

# Swimming

1989



**SPEEDO**



AUSTRALIAN INSTITUTE OF SPORT

## **Introduction**

Swimming was one of the eight foundation sports when the Australian Institute of Sport opened in 1981. Since its inception, the Swimming Program at the AIS has made a significant contribution to the development and progress of Australian swimming. The program is designed to complement and support the national programs of Australian Swimming Incorporated. The AIS sees that it has a vital role to play in helping to develop Australia's elite swimmers in conjunction with other programs already in place throughout the country. To date, swimmers who have been involved with the AIS swimming program have been responsible for:

239 International Gold Medals

146 National Records

164 World Ranked Performances.

(Annual)

## **Aim of the Program**

The Australian Institute of Sport swimming program aims to promote excellence in swimming and career opportunities and to foster individual and national pride through dedicated commitment to the total program. It is directed towards enhancing Australia's international standing in swimming. The education of athletes and their career training are high priorities at the Institute. The program is designed to allow athletes to pursue their chosen fields.

## **Outstanding Performances**

The AIS team had a successful meet at the 1988 Olympic trials and placed six men, four women plus two visiting scholarship holders on the twenty-six member Australian team for the Olympic Games in Seoul.

The AIS Olympians were:

Robert Bruce  
Ian McAdam  
Martin Roberts  
Simon Upton  
David Wilson  
Rob Woodhouse  
Sheridan Burge-Lopez  
Janelle Elford  
Karen Lord  
Donna Procter  
Michael McKenzie  
Nicole Livingstone

The most outstanding performance was a superb win by Donna Procter in the 400 metres Individual Medley. Her time of 4:45.12 set new Commonwealth, Australian and AIS records.

## 1988 International Medal Winners

European Tour —  
Hamburg

D. Procter	2nd 400 FS — 4:16.94
R. Woodhouse	3rd 200 IM — 2:06.04

Paris

D. Wilson	2nd 200 Fly — 1:59.23
D. Procter	3rd 400 IM — 4:44.63
R. Woodhouse	2nd 400 IM — 4:14.55 (AIS & Aust. Open Record)

Berlin

M. Roberts	3rd 200 Fly — 2:01.81
D. Wilson	1st 200 Fly — 2:00.94
D. Procter	2nd 400 IM — 4:53.90

Bonn

R. Woodhouse	2nd 400 IM — 4:15.20
D. Wilson	3rd 200 Fly — 1:57.10 (AIS & Aust. Open Record)

## Mission Bay International —

R. Woodhouse	1st 200 IM — 2:04.79
	1st 400 IM — 4:20.27
J. Elford	1st 800 FS — 8:24.15
	2nd 400 FS —
S. Burge-Lopez	1st 400 FS — 4:08.06
	2nd 800 FS — 8:26.37
D. Wilson	1st 200 Fly — 1:58.99
I. McAdam	1st 200 BRS — 2:18.56
R. Bruce	2nd 200 IM — 2:04.83
	3rd 400 IM — 4:27.66
K. Lord	2nd 200 Bk — 2:15.62
D. Procter	3rd 400 IM — 4:50.42
	3rd 400 FS — 4:15.08

## Monte Carlo International —

B. Harding	1st 200 IM —
	1st 400 IM —
	2nd 200 BRS —

## Coaches Profiles



### Head Coach — Bill Sweetenham AM

- Three times named Australian Swim coach of the Year.
- 1981 Australian Coach of the Year for all sports as named by the Confederation of Australian Sport.
- 1981 recipient of the Churchill Scholarship.
- Coach at the AIS since 1981  
Women's Head Coach from 1982–1984  
Head Coach of the program since 1984.
- Head Coach of Australian team to the 1980, 1984 and 1988 Olympics.
- Served on more than 30 international tours.

- During the last 12 years has had medal winners and Olympic record breakers at the 1976, 1980 and 1984 Olympics and has succeeded in producing world ranked performers, world records and international gold medals, making him one of the world's leading coaches.
- Lectured in numerous conferences around the world, including the World Coaches Conference, Heidelberg 1979 and the World International Congress of Sports Science, Canada 1978.
- Awarded Order of Australia Medal (AM) in 1988.



### **Senior Coach — Terry Gathercole AM**

- Former world record holder in 200m, 110 yards and 220 yards Breaststroke from 1958–1961.
- Former Olympic and Commonwealth Games Medalist.
- Australian Olympic Swim Team Coach — Tokyo 1964; Montreal 1976.
- Australian Commonwealth Games Swim Team Coach — Jamaica 1966.
- Named NSW and National “Coach of the Year” by the Australian Swim Coaches in 1981.
- Awarded Life Membership of Australian Swim Coaches Association in 1987.
- Awarded Order of Australia Medal (AM) in 1988.



