

PLATYPUS PRESS

Edition 29

December 1996

AUSSI Masters Swimming in Tasmania

The importance of the MEDICAL EXAMINATION

If you were going on a long journey in your car - say up to Alice Springs - you would certainly get your car checked and overhauled before you went. You wouldn't want to get as far as the outskirts of Melbourne, and find that your car needed a week in the garage to fix its inner parts.

When we become of an age when our inner bits need more care and attention, the checkup is even more important. After all, you can't get out of your body, and say "Ho hum - gotta do without the body for a while!" And there is the problem that you can't trade the body in for a new one every two or three years.

Even if you are physically fit and enjoy good health, it is advisable to see your doctor for periodic medical examinations. The frequency of your medical examinations should be determined by your own underlying health problems.

Some people erroneously believe that physical fitness will protect them against cardiorespiratory problems. Your doctor usually will take steps to

detect any risk factors which may exist and can advise you about guidelines for a safe exercise program.

Many currently active AUSSI Masters swimmers are rather complacent about the need for periodic medical examinations. In fact, many competing swimmers would not have had a medical for up to eight years!

Check your health records, and arrange for a medical examination if you haven't seen your doctor recently. We must all recognize the distressing fact that there is no known absolute preventative of coronary heart disease or of vascular disease in general.

In spite of how hard you train, even AUSSI Masters swimming is not a guarantee against vascular disease!

One final point: Tell your coach about any health problems you find you have or of any emergency medical information he may need. This will help him to individualize your workouts, and also will help ensure your safe participation in AUSSI Masters swimming.

Ron Bloomfield

The first Tasmanian Short Course Long Distance Championships

This swim was held at Mowbray on 28th September 1996, and hosted by the Launceston Lemmings AUSSI Masters Swimming Club.

1500m Freestyle

Womens 35-39	
Ketrina Clarke TLC	**19:45.30
Michelle Craig TLC	*20:34.40
Ris Wilkinson TTL	*23:47.20
Womens 40-44	
Diana McHenry TLC	*24:02.93
Alwynne McMahon TLC	*25:54.74
Maryanne Davis TTL	29:54.14
Womens 55-59	
Janice Archer TSB	*31:59.11
Jan Chew THB	*32:12.74
Peggy Ryan TLC	*33:11.32
Mens 35-39	
Andrew Clarke TLC	*24:32.20
Mens 50-54	
Hector Beveridge TLC	27:14.32
Rodney Archer TSB	33:59.17
Mens 55-59	
John Pugh TLC	21:55.55
Mal Innes TTL	22:24.18
Mens 65-69	
Peter Bourjau THB	32:02.80

800m Freestyle

Womens 20-24	
Susan Bevis TLC	10:33.27
Womens 35-39	
Jill Woodworth TLC	13:06.23
Lyn Jetson TLC	13:41.82
Womens 40-44	
Vicki Piets TLC	13:22.55
Kathy Hutton TTL	24:14.01
Womens 45-49	
Pauline Samson TLC	18:17.89
Jane Cullinan TTL	20:18.51
Womens 50-54	
Janet French TTL	*14:53.01
Jennifer Napier TLC	16:11.48
Margaret Wilson TTL	16:19.38
Jennifer Hampton TLC	21:22.53
Womens 55-59	
Judy Hyndes TTL	17:11.20
Womens 60-64	
Sue Mayne TTL	*16:13.25
Wilma Attrill THB	23:12.38
Mens 30-34	
Simon Olden TLC	11:53.63
Mens 40-44	
Robert Bonney TTL	20:06.60
Mens 65-69	
Clyde Denton TTL	16:43.28

Note: * indicates Branch record,
** indicates National record

13th Long-Course Summer Championships

February 22-23 1997

Hosted by SANDY BAY AUSSI MASTERS

Sponsored by *tigerLINE*

Program of Events

Saturday 22nd February

Warmup 5:00 pm, Start 5:30 pm

Event 1	200m	Butterfly
2	50m	Breaststroke
3	100m	Backstroke
4	100m	Freestyle
5	200m	Breaststroke
6	50m	Butterfly
7	200m	Indiv. Medley
8	400m	Freestyle
9	4x50m	Mixed Medley
10	4x50m	Womens Freestyle
11	4x50m	Mens Freestyle

