

GOLDEN BOY PEIRSOL JOINS WELSH FOR SEASON'S GRAND FINALE

IAN HANSON

Swimming Australia will wind up what has been an exciting 2004 with the traditional Qantas Skins, the Telstra FINA World Cup and a night of glitz and glamour with the Telstra Australian Swimmer of the Year Awards at the end of November.

Fresh from their successes at the Athens Olympic Games and the FINA World Short Course Championships, the majority of the Australian Olympic team will be joined by a host of internationals for the end of year activities.

The Skins (**Sydney Olympic Park Aquatic Centre, November 21**) has become somewhat of an institution on the Swimming Australian calendar and on the overseas calendar as well with several Athens Olympic stars heading to Sydney and then on to Melbourne (**Telstra FINA World Cup, November 26,27,28**).

Once the racing is done the stars of the pool will swap their Speedos for tuxedos at the Swimmer of the Year Awards (**Grand Hyatt, November 29**).

Head-lining this year's array of international stars will be triple Olympic backstroke gold medallist from the USA, **Aaron Peirsol** and his Athens 4x100m medley relay gold medallist, American record holder for 100m freestyle, **Jason Lezak**.

Peirsol was one of the stars of the Games, winning gold in the 100 and 200m backstroke and as a member of the world record breaking US 4x100m medley relay team.

He backed up his triple treat in Athens with three more gold medals at the FINA World Short Course Championships in Indianapolis - breaking his own world record in the 200m backstroke.

Lezak, who set the new American record of 48.89 at the US Olympic Trials but "had a shocker and failed to make the semi-finals in Athens" bounced back to anchor the US men to their final night gold medal and world record in the 4x100m medley relay at the Olympics.

With Peirsol leading off, Lezak again joined Athens team mates Ian Crocker and Brendan Hansen to spearhead the US to another world record in the 4x100m medley relay in Indianapolis.

Peirsol's record in backstroke swimming is quite imposing and reads:

"Won three gold medals at the 2004 Olympic Games, sweeping the backstroke events . . . world record holder in the 200m backstroke long course and short course and the 4x100m medley relay; . . . world record holder 100m backstroke short course; . . . winner three gold medals at the World Short Course in 2004 . . . and three gold and one silver at the 2003 World Championships . . . named the 2003 NCAA Swimmer of the Year . . . broke the meet record in the 100m backstroke and the world record in the 200m backstroke at the US Olympic Trials."

Peirsol will take on Australia's own Matt Welsh and a host of emerging Aussie stars in the Skins elimination backstroke event as swimmers vie for over \$100,000 in prizemoney.

His clashes with Welsh, who finished with silver medals to Peirsol in Indianapolis, is shaping up to be the major highlight of the men's program.

"I have heard so much about the Skins meet that I can't wait to get down to Australia and race Matt and the boys and hopefully take in some of your summer sun and surf," Peirsol said.

"It has been an exciting 2004 with the Athens experience and I can't think of a better place to finish off the year than Australia."

Lezak will line up in the 50m freestyle sprint elimination series against a field of young Australians, including Athens 4x100m freestyle relay debutant Eamon Sullivan.

At the time of going to press there was every chance that Sydney Olympic 2000 gold medallist **Ed Moses** and World Champion 50 metre backstroke **Randall Ball** as well as five-time World Short Course 200m butterfly gold medallist **James Hickman** (Great Britain) would joint the list of stars.

Australia's line up of stars will centre around the golden girls of Athens with **Jodie Henry, Alice Mills, Libby Lenton, Leisel Jones** and **Brooke Hanson** leading the way.

Henry, Mills and Lenton who together with the now retired Petria Thomas set a world record in the 4x100m freestyle relay in Athens, will line up against Olympic 50m finalist Michelle Engelsman in the Skins 50m freestyle elimination.

Olympic breaststroke gold and silver medallists Jones and Hanson will continue their duels in the pool alongside Sydney Olympian Tarnee White and newcomers - world short course record holder **Jade Edmestone** and World Short Course bronze medallist **Sarah Katsoulis**.

PRESIDENT'S MESSAGE

INDY SUCCESS STRENGTHENS USA-AUSTRALIA RELATIONS

The World Short Course Championships were an outstanding success for the Telstra Dolphins Australian Swim Team and we also made some significant strides forward in strengthening the relationship between Swimming Australia and USA Swimming while in Indianapolis.

Under the leadership of Leigh Nugent, the Australian Team performed remarkably well, surpassing expectations.

With many of the established stars taking a well earned break following the successful Athens Olympic Games, it was left to a few "old heads" and the next generation of stars to lead the Australian challenge.

Swimmers like Brooke Hanson and Libby Lenton did a great job in winning gold medals, as well as the women's 4x100m medley relay team of Hanson, Lenton, Jessica Schipper and Sophie Edington.

Hanson in particular should be congratulated for her performance in winning six gold medals.

Experienced athletes like Matt Welsh also did well in guiding the younger swimmers, many of whom were competing internationally for the first time.

Relatively new names like Jade Edmiston, Edington, Tayliah Zimmer, Melissa Gorman, Sarah Katsoulis and Brenton Rickard popped up on the medal dais while Olympians Lara Carroll, Shayne Reese, Nic Sprenger and Adam Lucas also did very well.

