

**AUSSI
MASTERS SWIMMING IN AUSTRALIA**



TASMANIA BRANCH

ANNUAL REPORT

1988



AUSSI TASMANIA
MASTERS SWIMMING IN AUSTRALIA (TAS.) INC.

OFFICE BEARERS - 1988.

| | |
|---------------------------------|----------------------|
| President | Chris Branson |
| Secretary | Trish Beveridge |
| Treasurer | Barrie Hall |
| Recorder | Christopher Holloway |
| Fitness & Coaching Director | Hector Beveridge |
| Publicity/Promotions Officer | Perri Brereton |

PRESIDENT'S REPORT

It is my firm belief that we will, one day, look back upon to the 1988-89 season as the year in which AUSSI Tasmania came of age: a true watershed year. But we haven't done anything very different to past years so why has it been such an important year? Very simply, our clubs are coming into a new generation of administrators such that our sport is no longer dependent upon the enthusiasm and fervent desires of those few heroic patriarchs whose tireless efforts established AUSSI in Tasmania.

The Hobart Club is a prime example. I, personally view them as our stongest club and predict a rosey future for them. Not only do they have some very talented swimmers but they weathered a bit of a storm not long after winning last year's Summer Championships and have come through it stronger than ever. After excellent service to his club and the Branch, John Menadue has taken a small step to the side and allowed other members to carry on the administrative load with fresh vigor. Ron Bloomfield has represented his club well at the Branch meetings and will be a decided asset to the Branch in future. It is hoped that some of these willing workers will gain the necessary confidence to nominate for and gain election to executive positions on the Branch committee thereby strengthening the sport at both State and Club level.

A similar situation has occured with the Devonport Club. Chris Holloway has stepped aside as club President to allow David Smith to assume responsibility. It has been my pleasure to have swum in a club under Chris's direction and to have worked with him at Branch level in his role as the State Recorder. He gives nothing but 110% effort. He is always planning and thinking about ways of doing things better and involving more people. He is selfless in what he does within the club, often spending much of the time at training out of the water helping others. What has made Devonport such a strong club is that it has a happy mix of age groups, abilities, training and fun and in my short association with the club much of this has been largely due to the efforts of Chris Holloway. His knowledge, work and opinions at State level has also greatly helped the sport as a whole in this State.

Launceston is our 'achilles heel'. I can only echo the opinions expressed in last year's President's Report and say that for the long term good of AUSSI Tasmania we need two Launceston teams. Our oldest club is simply bursting with swimming talent; it seems that every swimmer that enters the water for them is a champion. However, in my 10 years of experience with AUSSI swimming it has been my observation that rarely are the club administrators your top swimmers. Often club organisation occurs at training because thats when most are around who need to be contacted but this means time out of the water which is not appealing to the top swimmers so they avoid the commitment. Alwynne McMahon has been a tireless worker for the Launceston club on the State Branch but I must admit to wondering what would happen if she became burnt out. Certainly, there are some gifted workers within the club. Their organisation of the Winter Championships and the inaugural Relay Competition bare testimony to their skills. However, for the good of the Launceston club, and AUSSI Tasmania in general, it would be comforting to see a broader base of swimmers and administrators being encouraged in this vital region.

1988 saw the emergence of a new club, Talays. This is certainly what our State competition needs. As yet this club is still in its infancy and will need to grow and mature this year if it is to survive. Although a lot of hard work has already been done by those who initiated the break from the Hobart club and established the club, the training facilities and the widely envied sponsorship I can assure you that the hardest work is still to come. However, you have the total support of the Branch and every AUSSI swimmer in Tasmania.

A club at Burnie has not, as yet, eventuated but we have not given up hope. It is encouraging to note that two more initial, and separate, contacts have been made to the State Secretary regarding the possibility of establishing new AUSSI Clubs. An issue that will be worth watching during this coming season.

