

PLATYPUS PRESS

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July 1993

AUSSI Masters Swimming in Tasmania

1993 Short Course Winter Championships

Programme

Saturday 7 to Friday 13 August

Event 1 800 Freestyle

Saturday 14 August

Event 2 200 Freestyle

3 50 Breaststroke

4 200 Backstroke

5 50 Freestyle

6 100 Butterfly

7 100 Breaststroke

8 4x50 Mens Medley Relay

9 4x50 Mixed Freestyle Relay

10 4x50 Womens Freestyle Relay

Sunday 15 August

Event 11 400 Freestyle

12 50 Backstroke

13 100 Individual Medley

14 50 Butterfly

15 100 Backstroke

16 200 Breaststroke

17 100 Freestyle

18 400 Individual Medley

19 4x50 Womens Medley Relay

20 4x50 Mixed Medley Relay

21 4x50 Mens Freestyle Relay

Details of the meet are available in the fliers which are available from club secretaries.

In summary, the details are:

When:

Saturday 14 August

Warmup 2:30 - 3:00 pm

First event 3:00 pm

Sunday 15 August

Warmup 8:30 - 9:00 am

First event 9:00 am

Closing date:

All entries to be submitted through Club Secretaries, and must be in the hands of the Launceston Club Secretary by 5:00 pm on Monday 12 July.

Where:

Mowbray Memorial Pool

Social Programme:

Saturday evening - Counter meal at the Olde Tudor Motor Inn, Prospect, at 7:00 pm.

Sunday Lunch and presentation of award medals will also take place at the Olde Tudor Motor Inn, Prospect, at 1:00 pm.

Entry Fees:

\$15 for a maximum of 6 events
(and this includes the 800 Freestyle)

Relays: \$2 per team.

Report from the PanPacs

From Justine Bamford and Tina Smit, of
Hobart Masters

It was with a certain amount of caution that a band of Tasmanian AUSSI Masters swimmers set out for the Pan-Pac Swimming Meet in Hamilton, New Zealand. With the exception of diver, Ernie Webster, it was their first time in that type of competition.

Margaret Clougher, Tina Smit, Justine Bamford, and Kim Ryan, all of Hobart Masters, and Mal Innes of Talays first attended a traditional Maori welcome, and from that moment on, it was action packed!

Our swimming commitments were not arduous enough to prevent us from enjoying the daily happy hour, where we met some of the 720 competitors from Germany, USA, South Africa, Russia, Japan, and many other countries. If you see strange swim caps doing laps at training at Hobart Masters of a Saturday morning, you can be sure that Tokyo, Hamburg, and Isle of Wight Masters Swimming clubs are seeing some from Hobart Masters too!

Tina and Justine had to swim against the US and World Champion in the 65-69 year age group. We all had to swim against many of New Zealand's best swimmers. Japan had a huge contingent, and one of their 85 year old swimmers also created a world record.

In spite of the awesome company we all managed to do quite well. Margaret obtained six out of six personal best times. Ernie won two Gold medals.

Justine, Tina and Ernie shared four silver medals, and six bronze medals were shared between Tina, Justine, Kim and Mal.

After the swimming was over, we stayed on to watch the diving, where our Ernie Webster gave tremendous performances on the 3 metre board. As he climbed the ladder to the board, he looked like 84 yearold Ernie, but as he sailed through the air, he became a subtle 18 yearold athlete. Wonderful!

We extend our congratulations to New Zealand swimmers and officials for a great meet.

A QUIET ACHIEVER

Tracey Harwood of Hobart Masters took part in a marathon of the running kind in February of this year.

Tracey ran 4 hours 24 minutes and 57 seconds to win the women's section from Sonja Bouchier.

Competitors were warned that they would be monitored for possible heat stress during the gruelling 42.2 kilometre race, and were urged to drop out if necessary. Tracey has often competed in triathlons before, but this was her first marathon. She admitted that she was very tired at the finish.

Tracey is a keen swimmer, and regularly attends Hobart Masters training of a Saturday Morning. In addition, she has a very young family to look after.

Well done, Tracey.

A Week at the Nationals

by Pauline Samson
of Talays AUSSI

As the newly elected Tasmanian Delegate to the National Board of AUSSI, I took time off work, and travelled to Darwin for the Annual General Meeting of AUSSI on 1-3 May 1993. The Board always meets at the same time and place as the National AUSSI Championships each year.

