

# PLATYPUS PRESS

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## AUSSI Masters Swimming in Tasmania

### GOODBYE 1993

Another Swimming Year has finished and 1994 is well on its way.

Many swimmers finished the season on a high note and are working to further success for 1994. This issue is to be a "slap on the back and aren't we all fantastic", to be valued as a collectors item. Totally oozing with results and awards, many that you would be unaware of and perhaps might have you asking... "Why haven't I got one of those?".... or "Where/how do I get one of those?" and "I had no idea that he/she or I did/could do that!".

Ask your Club recorder for a copy of the Top 10 results. In previous years, Top 10 entries were sent to National and Tasmania produced the Branch Top 5.. As the Top 10 is now part of a National Computer Program, it was much easier to print out the entries sent to National. Every swimmer in Tasmania who competed in a championship or aerobic swim would rate a mention in at least 1 event. If you were unlucky enough to be in

highly competitive age group and more than 10 competed in your favourite event, then you may have missed out.

Now if you haven't been mentioned anywhere during the 1993 season, here's some great excuses you could use - maybe you didn't swim fast enough, and your age group had more than 10 swimmers. (Try 800m Butterfly next time). or you may not have swum in a recognised distance or stroke in 1993.. If you can't find your name, perhaps you have looked in the wrong section and age group. Perhaps the Club Recorder or worse still the Branch Recorder made a mistake and missed you off the list.. I lost count of the number of entries, but the calluses on the fingers were beginning to show and I also had to increase the Mb on my computer to cope with the entries... and I mean those entries were gobbling space at a ravenous pace.

Read on for the best round up of news this Branch has seen for a long time.

Pauline Samson.  
Branch Recorder.

## RESULTS of the RELAY COMPETITION

Following a very successful weekend in Hobart, hosted by the Talays AUSSI Masters Swimming Club, it was great to see that a number of Tasmanian records were broken.

The Sandy Bay AUSSI Masters Swimming Club, competing for the first time, have broken three records in the 120+ age group. Congratulations, Sandy Bay, and congratulations to the following teams:

**120+ Mixed medley S.C. relay**  
D Adams, A Nichols, G Slade, and G Gale (TSB) with a time of 1:03.51

**120+ Womens freestyle S.C. relay**  
G Gale, D Adams, R Lucas, and J Banks (TSB) with a time of 59.19

**120+ Womens medley S.C. relay**  
R Lucas, G Slade, G Gale, and J Banks (TSB) with a time of 54.90

Hobart also broke three records:

**240+ Womens frstyle S.C. relay**  
D Hinrichsen, M Clougher, J Bamford and T Smit (THB) with a time of 1:37.17

**160+ Mens freestyle S.C. relay**  
R McGregor, R Sargison, J Pemberton and R Falconer (THB) with a time of 54.89

**120+ Womens frstyle L.C. relay**  
J Harrison, K Hawkes, J Allston, and K Daft (THB) with a time of 2:15.85

and the *Piece de Resistance*, with an average age of 71 years, from Talays AUSSI Masters, in the 280+ age group:

**280+ Mixed freestyle S.C. relay**  
T Cross, M O'Brien, P Bent, and N Lewis (TTL) with a time of 1:48.71

### Final Results

The Club Relay Championship was won by Hobart with an aggregate points for the weekend of 1174. They were followed by Talays with 576 points.

Club	S.C.	L.C.	Total
Hobart	592	582	1174
Talays	314	262	576
New Norfolk	172	136	308
Launceston	148	148	296
Sandy Bay	116	0	116

1993 Club Relay Championships

Of course, these results do not show the amount of fun enjoyed by all who participated. The motto of AUSSI, "*Fitness and Fun*" must surely be borne out by the number of happy swimmers of all ages who took part.

This was especially true on the Saturday evening, when 106 teams crowded together, fighting to find who

was in their team, and when their heat was on. Or had they missed it? The Collegiate pool was just a bit crowded for our relay competition, but it was warm, and the host club, Talays, kept things moving so nobody had a chance to complain. And who would want to anyway?

The Sandy Bay club excelled themselves, by winning almost every event they entered. I would say that this club will bear watching in the future.

#### MILLION METRE AWARDS

Many of our swimmers have swum a Million metres as members of AUSSI. (That's about the distance from Hobart to Sydney as the fish swims!) They have kept a record of every swim, whatever the distance and have received a badge from National AUSSI in recognition of their efforts.

