

Australian Institute of Sport

WOMENS SWIMMING

Sponsored by

SPEEDO



BRUCE, CANBERRA, A.C.T.



Women's Swimming Team. Back row (left to right): Sue Landells, Rachel White, Tabitha Andriunas, Kylie Hammond, Victoria Moore. **Front row (left to right):** Michelle Pearson, Kathy Randall, Audrey Moore, Cindy-Lu Fitzpatrick, Suzi Baumer, Karen Phillips, Susie Woodhouse, Jacki Grant, Julie West, Georgina Parkes.

“BE THE BEST THAT YOU CAN BE”

A.I.S. Swimming offers its scholarship holders:

- 1 Unlimited access to a modern eight lane 50 metre pool and an adjacent 25 metre pool enabling the coaches to design specialised programs catering to the needs of each individual training group.
- 2 Stroke analysis by biomechanical experts through the use of strategically located underwater windows and cameras providing the latest in video and high speed filming equipment.
- 3 An exceptionally large weight room featuring a computerized isokinetic circuit designed specifically for competitive swimming.
- 4 Other features of the new facility include a sauna, whirlpool, physiotherapy treatment and private A.I.S. swim team change and locker rooms.
- 5 An attractive travel budget providing an opportunity for exposure to high calibre international competition.
- 6 Scientific evaluation and medical assistance provided by the A.I.S. science laboratory staff including at least one certified professional in the areas of physiology, psychology, biomechanics, medicine, nutrition and physiotherapy plus a number of highly qualified assistants.
- 7 Clinic and seminar instruction by visiting professionals from around the world.
- 8 A large staff of full-time professional coaches creating an excellent coach/swimmer ratio, which permits individual attention in workouts and allows individual technique and skill sessions.
- 9 Challenging national level workout competition (the A.I.S. placed 18 swimmers on the 1982 Commonwealth Games team).
- 10 An opportunity to pursue academic goals as well as swimming excellence.
- 11 Scholarship assistance to provide all of these advantages at little or no expense to the competitor.
- 12 A development and talent identification program which enables talented swimmers and coaches from each state to experience the above benefits of our program for a limited period of time.
- 13 Sports Information Resource Centre stocked with journals, magazines, books and films on all aspects of sport in general and swimming in particular.

1983 AIS WOMEN'S SWIM TEAM PROGRESS REPORT

- 1983 World Student Games — Edmonton, Canada
Susie Woodhouse — 2 Gold Medals — 2 Meet Records
100 Butterfly 1:01.79
200 Butterfly 2:13.5
- Undefeated internationally in 1983 (Canada — West Germany — Sweden)
- 22 International Gold Medals in 1983
- Women's Team Point Score Winner — Canada Cup (May, Vancouver)
(1 National Record — 5 Meet Records)
(16 personal best times)
(11 out of a possible 17 Gold Medals)
Meet High Point Winner: Sue Landells.
Runner Up: Suzi Baumer
- Defeated U.S.A. Championship Club, Mission Viejo (USA National Champions since 1973)
- 9 out of Australia's 13 World Rankings
10 National Records
All but 2 of our AIS Short Course Records were broken
- Placed 7 members on the 1984 Olympic Team

WORLD RANKINGS (Top 25)

The original A.I.S. swimming team had accounted for 4 of Australia's 24 world rankings in 1980. The same group of swimmers earned 11 rankings in 1981. In 1982, A.I.S. athletes were responsible for 21 of Australia's 42 world ranked performances. Based on these figures, it can be seen that the 75% increase in Australia's ranking output coincides almost exactly with the Institute's progress in this area.

This progress continued in 1983 with our women's team achieving 9 out of 13 of Australia's world ranked performances in women's swimming.

INSTITUTE SWIMMING — HALL OF FAME

Georgina Parkes and Lisa Curry are to be congratulated on their great swims in 1982 in gaining the required points to be the first two swimmers to be honoured in our Hall of Fame. An award for four consecutive years of world ranked performances has now been introduced.