Sunday 23 February

Warmup 8:30am; Start 9:00 am

Event 12	50m	Backstroke
13	100m	Butterfly
14	200m	Freestyle
15	100m	Breaststroke
16	200m	Backstroke
17	50m	Freestyle
18	400m	Indiv. Medley
19	4x50m	Mixed Freestyle
20	4x50m	Womens Medley
21	4x50m	Mens Medley

Conditions

- Competitors only need to compete in one event to be eligible for an award
- Individual medals, 1st 2nd 3rd in each age group, plus stroke medals, 1st in each age group
- Individual entries limited to five events

- Competitors must compete in three events per stroke to be eligible for stroke medal
- Competitors need only to compete in one event to be eligible for event certificate in each age group
- 50m events start at the deep end, all other events start at the shallow end
- Clubs may only enter one relay team per age group in each relay event
- Once entries have closed relay teams may not be shifted to different age groups
- Age group for entry is determined by the age you will be at 31st December 1997
- The meet will be conducted under the current AUSSI rules
- Medical disabilities must be indicated on the entry form and the disability must be lodged with National Office by the close of entries
- All competitors must have been registered with the Branch Registrar by the closing date for entries
- Entry fee \$18 individual, \$4 relay
- Entries close 5:00 pm on Tuesday 4th February 1997. All entries and cheques must be with Sandy Bay Club by 5:00 pm on that day
- Entries submitted through Club Secretaries

Social Program

- Saturday Evening, Sausage Sizzle at Clarence Pool after the last event. \$1 for a sausage a hamburger or a soft drink
- Sunday presentation luncheon at Wrest. Point Casino Hotel: \$15 per head, numbers required with entries please

**Long Course Long Distance
Inter Club Swim Meet**

This swim was held by the Hobart
AUSSI Masters Swimming Club at
the Clarence Pool on Saturday 2nd
November 1996.

1500m Freestyle

Womens 30-34

Tracy Harwood THB *34:18.59

Womens 35-39

Glenise Gale TSB 20:21.66
Madeleine Cahill THB 20:22.61
Ris Wilkinson TTL 24:29.50
Jane Keble-Williams TTL 26:16.66

Womens 40-44

Susan Cure TSB *22:19.17
Wendy Treweek TTL 25:46.46
Vicki Flukes THB 27:36.01
Anne Horner TSB 29:15.91
Maryanne Davis TTL 30:10.05
Lorna Carlton THB 30:31.89

Womens 60-64

Sue Mayne TTL *30:51.03

Womens 65-69

Margaret Clougher THB *39:52.23

Womens 70-74

Tina Smit THB *43:14.22

Mens 20-24

Alex Lysenko THB *24:49.24

Mens 30-34

Bruce Craig TTL *23:02.02

Mens 40-44

Martin Svenson TTL *23:46.10
Peter Smith TLC 25:18.56
Kim Ryan THB 28:18.21

Mens 45-49

Rod MacGregor THB 22:14.90
Harald Gatenby THB 25:16.19

Mens 50-54

Hector Beveridge TLC *27:41.02
Rod Archer TSB 33:40.90

Mens 55-59

John Pugh TLC 23:14.26
Iain Montgomery TTL 31:09.17

Mens 65-69

Peter Bourjau THB *33:34.52

800m Freestyle

Womens 20-24

Nadine Brereton TTL 12:23.60

Womens 25-29

Cherie Leslie TLC 17:20.84
Kathy Pinkus TTL 18:34.70

Womens 30-34

Tracy Harwood THB 16:49.92

Womens 35-39

Glenise Gale TSB 10:33.14

Womens 40-44

Pam Gray TLC 13:26.89

Womens 45-49

Maura Mongan TTL 18:18.98
 Pauline Samson TTL 19:31.55
 Jane Cullinan TTL 20:48.76