#### Tasmanian Million Metre holders

The late Royce Bracken	(TDP)
Rodney Bird	(TDP)
Diana McHenry	(TLC)
Conrad Gleeson	(TLC)
Perri Brereton	(TTL)
1993	
Sheree Chisholm	(TTL)
John Pugh	(TLC)
Les Young	(THB)
Tina Smit	(THB)

#### Coaches Corner

This is the second of three parts written by Mal Innes for the Platypus Press. The series covers AEROBIC TRAINING, ANAEROBIC TRAINING, and SPRINT TRAINING.

#### ANAEROBIC TRAINING

Whereas the aim of aerobic training is to produce less lactate, anaerobic training aims to produce more lactate by having the athlete perform work at greatly increased levels of intensity with the deliberate purpose of building a high accumulation of lactic acid in the muscles. The goal is to enable the muscle to tolerate a high level of lactic acid and to improve its capacity to buffer the accumulating lactic acid effectively while also stemming to some extent a decrease in pH. Work performed at this higher level of intensity is often referred to as lactate training.

The chemical changes resulting from severe anaerobic training occur more quickly than the changes associated with aerobic training, but the effects are lost just as quickly with a subsequent reduction in training. The intensity of the anaerobic work load should be carefully monitored. This type of training should be introduced in the training schedule at the appropriate stage of the season, and even then, it should not be used in more than two workouts a week because of its highly stressful nature.

## SIX QUICK FIXES

by Terry Laughlin  
published in Master Sports

Take a poolful of masters swimmers and ask them why they're there, and you'll get all the usual reasons: injury free work-outs, year round exercise potential, and better overall fitness. Its only later that they stumble onto the best one of all, the one no-one likes to talk about. Namely, you can get much faster without getting much fitter. In swimming, a lot of speed comes from *how*, not *how much*.

That's because the single most important factor in fast swimming isn't brute force, or iron lungs, it's a long stroke. The farther your body travels with each stroke, the faster you'll swim. A computer-aided study at the 1988 Olympics showed conclusively that in every event, the fastest swimmers took the fewest strokes per pool length. Make your own strokes longer, and you'll also swim faster and easier.

Fins. How? Two ways. The first, eliminating resistance to the water; the second, creating more propulsion by identifying your power source and using your hands more effectively.

## GET OUT OF YOUR OWN WAY

The three resistance eliminating skills are:

**1. Make your body longer.** It's a fact of naval architecture: Longer boats go faster. Same with you. The longer your body during all phases of all strokes, the better you'll hold your speed during the slight pauses between strokes. Some simple applications: In freestyle, the stroke most fitness swimmers use exclusively, extend your hand a little farther after it enters the water, and leave it there just a moment longer before pulling back. That keeps your body longer while your other hand completes its stroke and takes over the front position. Longer body, faster body.

**2. Improve your hull design.** You didn't get to choose the body you were born with, but you can design the hull you ride the water with. Improve your body position and alignment (sleekness). Before working on your power or propulsion technique to swim faster, take the easier way: Make sure you've done everything to eliminate drag (resistance). "Round off" all edges; eliminate sharp body angles the water otherwise has to fight. Imagine yourself swimming in a very narrow gutter, as opposed to, say,

a large pipe. Make your stroke and recovery more compact (but not shorter) to fit the narrower space. Eliminate head wagging and hip/leg fishtailing. And most importantly ...

### **3. Cut the water on your side.**

Ever notice how fish cut the water compared with humans? When you get into the more fishlike sidelying position in freestyle and backstroke, the water passing across two surfaces of the body, chest and back, has to travel only half as far to get out of your way as it does when you're chest down with almost all of it flowing under you. That reduces drag by as much as 50%. Instead of lying on your stomach in freestyle, or your back in backstroke, pass quickly through those positions while rolling from one side to the other.

## **STOP WASTING ENERGY.**

Now that you've eliminated ways your body fights the water, there are three ways you can create more forward motion.

### **4. Use your power source.**

Rolling your hips in freestyle and backstroke is good for something beside drag reduction - it helps you tap the power in your torso, or core, muscles. Ever notice how a tennis player or a golfer drives? None gets his power from the arms. All stand sideways to the direction in which they want to launch the ball, then start their movement by bringing the hips through first, followed by the

shoulders. The arm comes last, basically cracking the whip. Same thing in freestyle and backstroke. Power originates with a brisk hip roll on each stroke, then moves through your torso muscles to the arm. Your hands are simply the point where hip rotation power is applied to the water.

### **5. Anchor your hands**

Don't pull your hands back through the water. Anchor them on each stroke, leave them there, and use chest and back muscles to pull you past that point. Two good ways to work on this:

Swim with fists clenches, then open to feel how to hold water better.

Match speed of your hands pulling back to the speed of your body moving forward. Don't spin your wheels. Imagine there's a rung in the water that you're grabbing. When you can feel yourself doing this well, try it with your fists closed.

