

TASMANIAN STATE BRANCH - AUSSI

THE PLATYPUS PRESS

MAY 1989

ISSUE No 1



Kathy Smith of the Devonport Devils, enjoying herself at the Central Australian Master's Games held in Alice Spring last October. Kathy finish third in her age group (25-29) and swam some outstanding times. Kathy, 29, is married to Steve Smith (also an AUSSI swimmer) and the pair represent Devonport at most meets.

Another Platypus Production

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HOBART 234 Elizabeth Street Ph. 34 2188

DERWENT PARK 233 Main Road Ph. 72 4777

EDITOR'S NOTES

Welcome to the first "new-breed" issue of the State Branch Newsletter - brought to you by your friendly State Publicity Officer, Chris Holloway, in association with the "good elf", Jodi Harrison.

We both hope that you'll enjoy reading the news and views from around the State and occasionally, feel compelled to "do your bit" by supplying an article or item of interest.

Features of this magazine include YOUR VIEWPOINT - a letters to the editor column for YOU! (To get the ball rolling this month, I have express my viewpoint - Jodi) Please write to us and express your view on any topic. You may like to write saying what a great pleasure it is to receive your State Newsletter (hint hint). Put pen to paper and take part.

Also, we travel around the clubs, collecting bits of news and articles from the various club newsletters. And then there are our Club Correspondents, who tell who's doing what to whom etc..

Starting next issue for the fitness freaks we will have a regular, bi-monthly "Coaching & Fitness" column by John Pugh the State Fitness Director, plus handy hints for swimmers.

This magazine has been sponsored by various Tasmanian businesses (you'll see their ads scattered here and there) and we would like to encourage all members to support these businesses in return.

Read on and enjoy. But remember, this is a democratic newsletter, for the people and by the people.

Good swimming

Jodi & Chris

YOUR VIEWPOINT - Letters to the Editor

Write to: Your Viewpoint
C/- AUSSI State Branch
10 Highview Crescent
Devonport 7310

A SERIOUS SPORT

Dear Sir,

I wish to motivate all officials of AUSSI swimming to starting doing their duty to AUSSI swimmers - officiating with accuracy. I recognise that these dedicated people do a great job by volunteering their services to AUSSI swimming, but they must realise that most of the swimmers consider themselves serious sportspeople and want to be treated as such. My main complaint is that in Local and even National competition, officials do not disqualify swimmers for improper stroking, incorrect turns, violations of AUSSI rules and, as happened in Sydney recently, deliberate false starts.

It may seem severe and unsympathetic, especially for some of the more elderly swimmers, but what they have to realise is that one day, in some competition, they may be disqualified for swimming as they have always swum. Prime examples of this "injustice to swimmers" are "butterfly" without the arms clearing the water - as specified by AUSSI rules, "scissor-kicking" in breaststroke, and, the wearing of a timing device (i.e. watch) by a competitor during a race. Of course, if there is a medical disability and the swimmer has a certificate to that effect, some lee-way should be given.

For swimmers to correct this, it's easy. If you can't swim butterfly correctly, don't enter butterfly races until you can. If you are not sure if your stroking is

correct, ask someone in your club, or better still an official. The same for starts and turns.

I urge all officials, please treat AUSSI swimmers as serious sportspeople and apply the rules as you would to any other swimmers. The quality of swimming in AUSSI Australia depends on you, as does the self-esteem of our swimmers.

Jodi Harrison
HOBART MASTERS

SECRETARY'S REPORT

Trish Beveridge, our State Branch Secretary, apologises for her lack of report, but assures us that the next issue will definitely be a go'er.

(Trish is currently 'starring' in a Devonport Repertory production of Calamity Jane which is taking up a lot of her time! Ed.)

AROUND THE CLUBS

DEVONPORT

Winter swimming at Ulverstone is now underway. Club times are Monday 8.00 - 9.00pm, Tuesday 6.00 - 7.00pm, Friday 8.00 - 9.00pm and Sunday 4.00 - 5.30pm. Entry cost is currently \$1.50 per person. A wide variety of season tickets are available for the regular swimmers - see Barrie Hall (Treasurer) for further details.