Womens 50-54

Janet French TTL 15:11.67
 Margaret Wilson TTL 17:39.64
 Chris Singline TSB 19:42.44

Womens 55-59

Jan Chew THB 17:39.42

Womens 60-64

Wilma Attrill THB 24:22.54

Womens 65-69

Til Van de Vusse TTL 33:28.06

Womens 70-74

Hilda Murfet THB 23:23.47

Mens 30-34

John McLelland THB 10:33.58
 Vincent Van de Vusse TTL 12:49.70
 Shane Branch THB 20:55.61

Mens 35-39

Peter Walker TTL 12:05.96

Mens 40-44

Peter Tucker THB 15:05.42
 Robert Bonney TTL 20:41.00

Mens 45-49

Harald Gatenby THB 12:46.78
 Bernie Noonan TTL 12:51.28
 Lawrence Watt TTL 13:30.42
 Michael Ditcham TTL 15:51.01

Mens 70-74

Les Young THB *20:34:80

Mens 75-79

Doug Job THB *25:31.70

Note: * indicates Branch Record

Form Strokes

Edna Murphy THB (Womens 55-59)
 800m Backstroke 21:39.29

Alan Carlton THB (Mens 40-44)
 800m Butterfly 21:43.26

Make it MAUI

for the PAN PACIFIC MASTERS
 SWIMMING CHAMPIONSHIPS

23-29 June 1997

Should you be interested in travelling to the "Best island in the World" for the Championships, please complete and send in the details below. Comprehensive information and details will be despatched to you early in November. Hope you can join us!

PLEASE SEND ME DETAILS ON THE 1997
 PAN PACIFIC MASTERS
 SWIMMING CHAMPIONSHIPS

NAME: _____

ADDRESS: _____

POST CODE: _____

PHONE (H) _____

(B) _____

FAX _____

CLUB: _____

SEND TO INTERNATIONAL SPORTS TOURS

PO Box 454, MILSONS POINT,

NSW 2061 OR YOU CAN PHONE US

ON 02 9922 6166 OR TOLL FREE

ON 1800 242987

WHY TECHNIQUE MATTERS MORE THAN FITNESS

Multisport athletes are strongly inclined to work at swimming by doing more laps or working harder at them. Running and biking experiences make you think that more work is the way to get better. But swimming has more in common with such skill sports, as tennis and skiing.

Here's why:

♦ It's the water that makes swimming different. Water robs the swimmer of energy and efficiency. With every stroke you take, the water is applying the brakes, trying to drag you to a halt, stealing energy from you.

♦ Think about it this way: If you stand on the ground and jump into the air, you burn about 10 calories. Nine of those calories went directly into getting you off the ground. One was lost to the slight inefficiency of the muscular exertion. Because muscles contract by a ratcheting mechanism and that ratcheting action causes friction which creates heat—the reason we sweat when exerting ourselves—some of our calories are thrown off as waste heat. If on the other hand, you jump in the pool and swim a few strokes, burning the same 10 calories, only one of those calories would go directly into moving you forward; the other nine would be lost as waste energy because of the action of water drag.

♦ Water is a frustrating medium for the person trying to move through it, and the nature of that medium makes the swimming puzzle far more difficult to solve than running and biking. Let's compare it with running. A runner, with each stride, gets to push off solid footing while moving forward through thin air. The swimmer, on the other hand, with each stroke has to push against a liquid that seems to do nothing but swirl away when you try to push against it. And to

compound your difficulty, in propelling yourself forward, you have to thrust your body through a medium that is a thousand times denser than air. For a runner, this would be like trying to run across a field of Jellō into the teeth of a gale-force wind.

