



## Results of the Summer Championships 1995

### Age group 20-24

#### Women

Gold Rachael Foulkes

#### Men

Gold Jonathan Pugh

### Age group 25-29

#### Women

Gold Janet Pugh

Silver Carolyn Robinson

Bronze Kim Menadue

#### Men

Gold Chris Foley

Silver Paul Green

### Age group 30-34

#### Women

Gold Deborah Adams

Kathy Hawkes

Bronze Bernadette Symons

#### Men

Gold John Rawson

Silver Peter Robinson

Bronze Vincent Van De Vusse

### Age group 35-39

#### Women

Gold Glenise Gale

Silver Ketrina Clarke

Bronze Pam Gray  
Christine Brown

#### Men

Gold Garth Slade

Silver Patrick Fitzgerale

Alan Carlton

### Age group 40-44

#### Women

Gold Susan Cure

Silver Megan Stronach

Bronze Diana McHenry

#### Men

Gold Ron Lucas

Silver Allan Nichols

Bronze Ian Porte  
John Pemberton

### Age group 45-49

#### Women

Gold Ros Dillon

Silver Mary Cousins

Bronze Diane Hollister

#### Men

Gold Phillip Ogden

Silver David Smith

Bronze Neil Hickey

### Age group 50-54

#### Women

Gold Brigitte Potter

Silver Kaye Turner

Bronze Ruth Langman  
Peggy Ryan

#### Men

Gold Mal Innes

Silver Hector Beveridge

Bronze Danny Neal

**Age group 55-59**

## Women

Gold Barbara Ross  
 Silver Jan Archer  
 Bronze Gitta Jensen

## Men

Gold John Pugh  
 Peter Fisher  
 Bronze John Jordan

**Age group 60-64**

## Women

Gold Mary Reynolds  
 Silver Mavis Fisher  
 Bronze Wilman Attrill

## Men

Gold Conrad Gleeson

**Age group 65-69**

## Women

Gold Justine Bamford  
 Silver Margaret Clougher

## Men

Gold Athol Eiszele  
 Silver Clyde Denton  
 Bronze Bill Stewart

**Age group 70-74**

## Women

Gold Tina Smit  
 Silver Joy Bradley

**Age group 75-79**

## Women

Gold Nan Lewis  
 Silver Mary O'Brien

## Men

Gold Ted Cross

**Swimmers of the Meet**

Female-Nan Lewis (TTL)  
 Male-Ted Cross (TTL)

**Shields****Club Points**

Hobart AUSSI	1896
Launceston Lemmings	1756
Talays AUSSI	1365
Sandy Bay AUSSI	712
Devonport Devils	584
New Norfolk Whales	201

**Club Championship Shield**

1995

Hobart AUSSI Masters

**New Norfolk Trophy**

1995

Sandy Bay Masters

**Records broken at the  
Summer Championships****Kathy Hawkes (30-34)**

200m Breaststroke 3.10.31  
 100m Freestyle 1.09.41

**Diane McPherson (55-59)**

50m Backstroke 57.00

**Athol Eiszele (65-69)**

200m Breaststroke 4.52.80  
 200m Backstroke 6.20.14

**Ketrina Clarke (35-39)**

100m Butterfly	1.17.94
200m Butterfly	2.51.39
50m Butterfly	33.28

**Tina Smit (70-74)**

100m Butterfly	3.02.25
200m Freestyle	4.41.56
50m Butterfly	1.19.24
200m Ind Medley	5.38.06
400m Ind Medley	11.46.69

**Neil Hickey (45-49)**

400m Freestyle	4.57.52
200m Freestyle	2.21.96

**John Pugh (55-59)**

400m Freestyle	5.37.54
100m Butterfly	1.24.00
200m Butterfly	3.19.74

**Clyde Denton (65-69)**

400m Freestyle	6.59.52
50m Freestyle	37.56
100m Freestyle	1.25.71
200m Freestyle	3.15.00

**Ron Lucas (40-44)**

200m Backstroke	2.41.20
200m Ind Medley	2.44.03

**Phillip Ogden (45-49)**

200m Backstroke	3.23.09
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**Ted Cross (75-79)**