It's planned to conduct the Sunday sessions as Time Trials with points scoring. Learners attempting B'Fly, may race with flippers. Swimmers attaining 10 points in one month, go into the draw for a prize. Another event will be a nominated time swim. Swimmers nominate a time and an event. Anyone who swims their nominated time (or closest) will receive an incentive award.

Club Caps featuring the Devonport Devil are now available from Carmel Whittle at the pool. Cost is \$3.00 each or 2 for \$5.00.

Calendar of Events for May/June/July is:-

Winter Swimming Times as per earlier paragraph

Other events are:

- | | |
|--------|--|
| May 27 | Uni Revue - Launceston |
| June 2 | Pub Night at Forth Hotel after swim |
| 7 | Club Meeting - 7.30pm
21 Wiena Crescent |
| 9 | "Beer & Bite Night"
10 Highview Crescent (Chris & Carmel's) |
| 16 | Moonlight Bowls (?) |
| 23 | Moonlight Bowls (?) |
| July 5 | Club Meeting - 7.30pm |
| 7 | Pub Night - Forth Pub |
| 15 | Tasmanian Masters Games |
| 16 | Tasmanian Masters Games |

All other club swimmers are welcome

HOBART

Nine Hobart swimmers made it into the National Top Ten for 1988. Swimmers starring were Sandy Menadue (1 event), Jodi Harrison (6), Jenny Breen (3), Ros Dillon (1), Geoff Dews (1), Brigitte Potter (2), Janet French (1) and Justine Bamford (3). Di Wilkinson, one our much loved members, who sadly died last year, featured in two events.

Hobart Members are currently being offered a 10% discount on all sporting good at the Hobart Sports Centre in Centrepont. Member are encourage to take advantage of this generous offer.

A video evening was held at the home of Jodi and John on the 8th of April with about 18 members attending. Video's viewed included a stroke correction tape and a tape of the 1988 Summer Titles - starring the Devil's (they taped it!). Robert Bonney also had a tape taken at the pool that morning of members swimming up and down the pool. It was great to be able to see yourself swim.

The Bingo night planned for the 29th April was unfortunately postponed due to illness. Georgina Bloomfield - get well soon, we need you!

A Curry Night is planned for the final Trepid Baths swim on the 19th May. Cost will be \$7.00 per person (Children under 12 half price). Drinks will be available at a small cost.

Hobart is currently in the midst of Incorporating. And to celebrate our last night as a un-incorporated club we are having a Pre-Inc. Mystery Night. Your evening's entertainment includes dinner and a show. Tickets will be on sale early June and will be very limited.

Hobart Masters meets each Saturday morning at the Clarence Pool: 8am - 10am. And as well in Summer at the Trepid Baths during the week (details to come). All swimmers from other Clubs are welcome along.

LAUNCESTON

Launceston members meet regularly at the Mowbray Pool each Tuesday from 8pm until 9pm. Members from other Clubs are most welcome. Extra Training sessions are being planned for Saturday mornings at the Mowbray Pool. Times look to be from 11am to 12.

Congratulations to new State Branch President - Peter Smith and also to John Pugh - State Branch Director of Fitness and Training.

After the success of the counter meal held on the last night of Summer Swimming, Suzanne is hoping to organise a bulk booking for members to go to the Uni Revue. It will be around Friday the 26th. Book now!

The Club is also thinking of making a video of everyone swimming to enable stroke correction. If it goes ahead, a post-mortem session with supper will be held at someone's home afterwards.

