

HEAD COACH Bill Sweetenham

- Swimmers personally coached by Bill can currently account for 2 world records and 8 Commonwealth records.
- During the last 10 years Bill is the only Australian coach to have medal winners at the last 3 Olympics and his success in producing world ranked performances and international gold medals is more than double that of any other Australian coach.
- He has coached swimmers to wins in Olympic, Commonwealth, World Student Games and World Championships.
- His swimmers have won in excess of 100 international gold medals and include Gold, Silver, and Bronze Olympic medals and broken numerous world records in both men's and women's swimming in varied events.
- He was coach of the 1980 Olympic team which won two gold medals and is the best result of any Australian Olympic team since 1972.

All of the above achievements make Bill the most successful Australian coach both on the national and international scene in the last 10 years and currently place him in the top 2 or 3 coaches on the world swimming scene.



SENIOR COACH (WOMEN) Bernie Mulroy

- High school physical education teacher 1967 - 1978.
- Professional Swim Coach - Perth 1968 - 1984
- Accredited Level 3 Coach 1980.
- National Appointments:
 - 1981 Assistant Coach, Speedo Development Camp.
 - 1983 Assistant Coach, Pan Pacific Meet Tokyo.
 - 1984 Assistant Coach, Speedo Development Camp.
 - 1984 Coach, Speedo Development Tour Tokyo.
 - 1985 Head Coach, Australia Games.



SENIOR COACH (MEN) John Rodgers

- Level 3 Coach.
- Coached national and international swimmers Max Metzker, Graeme Brewer, Ron McKeon, Michelle Ford. (W.R.).
- New South Wales Coach of the Year 1979 and 1981.
- Member of coaching staff - 1978 and 1982 Commonwealth Games team, 1984 LA Olympic team.
- Head Coach of Maroubra Swim team during period 1978 - 1983 - ranked in Top 10 Clubs in Australia.



COACH Judy Hudson

- 1972 & 1976 Member of Australian Olympic Team.
- 1973-75 Member of Australian Team to 1st and 2nd World Championships.
- Bachelor of Human Movement Studies (Univ. of Qld) and Graduate Diploma of Teaching (Kelvin Grove CAE).
- Worked as fitness instructor and exercise physiologist.
- Television sports commentator.
- Physical Education teacher.



ASSISTANT COACH Ron McKeon

- 1978 Commonwealth Games, Edmonton - 3 Gold, 1 Silver
- 1980 Olympic Games, Moscow - 5th 200m Freestyle - 7th 400m Freestyle
- 1982 Commonwealth Games, Brisbane - 1 Gold, 1 Bronze
- 1984 Olympic Games, Los Angeles - 4th 4 x 200m Freestyle Relay - 8th 400m Freestyle.
- World ranked competitor since 1978.
- Has represented Australia in swimming and surf on over 20 occasions over a 15 year competitive career.
- Was an Institute swimmer from May 1981.
- Joined coaching team at the end of 1984.



SWIMMING COACHES
INFORMATION

Australian Institute of Sport
1985

A.I.S. SWIMMING SQUADS
WEAR



AIS TEAM PURPOSE

'To promote excellence in swimming and career and to foster individual and national pride through a dedicated commitment to our total program.'

A COMMITMENT TO EXCELLENCE

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

- 1 An opportunity to pursue academic goals as well as swimming excellence.
- 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 weights 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 to 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 and 15 on the L.A. Olympic team.).
- 10 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.
- 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.

A.I.S. Swimming squads wear

DUNLOP SPORTS FOOTWEAR

OUTLOOK FOR 1985

Belief in the philosophy that a unified, single-pronged attack is the best way for Australia to achieve its optimum performance level and to continue its advance on the world swimming scene, the Australian Institute of Sport program will be fully supporting the Australian Swimming Union by preparing its swimmers for peak performances at the Pan Pacific Meet in Tokyo, Japan in August this year.

All 1985 A.I.S. competition training will be built around the Pan Pacific Meet, however, the A.I.S. will also work towards the May Canada Cup and / or Mission Viejo meet, a May training camp in Australia, and the World Student Games in Japan. The Institute also intends to take in trips to Edinburgh (1986 Commonwealth Games Site) and Spain (1986 World Championships Venue) providing suitable competitions can be arranged.

A training camp and competition will also be held in Seoul, Korea every year between now and 1988. It is hoped we can include some swimmers and coaches who may not attend the Institute full time in this project.

Along with these plans the Institute Swim Program will be conducting state wide talent camps for Swimmers and Coaches (held in Canberra), and elite training camps for those top swimmers who do not attend the Institute on a permanent basis. This will allow these top swimmers exposure to our Science and Sports Medicine facility and also promote an intensive training situation which will be beneficial to all participating. However this will only occur on developing years (non-Olympic or Commonwealth Games years) and it will be up to the A.S.U. what happens on Commonwealth and Olympic years.

In an attempt to assist distance swimming in Australia which is currently at a low the Institute will also conduct a Distance Training Camp and invite Australia's top distance Swimmers and Coaches to participate.

Should Australia wish to remain a force in World Swimming it is essential that we get more distance Swimmers on the top of world rankings again as soon as possible. A similar project may need to be undertaken with Backstroke swimming.

Last year saw the first A.I.S. - A.S.U. National Coaching Clinic which afforded 20 Coaches the opportunity of gaining practical



AIS 1985 Men's squad

experience here at the Institute with the A.I.S. team of internationally recognised Swimmers. Along with this our Coaches have completed a series of Rothmans Coaching Clinics throughout the country areas of the majority of Australia. Both these projects were enormously successful and will be continued in 1985 and the future.

However, our 1986 A.I.S. Coaching Clinic will be conducted with two views in mind which will be along the lines of evaluation and future direction. Invitations to attend this clinic will be issued to our Satellite Coaches and those coaches who have assisted the Institute and Australian Swimming by placing the majority of Swimmers on our team during the past 5 years.

Other projects include an A.I.S. International Meet in Canberra following the Pan Pacific Meet and the possibility of up to two very experienced overseas Swimmers taking part in our 1985 program.



AIS 1985 Women's squad

As can be seen the Institute is involving many people in the program and it is intended that our program will work closely as possible with the states, A.S.U., Australian Swim Coaches Association, and most of all the Coaches. Examples of this are the above projects, the appointment of a Summer Coach on our annual trip and the appointment of Satellite Coaches and our annual coaching awards.

Institute Swimmers are also encouraged to maintain close ties with their Summer Clubs and States whilst training at the Institute - this would include being involved in their states Target Squads and competing at their home State Winter Championships and other meets.

Although some Swimmers needed to arrive in Canberra early for their academic careers, the Institute Swim Program commenced on the 11th March with an Orientation Camp in the Brindabella Mountains at the end of the first week's training.

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.