

PLATYPUS PRESS

Edition 15

December 1992

AUSSI Masters Swimming in Tasmania

Coaching seminar a success

The following letter to the editor says it all!

On behalf of the members who attended the coaching seminar in Devonport, I would like to thank Trish Beveridge for organizing the whole workshop.

It was excellent. No cost involved, only \$5 for lecture handouts. Amazing! The branch brought out a highly qualified swim coach, Buddy Portier, from the Victorian Institute of Sport. His lecture was easy to understand. He gave us all a better understanding of the way we have to train. The water sessions were excellent too.

Hopefully, a similar seminar can be considered next year, maybe in the South, as there was not much support from the Northern members.

Thanks again for this hard work.

Tina Smit
Hobart Masters.

Well, what about it, Swimmers? Let your Branch representative know your views, and something may be "rustled up" for 1993.

What's coming up?

SWIM MEETS

- February 7 Tasmanian Open Water Championships at the Trevallyn Dam, hosted by TSI.
- February 14 Kettering Open Water Swim, 2.5 Km, South of Hobart. Hosted by Hobart AUSSI Masters.
- March 6-7 Tasmanian Branch Summer Long Course Championships at Glenorchy Pool, hosted by Hobart AUSSI Masters

POSTAL SWIMS

- November-December-January
1993 Oceania One Hour Swim Championships. Cost \$5. Entry forms from NZ Master Swimmers, PO Box 5092, Mount Maunganui, NZ.
- December-January
Coogee Randwick Mini-marathon
Cost \$5. Entry forms from
Coogee
Randwick Master Swimmers, PO

A NEW ERA

Many of you will be aware that FINA has now claimed sole control of the World Masters Championships and the World Masters Records. This can be seen as the end of an era in Masters Swimming, an era which really got going with the formation of MSI in 1983.

The era started in 1974 with the visit of a group of US and Canadian Masters Swimmers to Australia and New Zealand. This trip sparked the interest and involvement in international competition of such people as Margaret (George) Samson (US) and Gary Stutsel (Australia), the instigators of MSI and Ian Butterworth (NZ), the organizer of the Christchurch 1984 Masters International Meet. This trip also led to the formation of Masters organizations in Australia and New Zealand which made possible such subsequent events as the 1981 and 1983 Pacific Meets and the 1984 Christchurch Meet. Also touring with the 1974 group was June Krauser (US) who nurtured the ideas of Top Ten and Masters Newsletters.

The original MSI Constitution (1983) specified the establishment of World Masters Championships (Clause 11) and World Masters Records (Clause 12).

Subsequently two further objectives were added, World Masters Top Ten and Uniform Rules for Masters competitors.

FINA became directly involved in 1985 with the signing of the Pasadena Agreement, which charted a course of

cooperation between FINA and MSI to achieve all of the above objectives.

All four of these objectives have been achieved commencing with the first FINA/MSI World Masters Championships in Tokyo in 1986, and reaching completion at the FINA Masters Congress - Perth in 1991 and the adoption of the present rules. It was the efforts and experience of MSI members which developed and refined each of them and the patronage of FINA which led to their acceptance in Europe.

Europe is both the reason for FINA wanting sole control and the reason that FINA was able to gain control. MSI decided the only way our swimming friends in Europe could participate with the rest of the world was under the FINA umbrella and that it would be selfish of us, even though the vast bulk of Masters swimmers live outside Europe, to break away, hold MSI World Championships and MSI World records and develop our rules of swimming. MSI also recognised that for the other disciplines (Synchronised Swimming, Water Polo, and Diving) to be involved in World Championships, FINA must have control. MSI's only argument is with the manner in which FINA control was achieved. Such actions would have provoked less level headed people into senseless and destructive retaliation.

Instead, MSI has recognised the need to develop the areas of Masters Swimming in which it is most experienced. Formal, elite competition is FINA's area of expertise, but it is MSI which has the experience with Master's needs and desires. Unlike FINA, MSI is in the water with its fellow swimmers - in the

water, in the locker rooms and in the bars and restaurants afterwards.

In this new era, MSI will focus on the 95% of its swimmers who will never feature in a Top 10 or World Record List. Interest will be stimulated at all levels with emphasis on: fitness programs, coaching programs, water safety programs, and increased social interaction.

In short, the fulfilment of Article 11 of the MSI Constitution "To promote fitness, friendship and understanding through swimming" and above all, to have fun.

This article was presented in the October/November edition of MSI News. You too can subscribe to MSI News. Send \$10 to MSI, PO Box 142, Northampton, WA, 6535.

KETTERING OPEN WATER SWIM

The Hobart AUSSI Masters Simming Club Inc. is holding its **ANNUAL OPEN WATER SWIM** at **KETTERING** on **FEBRUARY** 14th 1993.

The swim is 2.5 Km in length, and is open to swimmers 20 years of age and upwards.

The swim will be followed by dinner at the Oyster Cove Inn.

For further information, contact Ron Bloomfield, Phone (002) 43 6746

AUSSI NATIONALS

18th AUSSI National Swim and Club Championships

To be held at Darwin from 4th May to 8th May 1993.