Water is so effective at robbing us of efficiency that scientists estimate that even world-class swimmers are probably only about 9 percent mechanically efficient—91 of every 100 calories being robbed by water drag and the difficulty of pushing a hand against liquid. The novice swimmer may be only 1 or 2 percent efficient, as many as 99 of every 100 calories being stolen by the water.

Because stroke efficiency is such a big factor, the great performances of world-class swimmers are approximately 70 percent due to the efficiency, economy and coordination of their body position and stroking movements, and only 30 percent a factor of their power and physical conditioning. For the less experienced and less skilled swimmer, perhaps 90 percent or more of your performance will be determined by how efficiently or inefficiently you move through the water, while less than 10 percent will be determined by how fit you are.

Therefore, if you can swim a quarter-mile in 10 minutes, but would like to improve your time to nine minutes, only about five to 10 seconds might be gained by getting in better shape, while 50 to 55 seconds will come from learning how to move more efficiently through the water.

Greater stroke efficiency is a combination of two efforts: minimizing drag and maximizing overall propelling efficiency.

Written by Terry Laughlin

Terry is the founder and director of Total Immersion Swimming in the USA which teaches the finer points of swimming to US Olympic champions, and to adult Masters Swimmers. ...From the internet

AMP AUSSI Masters National Swim

Homebush SYDNEY 27th - 29th March 1997

Be a part of AUSSI Masters OWN National Swim. Always a great event, and it will be here in Hobart in 1998!

PROGRAMME

THURSDAY 27TH MARCH 1997 9AM

- 1 200 Butterfly
- 2 200 Backstroke

OPENING CEREMONY

- 3 200 Individual Medley
- 4 50 Butterfly
- 5 400 Freestyle

FRIDAY 28TH MARCH 1997 9AM

- 6 400 Individual Medley
- 7 100 Breaststroke
- 8 50 Freestyle
- 9 100 Backstroke
- 10 50 Breaststroke
- 11 100 Freestyle
- 12 4x50 Mixed Freestyle Relay
- 13 4x50 Mens Medley Relay
- 14 4x50 Womens Medley Relay

SATURDAY 29TH MARCH 1997 9AM

- 15 100 Butterfly
- 16 50 Backstroke
- 17 200 Freestyle
- 18 200 Breaststroke
- 19 4x50 Mixed Medley Relay
- 20 4x50 Mens Freestyle Relay
- 21 4x50 Womens Freestyle Relay

MONDAY 31ST MARCH 1997 10AM

- 22 3K Open Water Swim Manly Dam

Entries MUST be submitted through your club secretary.

CONDITIONS

Limit of 5 events per person (not counting Relays or Open Water Swim). Limit of three freestyle events. Limit of one relay team per club per age group in each event. All pool events may be deck seeded. Check in time for the open water swim will be at 8:00 am on 31st March. Money for all social functions must accompany entries.

Entries will be accepted from clubs only. Entry fees \$45 for individuals, \$8 for relays. Entries close on Tuesday 25th February 1997.

See the full brochure for complete details and conditions applicable.

SOCIAL PROGRAM

Welcome function (Pasta Bash) Wed' day
Presentation function Saturday
Après swim club 5pm Thursday & Friday

NATIONALS GEAR

There is a brochure available which shows what is available in the way of snazzy bathers, polo tops, baseball caps, and drink bottle.

All brochures are available from your club secretary, including entry forms.

Further details, forms, brochures, price lists for gear, etc. Available from

AUSSI Masters Swimming NSW Branch inc
PO Box 580, CRONULLA NSW 2230
Tel/Fax 02 9544 1383

AUSSI MASTERS SWIMMING 21ST ANNIVERSARY SERVICE AWARDS

At AUSSI's 21st Anniversary Dinner at North Ryde on Saturday 21st September 1996, it was announced that the following AUSSI Members from Tasmania had been chosen to receive a special award for having been of special service to AUSSI. All have contributed actively for the benefit of AUSSI for more than ten years.