FOR THE RECORD

with Chris Holloway

Summer Championships

72 Individual Records were broken (31 Women / 41 Men)

20-24 Age Group

Jane Duff	50 BK	40.39
	100 BK	1.30 .67
	200 BK	3.24 .14
Jeannie Baxter	100 BS	1.35 .50
	200 BF	3.02 .55
Donna Jack	200 BS	3.40 .31
Robert Reid	50 BS	39.92

25-29 Age Group

Jodi Harrison	50 BK	36.91
	100 BK	1.19 .07
	200 IM	2.52 .07
	200 BK	3.03 .00
Karon Aiken	100 FS	1.06 .00
	50 FS	29.72
	50 BF	32.47

Kathy Smith	400 FS	5.18 .76
David Briggs	400 FS	5.59 .36

30-34 Age Group

Diane McHenry	200 BS	3.42 .93
John Welsh	100 BS	1.32 .99
	50 BS	41.42
	200 BS	3.24 .45
Gary Tudehope	100 FS	1.05 .63
	50 FS	28.50
S. Foster	200 BF	3.39 .25
Gus Koerbin	200 BK	3.47 .49

35-39 Age Group

Ros Dillon	200 IM	3.22 .24
	50 BF	41.60
Trish Beveridge	200 BF	5.04 .31
Nigel Carins	100 BS	1.25 .90
	50 BS	38.03
	200 BS	3.22 .72

40-44 Age Group

Ron Sargison	400 FS	5.34 .50
	100 FS	1.07 .59
	50 FS	30.12
John Fry	100 BF	1.38 .78
	50 BF	39.39

J. Biggelaar	200 BS	3.42 .78
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45-49 Age Group

Camilia Newey	400 FS	6.25 .62
	50 BK	44.61
	100 BK	1.36 .56
	200 BK	3.25 .62
	200 BF	4.12 .91

Brigitte Potter	100 BS	1.45 .78
	50 BS	49.91
	200 BS	3.50 .10

John Jordan	100 BS	1.49 .72
	50 BS	51.18

Mal Innes	50 BK	44.69
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50-54 Age Group

John Pugh	400 FS	5.36 .28
	200 BK	3.19 .22

Colin Hinrichsen	100 BS	1.57 .37
	50 BS	48.88

55-59 Age Group

Royce Bracken	50 BK	49.69
	100 BK	2.05 .22
	100 FS	1.34 .90
	200 BK	4.36 .14

John Menadue	400 FS	8.17 .17
	200 BS	4.00 .38

60-64 Age Group

Justine Bamford	400 FS	8.36 .24
	100 BS	2.02 .40
	50 BS	55.06
	200 BS	4.23 .53
Roger Wallace	50 BK	1.16 .85
	100 BS	2.17 .50
	50 BS	57.25
	50 FS	1.07 .56
	200 BS	4.59 .19

65-69 Age Group

Doug Job	100 BS	2.41 .60
	50 BS	1.05 .31
	100 FS	3.13 .84
	50 FS	1.11 .03
	200 BS	6.10 .60

Best By Tasmanian Updates!

Your Club should have the latest copy of the Best By Tasmanian Records. This set includes the World Masters Swim in Brisbane and Central Aust. Masters Games. Ask to look and it and see how well your fellow Tasmanians rate.

Tasmanian Top Five

Once again, your Club should have a copy of this by now. It makes very interesting reading and may help you plan for the up-coming Tasmanian Masters Games. Some events (esp. Butterfly) are conspicuous by their absence in some of the age groups.

Aerobic's Results

The Aerobic Swims took place between 1st October 1987 and 30st September 1988. (This year's finish on 30th Sept, 89, so if you haven't started yet, this is your last chance! You must start in May.) Results of the 87-88 are available in full from your Club Secretary. Below are the Tasmanian results.