I arrived in Darwin on May 1st at 1:50 am and was met at the airport by Helen Murphy, who belongs to the Darwin Stingers, and is a member of the National Swim Committee. She had already met a lot of people over the previous few days, and got them settled in to their hotels and so on.

It was 26 degrees Celsius, and later in the day it would get to 33 degrees. Arriving at that time in the morning meant using the side door at the hotel, and when I got to my room, Trish Beveridge of Devonport Devils, who had offered me a bed in her room, was trying hard to stay awake.

She had turned down my bed for me ... she wasn't sharing hers! By the time we got to sleep, it was probably 3:30 am, and we got up at 7:30 to go for a swim. The pool was 18 metres long, so we counted each lap as 50 metres, and in that way, a 1500 metre swim didn't take very long!

I met Bren Catchpole, the board member from Queensland, and shared the next two nights with her. We went shopping in Darwin on the Saturday morning, and

were ready for the Board Meeting at 2:30 pm.

By that time, everybody had arrived and the meeting got underway. We worked solidly over the next two and a half days. The personalities at the Board Meeting were diverse and interesting, and everyone was given the opportunity to contribute. On the Saturday night, the Board Members were made welcome at one of Darwin's night spots, and were entertained by members of the Darwin Stingers.

Trish and I moved to the Coconut Grove on the Monday night. Ivan Wingate, AUSSI National's Executive Director had booked us in there. We found it already occupied by other AUSSI clubs, including Atlantis, Ettalong, and Power Points. Coconut Grove is about seven minutes drive to the Casuarina Pool. I didn't swim on the Tuesday, and chose instead to go to Kakadu National Park.

On the Wednesday, I went to the Casuarina Pool to help with the 800m Freestyle events, started at 8:00 am, and lap counted until 10:30 am. The sun was fairly intense and so I timekept until lunch time. There were plenty of stories to tell from just observing that swim. There were lap counters who fell into the pool (not me, though!). One swimmer said "Thank you" when told that he had nine laps to go. And another who said "Oh bugger!" when the whistle indicated that he had another two laps to go to finish. One American swimmer stopped to argue about there being 7 laps to go when he had been shown 9 laps to go on the previous time round. (Apparently they count upwards in the USA)

There were lectures every day for the IM coaching course, as well as all day on the Saturday. The Wednesday session went through until 7 pm and finished with happy hour.

Thursday was much the same. Just time keeping. However, I was timekeeping on the lane where 85 year old Frank Griffith broke the 200 metre butterfly world record. He broke the 100 metre world record on the way through! He swam again on the Friday to break his own 100 metre butterfly world record, and this time, I captured part of it on Video.

When the swims had finished on the Friday, most swimmers took the time to relax and enjoy a late night. We were invited to a birthday party with Adelaide Masters, and everyone contributed to the feast. Some party goers finished the night with synchronised swimming, complete with frangipanni in their hair!

The National Dinner was well attended and generally enjoyed by all. There were a great many clubs represented from all over Australia, including three from Tasmania. It was certainly a thrill that Christine Brown from Devonport Devils won the Gold for the 30-34 age group. Trish collected some event ribbons, as did Diana McAHenry from Launceston AUSSI. I have reservations about the gold medal for first place in each event for each age group. It means that the majority of competitors pay a high entry fee to cover the costs for the few who win not only the event gold medals, but the age group gold medal as well.

There was a very wide spread of age groups, and this shows that AUSSI can be enjoyed by everyone with a common goal. There were many National Records

broken and seven World Records. The relays were swum in age groups and added to the excitement at the end of each day.

We all looked forward to the daily National Newsletter with the gossip and tales from the previous day. Swimmers had to be constantly on their guard, just in case they made the newsletter themselves!

The organizing committee are to be congratulated on a well run Meet, it was relaxed and went off without a hitch. In true Darwin style, it was very laid back and with AUSSI members involved as Technical Officials (many had just completed courses) the swims ran smoothly. Also competitors were only at the pool for their events, and if you didn't Marshall, no-one worried about it and I don't think anyone missed an event. We (Tas Branch) have to do some thinking and planning if we are to host the 1997 National Swim. Although there is a lot of hard work, the rewards are worth it.

Darwin was favoured with warm weather, it was the dry season and no rain was expected. It was the beginning of their winter. It was almost too cold for them to swim! It amazed me that many of Darwins pools close during the "winter" in the Northern part of Australia, as sahtye consider the temperature too cold. Maybe we are just masochists here, but we expect to be able to swim throughout the year!

**19th National Swim
Adelaide - March - 1994**

Yes!

