

PLATYPUS PRESS

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AUSSI Masters Swimming in Tasmania

TOP TEN

Our Branch Recorder, Pauline Samson, has submitted the results we achieved in the National Top Ten. Unfortunately, (and I say this with a big smile!) there were TOO MANY RESULTS to publish in our modest Platypus Press! Pauline subitted 700 entries for the Top Ten for 1990-91. Of these, 463 were successful! Some competitors missed out on the list by only a small margin. It varies from year to year as regards the number of entries in the events and range of times accepted.

I will photocopy this six page list, and send it to club secretaries for information. The list will tell you whether you are in the long course or the short course National Top Ten. These two booklets are the AUSSI "Hall of Fame", and to get your name in there just ONCE is quite an achievement. Some swimmers have their names in there no less than 24 times!

COACHING COURSE

Swimmers and especially those interested in coaching should be aware that there is a COACHING COURSE coming up on Saturday 16th May. More information is available inside about this too. The course is designed so that anybody can attend - you don't have to become a coach. Many topics are covered which

the self-coached swimmer would find invaluable.

WINTER CHAMPIONSHIPS

At last the date is available for the Winter Short Course Championships. The meet will be held on Saturday and Sunday 1st and 2nd August, and entries close on Monday July 4th. (This means that you will have to submit your entry to your club some time before 4th July, as entries are only received from Clubs.)

Get your club organized - its much more fun to stay together at the one pub!

WORLD MASTERS

Hobart Masters have two of their members packing up to go to the World Masters in Mineapolis, USA. Ivan Cunningham and Neil Hickey have been training furiously for the past twelve months with this event in mind. Neil came back from the last World Masters in Rio de Janeiro with some excellent times, and the ambition to do better in 1992.

Both men train with City of Glenorchy to get that "Extra Edge", and if you ever watch them, you will see that they are getting it. Good luck, Neil and Ivan.

MASTERING SWIMMING

This is the name of the new book edited by our own Anita Killmier, Director of Coaching for AUSSI Masters Swimming in Australia, and was only released at the Nationals last month.

It is a self-help guide for coaches and swimmers and has been written not only with the AUSSI member in mind, but also the lap swimmer who has not as yet joined an AUSSI club. Anita also has her eye on the international market, as this is the first book of its kind which has been written especially for Master (adult) swimmers.

"Mastering Swimming" is a complete guide to swimming for coaches and swimmers. It deals with all facets of training, from nutrition to planning a season's workouts. Programs are outlined for sprint and distance work, both for the novice and experienced swimmer. There is a large section on swimming strokes for those who want to improve their techniques --- the many drawings clearly show correct strokes and common errors.

Growing old doesn't mean sitting on the sidelines and watching. Swimming is one of the safest forms of exercise, so what better escape as age catches up. While ageing can be seen as inevitable, the effects it has on quality of life and swimming performance can be modified by a well-planned regular swimming program.

"Mastering Swimming" is a book for anyone who wants to know more about swimming - coaches, swimmers and teachers alike. It is for both young and old; those who train in a group and those who train alone; those who are experienced swimmers and those who are just starting out; but most importantly it is for those who want to gain more from their chosen sport --- swimming.

Anita, and the other contributors who gave their time and expertise to produce this volume, have done so without expectation of reward, so that you may have this excellent publication at the minimum cost. The first print run is 2000, of which AUSSI has purchased 1000.

What is the cost of this book? If you buy it direct from the publishers, it sells for \$26.95, plus postage and packaging, which amounts to between \$6.65 and \$8.15 per book. The Tasmanian Branch has bought a small number of copies at 10% discount. These are available to YOU at \$26.95 each, but NO POSTAGE AND PACKAGING. Copies will be held by Ron Bloomfield, 8 Elwood Drive Lindisfarne 7015. On receipt of your cheque for \$26.95 made payable to AUSSI Tasmania, he will send you your copy through your club. (Southern clubs will be delivered by hand, Northern clubs by post).

Get those orders in!