55-64	Justine Bamford (H)	9 points	
	Royce Bracken (D)	9	
	John Menadue (H)	9	
45-54	<i>Camilia Newey (D)</i>	<i>109 (swim with QTV) *</i>	
	Brigitte Potter (H)	6	Frank Webb (D) 13
	Janet French (H)	6	Conrad Gleeson (L) 7
	Helen Cann (L)	4	Peter Fisher (H) 3
	Barrie Hall (D)	24	Ted Sands (L) 2
	John Pugh (L)	23	
35-44			
	Trish Beveridge (D)	22	Elizabeth Neave (H) 1
	Jenny Page (L)	16	Hector Beveridge (D) 16
	Carmel Whittle (D)	6	Robert Fassett (L) 13
	Kerry Stallard (D)	6	Christopher Holloway (D) 11
	Jenny Breen (H)	3	James Gore (D) 7
	Robyn Mounster (H)	1	Mark Every (D) 4
	Neville Sice (L)	3	
25-34			
	Kathy Smith (D)	36	Ketrina Clarke (L) 3
	Alwynne MacMahon (L)	26	Michael Bellis (H) 23
	Diana McHenry (L)	20	Michael Doran (L) 19
	Heather Reid (D)	16	David Briggs (H) 13
	Lorene Furmage (H)	14	William Woodworth (L) 7
	Jodi Harrison (H)	9	Ian Roberts (D) 6
	Kerry Fisher (L)	8	Gus Koerbin (L) 6
	Vivienne Orders (L)	6	Rodney Bird (D) 6
	Sally Mitchell (L)	6	Peter Smith (L) 3
	Yvonne Malakoff (H)	5	Stephen Smith (D) 2
	Wendy Pilgram (D)	4	

20-24	Victoria Moore (L)	6
	Julie MacDonald (L)	2

Just a reminder to all you Aerobic Swimmers, there are badges available for all Aerobic Swims. Just complete the form available from your Club Secretary and forward it, together with \$2.00 per badge to Barrie Hall, the State Branch Treasurer.

If there is anyone willing to take on the job of Assistant Recorder, compiling the Aerobic's results, please contact me. The time will come when I will not be standing for the position of Recorder and someone will have to take-over. also, with the added duties of Publicity Officer, some help would be appreciated.

14th National Swim Meet - Sydney 1989

20-24	Jane Duff (D)	Overall Placing 7th (out of 16)
	400 FS	6.55 .85 (4th)
	50 BK	41.61 (5th)
	50 FS	37.57 (2nd)
	100 BK	1.31 .90 (5th)
	100 FS	1.21 .46 (4th) PB

25-29	Jodi Harrison (H)	O/Placing 4th (out of 22)
	50 BK	35.33 (2nd)
	100 BS	1.29 .50 (2nd)
	100 BK	1.18 .33 (1st)
	200 IM	2.47 .97 (3rd)
	50 BS	41.85 (3rd)

30-34	John Welsh (H)	O/Placing 10th (out of 23)
	50 BK	36.15 (4th) PB
	100 BS	1.33 .97 (5th)
	100 BK	1.22 .50 (6th) PB
	200 BS	3.22 .94 (5th)
	50 BS	41.37 (3rd)

35-39	Trish Beveridge (D)	O/Placing 19th (out of 39)
	50 BK	42.07 (4th)
	50 FS	36.59 (12th)
	100 BS	1.40 .53 (9th)
	200 IM	3.50 .28 (9th) PB
	50 BS	49.78 (8th) PB

Carmel Whittle (D) O/Placing 27th

	50 BK	57.51 (11th)
	100 BS	2.21 .87 (8th) PB
	50 FS	47.93 (19th) PB
	100 BK	2.04 .93 (15th)
	50 BS	1.03 .95 (16th) PB

David Smith (D) O/Placing 22nd (out of 31)

	400 FS	6.27 .40 (10th)
	100 BS	1.35 .69 (9th) PB
	50 FS	32.19 (12th) PB
	200 BS	3.43 .00 (8th) PB
	50 BS	40.35 (7th) PB

40-44 Chris Holloway (D) O/Placing 19th (out of 37)

	50 BK	42.97 (6th) PB
	100 BS	1.44 .98 (7th)
	50 FS	35.93 (18th)
	100 BK	1.38 .18 (6th)
	50 BS	44.82 (9th)

Out of 67 Clubs, Devonport Devils (with 5 swimmers) was placed 35th with 97 points. Hobart Masters (with only 2 swimmers) was placed 43rd with 76 points.