The following swimmers earned WORLD RANKING distinction in 1983:

SUZI BAUMER -	400m Freestyle 800m Freestyle
GEORGINA PARKES -	200m Backstroke
SUSIE WOODHOUSE -	100m Butterfly 200m Butterfly
LISA CURRY -	200m Individual Medley
SUE LANDELLS -	200m Individual Medley 400m Individual Medley
JILL COLLINGWOOD -	400m Individual Medley

NATIONAL AND AUSTRALIAN RECORDS

As in all other areas, the Institute demonstrated dramatic progress in the number of long course national records established in 1982. A.I.S. swimmers could claim one record in 1980, three in 1981 and six in 1982. The women's team in 1983 broke two long and eight short course records.

This year's record breakers include:

Long Course Records

Sue Landells	400m IM	4:51.06
Sue Landells	400m IM	4:48.56

Short Course Records

Michelle Pearson	100m FS	57.36
Suzi Baumer	200m FS	2:02.35
Suzi Baumer	400m FS	4:11.59
Susie Woodhouse	100m Fly	2:18.71
Lisa Curry	200m IM	2:18.71
	4 x 200m FS Relay	8:27.44
	4 x 100m FS Relay	3:57.27
	4 x 100m M Relay	4:18.80

AI'S RECORDS — LONG & SHORT COURSE

Long Course

S. Woodhouse	27.77
L. Curry	57.64
S. Baumer	2:02.23
S. Baumer	4:14.66
L. Curry	1:01.22
S. Woodhouse	2:13.50
G. Parkes	1:03.63
G. Parkes	2:13.50
C.L. Fitzpatrick	1:14.44
R. Binning	2:37.58
L. Curry	2:16.94
S. Landells	4:48.56

Short Course

50FS	M. Pearson	57.36
100FS	S. Baumer	2:02.35
200FS	S. Baumer	4:11.59
400FS	S. Woodhouse	1:02.27
100FLY	K. Muir	2:17.41
200FLY	G. Parkes	1:04.04
100BK	G. Parkes	2:15.69
200BK	W. Bowie	1:13.56
100BRS	L. Prossen	2:36.31
200BRS	L. Curry	2:18.71
2001 M	S. Baumer	4:52.71
4001 M		

HEAD COACH — BILL SWEETENHAM



- Since beginning coaching in Mt Isa 14 years ago, has coached swimmers to wins in Olympic, Commonwealth and World Student Games and World Championships.
- His swimmers have won gold, silver and bronze Olympic medals and broken numerous world records in both men's and women's swimming in varied events. (Two of these have remained unbroken since 1978 and are among the longest standing world records).
- In his six years of coaching in Brisbane his team achieved more world rankings than any other in Australia and continues to do so.
- Bill's experience includes four years as Queensland Director of Coaching plus tours to the Munich (1972) and Montreal (1976) Olympics.
- Has coached Australian teams to the following meets:
 - 1978 Commonwealth Games (Edmonton)
 - 1978 World Championships (Berlin)
 - 1979 Coca-Cola England/Japan Tour
 - 1979 FINA World Cup
 - 1980 Moscow Olympic Games
 - 1981 World Championships (Guayaquil)
 - 1982 Commonwealth Games and SGIO Games (Brisbane)
- Also named Head Coach for 1984 Australian Olympic Team until he broke his leg badly in an accident in 1983.
- On a Churchill Fellowship (1981) undertook a detailed study tour of the best U.S. swimming programs.
- Has twice been named "Australian Swim Coach of the Year" and in 1981 was the Confederation of Australian Sport's "Coach of the Year".

COACH KEN WOOD



- After leaving NSW in 1972 he coached in Townsville (Qld) where his pupils gained national, Commonwealth and Olympic representation. They included Fiona Moore, Claire Beck and Lesleigh Harvey. The club, Aitkenvale, is Queensland's premier country club.
- Was appointed Head Coach of Queensland's first overseas tour in 1979. Also gained a coaching

berth on the 1979 Australasian team to the FINA World Cup, Tokyo.

- From 1979-1981 was appointed Head Coach and Camp Director of the Women's National Development Program. Also took teams to the U.S. in this period and coached the first Australian swimming team to compete in China.
- In 1982 appointed Assistant Coach to SGIO Games and XII Commonwealth Games team.
- From 1980-1983 was Secretary to Australian Swimming Coaches Association, and has been a member of the Association's Board of Directors since 1977.