HECTOR BEVERIDGE

Member of AUSSI since 1982, (15 years as an administrator, Club Branch and National). One of the founders and developers of AUSSI Masters in Tasmania. Foundation member of Devonport Devils, President of Devonport Devils 1982,83,84,95, Publicity Officer 1986, 89. At Branch level, Hector was President 1985-87, 1990-93. Branch Fitness and Coaching Director 1988. Masters Games Meet Director Swimming 1989, 1994, 1996. First Australian Masters Games Meet Director Swimming. Meet Director AUSSI National Swim 1991. Branch delegate to four National Conferences, compiled National Aerobic Trophy results 1988-92. Member of Masters Games Committee (AUSSI) 1995. Awarded life membership AUSSI Tasmania Branch 1995.

PERRI BRERETON

Perri was co-founder of Hobart AUSSI Masters, organizing, just to

name a few menial tasks, the name, uniform, colours and emblem. She was their first vice-president and captain. Then decided to move to the Western side of the Derwent River to commence Talays AUSSI along with a few others. Perri was Talays original president. She has also held positions of Vice President, Captain, Treasurer, coach, publicity officer. Has been, and still is Club Delegate to the Branch. At Branch level, she has been both Publicity Officer, Registrar, and Branch Delegate to National.

ALWYNNE MCMAHON

Alwynne was a foundation member of Launceston AUSSI in 1981, first club captain. She has held the position of Treasurer and is currently recorder. Club delegate to Tasmanian Branch. Conducted Learn to Swim classes for adults, and encouraged these people to join AUSSI. She has been a regular competitor in interclub and aerobic trophy. Alwynne is a life member of Launceston AUSSI.

In all, 102 AUSSI Masters Swimmers were presented with their 21st Anniversary Service Awards.

Congratulations go to all these Australian swimmers. And an especial congratulations to the above Tasmanians who were singled out for honours.

BE NICE TO YOUR KIDS.

THEY'LL CHOSE YOUR NURSING HOME

AUSTRALIAN
SWIMMING
AND FITNESS

Australian Swimming and Fitness is a new lifestyle magazine dedicated to swimming sports and general fitness. The magazine is endorsed by Australian Swimming Inc, as its official magazine, and contains a wide coverage of swimming sports from the domestic and overseas scene.

According to the blurb, it is not just for the elite swimmer - there is stuff for everyone - including coaching tips, fashion, profiles, you name it!

To introduce the magazine, the publishers have offered a number of options.

1. Obtain a copy of the first issue FREE by ringing 02 9542 7335.
2. If you have already bought a copy from the newsagent, you can get an extra issue added to your subscription when you subscribe.
3. One years subscription (6 issues) for \$27 (save 10%)
4. Two years subscription (12 issues) for \$50 (save 15%)

Subscriptions hotline (for credit card orders) phone 02 9542 7335. or post off to

JP Publications,
REPLY PAID 187
PO Box 186

CRONULLA NSW 2230
with your cheque, name, address,
phone number.

**HAVE YOU DONE YOUR
CPR THIS YEAR?**

Something like this is no load to carry, but the life you may save could be that of someone in your family, or a good friend.

CPR qualifications should be updated every twelve months.

Cardio Pulmonary Resuscitation

Airway clearance on the side

No Breathing - then 5 full breaths

No pulse, then full CPR

compression site: Lower half of sternum

Adults:

use 2 hands, depress 4-5 cm

15 compressions 2 breaths in 15 seconds

Child:

use 1 hand, depress 2-3 cm

Infant:

use 2 fingers, depress 1 cm

15 compressions, 2 breaths in 10 seconds

Expired Air Resuscitation

Airway clearance on the side

No breathing then 5 full breaths

Adults:

1 breath every four seconds (15 per minute)

Child, Infant

1 small breath/puff every 3 seconds (20/min)

These details come from a small card handed out at the AUSTRALIAN RED CROSS CPR course.

Make up a group and do the course. There is no substitute for PRACTICE!

WATER

Drink 6-8 glasses every day.

Water is more vital to life than food and the human body can survive only a few days without it.