50m Backstroke	1.15.59
200m Backstroke	6.16.59
50m Freestyle	1.16.09
100m Freestyle	3.03.32
100m Backstroke	2.42.02

**Susan Cure (40-44)**

200m Backstroke	3.13.46
200m Freestyle	2.46.22
200m Ind Medley	3.02.67

**Allan Nichols (40-44)**

400m Ind Medley	6.15.08
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**Janice Archer (55-59)**

50m Butterfly	1.07.70
200m Ind Medley	4.55.42

**Barbara Ross (55-59)**

50m Freestyle	43.90
400m Freestyle	8.02.44
100m Freestyle	1.39.72
50m Breaststroke	56.91

**Mary Cousins (45-49)**

50m Freestyle	37.60
100m Freestyle	1.25.05

**Peter Fisher (55-59)**

100m Freestyle	1.27.19
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**Alan Carlton (35-39)**

200m Butterfly	4.40.09
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**Mavis Fisher (60-64)**

50m Butterfly	1.51.69
200m Ind Medley	6.38.30

**Chris Foley (25-29)**

50m Backstroke	35.51
100m Backstroke	1.16.79

**Rachael Foulkes (20-24)**

50m Breaststroke	42.93
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**Brigitte Potter (50-54)**

50m Breaststroke	51.85
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**Mary O'Brien (75-79)**  
50m Breaststroke 1.22.81

**Johnathan Pugh (20-24)**  
50m Breaststroke 38.51  
100m Breaststroke 1.23.54

**Bill Stewart (65-69)**  
50m Breaststroke 51.07

### The Meet Director Reports

One of the duties of a Meet Director for a swim meet is to conduct a 'post mortem' - hopefully this one isn't that grim. The easiest way to go is to list the 'good' things and make sure this list is longer than the 'not-so-good' aspects.

The good things:

- \* highest number of entries - 144 individual
- \* all clubs participating
- \* five events over the weekend
- \* no restrictions on the freestyle events
- \* less relays to delay the meet
- \* swim meet ran to time
- \* great recording program
- \* pizza and drinks on the lawn
- \* people who were disqualified who said - 'fair enough, I'll know next time'
- \* delicious cheap Sunday lunch - 160 diners through the till.
- \* heaps of individual records and PB's

The not-so-good:

- \* extreme weather 39°C Saturday, 17°C Sunday
- \* children left unattended in the small pool
- \* people who didn't marshal on time
- \* people who didn't marshal at all
- \* people who let their kids 'pig-out' on pizza and the kids hadn't paid!!!
- \* people who grumbled and were argumentative when disqualified
- \* the women's 35-39 had 25 competitors !

What the heck! It was still a great swim meet wasn't it? I've heard on the grapevine that New Norfolk are planning a better one for 1996 - well we'll see!!! The swim meet was enjoyed by the majority - comments from the pool deck was of good fun and happy people.

The SAT (semi-automatic timing) equipment was borrowed from TSI - it was easy to use only I had held watch and for others to press buttons. No need for cards to be filled out and as soon as the swimmers touched the wall, the times were ready for the recorder.

The use of our own officials with the exception of 1 ring-in (Sandy - with the AUSSI L plates) - proved that we can do it if we really want to! If we have plenty of people then we have a roster.

## 1995 Carlton Beach Long Distance Swim,

Sunday 13th March 1995

Conditions were rough and cold at Carlton beach, so the swim was moved to nearby Dodges Ferry. Water Temperature there was 17.8 Degrees, and there were white crests on the waves about 150 metres from shore.

Many swimmers found it hard going, and a number retired due to the conditions.

Despite all this, the swim was successful, and enjoyed by those who took part.

Winners of the trophies were

Men:

Don Marsh, in 30 minutes 58 secs.

Women

Charlene Best, 33 minutes 59 secs.

Medals were awarded to those who came first in each age group in the main swim; in the taster course (one lap around instead of two) medals were awarded to the first woman and the first man to complete the course.

### Results - Main course

Women 16-19

Melissa Carlton 38-04

Women 20-24

Luella Leon 38-04

Women 25-29

Charlene Best 33-59.

