

# PLATYPUS PRESS

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## AUSSI Masters Swimming in Tasmania

### OH, FOR AN INDOOR SWIMMING POOL

Now that the Olympic Games are over, and the euphoria of winning those nine medals in swimming is fading into memory, it is my belief that we should be looking at the future of swimming in Tasmania, and in our AUSSI Masters clubs in particular.

Medals don't grow on trees, and the Federal Government recognizes this fact with its allocation of \$293 million in grants towards our sporting efforts in the 1996 Atlanta games. This represents a 35% increase on the \$230 million spent on preparations for the 1992 Barcelona games.

A further \$14 million is expected to be added to this from corporate sponsorship.

Some of the developments expected during the next few years include:

- Extending the number of residential scholarships at the Australian Institute of Sport
- Increasing exchange programs with foreign athletes.
- Pouring \$5 million into Sydneys 2000 Olympic games bid.
- Establishing a National Sports University to concentrate on research and development of sporting performance and injury prevention.
- Giving retiring sports stars scholarships to encourage them to remain in the sport at a coaching level.

In announcing these grants, Federal Minister for sport, Ros Kelly, said that Masters sport would be given extra funding as it was the fastest growth area.

Much of the money available from the Commonwealth for Sporting is allocated to programs such as the Community Cultural, Recreation and Sporting Facilities Program, and since 1988-89, a total of \$43 million has been spent on the development of community level facilities. This federal money has been provided on a dollar for dollar basis with State and Local Government bodies for the provision of National and International standard sporting facilities.

State and Local governments must apply for these funds, and applications for grants in the 1992-93 program are currently being sought.

In a letter to Colin Hinrichsen (a member of Hobart Masters), Federal Minister of Sport Mrs Ros Kelly indicated that she had discussed the development of an

international standard indoor aquatic facility in Hobart with Hobart's Lord Mayor, Mrs Doone Kennedy, but that at this stage, no formal request for funding had been received.

The provision of such a facility now rests squarely with our State and Local Governments. The Hobart regional councils (Hobart, Clarence, Kingborough and Glenorchy) have *plans* to provide such a facility, but *when* will their plans be brought into fruition? *None* of them have an indoor swimming pool (unless you count the Clarence Swimming Pool, which is slated for closure when the dome "falls down").

Perhaps our councils need reminding that unless our swimming athletes are supported in a more tangible way, then their efforts will be "nipped in the bud".

## FINA DEVELOPMENTS

Masters Sport throughout the world is one of the fastest growing areas of sport, and particularly, Masters Swimming has seen enormous growth during the past ten years.

FINA (Federation Internationale de Natation Amateur) has recently appointed Mr Don Blew (of Tasmania!) as the World Masters representative. Those of us that know Don have found him a thorough gentleman. His association with swimming in Tasmania, and with refereeing at the Olympic Games in particular have pointed him out a suitable object for reward. He has officiated at our Masters Swimming Championships in Tasmania on a number of occasions. In Tasmania, Masters

Swimmers congratulate Don on his appointment.

AUSSI Masters (Australia) were approached to nominate suitable persons for election to FINA, and their nominees were ignored. Masters swimmers need to be represented at the highest level in swimming by a person with knowledge of the sport, with ideas for its development, and having a rapport with all of its members. At a time when Masters Swimming is growing rapidly throughout the world, our representative needs to be very carefully considered.

We in Tasmania know that Don Blew has these qualities, and that he has the integrity to carry out the position to the best of his ability and the betterment of Masters Swimming in general.

FINA's record for the development of swimming in Masters Sport has often been open to question. It was only this year that Masters Swimmers World Records were recognized by FINA. At the World Masters Games in Brisbane a few years ago, FINA arrived on the scene shortly before the carnival to announce that they were in charge!

We can only watch and see what happens, and hope that Masters swimming is given a "fair go" by the FINA organization.

Ron Bloomfield  
Editor.

### Relay Championships

Clubs are reminded that Relay Competition entries are due in to Talays Masters Swimming Club no later than December 14, with a statement of officials etc. as detailed on the letter to clubs of August 1992

### THE NEW CLUB YEAR

AUSSI members are reminded that membership fees are now due. Your club has to pay \$21 for each member; \$15.50 goes to National for insurance, etc., and \$5.50 goes to your branch for administration and organization of championship meets.