Moves are afoot to establish a three year plan for the development of AUSSI Tasmania. An executive group, under the capable leadership of Hector Beveridge, valiantly endeavoured to develop a plan in time to gain Government assistance for this financial year. However, time was against us but now we have another 9 months to ensure our plan is gilt-edged and thereby suitably supported by the Government.

Through the efforts of Brian Edwards, and other members of the Devonport Club, Tasmania successfully nominated for the 1991 National Championships. It was a sheer pleasure to present to the National Council the truly professional submission generated by Brian and his team. The standard of the document won unanimous support for our request and deeply embarrassed another State whose members were trying to overcome the deficiencies of their State's efforts.

The State Branch has now established a very sound financial basis. Not only will our very able Treasurer, Barry Hall, show you that we have made a significant profit during the past year but we have also been able to purchase a substantial capital item, namely, a photocopier. The size of our Clubs meant that the generosity of some establishments, which were assisting us in photocopying our numerous items of information, was being abused.

Perri Brereton has almost single handedly shouldered the responsibility of producing the State newsletter. The lack of general support given to her is an indication of our general reluctance to be public people and openly share our thoughts and views on a State basis. It is certainly no reflection on Perri. The Branch has recognised this fact and also noted with great interest the growing quality of individual Club newsletters. Therefore, the Branch has decided to revamp the State Newsletter. Perri, our Publicity Officer, and Trish, the State Secretary, are now working towards this end.

From my point of view Hector Beveridge stepped down from the easier job of State President to that of the Fitness and Coaching Coordinator. He had clearly established my role for me so that I just followed on from his work but he had to work very hard within his new portfolio. I am sure it is his wish as much as mine that his efforts will soon see fully accredited AUSSI coaches through bridging courses conducted in Victoria even if the Branch has to substantially assist any member wishing to attend one of these courses.

Finally, I would like to pay undying tribute to our State Secretary, Trish Beveridge, whose efforts have not only amazed me but also greatly lightened my responsibilities. She is a source of extensive knowledge regarding all of the intricacies of AUSSI swimming and her pleasant, friendly, cheerful manner make her an ideal ambassador for our sport. Trish has gained the support of our Branch to represent our State on the newly revamped National Council. As such, she will assume a Directorship of some area of the National administration, in addition to being our sole representative on the National Council. We are indeed fortunate to be represented by such a talented, knowledgeable, respected person and I am sure she will represent us with dignity and pride.

We have much to look forward to in the coming year. The Masters Games in Launceston, which will also be our Winter Championships, the possibility of two or more new clubs, and a three-year plan with its potential Government financial assistance. The new committee has my sincere best wishes and, hopefully, in the not too distant future I will again be able to be apart of this dynamic sport.

Chris Braunsou

TREASURERS REPORT

AUSSI TASMANIA BRANCH

STATEMENT OF INCOME & EXPENDITURE - 5th MARCH, 1988 - 28th FEBRUARY, 1989

Income

| | |
|---------------------------------------|-----------------|
| Club Registrations | \$2,804.00 |
| Club Swim Entries | 2,022.00 |
| Bank Interest | 110.18 |
| Raffles | 198.10 |
| Club Affiliations | 120.00 |
| Sale of Badges | 22.00 |
| Winter Swim Sponsorship | 400.00 |
| Surplus from Australian Masters Games | <u>2,662.96</u> |
| | \$8,339.24 |

Expenditure

| | | |
|--------------------------------|---------------|-------------------|
| National Registrations | \$2,196.00 | |
| Postage Stationery & Telephone | 540.68 | |
| Pool Hire Winter/Summer/Relay | 520.00 | |
| Trophies - Summer Swim | 229.50 | |
| Programmes Summer/Winter swims | 81.40 | |
| Bank charges | 17.25 | |
| National swim entries | 416.00 | |
| Hire of Meeting Rooms | 60.00 | |
| Newsletters | 92.25 | |
| Lunches Winter Swim | 82.50 | |
| Presentation " " | 14.70 | |
| World Masters Swim Result | 42.10 | |
| Lapel Badges | 90.00 | |
| Affiliation fees | <u>100.00</u> | <u>\$4,482.38</u> |