Fliers are now available from Club Secretaries.

FREDDIE PINE

This is condensed from an article by Rachel Bufton in the Sunday Examiner, May 9th.

Freddie Pine reckons being old is a state of mind. This 71 year old Devonport AUSSI Devil starts exercising before he gets out of bed. He says "older" people should avoid living on sympathy.

He says: "If you feel old, so something about it. Do a little exercise. Take a walk, and breathe in that air. Don't feel sorry for yourself, or people won't be interested in you."

"If you start thinking 'I can't do this 'cause I'm getting too old', then you WON'T be able to."

Freddie, of Wynyard, says his healthy mind has made for a healthy body which has made for a healthy mind...

"I've just never thought Senior Citizen Club. It's not me. It's all too depressing.

I'd rather dance rock and roll at a local cabaret, you know, the twist and all that sort of lark."

Freddie trains every day. He starts in bed with warm-up exercises, then goes on to swim, cycle and run. He records his daily routine in a book. "If I finished the day with nothing to write in that book, I reckon I'd have dropped off by now."

"You've got to keep on the move. Keep motivating yourself. If you sit back and think that you're too old, then you've given up. You might as well be six foot under."

"What's the point of hanging around if you don't try to achieve. You've got to get out, enjoy yourself. Take a walk. Breathe in that air!"

"I refuse to be one of the many," Freddie explains, "I have always wanted to be someone. It keeps me going."

4th AUSTRALIAN MASTERS GAMES

from Len Yeats of Hobart Masters

Being my first venture into inter-state swimming, and only my third competition for over 30 years, it was a big step to pluck up the courage to enter the 4th Australian Masters Games in Perth.

I must also admit that I had added incentives to compete in Perth, with a son I had not seen for over two years living there. There was also the opportunity to

promote the Third Tasmanian Masters Games, which will be held on the North West Coast, in April 1994.

Not knowing what to expect, I turned up to the Perth Superdrome - venue for the 1992 World Swimming Championships - bright and early on the morning of the first day of competition. There I received my program, which I found was not available at the registration centre the previous day!

To my horror, I found that a total of 504 swimmers had entered the 16 event program. I was disappointed to learn that these comprised only 27 from overseas, and 60 from interstate. In fact, if it had not been for the AUSSI WA holding their State Championships in with the Masters Games, the whole event would have been extremely small.

After a quick estimation, I realised that my first swim (event 6) would not be until well into the afternoon, and in actual fact I did not swim until 4:30 pm. If nothing else, I learnt the lesson that, in future, I would enter the maximum number of events, which in this case was 5, and not worry about having rest between races.

The second session held on the Sunday was as far as I was concerned a much more pleasant affair, with my visits to the Superdrome timed to perfection, and a resulting better performance in the Pool.

I was reasonably happy with my swims, apart from my 50 metres backstroke

1994 World Masters Games

The 1994 World Masters Games are to be held in Brisbane with the swimming at the Chandler Aquatic Centre of the Sleeman Sports Complex, the venue for two AUSSI National Swims and the 1988 World Masters Swimming Championships. Shuttle busses will run out to Chandler. The dates for the swimming are 28-30 September and 2-3 October.

Over 30 sports will be represented, with over 12000 competitors expected. The opening ceremony on Saturday 1 October will be televised, and will be held in

(41.20) which was slower than my PB. My other times (30.56 in the 50m Freestyle, and 1:11.36 in the 100m Freestyle) were both improvements on my PBs which were established in the 1993 Tasmanian AUSSI Summer Championships. In all events, I finished fifth or sixth in the 45-49 age group, and it has given me the added incentive to continue on and hopefully continue to improve.

For me, the highlight of the meet, which I may add was very efficiently run, and in an excellent indoor facility, was the swims of a South African competitor, Terry Downes, who as a competitor in the 40-44 age group, swam 25.40 in the 50 metres Freestyle, and 55.64 in the 100 metres Freestyle. He was not only the fastest swimmer in both events, coming very close to breaking the World record, but what is more amazing is the fact that he has only been swimming competitively for three years. He was, and still is, a good Water Polo player.

conjunction with a food and wine frolic. There will be free entertainment every night at Southbank, the venue for the highly successful Expo '88.

The closing ceremony will be spectacular, and will include fireworks. Other entertainment to be held in conjunction with the Games are a Mardi Gras, the Warana Festival, Bush Dances and a Gala Ball.

Further information can be obtained from the Games Office, Phone (07) 405 0958.

