

PLATYPUS PRESS

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AUSSI Masters Swimming in Tasmania

NEW YEARS RESOLUTIONS

In comes the New Year, Out goes the Old.

With the new year, we all make our New Year Resolutions, and as AUSSI Masters Swimmers, we have lots of things other people don't have to consider. Here are ten.

1. Are you going to enter the National Aerobic Competition this year? There are a total of 390 aerobic points available to each swimmer, and National certificates are available for achieving either top points, or completing all 62 swims.
2. Will you be going to the Nationals in Canberra this year? Many Tasmanian AUSSI swimmers go, and the competition brings out those Personal Bests, and enables you meet other AUSSIs from interstate.
3. Will you be going O/S this year - and if you are, will you be swimming in an international event? Two swimmers from Hobart AUSSI have planned to go to Britain this year, and compete in the World Masters in Sheffield.
4. Will you be competing in the State Championships this year? Lots of training to get in, lots of time (at the moment!) to do it, and now is the time to plan the events you want to compete in.
5. Will you be learning a new stroke this year? Many AUSSI swimmers only compete in one or two strokes. What about joining the elite group who swim in medleys?
6. Do you have your CPR certificate, or your Bronze Medallion? Or perhaps yours needs updating? The bronze medallion must be updated every twelve months, and includes the CPR certification.
7. What about becoming an accredited AUSSI official? Take your pick from being a referee, a marshall, a timekeeper, a starter, a judge of starts and turns, ... these and other officials are needed at every AUSSI event.
8. Would you like to take on coaching? There are courses you can do and books you can study, and it all helps with your own swimming too. Imagine how much better your club will be with another coach!
9. Will you be joining the club committee this year? Your ideas might be all that are needed to get your club really buzzing and vibrant with fitness fun friendship and good swimming!
10. Will you be a better swimmer at the end of the year? Will you improve your times for all distances and all strokes? What will you have to do to achieve this?

A Happy New Year to All AUSSI Masters Swimmers.

Timekeepers.

Congratulations to Katrina Henry and Athol Eiszele who are now fully qualified AUSSI Timekeepers.

** Anyone who is interested in attending a course, possibly the last weekend in January, should contact Pauline (002 436665). Lecture notes are given out prior to the course, there is about a 1-2 hour teaching session, a written exam and then the practical hours begin, just 12 to complete in 12 months. This course would be in time for the postal event and Summer Championships, so plenty of opportunities to start those TK hours, and as well, our AUSSI people are welcomed as timekeepers at any STSA or TSI swim meet.

Million Metres

For AUSSI swimmers, a million metres is about from Hobart to Sydney.

Congratulations to Margaret Wilson (TTL) and Margaret Clougher (THB) who made this distance recently. And they didn't look very soggy at all !!!

If you want to join an elite group who have already made it, then ask your Club Secretary for a card, and record every lap you complete in the pool.

Australian Masters Gam

Tasmania was well represented at the Australian Masters Games with 28 competitors from all clubs in the state. Between them they brought home 43 medals for individual and relay events.

They would agree that they swam their best times and some did even better with AMG records:

Brigitte Potter THB (50-54) 200m Backstroke

Julia Allston THB (35-39) 400m Freestyle, 100m Butterfly,

Ros Dillon (TTL) (40-44) 400m Ind Medley,

Justine Bamford (THB) 65-69 50m Breaststroke.

Some swimmers swam times better than the records, however these are not counted as someone else in the age group got there first.

Congratulations Katrina Henry!

Congratulations to Katrina, who was recently married to Marcus Henry. (You probably remember the bride as Katrina Sargison of Talays club.) Katrina is a keen swimmer and a keen club member.

It all happened on Bruny Island during November last year.

Official of the Year 1995

Pauline Samson

Talays AUSSI Masters Swimming Club

Pauline has been chosen as AUSSI Masters Swimming's "Official of the Year - 1995".

Pauline is a National Board Member and is the Director of Technical Development. Previously the Director of Programs in 1993 when she first joined the board, it was in April 1994 when Tasmania took responsibility for the Technical Development that Pauline's talent really shone. At this time we had the Technical Officials Training and subsequent courses in a state of disarray.

A National Workshop was organised with funding from ASC, to redesign the course and the method of delivery. Pauline then single-handedly produced the first draft of the training manuals on the outcome of the Workshop.

Together with the National Technical Committee, they have produced papers for all technical positions in swimming and as a result, courses have now been conducted in all States.

The AUSSI Masters Swimming Technical Officials courses have now been inducted into the National Officiating Accreditation Scheme. Copies of these manuals have now been passed on to our colleagues in America and Canada for adoption in those countries.