Women 30-34

Tracy Harwood 101-17

Women 35-39

Julia Allston 36-56

Stephanie Bowman 47-32

Jeanette Dickens 48-33

Women 40-44

Bronwyn McArthur 47-38

Vikki Flukes 52-08

Lorna Carlton DNF

Maryanne Davis DNF

Women 45-49

Ros Dillon 47-24

Women 70-74

Tina Smit 90-00

Men 16-19

Toby Peach 33-55

Sean Scanlon 40-05

Men 25-29

Dale Long 31-16

Men 30-34

Michael Anderson 40-26

Karl Naden 42-11.

Vincent Van de Vusse 44-48

Bruce Craig 48-26

Men 35-39

Raymond Brereton 46-49

### Men 40-44

John Pemberton	34-43
Rod MacGregor	34-55
Neil Hunter	42-18
Martin Svenson	46-17
Harald Gatenby	47-51
Steve Struthers	48-54
Lawrence Watt	52-36
Neil Clark	56-02
Kim Ryan	56-22
Terry Woodhouse	DNF

### Men 45-49

Don Marsh	30-58
James Graham	55-40

### Men 55-59

Peter Fisher	49-50
Barry Graham	51-09
Iain Montgomery	DNF

### Men 65-69

Clyde Denton	DNF
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## Results - Taster Course

Women	Time	Age Grp
Audrey Mills	26-31	35-39
Ann La Sala	27-16	30-34
Joanna de Burgh	33-46	40-44
Linda Leaman	34-08	25-39

Men	Time	Age Grp
Adrian Corbett	21-49	20-24
Ron Plaschke	23-49	35-39
Phil Barker	31-20	35-39
Shane Branch	43-43	35-39

## The Computer

AUSSI Tas Branch has purchased a laptop computer and inkjet printer to use with the swim meet recording program.

This is a welcome addition for the Branch as Clubs which conduct a swim meet don't have to worry about providing a program and the hardware to go with it. The program is compatible with the National Top 10 program

## Marshalling Moans

Just a word of warning for all who compete; particularly now with our new starting system; if you do not marshall - you do not swim!

It's as simple as that!

And that doesn't mean waving to the marshall from the other end of the pool!!! Or socializing behind the marshalling area, and not informing the marshall that you are there for swimming purposes as well.

 Did you know that our Branch Secretary is Katherine Daft? Phone her on [002] 44 8235

## For all those born before 1945 ... WE ARE SURVIVORS!

Consider the changes we have seen

We were born before television, before penicillin, before immunization for polio, frozen foods, plastic, contact lenses, transistor radios, and the PILL. We were before Radar, credit cards, split atoms, laser beams, and biro. Panty hose, dishwashers, clothes dryers, electric blankets, air conditioners, drip dry clothes, and before man walked on the moon.

We got married first and then lived together. How quaint can you be? In our time, Bunnies were small rabbits, designer jeans were scheming girls named Jean, and having a meaningful relationship meant getting along with the cousins.

We thought fast food was what you ate during Lent, and Outer Space was the back of His Majesty's Theatre. We were before house husbands, gay rights, computer dating, and dual careers. We were before day care centres, group therapy, and nursing homes. We never heard of FM radio, tape decks, electronic typewriters, artificial hearts, word processors, and guys wearing ear rings. For us, time sharing meant togetherness ... not computers or units on the Gold Coast. A chip meant a piece of wood, Hardware meant hardware, and software wasn't even a word.

Back then, "Made in Japan" meant Junk, and the term "making out" meant how well you did in your exams. Pizzas, McDonalds, and Instant Coffee were unheard of. We hit the scene when Coles sold nothing over a shilling, and for five cents, you could make three phone calls, catch a tram to town, buy a soft drink, or an ice cream, or enough stamps to post three letters. You could buy a new Holden for \$500, but who could afford one? A pity too, because petrol was two cents a litre!

In our day, GRASS was mowed, COKE was used in the fire, and POT was something you cooked in. ROCK MUSIC was Grandma's lullaby, and AIDS were helpers in the Headmaster's Office. We knew about the difference between the sexes, but we came BEFORE the sex change: we made do with what we had. And we were the last generation that was so dumb as to think that you needed a husband to have a baby.

No wonder we are so confused and that there is such a generation gap today.

