



MASTERS SWIMMING
New South Wales

SPLASH



MASTERS SWIMMING
New South Wales

PHONE: 8116 9716 / FAX: 8732 1606

EMAIL: msnsw@aussimastswimnsw.org.au
WEBSITE: www.aussimastswimnsw.org.au



POSTAL ADDRESS: PO BOX 6941, SILVERWATER 2128

Ground Floor
Sports House, 6A Figtree Drive
SYDNEY OLYMPIC PARK 2127

December 2006

STATE SHORT COURSE CHAMPIONSHIPS 21 and 22 October 2006

The 2006 Short Course Championships were held at the new Peninsular Leisure Centre at Woy Woy and it was a fantastic weekend. Those of us who remember the old pool at Woy Woy were surprised by the spaciousness of the new centre



Peninsula Leisure Centre - where the Short Course Championships were held for the first time

which is extremely well suited to a Masters Championship. A fast pool, the other half of the pool for warm up and swim down, plenty of seating, a nice grassed area outside (if it were sunny!!), a room for the officials, a great dry recording area, fresh healthy food and extremely obliging staff. I would have to say it is one of the best pools I have worked with and I must thank the management and staff of the centre as well as *Gordon Ferguson* and the *Ettalong Pelicans* for their hospitality.

The entire Meet ran like clockwork, thanks to our amazing

group of officials who once again worked tirelessly all weekend. As we did not have our usual volunteers, timekeeping was a small issue, as there are still many swimmers who feel they are above timekeeping (and there is no excuse about not being able to see the watch as we were using little red buttons). This was the first Short Course Championships where we have used automatic timing and it was appreciated by everyone.

Day 1 produced some outstanding swims, the most exciting being the World Record swim by *Lynette Stevenson* (NBT) in the 50m freestyle, where she knocked 0.45 seconds off the existing World record to now hold the 50m freestyle record in both Long and Short Course in the 60-64 year age group. Lynette then competed in the next event, the 100m IM, and broke the National record for this event by just under 1 second, another amazing swim. There were many other records broken on the first day, those swimmers achieving two records on the day included *Andrew Dorrington*, two State records (100 fly and 50 free), *Paul Wyatt* set two National records (100 fly and 200 Breast), *John Stacpoole* (50 free

and 100 IM) State and National, *Pam Hutchings*, two National records (100 back and 50 free), *Sue Perkins* (200 free and 100IM) State and National, *Alan Brown* (50 free and 100 IM) two national records, *Alan Godfrey* (100 IM and 200 IM) two State records, *Marilyn Earp* (100 back and 100 fly), a State and a National, and *Bob Barry* (200 free and 100 back) with two National records. All records broken are listed in the records section of this edition.



Lyn Stevenson on the starting block

(Continued on page 2)

STATE SHORT COURSE CHAMPIONSHIPS

(Continued from page 1)

Day 2 was to prove as exciting as day 1 with once again many records being broken. Lynette was again in great form and added the 50m Backstroke world record to her list of achievements for 2006, taking 0.11 sec off the old World mark. Later in the day she broke the 50m Fly State record as well. Another double was achieved by Paul Wyatt (200 fly and 100 breast) with two state records and Pam Hutchings smashed 3 National records (50 back, 100 free and 200 back). There were also some very exciting relay swims which resulted in 5 National and 1 State record over the course of the weekend.

The number of competitors were up for a State Championship held out of Sydney, and it was great to see so many new faces at a State Meet. The rivalry between all clubs was fierce and it is great to see the club spirit, particularly in the relays.

We appreciate the sponsorship by the national sponsor, Vorgee, who gave us two beautiful raffle prizes and a prize for the new award the Male and Female swimmer of the Meet. The inaugural female swimmer of the Meet was *Lynette Stevenson*, very closely followed by *Pam Hutchings* and the first Male swimmer of the Meet was *Bob Barry* followed closely by *Paul Wyatt*. Congratulations to all four.

The Division 1 State Champions were Seaside Pirates, who were very closely followed by Manly Masters. Division 2 was won by a newly rejuvenated Ettalong Pelicans club, Division 3 was won by Blue Mountains Phoenix and Division 4 by Wyong Wobbygongs. The Des McCormick trophy for the highest average points was awarded to Seaside Pirates. The Harry Fowler trophy for the relay team 200 plus breaking a record by the highest margin was won by the Manly 280 plus medley relay team breaking the previous record by over 10 seconds, and the Gordon Cozins trophy for the highest points



Lyn Stevenson accepts the Vorgee Female Swimmer of the Meet award from Ian Davis (photo - Rick Stevenson)

in relays was won by Seaside Pirates.

A huge weekend made possible by many people who work tirelessly to run a State Championship and I would like to thank each and everyone of them. I would also like to thank everyone who competed and made it such a fantastic weekend and particular congratulations to those competing for the first time. I hope you enjoyed the Fun and Friendship of your first Masters Championships.



National record breaking relay team



Pam Hutchings and Lyn Stevenson

LOOK ~ MORE OFFICIALS!

Many congratulations to the following new officials on becoming accredited during the period to November 2006.

Who	Role	When	Club
Philippa Vice	Chief Timekeeper	Aug 06	NNS
Graham Campbell	Marshal	Oct 06	NWG
Marie Taylor	Check Starter	Nov 06	NML
Ray Posner	Check Starter	Nov 06	NPM
Wendy McMurtrie	Timekeeper	Nov 06	NPM

VALE

JOE VASSALLO ~ 1929-2006

Trinity AUSSI Masters is sad to report the passing of *Joe Vassallo* on October 12 this year after a 22 month battle with Melanoma cancer.

Joe was born in Malta in September 1929 where he spent his early life in and around the ocean.

He arrived in Sydney in 1950 as a young, energetic 21 year old and lived in Petersham with the Delerane family who sponsored his emigration to Australia.

He was later joined by his brothers, sisters and mother and they lived together in Redfern until he met Judith in 1956.

They married in 1960 and eventually settled in Ashfield to raise their three children, Christopher, Stephen and Carrie.

He spent much of his working life as a communications officer for Overseas Tele Communications.

Joe was a keen sportsman, always swimming, but also playing water polo and soccer for the

Melitta Eagles soccer club. He enjoyed a good game of squash and coaching his son's soccer team.

As he raised his family he became more and more involved in competitive swimming spending many years swimming for the



Ashfield Catholic Club.

Joe spent the last 20 years as a member of Trinity AUSSI where he was President for a number of years. He thoroughly enjoyed not only the competitive environment of Masters Swimming but also loved the friendship of fellow

members.

He was a fun loving man who enjoyed a good joke and loved to break into spontaneous song when ever he felt the need. He was very passionate about the club and was always there to open the pool at Trinity Grammar every night and on Saturdays for the swimmers. He was an avid supporter of club events and Masters carnivals. His last duty was as a Marshal at the Trinity AUSSI carnival in June this year.

Joe was fondly farewelled by family and friends at his funeral where fellow AUSSI swimmer, *Bob Arrow*, gave a heartfelt and humorous eulogy dominated by stories of Joe's life as a swimmer.

A touching tribute to his love of swimming adorned his coffin where, along with his swimming cap, goggles and towel, lay a simple message "Gone Swimming".

Trinity AUSSI sends their condolences to Joe's family. He will be greatly missed. r

Masters Swimming NSW has moved!



**We are now at the new Sports House.
Here are the new contact details.**



Location:

**Ground Floor, Sports House, 6A Figtree Drive
SYDNEY OLYMPIC PARK 2127**

Postal Address:

**PO Box 6941
SILVERWATER NSW 2128**

Phone: 02-8116-9716

Fax: 02-8732-1606

Email:

msnsw@aussimastswimnsw.org.au

Website:

www.aussimastswimnsw.org.au



ò CARNIVAL REPORTS ò

LAKE MACQUARIE CARNIVAL - 26 AUGUST 2006

Officials:

Our Club has barely qualified with the number of officials required to gain official carnival sanction - Marshal (Michael), a Check Starter (Don) and a Chief Timekeeper (Roger). Other officials came from near and far and did a grand job. Unpaid and busy, these people do their job carnival after carnival with surprisingly good humour. As a club, we should not lose sight of the fact that the club needs more qualified officials and we could reach the stage where we will not be able to have the carnival sanctioned. This is problem we will have to deal with.

