

PLATYPUS PRESS

Edition 20

September 1993

AUSSI Masters Swimming in Tasmania

RESULTS OF THE WINTER SHORT COURSE CLUB CHAMPIONSHIPS

Ask anybody who went to Mowbray for the Winter Championships this year, and they will tell you what a wonderful weekend it was. Once again, Launceston AUSSI are to be congratulated on a job well done.

This years Short Course Championships were one of the smoothest running events in the AUSSI calendar ever.

Thanks go to the sponsors, and in particular SCHWEPPE, the major corporate sponsor of the meet.

Congratulations also go to the officials of the NDASA, the pool staff, Marcus Douglas (the announcer) and the computer operator for the excellent work they all did.

Thanks also to those who helped with those smaller jobs in the running of the carnival - the timekeepers, the raffle ticket sellers, the runners, the helpers, the minders, the gophers, and so on that everybody takes for granted.

And an especial thanks to John Pugh, who not only directed the meet, but

also competed very creditably, breaking both State and National records in the process.

Swimmers who took part should also be congratulated. It takes swimmers to make a meet, and there were enthusiastic swimmers aplenty. Many swum PBs and broke records. Others (like me) swum hard, and won points for our clubs.

So who won, and why?

The point scores at the end of the meet were as follows:

| | |
|-------------|------|
| Launceston | 2637 |
| Hobart | 1566 |
| Talays | 857 |
| Devonport | 555 |
| New Norfolk | 60 |

Congratulations, Launceston AUSSI - winning the Club Championships is a combination of good swimming and good participation within the club. And this is a particularly convincing win!

Launceston has retained the Winter Championship Flag for another year. Who will it go to next year? Are there any challenges out there?

MEDAL WINNERS

20-24

| | Women | Men |
|--------|------------|---------------|
| Gold | Janet Pugh | Jonathan Pugh |
| Silver | K. Hunt | A. Colquhoun |
| Bronze | | J McLaren |

25-29

| | Women | Men |
|--------|------------|----------|
| Gold | V Douglas | J Rawson |
| Silver | E Parker | |
| Bronze | C Robinson | |

30-34

| | | |
|--------|----------|--------------|
| Gold | K Smith | G Slade |
| Silver | K Daft | P Ockerby |
| Bronze | J Coates | P Fitzgerald |

35-39

| | Women | Men |
|--------|-----------|-------------|
| Gold | J Allston | I Porte |
| Silver | P Gray | R Woodworth |
| Bronze | D McHenry | J McCrimmon |

40-44

| | Women | Men |
|--------|------------|-------------|
| Gold | V Flukes | N Hickey |
| Silver | B Joscelyn | J Pemberton |
| Bronze | | A Nichols |

45-49

| | Women | Men |
|--------|------------|-----------|
| Gold | B Potter | B Malcolm |
| | | L Yeats |
| Silver | P Brereton | |
| Bronze | R Langman | C Guesdon |

50-54

| | Women | Men |
|--------|--------|----------|
| Gold | J Chew | K Lawson |
| Silver | | M Innes |
| Bronze | | B Davis |

55-59

| | Women | Men |
|--------|-------|----------|
| Gold | | J Pugh |
| | | P Fisher |
| Bronze | | G Breen |

60-64

| | Women | Men |
|--------|------------|-----------|
| Gold | M Clougher | J Isles |
| Silver | | B Stewart |

65-69

| | Women | Men |
|------|-----------|-----------|
| Gold | T Smit | A Eiszele |
| | J Bradley | |

70-74

| | Women | Men |
|------|----------|-------|
| Gold | H Murfet | D Job |

There were 65 individual records (including 1 National Record), and 10 relay records either broken or established at the Championships this year.

The records were as follows:

800m Freestyle.

Women.

25-29

Victoria Douglas TLC 10.30.94

30-34

Ketrina Clarke TLC 10.59.41

45-49

Perri Brereton TTL 15.48.02

50-54

Judy Hyndes TTL 21.44.85

60-64

Margaret Clougher THB 21.06.99

70-74

Hilda Murfet THB 22.23.82

Men.