But, WE SURVIVED!  
What better reason to celebrate!

## The Importance of Registration of AUSI Club Members

Organized sport, including swimming, is a minefield for the very real possibility of being sued for negligence.

"It would never happen - I would not sue the club if I was injured!" you say. However, if the injury was such that you could no longer work, then you might not have any alternative.

All of our registered swimmers are insured against injury, but if one non-registered swimmer were to be injured, then the club, the Branch, and even National AUSI could be dragged into a legal battle and a financial disaster. All of us would end up the losers.

To allow an unregistered swimmer to have an unrecognised complimentary swim at a carnival also introduces dubious questions about legalities. Yes, nothing is likely to happen, but what if something did? It would be like taking a chance and driving an unregistered vehicle on the roads. It is a serious offence that invites hideous liabilities should that unlikely accident occur.

Our AUSI insurance covers our clubs so that we can give a prospective member up to three swims before they are properly registered and insured.

Any more, and we are playing with fire.

## The Relays

Results of the Annual Club Relay Competition held November 1994.

Congratulations to Hobart, who won the relay shield.

### Final Point Scores:

Hobart 846  
Talays 574  
Launceston 474  
New Norfolk  
216

### Records broken Congratulations!

Womens 4x50 Medley  
Hobart 160+ A.. 2:36.08  
Mary Cousins  
Brigitte Potter  
Kathy Hawkes  
Julia Allston

Mixed 4x50 Freestyle  
Talays 280+ .. 3:50.78  
Nan Lewis  
Clyde Denton  
Ted Cross  
Mary O'Brien

Womens 4x50 Freestyle  
Hobart 160+ A.. 2:20.32  
Mary Cousins  
Brigitte Potter  
Kathy Hawkes  
Julia Allston

Womens 4x25 Medley  
Hobart 160+ .. 1:12.07  
Mary Cousins  
Brigitte Potter  
Kathy Hawkes  
Julia Allston

Mixed 4x25 Freestyle  
Talays 280+ .. 1:43.02  
Ted Cross  
Gerald Breen  
Nan Lewis  
Mary O'Brien

Womens 4x25 Freestyle  
Hobart 160+ A .. 1:03.59  
Mary Cousins  
Brigitte Potter  
Kathy Hawkes  
Julia Allston

Womens 4x25 Freestyle  
Talays 280+ .. 2:22.99  
Nan Lewis  
Joy Bradley  
Mary O'Brien  
Margaret Dixon

Mens 4x25 Freestyle  
Talays 200+ .. 1:00.31  
Mal Innes  
Clyde Denton  
Martin Svenson  
Lawrence Watt

**Royal hobart Regatta  
Association  
Eyeline Swimming Carnival**

The following AUSSI swimmers  
were placegetters in the handicap  
events.

**Freestyle**

**Women**

1. Glenise Gale TSB
2. Anne Horner TSB
3. Julia Allston THB
4. Vicki Flukes THB
5. Margaret Wilson THB
6. Susan Cure TSB

**Men**

1. Steve Struthers TDP
2. Alan Nichols TSB
3. Harald Gattenby THB
4. Rod Archer TSB
5. Shane Branch THB

**Breaststroke**

**Womens**

1. Vicki Flukes THB
2. Glenise Gale TSB
3. Susan Cure TSB
4. Jan Archer TSB
5. Anne Horner TSB
6. Christine Mannix TSB

**Mens**

1. Bill Stewart THB
2. Harald Gattenby THB
3. Alan Nichols TSB
5. Rod Archer TSB
6. Steve Struthers TDP

## Fitness and Coaching

Four of our coaches have recently completed the "Masters" component of their training and have achieved Level 1M accreditation.

Congratulations to John Pugh (Launceston AUSSI), Mal Innes (Talays AUSSI), Peter Fisher (Hobart AUSSI), and Megan Stronach (New Norfolk AUSSI).

Another five or six trainee coaches are still working towards completing their practical hours, and should qualify for accreditation in the next few months.

Five out of our six clubs can now boast of at least one coach with Masters qualifications, some have two or three!

In order that all clubs can increase their numbers of qualified coaches, and so that coaches can continue to update their skills, the following coaching workshops will be available in 1995.