## **Coach — Bill Nelson**

- Head Coach, Northern Districts ASA New Zealand Tour — 1984.
- 1987 recipient of NSW Coaches Association Development Scholarship.
- Elected to Board of Directors, Australian Swim Coaches Association, NSW Branch in 1987.
- Head Coach, NSW Country Team in 1988.
- Appointed to AIS program in 1988.
- Coach of AIS team to New Zealand National titles 1989.

## **Swimmers' Profiles**

### **Women**

Name: Linley Frame  
DOB: 12.11.71  
Club: Bulleen Aqua Stars, Vic.  
Home  
Coach: Alwyn Barrett  
Stroke: Breaststroke



Name: Louise Jamieson  
DOB: 14.10.71  
Club: Bulleen Aqua Stars, Vic.  
Home  
Coach: Alwyn Barrett  
Stroke: Breaststroke



Name: Karen Lord  
DOB: 13.3.70  
Club: Shellharbour Warilla ASC,  
NSW  
Home  
Coach: Mick Lord  
Stroke: Backstroke



Name: Jacqueline McKenzie  
DOB: 16.4.73  
Club: FAI West Coast Swim Club,  
WA

Home  
Coach: Lyn McKenzie  
Stroke: Individual Medley



Name: Angela Mullens  
DOB: 16.12.68  
Club: Moree Swimming Club,  
NSW

Home  
Coach: Patrick Mullens  
Stroke: Freestyle



Name: Donna Procter  
DOB: 16.10.69  
Club: Hunter ASC, NSW  
Home

Coach: Eric Arnold  
Stroke: Individual Medley,  
Freestyle



Name: Julie-Anne Roberts  
DOB: 19.11.71  
Club: Bulleen Aqua Stars, Vic.  
Home

Coach: Alwyn Barrett  
Stroke: Breaststroke



Name: Anne McCloghry  
DOB: 18.4.72  
Club: Blue Haven — Toongabbie  
ASC, NSW

Home  
Coach: Tony Shaw  
Stroke: Freestyle



## Men

Name: Anthony Brewin  
DOB: 5.8.71  
Club: Ryde Swimming Club, NSW  
Home  
Coach: Ursula Carlile  
Stroke: Freestyle



Name: Robert Bruce  
DOB: 11.3.69  
Club: Carlile, NSW  
Home  
Coach: Paul Hardman  
Stroke: Individual Medley



Name: Brent Harding  
DOB: 31.1.69  
Club: Academy ASC, NSW  
Home  
Coach: Brian Sutton  
Stroke: Individual Medley



Name: Mark Ikin  
DOB: 5.7.71  
Club: Gosford ASC, NSW  
Home  
Coach: Les Lazarus  
Stroke: Individual Medley,  
Backstroke



Name: Martin Roberts  
DOB: 19.6.66  
Club: Marion ASC, SA  
Home  
Coach: Bill Sweetenham  
Stroke: Freestyle, Butterfly





Name: Phil Rogers  
DOB: 24.4.71  
Club: Paxus Clovercrest ASC, SA  
Home  
Coach: Dr Ralph Richards  
Stroke: Breaststroke



Name: Ian Vander-Wal  
DOB: 22.9.71  
Club: Darwin ASC, NT  
Home  
Coach: Fred Wilson  
Stroke: Freestyle, Butterfly



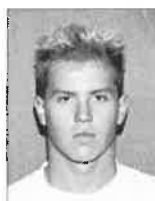
Name: Michael Weeding  
DOB: 20.6.70  
Club: Knox Pymble Aquatic Club,  
NSW  
Home  
Coach: Stephen Critoph  
Stroke: Breaststroke



Name: David Wilson  
DOB: 28.10.66  
Club: Melbourne Vicentre, Vic.  
Home  
Coach: Dr Ralph Richards  
Stroke: Butterfly



Name: Simon McKillop-Davies  
DOB: 23.9.72  
Club: Cabramatta ASC, NSW  
Home  
Coach: Mark Regan  
Stroke: Individual Medley



Name: Gary Lord  
DOB: 30.11.67  
Club: Shellharbour Warilla ASC,  
NSW  
Home  
Coach: Mick Lord  
Stroke: Freestyle



Members of the  
AIS Swimming Hall of Fame



Lisa  
Curry



Sue  
Landells



Georgina  
Parkes



Karen  
Phillips



Susie  
Woodhouse



Michelle  
Pearson



Rob  
Woodhouse



Mark  
Stockwell

"Far better it is to dare mighty things, to win glorious triumphs, even though checked by failure, than to take rank with those poor spirits who never enjoy much nor suffer much because they live in the gray twilight that knows neither victory nor defeat".