In fact it was a massive task to back up after the Olympic Games and for all those who did back up, both physically and mentally, congratulations to you all.

Out of the pool, Swimming Australia Chief Executive Officer Glenn Tasker and I had the opportunity to spend a lot of time with the USA Swimming President and CEO and we have moved further down the track towards scheduling regular battles with the USA team.

There were lengthy discussions about another Duel in the Pool in the USA next year with the view to bringing the successful concept back to Australia in the near future as well.

It was also good to be able to witness the staging of such a tremendous international swim meet with the 2006 Commonwealth Games and 2007 World Swimming Championships preparing to take place on our own doorstep in Melbourne.

On the homefront, we have had tremendous feedback from the swimming community to the strategic plan, name change to Swimming Australia and new logo, which was unveiled at the Annual Meeting.

We have also had correspondence from other sports commenting on the substance and structure of our strategic plan, a further sign that swimming is leading the way – both in and out of the water.

Neil Martin
President
Swimming Australia Ltd.

FROM THE CHIEF EXECUTIVE OFFICER'S DESK

DOLPHINS MAKE SPLASH IN FIELDHOUSE POOL

Glenn Tasker

The Telstra Dolphins continued their excellent record at the 7th FINA World Short Course Championships in Indianapolis by winning a total of 29 medals and finishing second on the medal table to USA Swimming, which was an excellent result. Our Team of 30 swimmers was the second biggest at the event and once again Swimming Australia has shown great support for FINA events.

The Indianapolis event was the first opportunity for the new President of Swimming Australia, Neil Martin, to meet the FINA family. Neil had meetings with the President of FINA, Mustapha Larfaoui as well as meeting all the members of the FINA Executive and Bureau.

President Larfaoui congratulated Neil on his election and thanked him for Swimming Australia's support of their programs. Neil was also able to meet with the President (Ron Van Pool) and the CEO (Chuck Wielgus) of USA Swimming. These discussions advanced planning for future Duels in the Pool, the Australia-USA duel meet, which began in 2003. In principle support for future Duels was reached but no details are yet available. USA Swimming will now develop a proposal for a 2005 version immediately after the FINA World Championships, which will be held in Montreal, Canada.

The FINA World Short Course Championships were held in a multi-purpose stadium, the Consec Fieldhouse. At the event FINA introduced an "athletics" style bib, which athletes were required to wear during finals introductions and medal ceremonies.

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The bib was a large sticker, which was attached to the athlete's tracksuit. The bib provided exposure for the event sponsors via the television coverage. The bib did not impinge on any nation badges, national sponsors' logos or manufacturers' logos and FINA considered the trial as very successful. Swimming Australia will be required to use the sticker-bibs at its FINA World Cup in Melbourne during November. The FINA Bureau conducted extensive meetings prior to the championships and as their deliberations become known these will be published in the eSwimmer.

HIGH PERFORMANCE

2004 – WHAT A YEAR IT'S BEEN FOR THE DOLPHINS

Leigh Nugent, National Head Coach

The Telstra Dolphins of 2004 stood up and were counted at the Athens Olympic Games and the FINA World Short Course Championships in Indianapolis.

Much has been said and written about the Olympics but I have to say how proud I was to be the National Head Coach of this team.

To have the opportunity to take this group of young Australians on the trip of lifetime is something I will cherish for the rest of my life.

People told us all that the Olympics is something you have to experience yourself and I could not agree more.

It was truly an amazing experience and I have to thank not just the athletes but also the coaches and every member of the support staff for their tireless dedication.

We all enjoyed some memorable moments in the grandstands as the swimmers produced the best Olympic medal haul since Melbourne in 1956 – winning seven gold, five silver and three bronze medals for a total of 15 medals.

But no sooner had the dust settled and the parades finished and we had to re-group for the Telstra Australian Short Course Championships, which doubled as the World Short Course Trials for Indianapolis.

And I have to admit the performances across the board from everyone at that meet exceeded our expectations.

For the 20-odd Olympians to back up and for 12 of them to make the team for Indianapolis was a credit to them and their coaches.

But the performances from some new faces and some older ones added to the encouraging signs for the future of Swimming Australia.

To come away with seven gold, 15 silver and seven bronze medals for a total of 29 from the Conesco Fieldhouse was an outstanding effort.

Once again to the swimmers, coaches and support staff this was a spirited group of Australians who rose to the occasion under tough circumstances after just a three day gap between arrival and competition.

I said to this group before we left Brisbane that I expected them to form the nucleus of the Australian Olympic team in Beijing in 2004.

But there will be a lot of water under the bridge and a lot of laps swum between now and then.

It starts in Montreal for next year's World Championships and then heads home to Melbourne for two exciting years on our own back door for the 2006 Commonwealth Games and 2007 World Championships.

No time to rest on our laurels, the time to start preparing for 2008 is now.



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HANSO SAYS

PEIRSOL TO PUMP IT UP AT SKINS AND WORLD CUP

Managing Director Ian Hanson

It will be an absolute pleasure for Swimming Australia to host triple Olympic backstroke gold medallist Aaron Peirsol in Sydney and Melbourne in November when we stage the Qantas Skins on November 21 and the Telstra FINA World Cup on November 26, 27 and 28.

Peirsol is one of the true super-stars of swimming but unfortunately doesn't get the accolades he deserves in the shadow of Michael Phelps.