Jul 8th Launceston

- Orientation to Coaching
- Level 1 Accreditation course  
(organized by TSI)

Sep 16/17 Hobart

- Orientation to Coaching
- Level 1 Accreditation course
- Accredited coaches workshop  
(Organized by TSI)

Oct 21/22 Northside Manor, Hobart

- Level 1M Supplementary course
- "Coaches night out" Dinner  
(Organized by AUSSI)

Queries and registrations for TSI coaching courses should be directed to:

The Development Officer  
Phone/Fax [002] 31 2201

For AUSSI courses, please contact Megan Stonach, State Coaching Director, Phone [002] 61 1181

Note: For level 1M accreditation, it is necessary to complete BOTH the Level 1 course, as well as the Level 1M supplementary course.

5th Australian Masters Games  
Melbourne  
October 5 - 14 1995

Closing date for receipt of entries is Tuesday 1 August 1995. Entries received after this date may not be accepted.

The swimming section will be conducted at the State Swimming Centre, Batman Avenue, Melbourne.

There is a 22 event program, with a maximum of five individual swims, and three freestyle swims. Special events have been organized for those with disabilities.

Ring [03] 666 4214 to get yourself a copy of the brochures and entry forms.

## TOP TEN RESULTS

A special request from our Branch recorder for all Club Recorders:

- Please send all top ten results to date to the Branch Recorder so that the load at the end of the year is made easier. (Any top ten results from Branch Swimming Carnivals have already been entered - so you don't need to send these. It is only those results from aerobic swims and local carnivals which are needed.)

- Also, please include the swimmers registration number and age. These are both important, as the computer program will not operate without them.

## Summer Championships 1996

Yes, now is the time that the Summer championships for next year were organized.

So far, we know the date and the venue!

**New Norfolk Olympic Pool**  
**Saturday 24th February**  
**Sunday 25th February 1996**

The hosts, New Norfolk Whales, are proposing that the 400 metre freestyle and a mens 1500 metres freestyle and a womens 800 metres freestyle events be conducted as postal events.

## Winter Championships 1995

Launceston AUSSI have again agreed to conduct the Short Course Winter Championships at the Mowbray pool in Launceston.

Mark your diaries:

**Saturday 12 August**  
**Sunday 13th August 1995**

Fliers will be distributed in June, and the same format as for previous years will be used.

## Publication dates for Platypus Press

This magazine will be published on the following dates:

May  
August  
November  
February

Articles of general interest, swimming interest, club interest State Branch or National interest should be sent to the publicity officer, Ron Bloomfield  
PO Box 659  
Rosny Park  
Tas 7018

or phone [002] 43 6746

## THE QUIZ NIGHT

Hobart AUSSI Masters organized a quiz night to raise money to support Shane Branch, who is going to the Special Olympics held in Connecticut in the USA in June this year.

In all, \$1720.11 was raised, and the total has been slowly climbing due to further donations which have been coming in through the post.

Shane needs over \$3000 to cover all his expenses for the trip, and this will go a long way towards it. We all wish Shane the very best in the US. He will enjoy it, too. Not only do they go to the Special Olympic Games, but they go on a tour of Disney Land and other places on the way!

Hobart Masters would like to thank all those who supported Shane with donations at the Summer Championships.

Shane swims in the 35-39 year age group, and has gained a large swag of medals in the Special Olympic events he has participated in since 1992.

The Special Olympics in which Shane is participating are "special" on two counts. First, he will be wearing the Green and Gold of Australia. Very few sports have this privilege, and the Special Olympics is one of them. Second, the word "Olympic" is reserved by international copyright for the

Olympic Games held every four years. The only exceptions to this are the Para-Olympics, and the Special Olympics.

## LIFE MEMBERSHIP for the BEVERIDGES

Hector and Trish Bevridge were awarded Honorary Life Membership of the Tasmanian Branch of AUSSI Masters Swimming at the Summer Championships.

Not before time, many will say. Both Trish and Hec have been tireless in their efforts to get AUSSI up and functioning in Tasmania.

Hector has been Branch President for a number of years, and under his guidance, the number of members, and the number of clubs in the state has grown dramatically. He was the guiding force behind the AUSSI Nationals held at Devonport. Not only was this event the first run outside a capital city, but it was also the first for a number of years that actually made a profit for National.

