

# PLATYPUS PRESS

Edition 25

September 1995

## AUSSI Masters Swimming in Tasmania

### Vice President's Message

The 11th Short Course Winter Championships were excellent.

On behalf of AUSSI Tasmania Branch I congratulate the Meet Director, Robert Woodworth, and his quality team of officials for the professionalism and generosity in ensuring that the two day programme ran so smoothly.

Thanks also to  
Elsa Wallace (Chief Referee)  
Pauline Samson (Recorder)  
Adrian Van Der Aa (SAT Operator)  
Pat Pinner, Kim Jordan, Don Jack, Kim Jones, Neil Cooley, Roger Wallace, and Jennifer Hampton, who were officials from TSI, medical officers and time keepers.

We also praise the pool management for providing a warm clear pool with bright and cosy surrounds which stimulated a delightful atmosphere for fellowship and competition.

Highlights of the carnival were the numerous National and State records broken. Two National Records were broken by Neil Hickey, and there were 69 individual Tasmanian records and ten relay records broken. Many swimmers achieved

Personal Bests. This increasing standard of Masters Swimming in Tasmanian clubs is a clear indication that the Branch's policy of providing coaching accreditation courses and encouraging every club to have qualified Masters Swimming Coaches is paying handsome results.

It also significantly reflects the excellent quality of the coaches and assistant coaches who give their time so generously - in the first instance to attend the necessary training courses, and then every week to assist us at club sessions to improve our performance.

Another innovative feature that was appreciated by all competitors were the colour coded sheets showing event placings. These appeared very quickly after each event on the information board. It also indicated a hard working Recording team in the "Records bureau" upstairs.

The quality of the organisation, the high standard of results and the enjoyment we obtained from this meet reflect that we are getting closer towards achieving one of our major goals. To be able to independently stage any AUSSI Masters swimming event, using our own qualified AUSSI Masters Swimming Officials.

One area however does need special emphasis and attention.

I strongly appeal to ALL swimmers to consider giving some time to learn to become an accredited timekeeper.

Although it was pleasing to see the new faces among the timekeepers, it was evident that in the main, the usual small band of timekeepers was on the deck again, bearing the brunt of all this responsibility. These people are in the main swimmers, their relatives and friends who have constantly made an extra commitment.

It is not a hard skill to learn, and in the spirit of our motto, "Fun Fitness and Friendship" it is a laudable expression to assist one another. Even if you have entered for the maximum number of events in the programme, there is always a block of time where you could timekeep for one or two events.

This would significantly share the load.

So, come and join us!

Bill Stewart  
Vice President  
AUSSI Tasmania.

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*"Only those risking to go far will ever know  
how far they can go"*



## Platypus Quiz

Try your hand and win a bottle of Champagne.

This quiz is open to all members of AUSSI Tasmania. Some questions you will be quite sure about, but others, well don't ask the coach - s/he mightn't know either!

1. List the 4 strokes of the Individual Medley in the swum order.
2. What is the pool length for a Short Course swim ?
3. List the 4 (four) timekeeping positions.
4. Who is the National President of AUSSI Masters Swimming ?
5. How many laps of a 50m pool are swum for a 1500m Freestyle ?
6. Who is responsible for the organisation of a swim meet ?
7. What did the letters AUSSI stand for ?
8. How many 400m Breaststroke swims are required to complete 'a set' for the National Aerobic Trophy Competition ?
9. Who blows the whistle as a signal for the swimmer to step onto the starting block ?
10. Where is the National Swim being held in 1996 ?

Include your name and address with your answers addressed to "Platypus Quiz" PO Box 659, ROSNY PARK, Tasmania 7018. Only one entry per person. Quiz closes on 30th September 1995. Clubs will be advised of the winner by 14th September. Bottle of Champagne to the first three correct entries opened.

## 1995 WINTER SHORT COURSE CHAMPIONSHIPS RESULTS

The Club Championship Flag was won by Launceston, by a narrow margin, in an exciting carnival. The final point scores were:

Launceston 2200  
Hobart 2056  
Talays 1087  
Devonport 774  
Sandy Bay 264  
New Norfolk -

Swimmers of the meet were

Neil Hickey - broke 5 Tasmanian records and two Australian records.