20-24

Jeremy McLaren TDP 12.33.60

35-39

I Porte TLC 11.13.40

40-44

N Hickey THB 10.03.02

55-59

J Pugh TLC 11.45.35

200 Freestyle.

Women.

40-44

B Joscelyn THB 3.11.87

55-59

J Chew THB 4.06.05

Men.

40-44

N Hickey THB 2.17.40

55-59

J Pugh TLC-2.31.92

50m Breaststroke.

Women.

J Pugh TLC 39.13

Men.

20-24.

J Pugh TLC 34.25

30-34

G Slade TNN 35.61

200m Backstroke.

Women.

20-24

J Pugh TLC 2.52.86

35-39

P Gray TLC 3.02.59

Men.

40-44

J Pemberton THB 2.40.30

200m Backstroke (contd)**55-59**

P Fisher THB 3.33.76

50m Freestyle.**Men.****20-24**

J Pugh TLC 27.70

30-34

P Fitzgerald TDP 28.56

55-59

J Pugh TLC 31.05

100m Butterfly.**Women.****40-44**

B Joscelyn THB 1.49.52

65-69

T Smit THB 2.39.43

Men.**25-29**

J Rawson TLC 1.05.60

30-34

G Slade TNN 1.06.29

55-59

J Pugh TLC 1.19.97

400m Freestyle.**Women.****55-59**

J Chew THB 8.41.28

Men.**20-24**

J McLaren TDP 5.42.53

40-44

N Hickey THB 4.48.26

55-59

J Pugh TLC 5.29.47

60-64

B Stewart THB 7.23.97

50m Backstroke.**Women.****20-24**

J Pugh TLC 38.04

35-39

P Gray TLC 36.97

Men.**30-34**

G Slade TNN 30.59

50-54

K Lawson TLC 39.58

55-59

P Fisher THB 41.61

100 Ind/Medley

Women.

25-29

Victoria Douglas TLC 1.15.00

Men.

25-29

J Rawson TLC 1.12.47

40-44

J Pemberton THB 1.15.62

45-49

B Malcolm THB 1.33.57

60-64

J Isles THB 1.45.49

100m Backstroke.

Women.

20-24

J Pugh TLC 1.21.17

30-34

K Clarke TLC 1.23.38

35-39

P Gray TLC 1.23.95

Men.

40-44

J Pemberton THB 1.13.58

50-54

K Lawson TLC 1.31.68

55-59

P Fisher THB 1.35.17

50m Butterfly.

Women.

30-34

K Clarke TLC 33.74

65-69

T Smit THB 1.08.61

Men

20-24

J Pugh TLC 32.13

25-29

J Rawson TLC 29.75

55-59

J Pugh TLC 32.88

60-64

J Isles THB 49.05

200m Breaststroke.

Women.

20-24

J Pugh TLC 3.02.30

Men.

20-24

A Colquhoun TLC 3.04.19

65-69

A Eiszele THB 4.43.99

100m Freestyle.

Women.

55-59

J Chew THB 1.55.53

Men

20-24

J Pugh TLC 1.04.91

50-54

K Lawson TLC 1.07.36

400m Ind/Medley.

Women.

25-29

V Douglas TLC 5.43.22

Men.

30-34

G Slade TNN 5.26.04

35-39

I Porte TLC 6.14.59

55-59

J Pugh TLC 6.33.56

(also National record)

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120+ TLC 2.11.53

Mixed 4x50m.Medley

80+ TLC 2.14.02

120+ TLC 2.24.28

160+ TLC 2.28.43

Mens 4x50m.Free.

120+ TLC 1.57.58

160+ TLC 2.07.87

Mixed 4x50m.Free

160+ TLC 2.09.34

Mens 4x50m.Medley

120+ TLC 2.17.14

200+ TLC 2.33.69

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TECHNICAL OFFICIAL SEMINARS.

All members of AUSSI Tasmania Branch are invited to attend Technical Officials Seminars to be held on October 16th (Hobart) and October 17th (Launceston).
(Times and venues to be decided)

These seminars will be conducted by Michele Schofield, National Director of Technical Development.