Trish, for her part, has been both State Coaching Director, and our State Representative on the National Board of AUSSI. She has organized the National Aerobic Trophy during this time, and it was an innovation from the Beveridges that introduced the Tassie Award for the club with the most Aerobic points per registered swimmer.

Well Done, Hector and Trish!

## THE AQUATIC CENTRE

Hobart is about to get an \$11.7 million aquatic centre. The centre, which is to be built on the site of the old Domain Olympic Pool, will be an all-year-round facility, fully enclosed, and according to Doug Lowe, President of Tasmanian Swimming, it is the best news in decades for swimming and pool based sports.

The centre will have a 50 metre Olympic pool, a diving pool, a warmup pool, a waterslide, a toddlers pool, a free form leisure pool, a spa and sauna, a cafe, a gymnasium-health club, and offices for sporting associations.

The new pool will replace the six lane outdoor pool on the same site. Once the aquatic centre is open, and the Clarence dome falls over, the enclosed pool at Rosny will become an outdoor pool for use in the summer months only.

There is still some planning going on to decide whether the aquatic centre will have eight lanes or ten, and according to sources at the Hobart City Council, it would appear that the final decision will be to build an eight lane pool.

The decision whether to have the extra two lanes will be based on the economics of the whole proposition - the extra lanes will cost in the vicinity of \$300,000, and the running cost for heating and

pumping will add 25% to the annual power bill.

The National AUSSI Masters Championships to be held in Hobart in 1998 will be held at the new Aquatic Centre. Regardless of whether the pool has eight or ten lanes, the Aquatic Centre will be far better than anything we have at the moment in Tasmania for the purpose.

We were indeed lucky with the Nationals held in Devonport - the weather was superb. Many mainlanders were even surprised that it could be so beautiful South of Sydney!

However, an enclosed pool such as the new centre will offer is an additional drawcard for the event.

And just think of the marvellous carnivals we will have using the new pool. There will be facilities for warming up, as well as for our families to have a swim when the weather is as hot as it was at the last Summer Championships. The Cafe might be suitable for holding our presentation dinner (?) and there will be room around the site for other functions we might decide to have.

This newsletter is published for and on behalf of AUSSI Masters Swimming in Australia (Tas) Inc, by Ron Bloomfield.  
All correspondence should be addressed to AUSSI Masters Swimming (Tas) Inc, PO Box 659, ROSNY PARK Tas 7018.

## World Masters Games

Brisbane

September, October 1994

The fact that 12 members of Hobart Masters participated in the World Games in Brisbane indicates the strength and enthusiasm of our swimmers.

Unfortunately, the number should have been 14, as Tina Smit had to withdraw with an injured knee and Barbara Ross was just too late with her entry.

The trip had its share of good and bad luck stories, first with Ernie Webster, who was in Queensland for a prior Diving event, but got Pneumonia, and was not able to dive at all. He only managed one swim on the last day!

Doug Job had three eventful days at the pool. In that time, he found that his hearing aid was *not* improved by going in for a warmup. His relay was disqualified (*not* his fault!) and he got two silver medals for breaststroke. Well done Doug!

Luck was with us however, on day 4 when our 240+ relay was the only entry. A welcome gold medal for Brigitte Potter, Margaret Clougher, Wilma Attrill, and Justine Bamford.

Breaststroke was again the successful stroke for Justine who got a silver and two bronze in the 100, 50 and 200 events. Perhaps some people should see Peter Fisher about "Different Strokes"?

Publicity was again in short supply for us ordinary mortals. Perhaps if we had Mrs Mary Maina (101 years old) in our team things would have been different? Heard her son George (69) is going to make a new will and leave everything to his mother!

It was a wonderful opportunity to mix with the great names in Australian Swimming. Kieren Perkins gave his time to speak and present medals, and the "mean machine" showed us how to swim. At the end of Kieren Perkins visit, and American diver asked "Who is this guy they are making such a fuss about?" When told about his recent world records in Victoria CANADA, her comment was "He never would have done that if the Yanks had been there!"