Winners were North Sydney Aussi with 1889 points, second was Warringah Masters with 1519 and third placing went to Manly Aussi with 1201 points.

Devonport entered two 120 Mixed Relays that were placed 8th in both the events. Well done, to the 7 representatives from Tasmania.

AEROBICS SWIMS - Just What Are They?

from Alwynne McMahon (Launceston AUSSI)

New members and probably some 'old' members, may be confused about just how the Aerobic Swims work. The following information explains them in some detail.

The National Aerobic Trophy was introduced to encourage all swimmers to improve their fitness and endurance. The winner of the National Aerobic Trophy is the Club in Australia which scores the highest number of points gained by its members. The Tassy Trophy is awarded to the club which scores the highest number of points per registered swimmers. This is an incentive for smaller clubs to compete on an even footing, and for larger clubs to encourage greater member participation.

Rules and point scoring systems can be confusing for new members. The basic information for aerobic swims is set out below. This is taken from the 'National Aerobic Trophy Rules and Pointscores'.

400m & 800m swims

FIVE swims must be completed. Each of these must be swum in a different month of the aerobic year. Swims may be done in FS, BK, BS, BF or IM. If more than five swims are completed, the fastest five times (provided they are in different months) will be submitted.

1500, 3000 & 5000m swims

Each swim need only be completed once. Swims may be done in FS, BK or BS. It is possible to qualify for three awards for each distance.

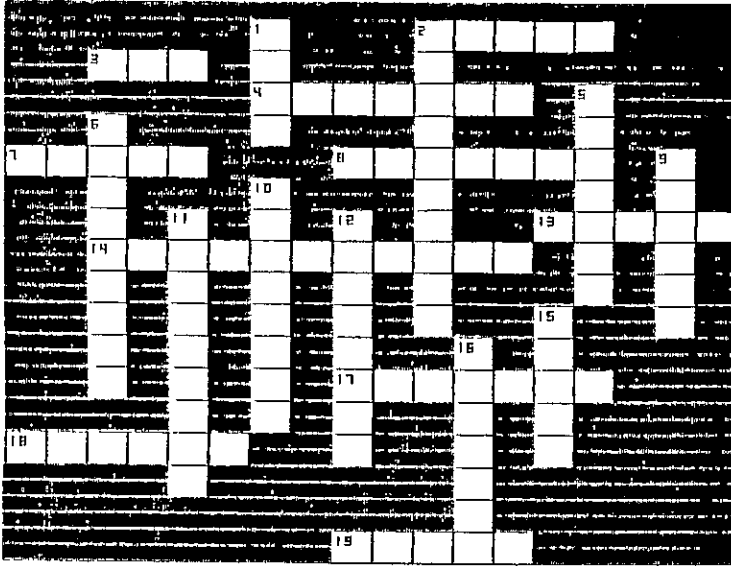
One Hour swim

The object is cover as much distance as possible in an hour. Swims may be done in FS, BK or BS.

Thank you Alwynne for this explanation. Members seeking further detail can see their Club Secretary.

AUSSI CROSSWORD

A regular item from Kathy Smith (Devonport Devils)



ACROSS:

2. This year will be the 5th Winter ____ Course Championships.
3. part of our motto
4. Combined Winters and Tas. Masters Games held at ____.
7. Pink for ladies, blue for the boys.
8. One of the reasons we swim.
13. Our new State President!
14. The D'port Devils seem to do a lot of this.
17. The National ____ Trophy is based on a Point Scoring System.
18. A race where all strokes are swum.
19. Masters Swimming in Australia (Inc).

DOWN:

1. "The Goal is an excuse for the ____."
2. An important part of the Warm-Up.
5. Tasmanian ____ Games will be held in July.
6. Swim any stroke you like.
9. Anyone over the age of ____ is welcome to join AUSSI.
10. Which animal appears on Hobart's badge?
11. Our local sponsor at the recent Summer Titles.
12. Country town home of the newest AUSSI Club.
15. Percy always seems to have a ____ in his hand.
16. The new Aust. Masters ____ Newsletters makes good reading.