Tasmanian Results in the Nationals

Congratulations to those Tasmanian AUSSI members who ventured to Melbourne to attend the AUSSI Nationals. Results for all swimmers are shown here, along with times and placings.

There is some doubt about the 5Knm open water swim: Many of the swimmers who took part in this event have somehow not had their times recorded. If you completed the 5Knm open water swim, and you have DNF? for a result, then this is the explanation.

Christine Duda 15th 25-29 TTL
 50 FREESTYLE 0:36.57 9th
 50 BACKSTROKE 0:41.93 7th
 50 BREASTROKE 0:44.99 4th
 100 BREASTROKE 1:43.65
 100 FREESTYLE 1:23.98 4th

Katherine Daft 18th 30-34 THB
 50 BACKSTROKE 0:41.34 5th
 50 BREASTROKE 0:42.67 7th
 100 FREESTYLE 1:20.84
 100 BACKSTROKE 1:28.49 8th
 100 BREASTROKE 1:34.18 4th

Frances Roberts 16th 25-29 TDP
 50 FREESTYLE 0:35.08 7th
 50 BREASTROKE 1:08.10 6th
 100 FREESTYLE 1:17.30 7th
 100 BREASTROKE 2:35.84 9th
 400 WOMENS FSTYLE 6:31.38 6th

Kathleen Smith 2nd 30-34 TDP
 100 BUTTERFLY 1:12.81 2nd
 200 BUTTERFLY 2:43.31 2nd
 400 WOMENS FSTYLE 5:10.84 5th
 400 IND MEDLEY 5:51.12 1st
 800 WOMENS FSTYLE 10:35.84 2nd
 5K OPEN WATER SWIM DNF?

Jane Harrison 17th 25-29 TDP
 50 BACKSTROKE 0:41.32 5th
 100 FREESTYLE 1:23.09 9th
 100 BACKSTROKE 1:31.84 7th
 200 FREESTYLE 3:00.59
 200 BACKSTROKE 3:12.70 6th

Julia Allston 2nd 35-39 THB
 50 BUTTERFLY 0:34.77 1st
 100 FREESTYLE 1:08.66 3rd
 200 FREESTYLE 2:31.69 2nd
 200 IND MEDLEY 2:56.22 3rd
 400 WOMENS FSTYLE 5:26.08 1st

Biddy Searl 41st 30-34 THB
 50 FREESTYLE 0:38.43
 50 BACKSTROKE 0:46.35
 100 FREESTYLE 1:25.40
 100 BREASTROKE 1:49.06
 200 FREESTYLE 3:10.05

Patricia Beveridge 34th 35-39 TDP
 50 FREESTYLE 0:38.92
 50 BREASTROKE 0:48.45
 100 BACKSTROKE 1:37.32 8th
 100 BREASTROKE 1:57.39
 200 BACKSTROKE 3:50.58

Christine Brown 9th 30-34 TDP
 100 FREESTYLE 1:09.94 6th
 100 BACKSTROKE 1:21.07 3rd
 200 FREESTYLE 2:29.42 1st
 200 BACKSTROKE 2:55.47 2nd
 400 WOMENS FSTYLE 5:09.90 4th

Sheeree Alcock 26th 35-39 TTL
 50 FREESTYLE 0:37.37
 50 BUTTERFLY 0:42.50
 50 BREASTROKE 0:47.21 7th
 100 FREESTYLE 1:22.96
 100 BREASTROKE 1:45.02 6th

Christine Brezinscak 51st 40-44 TTL
50 BACKSTROKE 1:11.17

Brigitte Potter 7th 45-49 THB
50 BACKSTROKE 0:43.71 3rd
50 BREASTROKE 0:48.36 3rd
100 BACKSTROKE 1:35.94 3rd
100 BREASTROKE 1:47.37 3rd
200 INDMEDLEY 3:46.29 4th

Perri Breerton 19th 45-49 TTL
50 BUTTERFLY 0:58.44 7th
200 FREESTYLE 3:32.15
200 BACKSTROKE 3:58.31 3rd
400 WOMENS FSTYLE 8:07.06 9th
800 WOMENS FSTYLE 15:50.12 9th