Surplus for the year \$3,856.86

BALANCE SHEET AS AT 28th FEBRUARY, 1989

Accumulated Funds

| | |
|------------------------------------|-------------------|
| Balance brought forward | \$1,413.81 |
| Surplus March 1988 - February 1989 | <u>\$3,856.86</u> |
| | <u>\$5,270.67</u> |

Represented by

| | |
|---------------------------------------|-------------------|
| Petty Cash | \$ 50.00 |
| Bass Building Society Special account | 4,283.48 |
| S.B.T. General Account | <u>937.19</u> |
| | <u>\$5,270.67</u> |

B.K. Hall

B.K. HALL,
State Treasurer.

9th March, 1989

FITNESS & COACHING REPORT

I see the activities of a coach within a club as being the most effective way of fulfilling AUSSI's purpose of encouraging adults to swim for personal fitness and well being. The expert advice, leadership and guidance a coach can give are the motivators that most of us have searched for since joining the organisation. I have witnessed the comraderie and common committment a coach can generate at both Devonport and Launceston where Trish Beveridge and John Pugh respectively are functioning effectively as club coaches. They have the respect and faith of their members because of their knowledge of swimming and understanding of the purpose of Aussi Masters Swimming, who it is for and why.

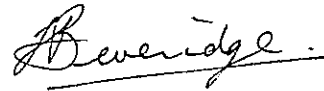
The Level 1 Masters Swimming Coaching Accreditation Course has been developed to give people that knowledge and understanding. The cost of conducting a course requires at least ten participants and it seems unlikely we will be able to get that many together in Tasmania. For this reason the Branch has indicated its willingness to assist any practising club coach to attend an accreditation course interstate. I would see having at least one accredited coach a minimum pre-requisite for each club and recommend to all clubs they financially assist any of their members wishing to gain accreditation.

In the absence of "expert advise, leadership and motivation" there is much you can all do to help your own fitness and training programme. The simplest and easiest is subscribe to the Australian Masters Coaches Newsletter. It is excellently edited by National Director of Fitness and Coaching, Anita Killmier, contains articles the average swimmer can understand and features sample training programmes and favourite workouts in every issue.

Whilst being happy to accept the position of Fitness and Coaching Director, I feel I have done very little to improve the lot of the average member during the past twelve months. I have distributed information that has come my way but feel inadequate as the senior coach, having no background in swimming.

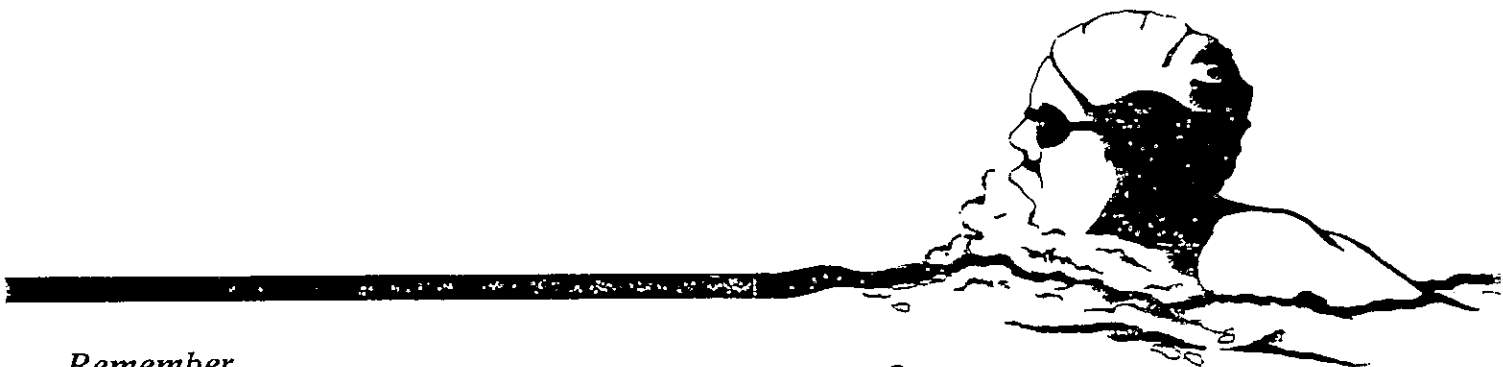
Aussi Tasmania would benefit from having a committed coach in this position and we should search our ranks for such a person.