As National Director, she constantly oversees the conduct of examinations and accreditations throughout Australia and maintains the register of all technical officials within AUSSI Masters Swimming. Pauline is also the keeper of the National Register for the Medical Disability Certificates within Australia.

In addition to all this Pauline is an active accredited AUSSI Referee, and also participates in a number of positions within TSI. Pauline also conducts workshops for technical officials for accreditation, is the Branch Recorder, and also the AUSSI Tasmania Delegate to TSI.

Congratulations Pauline on a job well done and the high profile our Technical Officials Accreditation Scheme is getting both at home and overseas.

(On December 5th, Pauline was an honoured guest at the Inaugural National Officiating Accreditation scheme Awards in Melbourne - there are 12 sports which have now been inducted in NOAS)

Most people don't think they are middle aged until they aren't!

Swim Events for your Diary

Open Water Swim Trevallyn Dam 4 February, 1996

A course of 4Km at the Trevallyn Dam, Launceston has been organized.

Fliers and entry forms can be obtained from Club Secretaries, or from The Secretary, AUSSI Tasmania Branch, PO Box 659, ROSNY PARK 7018. Entries close on 24th January. Cost \$10

It is a requirement that wet suits are worn.

Medals awarded for 1st place getter in each AUSSI age group with minimum of three competitors in it.

800 Metres Postal Swim 18th February Glenorchy

There is an 800m Freestyle postal event as part of the Summer Championships, and for southern swimmers it will be held at the Glenorchy Pool on Sunday 18 February. Warm-up at 8.30am, start at 8.45am sharp. The cost will probably be \$3.00 per swimmer.

Or if you want to swim an 800m aerobic please contact Pauline (002 436665) to have a lane allocated. Cost is the same (\$3) and only freestyle (no form strokes) as you may have to share a lane.

Trans Derwent Swim March 9 1996

Now that the water has been declared safe, what about taking part in the 1700 metres Trans Derwent Swim Classic? Organised by Dale Long, of Clarence Amateur Swimming Club, this is *not* an AUSSI event.

Entry forms on the day, or at the Clarence Pool. Cost \$15. Marshalling 9:30, starts 10.00 am.

This is an open event, wet suits to be worn, and there are medals and trophies for age groups 15-20, 21-30, 31-40 etc. Entry forms and details available from Dale Long, Phone 018 125 974...

Open water swim Carlton March 17th 1996

Hobart AUSSI Masters are hosting their annual Open Water Swim at Carlton Beach this year, in conjunction with the Carlton Surf Life Saving Club. Wet suits are to be worn.

The race is about 2.5 Km, and there is a taster course of 1.5 Km. Prizes for first male and first female across the finishing line, medals for age group winners, certificates for all competitors. Medals for first second and third in the taster course.

Entry forms and more details are available from Ron Bloomfield, PO Box 395, ROSNY PARK, 7018. Cost \$15. Entries close on March 10 1996. No entries will be accepted on the day of the race.

**Long Course Summer
Championships
February 24/25 1996**

Fliers and entry forms are with your Club Secretary - More details elsewhere in this newsletter.

**Open Water Swim
Kettering
Sunday 24 March, 1996**

Talays AUSSI Masters are hosting an open water swim outside the Kettering marina. Wet suits are to be worn.

The swim will be organized as a pursuit race. There are two sections - a 3 Km course, and a 1500m taster course. Cost is \$15 There are cash prizes, as the race is part of the Kingborough Festival.

More details and entry forms are available from Pauline Samson, Phone 43 6665, or write to PO Box 242, ROSNY PARK 7018

**Short Course - Interclub-
Sunday 14 April, 1996**

A good time to get together especially for those who want some race practice in a short course pool before the Masters Games. Entry forms available from Talays AUSSI in mid-March.

**Tasmanian Masters Games -
Launceston - April 27/28, 1996**

If you have participated in previous Masters Games, then you would have received a brochure/entry form already.

Launceston AUSSI will be conducting the swim program which is divided into two sections - the Saturday being a sprint championship, and you may enter up to 5 of the 9 events; the Sunday is long distance and a choice of either and 800 or 1500m Freestyle. The individual entry forms are available from Club Secretaries, so make your bookings now as other sports will be there as well, so accommodation could be scarce.

**DOVER SEAFEST
Open Water Swim
10th February**

This swim round Charity Island (a distance of 2.8 Km) has become an annual event. Organized by the Geeveston Swimming Club as part of the Dover Seafest, there is \$1000 worth of prizes to be won.

The race starts at 1.00 pm, the cost is \$5 and entries are taken on the day.