The seminars are to enable members of AUSSI to gain qualifications as Official Timekeepers, Marshalls and Starters. With our own members qualified, AUSSI can become self-sufficient and therefore able to conduct their own swim meets.

Even if you don't wish to take part in the examination procedure, it still would be of interest to attend the seminars.

AUSSI Tasmania Branch seeks your support, so that the seminars and Michele's visit are worthwhile.

At this stage it is not envisaged that there would be a cost to anyone attending.

Please indicate your interest by returning the enclosed form by September 15th, 1993.

For more information, contact Pauline Samson -
(002) 436665.

PERSONALITY IN PROFILE

"There's no skill in swimming!"

Hector Beveridge said this at a meeting of the State's top swimming administrators. They were meeting at the Northern Districts Annual Dinner held at Shearwater many years ago.

Hector was heavily involved with basketball then. Since, Trish has converted him into an avid devotee of swimming. Hector now claims that swimming is skilful, and that it requires intelligence and dedication!

At the tenth Anniversary Dinner of the Devonport Devils, Hector gave a heart-rending version of his induction into AUSSI. There was much talk of his being left at home to change nappies. Hector had to join AUSSI, so that he could see Trish during the week. So they met at training sessions, and at club meetings.

Hector's involvement with AUSSI is well known.

He was one of the foundation members of the Devonport Devils. In 1981, Hector was just a swimming member, but the next year, he took on the role of Devil's president - and he continued this on into 1983, 1984 and 1985.

In 1986 and 1989 he took the position of Publicity Officer.

But, in 1987, Hec started work with the Launceston City Council as their City Surveyor, and he had to give up some of his work on the Devils committee.

With the Devonport Devils solidly up and running, Hector turned his Presidential talents to the Tasmanian Branch, where he has tried to consolidate and build more clubs in the State.

The Branch was formed on 6th November 1981. Hector filled the position of President from 1985 to 1987, and was Fitness and Coaching Director in 1988 (even though the only coaching he had done was for basket ball and Volleyball). He took over as President again from 1990 to 1993.

Hector's keen interest in National AUSSI saw him attend conferences on Tasmania's behalf in Canberra, Perth, Adelaide and Brisbane.

Hector has overseen many firsts in Tasmania during his presidency. He was Meet Director for the Swimming at the First Australian Masters Games held at Devonport in 1987. This event was not only financially rewarding for the Branch, but was also successful from an organizational point of view.

It was this swim meet that convinced the National Board of AUSSI that Tasmania was capable of conducting a National Swim.

The AUSSI Nationals were held in Devonport in 1991.

Hector's, capable and efficient administration also resulted in the inaugural 5 Km and 10 Km long distance swims at the Australian Masters Games. These swims were held at Lake Eugena, near Devonport.

Australian Swimming Inc decided to conduct their 20 Km marathon swim in conjunction with the 1991 AUSSI National Open Water Swim at Lake Eugena. It was disappointing that ASI did not give AUSSI Tasmania their just recognition for organizing and conducting this event.

If you were asked to describe Hector, the first thing that would come to your mind is his quiet unassuming nature. He is not one to seek recognition, or accolades for his efforts. And this does not mean that he is not aggressive in the water!

Hector, the "one kick wonder", may be half a body length in front after the dive (due mainly to his height!) but he soon finds out that his technique and cunning must match his competitors stroke for stroke. On a good day, with a fit body and a bit of luck, Hector has been known to pick up a Branch Medall

Medals are not Hector's main motivation. He is a strong believer in AUSSI's purpose - "To encourage adults regardless of age or ability, to swim for fitness and fun". Hector's enthusiasm comes from participation, not from competition.

Hector is one of the few AUSSI's in Tasmania who have entered EVERY State run competition that has been conducted. And the only one he missed out on swimming in was the Winter Championships in 1991, when he was flat on his back with the 'flu.

Although Hector doesn't get the chance to attend many National Swims, he has swum at the Nationals in Melbourne (1984) Adelaide (1985) Canberra (1986) Perth (1987) and Devonport (1991).