In the long run, however, each club is responsible for its own coaching/coaches and the support is there for any one interested in coaching at club level.



Hector Beveridge.

Director of Fitness and Coaching.



Remember...

- Swimming exercises every part of the body and improves flexibility.
- Swim three times a week if possible.
- By stopping when you need to and controlling your effort, the activity can be kept at a level where neither stress nor strain is experienced.
- After a break from swimming go back to a much lower level of effort when you restart.
- Have a regular medical check up — especially of your blood pressure.
- AUSSI is the smart way to keep fit and the fun way.

**SWIM
INTO FITNESS
AND FUN**

PUBLICITY & PROMOTIONS REPORT

As most of you are well aware, finding someone or some company to be prepared to give us continued publicity (and thereby support) is not an easy task. Actually it is extremely frustrating! One seemingly continually hits one's head against a brick wall. Letters go out with full details and contact telephone numbers, etc. etc. but to no avail. Maybe I didn't have the right knack!

Leaving behind the "against", and continuing on to the "fors": at least with Fitzgerald's they were kind enough to reply with reasons as to why their answer had to be in the negative. Schweepes "came to the aid of the Party" with sponsorship for the last Winter Championships and have increased their sponsorship for the coming Masters Games Swim Meet and Aussi Winter Championships combined but I had no part in this.

The Tasmania Bank is now to be seen on our race cards - but once again I cannot accept thanks for this. You must be wondering what on earth I have been doing. As far as radio stations in Hobart are concerned, 7HO are quite happy to announce any forthcoming events we have, along with a brief interview - this one I DID manage.

"The Mercury" - with the exception of the column 'In the swim', who is most co-operative - don't want to know unless there are "names" and medals to talk about whereas "The Southern Star" will run a paragraph from time to time but not willing to on a regular basis.

What I would like to see, and perhaps - hopefully - it will happen in the future, is for us as a State to have regular media time, even if only on a bi-monthly basis, where we can talk about our aims, functions and competitions and bring Aussi far more to the notice of the public.

I look forward to that day!



Perri Brereton.



"Percy" appears by
courtesy of the Carine Club.

AUSSI TASMANIA BRANCH

RECORDERS REPORT 1988-89

Dear Members,

My usual reports as Recorder contain statistics from our previous 12 months activities, but because the Top 10 and the World Swim results are not to hand, I felt I might reflect on the years gone by and how AUSSI has grown rather than bore you with the other results you already know.

I was elected as Recorder at our first State Annual General Meeting and am 'still' Recorder. Not knowing anything about the job, I have put together something we can look back on and at least remember who won what and where.

On the 17th August 1985, Devonport Devils piled into a bus and headed off to Launceston for our first Winter Swim at the Mowbray Pool with the only other club, Launceston AUSSI. On the way someone asked me about the recording sheets. What recording sheets? Hadn't thought about that, so heads down in the back seat of the bus and designed a recording sheet; a few lines length ways along an exercise book page and wrote down a few names, lucky there were only 31 swimmers and 2 clubs.

The swim was beaut, all swimmers got through without disqualifications and with the hard bit out of the way, piled back into the bus and off to the nearest pub for the fun stuff and on to Peter Smith's residence and warm hospitality by the Launceston Club. I can say it sure was a load of fun seeing the Devonport mob with cartons of beer etc. clambering off the bus at Peter's place.

