

LAUNCESTON AUSSI MASTERS SWIMMING



[www.launcestonaussimasters.org.au](http://www.launcestonaussimasters.org.au)

Jargon Buster

**Aerobic:** Training which requires plenty of oxygen

**Bilateral Breathing:** Breathing on alternate sides

**DPS:** Distance per stroke

**Drills:** Training exercises to develop and practice good stroking techniques (ask lane-mates for examples)

**Fins:** Flippers

**F/S:** Freestyle

**Hypoxic Training:** Training involving holding your breath

**IM:** Individual Medley

**Intervals:** Set time which includes the swim and rest

**Long Course:** In a 50 mtr pool

**Medley Order:** Butterfly, backstroke, breaststroke, freestyle

**Medley/Stroke (M & S):** Half the distance in a medley stroke (order as above), the other half freestyle

**Pull:** Using a pull buoy (between the legs, just above the knees) to keep your legs afloat and to stop you from kicking

**Pyramid:** Increase a distance and then decrease by the same amount

**Short Course:** In a 25mtr pool

**Streamline:** Keeping your body as aerodynamic as possible

**The 'Branch':** State executive of AUSSI Masters

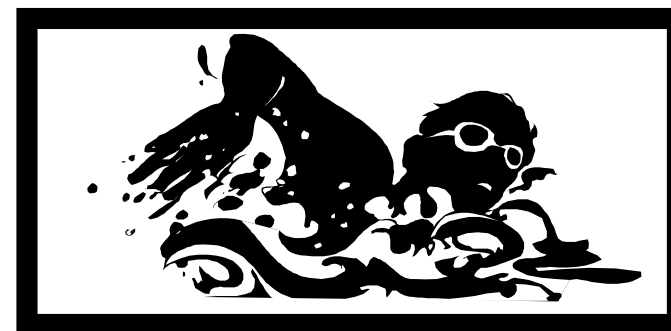
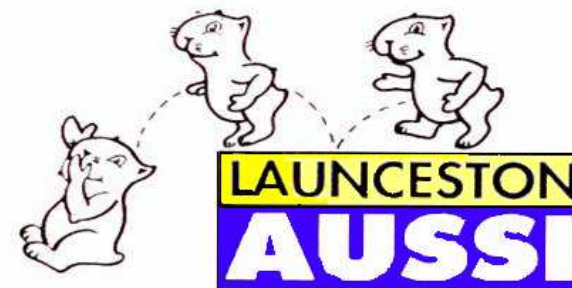
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AUSSI MASTERS SWIMMING

Launceston  
Lemmings

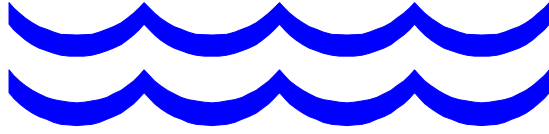


MEMBER'S MANUAL

# WELCOME

The information in this guide should tell you most things you need to know about MASTERS swimming in Launceston. However, please don't be afraid to ask any club member if there's something we've missed out.

SWIM AND ENJOY!



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### TIME TRIAL POINTS TABLE:

- Look for the time you nominated
- Check to see how much that varies from the time you swam
- Look along the table to see how many points you get.

Nominated Time	Points									
	10	9	8	7	6	5	4	3	2	
	Diff.		Nom.		Time		&		Time Swum	
< 30 secs		.10	.20	.30	.40	.50	.60	.70	.80	
30 - 39.9	EXACT	.15	.30	.45	.60	.75	.90	1.05	1.20	
40 - 59.9		.20	.40	.60	.80	1.00	1.20	1.40	1.60	
1:00 - 1:29.9		.30	.60	.90	1.20	1.50	1.80	2.10	2.40	
1:30 - 2:29.9	TIME	.40	.80	1.20	1.60	2.00	2.40	2.80	3.20	
2:30 - 3:29.9		.50	1.00	1.50	2.00	2.50	3.00	3.50	4.00	
>3:30		.75	1.50	2.50	3.50	4.50	5.00	6.00	7.00	

## TIME TRIALS

Time Trials are a Launceston AUSSI initiative. They were devised to encourage swimmers of all abilities to participate and to gauge their swimming improvements. Swimmers participate in timed swim events over distances nominated on the night (eg 50m breast, 100 free etc.). Swimmers swim with people of similar times. The 'winners' are not those who swim the fastest, but those who swim **closest to their nominated time.**

Before swims begin, swimmers must nominate a time they think they will swim. The closer you get to that time the more points you earn. See the table opposite for points.

Your points for each event are averaged out over the night and your points tallied throughout the year. The swimmer with the highest points tally at the end of the year is the Time Trial Champion. It is recommended you swim 3 events per night, however you can swim more or less.

In addition to the Time Trial swims, there is also a 600m warm up programme, so there's plenty of opportunity for a good swim.