Wet suits may be worn, but if you do, you become ineligible for the prizes.

Further details from Chris Guesdon, Phone 25 3082, or write to TSI, GPO Box 532, Hobart.

National Aerobic Trophy.

The Aerobic Year has just begun and it is time to start those swims for the National Aerobic Trophy.

So to get the first long swim of the season on the board, Talays AUSSI Masters invites all AUSSI swimmers to the Glenorchy Pool on 14 January.

You have a choice of 1500m or 1/2 hour however 30 minutes is the limit for each swimmer.

Cost will be \$3.00 if the anti-wave ropes are used. (Pool hire is \$130 per hour.)

If you are going to swim, then you will be expected to do some timekeeping as well.

Did you know?

Rof Harris the entertainer (Tie me Kangaroo Down Sport, Jack the Peg, Womble Boards etc) went to high school in Perth, WA, and states that his only claim to fame then, was winning the Australian Under 16 Backstroke Swimming title.

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 PO Box 659, ROSNY PARK, Tas 7018

What They Say About Masters Swimmers

There is something that binds together fitness, friendship, participation and competition into a single activity which is called Masters Swimming.

A Masters swimmer has exceptional skills and is simply an original from which copies are made.....

Everyone knows that old golfers never die, they just lose their balls.

What about Masters swimmers - how do they do it ?

Masters swimmers do it in the water - of course!

♥Freestylers do it with a good roll

♥Butterfliers do it with two hands and heavy breathing

♥Breaststrokers do it with a wave

♥Backstrokers do it without ever seeing where they're going

♥Individual Medler's do it at least four different ways

♥Relay teams do it with a good touch

♥Masters distance swimmers do it longer

Courtesy of the Internet.

Psst !!! Hot Gossip.

Our revered President, John Pugh is in England until mid-February. He is supposed to be working/studying however he's managing to keep up his training and has entered in a few competitions.

The Branch Recorder received a letter recently along with a race card with a 1500m Freestyle time in a short course pool. Yes, it was a good time, in fact so good that he has broken the AUSSI National Record (55-59) by 2 mins which has stood since 1986.

Rumour has it that his time of 21:58.33 is 1.77 secs faster than a time he swam as a 23 year old for the same distance. I wonder what his secret is ?

Conventions of Courtesy

(The rules you thought everyone followed!)

1. Keep fingernails and toenails trimmed
2. Make sure that your sidestroke kick stays in its own lane
3. Always check to see that your nose isn't visibly running (This is swimming, not running!)
4. Please don't exhale in my face
5. Don't stand in front of the pace clock
6. Stand along the rope, not along the wall to talk. Other swimmers may want to keep going.

SWIMMERS LAMENT

It is a swimmers lament
to have aches and pains
But please not this year
again and again
Last year was my knee
and then it was my back
Swimmers ear was a good one
to keep my training slack
But why oh why does it seem to me
Perhaps its my age and my bodily
plea
To take it more slowly
I'm not twenty five
There's more years ahead
To just stay alive
The training is now
swimming laps when I can
Not sprints drills and kicks
They've been given the BAN
It's just that I'm fifty
and twenty inside
So I'll do what I can
and do it with pride
I'll just have to remember
to just act my age
And thankyou all
for reading this page

Rat anon
From AUSSI National Newsletter

Platypus Quiz

Nobody won the Champagne in the Platypus Quiz in last issue of Platypus Press.

Actually no entries were received.
The judges will consume the champagne to console themselves.

SWIM MEDALS REFERENDUM

There were 541 questionnaires received from all over Australia in response to the Medals Referendum. Of these, 307 also included comments.

Some of the most common remarks included in these comments were:

86 said that they would prefer a quality certificate with time and place rather than a medal for each event. (Most were happy with the summary certificates now provided.)

38 indicated that they would like medals for place getters and aggregate winners.

14 were against medals altogether. Some of these people said that it was immature for adults to want to collect medals at each swim meet they go to. Others said that getting medals was more of a lottery than an award.

There were many people who indicated that costs should be kept down, by making the user pay - medals being optional, or getting sponsorship to pay for the medals.

And there were a few who said that we should "get back to fitness and fun", that AUSSI had lost the plot, and who questioned the cost of the survey.

I haven't got the complete results of the survey - just the comments, but I am told that the comments gave us a good indication of what AUSSI members feel about the medals.

Massage An Introduction

The second of three articles on massage in swimming.

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

In the first article, I covered the history and benefits of massage, and the two categories of sports massage: therapeutic and stimulating. We will now continue with how to massage and one technique, Effleurage, which was briefly described last issue.

How to massage

To understand the benefits of massage you should know how to massage, when to massage, and even more important, when not to massage.