Entries close on 5th March 1993.

All entries are made through Club Secretaries.

Special early bird registration prize for the lucky swimmer who is drawn from those entered before December 31 1992: 2 nights accommodation at Gagadju Vista Lodge at Kakadu, including transfers from Darwin.

PANPACS

1993 Pan Pacific Masters Swimming Championships

To be held at Hamilton New Zealand, from 10th April to 17th April 1993.

Entries close 15th February, and late entries (with late fee) can be made until, but NOT after 15th March 1993. Entry forms available from Club Secretary, and you must post them to NZ.

Since this competition is held outside Australia, you will need a National AUSSI Registration Certificate, available only from National AUSSI Office. (The Club Secretary will get you one if you ask early enough.)

MASTERS GAMES

The 4th Australian Masters Games

To be held at Perth, WA, from 24th April to 2nd May 1993.

Entries close 28th February 1993.

Entry forms and entry cards are available from your club secretary (Who?) and you must post them to Perth

Other sports being conducted range from Archery to Yachting.

MEDICAL DISABILITY FORMS

As mentioned in the previous issue of Platypus Press, a Medical Disability Form is required if you have a disability which might cause you to be disqualified because you are unable to perform the correct strokes in either Breaststroke or Butterfly.

There is a new form available from your Club Secretary - to be completed by a Medical Practitioner or Physiotherapist, detailing the extent of the disability.

This original form should then be sent to the Branch; the Branch Secretary and Branch Recorder will keep a copy, and the original will then be sent to National Office to be officially registered.

After this has been done, all you have to do when entering either Branch or National competitions, is mark your entry cards with the letters MD.

Pauline Samson - Branch Recorder

What are rules for?

Would you get out of the pool and have a cup of coffee during a 5 Km swim? Perhaps you might even stop the watch while you go to the toilet? People have tried this in AUSSI aerobic swims.

If you had a medical disability in Breaststroke which affected your arms, would you swim Sidestroke in a Breaststroke event? People have tried this at AUSSI race meets.

If you were at a relay meet, and one of your co-competitors failed to show up at the starting line, would you invite somebody else to take their place? Yes, swimmers have tried this also!

Just how seriously should we take the rules of swimming? Should we follow every rule in the book, or are we just a fun and fitness crowd, so it doesn't matter?

Just remember, if you make out our events are "Micky Mouse", then you put down the efforts of all those swimmers who DO follow the rules, and who break State, National and World records. And you white ant the efforts of those who are going to the Australian Government for Sports assistance on your behalf.

MIDDLE DISTANCE SWIM MEET?

Would you like to compete in a middle distance swim meet if it was organized?

The meet would provide only races in
400 metres
800 metres
and 1500 metres events.

Because these events take so long, it would cost a little more than the normal meet, and there would only be the possibility of entering (say) three events in the carnival.

Hobart Masters are thinking of running such a carnival, if there is support. Talk to your Club secretary. Hobart Masters will be in touch with them in the near future.

NATIONAL AEROBIC TROPHY

1991-92

Tasmania Branch

HOBART AUSSI MASTERS

Women

Tina Smit	271 points
Lorna Carlton	196 points
Justine Bamford	85 points

Men

Mal Innes	530 points
Bill Stewart	231 points
John Isles	196 points

Total	2245 points
Registered members	79
28.41 points per member	

LAUNCESTON AUSSI

Women

Alwynne McMahon	98 points
Margaret Taplin	78 points
Jill Deavin	67 points

Men

John Pugh	110 points
Scott Anthony	87 points
Brian Davis	87 points

Total	1198 points
Registered members	67
17.88 points per member	

DEVONPORT DEVILS

Women

Kathleen Smith	51 points
Trish Beveridge	69 points
Jane Harrison	30 points

Men

Hector Beveridge	41 points
Ross Belbin	20 points
Barrie Hall	15 points

Total	351 points
Registered members	63
5.57 points per member	

TALAYS AUSSI MASTERS

Women

Perri Brereton	121 points
Sheree Alcock	113 points
Pauline Samson	47 points

Men

Gerald Breen	36 points
Nick May	31 points
Mendelt Tillema	16 points

Total	415 points
Registered members	68
6.10 points per member	

AUSSI MASTERS SWIMMING IN TASMANIA (INC)

1993 LONG COURSE SUMMER CHAMPIONSHIPS PROGRAMME

hosted by **HOBART AUSSI MASTERS** simming club,
and sponsored by the **CASCADE BREWERY**

POSTAL EVENTS

- Event 1 400 Breaststroke
- Event 2 800 Freestyle

Saturday 6th March

- Event 3 200 Freestyle
- Event 4 50 Butterfly
- Event 5 100 Breaststroke
- Event 6 50 Freestyle
- Event 7 200 Butterfly
- Event 8 100 Backstroke
- Event 9 400 Individual Medley

Relays

- Event 10 4x50 Womens Medley
- Event 11 4x50 Mixed Freestyle

Event 12 4x50 Mens Medley

Saturday 7th March

- Event 13 200 Backstroke
- Event 14 100 Butterfly
- Event 15 200 Breaststroke
- Event 16 50 Backstroke
- Event 17 100 Freestyle
- Event 18 50 Breaststroke
- Event 19 200 Individual Medley

Relays

- Event 20 4x50 Womens Freestyle
- Event 21 4x50 Mixed Medley
- Event 22 4x50 Mens Freestyle

Points to note:

1. Competitors may enter up to five carnival swims and one postal swim, or up to six carnival swims.
2. Competitors may not enter more than four freestyle events.