Please pay promptly.

### CALENDAR OF EVENTS

#### 1993

6-14 February 4th NZ Masters Games, Wanganui, NZ

10-15 April 5th Pan Pacific Swim/Dive, Hamilton, NZ

24th April-2nd May 4th Australian Masters Games, Perth WA

4th - 8th May 18th AUSSI National Swim, Darwin, NT

#### 1994

22-26 March 19th AUSSI National Swim, Adelaide, SA

2-11 July FINA World Swim, Montreal, CANADA

October 3rd World Masters Games, Brisbane, Queensland

#### 1995

20th AUSSI National Swim & 6th Pan Pacific Swim, Perth, WA

November - Australian Masters Games, Victoria

#### 1996

FINA World Masters Swim - Europe

### HOW MANY AUSSI'S IN TASMANIA?

At the end of the 1991-92 membership year, Tasmanian AUSSI's numbered 315. This is a decrease of 8 members over last years total of 323. The clubs stood as follows:

Hobart	79
Devonport	70
Talays	67
Launceston	67
New Norfolk	32

Our Branch Registrar, Fiona Redgrove, has compiled some interesting statistics, which give us all food for thought.

There are 85 new AUSSIs in Tasmania, and these belong mainly to Launceston Devonport and Talays, with about 20 new members each.

But, there are 96 AUSSIs, who have left the flock. Most have gone from Hobart and Devonport (30 each).

Why have we lost so many? There are always a few members who leave because of work or family commitments, who move away, or who only joined for a few months anyway. But, we should ask ourselves, why have the other people stopped being AUSSI members?

As we move into Spring, and the start of a new season, now is the time to look at our membership, and instil some fresh interest, and inspire those who have left to rejoin the ranks.

## BRANCH VACANCIES

Would you like to serve on the Tasmanian Branch of AUSSI? This coming year, there will be a number of vacancies. Hec and Trish Beveridge will not be standing for re-election - which means that we will be looking for a new Branch President, and a new Branch Representative on the Board of AUSSI National. Additionally, we will need a Branch Secretary, and a Branch Director of Fitness and Coaching.

Our Treasurer Caroline Walker (New Norfolk) and our Registrar Fiona Redgrove (New Norfolk) will both be continuing, as will our Publicity Officer Ron Bloomfield (Hobart) and our Branch Recorder Pauline Samson (Talays).

Should you wish to take on *any* of these positions, then your first step would be to find out what is entailed in the position. Contact the branch representative in your club for information.

Your next step would be to have yourself nominated at the AGM, and a group of friends come with you for support at the Meeting.

Then you can look forward to a year of productive and satisfying work for your own AUSSI Branch.

## MASTERING SWIMMING

This excellent publication is still available from your Club Secretary at \$25 per copy.

Ask Santa for a copy for Christmas!

## \$11 500

The Tasmanian Branch of AUSSI has \$11 500 to spend on something to do with AUSSI in the near future.

The money is left over from our running the National Championships in Devonport last year.

We could send somebody on a fact-finding mission to Europe, the USA, and Canada next year. (Just like they send the politicians when we need the money).

Or we could spend it on something which would benefit ALL AUSSI members.

Do you have any ideas?

Pass your ideas to your club Branch Representative by 17th January.

## POSTAL SWIMS

Quite a number of postal swims are conducted through the year. These are usually conducted on an Australia wide basis, but some are international! You can compete in an INTERNATIONAL COMPETITION right here in your own club pool!

### 1993 OCEANIA ONE HOUR SWIM CHAMPIONSHIP

Cost \$5 - conducted over November, December, January - Entry forms from NZ Master Swimmers Inc. PO Box 5092, Mount Maunganui, NEW ZEALAND

### CARINE MASTERS SWIM 3000

Cost \$12 - conducted during October 1992 - Entry forms from Steve Boutle, C/- Carine AUSSI, PO Box 182, GREENWOOD, WA, 6024.

## THE AEROBIC TROPHY

Since last year, there have been a few changes to the Aerobic Trophy Rules. The main change is that those long swims (the 3 kilometre and the 5 kilometre swims) have been removed.