**Time Trials are held on the first Tuesday of each month at the Grammar Pool. Try to make them a regular part of your swimming programme. By arriving at 6:15 pm you have time to fill out your entry cards and warm up before the official start time of 6:30 pm.**

## THE BASICS

### TIME & PLACE

#### Launceston Aquatic Centre

Monday	7.00-8.00 pm
Thursday	7.00-8.00 pm
Saturday	7.00-8.00 am

#### Grammar Pool

Tuesday 6.15-7.30 pm  
 First Tuesday of month is for Time Trials and subsequent Tuesdays are set aside for aerobic swims.

See page 11 for information on swim programmes.

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**Cost:** Annual Club Membership 2010, \$75.00

Plus \$5 per session at Launceston Aquatic

Grammar Pool - multi swim or annual membership tickets are available at the pool office. (20 swims \$90)

A programme with times/places and special events is available on our web site which is updated weekly.

**[www.launcestonaussimasters.org.au](http://www.launcestonaussimasters.org.au)**

## 'A' FOR AUSSI

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AUSSI Masters Swimming is an Australian-wide association of adult swimming clubs whose members, men and women over 18 years old, swim regularly to keep fit and to have fun.

Experience shows that few people have enough drive to exercise regularly by themselves. AUSSI provides for this by forming clubs where people with similar objectives can meet, swim together, encourage one another and make new friends.

Members may choose to enjoy activity at club level or, as they improve, decide to swim for their club in competitions. AUSSI's programme is designed for everyone from the experienced swimmer to those who can only just swim. Everyone is welcome.

### REMEMBER

- Swimming exercises every part of the body and improves flexibility.
- Swim three times a week if possible.
- By stopping when you need to and controlling your effort, the activity can be kept at a level where neither stress nor strain is experienced.
- After a break from swimming go back to a much lower level of effort when you restart.
- Have a regular medical check-up - especially of your blood pressure and before a period of increased activity
- AUSSI is the smart way to keep fit and the fun way.

## STROKES

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At AUSSI swimmers are encouraged to try all stroke styles (although it understood some people will not be able to due to medical reasons). Varying your strokes adds interest to your swimming programme, uses a larger range of muscles and helps prevent injuries caused by repetitiveness. Here are some basic hints which apply to all strokes:

- The best way to improve any stroke is to perform stroke drills. Drills isolate the movement of the stroke and allow specific changes/improvements to be practised. Try to perform some stroke drills in every training session. Remember it takes time and effort to break habits that have been around a while. The coaches will provide explanations of drills for each stroke.
- Streamlining: Every stroke involves streamlining to some extent. Practise making yourself "long & thin" in the water. Streamlining off the wall at turns reduces the number of strokes per lap. Less strokes=less effort=longer swims for the same effort.
- Stroke coordination and timing. The club runs stroke correction sessions which provide an ideal time to have your stroke 'fine tuned'. Minor changes can make dramatic differences.
- Relax. You are supposed to be enjoying the swim. A relaxed easy style is more efficient than a short cramped and choppy style. Ask a coach to observe and comment on your swimming style.

**Stroke correction sessions are held frequently.**

**PERFECT PRACTICE MAKES PERFECT PERFORMANCE**

## SOCIAL EVENTS

Social occasions are organised by the Social Committee on a regular basis. Check the web site and announcements at swimming for details.

Events are usually low cost and fun and help to make swimming together all the more enjoyable. In addition to these there are some regular get togethers that all Launceston Lemmings are invited to participate in.

### REGULAR SOCIAL GATHERINGS:

#### Thursday night– Pub Night

A quite drink after Thursday night training down at the “Cock and Bull” hotel.

#### Saturday Morning- Breakfasts

Held after Saturday morning swims. Current venue is Cube Coffee at the Aquatic centre. Everyone welcome.



## AEROBIC SWIMS

Each year individuals and clubs participate in the Aerobic swim programme. The Aerobic Trophy aims to provide incentive for longer distance type swims. The programme consists of a number of distances and strokes commencing with 400m and progressing to 1 hour swims. **Swimmers who complete ‘sets’ of swims (5 swims at that distance, each in a different month) each earn points for their club towards the Aerobic Trophy,** as well as setting and achieving their own personal goals. There are club, state and national trophies on offer plus overall and percentage winners (based on club membership). **However, remember that these swims are NOT RACES, they are part of an overall training program.**

### AEROBIC SWIM SESSIONS:

Are currently scheduled on Tuesday nights at the Grammar pool. As with all activities you should check the monthly program on the web site for dates/times. You can choose your own swims - usually

2 x 400M swims in different strokes  
1 x 800m swim OR longer

**Extra Aerobic swim times may be conducted in your own time as long as the times are recorded on the official form and timed and signed by another club member.**

The club recorder keeps a record of all Aerobic swim times. See them for individual record sheets and score tables for your age group.

## BEGINNERS

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Those taking up AUSSI swimming for the first time should keep the following in mind:

- If you are over 35 years of age and you have not been exercising regularly, please have a medical check-up before beginning.
- Start slowly and gradually build up the amount of swimming you do. Ask the coach to tailor something for you.
- Stop if you are distressed.
- It will probably take time to build up your fitness to the level of other swimmers. **It may be 6 - 12 months before you can complete the whole programme. Be patient!**
- Prolonged exertion in warm water may accelerate heat exhaustion and dehydration in the body. Drink plenty of fluids whilst swimming.