Hector takes pride in the fact that his name appears on a shield at Devonport Devils for the highest number of aerobic points scored in a season.

In the early days of AUSSI, Hector held a number of Branch records for his age group. Nowadays, the records have been lost to other swimmers, but that is what competition is all about.

And it happens when you start expanding AUSSI and increasing the number of clubs in the state. And for Hector, this expansion of AUSSI over the last ten years is what Hector has enjoyed the most.

Well done, Hector, and thank you from all of Tasmania's AUSSI members.

NOT DISQUALIFICATIONS AGAIN?

You read about them in a recent issue of the newsletter and now they have come home to haunt some of you!

At the recent Short-Course Winter Championships, there were a number of disqualifications. A few muttered that perhaps the Judges and Referee were a bit too hard on the old folks!

However, when it comes to the crunch and being beaten by someone who should have disqualified, most people will stop muttering. Remember the swimmer disqualifies him/herself and ignorance of the rules is no excuse.

I have listed the events and disqualifications and would ask swimmers to consider them carefully - are you aware of how or why you are disqualified?

Event 3: 50m Breast stroke
3 disqualifications.

- i. One hand touch at the breast stroke turn
- ii. feet not turned out on the back kick
- iii. left shoulder dropped

Event 4: 200 Backstroke
2 disqualifications.

both off back leaving the wall

Event 7: 100m Breast stroke
2 disqualifications

- i. left leg low and uneven
- ii. left shoulder dropped

Event 8: Mens Medley Relay
1 disqualification

medley swum in wrong order
(remember the b's in
alphabetical order,
different to IM)

Event 13: 100 Individual Medley
6 disqualifications

- i. 1 hand touch in Breast stroke
finish
- ii. alternating kick in Butterfly
- iii. 2 x left leg down in
Breast stroke section
- iv. off back before finish touch
in Back Stroke
- v. feet not turned out in
Breast stroke.

It is the responsibility of the swimmer who has entered in a swim meet to check with the Club Coach that the stroke and turns are being performed according to the rules.

Also if a Medical Disability Form is required, make sure the sections are filled out to cover the exact nature of the disability eg. if the left leg can't kick properly and drops slightly, then the left shoulder will also drop, therefore both areas need to be covered.

We know that it can be very disheartening for a swimmer to go to

the expense of travelling, competing and then not have their swims counted. Club coaches, you should also be noting which swimmers need this help.

Pauline Samson.

COACHES CORNER

This is the first of three parts written by Mal Innes for the Platypus Press. The series will be covering
AEROBIC TRAINING,
ANAEROBIC TRAINING, and
SPRINT TRAINING.

AEROBIC TRAINING.

Aerobic training is performed at submaximal levels of intensity. The primary aim of aerobic training is to build endurance, or to enable the master swimmer to swim further and faster before lactate builds up in the muscles, consequently lowering the pH level of the blood.

The gradual improvement in aerobic fitness eventually enables a swimmer to achieve a higher percentage of race speed before reaching the lactate/ventilatory threshold, at which point the body begins to experience difficulty in supplying energy to the muscles by means of aerobic metabolism.

The modern theory of endurance training is based on the belief that much of the work should be performed

at or slightly below the lactate ventilatory threshold. This is commonly believed to occur when the blood lactate has reached approximately 4 millimoles per litre.

This type of training is known as "Threshold training" and its aim is eventually to produce less lactate at higher rates of speed.

Training at the lactate/ventilatory threshold is intended to improve aerobic function and will not improve a swimmer's anaerobic capacity. An improvement in aerobic fitness is indicated by faster swimming times accompanied by lower blood lactates and heart rates.

The development of improved aerobic capacity is a long slow process requiring a carefully devised long term plan based on gradual progression, year in, year out. By the same token, the resulting adaptation will be retained for a long time.

Mal Innes.

Head coach, Talays AUSSI Masters.