Jan Chew 29th 50-54 THB
50 FREESTYLE 0:47.07 7th
50 BREASTROKE 1:03.61 9th
100 BREASTROKE 2:37.22
200 FREESTYLE 4:10.89 9th
200 BREASTROKE 5:21.54

Judy Hyndes 31st 50-54 TTL
50 FREESTYLE 1:04.40
50 BACKSTROKE 1:20.40 8th
50 BREASTROKE 1:47.00
100 BREASTROKE 3:47.97
200 BREASTROKE 7:39.14

Dorothy Armstrong 26th 55-59 TTL
50 BACKSTROKE 1:14.05 9th

Justine Bamford 3rd 65-69 THB
50 BREASTROKE 0:54.58 1st
50 BACKSTROKE 1:00.58 2nd
100 BREASTROKE 2:02.53 1st
200 BREASTROKE 4:20.74 1st
400 WOMENS FSTYLE 8:57.56 3rd

Tina Smit 4th 65-69 THB
50 BUTTERFLY 1:11.88 2nd
100 BUTTERFLY 2:43.29 3rd
200 FREESTYLE 4:10.42 2nd
200 IND MEDLEY 5:06.79 3rd
400 IND MEDLEY 10:37.53 1st

Marion Skarratt 2nd 70-74 TTL
50 BREASTROKE 1:11.96 3rd
100 BACKSTROKE 2:24.19 2nd
100 BREASTROKE 2:43.05 1st
200 BACKSTROKE 4:59.45 1st
200 BREASTROKE 5:58.39 3rd

Mary O'Brien 8th 70-74 TTL
50 FREESTYLE 1:00.84 4th
50 BACKSTROKE 1:09.04 4th
50 BREASTROKE 1:25.89 4th
100 FREESTYLE 2:42.64 4th
100 BREASTROKE 3:19.67 3rd

Geoff Cooper 28th 30-34 TTL
50 FREESTYLE 0:29.45
50 BREASTROKE 0:38.31 5th
100 FREESTYLE 1:10.46
100 BREASTROKE 1:30.58 7th

Mick Porter 13th 30-34 THB
50 BACKSTROKE 0:34.73 5th
100 FREESTYLE 1:01.78 7th
100 BACKSTROKE 1:16.01 3rd
200 FREESTYLE 2:21.17 6th

Nicholas May 28th 30-34 TTL
50 FREESTYLE 0:31.27
50 BREASTROKE 0:40.04 9th
100 FREESTYLE 1:16.72
100 BREASTROKE 1:32.00 8th
200 BREASTROKE 3:31.06 6th

Peter Watson 35-39 THB
5K OPEN WATER SWIM 1.32.24.82

Simon Hudson 42nd 35-39 TLC
50 BREASTROKE 0:38.27 6th
5K OPEN WATER SWIM DNF?

Peter Goss 5th 40-44 TLC
50 FREESTYLE 0:27.75 2nd
50 BACKSTROKE 0:32.00 2nd
100 FREESTYLE 1:02.21 2nd
100 BACKSTROKE 1:12.66 2nd
200 BACKSTROKE 2:43.83 3rd

Christopher Holloway 24th 45-49 TDP
50 BACKSTROKE 0:44.27 7th
100 BACKSTROKE 1:42.51 9th
100 BREASTROKE 1:58.07
200 BACKSTROKE 3:48.93 5th

John Isles 9th 60-64 THB
50 BREASTROKE 0:42.59 4th
100 BREASTROKE 1:38.68 3rd

200 BREASTROKE 3:40.91 3rd
Ted Cross 9th 70-74 TTL
50 BACKSTROKE 1:09.19 5th
100 FREESTYLE 2:30.71 4th
100 BACKSTROKE 2:38.51 6th
200 BACKSTROKE 5:31.46 5th
200 FREESTYLE 5:39.78 6th

RELAY RESULTS from the NATIONALS

Three teams competed in the Relays at the Nationals in Melbourne. Results, placings and times are recorded below. Congratulations to all swimmers.