Programme:

A different programme from last year was trialled with the 50s and 100s interspersed. It seemed to work well and it certainly did not adversely affect the number of entries with 158 being received, seven more than the previous high. However, once again we had the relays halfway through the programme and this meant having to chase entries early and then chase them again. On the positive side of having them early, it does get them out of the way and there is no anti-climax to deal with after the last race. It doesn't really affect us if visiting clubs do not enter relay teams - after all, it is in their best interest to enter for point score trophies.

Marshalling:

The marshalling all took place in the area behind the blocks and this area is partly exposed and the weather not as kind as it could have been. There were some complaints that it was too cold out there. However, we still believe that it was a better option than marshalling in the foyer.

Food:

Once again, the Joneses and their team did a magnificent job on the barbecue.

Many favourable comments were received about the barbecue.

Pool & Pool Staff:

The Pool Staff now employed by the Council were most helpful and it was a great help to be able to have their support in any number of ways. The pool was in good order and the pool water was much warmer than last year and a few favourable comments regarding the pool in general were received.

Next Year:

A number of matters need to be addressed before the next carnival. However, much of the plans for next year are still up in the air, because if the Council finds a Lessee for the pool complex, the situation could well change.

Thanks:

TO ALL Club members, we say thank you. Everyone did their bit, some a bit more than others, but all in all, it was considered that the carnival was a success.

RYDE 25TH ANNIVERSARY CARNIVAL

2 SEPTEMBER 2006

This turned out to be the largest Masters carnival yet at the Ryde Aquatic Leisure Centre. It was great to have so many clubs come along and help Ryde celebrate a quarter of a century of Masters Swimming at Ryde.

As in previous years the pool

lived up to its fast reputation with five records broken including two National records. One of the national records was the men's 30-34 100m butterfly. This record was held by *Mark Morgan* and had stood for 18 years until this day when *Stewart Gough* from Blacktown set a new time of 1.00.08. So close to going under the minute. Congratulations Stewart! We even thought there for a while that a world record had been broken but alas it was a typo!!

We also had 13 ex-Ryde members come back and swim. They made a very good account of themselves too, coming 6th overall as a group and even beat the current Ryde team on average points! So come back guys! We need you!!!

Unfortunately Ryde didn't win the overall points score. That honour went to Warringah. A few last minute commitments meant they were down on a number of members.

The day finished off with a sausage sizzle, birthday cake and a rendition of "Happy Birthday" led by *Tony Tooher*.

Thanks to all the volunteers, the officials and the pool staff for their



(Continued on Page 5)

ò CARNIVAL REPORTS ò

(Continued from page 4)
time and equipment.

WARRINGAH IPS CARNIVAL 16 SEPTEMBER 2006

Approximately 240 swimmers from 28 clubs competed at our carnival, which was a great success. Many thanks to those who entered and bought tickets in the raffle.

A very big thank you to those people from other clubs who assisted in the running of our carnival as officials, timekeepers, warm up supervisors and otherwise, which ran on time largely due to the efforts of those people and with a little bit of luck.

Particular thanks to *Opal Eddy*, *John Kulhan*, and *Ruth Wall* (with *Colin Casey* and *Marilyn Earp* of NWG) as referees; *Matthew Golby*, *Neil Keele* and *Ernie Emmet* (with *Kathy Phelan*) as starters; *Barbara Baird* (with *Sheila Moffett*) as chief timekeepers; *Liz Wallis* (with *Penny Berents*) as marshals; *Carol Dawson* and *John Wynberg* (with *Ron Giveen*) as check starters; and *Mark Hepple* (with assistance from *Helen Campbell* and *Liz Woodhams*) as recorder.

Thanks, too, to State, especially *Di Coxon-Ellis*, for assisting with the pre-carnival requirements, St Johns Ambulance (with NWG's *Sue-Ellen Norris*) as safety officers and to anyone else who acted as an official/other assistant not specifically noted.

Congratulations to all who swam, especially those who broke National records – *Max van Gelder* and the 280-319 years men's medley relay team of *John Martin*, *David Ross*, *Max Van Gelder* and *Arthur Lith* (NWG); and the State record breakers – *Gary Nicholls* (NCR), *Peter Thiel* (NTS), *Mark French* (NBT), *Marion Harrison* (NWG) and *John Martin* (NWG).

Thanks to Seaside Pirates for allowing us to borrow their "shoot-out" concept when they moved to a long course carnival this year and congratulations to

Noemi Domonkos (NSP) and *Andrew Dorrington* (NBT) for winning the female and male "shoot-outs" respectively.

Congratulations, too, to Manly on regaining the Warringah Shield for the highest placed visitor's club in the overall point score and to Blacktown for winning the Bob Foster Memorial trophy for the most average points per swimmer.

We trust you all enjoyed the carnival and the food and other refreshments at the presentation function after the carnival.

We look forward to seeing you all at our 25th anniversary carnival in 2007.

HILLS AUSSI MASTERS BPS 30TH ANNIVERSARY CARNIVAL

4 NOVEMBER 2006

There was a disappointing 107 entries in our 2006 carnival but as the day dawned we were thankful for the small numbers as the weather was cold, wet and windy. As Galston Aquatic Centre is not exactly expansive, it would have been difficult to spill out onto the lawn as we usually do on a sunny November day.

As it was, the organisation was great and it all went too fast – literally. We tried to slow down our efficient officials but they are so experienced in keeping a carnival flowing (pardon the pun), we seemed to get out of the water and into the marshalling area. But thanks again to those marvellous visiting officials, *Jane Noake*, *Sue Johnstone*, *Gary Stutsel*, *John Kulhan*, *Colin Cliff*, *Malcolm Heath*, *Maureen Hall*, *Jodie Moate*, *Neil Keele*, *Matthew Golby* and *Ernie Emmett*.

The welcome included a ceremonial cutting of the cake, supplied by Glenorie Bakery, by President *Melita Sutton*. More cake followed this one and all were welcome to fill up on tea, coffee, cordial, cake and biscuits. (This is how Hills nobble their opposition, so the secret is out.)

We also offered an amazing array of raffle prizes thanks to our sponsorship from Abigroup. The proceeds of the raffle will be donated to the Glenorie Rural Fire Brigade for their assistance for many years with chairs, tables, urn etc. Thank you Firies! (We have many RFS members in our Club and even the Centre Manager - once a volunteer, always a volunteer!)

The only down side of the day was the constant appeals for assistance as timekeepers. Hills would like to request that competitors consider others when they swim at a meet and that, if they swim, they should keep time for an equivalent number of events. We are only a small club, numbering 25, and couldn't cover all bases as we were doing so many other jobs.

So please be selfless, not selfish!

On to more positive matters, the day sped through the races and relays and, the cake worked, because the results show that the Hills with 418 points won the pointscore over Cessnock Masters (352 points) and resulting in their winning Des McCormack Visitors Trophy. Novocastrian 320 points took the honours for third place and they also defeated Oak Flats 32.00 to 30.33 for the Abigroup Trophy for average points. Warringah took out third place with an average of 29.6.

After the meet we retired to the Galston Club and enjoyed the fabulous food in great company of other clubs' members including Novocastrian and Campbelltown.

We would like to invite all to come to our carnival next year to enjoy the Hills hospitality. Even though we alternate years with Wests Auburn, we are planning another BPS meet in 2007 and Wests a Long distance Long Course meet. The plan is to alternate with the Short Course

(Continued on Page 6)

ò CARNIVAL REPORTS ò

(Continued from page 5)

State meet. So, see you there.

NOVOCASTRIAN BPS CARNIVAL

11 NOVEMBER 2006

This was our first carnival since 2003 as a result of our previous involvement in the Trans Tasman Masters Games.

We had 127 entries from 20 clubs which was a little disappointing but perhaps understandable when looking at the number of carnivals at this time of the year and the Pan Pacific Games at the Gold Coast on the same weekend.