MEETING REPORTS

A summary of the minutes of the Tasmanian State Branch meeting held 29th April, 1989.

- 1) Photocopier has been purchased and is working well.
- 2) Brian Edwards (Meet Director) reported on the successful running of the Summer Championships. Ran a little fast but the program is established and it is up to swimmers to avoid swims one after the other.
- 3) Burnie Club - Chris Holloway attended the meeting at which a steering committee was formed. Progressing well.
- 4) Lilydale has run a swim-a-thon to raise initial fund to establish their Club.
- 5) Hector Beveridge to attend Sport and Rec meeting in June. AUSSI to place on agenda Recognition of Masters Swimming as a separate identity having a representative voice on the Board of ASI.
- 6) Chris Holloway read a letter he has sent out to businesses regarding sponsorship and advertising in our new newsletter. One reply so far.
- 7) New Aerobic recording sheets have been distributed. Nat. Top Ten discrepancies. Clubs to advise Chris of these.
- 8) Next Meeting Saturday July 15th, North Lodge Penthouse Suite likely as venue.
- 9) Club Logos are required by Chris Holloway for the Newsletter. Clubs are requested to supply a very clear logo in Black on White format



PEOPLE IN PROFILE

NAME: Carmel WHITTLE
D.O.B.: a long time ago in 1952
BORN: Burnie, Tasmania.
LIVES: Devonport



Sporting interests through my school life were mainly netball (State Rep. in 1968), Softball and Basketball. I attended Burnie Primary and Parklands High School and on leaving school commenced nursing studies at North Western General Hospital. Due to the irregular working hours of nursing life I was unable to continue with my teams sports. Moved to Devonport in 1971 and started playing Volleyball.

Developed a "passive" interest in swimming when my children learnt to swim and progressed into competitive swimming. Introduced to AUSSI by Trish Beveridge, I competed in the First AUSSI Summer Championship in 1986. Mildly interested, I attended the Nationals in Adelaide in the year and became hooked. Since then I have taken part in most State Meets, the First Australian Masters Games (Swimming & Volleyball where I won a Silver) and more recently the 2nd FINA/WMI Swim in Brisbane '88 and the Central Australian Masters Games where I was a member of two Gold Medal winning relay teams. Present interests include Volleyball, Netball and Swimming, as well as my position as Secretary (2 years) of the Devonport Devils.

GREATEST ACHIEVEMENTS TO DATE:
Giving birth to two healthy, great kids

FUTURE HOPES:
Brazil - 1990 World Titles
To swim a 200m IM without flippers

NAME: Camilia NEWEY

BORN: Proserpine, Queensland, 1st October, 1939

LIVES: Devonport

At the age of six our family moved to Mount Isa and in 1951 Mount Isa got it's first Swimming Pool. At the age of 12, I learnt to swim Freestyle and Backstroke but gave it up at 16 after swimming at State Level. I returned to competitive swimming at the ripe old age of 45, after a 29 year retirement. I joined the Townsville Masters. It wasn't easy returning to competitive swimming, the hardest thing being finding the courage to get in and have a go. I was State Champion for four years in Queensland and won State Champion 45-49 years age group in Tasmania in March 1989. Swimming with AUSSI Masters has been a real challenge and since learning how to do Butterfly and Breaststroke it has given me the opportunity to do most of the Aerobic Swims. If there is one way to keep fit, just try doing five 800m Medleys in one year.

Every year I set myself a challenge, this year it was to do five 400m Butterflies in my Aerobic program. I am please to say that there is only one more to go! The friendship and encouragement I have found in AUSSI Masters has contributed a great deal to my enjoyment of swimming also the support I receive from my husband Alf and four grown children.