Some of our team had success in other sports. Jan Chew 3 gold, 1 bronze in Athletics, Well Done, Jan.

Justine got two silvers for race walking. Mary Cousins, a first time race walker surprised herself with one silver and two bronze; and Brigitte Potter, a first time indoor rower got a silver medal. Mary Cousins also rowed, but I am told she fell out of the boat!

Other Hobart swimmers to support the club and swim well were Margaret Wilson, Athol Eiszele, John Jordan, Rod McGregor. Ina II, our team bought home 19 medals.

We renewed old friendships with Jeannie Baxter-Reid, Camilla Newey, and David Mason-Cox, made new friends, and thoroughly enjoyed what was for many of us a first time experience.

Thanks to Swimming!

Justine Bamford.

## The Date List

- April 28-30  
 NZ L Course [Auckland, NZ]
- April 29 - May 1  
 Queensland Masters Games  
 Townsville
- May 7  
 Talays interclub  
 (Short course) Collegiate
- May 18-21  
 USA Short Course  
 [Fort Lauderdale, Florida]
- May 19-22  
 Canadian Masters Champs  
 [Victoria, Canada]
- June 4  
 Branch meeting, Ross
- June 9-11  
 Dutch Open Masters  
 [Apeldoorn, Holland]
- July 27-30  
 Herning Veteran Games  
 [Herning, Denmark]
- August 12-13  
 Winter Championships,  
 Launceston
- September  
 Maui Channel Swim (NZ)
- September 16-17  
 AUSSI Level 1M Coaching  
 course
- Oct 6-8  
 Australian Masters Games  
 [Melbourne]
- Nov 25  
 Twilight Swim, New Norfolk
- 1996
- Feb 3-11  
 NZ Masters Games  
 [Dunedin, NZ]
- Feb 4  
 Trevallyn Open Water Swim  
 [AUSSI & TSI]

Feb 24-25

Tasmanian Summer Champs,  
 New Norfolk

March 21

AUSSI Nationals [Canberra]

April 27

Tasmanian Masters Games  
 Launceston

Jun 22-Jul 2

VI World Masters Swim  
 [Sheffield, UK]

## Trevallyn Open Water Swim 5-Feb-1995

Congratulations to the following swimmers who competed in the 4 kM Open Water Swim.

### MEN

1. S McNamara 35-39 Doncaster  
 61 min 01 secs
2. N Hickey 40-44 Hobart AUSSI  
 63 min 29 secs
3. J Pemberton 40-44 Hobt AUSSI  
 63 min 51 secs
4. M Innes 50-54 Talays AUSSI  
 72 mins 47 secs
5. N Hunter 35-39 Hobart AUSSI  
 74 mins 35 secs
6. S Struthers 40-44 D'port AUSSI  
 80 mins 39 secs
7. A Carlton 35-39 Hobart AUSSI  
 133 mins 17 secs

### WOMEN

1. J Allston 35-39 Hobart AUSSI  
 62 mins 56 secs
2. B McArthur 40-44 Hobart AUSSI  
 79 mins 10 secs
3. R Dillon 45-49 Talays AUSSI  
 71 mins 9 secs
4. D McHenry 40-44 L'cstn AUSSI  
 81 mins 51 secs
5. J Dickens 35-39 Talays AUSSI  
 87 mins 33 secs
6. T Smit 70-74 Hobart AUSSI  
 (3 kM) 110 mins 5 secs

## I'm Fine, Thank you

There is nothing  
the matter with me,  
I'm as healthy  
as one can be,  
I have arthritis  
in both my knees  
and when I talk,  
I talk with a wheeze  
My pulse is weak  
and my blood is thin  
But I'm in awfully good shape  
for the state I'm in.

Arch supports  
I have for my feet  
or I wouldn't be able  
to go on the street  
Sleep is denied me  
night after night  
but every morning  
I find I'm alright  
My memory is failing  
my head's in a spin  
But I'm awfully well  
for the shape I'm in.

The moral of this -  
as my tale I unfold  
is that for you and me  
who are growing old  
It's better to say  
"I'm fine" with a grin  
Than to let folks know  
the shape we are in.

How do I know  
that my youth is all spent?  
Well my "Get up and go"  
has got up and went!  
But I really don't mind  
when I think with a grin  
Of all the grand places  
my "get up" has bin!