Prior to the carnival, Novos club president, Carl, provided some words of welcome and information relevant to the carnival coinciding with Remembrance Day. The Lambton Swimming Centre, where the carnival was held, was formerly the site of an anti-aircraft battery during World War II and so had special significance to the occasion. A

minute's silence was observed prior to the commencement of the carnival.

The carnival kicked off in warm sunny weather with a north westerly breeze that threatened to blow the claims board out of the swimming centre until it was roped down. All aspects of the carnival proceeded smoothly under the expert guidance of Meet Director, *Phil Murray*, and the dedicated band of AUSSI Masters officials. The experiment of scheduling a 4x100 medley relay was perhaps not overly successful as there seems to be somewhat of a shortage of swimmers brave enough to do a 100 metres fly! It did, however, give Novos in particular a lot of relay points and we understand there were a heap of State and National records established (previous national records existed in the mixed only and no state records in men's, women's or mixed).

The raffle was a highlight of the

day with 12 great prizes courtesy of various generous sponsors and individual member donations. The piece de resistance, however, was the after carnival tucker organised by gourmet food connoisseur, *Bobby Kalaf*. All agreed that the hamburgers with the works were at least equal to the high standard set by Lake Macquarie Crocs and the souvlaki (kebabs) were an extra touch. Of course there were also olives and Greek coffee for the aficionados!

For the record, the average point score trophy for a visiting club was won by Cessnock who finished just behind Novos and just in front of Warringah, while Novos dominated the total points score. A dinner function that night was enjoyed by all who attended.

Thanks again to all the AUSSI officials and to all the Novos members, spouses, relatives, friends, supporters and sponsors who contributed to the success of the carnival.

JACK & JUNE'S GEMS

Jack Mathieson, from Shoalhaven club, has very kindly donated three white topaz gemstones to Masters Swimming NSW. Jack mined these gems many years ago in far North Queensland and has given many of them away to his family and friends. He now wishes to give something back to Masters swimming that has given him so much and so many friends over the years.

In consultation with Jack we have come up with a way of giving these gems to three very lucky members, who will compete in a number of races in the New Year to qualify for a final race to be held at the Long Course Championships at SOPAC in April 2007.

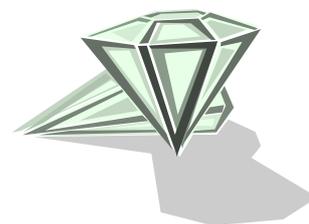
We would like to give everyone the chance to win the gems so the following shows how.

- Jack has specified they must be won by women.

- The event will be a 100m freestyle race for women to be held at the Long Course Championships at Homebush, April 21 and 22, 2007.
- This will be a one-off race and not part of the normal 100m freestyle event.
- The three gems will be awarded to the three swimmers who come closest to, but do not exceed their nominated times. For this particular race, they will be entitled to nominate a different time from their entry in the normal 100m freestyle event (if they enter it).
- The entrants who will be invited to compete in this race will be a swimmer from each ten-year age group from 20-29 up to 80-89 years, plus one other. These would be invited from the swimmers who swim the 100m freestyle events in the three

carnivals leading up to the Long Course Championships, which are Campbelltown, Manly and Blacktown. The invitees will be women in each age group who swam closest to their nominated times over these three carnivals, plus one other who was second closest in her age group.

We hope that the competition will be fierce for these lovely gems, and look forward to some great racing. Our sincere thanks to Jack and June for being so generous in donating the gems and we wish everyone luck in the quest for these jewels. r



HILLS AUSSI MASTERS 30TH REUNION

As *Gary Stutsel*, one of our founding members can attest, the Australian Union of Senior Swimmers (AUSSI) started in Sydney in 1975 with all swimmers being members of the organisation. This quickly became unwieldy as numbers grew rapidly and it was decided to divide into clubs so the Secretary was the contact for correspondence.

As Hills AUSSI Masters is one of the oldest clubs in Australia, starting around September 1976 at Sun Valley Pool at West Pennant Hills and moving to Galston Community Pool when it was completed in 1977, we celebrated our 30th anniversary on the 30th September. Approximately 37 members and ex-members attended at the Galston Club where we enjoyed a feast of food, drinks and memories.

An amazing array of member's photos adorned the stage and we pored over them and the memorabilia of track suits, t-shirts, polo shirts and costumes, including the famous Mickey ones – white see-through-when-wet. Fortunately, in those days, we had the figure to wear them – except the boys looked a bit strange in them. We even have some black and whites of those days at Sun Valley Pool (now bulldozed for housing).

One member came from Eden and we received many apologies from all over Australia – Perth, Adelaide, Sunshine Coast etc. We will try to keep the contacts open and invite these members to future occasions. Some ex-members have expressed an interest in rejoining and one already has.

Green and gold helium filled balloons and streamers filled the room and videos shown from way back and President, *Melita Sutton*,

talked of the Hills history.

In earlier years, Hills had some 70 plus members. It was a thriving, exciting club to be part of, with the full run of Galston pool, to the point where we had the keys to the premises and closed when we were ready to leave. Social activity was an intrinsic part of the club's success and, after training, the majority would gather at the end of the pool with tea, coffee and occasionally wine until we got tired and went home. Carnival attendance was exceptional and we were consistently in the top 10 of

muck about while he was coaching, with his strong Irish accent bellowing at you "do you want to be a champion or not?"

Des's tragic death in 1988 brought about a challenge in many of us to continue swimming at all. With the dedication of other coaches, *Pat Somerville* (who took over from Des as NSW coach), *Steve Twartz*, *Judith Markich*, *Di Coxon-Ellis* (who was also NSW coach from '94-'98) and *Anne Elsegood*, the club has continued to exist. The early 90's brought about a major change to the use of the pool when the pool fell under the management of Hornsby Council. We no longer had the keys to the premises, and we had to be out of the water by 9pm. This had a disastrous effect on the membership and our numbers dwindled significantly over the coming years. Bring back the tea and coffee!

As small as our club is, many of the members assist at NSW swim

meets: *Mark Hepple* as the NSW Meet Recorder, with the assistance of his partner *Alison Woodward* and often *Melita*; *Di Coxon-Ellis* as NSW Administrator, filling many other roles such as Chief Timekeeper, *Col Ellis* as Starter and *Tony Howe* as Marshal.

The club has seen many members come and go, but there has been a consistent core of members who keep the club afloat including *Melita*, *Di* and *Col*, *Alison* and *Mark*, *Anne*, *Kim Chapman*, our dear *Hilda Lindfield*, *John Wendt*, *Tony Howe*, and the *Shearer family*.

To top off the occasion we cut the green and gold cake and raised our glasses of champagne to toast our club. May it continue to prosper, and always maintain the



Hills State Cup Team 1987 (placed 5th from 28 clubs)

the clubs attending swim meets, and many times we were in the top 5 and managed to actually win a few carnivals, not including our own carnival.

In talking about the club's history, one cannot go past one of AUSSI Master's legendary coaches. Under the guidance (or tyranny, as some would say) of our head coach, *Des McCormack*, we trained hard and often and because of Des' love of coaching, he knew how to bring out the very best in each of us. His passion for teaching and coaching far outweighed his mood swings. Des was also NSW coach and National coach, and we were indeed a fortunate club to have someone with Des' ability and enthusiasm as our head coach. Woe betide anyone, however, who dared to

XI FINA WORLD MASTERS CHAMPIONSHIPS - AUGUST 2006

FANTASTIC DAYS IN SAN FRANCISCO - AVERY AQUATIC CENTRE, STANFORD UNIVERSITY POST TOUR OF CALIFORNIA with INTERNATIONAL SPORTS TOURS

THE "WOW" FACTOR

Athletes from 75 countries converged on the Avery Aquatic centre on the campus of the famous Stanford University to take part in one of the largest aquatic events in the world.

The Avery Aquatic centre is one of the largest outdoor swim centres in the world with two competition 50 metre pools, 3 warm up/down pools and is acclaimed one of the finest and fastest – and it really felt fast!

There were 5491 swimmers representing more than 1161 teams throughout the world, including 3130 athletes from the USA, 324 from Japan, 74 from Australia.

There were 291 athletes who had previously competed at an Olympic Games, including Gary Hall (55yrs USA) and Gary Hall Jnr, who were the only father/son duet in Olympic history to make 3 Olympics each and both competed in these Championships (Gary Hall Jnr – Olympics 1996, 2000, 2004).

