

Breaking Records at 95!

95 year old George, is an inspiration to all swimmers, not because he is still breaking records, but because of his great understanding of the motivational forces, that drive humans to achieve.

"What can be done" - is deserving of the recording of it. Performance records are both a guide and a goad to competitors and, to achievers, a worthy goal for Personal Betterment.

The recent swim performances of George Coronas in the 95 - 99 year age group events, beg for an insight into the background and motivation of one so "aged". Something, other than the paucity of 95 year old competitors and their relatively slow times, may well be of interest.



At George's consent, significant facts of his profile reveal that he was born 6th April 1918 at Charleville, Qld, graduated in Medicine at the University of Queensland in 1943, and practiced as a busy GP for 55 years, retiring at 80 years of age in 1998.

His swimming history commenced at the age of 11 years in 1929 with a medal for first in a 33.1/3 yards Backstroke event at a Primary School Carnival at Charleville. He continued swimming at Toowoomba Grammar School and the University of Queensland, representing both at GPS and Inter College Carnivals respectively. The war terminated all involvement until retirement at 80 years of age in 1998 when he re-entered the pool, entirely for physical betterment.

On a trip to Adelaide in 1998 for competition in Lawn Bowls at the Australian Masters Games, there being a free day coinciding with the 50m Freestyle 80 - 84, he nominated and won the event in 43.27. This stirred the adrenalin and so began a slow graduated swim program leading to registration in the Masters organisation in 2000, as a member of Twin Towns Masters. George admits to being deeply in debt to QTT for generating a whole new life style - 12 years of competitive swimming through the 5 year age groups in 25, 50, 100m Freestyle and Breaststroke events, lowering State and National records. He competed overseas at FINA World Swimming Championships in Christchurch, San Fransisco, Perth, Goeteburg, Riccione, winning medallions at all sites. The best haul was in Sweden where he swam seven events, claiming seven Gold Medals, including three FINA World Championships Records.

His physiological and lifetime observation of human well- and ill-being cemented his firm belief in the two inexorable Laws of Nature:

- *The Law of Work Hypertrophy - simply - "you are what YOU do to yourself!" No one can do it for you, - your trainers are restricted merely to advice and encouragement.*
- *The Law of Disuse Atrophy - "stop doing, and you commence your undoing!" He observes that all living things - animal and vegetable - are subject to and obey these Laws and that the status quo of living tissue reflects its ADAPTATION to the variable and repetitive stimuli and demands imposed upon it.*



George receiving an award after breaking another record at the MSQ Short Course Championships

Masters Swimming offers reward enough in the attainment of Personal Best, but bonuses also accrue as the resultant wellbeing, and especially the enrichment of Club, National and International social enjoyment.

George offers these insights as being the basis of his motivation and his finding that the older one becomes the easier is the progress through the age group ladder.

NOTE:

George, swims three times per week and attends gym twice during the week. In addition to this, he has been an active Lawn bowler since 1960.

George is also a second claim member of the Malvern Marlins in Victoria.