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### Masters Swimming WEB SITES:

National ;  
[www.aussimasters.com.au](http://www.aussimasters.com.au)

State;  
[www.tas.aussi.org.au](http://www.tas.aussi.org.au)

Our very own with news up-  
 dates, monthly swim calendars and more!  
[www.launcestonaussimasters.org.au](http://www.launcestonaussimasters.org.au)



## PROGRAMMES

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Each time you come to AUSSI swimming the swimming coach/coaches will have created a specific programme for all swimmers to follow. This programme usually takes the following form:

Warm Up  
 Main Swim  
 Cool Down

Most swim programmes will involve a variety of strokes, ie freestyle, backstroke, breaststroke and butterfly.

Programmes are often centred around upcoming swim meets and aim to improve swimmers performance in these events. Thus programmes before the long distance meet will be aiming to build up stamina, whilst those closer to the long course championships will be helping swimmers get more speed over 50 - 100m.

Swimmers swim in lanes according to their relative speed and fitness. These lanes often swim at faster/slower times or with shorter/long rests depending on these factors.

**Beginners should try a few lanes to find out where they fit best. Remember, you may not be able to complete whole programmes to start with.**

As you increase fitness and speed, feel free to move up a lane or two!

## EQUIPMENT & ETIQUETTE

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### EQUIPMENT:

The essential equipment for swimming is:

- Bathers
- Goggles

However, most swimming programmes also make use of the following, and anyone interested in attending regularly, is encouraged to bring them along:

- Fins
- Kick Board
- Pull Buoy

If you have trouble with your ears, ear plugs are a good idea, as are nose plugs if you have sinus trouble.

### POOL ETIQUETTE:

Here are some things that constitute good and thoughtful behaviour:

- make an effort to be at training on time and finish the warm up
- keep to the left of your lane
- allow a full 5 second interval before you follow the next swimmer and keep this gap
- don't set off before the last swimmer in your lane gets to the side (especially when doing form strokes)
- if you consistently catch someone, swap order for the next swim
- When stopping swim all the way into the wall and immediately move to your right (as you face the wall) so that others can finish properly

## THE CLUB

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The TLC (Tasmania, Launceston) club was founded in the early 1980's. There are currently about one hundred members. A committee (of voluntary members) are elected each year in February to assist with the running of the club.

### OFFICE BEARERS 2010:

President	Tim Chilcott
Vice President	Chris Moore
Secretary	Simone Reid
Treasurer	Sarah Merridew
Publicity Officer	Rod Oliver
Recorder	Jenny Napier
Safety Officer	Jill Woodworth
Club Captains	Bec Henderson Chris Davey
Committee	Di McHenry, Suzie Bower, Ashley Brook, Hector Beveridge, Ray Brien

### CLUB APPARELL

The club colours are, dark blue, yellow & white. Bathers, polo tops, track suits, caps etc. are ordered periodically and available for purchase.

### AWARDS:

The club gives out annual awards (1st, 2nd & 3rd) for leading point getters in Aerobic Swims and Time Trial.

Awards are also given to the most improved Male and Female swimmer, and to club person of the year (selected by the president) and awarded to the person who demonstrates the ideals of AUSSI and is a proactive club member.

# COMPETITIONS AND COMPETITION POLICY

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## Mission:

To provide at Club, Branch (ie state) and National level, an environment to encourage adults, regardless of age or ability, to swim regularly in order to promote fitness and improve their general health.

Our club **Competition Policy** is:

- Participation and inclusiveness

Our **Relay Selection Policy** is:

- That we enter as many relay teams as possible
- That we attempt to give every entrant a swim in a relay team subject to their personal preference
- That the relay selection is done by the Club captains in consultation with the club coach.

In Tasmania there are four statewide annual swimming competitions:

- Summer Long Course (50m pool) championships  
- Feb/Mar
- Short Course (25m pool), long distance championships (800m & 1500m)  
- May
- Winter Short Course (25m pool) championships  
- Jul/Aug
- Long Course (50m pool), long distance championships (800m & 1500m)  
- Nov

There are also National Championships held annually, and the World Masters Swim and Pan Pac Masters Championships held in alternate years (Worlds even, Pan Pacs odd years). In addition to AUSSI programmes there are a number of Masters Games which also feature swimming.

All AUSSI Masters Swimming competitions are open to everyone. There are no qualifying times and members are made to **feel welcome, whatever level they swim at.**

Heats are conducted according to your own nominated times and swimmers compete against other swimmers (both male and female) of similar times. Age group results are calculated by the Recorder.

Age categories for competitions are: 18-24, 25-29, 30-34 etc. Relays are composite age groupings of 72-119, 120- 159, 160-199 etc (ie if the combined age of swimmers in the team is in the 120-159 year range then it is an 120+ team etc.).

## OTHER COMPETITIONS

**Time Trials**, an initiative of TLC., is a good introduction to competition swimming. See pages 14-15. for full details.

The **Aerobic Swims** competition is outlined on page 5.

**Postal Swims** are events organised by clubs around Australia but swum in one's local club. Results are then sent back and collated by the host club and winners announced.