Massage is not recommended as a warm up procedure; however, a light massage prior to competing can be beneficial in reducing pre competition anxiety and allow the swimmer to focus and discuss tactics or techniques. Massage under these circumstances is usually confined to specific areas and seldom takes longer than six to seven minutes. A very light massage is all that is needed. Stroking the skin gently with only shallow kneading of the long and heavy muscles of the arms, shoulders and legs should be sufficient.

A longer and deeper massage is advisable if the swimmers muscles are sore after an arduous cycle of training. A larger area can be rubbed using both effleurage and kneading.

Two important points

- be sure that you are in a comfortable position (both masseur and swimmer) and
- always stroke towards the heart for correct lymphatic and venous drainage.

After injury, which in swimmers is usually tenosynovitis of the shoulder joints, various forms of massage can be given. However, it is recommended that this be undertaken by suitably qualified persons. Other forms of treatment are available in these cases such as ultrasound and other forms of electric current therapy.

Effleurage

Effleurage can be divided into two methods: light stroking and deep stroking.

For a soothing and relaxing effect, light stroking is used. As it is a sedative form of massage, it is also very effective in the early stages of injury treatment.

Deep stroking is a therapy consisting of compression of soft tissue to encourage fluid drainage and increase local circulation. When massaging the back, the stroke commences in the lower lumbar region, close to the vertebral column. Use the heel of the hand and stroke upwards covering the

length of the spine and over the tops of the shoulders. Let the fingers pick up the heavy trapezius muscle and lift the soft tissue (trapezial milking). Trail the hands back to where the stroke commenced, move out about a centimetre and repeat the stroke. Continue in this manner until the entire back has been covered, then move inward toward the centre of the back. Never lose contact with the skin and try to maintain a definite rhythm.

A good method of relaxing the swimmer is to begin with a slow stroke directly over and down the full length of the spine. When massaging the lower limbs, the same principle is followed as for the back massage. Initiate the stroke at the middle of the thigh, rub up and over the buttocks to the lower back and then trail down to a point just below where the stroke began. Each stroke starts below and out from the preceding stroke.

Date List

February 4th	Trevallyn Open Water Swim
Feb 10th	Dover Fest OWS *
	Entries close for S. Champs
Feb 18th	800 m at Glenorchy
Feb 24th	Tas Branch AGM N/Norfolk
Feb 24-25	Summer Championships
March 9th	Trans Derwent OWS *
March 17th	Carlton OWS
March 21st	AUSSI Nationals, Canberra
March 24th	Kettering OWS
April 14th	S.C. Inter Club (Talays)
April 27th,28th	Tasmanian Masters Games

Note: Dates for these events were correct at time of printing: Check before you go, please!

* These Open Water Swims are not AUSSI sanctioned events.

Starts and Turns

Thanks to TLC for this article, which is a continuation from the last issue of PP.

In the previous issue we discussed the Freestyle Flip or Tumble Turn and the Backstroke Tumble Turn. In this issue we will continue with the Breaststroke/Butterfly Turn and the Medley Turns from Butterfly to backstroke.

Refining the Breaststroke / Butterfly Open Turn

Points of Emphasis: Approach the wall with the shoulders parallel to the surface. Both hands must touch the wall simultaneously. The turn is initiated by swiftly swinging one elbow backwards and slightly upwards out of the water while the other hand remains on the wall. This motion causes the body to twist. The throwing of the elbow must be synchronised with the drawing of the knees upward toward the chest. The eyes must remain focussed straight ahead until the toes are placed horizontally on the wall. As soon as the toes are placed on the wall the remaining hand recovers close to the swimmers head with the elbow bent. The push off begins when the remaining hand returns to the water in a position over the head. The swimmer must push off the wall with the body rotating past the vertical position towards the breast.

Avoid: dropping one shoulder in anticipation of the turn. Avoid

recovering the trailing hand in a straight arm position. Avoid sinking the hips during the turn. Avoid pushing off with the body past vertical toward your back.

Secret: The elbow powers out of the water to start the redirection. Keep the eyes focussed on the wall until the toes are placed. Keep the hips high during the turning process. Push off in a streamlined position with the hands locked together and both biceps pressed against the ears.

Refining the Butterfly to Backstroke turn

Points of emphasis. Perform the exact same turn as the Butterfly Open turn except that the swimmer must return the trailing arm into the water BEHIND the head so the swimmer pushes off on his or her back.

Avoid: throwing both arms directly backward at the same time in the manner similar to the backstroke start. Avoid pulling the body toward the wall with both hands.