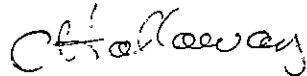
What about the results? I'd forgotten about that too. So heads down again and with me carving up a huge piece of beef that had been cooking on the BBQ, my 'able' assistants calculated the results. Launceston 1st, Devonport 2nd and Hector Beveridge got a kiss from all placegetters during the presentations.

The fun part of Aussi Tasmania was 'born' at Peter's place that night. (Ask Peter about his floor bearings) Finally back on the bus for the Devonport mob and with a dozen stops before Devonport - AUSSI Tasmania was up and away.

We now have ploughed our way through four Winter Championships and five Summer Championships, a Masters Games tossed in, a Relay competition, Nationals, a World Swim and many Club activities thrown in for good measure. We have come a long way from the single page recording sheet.

As Recorder I have slowly 'improved' (out of necessity) our method of recording - still with pen and paper mind you, and have set up an office with files, desk and piles of folders and books and feel happy in that our State Branch have records from Day 1 through to the present day. These include:- Best by Tasmanian records, Tasmanian records, Relays, Aerobics, Top 10 and other swims competed in organised by various clubs around Australia, e.g. $\frac{1}{2}$ hour swim and 3,000m swim etc.

Working with a computer in the 1987 Winter Championships was 'heaven sent' and again for the First Australian Masters Games with the help of Unisys made my job so much easier, although there was still quite a lot of leg work that had to be done and I will remind all Club Recorders to try to oblige by forwarding all entries, results etc. in the correct manner. We are still without an efficient recording system, but the State Branch is waiting on news from the National Computer Committee on how it will tackle the all important task of cross matching all Branches and Clubs with compatible software etc. So until then when the final decision is made, the papers in my file keep piling up. With a growing State Branch and Clubs forever increasing in membership, our future within AUSSI is assured and I am pleased I am part of it, with an ongoing commitment and an optimistic outlook, I am sure we can maintain our steady growth and I can look back at the many memorable occasions with pleasure with all my friends in swimming.



Christopher Holloway
BRANCH RECORDER

LAUNCESTON AUSSI

Our Club has managed to grow consistently throughout this past year. Our current members are amongst the keenest we have seen.

During 1988 the Club took the necessary steps to become incorporated. Our attendance and performance at the 1988 Summer Championships in Hobart was a little disappointing. However, the Club members rallied together and performed well in the Winter Championships, held in Launceston.

We have lost the valued membership of one of our founding members. But hope as work commitments ease, we will rejoin the AUSSI ranks.

In 1988 we successfully staged a second Trevallyn Dam swim. The popularity of this event is continuing to increase. Many of our members are regulars at the Dam having found the combination of bathers, cycles and sandals a favourable one.

During the past year we had our infamous Fitness Director and inspirator, John Pugh along with fellow Club member Conrad Gleeson ventured to the World Masters Games in Brisbane. Both thoroughly enjoyed the competition and friendship of the Games. They just wish there was more finance about to take them on again in Rio or Denmark.

Our Club is definitely aiming to increase its membership (even if its 20 years down the track). We can congratulate about 5-6 members and/or spouses for bringing the prospective members into the world.

Our Club looks forward to a great Social and Competitive season in 1989.



Diana McHenry.
Secretary.

AUSSI

DEVONPORT

Masters Swimming for Fitness and Fun



DEVONPORT DEVILS CLUB REPORT 1988-89

In my term of office I am very happy to report a steady progress of social activities, competitive swimmers, larger member attendances to State, National and World Swims. All in all a very successful AUSSI swimming club with a healthy bank balance just to round things off. All from a meagre beginning just 5 years ago.

