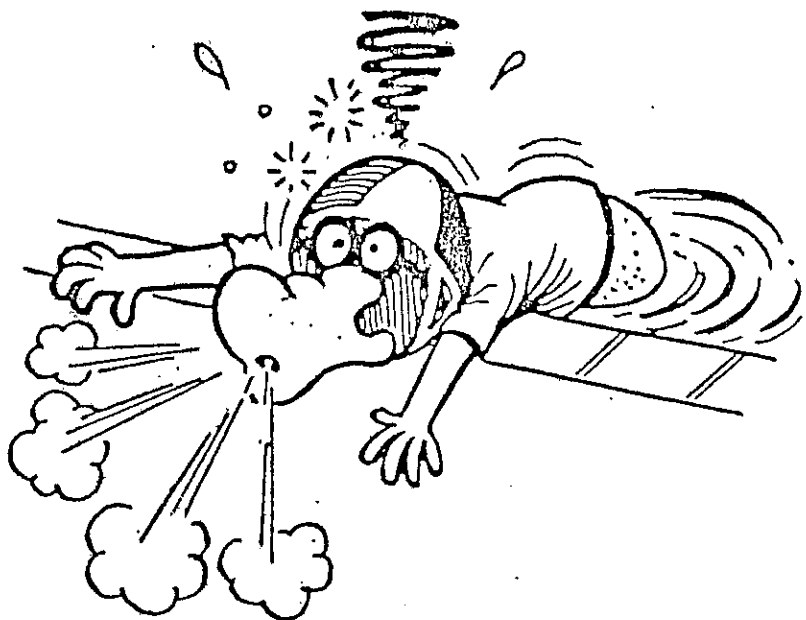
See you
there





HINT FOR THE MONTH

A good way for club's with no pool in winter to spend a get-together once a month. Bring a casserole/swim video night. (Don't forget the port.)



The Goggl' Cap



The cap
and
goggle
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