Secret: Same as the Butterfly and Breaststroke open turn. Keep the eyes focussed on the wall until the toes are placed.

Next issue will deal with the back to breast spin and open turns and Grab and Track Starts.

PS I could not get the photos of all these turns to reproduce very well, so you will have to use your imagination.

Warmup and Warmdown

The warm up is an important procedure prior to any competition or strenuous exercise and this applies particularly to masters swimmers, whose musculo-skeletal system may have lost some flexibility.

A warm up will bring extra blood to the working muscles and will prepare the mind and body for activity. The usual advice is for the athlete to assimilate movements common to the sport until the body starts to sweat. This advice would not be appropriate to swimmers if activity begins in the water, especially where the temperature is below body temperature. However it is appropriate to a warmup conducted on dry land.

This activity should start with swinging exercises for the arms and legs, followed by circumduction of the shoulders in a swimming action without resistance. Light weight and pulley systems or elastic strands (eg old bicycle inner tubes) could be utilised to apply extra resistance to the swimming muscles. The main working muscles should then be stretched gently prior to a few laps of easy swimming.

Stretching

Warm muscles are more extensible than cold ones, and are less prone to injury, therefore stretching should be done during and after a warm up.

Excessive stretching is a common cause of injury in swimmers, particularly to the shoulder joint. Therefore, stretching exercises

should always be done gently and slowly without bouncing or jerking.

After performing the stretches enter the water slowly and then swim slowly and easily until joints feel loose and breathing is comfortable and controlled. The older, hypertensive swimmer is advised to start with a push off in the water rather than a racing dive.

There is a range of stretches which can be performed. Stretches should be performed to a feeling of tension rather than pain. Hold the stretch for a slow count of ten before relaxing slowly. Neck stretches must be performed slowly and cautiously.

Warm down

After a hard training session, or after competition the Masters swimmer should do a little relaxed swimming until the heart rate drops significantly. This will prevent pooling of blood in the extremities.

On leaving the water, the swimmer should take a warm shower and should keep quietly on the move until the heart rate, body temperature and blood pressure normalise.

Training loads need to progress in proportion to the goals, needs and recovery capabilities of the individual.

Progression of activity should always be gradual, allowing the body to adapt before introducing any further overload.

[From Safe Veterans Sport, with permission from the Australian Sports Medicine Federation]

12th Long Course Summer Championships

February 24th & 25th 1996

New Norfolk Olympic Pool

Program of events:

Event 1 800m Freestyle

The 800m Freestyle is a postal event to be swum in the two weeks prior to the date of the swim meet. To be eligible for records, this event must be swum with at least one other Club with officials present.

Saturday Feb 24th

Warm-up 3:30 pm

Start 4:00 pm

Event 2 400m Freestyle
Event 3 50m Butterfly
Event 4 200m Backstroke
Event 5 100m Freestyle
Event 6 200m Butterfly
Event 7 100m Breaststroke
Event 8 50m Backstroke
Event 9 200m Ind. Medley
Event 10 4x50m Womens Free
Event 11 4x50m Mens Free
Event 12 4x50m Mixed Medley

Sunday Feb 25th

Warm-up 8:30 am

Start 9:00 am

Event 12 50m Breaststroke
Event 13 200m Freestyle
Event 14 200m Breaststroke
Event 15 100m Butterfly
Event 16 100m Backstroke
Event 17 50m Freestyle
Event 18 400m Ind. Medley
Event 19 4x50 mixed Free
Event 20 4x50 Womens Med.
Event 21 4x50 Mens Medley

Conditions

Individual entries limited to 5 events
Relay entries limited to 2 teams per age group in each event per club (points from 1 relay team only to count).
Age in years as at 31st December 1996
Current AUSSI rules to apply
Entry fee \$18 individual, \$3 relay team
Medical disability to be indicated on the entry form: relevant forms must be lodged with AUSSI national Director of Technical Development.

Awards

Medals to 1st 2nd and 3rd in each age group for aggregate points
Stroke champion - medal to be presented to top point scorer (in each age group with 8 or more competitors) for each stroke
Swimmer of the meet Male (Royce Bracken Shield) and Female (Trophy donated by Perri Brereton)
Certificates to all competitors
Championship Shield to winning Club
New Norfolk Trophy to club with highest points per registered member.

Entries close: Monday 10th
February 1996, 5:00 pm
Registrations must be with the
Branch Registrar by close of entries

Social Events

Happy Hour at the pool - sausage sizzle, drinks 5:00 pm followed by Irish Folk Band at Bush Hotel, 8:30
Sunday 12:30 pm - Presentation Luncheon at Bush Hotel, \$15
Numbers required with entries.