

## “BE THE BEST THAT YOU CAN BE”

AIS swimming offers its scholarship holders:

1. Unlimited access to a modern eight lane 50 metre pool plus an adjacent 25 metre pool enabling the coaches to design specialised programs catering to the needs of individual training groups.
2. Stroke analysis provided by biomechanical experts through the use of strategically located underwater windows and the latest in video filming equipment.
3. An exceptionally large weight room featuring a computerised isokinetic circuit designed specifically for competitive swimming.
4. Other features of the new facility include a sauna, whirlpool, physiotherapy treatment and private AIS swim team change 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 AIS science laboratory staff including at least one certified professional in the areas of physiology, psychology, biomechanics, medicine, nutrition and physiotherapy along with a number of highly qualified assistants.
7. Clinic and seminar instruction provided by visiting professionals from around the world.
8. A large staff of full-time professional coaches creating an excellent coach/swimmer ratio.
9. Challenging national level workout competition (the AIS placed 18 swimmers on the 1982 Commonwealth Games team and 15 swimmers on the 1984 Olympic team).
10. An opportunity to pursue academic goals as well as swimming excellence.
11. Sports Information Resource Centre stocked with journals, magazines, books and films pertaining to all aspects of sport in general and swimming in particular.
12. Scholarship assistance to provide all of these advantages at little or no expense to the competitor.

## 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 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 Sports "Coach of the Year".

## COACH — JOHN RODGERS



- Former NSW surf and still water swimming representative.
- In 14 years as Head Coach — Maroubra Swim Team has coached world ranked swimmers Max Metzker, Graeme Brewer, Michelle Ford (WR) and Ron McKeon.
- Named Coach of the Year 1979 and 1981.
- Member of Coaching Staff of 1978/1982 Commonwealth Games Teams and 1980/1984 Olympic Teams.

## PROGRESS REPORT 1983 AIS MEN'S SWIMMING

In every respect, the AIS men's swimming team continued to progress in 1983. The Institute men demonstrated significant improvement in all three areas of evaluation:

### I International competition

**A. Mission Viejo International Invitational**— This event marked the first time since the Institute was founded that AIS swimmers defeated world record holders. Stephen Cook earned his first gold medal in major international competition by defeating world record holder Steve Lundquist in the 100m breaststroke. Mark Stockwell's victory over world record holder Rowdy Gaines in the 100m freestyle was good for the silver medal. In the 50m freestyle, Mark surpassed his previous achievement by touching ahead of Gaines and NCAA Champion Tom Jager for the gold. Glenn Beringen and Stephen Cook provided a 1-2 finish in the 200m breaststroke ahead of US Olympian and World Championship medallist John Moffet. Competing against the best teams from the US and Canada, our men's 800m freestyle relay was victorious in meet record time.

**B. McDonald's Los Angeles pre-Olympic meet.** The two swimmers representing the AIS men's team were highly successful in this prestigious international event. In finishing third behind world record holder Ricardo Prado, Rob Woodhouse became the first Australian in history to break the 4:30.0 barrier in the 400m IM. Stephen Cook followed suit with a personal best silver medal performance in the 100m breaststroke.

**C. West Germany, Sweden, AIS Tri-Meet.** As West Germany and Sweden are generally considered to be two of the top five men's swimming nations in the world, we were very proud to have won the battle in regard to the point score and the gold medal tally. Paul Rowe provided the meet's major upset in defeating world record holder Michael Gross in the 200m butterfly. However, the highlight of the meet was Greg Fasala's victory in the 100m freestyle which will be remembered as the first Commonwealth record for the AIS men's team. Equally impressive was the 400m freestyle relay which missed the Commonwealth record by less than 0.3 seconds! Peter Dale earned his first gold in international competition by defeating a field of world renowned 200m freestylers. Other gold medals were won by Glenn Beringen in the 200m breaststroke, Brett Stocks in the 100m breaststroke and David Orbell in the 200m backstroke.

**D. Tokyo International Invitational.** Several world record holders were featured in this event which included national teams from eight countries. Australia finished second to the United States in the total medal count ahead of third placed Canada. AIS athletes accounted for 7 of Australia's 8 medals in the men's individual events and the Institute placed three swimmers on each of Australia's three silver medal winning relays!

### II World Rankings (Top 25)

In 1983, the AIS men accounted for 10 of Australia's 17 world rankings and earned two more than the 1981 and 1982 squads combined. Congratulations to the following world ranked swimmers:

1. Greg Fasala — 50m freestyle
2. Greg Fasala — 100m freestyle
3. Rod Woodhouse — 400m IM
4. Paul Rowe — 200m butterfly
5. Glenn Beringen — 200m breaststroke
6. Stephen Cook — 100m breaststroke
7. Brett Stocks — 100m breaststroke
8. Mark Stockwell — 50m freestyle
9. Greg Fasala, Mark Stockwell, Peter Dale and Ron McKeon — 400m freestyle relay
10. Peter Dale, Ron McKeon, Paul Rowe, Greg Fasala — 800m freestyle relay.

