

SWIM-MASTER

THE OFFICIAL PUBLICATION OF THE A.A.U. MASTERS SWIMMING COMMITTEE

DECEMBER 1971



A word about next year . . .

The Masters Swimming Program is a program for people 25 years-of-age and older designed to encourage people to swim on a regular basis and be concerned about their physical fitness level. This program has been in existence for approximately three years. It has become an official part of the National AAU Aquatics Program and beginning next year in 1972 we will compete in the National A.A.U. Masters Swimming Championships.

The advantages to be gained by this move:---

1. It provides tangible evidence of the legitimization of Masters activities. It is now recognized as an integral part of aquatics along with the age group & Sr. programs.
2. The National meets will now have enhanced status and prestige. This symbolism will add to the excitement and esteem of the National meets.
3. The organization of the National A.A.U. will actively co-operate and draw upon the resources of the national and local organizations for help in developing future meets.

Next year all Masters swimmers will register with their AAU District Association. Masters competition is open to all registered athletes possessing a regular AAU card (amateur athletes) or a Masters AAU registration card (professional athletes). These cards are available from the AAU District Registration Chairman. In order to help you locate your AAU District Association and Registration Chairman, there is a map of the U.S. outlining the AAU District Associations on the following page and a list of the Registration Chairmen.

OBJECTIVES OF MASTERS SWIMMING PROGRAMS

1. To encourage and promote physical fitness and improvements in health in those older individuals not previously involved in competitive or recreational programs.
2. To offer the opportunity to continue conditioning or reinstitute conditioning in those over 25 years of age who were formerly athletes or swimming enthusiasts.

3. To offer encouragement to individuals, clubs, organizations, and communities in the organizing and conducting of life-long physical, recreational, and competitive masters programs.

4. To enhance fellowship amongst participants in masters programs.

5. To stimulate interest in masters programs at all levels of involvement -- physical educators, clubs, organizations, recreation directors, communities, medical societies, and higher educational institutions.

6. To stimulate research in the physiology and psychology of masters participation at basic and clinical research levels, and further to investigate the benefits of continued exercise programs on aging processes, cardiopulmonary involvement, orthopedic problems and other preventable debilitating processes.

GOALS OF MASTERS SWIMMING PROGRAMS

1. To outline safe masters programs in swimming for individuals over 25 years-of age, taking cognizance of previous swimming prowess or participation, non-participation, gradual programming, physical condition, and "medical wellness" of proposed participants.

2. To propose proper swim training for older age groups.

3. To consider programs which will provide goals towards which older participants can work, and motivation for continuing exercise regimens in spite of the inconveniences and the stresses of adult life.

4. To set up proper age and ability groupings in the establishment of masters swimming programs, with well planned balancing of events, and limitation of duration and stresses of competitive programs with relation to these factors.

5. To promote adequate medical examination and certification of participants for masters programs, and suggest minimal requirements (standardized or otherwise).

6. To seek assistance for research programs in the medical aspects of masters programs, and coordinate, if possible, present research programs in these areas.