David Smith was elected to the position of President at our Annual General Meeting at the Formby Hotel with member attendance of 23. Our best attendance so far. Previous to the A.G.M. our Club was engaged in many activities of fund raising and social activities, namely:- bus trip and 60's night at Frank Webb's restaurant in Burnie, Progressive Dinner, our usual pub nights through the winter, farewell 'do' for Mark Flanagan who went way down under to the Antarctic, our Christmas Dinner as well as other BBQ's, picnics etc. arranged whenever the need arose. (No excuse required)

Swimming activities involved members attending their first World Swim in Brisbane, Central Australian Masters Games, aerobic swims, $\frac{1}{2}$ hour, 1 hour, 3,000m and 5,000m swims, the Winter and Summer Championships and our first State Relay Competition. There are now 3 State Trophies and one is held by each of the three larger Clubs, namely:- Hobart Masters, Launceston Aussi and Devonport Devils. Our Club is involved in the Trans-Mersey swim held in March each year and the Splash & Dash Aquathon at the Henley on the Mersey Regatta, which is a fund-raiser for us.

We are very fortunate to have an excellent working relationship with Pool Manager extraordinaire - Trish Beveridge and have available a $1\frac{1}{2}$ hour time slot each Sunday as well as lane hire each morning from 6 a.m. with pool side coaching for the brave and fool-hardy. Hopefully this year we will be able to increase our swim time at the Ulverstone Pool during winter from 3 hours to 5 hours, to cater for the increase in winter swimmers.

We have an experienced aerobic swimmer from Queensland who swims 'everything' and passes on some good activities robbed from other clubs up there on the big "Island" as well as an increasing younger membership, which all points to a continuing and successful club.

CHolloway

Christopher Holloway
VICE PRESIDENT



THE DEVONPORT DEVILS

HOBART MASTERS

It is a pleasure for me to present this Annual Report on the activities of the Hobart Aussi Masters Club for 1987-88 for although there remains room for much good work to be done in certain areas, there has been demonstrable progress in respect to:

1. increase in the range and extent of participation at state, national and (if indeed we may share in the reflected glory of some of our members) international swimming - meet levels;
2. increase in real achievement at these competitions;
3. development of confidence through real experience in our being able to handle organizational aspects relating to the running of such meets - even to the hosting role, and
4. development of both individual member's and collective awareness of standards that are possible in adult swimming including -
5. the development of our understanding of the needs and interests of the relatively inexperienced adult swimmer joining as a very important part of us, and - for the list does not end here -
6. continuing development of the friendly spirit which has always been an ever assertive aspect in the character of Hobart Aussi Masters - even when differences have arisen.

John Menadue.

President 87-88.

TALAYS AUSSI

It was with anxiety and not just a little "fear and trepidation" that four members of Hobart Masters decided that perhaps the time had come for expansion of the AUSSI image 'down South'.

The decision was not taken lightly and much homework was done prior to the move. Fortunate we were, with considerable co-operation from both the Glenorchy pool and Talays, supplying pool space and sponsorship.

These same four members knew what the work load would be and have never faltered. They competed in the World Championships representing the new club, coming home to the official opening of Talays at Glenorchy last November.

That family of four has grown to an official thirteen with another six "knocking at the door". Our members are varied, both in walks of life and swimming ability, however we all share a love of the water and a spirit of adventure, important ingredients for a new Club.

Swim times consist of early Monday mornings; Wednesday evenings; and Friday afternoons which are followed by the inevitable social gathering! Fundraising has been quietly successful, as too have the informal nights with Hobart Masters. We look forward to a wider expanse of these. With the approach of winter, negotiations are underway for the regular use of an indoor pool - we all have the Tasmanian Masters Games in mind.

Before I close, heartfelt gratitude must be extended to Paul Johannsen - manager of the Glenorchy Pool - without whose invaluable assistance, generosity and good nature our club would sorely be at a loss, and last but not least, Talays sporting store, who came to the aid of the party when all else seemed to fail.

We have moved now into yet another year; all clubs look forward to a successful one, with good reason - Talays Masters feels equally buoyant!

Perri Brereton.
President.