This is great news for the older aerobic swimmers, who could be in the water for over two and a half hours doing a 5 kilometre swim. The faster swimmers could always manage to be out of the water in under an hour and a half!

The longer swims have been replaced with timed swims - half hour, three-quarter hour, and one hour swims - in which all swimmers are in the water for an equal time. The further you swim, the more points in the Aerobic Trophy you get.

The scoring details have been re-worked to give more points to those who swim 400 and 800 metres. And the division of points has been re-worked to allow six smaller steps from highest to lowest instead of four. With the smaller steps, it will encourage swimmers to try and improve their times, and hence their overall fitness in the water.

So, if you are trying to get *the lot* then this is how you would do it:

400 metres		
	Freestyle	10 points
	Backstroke	10 points
	Breaststroke	10 points
	Butterfly stroke	10 points
	Medley	10 points
800 metres		
	Freestyle	20 points
	Backstroke	20 points

	Breaststroke	20 points
	Butterfly stroke	20 points
	Medley	20 points
1500 metres		
	Freestyle	15 points
	Backstroke	15 points
	Breaststroke	15 points
Half hour		
	Freestyle	15 points
	Backstroke	15 points
	Breaststroke	15 points
Three quarters of an hour		
	Freestyle	20 points
	Backstroke	20 points
	Breaststroke	20 points
One hour		
	Freestyle	30 points
	Backstroke	30 points
	Breaststroke	30 points

<b>TOTAL POINTS</b>	<b>390 points</b>
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## SAFETY IN THE POOL

As swimmers, we are all placing ourselves in a situation of risk. The more we know about swimming, and the fitter we are, the less the risk. But can you say that the person swimming in front of you at the pool has the same degree of safety? You may be the one who is required to help him/her in an emergency!

If you are the one called upon to help a swimmer in difficulty, do you know how? Can you move a person safely to safety? Can you get a person out of the pool? Do you know how to administer Expired Air Resuscitation?

If not, you should aim to get your Bronze Medallion THIS YEAR! You never know when you might need it!

## Fast Food Ratings

If, like me, you wish to eat wisely and well, and improve your swimming performance at the same time, then the following guide to Fast Food will help you. It was published in the NSW Swimmer, and written by Sarah Dacres-Mannings, a sports dietician for the NSW Academy of Sport.

I've included the bits about eating out at the "Fast Food" outlets - and we all know how damaging *that* can be to your general fitness, and your weight!

**Lebanese:** Best choice is a lebanese roll with lean meat or falafel filled with tabouli and other salads. Rating - Excellent

**Corner Store:** have a "home made" hamburger with pineapple, beetroot, onions and plenty of salad. Skip the bacon and cheese. Rating - Good

**Pizza:** Home made pizzas on lebanese bread are the best choice. When commercial pizzas are bought, ask for vegetarian with a reduced amount of cheese. Thick crust have a higher carbohydrate content. Supreme pizzas have too much protein and are far too high in fat. Make sure you ask for a salad to accompany your pizza. Rating - Average

**Kentucky Fried Chicken:** BBQ chicken without the skin is a good choice. Chicken which is battered and fried is not suitable for a swimmer. Buy salad, bread rolls, potato and gravy, corn on the cob to fill up on instead of chips. Rating - Poor

**Fish and Chips:** Request grilled fish, rolls and salad if available. Rating - Poor

**McDonalds:** Use as a last resort. Order a Junior Burger and an orange juice and await the release of a McDonalds "Health Burger". Breakfast muffins with jam or pancakes and syrup without the whipped butter are OK breakfast choices. Rating - Poor.

## THE SECRET TO FREESTYLE SPEED

Read a most interesting article in "AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER" on making greater use of the large hip and trunk muscles in order to increase your freestyle speed. I tried it out and found a few extra muscles to ache, but I took fewer strokes to the lap, got my off breathing side arm out of the water much better, and felt much less strain on my shoulders (which have been quite a problem to me over the past few years.).