About 60% of the body's weight consists of water.

Usually we drink when we feel thirsty, however a response to thirst takes too long to replace lost water. For athletes who train regularly, more water is needed than thirst would indicate. We need to drink water before and after exercise to replace any lost fluid.

Water can be used with exercise to fight against fat. By increasing the amount of water, fat deposits can be reduced.

If the kidneys don't get enough water, some of their work has to be done by the liver. As one of the liver's tasks is to break down stored fat into useable energy, this function can be reduced if the liver has to do some of the kidney's work. Therefore, more fat remains stored in the body.

Cold water is absorbed more quickly than water which is at room temperature. Some studies suggest that drinking cold water helps burn up the calories.

Water will be retained in the body if salty foods are eaten. Hormonal changes also cause extra salt to be retained in the tissues and so increases fluid retention.

To relieve fluid retention, the solution is to drink more water. The extra water rids the system of the excess sodium which is retaining the water. Don't believe that by drinking less the body will hold less fluid. The opposite occurs. So to get rid of fluid - Drink More Water.

Coffee, tea and coke don't help either as these drinks contain caffeine.

Remember:

- a normal adult is up to 70% water
- water is necessary for survival (second only to air)
- water is needed to rid the body of waste products
- water carries nutrients and oxygen to the cells through the blood
- water helps cool the body through perspiration
- water is needed to lubricate the joints
- water keeps the tissues moist, particularly the nose, eyes and lungs
- if you don't drink enough water the body will retain water to compensate

And don't worry, after a few weeks of drinking more water, the bladder will adjust and you will need to visit the toilet less often.

And if you don't get up to go to the toilet at least once during the night, then you're probably dehydrated.

HEALTHPACT SIXTH Australian Masters Games

CANBERRA 24 October to 1 November 1997

Apart from Swimming, do you go in for Archery, Athletics, Badminton, Baseball, Basketball, Canoeing, Croquet, Tennis, Cycling, Equestrian (Carriage Driving, Showjumping, Western Performance, Combined Training, Polocrosse, Eventing, Dressage) Fútsfal, Golf, Hockey, Ice Hockey, Indoor Cricket, Lawn Bowls, Netball, Rowing, Rugby Union, Sailing, Shooting (Full bore Target Rifle, Pistol, Rifle Metallic Silhouette, Shotgun, Smallbore) Soccer, Softball, Squash, Table Tennis, Tenpin Bowling, Touch, Triathlon, Volleyball or Water Polo?

Then perhaps the Australian Masters Games in Canberra is for you.

Swimmers will compete in the same training pool used by our Olympic swimming medallists. With a waveless 50m eight lane swimming pool and a 25m warm-up pool the Australian Institute of Sport will be the perfect venue for the swimming competition.

The Australian Masters Games has always been a popular event for AUSSI Masters swimmers from Tasmania. Treat yourself this year, and see what it is like.

EXPRESSION OF INTEREST FORM

Please complete the following form (or a copy) and post or fax it to:

**1997 Sixth Australian Masters Games
PO Box 2697 CANBERRA ACT 2601
Phone (06) 207 9097 Fax (06) 207 9197**

SURNAME Mr/Mrs/Ms	_____
GIVEN NAMES	_____
ADDRESS	_____
POSTCODE	_____
COUNTRY	_____
DAYTIME TELEPHONE	_____
AGE (AS AT 31-DEC-97)	_____
HAVE YOU COMPETED IN AN AUSTRALIAN MASTERS GAMES PREVIOUSLY?	Yes _____ No _____
WHICH ONES?	_____
WHICH SPORTS ARE YOU INTERESTED IN FOR THE SIXTH AUSTRALIAN MASTERS GAMES?	_____
HOW DID YOU OBTAIN THIS FORM? ENCLOSED IN PLATYBUS PRESS (NEWSLETTER FOR AUSSI TASMANIA)	_____
PAST ACHIEVEMENTS: (OPTIONAL) PLEASE LIST ANY SPORTING ACHIEVEMENTS WHICH MAY BE USEFUL IN HELPING TO PROMOTE THE MASTERS GAMES AND YOUR PARTICULAR SPORT (NOTE WE MAY USE THIS FOR PROMOTIONAL PURPOSES). PLEASE BE BRIEF OR ATTACH ADDITIONAL INFORMATION	_____

Annual Drowning Statistics - 1994

The National Injury Surveillance Unit of the Australian Institute of Health and Welfare has distributed accurate data in relation to Drowning Deaths in 1994.