Barbara Ross broke 5 Tasmanian records.

Congratulations Neil and Barbara.

There were 69 individual records broken, and ten relay records. As well, there were many personal bests swum, and all swimmers are to be congratulated for their efforts.

Age group medal winners were as follows:

20-24

Gold	Anneliese Cousins THB
Silver	Rachael Foulkes THB

25-29

Gold	Janet Pugh TLC
Silver	Carolyn Robinson TLC
Bronze	Michelle Chaffey TLC

30-34

Gold	Sarah Pearson THB
Silver	Linda Barker TLC
Bronze	Michelle Montgomerie THB

35-39

Gold	Ketrina Clarke TLC
Silver	Pam Gray TLC
Bronze	Julia Allston THB

40-44

Gold	Diana McHenry TLC
Silver	Alwynne McMahon TLC
Bronze	Bronwyn McArthur THB Vicki Flukes THB

45-49

Gold	Roslyn Dillon THB
Silver	Mary Cousins THB
Bronze	Perri Brereton TTL Margaret Wilson THB

50-54

Gold	Janet French THB
Silver	Peggy Ryan TLC
Bronze	Brigitte Potter THB

55-59

Gold	Barbara Ross THB
Silver	Janice Archer TSB
Bronze	Jan Chew THB

60-64

Gold	Mary Reynolds TTL
Silver	Wilma Attrill THB
Bronze	Margaret Dixon TTL

65-69	
Gold	Justine Bamford THB
Silver	Margaret Clougher THB

70-74	
Gold	Joy Bradley TTL
Silver	Gwenyth Edwards TTL

## Men

20-24	
Gold	Jonathan Pugh TLC
Silver	Jeremy McLaren TDP

25-29	
Gold	Chris Foley TLC
	Paul Turner TLC
Bronze	David Crosswell TDP

30-34	
Gold	Rodney Bird TLC
Silver	Bill Woodworth TLC
Bronze	Peter Robinson TLC

35-39	
Gold	Garth Slade TSB
Silver	Peter Walker TTL
Bronze	Neil Hunter THB

40-44	
Gold	Allan Nichols TSB
	Ian Porte TLC
Bronze	Robert Woodworth TLC

45-49	
Gold	Neil Hickey THB
Silver	Philip Ogden TLC
Bronze	Ray Brien TLC

50-54	
Gold	John Smith THB
Silver	Michael Walsh TDP
Bronze	Hector Beveridge TLC

55-59	
Gold	Peter Fisher THB
Silver	Tom Edwards THB
Bronze	Michael Webb TLC

65-69	
Gold	Clyde Denton TTL
Silver	Bill Stewart THB
Bronze	Athol Eiszele THB

## RECORDS

Bronwyn McArthur (40-44)  
400 IM 8.04.59

Roslyn Dillon (45-49)  
400 IM 7.21.71  
800 Fr 13.09.88  
50 Br 44.34

Jan Archer (55-59)  
400 IM 10.41.79  
100 Bu 2.54.16

Allan Nichols (40-44)  
400 IM 6.06.86

Athol Eiszele (65-69)  
400 IM 10.57.69

Barbara Ross (55-59)  
100 Fr 1.39.60  
50 Fr 41.96  
400 Fr 8.06.29  
200 Fr 3.46.34  
100 IM 2.00.73