The championships included 3 training days, 7 pool competition days and the 3km open water swim on the last day.

Those of us who were lucky enough to travel with IST for the Championships and Post Tour enjoyed a complete stress free holiday for 3 weeks (except the swimming) and everything down to the last detail was well organised, with *Brian Travers* keeping us informed of any changes.

The IST AUSSI group of 40

swimmers was accommodated at The Maple Tree Inn in the famous Silicone Valley, approximately 20 minutes by Shuttle bus from Stanford University .

The location was a very safe area, within walking distance of a diverse range of eateries, cafes and shopping.

The staff at the Inn were very friendly and went out of their way to accommodate our needs, including daily "happy hour" sessions, free computer use to see heats and results etc. and baskets full of "bananas" and Yogurt tubs to take to the pool each day.



The day after arriving in San Francisco we toured the coast along the famous "17 Mile Drive" from Carmel to Monterey, also visiting the famous Hearst Castle (built by the father of Patty Hearst). The pool at this stunning medieval castle was inlaid with gold tiling. Oh for a quick dip!

Day 2 we were taken on an orientation tour of San Francisco, including the Golden Gate Bridge, Fisherman's Wharf and city highlights. All this followed by 3 training days at the Avery Aquatic centre which gave us time to become acquainted with the venues and to get rid of any jet lag.

Once the competition started everyone was buzzing with excitement and energy, just being

at the pool amongst like minded motivated athletes was an amazing experience with swimmers willing to swap caps, shirts, pins, and to share swim stories.

The days were very hot, 30-40 degrees with little shade at the pool. Mobility on pool deck was difficult due to the sheer numbers and after day one there were a few burnt "S.S. Pirates" heading for the shade.

The organisation and event management was fantastic with officials spending many long hours on pool deck and the announcer giving a running commentary all

day of action in both pools – females in one 50m pool and males in the other.

Competition was friendly, relaxed and yet competitive, with everyone keen to enjoy themselves and swim PBs.

(I am not covering results in this article as they were reported in the last Splash.)

A highlight for me was listening to "key note" speakers at the USMS Sports

Medicine Conference, held over 3 days educating athletes on Aquatic Performance, Physiology, Training and Injury Prevention.

The Open Water Swim on the final day was held at Alameda Beach, in a cove off San Francisco Bay. It was a difficult and challenging 3km course in windy, choppy conditions in which 922 swimmers braved the fiercely cold conditions. There were approximately 20 Aussies and 3 from NSW.

IST Tour leader, *Brian Travers*, had his first swim for the meet, also AUSSI Masters President, *John Pugh*, took to the water and the ever "tough lady" *Val*

(Continued on page 9)

XI FINA WORLD MASTERS CHAMPIONSHIPS - AUGUST 2006

(Continued from page 8)

Lincoln loved the challenge, as did Bill Walker.

After the conclusion of the Open Water Swim, some of the group made their own way back to Australia or other travel, while 20 commenced the 7 day Post Tour of California conducted by Brian. This is where the fun started with Dr Bill being awarded the best daily after-lunch "oldies joke" (with Doris' approval of course).

Our Coach captain, "Road Dog", was sourced from "the best of the best" in the USA and he really made the tour interesting and entertaining.

After leaving San Francisco, we travelled via the massive vegetable and fruit growing areas of California's Central Valley, which extend for hundreds of miles through the desert. Water for this dry area is supplied in open viaducts from the Sierra Nevada Mountains (some running through the middle of towns and not fenced!).

Next we visited the diverse contrasts of landscapes at Yosemite and Death Valley National Parks, followed by Las Vegas and Los Angeles.

Las Vegas, of course, was the city of lights, glamour, fashion, food, exciting shows and

Our last destination was Los Angeles via Beverly Hills, Hollywood Boulevard.

Farmers Markets (more shopping) and to Santa Monica beach, with its famous pier and Third Street Promenade. Our last day here was another wow factor, visiting the famous Getty Museum of Art, people watching on 3rd St. Promenade, more shopping, our final group dinner and the Jazz Club.

On departure, many tour members were seen buying extra cases to cart their purchases home.

This concluded a wonderful experience

with many lasting memories, and I would recommend to Masters swimmers to travel with IST (who sponsor AUSSI Masters) for future swim meets both in Australia and overseas.

Our motto of FUN FITNESS and FRIENDSHIP was very much alive.

WOW! COME ON DARWIN + WORLDS PERTH 2008

Kaye Beer



gambling (especially for one tour member who was spotted at the tables in the early hours of the morning).

One of the highlights for many was the scenic flight over the Grand Canyon and the helicopter flight to see Vegas at night - WOW!

~ CLUB NEWS ~

5 Lann Dawes and Anita Saviane from Cronulla-Sutherland AUSSI were both nominated earlier this year for The Leader-Tynan Honda Sportstar of the month for their success at various carnivals. Lann breaking state records at various carnivals and Anita winning gold medals at Nationals.

Ed. Well done to both and well done to their Club for nominating their swimmers for these awards.

5 Our congratulations and thanks to Phil Baird of Cessnock who suggested to the Club Development



committee that we investigate some publicity on "Tim's Teams on 10" on the 10 network. For those who do not know this is a segment on the Channel 10 news with Tim Bailey, the weather man, who visits "teams" in their environment, in our case our swimming pool.



So some of our "brave" swimmers appeared on Channel 10 on November 22nd at the North Sydney pool to let everyone know about the "Fun, Fitness and Friendship" of Masters Swimming.

LOSS OF A BUSHRANGER

It is with much sadness that I tell you that we have lost one of our Bush Rangers.

Ted Budge, aged a mere 67 years, passed away on the 5th September, 2006.

Sincere sympathy to his wife, Thirza (Bub) Budge, on behalf of Masters Swimming NSW and all Bushrangers.

Ted loved his swimming and was a larger than life character from Narrandera. r

RYDE (RAMS) CELEBRATE 25TH ANNIVERSARY

Ryde AUSSI Masters (RAMS) club celebrated its 25th anniversary last month. About 60 current and past members had a thoroughly enjoyable night at Ryde-Parramatta Golf Club. The venue was superb and the dinner scrumptious. We had a slide show going throughout the night - many "enlightening" photos from club events and carnivals dating back to 1987 - oh how time has changed! *Anyone out there have any older photos they would like to share?*

A number of members gave highlights of the Club's development, history and achievements. *David Hatton*, one of the early founding members, related some interesting points - that the club started with only about 10 people and that the club met on one day a week and conducted handicap races, rather than holding training sessions. We also found out that the club's colours - pink and blue (decided after a "good night out") was the second choice as the first choice, green and gold, was in conflict with another club.

Some club highlights include:

- Formed November 1981.
- First AGM 26 January 1983.

- First RAMS carnival 1986 - ATN 7 donated Perpetual trophy for highest point scoring visiting club.
- First "Ryde Games Open Carnival" 1990 (initiated by the Ryde Council's Sports Foundation which promotes a healthy lifestyle in the community).
- First coach for RAMS 1991 - training nights commence instead of races. Six motivated coaches, over the ensuing 15 years whipped us into shape.
- Revised club clothing/cossies, 1991.
- 10 year's RAMS anniversary celebrated with dinner at Ryde Eastwood Leagues Club in 1991 and 15 years anniversary at Ryde RSL Community Club.
- Council permits use of pool at later time of 8:00-9:00pm Wednesday nights, 1992.
- New style clothing (navy blue polo shirt replaces pink T shirt), 1996.
- Last carnival in indoor 25m pool before complex closes for redevelopment for the Olympics waterpolo venue in 1998. Largest carnival for us with 290 entries.

- Next few years, club meets at various pools for training and RAMS carnivals held at Epping Pool in 1999 and 2000.
- RAMS wins gold medal and \$1000 in NSW Sports Safety Award Scheme.
- New Ryde Centre opens in 2000 and club recommences its two training nights at the new indoor 50m pool.
- 26 RAMS attend inaugural State Relay Meet 2004.
- New Club Constitution adopted in 2005.
- Members participated in various fund raising/promotional activities such as Cancer Research, Brittle Bones, Royal Institute for Deaf & Blind Children over the years.
- Current membership around 70. Membership has varied from initial 10 or so, to 30 in early 1990s to a high of 92 in 1992.