A.A.U. DISTRICT ASSOCIATIONS

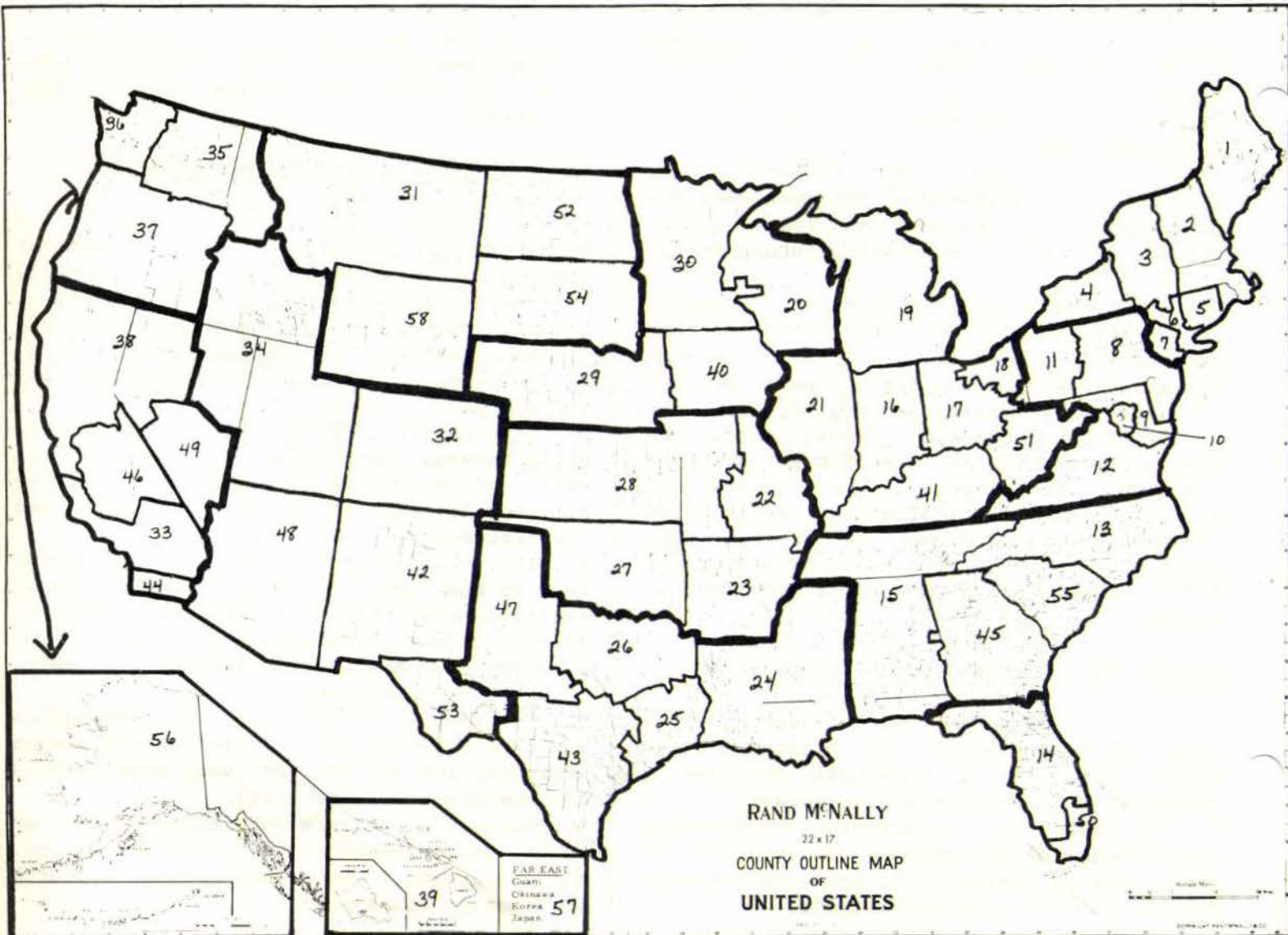
KEY TO MAP

- | | | | |
|----|-------------------|----|--------------------|
| 1 | Maine | 30 | Minnesota |
| 2 | New England | 31 | Montana |
| 3 | Adirondack | 32 | Rocky Mountain |
| 4 | Niagara | 33 | Southern Pacific |
| 5 | Connecticut | 34 | Inter-Mountain |
| 6 | Metropolitan | 35 | Inland Empire |
| 7 | New Jersey | 36 | Pacific Northwest |
| 8 | Middle Atlantic | 37 | Oregon |
| 9 | South Atlantic | 38 | Pacific |
| 10 | Dist. of Columbia | 39 | Hawaiian |
| 11 | Allegheny Mt. | 40 | Iowa |
| 12 | Virginia | 41 | Kentucky |
| 13 | North Carolina | 42 | New Mexico |
| 14 | Florida | 43 | South Texas |
| 15 | Southeastern | 44 | Pacific Southwest |
| 16 | Indiana | 45 | Georgia |
| 17 | Ohio | 46 | Central California |
| 18 | Lake Erie | 47 | West Texas |
| 19 | Michigan | 48 | Arizona |
| 20 | Wisconsin | 49 | Southern Nevada |
| 21 | Central | 50 | Florida Gold Coast |
| 22 | Ozark | 51 | West Virginia |
| 23 | Arkansas | 52 | North Dakota |
| 24 | Southern | 53 | Border (Texas) |
| 25 | Gulf | 54 | South Dakota |
| 26 | Southwestern | 55 | South Carolina |
| 27 | Oklahoma | 56 | Alaska |
| 28 | Missouri Valley | 57 | Far East |
| 29 | Midwestern | 58 | Wyoming |

REGIONAL ALIGNMENT

The following regions are established for the conduct of regional competition in each sport: (Effective for all sports on Jan. 1, 1971.)

- | REGION | DISTRICT ASSOCIATIONS |
|--------|--|
| 1 | Maine — New England — Adirondack — Niagara — Connecticut — Metropolitan — New Jersey. |
| 2 | Middle Atlantic — South Atlantic — District of Columbia — Virginia — Allegheny Mountain. |
| 3 | North Carolina — South Carolina — Georgia — Southeastern. |
| 4 | Florida — Florida Gold Coast. |
| 5 | Hawaii — Far East. |
| 6 | Indiana — Kentucky — Ohio — Lake Erie — Michigan — Central — West Virginia. |
| 7 | Wisconsin — Minnesota — Iowa — Midwestern. |
| 8 | Missouri Valley — Ozark — Oklahoma — Arkansas. |
| 9 | Gulf — Southwestern — South Texas — West Texas — Southern. |
| 10 | New Mexico — Arizona — Border — Rocky Mountain — Intermountain. |
| 11 | Montana — North Dakota — South Dakota — Wyoming. |
| 12 | Inland Empire — Pacific Northwest — Oregon — Alaska. |
| 13 | Southern Pacific — Central California — Pacific Southwest — Southern Nevada — Pacific. |



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JAN. 1 Ft. Lauderdale, Fla.
JAN. 23 Arkansas

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