But I'm sure that Aussie swim fans will be out in force for a glimpse of the backstroking talents that have swept all before him in recent years – particularly through 2004.

Peirsol became only the fifth man in history to sweep the backstroke events at an Olympics – joining Roland Matthes (1968, 1972), John Naber (1976), Rick Carey (1984) and Lenny Krayzelburg (2000).

He also holds the world record for both 200 metres backstroke – long course and short course – which he continued to lower in 2004.

Peirsol was in devastating form at the US Trials and the Olympics and backed up in world record breaking form at the World Short Course Championships in Indianapolis, where he set a new world record for the 200m backstroke and led the USA men to yet another world record in the medley relay.

But Aaron is the first to admit he hasn't had things all his own way – in the US or around the world – with his fellow countrymen Krayzelburg and Randall Bal (who is almost certain to join Peirsol in Australia) and our own Matt Welsh pushing him to world records.

Peirsol is genuinely excited about coming to Australia and enjoying our hospitality and the opportunity to race at the innovative Skins meet and over the short course in Melbourne and we're excited to have him here.

THERE is no doubt that when Sydney hosted the 1999 Pan Pacs it turned everyone's heads as swimming took over the sporting headlines for eight days after 11 world records in one of the best ever swim meets.

The Americans left our shores convinced that the Aussies were on the cutting edge of swimming promotion.

We had also had the Qantas Skins established as one of the most innovative meets with its elimination series and the Mystery Medley.

But the five-day FINA World Short Course Championships inside the Conseco Fieldhouse in Indianapolis showed the world what can be done when you not only capitalize on the venue but take the sport to the people.

FINA, US Swimming and in particular the Indiana Sports Corporation combined to put on an event which was televised on ESPN in the US for the first time and attracted over 70,000 people.

In the pre-meet press conference Phelps, Peirsol and Lindsay Benko all spoke about making swimming in the US an every-day sport and not just a sport for every four years.

Pity it didn't sink in to those journos who left Indianapolis when Phelps withdrew with a back injury after his day one victory in the 200 IM.

The likes of Peirsol, Benko, the legendary Jenny Thompson in her last meet and rising stars Ian Crocker and Kaitlin Sandeno deserved better than that.

Can you imagine the Australian media packing up their lap tops if Ian Thorpe did the same thing – I'd like to think not.

RICKARD LEADS AUSSIES TO DURBAN WORLD CUP

David Mason

While Australia's galaxy of stars will be shining at the Qantas Skins later this month, four of Australia's emerging guns will be blazing their way across the Indian Ocean to Durban in South Africa for the opening round of the 2004/05 FINA World Cup Series.

As one of the host countries for the World Cup Series, Australia is obliged to send a team of four athletes to the other events around the globe and the South African leg will be used to give four of our strongest emerging male swimmers international experience.

Brenton Rickard, who won four silver medals at the 2004 FINA World Short Course Championships, leads the group, which also includes World Short Course team member Andrew Mewing, and young guns Andrew Lauterstein and Kenrick Monk.

Rickard goes to South Africa after the ultimate roller coaster ride throughout 2004. In March the man tipped to be Australia's leading breaststroke hope over 100m at the Olympic Games missed selection in the team and was forced to watch the Athens Olympics on television.

Then the 21-year-old returned to the Telstra Dolphins Australian Team for the World Short Course Championships and returned from Indianapolis with four silver medals.



He finished second in the 50m, 100m and 200m breaststroke, proving his versatility before joining his Australian team mates to claim silver on the final night of the meet in the 4x100m medley relay.

Mewing, another of Australia's World Short Course representatives, will also make the trip to Durban after impressing in his international debut in Indianapolis.

The 23-year-old represents a new breed of swimmer in Australia after making a return to full time training following time off to finish studies. He came back from the World Short Course Championships with a silver medal for his efforts in the gallant Australian 4x200m freestyle relay team that went so close to knocking off the USA in a tense final.

The final two places on the small team to go to Durban will be filled by two young swimmers we are certain to hear a whole lot more about over the next four years. Lauterstein and Monk are regarded as two of the most promising members of the Fisher & Paykel Flippers youth squad.

Monk and Lauterstein made a splash at the 2004 Telstra Australian Short Course Championships and narrowly missed selection in the team for the World Championships but at 16 and 17 years of age respectively there is tremendous hope for the future.

ENGELSMAN JOINS THE POPE SQUADRON IN MELBOURNE

Ian Hanson

Michelle Engelsman is the latest Olympian to join the growing ranks of Melbourne Vicentre coach Ian Pope.

Engelsman, who describes herself as somewhat of a "swimming gypsie", enjoyed her best year in 2004, making the Australian Olympic team for Athens, before finishing sixth behind Inge de Bruijn in the 50m freestyle final, which also saw Australian Libby Lenton finish with the bronze medal.

She split her Olympic preparation between the Florida based Race Club in the US with Olympic gold medallist Gary Hall Jnr. and under Brian Sutton and Steve Alderman at the Sydney University.

"I have to thank everyone at Sydney University for the support they have given me in recent years and I will continue to stay in contact and swim at Sydney Uni. Whenever I'm in Sydney," Engelsman said.