Talays 120+ 4x50 WOMENS FREESTYLE 2:53.14 11th
S. ALCOCK DUDA C. BREZINSCAK P. BRERETON

Hobart Masters 200+ 4x50 WOMENS FREESTYLE 2:58.26 8th
J. BAMFORD B. SEARL B. POTTER J. CHEW

Hobart Masters 200+ 4x50 WOMENS MEDLEY 3:00.44 3rd
J. BAMFORD J. CHEW B. POTTER J. ALLSTON

1993 Nationals in Darwin

Rick Barnes, the delegate to the AUSSI Board from the Northern Territory, presented a most professional report on the progress of the National swim, which will be held in the first week of May, 1993.

its going to be a wonderful week with lovely sunny weather, no rain, an open air pool and lots to see and do in the Top End. have you organised your club members and booked your accommodation yet?

One question that I keep getting asked, that maybe NT AUSSI could answer for

us, is where is the open water swim to be? I did hear it was to be in a dam somewhere not far from the coast, but don't crocodiles travel overland???

There has been lots of interest in the tour to include a day in Kakadu National Park and approximately 4 days in Singapore after the swim as well as return airfares from your home capital city. More details of this in the next few months. It is difficult to cost it too far in advance.

For further details on the trip, you can contact: PO Box 389, KENMORE, QLD 4069

SUPERSETS

Have you seen a copy of the new "Supersets" program which has been distributed to all clubs in Tasmania? This is another idea of Anita Killmier's which she dreamt up in her spare time in between working for a living, editing "Mastering Swimming", producing the "Australian Masters Swimming Coaches Newsletter", getting married, etc. etc. Maybe she did dream it up while she was asleep!

The objective of the Supersets program is to produce a training set that:

- provides a challenge for all age groups and abilities;
- elicits a training effect that will improve cardiovascular endurance;
- provides motivation and encouragement for people to train regularly;
- is easily managed, and can be integrated into any program.

Clubs, coaches, and self-coached swimmers can all fit SUPERSETS into

their programs with minimum organisation. Swimmers are on an "honour" system. (Cheating may occur, but it will be minimal because you are only cheating yourself.) Lapcounters and timekeepers are unnecessary.

The aim is to swim at a steady speed in a series of 100 metre swims, that have ten different levels (times) for each different 5 year age group. The number of repetitions in the superset increases the faster you swim and the younger you are, so that all swimmers swim for a period of between 12-16 minutes. Some swimmers are NOT disadvantaged by having to swim for a longer time.

The ten time intervals, therefore, should provide a challenge to every swimmer, irrespective of their skill or fitness level.

Our club coach has incorporated SUPERSETS into our training program once per month, and it has been most successful. Why don't you get your Club to try it too?

(Judy Ford, Belconnen West AUSSI Swimming Club. Judy is also Director of Communications on the National AUSSI Board.)

NEW MEMBERS

Each year, AUSSI attracts new members, but some members fail to renew their registration. What can we do about this? We can all try to make the other members of our Club feel welcome and wanted at all times. As well as nurturing our existing members, we should also encourage them to talk to others. Although prospective members may hear or read about AUSSI in the media, it is word of mouth that results in most of them actually arriving on club night. A friendly welcome by as many members as possible will help them to feel part of the club, and hence, they will be only too happy to renew their registration for the following year.

AUSTSWIM
AUSSI Tasmania
Tasmanian Swimming Inc

AUSSI LEVEL 1M COACHING COURSE

In order to gain Level 1M coaching accreditation, candidates are required to have:

1. ASI Level 1 National Accreditation Coaching Certificate
2. AUSSI Supplementary course in coaching Adult Swimming
3. Current resuscitation certificate
4. 60 hours "on deck" coaching in an AUSSI club

A one day AUSSI Supplementary course in coaching adult swimming will be conducted on Saturday 16th May 1992 at the St Michaels Collegiate School Swimming Centre.