### III National Records

After re-writing the books with an incredible 12 national record breaking performances in the 1983 short course invitational, the Institute men later accounted for three additional long course records equalling the total output of the two previous years. Congratulations are due to the following long course record breakers:

1. Greg Fasala — 100m freestyle 50.96 (Commonwealth record)
2. Greg Fasala — 50m freestyle 22.97
3. Rob Woodhouse — 400m IM 4:28.44.



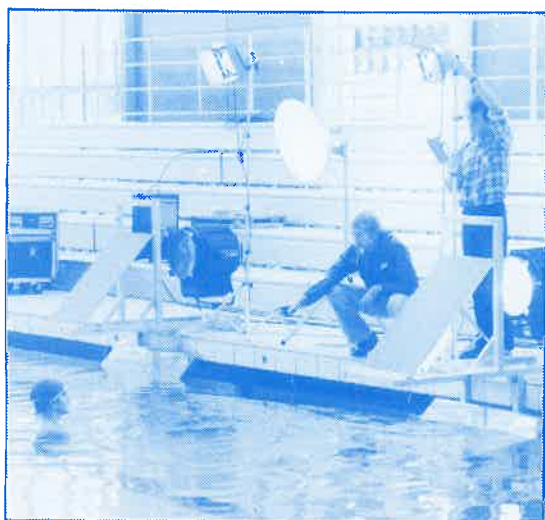
1983 National Long Course record breakers: Rob Woodhouse and Greg Fasala.



1983 World ranked swimmers (individual events): Glenn Beringen, Brett Stocks, Paul Rowe, Stephen Cook, Greg Fasala, Mark Stockwell, Rob Woodhouse.



1983 world ranked swimmers (relay events): Peter Dale, Greg Fasala, Paul Rowe, Mark Stockwell, Ron McKeon.



A.I.S. biochemist Bruce Mason works with a swimmer at poolside.

## 1983 AIS RECORDS — LONG COURSE METRES

### MEN

- 50 Freestyle: Greg Fasala 22.97 September 1983 — National Record.
- 100 Freestyle: Greg Fasala 50.96 August 1983 — Commonwealth Record.
- 200 Freestyle: Ron McKeon 1:51.71 October 1982
- 400 Freestyle: Ron McKeon 3:56.83 October 1982
- 800 Freestyle: Tim Ford 8:12.82 August 1982
- 1500 Freestyle: Tim Ford 15:27.0 October 1982
- 100 Butterfly: Mark Stockwell 55.75 August 1983
- 200 Butterfly: Paul Rowe 2:01.18 October 1982 — National Record.
- 100 Backstroke: David Orbell 58.28 August 1983
- 200 Backstroke: David Orbell 2:03.93 October 1982
- 100 Breaststroke: Brett Stocks 1:04.26 September 1983
- 200 Breaststroke: Glenn Beringen 2:19.06 October 1982
- 200 IM: Michael Bohl 2:08.23 August 1983
- 400 IM: Rob Woodhouse 4:28.44 July 1983 — National Record
- 400 Freestyle Relay: Fasala, Stockwell, Dale, McKeon 3:24.45 August 1983
- 800 Freestyle Relay: McKeon, Dale, Rowe, Fasala 7:34.52 August 1983
- 400 Medley Relay: Orbell, Cook, Rowe, Dale 3:50.92 August 1983.

## AIS 1984 COMPETITION CALENDAR

1. March 8-11 New Zealand Nationals
2. March 30 (Perth) AIS vs WA
3. April 28 AIS-Olympic Team Intrasquad (Canberra)
4. May 19 AIS-Old-SA Tri-meet (Canberra)
5. June 9 AIS vs Queensland (Brisbane)
6. Jun 30-Jul 1 AIS Invitational (Canberra)
7. Jul 29-Aug 4 Los Angeles Olympics
8. Aug 15-18 U.S. National Championships (Ft. Lauderdale, Florida, U.S.A.)
9. Aug 24-26 National Championships (Melbourne)

**Comalco Australia provide a scholarship to the A.I.S. Swimming Team.**



Men's Swimming. Back row (left to right): Guy Farrow, Greg Fasala, Peter Gee, Ron McKeon, Rob Woodhouse, Mathew Brown, Peter Dale. Front row (left to right): Stephen Cameron, Michael Bohl, Lance Leech, Brett Stocks, David Orbell, Warwick Mortensen, Glen Brockhurst, Brett Gosper, John Rogers (coach).



# Australian Institute of Sport

## MENS SWIMMING

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