

1985 International Medal Winners

Canada Cup	50 FR/S - Jenny Messenger, 1st 100 FR/S - Jenny Messenger, 2nd.
Meet of Champions	200 FR/S - Michele Pearson, 1st 2.02.38
Mission Viejo	200 IM - Michele Pearson, 1st 2.18.84 400 FR/S - Michele Pearson, 2nd 4.15.71 100 BK/S - Georgina Parkes, 1st 1.04.23 200 BK/S - Georgina Parkes, 1st 2.15.56
Santa Clara Invitational	200 IM - Michele Pearson, 1st 2.18.63 400 IM - Michele Pearson, 1st 4.48.90 200 FR/S - Michele Pearson, 2.03.21 100 FR/S - Michele Pearson, 2nd 58.05 50 FR/S - Michele Pearson, 3rd 26.96 100 BK/S - Georgina Parkes, 1st 1.05.0 200 BK/S - Georgina Parkes, 1st 2.17.43 200 FR/S - Georgina Parkes, 3rd 2.05.2 4 x 100 IM Relay Michele Pearson, Sue Landells, Georgina Parkes, Karen Phillips, 1st 200 IM - Sue Landells, 2nd 2.19.76 400 IM - Sue Landells, 2nd 4.53.48
Most Outstanding	
WIN Killarney Short Course	50 FR/S - Jacki Grant, 1st 100 - Jacki Grant, 1st both National SC Records
Metropolitan/ State Winter	Most outstanding results from Michele Pearson who broke 3 National, Aust. and NSW Short Course records in 100 FR/S - 56.27 200 FR/S - 2.00.38 200 IM - 2.16.01 4 x 100 FR/S Relay Michele Pearson Jacki Grant Angela Mullens Jenny Messenger National and Australia SC Record 3.46.95
July 24 Short Course Record Attempt	

Pan Pacific Games	200IM - Michele Pearson, 1st 2.15.94 200 FR/S - Michele Pearson, 3rd 2.01.87 200 BK/S - Georgina Parkes, 2nd 2.14.97 100 BK/S - Georgina Parkes, 3rd 1.04.62
World Student Games	200 IM - Michele Pearson, 2nd 2.10.21 400 IM - Michele Pearson, 2nd 4.51.20 200 FR/S - Michele Pearson, 3rd 2.02.25 4 x 100 FR/S - Julie West, Rebecca Whitehead, Jenny Messenger, Michele Pearson, 3rd
Winter Short Course Nationals	The most outstanding performance came from, Georgina Parkes who broke Aust, National and NSW Records for 100 BK/S 1.03.11, Georgina contributed 5 Individual Golds to the women's tally of 6 Gold, 3 Silver and 4 Bronze.
AIS International Meet	The women's team - 7 Gold, 6 Silver and 6 Bronze Individual medals.

1985 AIS Annual Award Receivers

Most Outstanding Performance	Michele Pearson
Most Dedicated Swimmer	Jenny Messenger
Most Valuable Team Member	Sue Landells
Most Improved Swimmer	Jacki Grant
4 Years World Ranked Performance	Georgina Parkes
Academic Achievement	Suzie Woodhouse

1985 World Rankings

Michele Pearson	equal 2nd - 200 IM 2.15.94 5th - 400 Im 4.48.90 12th - 200 RS/S 2.01.87 21st - 400 FR/S 4.15.71
Georgina Parkes	9th - 200 BK/S 2.14.97 18th - 100 BK/S 1.04.23
Sue Landells	20th - 200 IM 2.19.76 25th - 400 IM 4.53.48
Julie West	25th - 200 Fly 2.15.21
AIS Team of Jacki Grant Michele Pearson, Angela Mullens and Jenny Messenger	25th - 4x100 FR/S Relay 3.55.81

1985 In Review

The AIS 1985 Swim Season was an outstanding year in view of the fact that the swimming calendar allowed for strong commitment to academic studies. The 1986 swim schedule will be hectic. However the Women's International medal haul in 1985 was 20 Gold, 14 Silver and 12 Bronze Medals during the following Meets: Canada Cup, Meet of Champions at Mission Viejo California, Santa Clara Invitational, Pan Pacific Games, World Student Games and the AIS International Meet.

Proposed AIS Swim Program 1986

27-28 February	Australian Open Championships
1-2 March	Selection Trials - XIII Commonwealth Games Squad, Adelaide Swimming Centre, Adelaide
3 March	Team Assembly - for Commonwealth Games Squad - Adelaide
11 March	AIS Program Commences
14-16 March	AIS Camp - Brindabella Mountains
31 March-12 April	XIII Commonwealth Games Squad Training Camp AIS Pool
April-May	AIS Tour - Spain or Orientation Camp
25-28 April	AIS Swimmers (Home Clubs) WIN/Killarney Swim Meet
25 May	Canada Cup USA Meet (Qantas Meet)
27 June	Assembly XIII Commonwealth Games Team, Sydney
30 June	Depart for Europe (Karlsruhe, West Germany)
1-20 July	Training Camp, (Karlsruhe, West Germany)
24 July-2 August	XIII Commonwealth Games, Edinburgh
31 July	V World Championships Team depart for Training Camp, (Karlsruhe, West Germany). Remainder of Games Team return to Australia after Closing Ceremony.
31 July-10 August	Training Camp, Europe - V World Championship Team
13-23 August	V World Championships, Madrid, Spain
6-8 September	Australian Short Course Championships - Launceston, Tasmania Australian Institute of Sport Invitational Australian Institute of Sport Talent Development Camps
November	AIS Annual Competition and Overseas Tour