THIS YEARS ACHIEVEMENTS: World Top Ten *
National Top Ten
State Top Five

FUTURE HOPES: Finish 400 B/F Aerobic Swims

* Camilia rates in the World Top Ten in the following events:- 1500 FS, 50 FS, 200 FS, 400 FS, 800 FS, 100 BK, 200 BK, 200 IM and 400 IM. Fantastic!!!

NAME: Jodi Sue HARRISON
BORN: Launceston, 28 December 1962.
LIVES: Hobart.
WORKS: The ABC
John Vandenberg Swimming Centre



Learnt to swim aged 5. Joined St Patricks Amateur Swimming Club. Won first medal at age 8 (Bronze in NDASA for 50 Backstroke). Swam competitively for St Pats and South Esk until age 13, greatest achievements during this period included 50 or so medals, 3 major trophies and my first bra. Gave up "serious" swimming and concentrated on school (Kings Meadows High) and other things (for the first time in my life!), much to parent's dismay. Went on the L'ton Matric College and then joined Australia Post. After 2.5 years of hard work and fairly good pay, transferred to Sydney on promotion and stuck it out there for a similar period. (During these years I was not once tempted to swim again and, in fact, took up body-building as a sport.) Returned to Tasmania, Hobart this time, and took up job offer by ABC. Occasionally returned to pool for periods of no longer than 4 weeks at a time to "get fit". Discovered Masters in December 1987, joined after 25th birthday and began training. Competed in 1988 Master's Summer Titles (2nd in Age Group), 1988 Winters (1st), World Masters Swim in Brisbane (2 ninths in BK events), Central Australian Games (2nd), 1989 Master's Summers (1st), 1989 Amateur STSA (Gold, Silver and 4th), 1989 Amateur State Opens (Bronze) and, most recently, National's in Sydney (4th).

GREATEST ACHIEVEMENT FOR 1989 (SO FAR...):

Being chosen for the Tasmanian Tri-State Team in competition against Victoria and South Australia. (I didn't have to bribe anyone!)

FUTURE: World Titles in Brazil (1990)

STRETCH

It is very important for you to warm-up properly before any exercise and stretching is one of the best ways. Shown below are some examples of Stretching Exercises recommended to try out before you swim.

SHOULDER

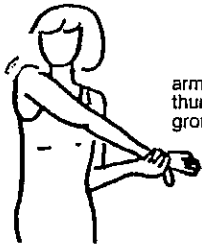


- Pull elbow across to opposite shoulder

TRICEPS



- Hand behind head
- Pull elbow behind head with opposite hand



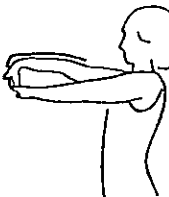
- arm across body, thumb towards ground

BICEPS



- Hold onto door at arms length, thumb down
- turn body away from arm let shoulder roll in

WRIST/FOREARM FLEXORS



- elbow straight
- pull on palm of hand till stretch is felt in forearm

WRIST/FOREARM EXTENSORS

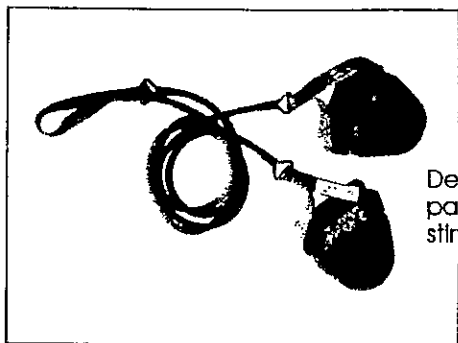


- elbow straight
- pull on back of hand

STRETCH CORDZ

Another way to stretch is to use Stretch Cords or in this case Cordz.

In 1984, Chris Hall, an American Master's swimmer, with a background in plastics engineering developed StretchCordz. They are now used by literally thousands of people in 10 countries around the world. Among those using them are Competitive and World Class swimmers - including a triple gold medal winner, Triathletes, Local Swim Clubs, High School, University and Master's swim coaches for training their teams and National Swim Teams. Additionally, they are used by many individuals for their personal fitness programs.