Entry Fees:

- Individual: \$15 for a maximum of six events
\$2 if only the postal swim is entered.
- Relays: \$2 per team.

Dates and times of Meet:

- Saturday 6th March:
Warmup 3:00 - 3:30 pm
First event 3:30 pm

Sunday 7th March:

- Warmup 8:30 - 9:00 am
- First event 9:00 am.

Postal events must be conducted in a 50 metre pool, during the two weeks beginning on 20th February.

Venue for the meet.

Glenorchy Olympic Pool, Anfield Street, Glenorchy.

Entries:

Entries must be submitted though club secretaries on the usual swim cards - pink for ladies, blue for men, and yellow for relays.

Names for relay teams must be submitted by 3.00 pm on Saturday, and 8.30 am on Sunday for the events on those days.

Swim Meet entry cards must be submitted, together with summary sheets, to the HOBART MASTERS Secretary, PO Box 395, ROSNY PARK 7018, by 5.00 pm on Friday 5th February.

Postal event swim cards must be submitted, along with a certificate showing those who officiated, to the Meet recorder on Saturday 6th March.

Awards:

Each competitor will receive a certificate showing all events swum, placing times, points, and overall placing.

Medals will be awarded to place getters in each age group (Men, women, first second and third)

Medical Disability Forms:

Medical disability forms are required as detailed earlier in this edition of Platypus Press.

You must supply an **original** plus a **duplicate** (photocopy) to the Branch Recorder (Pauline Samson) or the Branch Secretary (Trish Beveridge) on or before the day of the swim meet.

You must mark cards involved with the letters MD. [Remember, only Breaststroke and Butterfly Stroke swims require a medical disability form.]

Secretaries

Please ensure that all cards are completed correctly, and that realistic nominated times are shown. Also, please ensure that relay cards show ages of all

participants, and total age for the team. (These are given in on the day of the relays.)--

Postal Events

Postal events must be swum in the fortnight immediately preceding the swim carnival. Swimmers need not participate in the swim carnival at Glenorchy to have their swims accepted towards the trophy points.

Normal race conditions apply for these events. (Two times for each swimmer, judge of turns and judge of strokes are required.) Swimmers may enter only ONE postal swim to count towards the trophy points.

Officials:

STSA will be supplying officials for the carnival.

Timekeepers will be required from each club as follows:

Lane 1-2 Hobart
Lane 3-4 Launceston
Lane 5-6 Devonport
Lane 7-8 Talays

Social Program:

Saturday night:
Sausage Sizzle \$2 BYOG

Sunday Lunch: (Smorgasbord)
At the Carlyle Hotel at 1:00 pm. Cost for adults is \$18 per head.
Lunch money with entries please. (There will only be a very limited number of extras catered for)

Sponsor:

We are pleased to announce that the **CASCADE BREWERY** has agreed to sponsor our swim meet.

POSTAL RELAY COMPETITION RESULTS

Hosted by Talays AUSSI Masters Swimming Club

RESULTS

Overall points scored

Club	Total points	Registered members	Points per member
Hobart	1050	79	13.29
Launceston	538	66	8.15
Talays	414	67	6.17
New Norfolk	166	32	5.18
Devonport	144	65	2.21

Elite Competition	
Hobart	100
New Norfolk	36
Launceston	18
Devonport	0
Talays	0

Records Broken:

4x25 Womens Freestyle 240+

Hobart Masters 1:40.74

Tina Smit, Justine Bamford,

Hilda Murfet, Jan Chew

4x25 Mens Freestyle 160+

Hobart Masters 55.27

Peter Watson, John Pemberton,

Geoff Scaife, Ron Sargison

4x25 Mixed Freestyle 280+

Hobart Masters 1:27.29

Justine Bamford, Tina Smit,

Ernie Webster, Athol Eiszele

4x25 Mixed Relay 120+

Hobart Masters 1:05.30

Kathy Hawkes, Katherine Daft,
Rod McGregor, Scott Beynon

4x100 Elite Womens Freestyle

Hobart Masters 5:20.38

Julia Allston, Katherine Daft,

Kathy Hawkes, Lorna Carlton

4x100 Elite Mens Freestyle

Hobart Masters 4:56.75

Peter Watson, Rod McGregor,

Basil Fraser, Steven Sellers

4x100 Elite Womens Medley

Hobart Masters 6:10.89

Julia Allston, Kathy Hawkes,

Mary Cousins, Brigitte Potter

4x100 Elite Mens Medley

Hobart Masters 5:30.49

Ron Sargison, Rod McGregor,

Basil Fraser, Steven Sellers

4x100 Elite Mixed Medley

Hobart Masters 5:38.86

Katherine Daft, Julia Allston,

Rod McGregor, Scott Beynon