Brief Encounter of the swimming kind?

I cannot vouch for its accuracy, but the following was reported in a Perth news paper recently.

Martin is one of those swimmers who won't swim competitively, but who swims every day, covering the sort of distances that for most people requires a bus pass.

While doing his laps, Martin became aware of a young couple who had joined him in the Bayswater pool. He carried on swimming. ...

The young man who had arrived with the young lady didn't continue, but left the pool. But the young lady *did* carry on. In fact, she ended up in Martin's lane as he did his laps.

It would seem to be a reasonable assumption that she didn't know her boyfriend had left the water for, as Martin passed her, he felt a hand grab him below the waterline, and the same hand made a concerted effort to drag his bathers from his body.

On seeing Martins moustache (about 3cm below his startled eyes) she let out the sort of yelp that says without words: "Oh no! I thought you were my boyfriend!" It's amazing what a yell can tell!

She left the pool in a hurry, and Martin has not seen either of them since.

Strange, nothing like that has ever happened to me ...?

THE DATE LIST

By gum, it's the best I can do with what I've been given! If clubs want a more accurate list of dates, then they will need to let me know what's going on!

- Jul 3 Interclub swim Collegiate run by Talays
- July 3 Officials seminar (TSI) at Launceston
- Jul 12, 19 and 26 NASSA Sport Administration Course Level 1 Launceston
- Aug 9, 16 & 23 NASSA Sport Administration Course Level 1 Hobart
- Aug 14,15 Winter Championships Launceston (Mowbray pool)
- Oct 2 Level O Coaching seminar (TSI) at Hobart
- Oct 30-31 Officials Seminar (TSI) at Hobart
- Nov ??? AUSSI Club Relay meet (Which club, where, when?)
- Nov 13-14 (2 days) Level 1 coaching seminar (TSI) in Hobart
- Feb 6 Long distance swim (TSI) Trevallyn Dam
- Feb 13 Kettering Open Water Swim (Hobart AUSSI)
- Mar ??? Summer Championships Devonport
- Apr ??? Tasmanian Masters Games, Devonport

Further information on TSI organized coaching courses and Officials courses can be had from the Development Officer, TSI, Chris Guesdon, on (002) 31 2201

For further information on NASSA Sports Administration Courses, contact Bridget Jocelyne, (002) 33 6214 in office hours.

COACHES CORNER

Body Roll

All swimmers should roll when they swim freestyle. It is a mistake, however, to roll excessively, or to try and restrict the natural amount of body roll. Rolling too much can be caused by dropping the elbows in the pull, or taking too long for the inward breath. However, restricting the roll can cause the body to sway from side to side as a compensating action.

The roll of the body in freestyle swimming is caused by the rotating action of the arms. Allowing the body to roll (approx 80 to 90 degrees) brings the large strong trunk muscles into play, permits an easy recovery of the arms without an undue amount of swing sideways over the water, allows the hips and legs to move naturally with the movement of the body and assists a swimmer to turn the head for breathing.

Streamlining

All strokes require good streamling for maximum result. Poor streamlining will result from a number of problems including:

- The head is too high, or lifting when breathing.
- The head is too low, or "buried".
- The feet are too low, sometimes due to head position.
- Swimming is too flat. This means not enough body roll in the longitudinal axis. Generally, breathing will loo awkward as the swimmer turns the head and neck only instead of the whole body.

- The body "snakes through the water", often caused by a lack of body rotation. Swimmer may be turning from the waist instead of the whole body, or may be looking backwards when breathing, taking the head out of alignment.

To counteract these common errors, see page 160 of Mastering Swimming for "Streamlining Drills".

This article is from "Swimmers News", Queensland Masters Swimmers Newsletter.

Platypus Press is edited and published by Ron Bloomfield, PO Box 659, ROSNY PARK, Tasmania, 7018, on behalf of AUSSI Masters Swimming in Tasmania incorporated.

LOST - One Stopwatch

Yes, it's still lost. Perhaps you have found it? It wasn't lost until we took it to the Summer Championships. It has great sentimental value to members of Hobart Masters, who have used it to time their aerobic trophy swims. Any news of its wherabouts would be appreciated by the committee and members of Hobart.

FOR SALE

Advertising space in this prestigious and well distributed newsletter. Contact Ron Bloomfield, (002) 43 6746

MASTERING SWIMMING A Killmier

An excellent compendium of information on Swimming for the Adult swimmer. \$25 from your club secretary.