And now onto bigger and brighter things to come....

RAMS is in the process of compiling a booklet on the history of the club - so any interesting facts that other AUSSI members would like to pass on would be appreciated. r

SPLASH DEADLINES FOR 2007

Our branch newsletter "SPLASH" will be **distributed** to each individual member in the week ending:



Friday	16 March
Friday	22 June
Friday	14 September
Friday	7 December

"Splash" will be sent by mail or a notification can be sent to you electronically by ticking the box on your renewal form.

Please submit copy strictly by the following dates or preferably beforehand:

ISSUE 1	February 23
ISSUE 2	June 1
ISSUE 3	August 24
ISSUE 4	November 16

Copy received after these dates will not be included.

Please send your contributions to:

JANE NOAKE, 11 Tomah Place, WESTLEIGH 2120
 Phone 9848 1195 (w), 9484 8837 (h) Fax 9875 4221 (h), 9848 1155 (w)
 Email: splasheditor@aussimastswimnsw.org.au
OR TO:- The State Office one week prior to this date.



~ VAL LINCOLN ~

(Story adapted from article appearing in the Central Coast Sunweekly in July)

Val Lincoln's motto is "use it or lose it". Val is a life member of the Gosford club and at 82 years of age swims 1.5 kilometres every day.

Val's love of swimming began when she was seven and she joined the Bondi Ladies at age 14. These days Val wears prescription goggles, and has to remove her hearing aids before getting into the water, but her love of swimming hasn't waned at all.

"Swimming is great", she says, "I just like getting into the water and swimming up and down. I think of all sorts of things as I'm going along, but when I'm leading up to a competition I'm mostly counting strokes. I don't get tired, I just keep going."

Earlier this year she won the over 60's category in a 2km swim event at Terrigal beating women 20 years younger than her.

Val has done very well in her age groups at both State Championships this year, and her efforts earned her a grant from



the Central Coast Regional Organisation of Councils to help her attend the World Championships at Stanford

University in August.

At Stanford Val was 3rd in the 800m freestyle, 6th in the 200m backstroke, 4th in the 200m freestyle, and 4th in the 400m open water swim.

Val is well known at Mingara Pool, Gosford Pool and Toowoona Bay Baths.

She insists persistence is the key to keeping fit in the senior years. "I've never given up. I just keep swimming. I think if you just keep doing something you don't lose it. If I've still got my marbles I plan on doing this when I'm 100", says Val.

Everyone in Masters swimming is proud of Val's achievements and I'm sure we

all can take some lessons from a great lady. r

THE 2006 MAUI CHANNEL SWIM

The Maui Channel Swim (Lanai to Maui) is an annual 10 mile race held on the first Saturday in September that can be swum either solo or as a 6 person relay team.

Tattersalls Masters Swimming traditionally sends a relay team every second year.

In 2005, Tattersalls Masters Swimming provided 2 teams. Well known AUSSI Masters swimmer Peter (Man of Steel) Thiel captained the winning Tattersalls relay team that not only defeated the reigning American champions, but smashed the race record, with

an official time of 2 hours and 51 minutes. At his post race press conference, Peter informed the local media that Tattersalls in fact had a second team entered (of which I was a proud member). "Actually, they're still out there swimming", he said. "They're more of a social team - I expect they'll be in in an hour or so", he added. Our "social" team did finally finish, and we are now proudly known as "The Sociales".

As a proud representative of "The Sociales", I was determined to do in 2006 what no Tattersalls

Masters Swimming member had ever attempted before - to swim the Maui Channel solo. What I was not anticipating was what the eventual 2006

winning relay team captain described at his post race press conference as "the toughest race conditions in the past 20 years". Of



course, I was still swimming when he said this, but after 6 hours and 47 minutes I finally crossed the line. I was fortunate to have a patient photographer on my escort boat to witness the event - Peter Thiel!

Andrew Davis





Masters Swimming NSW Calendar 2007

NSW Branch Pointscore abbreviated here as BPS

		Closing at HOST	Sanctioned
January 20	Central Coast BPS, Gosford Pool	22/12/06	Yes
February 3	Seaside Pirates BPS Carnival	12/01/07	Yes
February 10	North Sydney BPS Twilight Carnival	19/01/07	Yes
February 24	Cessnock Masters BPS Carnival	02/02/07	
March 10	Campbelltown BPS	16/02/07	
March 25 (Sun)	Manly BPS Carnival	02/03/07	
April 1 (Sun)	Blacktown City BPS Carnival	09/03/07	
April 7	Harris Wheeler Lake Swim, Toronto Bay	TBA	
April 21-22	NSW Long Course Championships, SOPAC	Wed 28/03/07	
May 4-7 (Fri-Mon)	National Swim, Darwin NT	23/03/07	
May 19	Ettalong Pelicans BPS, Woy Woy	27/04/07	
May 26	Annual General Meeting, Venue TBA		
June 2	Wett Ones BPS	11/05/07	
June 9, 10 & 11	Clarence River Masters BPS	18/05/07	
June 23	Trinity BPS Carnival	01/06/07	
June 30	Hunter Sports Festival	08/06/07	
July 7	Tattersalls 200m Meet TBC		
July 22 (Sun)	NSW Relay Meet, SOPAC	Payment by Wed 27/06/07	
August 4	Shoalhaven Seahawks BPS, Vincentia Pool	13/07/07	
August 19	NSW Long Distance Short Course Championships Mt Annan L C	Wed 25/07/07	
September 1	Ryde AUSSI Masters BPS Carnival	10/08/07	
September 22	Warringah BPS Carnival	31/08/07	
September 29	Lake Macquarie Crocs BPS	07/09/07	
October 5-14	Australasian Masters Games	Early Bird 27/04/07	03/08/07
October 20 & 21	NSW Short Course Championships Lakeside L C, Tuggeranong, ACT	Wed 26/09/07	
November 3	Hills BPS	12/10/07	
November 10	Novocastrian BPS	19/10/07	
November 24	Port Macquarie BPS	02/11/07	
December 1	West's Auburn Long Distance Long Course Meet	TBA	
December 8	Raymond Terrace BPS Carnival	16/11/07	

WEBSITES

The National website: <http://www.aussimasters.com.au>

NSW website: <http://www.aussimastswimnsw.org.au>

World Masters Games, Sydney 2009: <http://www.2009worldmasters.com>

~ NSW & AUSTRALIAN RECORDS ~

Ryde - 2 September 06

Women

50m Breast	Marion	Harrison	NWG	55-59	44.25	#
200m IM	Barbara	Vickers	NML	80-84	5.12.82	#

Men

100m Fly	Stewart	Gough	NBT	30-34	1.00.08	*
200m IM	Paul	Wyatt	NCR	60-64	2.42.54	*
50m Free	John	Stacpoole	NSA	50-54	26.01	#

Warringah - 16 September 06

Women

50m Breast	Marion	Harrison	NWG	55-59	44.14	#
100m Breast	Marion	Harrison	NWG	55-59	1.39.32	#

Men

50m Breast	Mark	French	NBT	35-39	33.06	#
50m Breast	Peter	Thiel	NTS	35-39	32.51	#
100m Breast	Mark	French	NBT	35-39	1.13.16	#
50m Fly	Gary	Nicholls	NCR	65-69	36.19	#
50m Fly	Max	Van Gelder	NWG	75-79	42.53	*
50m Free	Max	Van Gelder	NWG	75-79	32.79	*
100m IM	John	Martin	NWG	70-74	1.29.47	#

Relays

Men						
Medley	Warringah	280-319	2.37.80	*		
	John Martin, David Ross, Max Van Gelder, Arthur Lith					