1984 OUTLOOK AND 1983 REVIEW

With our major competition in 1983 being the West German-Sweden meet in late July, our training phases and training preparation were much shorter than in any previous Institute year. This provided another problem in that it was extremely important to build an endurance background for each athlete in preparation for the 1984 Olympic year.

The season was approached with two basic goals:

1. to swim fast and achieve international goals
2. to lay the foundations of endurance for the all important 1984 Olympic year.

Both were achieved, although our second goal did, to some degree, have a detrimental effect on the first. The team won 22 international golds, were undefeated in international competition and had 13 swimmers achieve personal bests.

There were some significant gains by a number of our women in the academic areas during the season. This area is important in our overall program where the development of character and dedication will always be essential ingredients for ultimate success.

With our new swim facility and gym now in full operation, we can look forward to many great years of swimming.

RESULTS FOR 1983

Combining the reviewed attitude of swimmers, the great help from the AIS staff and science and medical centres, we had our most progressive and successful season of swimming yet at the Institute.

We look forward to the completion of the accommodation block for AIS athletes — another great asset to our program.

Georgina Parkes suffered a serious shoulder impingement injury and unfortunately had to spend eight weeks out of the water, but showed tenacity and determination in overcoming it and recording some very good times during the year. We expect to see her in great form at the 1984 Olympic Games.

Hapeol Games — Israel

Only three of our women attended. It was a great performance to win gold medals in the 200m Butterfly (Susie Woodhouse) and the 400m Individual Medley (Susan Landells) to bring home a total of five medals.

Canada Cup — Vancouver

This meet proved to be a great boost for our women with outstanding individual performances and a great team effort. The highlights of the meet were Susan Landells' National record in the 400m Individual Medley and our victory over Mark Schubert's Mission Viejo Nadadores women; this was only their third defeat ever and their first for two and a half years. Our AIS women won 11 gold medals from a possible 17 restricting the Nadadores and the Canadian women to three wins each. AIS team members established five meet records and 16 personal best times.

World Student Games — Edmonton

The performances of Susie Woodhouse at this meet capped a great season for her and her two gold medals in the 100m and 200m Butterfly events — both were new Games records, 61.79 and 2:13.5 — stamped her as the outstanding swimmer for 1983.

Pre-Olympic Meet — Los Angeles

The two top efforts at this meet came from two members of the Commonwealth Games team who worked out all summer and reaped the rewards here. Sue Landells became the first Australian woman to break 4 mins 50 secs for the 400m Individual Medley with a new national mark of 4:48.56, and Jillian Collingwood's 2:20.59 and 4:52.89 in the 200 and 400m IM's were all personal bests for the girls and placed them high up in the world rankings.

Joanne Bell recorded a personal best time in the 200m Backstroke. Cindy-Lu Fitzpatrick took a bronze

medal in the 200m Breaststroke to take the AIS medal tally to three silver and two bronze, and included six personal best times and three world ranked performances. A great success for our form strokes swimmers.

AIS Invitational — Canberra

The women's team responded to the occasion to break eight national short course records. Only two AIS records remained intact at the meet's conclusion.

AIS-Sweden-West German — Karlsruhe

It was obvious by Suzi Baumer's great triple gold medal winning effort in the 200, 400 and 800m Freestyle that she was the outstanding swimmer of this meet, and when we look at her erratic splits in the 400m freestyle event it is evident that she is ready for the big breakthrough we have been working for.

Another great effort at this meet came from Michelle Pearson in the 200m Freestyle. Her 2:03.11 was a top effort and Michelle made this event very interesting at the selection trials.

Tokyo International '83

The top swim from our six AIS representatives on this team came from Lisa Curry. This was her second appearance since the Commonwealth Games and followed her Butterfly gold medal win two weeks previously in Karlsruhe. Her silver medal here in the 200m Individual Medley was a great swim despite the fact that she had not trained for this event all year and her program of moderate work put her in mental and physical readiness for some good performances this summer.

National Winter Championships — Darwin

Although many of our team were competing after their fifth international competition since April, the entire team showed character and attitude and put in good performances.

The presentation of the team was first class, with all members wearing their uniform of navy blue skirt and jacket with matching blouse.