The following data is perceived to be of interest to teachers of Swimming and Water Safety, and has been taken from Australian Injury Prevention Bulletin Issue 13, of October 1996.

KEY INDICATORS OF DROWNING DEATHS

Indicator	Males	Females	Persons
cases	209	41	250
crude rate per 100 000	2.4	0.5	1.4

Age and Sex distribution

- Males aged 0-4 and 15-39 years had significantly higher drowning rates than females.
- The all ages male rate was almost 5 times the corresponding female rate.
- 17% of all male drowning (36 cases) occurred to children 0-4 years. Of these, 19 were attributed to "fell, wandered into private swimming pool" and a further 5 were recorded as "fell; wandered into lake, lagoon, dam etc."

Trends in Death Rates

- The overall drowning rate has fallen by almost 40% since 1979.
Rates for young children 0-4 years have decreased by 56% (36% males and 77% females) since 1979.

The role of AUSTSWIM in the training of quality swimming and water safety teachers is considered to be one of the most significant reasons for the reduction in drowning to young children. Teachers of infant aquatics are playing a significant role in spreading the water safety message to the community as well as encouraging happy and safe participation in aquatics.

Some early season freestyle tips

by Pic Parkhouse
MasterScrawl

When we train for any athletic activity we should concern ourselves with breaking down the approach to the preparation into the following areas: Aerobic conditioning, anaerobic conditioning, and speed development. These are briefly defined as follows:

Aerobic conditioning

The ability to resist fatigue from long endurance loads with an oxygen supply.

Anaerobic conditioning

The ability to exhaust the non-oxygen-dependent component of the energy provision process.

Anaerobic Threshold

The load intensity at which the energy requirement can still be satisfied mainly by aerobic energy provision. At the anaerobic threshold level, the generation and removal of lactic acid from the muscle tissues are in balance. This intensity corresponds to approximately 4 mmol/l of blood. Training at this level or slightly above is the best form of endurance training. Repeats are swum at a high heart rate.

SPEED TRAINING

This is developed with very short explosive bursts with recovery in between. This recovery can be either stationary rest or active rest, where the swimmers swims very easy for 100 metres or so between each repeat. I personally prefer this method. To develop speed, some muscular endurance training should be carried out. Training should be structured so as to develop each of the above systems. Early in the season, the emphasis is on long easy endurance swimming where a lot of technique work is also carried out. Speed training begins after several weeks of endurance work.

AUSSI MASTERS SWIMMING IN AUSTRALIA (TAS) INC

Notice of ANNUAL GENERAL MEETING

Notice is hereby given that the Annual General Meeting and Election of Office Bearers of the Tasmanian Branch of AUSSI Masters Swimming in Australia (inc) will be held on Saturday February 22 1997 beginning at 3:00 pm.

The meeting will be held at the Beltana Hotel, East Derwent Highway, Lindisfame.

BUSINESS

1. To receive reports on the business of the branch during the year 1996.
2. To adopt the constitution.
3. Announcement of Life Members (if any)
4. To elect the office-bearers for 1997.
5. Any other business

Election of Officers

Nominations are hereby called for the positions of President, Secretary, Treasurer, Publicity Officer, Registrar, Safety Officer, Coaching and Education Officer, and Recorder.

Nominations of candidates for election as officers of the Branch, shall be made in writing signed by two registered members of the AUSSI Tasmania Branch; and shall be accompanied by the written consent of the candidate (which may be endorsed on the form of nomination); and shall be delivered to the Secretary (Katherine Daft) of the Branch by 14th February 1997.