"But I figured it was time for a change and I'm going to head to Melbourne to train alongside my former Sydney University team mate and fellow Olympian Brett Hawke.

"I know Brett is enjoying training with Ian and the Melbourne lifestyle and they are happy to have me so I'll spend the preparation for next year's World Championship Trials with Vicentre."

After returning from her successful Athens campaign, Engelsman, went on to qualify for the Telstra Dolphins Australian Team for the FINA World Championships in Indianapolis but withdrew to attend her best friend's wedding in the US.

"It was one of those major things in my life that I could not miss," Engelsman said.

"I promised her I would be there and I'm glad I went - it was a blast."

Engelsman now joins not only fellow Olympic sixth placegetter in the 50m, Brett Hawke, in Melbourne but also Olympic gold medallists Michael Klim and Giaan Rooney and triple Sydney Olympic medallist Matt Welsh.

Leading up to Athens, Italian ace Massi Rosolino, was an intricate part of the Pope squad, but the 2000 Olympic champion and 2001 World Champion has now returned to Italy to consider his future in the sport.

Engelsman will line up against fellow Athens Olympians Jodie Henry, Alice Mills and Libby Lenton for the Qantas Skins on November 21 and the Telstra FINA World Cup on November 26,27 and 28.

WHO WILL YOU VOTE FOR IN THE 2004 TELSTRA SWIMMER OF THE YEAR PEOPLE'S CHOICE AWARD?

NOMINATIONS are now open to vote for your favourite Australian swimmer for 2004 by sending a text to **1977 2277** or **voting online at www.swimming.org.au**. Entry lines will be open from November 1-28, 2004.

You too could be a winner by entering with all entrants in the running for the major prize;

- **500,000 Qantas Frequent Flyer points** (you don't need to be a current Qantas Frequent Flyer member to redeem this prize) with over 1,000 runners-up prizes to be won.

The winner will be announced at the 2004 Telstra Australian Swimmer of the Year Awards in Melbourne on Monday evening, November 29.

For full terms and conditions visit www.swimming.org.au.

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KATE'S COLUMN

QANTAS BIG SPLASH . . . Registrations & Event Dates Extended!

The Qantas Big Splash is a national fundraising swim-a-thon and can be held by clubs anywhere between **20 & 28 November 2004**. The event is being held in conjunction with Royal Life Saving Society Australia and supported by Swimming Australia. By taking part in the Qantas Big Splash swimming clubs can raise funds to help with purchasing new equipment, sending teams to competitions or some clubs may decide to donate the funds raised to other locals in need, such as hospitals or charities.

Prizes include trips for two to Sea World on the Gold Coast for the Under 16's, Sony Playstation2 's for the Over 16's and for the Highest Fundraising Club - the Qantas Big Splash Community winner - a swim clinic and BBQ with a star from Swimming Australia. Big Splash is part of *Sharing the Spirit*, a Qantas initiative designed to help Australians connect with their heroes, their dreams and their families. Registering is easy but must be done by **Friday 12 November 2004**. For more information contact your state swimming association or club secretary for event and registration details, or call the **Qantas Big Splash Hotline on 02 9552 3319**.

SWIM STARS MAKE A COUNTRY SPLASH

They certainly breed them tough in the bush but three Olympic champions gave them a run for their money during the recent "Uncle Tobys Make A Splash Country Tour" in Coffs Harbour.

With the onset of the storms that blacked out the entire city and had surrounding town Bellingen isolated by a swollen river, Alice Mills, Leisel Jones and Travis Nederpelt ventured down to the Coffs Harbour Olympic Pool for a 5.30am training session in driving rain.

They were met by a 30-strong group of swimmers already in the cold waters, chilled by two days of cloud that knocked out the "solar heating system."

So in they jumped and completed the session with the wide-eyed youngsters in the next lane.

Rain also met the Uncle Tobys Tour in Kempsey when the local swimming club hosted a BBQ dinner. But to the surprise of Mills and Nederpelt it was discovered that some young swimmers had braved rain and dangerous conditions on the highway to make the 90-minute round trip from Port Macquarie to get up close and personal with their heroes.

A stop off for a coffee break in Kew, a small town between Newcastle and Kempsey, also saw 25 locals flock to the learn-to-swim centre when word filtered that the swimmers would be in town for a few minutes.

Incidentally, Kew has a Learn-To-Swim centre that caters for more than 250 children, proof that swimming is well and truly alive in the bush.

Earlier in the tour, some young kids from Newcastle Grammar School gave Grant Hackett, Mills and Nederpelt some stick as they raced up and down the lanes of the Arnold Swim Centre at the Junction Pool.

SILLY SEASON ON THE POOL DECK

There is movement at the station!

Several members of the Olympic Swim Team have made some moves around the country as life goes on following the success of the 2004 Athens Olympic Games and with the lanterns of Beijing about to be lit.

Craig Stevens has left the AIS after a successful stint to rejoin the SLC Aquadot Club with Ian Thorpe under the coaching of Tracey Menzies while 2000 Olympic silver medallist Kirsten Thomson is also back at Sutherland with Menzies.

Justin Norris and wife Brooke have moved back to Newcastle with the impending birth of their first child and have settled in well into the Steel City. "Norrie" will be training under Eric Arnold where it all began at the Hunter Swimming Club.