Interstate Competition — South Australia and Queensland

Both competitions proved very beneficial to our team and are an important part of our overall program.

New Initiatives

1983 saw the introduction of our AIS Talent Identification and Development Scholarships, designed to give promising young swimmers the opportunity to participate in the program for one or two weeks and to talk with our staff about schooling or employment availability should they win a scholarship. This scheme will be expanded in 1984 to include coaches.

Finally, our thanks go to the Australian Swimming Union for their help and co-operation and to Speedo for the outstanding contribution they make to our team.

1983 AIS ANNUAL AWARDS

Outstanding Swimmer:	Sue Landells
Outstanding Performance:	Susie Woodhouse
Most Valuable Swimmer:	Suzi Baumer
Most Dedicated Swimmer:	Karen Phillips
Most Spirited Swimmer:	Georgie Parkes

TEAM MANAGERESS — TRAVEL Ms Allwyn Barret



- Currently manages the Bulleen Swim Centre in Victoria, where as a Level II Coach she works with athletes of varying abilities, including state and national class swimmers, triathletes and pentathletes.
- As a competitor represented Victoria in breaststroke and medley events. Was ranked 12th in the world in 100 metres Breaststroke.



COMMONWEALTH DEVELOPING COUNTRIES SCHOLARSHIP

TANG ENG CHAI (Coach-Singapore)

Mr Tang, 50, is a primary school principal in Singapore. His involvement in swimming began over 20 years ago as an official with the Singapore Amateur Swimming Association. He has been a member of the Association's coaching panel since 1970. In 1983 he was involved in the SEA Games as Secretary of the Singapore contingent and Chairman of the pool and facilities. He has attended and conducted many swimming courses in the last ten years and writes a regular column on swimming.

1984 CALENDAR

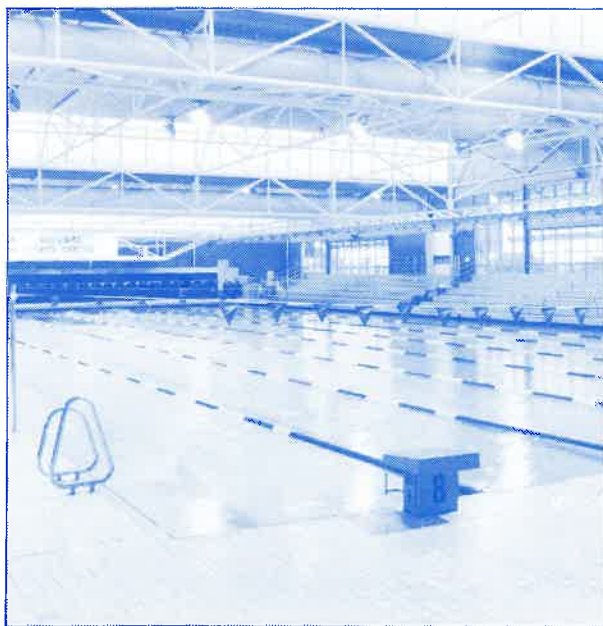
March 31	W.A. Meet	Perth
April 28	Olympic Team Meet	Canberra
May 19	NSW Meet	Sydney
June 9	Queensland Meet	Brisbane
June 30-July 1	AIS Meet	Canberra
July 29-August 2	Olympic Games	Los Angeles
August 24-26	National Short Course	Melbourne
November 2-3	NSW Meet	Sydney
November 24	Annual AIS Awards Dinner	
November 26	Hawaii/Colorado Springs	
December 14	Canada Cup (2 meets)	
October	"Club Coaching Clinic 1984"	

1985 PROPOSED INTERNATIONAL MEETS

June	Canada Cup/Mission Viejo Meet Selection Criteria: Top 25 world ranked swimmers For first year swimmers: Top 15 world ranked swimmers Maximum 8 swimmers
August	USA Nationals Selection Criteria: Top 10 USA swimmers on world rankings For first year swimmers: top 6 USA swimmers on world rankings. Maximum 5 Swimmers
November	Team Tour — Dual Meet — Edinburgh, Scotland and/or Madrid, Spain.



Weight training area.



Main training pool.