You too can benefit by reading the AUSTRALIAN MASTERS SWIMMING COACHES NEWSLETTER. It is not just for coaches --- I'm not a club coach, just someone who likes to keep fit by swimming, and is always looking for ways to improve my stroke and make it more efficient. Why don't you subscribe? You get four large and really informative issues for just \$16, posted to your home address. The address is as follows:

AUSTRALIAN MASTERS SWIMMING  
COACHES NEWSLETTER,  
44 Warncliffe Road  
EAST IVANHOE, VIC 3079.  
(Make cheques payable to AUSSI)

## HEALTH BENEFITS OF EXERCISE

### The Unhealthy Heart

Clinical studies of people who have suffered heart attacks have shown that quality of life in people with diseased hearts is dramatically improved with exercise and rehabilitation programs. The improvement is expressed in a greater physical capacity and an enhanced sense of well being. This evidence is relevant to older age groups because many older people have undiagnosed heart disease.

### The Heart

Improvements in cardio-vascular fitness arise from the effects of exercise on the heart, with consequent improvement in its efficiency and increased capacity to supply blood (therefore oxygen) to organs and limbs, with an associated improvement in the capacity of the muscles to extract and use oxygen.

Fitness is achievable at all ages in much the same way - through aerobic exercise. Cardio-vascular fitness is a desirable goal for the older person in particular, and it should be seen as an integral part of their well being. It is fitness which allows an individual to do more for the same expenditure of energy. In the older population, any increase in fitness would permit greater function for less energy cost.

Lack of fitness is often the underlying reason why older people say they are too tired to do anything, a situation which leads to decreased mobility, boredom, and depression. Increased fitness will decrease the feelings of exhaustion that may arise from any level of work. The effect will be to diminish the feelings of

exhaustion which may arise from the effort of daily living.

### Respiratory System

Both in health and disease the respiratory system is relatively unaffected by exercise. In chronic lung disease, there may be some benefits from exercise in its effect of reducing oxygen demand by skeletal muscles for a given workload. Since there are many older people with chronic lung disease, often caused by smoking, exercise has a place in their treatment.

### Mental Functioning

Exercise has very substantial effects in countering depression, anxiety and insomnia, and in promoting alertness and a sense of general well being.

It has long been assumed that the increase in depression, insomnia, lassitude etc. are a normal feature of ageing, but it is now believed that many such symptoms may be the effect of inappropriately reduced activity. Improvement in these areas through exercise would improve the quality of older people's lives and reduce their need for drugs - the latter in itself a major problem.

### Hypertension

High blood pressure is one of the great health problems in our society because of its relationship to strokes and heart attacks, and also because of the substantial cost of treating it. The cost lies in both the drugs needed to lower blood pressure and the medical treatment of the severe medical conditions it can provoke. Since the incidence of hypertension increases with age, the

costs increase as the proportion of the aged goes up.

There is strong evidence that exercise will reduce blood pressure and that the quantity of exercise needed for significant changes to occur may be quite small.

### Diabetes

Non-insulin dependent diabetes is the most common type of older age groups. Evidence suggests that the condition can be significantly improved with exercise.

*The above was adapted from the DASETT paper Exercise in older adults: A national health care and quality of life issue.*

### **TASMANIAN OPEN WATER CHAMPIONSHIPS**

Held at the Trevallyn Dam, February 7th 1993, by TSI.

*Straight out finals, 12.00 am start*

*Men and women 8 Km open*

*Men and Women 5 Km open*

*Introductory swim 2 Km Open. (Previous competitors in 5 Km and 8 Km events ineligible)*

Entries on the day.

Inquiries to Chris Guesdon,

Phone 002 25 3082

### **KETTERING OPEN WATER SWIM**

*On again in 1993. 2.5 Km swim in salt water. Organized by Hobart AUSSI Masters. More details in the next issue of Platypus Press.*

### **AN ACTIVE MEMBER**

Are you an active member?  
The kind who would be missed?  
Or are you just content to see  
your name upon the list?

Do you attend each Club Night  
and mingle with the Flock?  
Or do you just stay away  
and criticize and knock?

Do you take an active part  
to help the club along?  
Or are you satisfied to be  
the kind to "just belong"?

Do you push the cause along  
and make things really tick?  
or leave the work to others  
and talk about the Clique?

There is quite a programme scheduled  
that means success, if done  
and it can be accomplished  
with the help of everyone.

Think this over, Member,  
are we right, or are we wrong?  
Are you an "Active Member"  
or do you "just belong"?

Anon...

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