This course is open to:

1. Persons who currently hold a Level 1 National Accreditation Coaching Certificate, and wish to coach adult swimmers
2. Persons who intend to gain a Level 1M coaching accreditation, but who have not yet begun the ASI Level 1 National Accreditation Coaching Certificate. (For these persons, a Level 1 course will be available in Launceston on Saturday and Sunday 23rd and 24th May, 1992)
3. AUSSI Masters swimmers who wish to broaden their understanding of strokes, programming, training techniques, etc. for self coaching.

Course Content (Supplementary Course for Adult Coaches)

Needs of the Adult Swimmer, Effects of age on swimming performance, The role of the AUSSI club coach, Basic anatomy, physiology, and training, Training the adult swimmer, Nutrition for swimming, Medical problems, injuries, and the adult, Stroke analysis and common problems with the adult swimmer, Review of progressions and drills, stroke modifications, AUSSI rules.

COURSE FEES:

Candidates who wish to gain accreditation \$110.00
AUSSI swimmers attending for self interest \$ 90.00

APPLICATIONS AND INQUIRIES:

(Enrolments close 1st May)

Mr Adam Pickvance, AUSTSWM/RLSA Development Officer

Phone (002) 30 3564

Mr Ron Bloomfield, AUSSI Publicity Promotions Officer

Phone (002) 43 6746

Mr Bill Stewart,

President, Hobart AUSSI Masters Swimming Club

Phone (002) 27 8769

**WINTER SHORT COURSE
CHAMPIONSHIPS
PROGRAM
LAUNCESTON**

Saturday 1st August

- Event 1 200 Freestyle
- Event 2 50 Breaststroke
- Event 3 200 Backstroke
- Event 4 50 Freestyle
- Event 5 100 Butterfly
- Event 6 100 Breaststroke
- Event 7 4x50 Mens Medley Relay
- Event 8 4x50 Mixed Freestyle Relay
- Event 9 4x50 Womens Freestyle Relay
- Event 10 800 Freestyle

Sunday 2nd August

- Event 11 400 Freestyle
- Event 12 50 Backstroke
- Event 13 200 Individual Medley
- Event 14 50 Butterfly
- Event 15 100 Backstroke
- Event 16 200 Breaststroke
- Event 17 100 Freestyle
- Event 18 400 Individual Medley
- Event 19 4x50 Womens Medley Relay
- Event 20 4x50 Mixed Medley Relay
- Event 21 4x50 Mens Freestyle Relay

Notes:

1. Competitors may not enter for more than four freestyle events.
2. Depending upon the number of entries for the 400 and 800 freestyle events, the meet director may decide to allocate two swimmers per lane for all heats. This will be avoided if possible.
3. Entries close Monday 4th July. Clubs will be asked to submit cards and a summary sheet to be provided by the meet director.
4. Further details will be mailed to clubs as they come to hand.

CALENDAR OF EVENTS

1992

- 21-24 May US Masters SC Meet, North Carolina
- 5-7 June Great Britain Open Masters
- 12-14 June Casparie Dutch Open Masters, Apeldoorn
- 26 June - 5 July 4th FINA/MSI World Swim, Indianapolis, USA
- 20-23 August US MAsters LC Meet, Seattle
- 18-22 October Honda Central Australian Masters Games (Swimming)
- 24-25 October North Island Masters Meet, Tauranga NZ

1993

- 14-21 March Wagga Wagga Veterans Games
- 10-15 April 5th pan Pacific Swim/Dive, Hamilton NZ
- 16-18 April Pan Pacific Open Water Swim Water Polo Auckland NZ
- 24 April - 2nd May 4th Australian Masters Games, Perth, WA
- 4-8 May 18th AUSSI National Swim, Darwin, NT

1994

- ?? 19th AUSSI National Swim, Adelaide, SA
- June/July 5th FINA/MSI World Swim, Montreal, Canada

1995

- ?? 20th AUSSI National Swim, Perth, WA
- ?? 8th Pan Pacific Swim, Perth WA