Level 1
Coaching Course
November 13-14 1993
Information and Application
Forms from
Chris Guesdon (TSD)
GPO Box 532 HOBART 7001

SAFETY CORNER

As your Branch Safety Policy Coordinator, I would like to draw your attention to the following two articles...

The first, "Doc's Spot", by Dr David Pullen, Chairman of the National Safety Policy Subcommittee, is very appropriate as so many members have recently succumbed to winter viral and bacterial infections.

The second article is from information I received following my request to ROUSSEL UCLAF, (Aust.) Pty Ltd, which is dedicated to cartilage research. The company has begun the publication of a series of leaflets, entitled "Arthritis Today", which feature helpful information on many aspects of arthritis. (Treatment, diet, exercise, sport, and the like.) If you are interested in receiving a copy of these issues, please contact me.

Bill Stewart

SWIMMING

by Katherine Tallman
from ARTHRITIS TODAY

A neighborhood swimming pool is a great place for anyone with arthritis. Swimming can give you all the benefits of a good exercise program. Being in the water reduces the effects of gravity by about 90 percent, relieving the strain on your joints. If

the water is warm, just standing in it can help to relieve the pain of arthritis.

For people who are overweight or suffer from arthritis in the hips, knees, ankles or feet, aquatic fitness may be the only form of exercise that doesn't aggravate your joints.

But anyone with arthritis can benefit from going for a dip. Swimming can help you to maintain and even increase your range of motion and muscle strength. As your fitness level begins to improve after a few regular trips to the local pool, you'll feel better, physically and emotionally.

Many people report that regular aquatic exercise helps them to feel more positive about life.

Aqua fitness: aerobics in slow motion

According to physiotherapists, "A swimming pool provides a fun environment for doing something you should be doing anyway." If you enjoy the water, swimming is a very low-risk form of exercise. As an activity, it has virtually no limitations or "don'ts" for people with arthritis.

If you decide that the swimming pool is the place for you, check with your physiotherapist, or the community pool to learn about special aquatic fitness programs for arthritis. At these classes, a trained instructor leads you through a variety of exercises, usually in time to music. Aqua-fitness is a bit like aerobics in slow motion.

If aqua-fitness classes are not available locally, head down to your community pool for a family outing. It may not be as warm as the pool at the physiotherapy centre, but should be warm enough not to cause any discomfort. If the pool is not equipped for the disabled, you can purchase removable steps that will make it easier for you to get in and out of the water. Walk cautiously if the pool edge doesn't have a no-skid surface.

On your own

You can try plenty of beneficial aquatic exercises on your own. For example, you can get a good work out simply by walking through shoulder-deep water. Walk quickly to strengthen your muscles, and more slowly to improve your range of motion.

Try walking backwards, forwards, and sideways with straight legs or high knees or by crossing your legs front and back. A little variety adds spice to any exercise program. The main idea is to move as many joints as possible.

By using a kick board, you can strengthen your arms. push the board away from you, then pull it back. With the board on the water's surface, repeat the exercise in deeper and deeper water as you get stronger. You can use the kick board to keep your balance as you do side bends.

Swimming laps is good exercise, particularly if you need to lose a few pounds. Physiotherapists recommend a gentle side-stroke when swimming laps, as long as you have a full range of movement in your shoulders. If they're stiff, they suggest using a kick board while kicking gently with straight legs.

Swimming precautions

The usual guidelines for exercising apply to swimming. Take it easy if your joints are inflamed. You're overdoing it if a moderate amount of discomfort lasts more than two hours after you get out of the pool.

The key to any successful exercise program is to have fun. By taking advantage of the water's buoyancy, you can obtain the exercise that's so important to control your arthritis without putting extra strain on your joints.

DOC'S SPOT

This article was lifted from "Splash", the NSW AUSSI Masters Swimmers newsletter, and was written by Dr David Pullen. Drs David Pullen and Russell Spinks gave a talk to AUSSI at the State Cup (NSW's Summer Championships) earlier this year.

WHEN NOT TO SWIM

Any acute infection, be it bacterial or viral, should be a reason not to swim. Very occasionally acute heart problems can arise on exertion, especially from viral infections.