**Neil Hickey (45-49)**

100 Fr	1.04.74
800 Fr	10.06.33
50 Fr	29.97
400 Fr	4.45.50
200 Fr	2.17.87

**Diana McHenry (40-44)**

200 Br	3.33.75
800 Fr	12.34.70
400 Fr	6.04.08
100 Br	1.40.93
200 Fr	2.51.22

**Brigitte Potter (50-54)**

200 Br	3.45.65
50 Br	49.90
50 Ba	44.11

**Bill Stewart (65-69)**

200 Br	4.25.15
100 Br	1.52.85
200 Ba	5.18.29

**Anne Horner (40-44)**

100 Ba	1.37.29
200 Ba	3.31.42

**Janet Pugh (20-24)**

800 Fr	10.21.04
400 Fr	4.53.87

**Janet French (50-54)**

800 Fr	15.22.17
100 Bu	1.57.77
50 Bu	48.88

**Jonathan Pugh (20-24)**

100 Br	1.19.98
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**Clyde Denton (65-69)**

50 Fr	37.30
200 Fr	3.15.18
100 IM	1.49.63

**Garth Slade (35-39)**

200 Ba	3.38.59
50 Br	37.20
400 Fr	4.52.74
100 IM	1.10.66

**Ketrina Clarke (35-39)**

100 Bu	1.13.64
200 Fr	2.25.32
50 Bu	33.64

**Alwynne McMahon (40-44)**

100 Bu	1.43.67
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**Ian Porte (40-44)**

100 Bu	1.11.03
50 Bu	32.92

**Wendy Treweek (40-44)**

50 Ba	41.23
50 Bu	42.59

**Doug McPhie (65-69)**

50 Ba	51.64
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**RELAY RECORDS****4 x 50 m Medley Men 160+**

TLC 2.17.18

Rob Woodworth

Peter McKenzie

Ian Porte

Gerard Bonner

**4 x 50 m Freestyle Women 160+**

TTL 2.29.39

Perri Brereton

Ros Dillon

Wendy Treweek

Stephanie Bowman

**4 x 50m Freestyle Women 200+**

THB 2.57.46

Margaret Wilson

Jan Chew

Barbara Ross

Mary Cousins

4 x 50 m Freestyle Women 240+

THB 3.50.88

Margaret Clougher

Justine Bamford

Wilma Attrill

Rosemary Kinstler

4 x 50 m Medley Relay Women 160+

TTL 2.54.56

Perri Brereton

Ros Dillon

Wendy Treweek

Stephanie Bowman

4 x 50 m Medley Relay Women 200 +

THB 3.50.41

Wilma Attrill

Bronwyn McArthur

Margaret Wilson

Justine Bamford

4 x 50 m Medley Relay Mixed 200 +

THB 3.03.91

John Smith

Peter Fisher

Mary Cousins

Margaret Wilson

4 x 50 m Freestyle Relay Men 160+

TLC 2.01.01

Ian Porte

Rob Woodworth

Gerry Bonner

Ian Simms

Of the 69 records and 10 relay records broken, only 61 are recognized. The other 18 records only lasted for a few minutes. All 79 record breakers will be recognized with certificates.

*Obstacles are what you see when you take your eyes off the goal.*

## "If"

If you think you are beaten, you are,  
If you think you dare not, you don't,  
If you'd like to win, but think you can't,  
It's almost certain you won't.

If you think you'll lost, you've lost,  
For out in the world we find  
SUCCESS begins with a fellow's will-  
It's all in the state of mind.

If you think you're outclassed, you are,  
You've got to think high to rise.  
You've got to be sure of yourself before  
You can even win a prize.

Life's battles don't always go  
To the stronger or faster man;  
But sooner or later the man who wins  
IS THE ONE WHO THINKS HE CAN!

This little verse adorns the bedroom wall of  
"super fish" world record holder, Keiren  
Perkins.

This newsletter is published for and on  
behalf of AUSSI Masters Swimming in  
Australia (Tas) Inc, by Ron Bloomfield.

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## Coaches Corner

From an article written by Rod Porteous,  
Head coach of the Gladstone Gropers.

Our bodies ability to cope with the effects of lactic acid is the basis for my favourite training programme. Our carnival programmes predominantly cover events of 200 metres or less, with the occasional distance event. "The single most inhibiting factor to performance in these events is the bodies ability to tolerate lactic acid buildup".

Most swim at a sedate pace within the comfort zone. This type of swimming is aerobic based, great for the health spin off, but not really applicable to our carnivals. The carnival events are anaerobic - without oxygen, our bodies work at very high output approaching 100% of maximum. Our body system goes into oxygen debt because we are using more fuel than the oxygen source can provide and lactic acid which is the exhaust from the special fuel builds up. When this occurs, our body is suffering "acidosis".

The symptoms for lactic acid buildup are "hitting the wall", involuntary muscle contractions, wanting to go to the toilet, redness, and questioning your ability.