Michelle Engelsman has moved south to train with Ian Pope while Jim Piper is spending three months in Perth and Antony Matkovic is also heading home to the west after a stint at the AIS.

TODDY SWAPS GOLD MEDALS FOR GOLD BANDS

Congratulations to Toddy Pearson following his recent marriage to girlfriend of eight years Alisa Rowles.

Toddy certainly made his bride wait but now that he has hung up the Speedos the happy couple are ready to move onto the next stage of their lives.

Ready to party with the new bride and groom were fellow Telstra Dolphins team members Ian Thorpe, Grant Hackett, Michael Klim, Craig Stevens, Adam Pine (who was also a groomsman), Geoff Huegill and others.

All at swimming wish Mr and Mrs Pearson a very happy future in the golden west.



ATHLETE PROFILES

A COUPLE OF LAPS WITH . . . Jade Edmiston & Nic Sprenger

David Lyall

In the second series of eSwimmer's exclusive new athlete profiles, David Lyall throws on a pair of Speedos and some flippers to kick a few laps along side some of Australia's best swimmers.

This month Lyall sought a quick reaction from new world record holder **Jade Edmiston** and Olympic relay medallist **Nic Sprenger**.

Just two years after coming out of a premature retirement, Edmiston had a sensational Telstra Australian Short Course Championships, shattering the Commonwealth 50m breaststroke record three times on her way to first equaling and then breaking the World record for the event. She then went on to win a gold and two silver medals at the World Short Course Championships in Indianapolis.

Nic Sprenger continued the great form that saw him win a silver medal as part of Australia's 4x200m freestyle relay team in Athens, taking out the 200/400m freestyle double at the Telstra Australian Short Course Championships.

JADE EDMISTONE

Jade Edmiston, world record holder: Pretty cool
Brisbane: Home
AIS: Home again
50m breaststroke: Fast
100m breaststroke: aaah...getting better
Your own early retirement: Premature
Your comeback: Perfect
Making the Telstra Dolphins for World Short Course: My dream
Beijing: My next dream
Role models: mmm..No one in particular
Inspiration: Myself
Family: Supportive
University: U of Southern QLD, education, career
Life after swimming: Who knows?
Music: R&B
Last book you read: Algebra and calculus

NIC SPRENGER

Olympics: Competitor, spectator and sightseer
Winning silver: Disappointing at the start, then extremely exhilarating
Lessons learnt: To be more focused during the day, to realise there's disappointments but at the end of the day to realise I left a silver medallist
Winning the 200/400m freestyle double at the WSC Trials: Amazing, I thought it could be possible but to get out and do it, especially after the Olympics is very positive
Ian Thorpe: Freak
Michael Phelps: Equal freak
Coach Michael Bohl: Haha...equal freak as well, he's got me to where I am today, along with my family, and I'd like to consider him a very tight support group
University: Podiatry
The future: Continue improving
Beijing: Around the corner and certainly something to continue refocusing on
Inspirations: Seeing the likes of Ian Thorpe, Michael Phelps and Grant Hackett at the Olympic Games – all huge
Role models: Those guys I just mentioned
Last book read: Lance Armstrong's book
Music: Anything...it's 106.9 (Brisbane) at the moment
Life after swimming: Podiatry, maybe something else but a lot more free time
Funniest member of the Telstra Dolphins Australian Squad: Brett Hawke



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- 94% of silver medals
- 97% of bronze medals

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MATT'S SIGHTS NOW ON NATIONAL AGE

By David Mason

After scooping the pool at the 2004 Athens Paralympic Games, Matthew Cowdrey has set his sights on Australia's best young able-bodied swimmers.

The 15-year-old wonderkid, who came back from Athens with seven medals, is chasing a place at the Fisher & Paykel Australian Age Championships, which will be held in Brisbane from April 13-17, 2005.

With strict qualification times in place to be able to compete at the Australian Championships, Cowdrey is training hard to ensure he can make the necessary drops to make the standards set for participation.

The South Australian has set himself for a tilt at the 200m individual medley, in which he is the Paralympic Champion, and also the 200m freestyle, in an attempt to make it to Brisbane.

And the reason for the latest challenge is simple!

"Every year most of the people in my squad at Norwood in Adelaide leave for the National Age Championships and I am left behind in Adelaide," Cowdrey said. "It is a bummer to be training by myself and I want to join my team mates at the Australian Age champs."

Cowdrey is well aware of the strides he has to take to qualify for the Fisher & Paykel Age Championships, which has been the springboard for athletes like Leisel Jones, Alice Mills, Travis Nederpelt and Lara Carroll in recent years.

"I have to drop my 200m IM time about three seconds under my world record at the moment so it will be tough," he said. "The 200m freestyle I'm not too sure how far I have to drop because I haven't done a long course 200m for so long but I think it is about two seconds."

"It will be tough but I have set myself the goal."

Looking back over the Paralympic Games, which saw the "rookie" scoop the pool in Athens, winning seven medals including two gold medals, Cowdrey has nothing but positive memories of the meet.

"It is hard to describe in words how it all went," Cowdrey said. "It was a great experience. I went over there trying to swim pbs and I did that and the medals were just a bonus. I didn't expect to win that many medals."

Ironically, it was the SM9 200m individual medley, the race in which he wants to qualify in at the National Age Championships, which gave him the most pleasure at the Paralympic Games.