Chronic ear infections, particularly infection in the external ear canal, are aggravated by water and hence swimming should be avoided.

Swimmers are liable to joint strains, very often in the shoulder joint, and these strains need rest.

A good basic rule is "if it doesn't hurt it's OK." Swimmers may be able to swim all strokes except butterfly without pain; that is satisfactory.

Swimmers should be properly prepared for the entered events. Generally, swimmers should be able to swim the distance easily in training before entering for that event in a carnival. So, don't enter in the hope that you might get there; most times you will not.

Plan your carnivals so that an adequate recovery time is available between events, remembering that some events take longer than others. Always have a good warm-up.

WHEN TO STOP

The question of "stopping" during a swim is a very vexed one as many AUSSI swimmers consider it a sign of weakness to stop. My personal view is that "stopping" is a sign of strength. The reason for this is that to continue swimming when all is not well is to put yourself and the people who will look after you, if and when things go wrong, at considerable risk. If in

doubt about your ability to continue,
STOP!

What symptoms and signs tell you that all is not well?

1. Disorientation

If, when you are swimming, you lose your sense of where you are going, which stroke you should be doing, or develop a feeling of unreality, then you are becoming disoriented. These symptoms are very hard to describe but are very real once you have experienced them. They mean that the brain is not getting enough oxygen.

Being unable to keep off the lane ropes, swallowing water and generally "floundering" are all symptoms of oxygen lack or "hypoxia" and should be treated seriously by swimmers and officials. A swimmer falling behind his usual performance is a warning sign that all is not well. Inhaling even small quantities of water will rapidly and seriously aggravate hypoxia.

2. Exhaustion

Exhaustion during an event is a danger sign. We have all felt, on many occasions, that the finishing wall is the most beautiful sight in the world. This is quite normal after a hard swim. If, however, the task of getting to the end seems too difficult, then several options are available. A short pause at the end of the pool may be enough to allow you to complete the event. A change of stroke during a freestyle event may be all that is required.

3. Cramps

Cramps are a sign of inadequate oxygen supply to the affected muscles. Severe cramping is an absolute indication to stop. Minor cramping which is relieved by rest, change of stroke or by gentle stretching is an indication to be careful and if recurring, an indication to stop.

4. Chest pain

Chest pain is an absolute indication to stop. There are no exceptions.

5. Breathlessness

Again this is an indication to stop. Many asthmatics swim without any problems when properly treated. However, any increase in breathlessness or any sudden onset of breathlessness is an absolute indication to stop.

In any facet of life, prevention is better than cure. Proper attention to training, careful selection of events, warming up, diet, etc. will lessen the need to stop during an event. My own philosophy is that it is better to stop than put yourself at risk. If you have any health problems, these should be assessed and treated before you undertake serious swimming.

It has been stated that some AUSSI swimmers need to be protected from themselves. Remember, AUSSI swimming **MUST BE FUN, FITNESS & FRIENDSHIP.**

David Pullen.

Not the AUSSI RULES

but a guide for Grandstand Referees.

The complete AUSSI rules are available from your Club Secretary, but the following should cover most points you need to know about the rules of swimming strokes, and remove some of the distortion caused by "grape-vine" communications.

The Start

On the referees long drawn out whistle, you take your position to the *front* of the starting block or pool edge, or enter the water ready to push off but one hand must be held on the pool end wall.

For the backstroke, both hands hold the starting grips and toes must be under the water.

The starter will call "take your marks" when you should *immediately* take up your starting position and remain steady. The starter will wait until all (or most) are steady before giving the start signal. It is the *swimmers* who determine the "speed" of the start, which will depend on how quickly everyone is in position and steady. Some starters will not necessarily wait for slow swimmers to be in a position, nor should the starting signal be given if swimmers are unsteady - hence the reason for sometimes "fast" and sometimes "slow" starts.

False starts - Only one false start is now permitted. After the first false start, any swimmer commencing to move or starting before the signal will be disqualified.