Australian Institute of Sport



**WOMEN'S
SWIMMING
1986**



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AIS SWIMMING - WOMEN 1986

AIS Swimming History

The Australian Institute of Sport since its inception in 1981 has had a hand in the fortunes of Australian Swimming. Since 1981 the AIS has attained 144 International Gold Medals, 84 World Rankings and 110 'National Level' records. These results count for winter performances up to December 1985 and show the significant contributions made to the development and progress of Australian Swimming.

The swim program, coaches and facilities are continually being assessed and improved to a level at which it is becoming increasingly difficult to find areas which require attention. One example of improvements is the new accommodation block which is situated on site and was opened to athletes in late 1985. This new facility was designed to assist elite athletes in their quest for excellence.

In 1982 at the Brisbane Commonwealth Games, 18 AIS swimmers competed and accounted for 16 individual medals. Georgina Parkes came away from the 1982 World Championship in Equador with Australia's only medal, the silver for 200m Backstroke.

In 1984, 14 Institute swimmers (7 male and 7 female) represented Australia at the Los Angeles Olympic Games. Sue Landells, Karen Phillips and Mark Stockwell claimed silver medals while Michele Pearson and Rob Woodhouse each claimed bronze medals.

The AIS swimming program has a commitment to the sport much broader than merely coaching elite swimmers. The AIS Swim Program also incorporates a Satellite Coaching Program, Swimming Promotions, close co-operation with Sports Science projects, national training schemes, development camps and support for study or work programs.

This year's team is in the quest for Edinburgh Gold, with future sights on excellence at Seoul. The tradition of excellence in Institute swimming is firmly rooted in the short but outstanding history of the program. Winning and Institute swimming have become almost synonymous - a dedication to excellence and discipline which makes the AIS a household name in the swimming world. THE INSTITUTE SWIM PROGRAM UPHOLDS A TRADITION OF EXCELLENCE IN BOTH SWIMMING AND ACADEMIC ACHIEVEMENTS.

DUNLOP SPORTS FOOTWEAR

AIS Quick Facts

Location:	Leverrier Street, Bruce ACT 2616
Telephone:	(062) 52 1111
Founded:	January 26, 1981
Enrolment for 1986:	44 swimmers
Colours:	Red, White and Blue
Home Facility:	AIS Pool
Head Coach:	Mr Bill Sweetenham
Telephone:	(062) 52 1270
Womens Senior Coach:	Mr Bernie Mulroy
Telephone:	(062) 52 1217
Womens Coach:	Miss Judy Hudson
Telephone:	(062) 52 1343

Swimming Profiles

Dimity Douglas - Breaststroke - Canberra, ACT - 3.7.70 - Club: CIG Burley Griffin.

Megan Fanning - Sprint Freestyle - Darwin, NT - 4.11.71 - Club: Nightcliff.

Jacki Grant - Sprint Freestyle - Gympie, Qld. - 5.2.67, - Club: Gympie.

Kim Gasch - Backstroke - Dandenong, Vic - 23.1.69 - Club: Freeway Waterlions

Andrea Houlden - Sprint Freestyle - Tooleen, Vic. - 16.2.70 - Club: Melb. Aquatic.

Sue Landells - IM, Breast stroke - Brisbane, Qld. - 12.12.64, - Club: Chermside.

Susan Lipman - Freestyle - Brisbane Qld. - Club: CIG St Peters.

Jody McGibbon - Backstroke - Canberra ACT - 4.8.69 - Club: CIG Burley Griffin.

Jenny Messenger - Sprint Freestyle - Glenelg, SA - 22.12.65 - Club: Marion.

Audrey Moore - Back stroke - Launceston, Tas - 19.9.64 - Club: Sth Esk.

Georgina Parkes - Back stroke - Sydney, NSW - 30.5.65 - Club: CIG St Peters.

Michele Pearson - IM, Freestyle - Bundaberg, Qld - 22.4.6 - Club: Fairymead.

Karen Phillips - Fly, IM - Nowra, NSW - 4.5.66 - Club: Nowra.

Julie West - IM, Fly - Townsville, Qld - 4.9.66 - Club: Aitkenvale

Erica Wilkinson - Freestyle - Bendigo Vic - 19.6.67 - Club: Bendigo.

Lauren Wilkinson - Back stroke - Sydney, NSW - 2.11.67 - Club: Jones.

Club: Refers to original club.



Bill Sweetenham



Bernie Mulroy



Judy Hudson



Megan Fanning

Julie West

Lauren Wilkinson

Susan Lipman



Jody McGibbon

Erica Wilkinson

Andrea Houlden

Karen Phillips



Jacki Grant

Sue Landells

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Georgina Parkes



Kim Gasch

Audrey Moore

Michele Pearson

Dimity Douglas