So what is the secret in combating the symptoms? Incorporate into your training a set where you build up lactic acid and then tolerate the effects. This set is called "Lactic Acid Tolerance". This is incorporated within the club training once every nine sessions, or every three weeks.

How has this come about? By taking a nine session week and fitting this to our three weekly sessions for three weeks. The set normally follows an aerobic set with two days rest in between.

The warm up covers all strokes, 200 free pull, 100 breast, 400 fly/back with fins, 50x50 or 25x25.

The warmup is the same each time this set is done. The main set is:

200 time trial trying for best time.

6x50 )  
1x100 ) for the entire set  
2x25 kick ) 1:1 work/rest

The object of the set is to build up lactic acid right from the start and then combat the effects. To do this it is important to go flat out right from the start to the end. This will take time as your body has to adapt to this new stress. After a few times, your body will think "Hey, this isn't too bad. I have been here before."

Where is this set used within our programme?

This set is used the first two cycles after October and the last two cycles before major carnivals. (NB a cycle is nine training sessions.)

During the middle part of the summer, the set is expanded to:

200 time trial  
2x100 )  
10x50 ) 1:1 Work: rest  
1x100 )  
4x25 kick )

Most importantly this is followed by 400 swim down. It may not seem as a lot of distance for a main set but the 1100 metres in the above set done correctly will bring a glow to your face - guaranteed!

Form stroke can be used as can medley. Retain your work/rest to 1:1

As we swim year round this training can be incorporated early in the season. Please have a base of training before attempting this type of training as it will find you out if you are not prepared. Don't be impatient and expect instant results, persevere and the results will come with time.

The following are a few tips to use when doing this set.

⌘ Try to do the same training the previous day or two.

⌘ The 200 metres is to be treated as a fair dinkum race. Don't hold back. Go for it.

⌘ Work the 50s hard, trying to maintain stroke rate per minute and stroke count per lap, especially the last two.

⌘ The last 100 is a mental deal. Push right through and you will be surprised by the time. Don't give up.

⌘ The kick 25's are to make sure the legs have copped a belting as well. Right about now it is good not to be a breaststroker.

⌘ When swimming down, concentrate on stroke correctness. This is a bit of a bonus being able to work on stroke whilst fatigued. By holding stroke together it will help during latter parts of races when the stroke falls apart from the effects of lactic acid.

## NATIONAL TIMEKEEPING ACCREDITATION

Congratulations to the following swimmers who have completed their National Timekeeping Accreditation.

Justine Bamford (THB)

Maureen Pepper (TTL)

Carol Bonney (TTL)

John Nicol (TTL)

You too can become nationally accredited in Timekeeping. See your Club Secretary if you are interested.

## Errata

Apologies to the following swimmers who were missed off the list of new record holders in the last issue of Platypus Press.

Nan Lewis with FIVE records

and Edna Murphy

Be assured that it wasn't intentional. Both Pauline Samson and I believe that it was a computer gremlin!

## At the Winters

If you weren't there, you missed the funniest performance in the History of Tasmania! John Smith (THB) was competing in the 200m Freestyle, when the cord holding up his bathers gave out. John completed the 200 metres (without tumble turns!) and managed to get back into his togs before leaving the water.



## THE BRANCH COMPUTERS

AUSSI Tasmania Branch now has two computers: One is an old IBM compatible 286 which is fulfilling a sterling job as our Branch Registrars' machine. The other is a new IBM compatible 486 lap-top with an inkjet printer, which is not only performing miracles for our branch Recorder, but it is also being brought along to the Championships and being used for recording there.

The State Branch is being asked at its next meeting to support the purchase of software to run the Championships. The software being considered costs \$200, and \$50 per annum for regular updates and support. It was used "on appro" at the Winter Championships, and those who were there would remember how quickly results were produced after each event. And the software also prints out the program before the event, and the results afterwards for you!

All in all, a very good investment.