### **6. Keep your stroke length as you build speed.**

To swim faster, first get as much distance per stroke as you can. Next add hip power. Only at the end do you speed up your stroke tempo and when you do, don't lose distance per stroke as many swimmers do. If you can cover the pool in 18 strokes, but find that you take 20 when you try to swim faster, you've sacrificed efficiency, even if you have gained a little speed. So try to swim faster at 18 strokes instead. Play "Swimming Golf", and don't think of it as additional training. It's making better use of the training you've already done.

## World Top Ten

In April of each year, the World Top 10 for the previous year is published. Two of our swimmers made the World Top 10 for 1992.

**Julia Allston THB (35-39) 8th - 200m Freestyle.**

**Pam Gray TLC (35-39) 10th - 1500m Freestyle.**

## Who are the Coaches within the Branch?

Many have completed the workshops and have held accreditation in the past.

Our current financial members of the Australian Coaches Association whose accreditation is recognised, are:

### Level 1

**Trish Beveridge (TDP)**  
**Mal Innes (TTL)**  
**Pauline Samson (TTL)**  
**Megan Stronach (TNN)**

### Level 2

**Trish Beveridge (TDP)**

### Level 1M (Masters)

**Trish Beveridge (TDP)**  
**Kathy Hawkes (THB)**  
**Pauline Samson (TTL)**

There are also members within the Branch who are working towards their

accreditation at Level 1. And there will be the opportunity to complete Level 1 Masters in 1994.

## SPONSORSHIP

AUSSI Tasmania gratefully acknowledges the sponsorship of

**ALLFOOD distributors**  
**PETERS Icecream**  
**JUICY ISLE Fruit juices**  
**and NATIONAL Pies**

whose generosity has kept registration fees to the 10th Summer Championships and the Third Tasmanian Masters Games to a minimum.

Also, the support of the **GATEWAY Motor Inn**, whose special accommodation package is recommended.

## National Aerobic Trophy Results

So you've been swimming all year, and you have been wondering how it all went? Well, the results are in and the results you've all been waiting for are here at last...

The Club results are

<b>Hobart AUSSI Masters</b>	<b>1471</b>
<b>Launceston AUSSI</b>	<b>1252</b>
<b>Talays AUSSI Masters</b>	<b>1082</b>
<b>Devonport Devils</b>	<b>599</b>

## Top 10 Individual Scorers

### Men

Mal Innes TTL	390
Bill Stewart THB	237
Ian Porte TLC	85
Barrie Hall TDP	80
John Isles THB	78
John Pugh TLC	75
Brian Davis TLC	75
Ray Brien TLC	73
Kim Ryan THB	66
John McCrimmon TLC	65
Phil Ogden TLC	65

(this makes 11...)

### Women

Tina Smit THB	309
Perri Brereton TTL	285
Lorna Carlton THB	185
Kathy Smith TDP	132
Trish Beveridge TDP	125
Jill Deavin TLC	103
Pam Gray TLC	80
Diana McHenry TLC	75
Alwynne McMahon TLC	68
Katherine Daft THB	60

[Are the women getting better results than the men? It would *seem* that there are more women with scores above 100 than there are men!]

Going to Adelaide for the Nationals, or to Brisbane for the World Masters?

Get your entries in soon!

## BRANCH RELAY COMPETITION

The relay competition was held in November in Hobart at two venues.

The Tasmanian Branch Short Course (4x25m) Relay Championships were conducted at the Collegiate Pool on the Saturday evening and the Long Course (4x50m) relay championships were conducted at the Glenorchy Pool on the Sunday morning.

The relays on the Saturday night were great for participation and it was encouraging to see so many new swimmers confident at 25m. The only problem was the overflow of water and as I watched, several bags lifted off the floor with the waves crashing over the side of the pool. I hoped that the swimmers had another supply of clothes.

This meet welcomed the new masters Club, Sandy Bay to the Branch. They entered 6 events and took 3 records...they obviously wanted to make a grand entrance.

Some teams were a little anxious and got disqualified for breaks, however that happens in the best of competitions!!!

I remember asking Les Young about his funny kick at the beginning of the Butterfly. However he assured me that his feet slipped on the wall. I guess at his age (in the spirit of AUSSI), I

could accept that slight infraction. The next morning at Glenorchy, he was very careful about "feet slipping". (I guess that as I was standing directly over his lane, he would have to do some fast talking to get away with it a second time).

The relays went without too many problems, except that I always empathize with the team organisers. They spend hours working out the teams and then have to spend more time poolside rearranging teams when members are unable to swim, or are late or one of a million other reasons for not swimming.