Designed specifically for swimmers, the paddle emulates a swimming pull & helps stimulate proprioceptors in the hands.

Regardless of your age, whether you are just starting an exercise program, or if you are a World Class Athlete, there are a variety of StretchCordz models and resistances to meet your training needs. Give them a try, you won't be disappointed.

Write to the Australian Distributor,

POZCO Pty Ltd,
GPO Box 359
SCARBOROUGH
Western Australia 6019

for further details.

MASTERS GAMES

Mowbray Memorial Pool - LAUNCESTON

July 15 & 16, 1989

PROGRAMME

Saturday - commences 2pm

1. 400 Freestyle
2. 50 Breaststroke
3. 200 Backstroke
4. 50 Freestyle
5. 100 Butterfly
6. 100 Breaststroke
7. 100 Individual Medley
8. 4 x 25 Medley Relay (MEN)
9. 4 x 25 Freestyle Relay (MIXED)
10. 4 x 25 Freestyle Relay (WOMEN)

Sunday - commences 9am

11. 200 Freestyle
12. 50 Backstroke
13. 200 Breaststroke
14. 50 Butterfly
15. 100 Backstroke
16. 100 Freestyle
17. 4 x 25 Medley Relay (WOMEN)
18. 4 x 25 Medley Relay (MIXED)
19. 4 x 25 Freestyle Relay (MEN)

Entry is gained by completing the Masters Games Registration Form. AUSSI members should enter their Club's name on the entry form.

The \$15 Masters Games Entry Fee covers individual entry for both the Tasmanian Masters Games Swim Meet and the Fifth Winter Short Course Championships.

Entry is limited to six (6) individual events.

Age is at the last day (16th July) of the swim meet.

The entry form is to be accompanied by official AUSSI Race Cards, completed with nominated times and, for AUSSI members, Registration numbers.

PLEASE NOTE: Swimmers will be included in events for which cards are received in preference to those ticked on the nomination form should there be a conflict.

RELAY ENTRIES: For AUSSI Championship relay swimmers must compete in at least ONE individual event. Relay competitors may compete in ONLY ONE AGE GROUP per event. There is no restriction on the number of relays per event. Entry fee is \$2.00 per team.

CLOSING DATE FOR ENTRIES:

Individual entries close on 2nd June, 1989 and must be lodged with:

The Tasmanian Masters Games Inc.,
PO Box 501
LAUNCESTON

Relay entries from AUSSI clubs close on 16th June, 1989 and must be lodged with:

The Meet Director
21 Wiena Crescent
DEVONPORT 7310

Other relay entries will be accepted on the day of competition.



1988/89 PRESIDENT'S REPORT - Chris Branson

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 strongest 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 occurred 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 that's 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 gilded 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 Breerton 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 Braunsell

1988/89 FINANCIAL 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>

E.K. Hall

E.K. HALL,
State Treasurer.

STATE BRANCH OFFICE BEARERS

President: Mr Peter Smith (003) 260744 (W)
Secretary: Mrs Trish Beveridge (004) 246093 (H)
Treasurer: Mr Barrie Hall (004) 244825 (H)
Fitness/
Coaching: Mr John Pugh (003) 272135 (H)
Publicity/
Promotion: Mr Chris Holloway (004) 248164 (H)
Recorder: Mr Chris Holloway

TASMANIAN CLUB LIST

Devonport Devils
PO Box 133
DEVONPORT 7310

Hobart Masters
PO Box 395
ROSNY PARK 7018

Launceston AUSSI
GPO Box
LAUNCESTON 7250

Lilydale Bluefins
C/- Pam Gray
Main Road
UNDERWOOD 7254

Talays Masters
C/- Nan Lewis
HOBART 7000

Burnie AUSSI (Steering Committee Secretary)
31 Corcelli Street
WIVENHOE 7320



TASMANIA BANK