Cowdrey came over the top of the field with a slashing final 50m freestyle leg to take gold in a time of 2:21.80, setting a new world record in the process.

"The 200m IM was my favourite," he said. "I think because it was the one that I focused on so much leading into the Paralympics. It was the race I wanted so to win the gold medal was the highlight for sure."

So instead of basking in the glory of the Paralympic Games, it is back to the training pool as he strives to lower his pb and take on the able bodied swimmers in April.

EDITOR'S NOTE: Now there's some inspiration for you. We wish young Matt all the best with his latest challenge and we'll follow his progress with considerable interest.

WHAT'S ON

Grant Baldock

TICKETS AVAILABLE FOR QANTAS SKINS AND TELSTRA FINA WORLD CUP

After the overwhelming success of the Australian Swim Team at the Athens Olympic Games and the FINA World Short Course Championships, international swimming returns to **Sydney Olympic Park Aquatic Centre** on **Sunday 21 November** for the **2004 Qantas Skins**. The whole family is invited to come along and support our best swimmers as they go head-to-head in the exciting unique Skins format. Action starts from 1:30pm (doors open at 12:30pm) and features a unique and exciting race format including sprint "shoot-outs", distance freestyle events and mystery medleys. Tickets can be purchased through Ticketek at www.ticketek.com.au or by phoning (02) 9266 4800. Adults A Reserve tickets are \$20.00 and Concession tickets \$10.00, family ticket (2 adults/2 concessions) \$40.00

Focus will then turn to Melbourne for the **Telstra FINA World Cup** to be conducted at the Melbourne Sports & Aquatic Centre from **November 26 - 28, 2004**. The event will attract top swimmers from around the world competing in the Australian leg of the 2004 /

2005 FINA World Cup Series. All other host countries are likely to attend including South Africa, Korea, Sweden, Germany, Russia, USA and Brazil. Tickets are currently on sale from Ticketek by calling 132 849 or by visiting www.ticketek.com. Tickets are sure to go fast for this great event so get in quick

Following on from the Telstra FINA World Cup on the **November 29** the **Telstra Swimmer of the Year Dinner** will be conducted in **Melbourne**.

The second **Commonwealth Youth Games** will be held in **Bendigo** from **November 29 to December 4, 2004**, and will bring together 1000 junior athletes from 24 countries to participate in 10 sports including Swimming, Athletics, Badminton, Boxing, Cycling, Gymnastics, Lawn Bowls, Rugby 7s, Tenpin Bowling and Weightlifting.

Tickets are now available through Ticketek. The swimming competition will be conducted from **December 1 - 3, 2004**. Tickets are now available through Ticketek. For full Commonwealth Youth Games information visit www.bendigo2004.com

SWIMMING AUSTRALIA CALENDAR

2004

November

19 - 21	FINA World Cup #1	Durban
21	Qantas Skins	Sydney
26 - 28	FINA World Cup #2	Melbourne
26 - 2 Dec	FINA World Open Water Championships	Abu Dhabi
30 - 4 Dec	2004 Commonwealth Youth Games	Bendigo

December

2 - 3	FINA World Cup #3	Seoul
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2005

January

6 - 9	Junior Pan Pacs	Hawaii
18 - 19	FINA World Cup #4	Stockholm
19 - 23	Australian Youth Olympic Festival	Sydney
22 - 23	FINA World Cup #5	Berlin
26 - 27	FINA World Cup #6	Moscow

February

4 - 6	FINA World Cup #7	Rio de Janeiro
11-12	FINA World Cup #8	New York

March

12 - 19	Telstra Australian Swimming Championships	Sydney
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April

13 - 17	2005 Fisher & Paykel Australian Age Championships	Brisbane
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July

17 - 31	11th FINA World Swimming Championships	Montreal
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2006

March

15 - 26	Commonwealth Games	Melbourne
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August

17 - 20	Pan Pacs	Vancouver
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2008

August

8 - 24	Olympic Games	Beijing
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SASHA'S SPLASHES

WITH SASHA PINE

JADE'S WORLD RECORD SWIM STARTS BEIJING BID WITH A BANG

For the AIS swimming program the preparation for Beijing starts now and hasn't it started with a bang. The AIS's very own Jade Edmestone is Australia's latest swimming world record holder.

Jade's 50m breaststroke was the highlight of the recent Telstra Australian Short Course Championships, where she set a new Commonwealth record in the morning heat swim, equalled the world record in the semi's that night and in the final the following evening bettered the previous world record of 29.96 to swim a time of 29.90.

Following the Short Course Championships the AIS swimmers had a very successful FINA World Short Course Championships. The AIS had seven swimmers competing in Indianapolis (Jade Edmestone, Brendon Hughes, Joshua Krogh, Sarah Paton, Andrew Richards, Mark Riley, and Joshua Taylor) and the squad won five silver medals. Two individual silvers were won by Jade in the 50 and 100m breaststroke, while Brendon, Andrew and Joshua won relay silvers.

LOOKING towards the future, the recruiting cycle has started and there are two new swimming scholarship holders. Look out for the names Sally Foster and Stephanie Williams, as they may be the future stars of Swimming Australia.

Sally Foster, 19, is a breaststroke specialist from Western Australia.