### THE AUSSI NATIONALS

The 19th National Swim and Club Championships will be held in Adelaide from 22nd to 26th March 1994.

#### The program:

##### Tuesday 22nd March

- Event 1. 400 M Medley
- 2. 100 M Freestyle
- 4x50 Womens Challenge relay
- 4x50 Mens Challenge Relay
- 3. 50 M Backstroke
- 4. 100 M Breaststroke
- 5. 200 M Butterfly
- 6. 4x50 Mixed Freestyle relay

##### Wednesday 23rd March

- Event 7. 800 M Freestyle
- 8. 200 M Backstroke
- 9. 50 M Freestyle
- 10. 200 M Medley

#### 11.4x50 Mixed Medley Relay

##### Thursday 24th March

- Event 12. 400 M Freestyle
- 13. 50 M Butterfly
- 14. 200 M Breaststroke
- 15. 100 M Backstroke
- 16. 4x50 Womens Medley
- 17. 4x50 Mens Medley

##### Friday 25th March

- Event 18. 200 M Freestyle
- 19. 50 M Breaststroke
- 20. 100 M Butterfly
- 21. 4x50 Womens Free
- 22. 4x50 Mens Freestyle

##### Saturday 26th March

3 KM Open Water Long Distance Swim at West Lakes

Entries must be made through your club secretary, and be in the hands of the Nationals 1994 Secretary, by 7th February 1994.

Individual entries are limited to 5 events NOT INCLUDING the long distance swim. Swimmers may enter three freestyle events only. Entry fees are \$40 per person and \$10 per relay team.

The Nationals are being staged at the Adelaide Aquatic Centre, 7 minutes from the city centre. Facilities there include the 50 M Pool, Diving pool and towers, Leisure pools, Fully equipped gymnasium, sauna, steam room, spas, meeting rooms, catering facilities, etc. ... and free parking!



— Fruit Juices —



**Tenth Annual Long Course  
Summer Championship  
Devonport Olympic Pool  
26-27 February 1994**

Hosted by AUSSI DEVONPORT DEVILS  
and sponsored by NATIONAL PIES  
**PETERS** Ice Cream, **JUICY ISLE** Fruit Juices  
and **ALLFOOD** Distributors

**PROGRAM OF EVENTS**

**Session 1**

Event 1 800 M Freestyle

**Session 2**

Saturday 26th February

Warmup 5:00

First race 5:30 pm

Event 2 200 M Freestyle

Event 3 50 M Butterfly

Event 4 100 M Breaststroke

Event 5 50 M Freestyle

Event 6 200 M Butterfly

Event 7 100 M Backstroke

Event 8 400 M Indiv Medley

Relays (all relays 4x50 metres)

Event 9 Womens Medley

Event 10 Mens Medley

Event 11 Mixed Freestyle

Conditions are listed on the flier, which is available from club secretaries.

Entry fee \$15 pays for up to FIVE  
events, of which not more than  
three may be freestyle.

Relays \$2 per team. All swimmers  
in relays must have entered in at  
least one individual event.  
Swimmers may only swim in one

**Session 3**

Sunday 27th February

Warmup 8:00 am

First race 8:30 am

Event 12 200 M Backstroke

Event 13 100 M Butterfly

Event 14 200 M Breaststroke

Event 15 50 M Backstroke

Event 16 100 M Freestyle

Event 17 50 M Breaststroke

Event 18 200 M Indiv Medley

Relays (all relays 4x50 Metres)

Event 19 Mixed Medley

Event 20 Womens Freestyle

Event 21 Mens Freestyle

age group per event in the relays.

Current rules of AUSSI Masters  
Swimming will apply.

Entries close on 28th January, and  
must be submitted through club  
secretaries.



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## TECHNICAL ACCREDITATION

Technical Accreditation Courses were conducted in Hobart and Launceston in October and Tasmania Branch now has 32 accredited Timekeepers:

Sheree Chisholm, Judy Hyndes, Dorothy Armstrong, Betty Ross, Gerald Breen, Pauline Samson, Perri Brereton, Robert Bonney, Robyn Turner, Til Van de Vusse (all Talays); Dorotea Hinrichson, Tina Smit, Debra Barr, Les Young, Katherine Daft, Elizabeth Savage, John Isles, Kim Ryan, Mary Anne Ryan, Mavis Fisher (all Hobart); Ray Brien, Phil Ogden, Rob Woodworth, Andrew Youl, John Pugh, Diana McHenry, John McCrimmon, Ceri Weeks, Alwynne McMahon (all Launceston).