## Skin Irritated by Chlorine?

Cynthia L Oson, MD

*How many of you can still smell the chlorine on your skin hours after you swims and a long shower? Is there any short-term or long-term danger posed by chlorine after years of swimming?*

Although chlorine can be irritating, I know of no evidence that it is carcinogenic or that health problems stem from swimming in a chlorinated pool. To reduce the chlorine

odour, take a shower before you swim, wetting your hair thoroughly. Tap water binds to your skin so the chlorine doesn't soak in as well. you might also apply a heavy moisturising cream (like Nivea), which inhibits chlorine penetration. After swimming, soap your body thoroughly to remove the chlorine residue and use a moisturiser to keep your skin from drying out. If the odour comes from your hair, use shampoo designed to remove metal ions.

It's also possible that chlorine level in your pool is excessive. Also if both chlorine and bromine are used, the chlorine doesn't dissolve well in the water, and more is available to bind to the skin. Ask the aquatics director to check the chlorine level and use of bromine. Be prepared to swim in another pool if your skin problem persists.

Splash Newsletter

## Massage

### An Introduction

First of three articles on massage in swimming.

This article was condensed from the *Massage in Swimming Technique*, February - April 1995 issue, and appeared in *TLC's Newsletter*.

Massage in all its forms and fashions enjoys a most colourful and ancient history. Records dating back 5 000 years or more describe the use of massage for medical and therapeutic use making massage one of the oldest medical modalities.

Today, wherever sport is played, some form of massage can be found; whether preparing

the athlete for contest, assisting in recovery after contest, or in caring for an injury incurred during the contest. Basically, sports massage can be divided into two categories: therapeutic and stimulating.

Therapeutic massage is given to begin the healing process. It is also known as effleurage (stroking) and friction. This technique requires the body to be ruled with the heels and palms of the hand or with the edges of the thumb and first fingers widely separated. Friction is used only on joints and areas where there is little soft tissue or scarred tissue. The fingers and thumbs work in circular patterns pulling the underlying tissue and increasing circulation of that area.

Stimulating massage can be performed by percussion, kneading or vibration. Percussion is carried out by beating the body with a cupping clapping or hacking movement of the hands or tapping with the points of the fingers. Kneading is the most commonly applied stimulating massage. With this technique the soft tissue is rolled and squeezed between the thumb and fore finger to assist in fluid drainage, eg lactic acid. It can also be applied with considerable pressure by using the ball of the thumb or the knuckles to stroke deeply.

Vibration can be performed with the fingers, although it is commonly given by a vibrating machine.

### **Benefits of massage.**

In the medical field, massage is recognized for initiating both mechanical and reflex responses which in turn activate certain physiological responses such as relaxation and invigoration. The mechanical

responses of the body are a result of the pressure of the hands on the body. For instance, massage can stimulate lymphatic and venous drainage and stretch superficial tissue. It can increase metabolism of the muscles and assist in the removal of metabolites such as lactic acid, a by-product of physical activity.

Continued next issue.

## **Starts and Turns**

(Again, thanks to Launceston AUSSI newsletter for this informative article)

It is estimated that a competitive level swimmer will perform 64 000 turns during a years training. Only 1% of these turns will be made during competition. Starts are normally never practiced during swim sessions except immediately prior to a championship. As a result this last minute intensity becomes rushed and frustrating as swimmers try to learn new skills during the short lead up to the meet.

The last three weeks prior to a meet should be a period of refining skills, not learning them

So to allow you to get in some extra practice for the Summer Championships, series of articles on starts and turns will be presented in the coming issues of Platypus Press.

In this issue, I will concentrate on Freestyle "Flip" or "Tumble" turns, and Backstroke "Tumble" turns.

You may find these difficult at first, but try, try and try again. If you are practicing turns during a training session, make sure you

inform the person swimming behind you. This will allow them to give you a little extra space, and prevent a few collisions.

### **Refining the Freestyle Flip Turn**

**Points of emphasis:** During the approach, the swimmer should focus on the "wall cross" with the head up while kicking hard into the wall. The turn usually begins when the swimmer is one arms length away from the wall. The speed of the turn is dictated by how quickly the swimmer pulls his/her head down into the tuck position, and not how quickly the legs rotate to the wall. The toes must be placed on the wall with the knees bent while the hands remain overhead. The swimmer should streamline hand-over-hand while squeezing the biceps over the ears. During the push off, the swimmer must kick hard to the surface, pull out with their strongest arm, and then lift his/her head and chin for the breakout.