Stephanie Williams is only 15-years-old and her whole family has moved from their home in Newcastle to Canberra so she can train at the AIS.

CONGRATULATIONS to Petria Thomas who has been named as the General Manager of the Commonwealth Youth Games team. The Games are being held in Bendigo, with the competition being held from the 1st to the 3rd of December. Petria has adapted to life without swimming well and is currently on a well deserved round world trip with husband Julian.

LAST MONTH saw a former AIS swimmer, Todd Pearson, married to his bride Alisa Rowles in what could only be described as a fairytale wedding. The new Mrs Pearson looked nothing short of glamorous, and Todd looked very handsome as did his groomsmen!

This month we will see another AIS swimmer tie the knot. Regan Harrison is set to marry fiancée Kate on November 20th, here in Canberra. I will let you know how it goes.



NATIONAL YOUTH SCENE

FISHER & PAYKEL ENSURE FLIPPERS HAVE THE RIGHT GOODS

Ian Hanson

AUSTRALIA'S future Olympic swimming stars have been given a taste of what it takes to make the top - thanks to Fisher & Paykel and Swimming Australia.

Over 100 members of Swimming Australia's Fisher & Paykel Flippers National and State Youth Squads were engaged in intensive Mini National Training Camps" on the Gold Coast and in Adelaide in September.

Fisher & Paykel have played a major role in working with Swimming Australia to establish a program to assist with the development of future Olympians and members of these squads will be named in the Flippers team to contest the 2005 Sydney Olympic Youth Festival - to be held at the Sydney Olympic Park Aquatic Centre (January 19-23).

The camps came just six weeks after the triumphs of the Aussie swimmers at the 2004 Athens Olympic Games and already Swimming Australia has earmarked the talent base for Beijing in 2008 and at the Games of the 30th Olympiad in 2012.

Seventy swimmers from Victoria, NSW and Queensland gathered at the Runaway Bay Super Centre on the Gold Coast while 37 swimmers from South Australia, Western Australia and the Northern Territory attended a similar camp at the Adelaide Aquatic Centre and the St Peter's College Sports Centre.

And there was just one thing on their minds: How do I follow in the footsteps of some of Australia's greatest Olympians - like Ian Thorpe, Grant Hackett and Petria Thomas?

National Head Coach Leigh Nugent, who as National Youth Coach identified much of this talent, is excited with the opportunities given Australia's Fisher & Paykel State and National Youth Squads.

"It is only through the efforts of Swimming Australia and in conjunction with our junior development sponsors Fisher & Paykel that it is possible to conduct camps such as these," Nugent said.

"We cannot afford to rest on our laurels and we have to ensure that the future stars have the opportunities to learn and keep learning about what it takes to make the National Open team.

"Apart from the skills they are taught in the water we also introduce them to the other areas that help them along the way - like psychology, nutrition, physiology, Pilates and the media.

"The response that we have received from the coaches and swimmers has been very encouraging."

Former leading Australian coach Michael Piper, who was in charge of the Gold Coast camp said: "These camps provide the swimmers with targets which they can train toward assisting their motivation leading into 2008 and they represent a core group of athletes that have a real chance of making the Olympic team for Beijing.

"Of these athletes I would say that five percent of this group could make the Australian team within the next four years and possibly up to ten percent could represent Australia in the next four to eight years.

"We are trying to replicate the experience these athletes would have on any open team by following the Australian team protocols on training, education, behavior and being part of the Australian swim team.

"Our main aim is to prepare these athletes for future youth and open teams, we are trying to make these guys feel like they are a part of the bigger picture in Swimming Australia."

OPEN WATER

SALIBA LEADS OPEN WATER DOLPHINS INTO DUBAI

David Mason

Six-time World Championship representative Mark Saliba believes the men's and women's teams heading to Dubai for the FINA World Open Water Championships are capable of winning medals later this month.

The eight-strong team will contest the World Open Water Championships in Dubai, United Arab Emirates, from November 26-December 2.

While medals have been few and far between in Open Water competition at the highest level, Saliba believes that is about to change.

"I think we have a great opportunity to push for medals in the teams events and also individually," Saliba said. "The standard of competitors in Australia at the moment is pretty strong and we are now at the stage where we can challenge the leading nations.

"Both the men and women are a chance at medals in the teams events and we have a few competitors who have been around for a while and capable of winning individual medals."

The 25-year-old puts himself into the medal contender category after a strong year on the World Cup circuit, highlighted by his first World Cup victory in Hong Kong and a second placing in Atlantic City.



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"I have had the best results I have ever had going into a World Championships, which is a good sign for me," Saliba said. "I won in Hong Kong and also did some of the marathon races, which means I certainly have the fitness levels needed to do well at a big meet like the Worlds.

The experience of previous World Championship campaigns in Perth (1998), Honolulu (2000), Fukuoka (2001), Egypt (2002) and Barcelona (2003) also helps as the "veteran" of the Australian Open Water team leans on the valuable lessons learned.

"You learn a lot from experience in Open Water swimming and I have learned a lot in the last few years about tactics and it is something I know will help me in Dubai," Saliba said.