State Short Course Meet - 21-22 October 06

Women

50m Back	Lynette	Stevenson	NBT	60-64	36.27	^^
50m Back	Noemi	Domonkos	NSP	35-39	32.30	*
50m Back	Pam	Hutchings	NSP	70-74	43.23	*
100m Back	Lynette	Stevenson	NBT	60-64	1.24.63	#
100m Back	Pam	Hutchings	NSP	70-74	1.36.72	*
100m Back	Marilyn	Earp	NWG	55-59	1.24.38	#
200m Back	Pam	Hutchings	NSP	70-74	3.31.52	*
50m Free	Lynette	Stevenson	NBT	60-64	31.39	^^
50m Free	Pam	Hutchings	NSP	70-74	35.86	*
50m Free	Kaye	Beer	NSH	60-64	32.04	*
100m Free	Pam	Hutchings	NSP	70-74	1.22.57	*
200m Free	Jacqui	Robinson	NCR	35-39	2.11.84	#
200m Free	Sue	Perkins	NSP	35-39	2.12.49	#
100m IM	Lynette	Stevenson	NBT	60-64	1.22.92	*
100m IM	Sue	Perkins	NSP	35-39	1.11.49	*
50m Fly	Lynette	Stevenson	NBT	60-64	37.76	#
50m Fly	Tricia	Liddy	QTT	70-74	48.10	*
100m Fly	Dawn	Gledhill	NML	55-59	1.36.49	#
100m Fly	Marilyn	Earp	NWG	55-59	1.22.82	*
200m Fly	Jacqui	Robinson	NCR	35-39	2.30.57	*
100m Breast	Tricia	Liddy	QTT	70-74	1.46.15	*
200m Breast	Tricia	Liddy	QTT	70-74	3.57.72	*

Men

100m Fly	Andrew	Dorrington	NBT	25-29	58.27	#
100m Fly	Paul	Wyatt	NCR	60-64	1.13.67	*
200m Fly	Stewart	Gough	NBT	30-34	2.19.09	#
200m Fly	Paul	Wyatt	NCR	60-64	2.55.72	#
50m Free	Andrew	Dorrington	NBT	25-29	24.36	#
50m Free	John	Stacpoole	NSA	50-54	25.72	#
50m Free	Alan	Brown	NTS	60-64	27.27	*
100m Free	Andrew	Dorrington	NBT	25-29	53.70	#
100m Free	Alan	Brown	NTS	60-64	1.01.15	*
200m Free	Bob	Barry	NWL	75-79	2.49.98	*
100m Breast	Stewart	Gough	NBT	30-34	1.11.17	#
100m Breast	Paul	Wyatt	NCR	60-64	1.22.03	#

^^ World Record
 * National Record
 # State Record

(Continued on Page 10)

~ VALE ~

Dr David Pullen

Dr David Pullen passed away in October. Our condolences to his sons.

David joined AUSSI Masters in 1990 and had not swum competitively since the age of 17 when he was a member of a State Championship relay team at school. David's first AUSSI carnival was at North Sydney eight weeks after joining his first AUSSI swimming club Trinity.

David's major contribution to AUSSI was as a Medical officer. He started in this position in his first year of joining Masters swimming, and the first carnival he officiated at was a Trinity Meet. He contributed much to AUSSI during this time, officiating at many club Meets and State and National Championships, he was always visible around the pool in his bright pink t-shirt. David built up a team of medical officers who would alternate between carnivals. He was awarded the Sport Medicine award in 1996 for his contributions to Masters Swimming.

David was President of the Trinity club for one year, and assisted his wife with the positions of Race secretary and registrar.

While at the Ryde club he acted as Newsletter editor for a period of 2 years.

David was an anesthetist at Poplars Hospital for 30 years, a member of the Ryde Hospital Board and Poplars Hospital Boards for many years, President of the AMA for 2 years and set up the Doctors Health Group and Medical Defence Union.

He was also awarded the Betty Grant award for his contributions to AUSSI Masters Swimming in NSW. r



~ NSW & AUSTRALIAN RECORDS ~

(Continued from Page 9)

State Short Course Meet - 21-22 October 06 (Cont'd)

Men						
200m	Breast	Paul	Wyatt	NCR	60-64	2.55.92 *
200m	Breast	David	Lovelace	NNS	30-34	2.35.94 #
200m	Breast	Hugh	Rothwell	NWG	25-29	2.35.39 #
100m	IM	Gary	Nicholls	NCR	65-69	1.20.00 *
100m	IM	John	Stacpoole	NSA	50-54	1.08.89 *
100m	IM	Alan	Brown	NTS	60-64	1.12.93 *
100m	IM	Alan	Godfrey	NTS	45-49	1.06.29 #
100m	IM	John	Martin	NWG	70-74	1.28.56 #
200m	IM	Alan	Godfrey	NTS	45-49	2.27.05 #
50m	Back	Gary	Nicholls	NCR	65-69	37.15 *
50m	Back	Simon	Ho	NNS	35-39	28.55 *
50m	Back	Bob	Barry	NWL	75-79	42.88 *
100m	Back	Stephen	Lamy	NML	55-59	1.15.45 #
100m	Back	Bob	Barry	NWL	75-79	1.32.11 *
Relays						
Mixed						
4x50m	Free	Blacktown City			200-239	1.58.79 *
Kim Brennan, Lynette Stevenson, Bill Devenish, Mark French						
4x50m	Medley	Seaside Pirates			120-159	2.00.70 *
Noemi Domonkos, Simon Goldschmidt, John Bates, Sue Perkins						
Women						
4x50m	Free	Seaside Pirates			240-279	2.28.00 *
Louise Stovin Bradford, Elvera Vickery, Biff Grindley, Pam Hutchings						
4x50m	Medley	Seaside Pirates			200-239	2.27.45 #
Pam Hutchings, Louise Stovin Bradford, Cathy Codling, Tracy McGuire						
Men						
4x50m	Medley	Manly			280-319	2.39.31 *
David Lawler, Tony Goodwin, Gary Stutsel, Alan Burfitt						
4x50m	Medley	North Sydney			200-239	2.07.60 *
John DeVries, Steve Thomas, Matthew Byrne, John Wynberg						

Hills - 4 November 06

Men						
400m	IM	David	Lovelace	NNS	30-34	4.58.79 *
400m	IM	Paul	Wyatt	NCR	60-64	5.46.43 *
50m	Back	Paul	Wyatt	NCR	60-64	36.65 #
100m	Breast	Paul	Wyatt	NCR	60-64	1.21.92 #

^^ World Record
 * National Record
 # State Record

VALE
~ Beryl Grace ~

Beryl Grace was a member of Masters Swimming NSW for over 25 years. She joined Masters Swimming soon after its formation in 1975. The first time her name was listed in the Top 10 is 1976.

Beryl joined shortly after she learnt to swim in her mid-50s. She took up swimming to combat arthritis. She was living in Narooma on the NSW South Coast and learnt to swim at the Narooma Pool, which was managed by her brother, Alan Dufty, who has also been a member of Masters Swimming for a number of years. (Alan currently swims with Seaside Pirates.) The first club that Beryl joined was Narooma AUSSI.

For a person who started swimming later in life, Beryl's achievements were outstanding. She set numerous records at World, National and Branch level. Her first National record was 1500m Freestyle in the 55-59 year age group in 1978. She went on to set National records over four age groups in Freestyle, Individual Medley and Butterfly. Her World Record was in 1986 in the 800m Freestyle in the 60-64 year age group.

In the 1980s when the Narooma club closed, Beryl transferred her membership firstly to Lane Cove Masters and then Ryde. She travelled from the South Coast each weekend to compete in carnivals.

Beryl will always be remembered for her love of swimming and competing in AUSSI Masters Meets. She travelled to many meets in Australia and overseas – including Tokyo in 1986, Rio de Janeiro in 1990 (when I travelled with her), and Montreal.

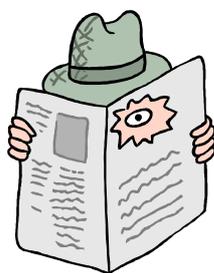
No obstacle ever stopped Beryl from swimming or competing for too long. Not only did she overcome the threat of arthritis, but she also returned to the pool after a

(Continued on page 15)

The views expressed in Splash are not necessarily those of the Editor or the Board of Masters Swimming NSW.

(We try to give all members a fair say in their own Magazine, and

welcome the views and correspondence from ALL members.)