Katherine Daft
Branch Secretary

NOMINATION FORM

To the Secretary, Katherine Daft,
Tasmanian Branch
AUSSI Masters Swimming
PO Box 659
ROSNY PARK Tas 7018

We the undersigned, registered members of the Tasmanian Branch of AUSSI Masters Swimming in Australia incorporated, hereby nominate

for the position of _____

on the committee of AUSSI Tasmania.

Signed:

1. _____

2. _____

I am pleased to accept the above nomination and agree to carry out the work of the office to the best of my ability.

Signed: _____

This form should be completed and passed to Katherine Daft by 14th February 1997. If no nominations are received for a particular office, then nominations for that position will be called for at the AGM. If only one nomination is received for a particular office, then the nominated person will be declared elected.

**The Strategic Plan for AUSSI
or
Is AUSSI Doing what WE
Want in Tasmania?**

In September 1993, the Tasmanian Branch met to decide on goals and priorities which would take us to the end of the three years ending in 1996.

Some of the goals we set in 1993 included:

- To improve the capabilities of our administrators, officials and coaches
- To train and accredit enough new administrators, officials and coaches to enable the branch and its affiliated clubs to better carry out its existing level of services for masters swimming
- To develop new strategies for attracting financial support and gaining influence in the swimming and wider community
- To make more effective use of available swimming pools
- To host a National Swim Meet

Have we met these goals? If we give ourselves a score of 1-5 for each of the above goals, we might get 18 or more out of 25. We have certainly achieved success with improving and training our coaches, administrators and officials. We have a National Swim Meet in the pipeline, and we are getting effective use of our swimming pools.

We have also achieved a number of extra goals. We have become National Leaders in the area of safety policy and coordination. We have introduced and developed another State Swim (the Long

Course and Short Course Long Distance Swims). AUSSI has become involved in the administration of AUSTSWIM and TSI, thus extending our sphere of influence.

What goals should we set for ourselves for the next three years?

Should we be looking at increasing the number of our affiliated clubs? We have six at the moment.

Could we do better with our existing administrators, coaches and officials, could we use more administrators coaches and officials, how do we stand?

In order to answer these questions we need to have a vision of what AUSSI will be like in three years' time. And this vision needs to be something we all share.

Our mission statement (at National, Branch and Club level) is to encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and to improve their general health. I for one, feel that this mission statement is spot on.

It is up to our Branch Committee to come up with a new strategic plan, the second one in the history of AUSSI Tasmania, which takes into account the mission statement outlined above, and will lead us into the next millennium.

They meet on 1st December. Let us wish them well.



THE DATE LIST

1987

- Jan 5 Branch meeting at Ross
- Feb 2 TSI Open Water Swim
- Feb 22 Branch AGM
- Feb 22 Summer Championships
Clarence Pool
- Mar 23 OWS Kettering
Run by Talays
- Mar 27 AUSSI Nationals
Homebush Sydney
- Apr 5 Adelaide Masters Games
- Jun 23 Panpacs MAUI
Hawaii
- Oct 24 Australian Masters Games
AIS Canberra

1998

- Apr 11 AUSSI Nationals
Hobart
- Aug 9 World Masters Games
Oregon USA

THE SUMMER CHAMPIONSHIPS

Please note that our new sponsors for the Summer Championships are *tigerLINE*.

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Phone 03 6234 4077

We need to book for the Presentation Luncheon. It is at the Wrest Point Casino Hotel, and costs \$15 per head. Numbers are needed with entries, so that we can get the best deal for you. Pay for the meal on the day.

And look! You don't need to enter 5 events to win an award as in the past. We are being offered 1st 2nd and 3rd place certificates for each event in each age group.

There are trophies for the winning club, the club with the highest number of points per registered member, male and female swimmers of the meet, and everyone gets a certificate!

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