Old age is golden  
as I've heard it said  
But sometimes I wonder  
as I get into bed  
with my ears in a drawer  
my teeth in a cup  
my eyes on the table  
until I wake up  
Ere sleep o'er takes me  
I say to myself  
"is there anything else  
I should lay on the shelf?"

When I was young  
my slippers were red  
I could kick my heels  
right over my head  
When I was older  
my slippers were blue  
but I could still dance  
the whole night through  
Now I am old,  
my slippers are black  
I walk to the store  
and puff my way back!

I get up each morning  
and dust off my wits  
and pick up the paper  
to read the "Obits"  
If my name is missing  
I know I'm not dead  
So I have a good breakfast  
and go back to bed!

Author unknown

What about someone writing one  
for the swimmer?

Editor

## The death of a Club

condensed from an article in  
AUSSI SPORT ACTION

It's only when you step back and take a look at your club you can see the symptoms of death.

① Unresolved personal conflicts bring constant infighting in the club, and lead to serious problems

② The club keeps losing volunteers. There is a high turnover in key administrative positions.

③ There is poor communication between members, particularly those elected to manage the club.

④ There are fewer and fewer positions on the management committee, because there are fewer and fewer people willing or able to fill them.

⑤ The club has trouble keeping its good competitors and recruiting new ones

⑥ Few people attend organized social events

⑦ Nobody really knows where the money comes from, where it goes, or how to get it.

⑧ There is no development plan, mission statement, or written objectives.

⑨ There is no induction of new members into the club and a high turnover in the clubs membership.

### What to do about it?

1. Build a membership profile. Collect statistics about age sex competitor status, family grouping, geographical location

Investigate membership turnover over the past two or three years

Compile a membership skill profile  
2. Identify what your club has that would make people want to become involved.

3. Make a formal plan, including a mission statement which identifies

What you want to do

how you are going to do it

When you are going to do it

How you will know you've done it

4. What other clubs are offering that your club doesn't, and that might attract your own members away from you.

5. How is your club perceived in the general community? Mismatches need to be addressed.

6. Do you identify and adequately provide for your members needs?

7. Is your advertising and promotion adequate?

8. Is the club's money spent on stated objectives and priorities?

9. If your club is paying annual affiliation fees to a parent or governing body is this money well spent? Find out the benefits and services to which you are entitled and clarify mutual obligations with the state body.

### Then What?

Now you need a plan which leads to a shared view of the future, and this is the only way for a club to survive.

VIP resource, "Club Planning" for \$5 from VIP, PO Box 176, Belconnen ACT 2616

## Certificates of Medical Disability

A few months ago, Pauline Samson, the Director of Technical Development, was given the folder of Certificates of medical Disability from the National Office. Since then, she has summarised these forms for each of the Branches, listing them as either permanent or temporary disabilities.

As most of you will know swimmers who have a disability and are unable to conform to the rules of swimming in Breaststroke or Butterfly and still wish to enter and compete in such events, may lodge a duly signed form with the National Office.

Of course the swimmer does have some responsibilities regarding the use of the form.

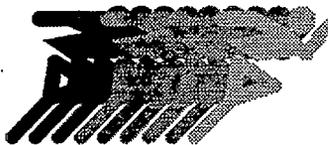
1. Be sure that your club coach has checked that you are unable to perform the stroke correctly. (Please do not use this as a licence to cheat!)
2. Contact the Branch Secretary if you require a form - make sure the form is the updated form (December 1994)
3. The Branch recorder will need a copy of the form.
4. The original form is sent to National Office.

5. If your disability is permanent, make sure that this is indicated on the form.

6. Entry cards for competitions have to be marked MD, so that the officials are aware that you are swimming with a medical disability. Usually the officials programs are also marked accordingly by the meet director.

Specific movement of the arms and legs in both Breaststroke and butterfly are covered on the form. Please be aware that if the legs are the main problem (eg R foot cannot be turned out - R leg might be lower in the water) then this may also affect the shoulders in the water.

On completing these lists for each Branch it was pleasing to note that considering the membership of AUSSI, less than one percent required a Medical Disability Certificate.



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