**Total Club Points for Season ~ As At 11 November
(After the Novocastrian Carnival)**

Place	Points	Club
Division 1		
1	10823	NNC Novocastrian Masters Swimming Inc
2	8490	NWG Warringah Masters Swimming Inc
3	6173	NSP Seaside Pirates Inc
4	5812	NCK Cessnock Masters Swimming Inc
5	5607	NML Manly Masters Swimming Club Inc
6	4095	NBT Blacktown City Masters Swimming Inc
7	2886	NNS North Sydney AUSSI Inc
8	2245	NRY Ryde AUSSI Masters Swimmers
9	1763	NWO Wett Ones Swimming Club Inc
10	1618	NRI Ripples AUSSI Masters Swimming Inc
11	1489	NPM Port Macquarie Masters Swimming
12	1284	NCS Cronulla Sutherland AUSSI Inc
Division 2		
1	2455	NCT Campbelltown Collegians AUSSI MSC
2	2310	NCR Coogee-Randwick Masters Swimmers
3	1987	NHS Hornsby Masters Swimming Club Inc
4	1426	NMS Lake Macquarie Crocs Masters
5	1365	NET Ettalong Pelicans Swimming Club Inc
6	1306	NOF Oak Flats AUSSI Masters Inc
7	1269	NCM Clarence River Masters Swimming
8	1198	NSW Swansea Masters Swimming Inc
9	1069	NWL Wollongong Masters Swimming Inc
10	943	NWS Wests Auburn Masters Swimming Club
11	489	NRT Raymond Terrace AUSSI Masters
Division 3		
1	1298	NWY Wyong Wobbygongs Swimming Club
2	1253	NHL Hills Masters Swimming Inc
3	1039	NBM Blue Mountains Phoenix
4	820	NTR Trinity AUSSI Masters Swim Club
5	759	NSH Shoalhaven Seahawks AUSSI
6	733	NMT Maitland AUSSI Masters
7	660	NCB Caringbah AUSSI
8	576	NSG St George Masters Swim Club Inc
9	499	NLP Liverpool AUSSI Masters
10	424	NDB Dubbo Redfin AUSSI Masters
11	346	NMM Myall Masters Swimming Club
12	277	NSA Sandberns/Aquadot Masters
Division 4		
1	875	NGS Gosford City Seagulls AUSSI
2	777	NTS Tattersalls Club Swimming
3	559	NCP Cook & Phillip Masters
4	286	NLC Lane Cove Masters Inc
5	285	NHN Hunter Masters Swimming Inc
6	235	NMB Murrumbidgee AUSSI Masters
7	63	NOP SOPAC Masters Swim Team
8	59	NAM Armidale AUSSI Masters Swimming
9	58	NBR Bush Rangers

**VALE
~ Beryl Grace ~**

(Continued from page 14)

horrific car accident in 1988, when it was thought she would not walk again. Once again, she went on to set more National and Branch records.

In the mid-1990s Beryl transferred her membership to the newly formed Shoalhaven club at Nowra, as she was now living in this area.

Beryl continued swimming and competing until she suffered a stroke about 5 years ago. She passed away on 20 October 2006, aged 83 years.

In her swimming career, Beryl won many awards. She was awarded the Ryde Sports Star of the Month on two occasions and also won similar awards in the Shoalhaven District.

Beryl will always be remembered for her determination and courage. She was a true example that through her love of swimming she was able to achieve goals that many thought impossible.

Helen Rubin



**ADVERTISING RATES
FOR "SPLASH"**

Full page: \$180
Half Page: \$100
Quarter Page: \$ 80

Clubs wishing to include their Carnival Flyer must have it sanctioned by the deadlines. Rates for club flyers are \$45 for 1 sixth of a page.



FROM THE ADMINISTRATOR'S KEYBOARD

Relocation of Sports House

We have moved at last! You are welcome to come and visit our new premises at the new Sports House, 6A Figtree Drive, Sydney Olympic Park. Our new premises and meeting facilities are just around the corner from the Aquatic centre.

Registration database

With almost two years of using SwimNet, the ASI on-line registration database, there are still a few glitches to be ironed out with transfers and reports but otherwise it is a useful tool and only a few NSW clubs are yet to go online. Club Registrars have been supplied with training for the database on an ongoing basis. These instructions can be accessed on the NSW website.

If Club Registrars change or go away for a period, please notify the State Office to put the new Registrar's details on the database. Do NOT pass on passwords to another registrar.

Renewals for 2007

There are only a couple of forms to fill out to reregister for next year. The first one can be accessed from the database - the AUSSI National form - where you can verify your contact details and tick to receive the newsletters electronically. Secondly, your club may ask you to fill out the NSW Medical information form. The fee for 2007 is \$57.50 plus your club fee.

Club Registrars will be able to commence on-line renewals for 2007 on December 15. Renew now and they will be able to register you before Xmas and have their break too. Keep in mind you won't be

able to swim at January carnivals, or at your club, after January 1, 2007 if you are not a financial member.

Deadlines:

- **Club safety and Annual Reports:** Reports need to be sent to the State Office by the end of December so, if you are the key person in your club responsible for writing your reports, please complete and send in as soon as possible.

- **Affiliation Form:** Clubs need to re-affiliate with Masters Swimming NSW by December 31, 2006. There are carnivals to be held early in the year so your swimmers may not be able to compete unless the club is a financial affiliate of the State body.

- **Ian McPhail Official of the Year Award and the Coach of the Year Award:** Nominations for these awards are also both due end of December. The winners of these two trophies will be presented at the State Championships in 2007 and nominated for the National equivalent of these awards.

NSW Championships

Meet Directors, *Jane Noake* and *Bob Dorrington*, organised a great event held at Peninsula Leisure Centre, Woy Woy. 361 swimmers enjoyed the competition. Thanks to Blue Mountains and Cronulla Sutherland for manning the raffle table over the two days. Thanks to the clubs who provided raffle prizes and to Vorgee for supplying raffle prizes, prizes for the Male and Female Swimmer of the Meet and

also a swimcap for each competitor. The Long Distance Long Course Championships at Blacktown Aquatic Centre attracted a record 134 swimmers.

Government Grants

Funding for 2006/2007 has been received from the Department of Sport & Recreation, whose support is greatly appreciated. This grant has been reduced and will reduce further over the next few years .

Volunteers

Thanks to *Malcolm Heath* for his administrative assistance in the State Office and to *Jan Cameron-Smith* as Secretary of the Bush Rangers club. I would also like to extend my appreciation to the Board and many Committee members for their fantastic efforts again in 2006 for the continued success of Masters Swimming NSW.

NSW continues to hold the laurel of being the largest branch of AUSSI Masters Swimming Australia and is still increasing in members. We have two new clubs forming at the end of this year – Picton Masters and Can Too. Also the ACT Branch is de-registering and we welcome the two clubs which will affiliate with NSW in 2007. Let's continue to spread the word on what a great organisation Masters Swimming is!

Festive Season

The State office will be closed over the festive season and exact dates will be circulated.

I wish all NSW Club members a swimmingly safe, healthy and happy festive season.

Di Coxon-Ellis



NSW BOARD FOR 2006/07

- | | |
|----------------------------------|-------------------------------------|
| President: | <i>Ian Davis</i> , Wett Ones |
| Vice President: | <i>Jane Noake</i> , Seaside Pirates |
| Vice President (Country): | <i>Warren Smith</i> , Dubbo Redfin |
| Treasurer: | <i>Stuart Meares</i> , Warringah |
| Members: | <i>Peter Gregory</i> , North Sydney |
| | <i>Remy Reinker</i> , Blacktown |
| | <i>Mathew Golby</i> , Campbelltown |

RULE CHANGES FOR 2007

Changes have been made to the structure of our Rules for 2007. Firstly the Rules have been split into two sections:

General Rules which cover the organisation of swim meets and lists of events (old SW 1 to SW 8) plus the National Top 10 and National Swim (old SW 20 and SW 21) plus the former By-Laws that dealt with Sanctions, Facilities, Awards, Aerobic Swims and the National Swim (formerly BL 11,12, 13, 14, 15, 16 and 17): and

Swimming Rules have been renumbered from SW 1 to SW 15M and the numbers match those in the FINA and Swimming Australia rules for the first time. Most of the changes do not effect swimmers but Referees and other Officials will have to read them carefully. Referees and Starters are having a workshop before the first 2007 swim meet so they will be aware of the changes and the new numbers.