The Australian Team for the FINA World Open Water Swimming Championships is: **Brendan Capell, Grant Cleland, Mark Saliba, Josh Santacaterina, Lauren Arndt, Melissa Benson, Lauren Guy and Catherine Ware.**

MEMORY LANES

THE FOURS HAVE IT WHEN IT COMES TO GOLDEN MOMENTS

David Lyall

While 2004 has been an extremely successful year for the Telstra Dolphins, history tells us 1984 and 1994 were pretty good years too.

In '84 it was the Los Angeles Olympic campaign and in 1994 the Commonwealth Games in Victoria BC, Canada and the World Championships in Rome showing that a year with four on the end is a good one for Australian swimming.

After some success at the partially boycotted 1980 Olympics, and following a dominant performance at the 1982 Brisbane Commonwealth Games, the Australian team entered the Los Angeles Games with no real super stars but some quiet confidence.

That confidence however, quite rightly, might have been in the "Mean Machine" of Neil Brooks, Michael Delany, Greg Fasala and Mark Stockwell in the 4 x 100m freestyle relay.

They finished with silver, as did Stockwell in a controversial 100m freestyle where the fairness of the start was questioned.

Three other Aussies also won silver while six Aussies won bronze.

But the undoubted star of the show was unheralded Brisbane 17-year-old Jon Sieben who was responsible for one of the greatest upsets in Olympic swimming history when he won gold in the 200m butterfly. He beat both butterfly world record holders, Michael Gross and Pablo Morales on his way to a new world record of 1:57.04.

Before he arrived in Los Angeles the teenager had never swum under 2:01!

Ten years later Sieben was gone but a new superman was heading up the Australian team.

In 1994 Kieren Perkins stamped himself as the world's best swimmer winning a swag of gold medals and setting multiple world records in a brilliant month that took in the Commonwealth Games and World Championships.

Despite his earlier and indeed later Olympic heroics, two swims in that period in '94 defined Perkins' illustrious career.

On the last night in Victoria the 21-year-old Queenslander broke world records in both the 800m and 1500m freestyle in the same race (disobeying his coach John Carew) his 1500m time of 14:41.66 still the third fastest swim of all time, ten years later.

Less than three weeks later his gold medal winning, world record shattering 400m freestyle time of 3:43.80 was being talked about by many as one of the greatest swims of all time.

SWIM TV

MIKE AND DUNCAN ALSO STARS OF SHORT COURSE ACTION

David Lyall

Brooke Hanson, Libby Lenton, Brenton Rickard and the rest of the Telstra Dolphins were not the only Australians to star at the FINA World Short Course Championships in Indianapolis last month.

Fox Sports commentators Mike McCann and Olympic gold medallist Duncan Armstrong were being heard all around the world as the official host broadcaster of FINA.

It is a tremendous honour for the pair, and the Fox Sports network, and shows the high regard with which Australian television broadcasters are held in the swimming community and in particular by the sport's governing body.

McCann and Armstrong provided a wonderful five days of unbiased coverage that would have been as well accepted from London to Rio, Johannesburg to Beijing, as it was at home here in Australia.

Channel 9 also did a wonderful job with their nightly highlights packages hosted by Nicole Livingstone and Grant Hackett.

This month both Fox and the Nine Network's Wide World of Sports team will have more swimming action with coverage of both the Qantas Skins and the Melbourne round of the FINA World Cup, sponsored by Telstra.

Once again Armstrong will head up the coverage with Livingstone and John Casey.

The Skins, to be swum at the Sydney International Aquatic Centre on Sunday November 21, will be replayed the same night by Channel 9.

Fox Sports will show several replays of the coverage, including one on the day before the World Cup, Thursday November 25th at 11am.

Then the three day World Cup, swum over short course, will be LIVE on Fox Sports from 7.30pm-9.30pm on November 26, 27 and 28.

Wide World of Sports will also have nightly replays of all the best action.

Highlights of the first day will see Jodie Henry, Libby Lenton and Alice Mills in the 100m freestyle as well as Brooke Hanson and Leisel Jones in the 100m breaststroke.

On the second day World Short Course stars Matt Welsh and Brenton Rickard will be in action and on the final day rising stars Jess Schipper, Lara Carroll and Josh Taylor will be on show.

For all TV start times remember to check your local guides the week of the QANTAS SKINS and the TELSTRA FINA WORLD CUP.

CREDITS

Managing Director
Ian Hanson

Chief Reporter
David Lyall

Production Co-ordinator
Kate Robinson

Staff Writer
David Mason

Contributors
Glenn Tasker, Grant Baldock, Leigh Nugent, Kurt Hanson, Brendan Keogh, Natalie Menzies & Sasha Pine

Photography
Sport the Library
40 Stokes St
Port Melbourne VIC 3207
P 03 9646 9050
F 03 9646 9052
E aus.sport@sportlibrary.com.au

Special thanks
Glenn Tasker, Brendan Lynch, Maria Ciancio & Sascha Saharov

General Enquiries
Hazel Tolley
Australian Swimming Inc.
P 02 6256 9666
F 02 6256 9667
E e.swimmer@swimming.org.au

Editorial Enquiries
Kate Robinson
Hanson Sports Media Pty. Ltd.
P 07 5522 5556
F 07 5522 5557
E kate.robinson@hansonsportsmedia.com

Web Site Design
WDG
Level 8, 50 Market Street
Melbourne VIC 3000
P 03 9620 4111
F 03 9620 4888
E info@wdg.com.au