Finish

When you've finished, remain in your lane until the referee blows two sharp blasts on the whistle which will not occur until all swimmers have finished. Sometimes however, you may be invited to leave the water if others are a long way behind. Other times you may be requested to remain in the water whilst the next heat starts over the top of you.

When timing pads are installed you *must* leave the pool from the side. **DO NOT CLIMB OVER THE TIMING PADS.**

Freestyle

Free-style is just that, you can use any style: crawl, sidestroke, butterfly, kicking on your back, etc., you just have to complete the distance and touch the wall with any part of your body. In medleys however, freestyle means anything *other than* backstroke, breaststroke or butterfly.

You may also *nominate* a formstroke for a freestyle event for setting records etc. Details are in the Rules.

Backstroke

Backstroke is similar to freestyle in that you can do what you like as long as you stay on your back. This means you can double arm, frog kick, dolphin etc. and change your stroke as often as you like as long as you stay on your back. "On your back" can include a roll movement of the body up to 90 degrees from horizontal.

During the turn you *may* roll over to the breast before you touch but must be on your back again to leave the wall. The touch at the turn and finish is similar to freestyle in that you make contact with any part of your body, but as you must be on your back at the finish, it is usually the hand. (Sometimes it is the head - Ouch!)

Note - you can only go beyond the 90 degrees *during* the turn and you *cannot* do it when going from backstroke to breaststroke in a medley. If in doubt discuss it with a referee.

You must break the surface with your head within 15m from the start and turn.

Breaststroke

Interpretation of this stroke is debated far more than the others, so if you are unsure, study the Rules. In brief, the Rules state that you stay on your breast with shoulders in line with the water surface. The hands push forward together from the breast and are brought back simultaneously in the same plane under the water and, except for the start and turn, not beyond the hip line.

The feet should be turned outwards in the backward movement. Up and down or alternating (dolphin or flutter kick) are not permitted. AUSSI Rules do not require the kick to be simultaneous nor symmetrical and the word *should* is used deliberately so as to not make it mandatory for the feet to turn out. *This could all change in the near future.*

The touch at the turn and finish must be with both hands at the same time but they do not have to be in the same plane. The shoulders however, must remain horizontal. Dipping a shoulder at the turn is a common disqualification.

At the start and turn you are permitted one armstroke (which can go beyond the hip line) and one leg kick under the water. Thereafter the head must surface between each cycle of one arm and one kick. (Only one kick is permitted for each cycle of one arm pull and vice versa). If in doubt - consult the rules.

Butterfly

Most disqualifications in butterfly are to those who simply cannot do it properly and they flirt with the extremities of the Rules and interpretations to "get through" sometimes and gain those lucrative points.

"Both arms must be brought forward together *over the water* and brought backward simultaneously" is the rule. Amateur swimmers say "this does not mean ON the water therefore swimmer's arms must *CLEAR* the surface...". AUSSI to be lenient, publish the clarification (that is, it is not the Rule) "...over the general surface of the water with the elbows being visible on top of the water".

AUSSI swimmers have now invented a range of styles with which they can expose their elbows to the air and become most indignant when they incur disciplinary measures from the referee. They are not doing butterfly so this "clarification" is under review too.

Arm recovery must be over the water, therefore if the arms push forward at any time under the water, (perhaps other than re-entry into the water) you can be disqualified. Common faults are when the hands fall short of the touch and a mini-breaststroke pull is used to bridge the gap - and the other is when the hands are "feathering" in the glide position, particularly when multiple kicking is used.

The kick only has to be with both legs simultaneously, and they don't even have to be at the same level. A breaststroke type kick can be used (and it doesn't have to comply with the breaststroke rules), you can alternate between dolphin and breaststroke kicks and you can *have* as many kicks as you want between arm pulls. The kick cannot be alternating as in flutter kick nor sidestroke (screw) type kick which may be acceptable under our relaxed breaststroke rules.

The shoulders have to remain horizontal and the touch is the same as for breaststroke.

Medley Swimming

In individual events, the order is: Butterfly, Backstroke, Breaststroke, and Freestyle.