(Trish Beveridge and Pat Job are accredited through TSI).

Pauline Samson also passed the exams for the positions of Check Starter & Marshal.

### Branch Records.

1993 was a year of record breaking and recording setting...

Womens Short Course

-26 new records.

Mens Short Course

-44 new records.

Womens Long Course

-59 new records.

-59 new records.

Mens Long Course

-53 new records.

4 x 25m Relays

-6 new records

4 x 50m Relays

-10 new records

4 National Records were  
broken in 1993.

**John Pugh** TLC (55-59) 400m  
Individual Medley, - Short Course

**Ron Lucas** TSB (35-39) 100m  
Backstroke - Short Course.

**Justine Bamford** THB (65-69)  
400m Breaststroke - Long Course.

**Janet Pugh** TLC (20-24) 100m  
Freestyle.-Long Course.

The following swimmers also hold  
National Records:

**Rachel White** TDP (20-24) 50m  
Freestyle (89), 100m Freestyle (89),  
50m Butterfly (89) - Short Course

**Janet Pugh** TLC (20-24) 100m  
Breaststroke (92), 400m Freestyle  
(92), 400m Individual Medley (92)-  
Short Course.

**Pam Gray** TLC (35-39) 400m  
Individual Medley (91) Short Course.



## Tasmanian Masters Games

### SWIMMING (with heaps of other sports!)

Venue: Devonport Olympic Pool

Date: 16th April 1994  
Times: 1:00 pm warmup, 1:30 pm first event

Age Groups:	25-29	30-34	35-39	40-44	45-49
	50-54	55-59	60-64	65-69	70-74
	75-79	80+			

Events:	Event 1 50 M Backstroke	Event 2 100 M Butterfly
	Event 3 50 M Freestyle	Event 4 100 M Breaststroke
	Event 5 50 M Butterfly	Event 6 100 M Freestyle
	Event 7 50 M Breaststroke	Event 8 100 M Backstroke
	Event 9 200 M Medley	

#### NOTES:

1. Swim meet conducted under rules of AUSSI Masters
2. Competitors to enter up to five events only
3. It is necessary to forward a nominated time for each event, preferably on an AUSSI race card.
4. Race cards are available from your AUSSI club secretary, the TMG office, or the Meet Director, Hector Beveridge, 21 Wiena Crescent, DEVONPORT, Phone [004] 24 6093 (Home) or [003] 37 1237 (work).

**AWARDS:** Gold Silver and Bronze medals to highest point scorers in each age group.  
Result certificates for all competitors.

Tasmanian Masters Games entry forms available from any branch of the Commonwealth Bank, and entry forms may be lodged there.

Closing date for applications: 4th March.  
Early bird discounts are available until 18th February.



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**WORLD MASTERS GAMES  
BRISBANE**

*"The Challenge never ends ..."*

26th September - 8th October 1994

Entry forms are available by writing to  
World Masters Games Office  
Locked bag 1994  
GPO BRISBANE  
Queensland 4001

Entries close 5 pm 15 July 1994  
Early bird incentive if entered by  
1 March 1994. (Trip to Heron Island)

Besides swimming, you can enter in  
sports such as

Archery, athletics, badminton,  
baseball, basketball, canoeing,  
cycling, diving, field hockey, football,  
golf, indoor cricket, judo, lawn bowls,  
netball, orienteering, rowing,  
rugby union, shooting, softball,  
squash, surf lifesaving, tennis, tenpin  
bowling, touch, triathlon, volleyball,  
water polo, and weightlifting.

Venue: Chandler Aquatic Centre  
Age groups: 25-29, 30-34, up to 90+

Events:

Day 1 200 M Backstroke  
50 M Breaststroke  
400 M Freestyle

Day 2 200 M Butterfly  
100 M Freestyle  
50 M Backstroke  
4x50 Mixed Freestyle

Day 3 400 M Medley  
50 M Freestyle  
100 M Breaststroke  
4x50 Mens Medley  
4x50 Womens Medley

Day 4 100 M Backstroke  
200 M Freestyle  
50 M Butterfly  
4x50 Mens Freestyle  
4x50 Womens Freestyle

Day 5 200 M Medley  
100 M Butterfly  
200 M Breaststroke  
4x50 mixed medley

NOTES: Limit of 5 individual events  
FINA (Masters) Rules apply

**HOBART MASTERS  
OPEN WATER  
LONG DISTANCE SWIM**

To be held at Carlton Beach  
16th January 1994

Distances of 1.5 KM, and 2.5 KM  
Wet suits will be allowed

More information from  
Ron Bloomfield PO Box 395  
ROSNY PARK 7018

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