**Avoid:** Avoid dropping the head too soon and focussing on the wall underwater while going into the wall. Avoid rolling into the turn and throwing the legs. Avoid placing the heels of the feet onto the wall. Avoid gliding off the wall - push off.

**Secrets:** The speed of the turn is dictated by how quickly the head is pulled downward, and not by how quickly the legs are lifted out of the water. Streamline and kick in and out of the turn.

### **Refining the Backstroke Turn**

**Points of Emphasis:** The turn is basically set up by counting the number of strokes from the flags to the wall during warmup. The swimmer should practice initiating the turn two strokes from the wall. The rotation onto the stomach begins when the head quickly moves from the backstroke position to the freestyle position. It is important to keep the head and body high in the water

while kicking hard during this rotation. Complete the last backstroke arm recovery as if it was a freestyle arm recovery. The speed of the turn is now dictated by how quickly the swimmer pulls his/her head down into a tuck position. The rotation and turn must be performed as one continuous motion. The swimmer pushes off the wall in a streamlined position on his/her back and performs a pull-out with their strongest arm. The head and the pulling arm's shoulder must break out of the water at the same time. During the breakout, the head and chin must return to their normal backstroke position. **Emphasise streamlining at all times.**

**Avoid:** Avoid misjudging the distance to the wall. Avoid gliding into the turn. Avoid turning onto the stomach too slowly. Avoid coming off the wall too deeply.

**Secret:** The backstroke turn must be viewed as two components. The first is the rotation from back to stomach. The second is the turn itself. The two components must be performed as one continuous motion. Keep distance per stroke and stroke count consistent for each lap so that the number of strokes from flags to wall remains constant. The speed of the turn is determined by how quickly the swimmer rotates onto the stomach and pulls head down into the tuck position.

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**Would you like to participate in a coaching course? Dates are on the date list, and details can be had**

**from Megan Stronach,**

**Phone (002) 611181**

**Remember, you don't have to be a coach, just an interested swimmer!**

## At the Special Olympics

Shane Branch, of Hobart AUSSI Masters went to Connecticut in the USA to compete in the Special Olympics.

This event is larger (for the number of competitors and officials who attend) than any other sporting event in the world.

Shane was one of 13 Tasmanian representatives in the 70 strong Australian team which attended.

In Connecticut, Shane stayed at several places - the Yale University campus, hotels, and he was billeted with several US families.

He and his team were escorted into Connecticut with police motorcycle escorts, they met Arnold Swarzenegger, they visited Disneyland, and they had a real ball looking around that part of the US.

At one stage, a group of athletes he was with were threatened by a man carrying a large knife. Shane says that it was a good thing he was on the other side of the road!

Shane came home with two silver medals (for relays he was in) and two bronze medals (for 100 backstroke and 200 freestyle).

Well done Shane!

[Shane would like to thank all those AUSSI members who supported him by buying raffle tickets, coming to the quiz night, and so on.]

## DATE LIST

- September 16-17 TSI Level 1 Coaching Course
- October 6-8 5th Australian Masters Games, Melbourne
- October 21-22 AUSSI Level 1M Supplementary Coaching course
- November 25 New Norfolk Twilight Swim Meet
- December 9-10 (Tentatively) Summer short course (Collegiate) TSB
- December 31st All aerobic swims completed

January 1 HAPPY BIRTHDAY EVERYONE! You are now another year older for competition purposes. (Another age group, perhaps?)

- January 7 Branch meeting at Ross
- February 4th Trevallyn Open Water Swim (TSI/AUSSI)
- February 24 Tas AUSSI Branch AGM, New Norfolk
- February 24-25 Summer Long Course Championships (TNN)
- March 21st AUSSI Nationals Canberra
- April 27th Tasmanian Masters Games
- April 28th Tas Masters Games Long Distance events

Do you know the rules of swimming? Have you read the latest issue of "Not the AUSSI rules"? Copies are available from your club secretary.

It might just be that you are not sure of whether you can tumble turn at the change from Breaststroke into Fly. The answer is there for you.