Swimmers need to know:

- # Backstroke SW 6.4 Gliding and kicking that are part of a continuous turning action are allowed. Independent gliding or kicking actions are not allowed.
- # Breaststroke SW 7.4 Swimmers whose feet break the surface of the water when doing a legal underwater dolphin kick will not be disqualified.
- # Butterfly SW 8.2 and SW 8.3M see answer to letter from *Phil Baird* at the end of this page.
- # Relays SW 10.10 Second, third or fourth swimmers who start early can no longer return to the wall and start again.
- # Timekeepers SW 2.8 and SW 2.9 There is no longer provision for Chief Lane Timekeepers. Lane Timekeepers must decide who will perform the various duties.

Meet Directors will need to read the **General Rules** if planning to swim two people in one lane.

The Medical Disability Rules are now listed at SW 15M.

To view the 2006 Rules in full

go to:
http://www.home.aussimasters.com.au/html/rules_regulations.html

"Butterglide"!!! Give it a go.

With one of the topics of conversation around pool deck being alterations to the rules governing the Butterfly stroke, I thought it appropriate to add my views on the subject.

Ever since I became a member of Masters, I have found that a vast number of swimmers believed that butterfly was the most difficult stroke and therefore was avoided by a great number of competitors at carnivals.

Since the rules were relaxed and "butterglide" permitted, quite a few have decided to try the stroke and add it to their repertoire of swims. With this in mind, I would like to suggest to those who make the rules, that it is far better to encourage swimmers to take up the modified form of butterfly as an additional discipline, than to make the stroke more difficult for them to manage.

So why not adopt a more positive action and encourage all coaches to teach would be butterflyers how to "butterglide". These people will find that the more "buttergliding" they attempt, the more proficient and confident they will become with the orthodox butterfly stroke.

As I speak from experience, I can guarantee this approach will work, so coaches, why not try it and see if the number of butterfly swimmers increase.

Phil Baird

Response from Gary Stutsel, NSW Technical Director:

Phil's letter is very thought provoking, as there are two parts to what he has to say. One is what we do in sanctioned swim meets and the other what we do in training and at club swims.

I wholeheartedly support Phil's ideas on the use of "butterglide" to

introduce older swimmers, who have never learnt to butterfly, to the stroke. Contrary to Phil's suggestion "butterglide" is a fairly recent innovation following relaxation of the rules, the situation is the opposite. I learnt to swim with up to 8 breaststroke kicks per stroke back in the early 80s after watching the late Josie Sansom of South Australia doing it at the 1983 Pan Pacific Championships.

I learnt "butterglide" so I could swim the 400m and 800m Aerobic swims. Contrary to the belief of some, Aerobic swims do not have to be refereed (except at meets), so I see no reason why "butterglide" can not still be used in them. Now for meets.

Rather than being relaxed, the rules were toughened up in 2005 when the word "continuously" came into what is now SW 8.2.

"Both arms must be brought forward together over the water and brought backward, simultaneously and continuously throughout the race, subject to SW 8.5."

This change caused a lot of angst amongst the Branch Technical Directors in 2006 and after lengthy discussion led to the introduction in October 2006 (effective January 2007) of rule

"SW 8.3M... A breaststroke kicking movement is permitted, provided the swimmer does no more than two kicks per arm stroke. During the second kick there must be no sculling of the hands. If a scull is commenced the arm stroke must be completed."

Clarification: *Either a dolphin or breaststroke leg action may be used with the butterfly arm action. A mixture of these leg actions may be used during the performance of butterfly."*

The new rule will require swimmers to do no more than two breaststroke kicks per stroke, unless they are eligible for a Medical Disability (MD) certificate based on a shoulder injury. r

GET YOUR NEWSLETTER ELECTRONICALLY!

As you know, Splash costs about \$1.50 for each copy of each issue. About 4,000 copies are typeset, printed and mailed out each year (1,000 copies every three months). This costs us about \$7,000 a year. Every issue of Splash is put on the MSNSW website.

To help us cut down some of these costs, why not get your copy

of Splash on-line? **Simply tick the email notification box on your registration renewal. Your Club Registrar will then arrange for you to receive notification electronically!**

We will let you know by email as soon as Splash is on the website so that you can look at it (and download and print it if you like)

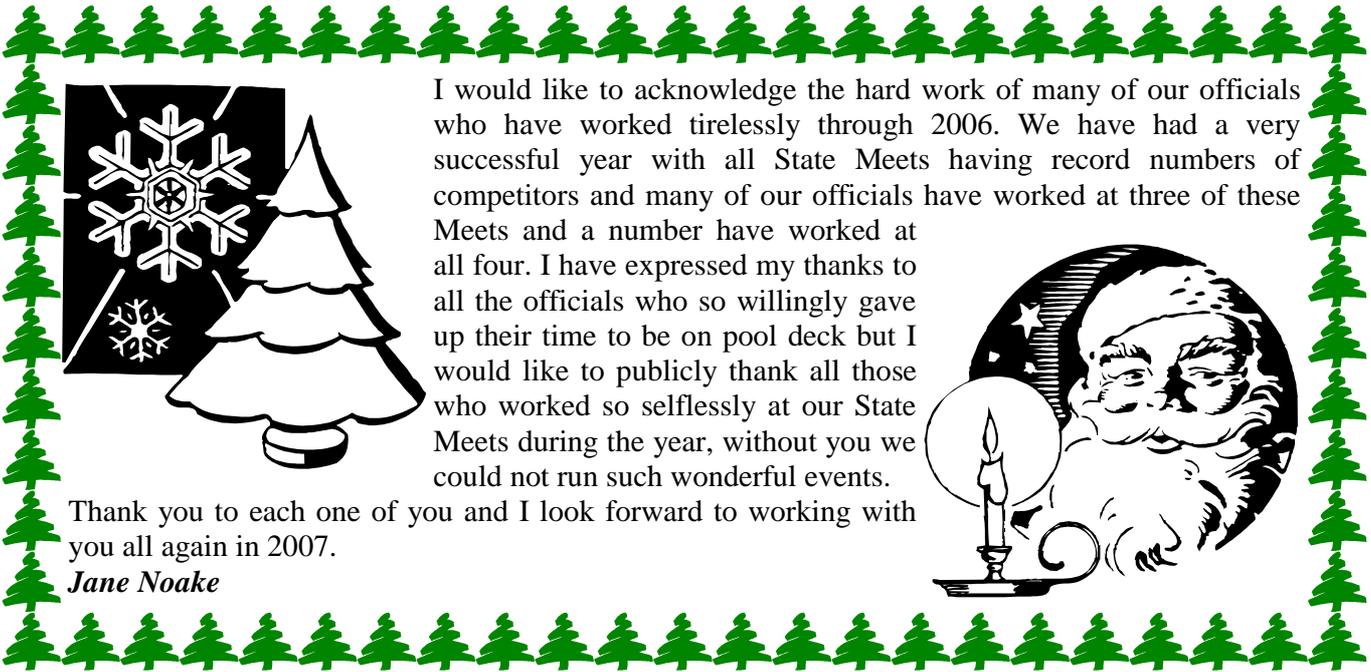
when it suits you. We will take your name off the mailing list. Fewer paper copies means lower printing costs, lower postage and more trees.

So remember to tick that box when you renew!



“SPLASH”

Newsletter of the NSW Branch
AUSSI Masters Swimming in Australia Inc.



I would like to acknowledge the hard work of many of our officials who have worked tirelessly through 2006. We have had a very successful year with all State Meets having record numbers of competitors and many of our officials have worked at three of these Meets and a number have worked at all four. I have expressed my thanks to all the officials who so willingly gave up their time to be on pool deck but I would like to publicly thank all those who worked so selflessly at our State Meets during the year, without you we could not run such wonderful events.



Thank you to each one of you and I look forward to working with you all again in 2007.

Jane Noake



POSTAGE
PAID
AUSTRALIA

MASTERS SWIMMING NSW
PO Box 6941
Silverwater NSW 2128