In Medley Relay events, the order is: Backstroke, Breaststroke, Butterfly and Freestyle.

Each section must be finished in accordance with the Rules which apply to the style concerned. Therefore when changing from backstroke to breaststroke the shoulders *must not* "turn over the vertical!" before you touch the wall.

Wrong Stroke

If in Medley, you commence with a wrong stroke, you can negate disqualification by stopping and returning to the pool end and recommence using the correct style. Amateur swimming now no longer allow for this "erasing the error", so our rule is under review too.

Stopping during the Swim

If you have to stop for any reason (loose costume, swallowing water, out of breath etc.) you may stand on the bottom or hold the lane ropes, but you must not walk or propel yourself forward - you must float off when restarting.

A thought for the Referee.

Referees don't disqualify swimmers, swimmers disqualify themselves when they infringe the Rules. We have Rules and Referees to have swimmers competing on even terms - like comparing apples with apples. A breaststroker dipping a shoulder at the turn would have an advantage over one complying with the Rule, so it is simply unfair to allow the infringing swimmer to be compared with others doing it properly. A backstroker gliding or kicking on their front prior to the turn is simply not doing backstroke, so should not be allowed either.

Referees should disqualify only on infringements they see and are sure of - not what they think they may have seen, therefore (usually due to limited numbers of stroke judging personnel) many infringements are not penalized. "Grandstand" referees of course don't have such limitations - they can even condemn on hearsay.

Sometimes, rarely I would suggest, Referees make a mistake in judgement, usually on a border-line decision which could go either way. Your interpretation in such cases of course is border-line too. In the main therefore, the swimmer (collectively) is well in front. Please keep this in mind when you next get up-tight about a decision you do not like, and think of all the ones that "got away".

There is of course much more written about swimming strokes in the Rules and you should learn them all in due course. I have attempted to make it a little easier to understand the basics and to dispel some of the myths. I am always available to discuss my understanding of them if you have any doubts.

Ivan Wingate.

Referee

June 92

WARMING UP

by
Mal Immes

During the recent events on the calendar (for example the 800 metres postal swim, and the Winter Championships) it was my observation that, as in the Summer Championships, swimmers warm ups were in the main quite inadequate.

Let me stress at this point, contrary to what some people think, you will NOT wear yourself out with a complete warm up.

A well prepared swimmer will enhance their performance as has been very well documented.

1. The resultant increase in body temperature and pulse rate, combined with dilation of blood vessels in the muscles, takes the body from its "resting state" to the physiological level needed for the competitive event.
2. It loosens the muscles, and increases flexibility.
3. It familiarizes the swimmer with the pool conditions in which the competition will take place.

4. The swimmer gets into stroke rhythm and feels out the required pace of the race.

5. Muscle fatigue occurs in a later stage of the race than it would have otherwise.

6. A muscle that is warmed and stretched prior to maximum exertion is less likely to sustain injury.

7. The warm up induces a sense of well being which helps to cope with nerves.

WORLD MASTERS GAMES

Sept/Oct 1994
BRISBANE

Not just another swim meet,
but an international festival of
sport.

For further information contact
Bren Catchpole
(07) 405 0958
(Direct phone link)

The Calendar

(Pin this to the Refrigerator!)

| | | | |
|----------------|---|----------------|---|
| September 12 | Branch meeting at Ross | February 6 | TSI Long Distance Swim (Trevallyn Dam) |
| October 16 | Technical officials seminar (Hobart) | February 13 | Kettering Open Water Swim (Hobart AUSSI) |
| October 17 | Technical officials seminar (Launceston) | February 19-20 | Summer Championships (Devonport) |
| October 30 | Top ten and Aerobic swims due to Branch recorder | March 20 | Port Huon Swim |
| October 30-31 | TSI Officials seminar (Hobart) | March 22-26 | AUSSI Nationals (Adelaide) |
| November 13 | Branch meeting at Hobart | April 16 | Tasmanian Masters Games (Devonport) |
| November 13-14 | Relay meet (Hobart) | | |
| November 13-14 | TSI Level 1 Seminar (Hobart) | | |

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