

SCOTTISH AMATEUR SWIMMING ASSOCIATION.  
SYNCHRONISED SWIMMING COMMITTEE.

.....Report on 2nd National  
Synchronised Swimming Course at Tulliallan Police College  
held on 13/15th February, 1970. Administrator- Mrs. Mary Black.

The Course was attended by 41 residential participants and 3 day visitors.

North- Nil.  
Midlands- 2.  
East- 9.  
West- 33.

Course Director was Mr. George Rackham- unfortunately Mrs. Rackham was unable to accompany him at the last minute because of illness in the family. However, we were most fortunate in having Miss Jennifer Robb, a P.E. student from Eastbourne, who ranks 2nd in England- who in addition to her function of Demonstrator gave willing assistance in coaching along with Mr. Rackham. She performed her new solo routine, which gave everyone a thrilling glimpse of what they could achieve with practise.

Mr. Jack Wainwright, our S.A.S.A. President was also unable to be with us but sent his very best wishes for a successful weekend.

Mrs. Avril Dempster- West- acted as assistant to Mrs. Black and performed her role as chaperone/First Aider/Record-changer and numerous other functions - in a most competent manner.

Programme: Friday evening was given over to assembly and getting over the supper-table to exchange news and views.

Saturday morning and afternoon- 4 Water sessions, when everyone who wished could participate in personal performance. Mr. Rackham dealt with Basic Sculls, Stunts, etc., then went on to Advanced and more complicated figures. His analytical progressions made the impossible seem easy- the girls did show improvement as the day wore on. Apart from a few coaches, the remainder took to the water.

The evening was spent in the Lounge, having a well earned sit-down, and Mr. Rackham showed some very interesting films on all aspects of synchro. Then Miss Robb and Mrs. Black spent an hour examining those girls who wished to do their A.S.A. Grades. Mrs. Black also examined newer devotees in the S.A.S.A./S.S.S.A. Joint Awards. These should be widely publicised.

Sunday had 3 water sessions but started off with a very enjoyable Gym session- Again, most of the Course took part.

Mr. Rackham dealt with the breakdown of stunts, making it all seem understandable.

After tea on Sunday- the Course gathered in the Lounge and held a brief question and answer time- Mr. Rackham gave full and comprehensive answers. He summed up the Course as having been from all points of view, very worthwhile. He made a point of mentioning his delight in the general improvement of all the girls who, he had seen last year. He was most hopeful of Scotland's future in Synchro.

He thanked the S.A.S.A. for asking him to the Course and also on Miss Robb's behalf, thanked the administration and college staff.

Mr. Black thanked them both in reply and also the College Secretary, Mr. Kaie, Sgt. Duff, the P.T.I., the Pool attendant- Bobby- for the wonderful co-operation given. It had been arranged by the Administrator, that a system of amplification/Speakers/Recordplayer/Tape Recorder and Underwater Speaker, installed for the occasion- this was done by a Mr. Gordon Smith of Glasgow. His efforts made everything very clear and precise. The girls could hear the music whilst submerged.

Mr. Williamson, the Hon. Treasurer of our Association, visited the Course on Saturday, as did the R.L.R.R. N.T.O. who brought Miss Louise Campbell, a former notable competitive swimmer- who having been given a first lesson by Mrs. Black on Saturday afternoon, became a firm fan of synchro.

As Convener of the Synchro Committee, I should like to thank all who took part in this weekend and the parent body who made it possible by financial backing.

An extremely useful time was spent and for the future- a Course to be arranged -ged for examiners. Mr. Rackham again stressed the matter of taking things in turn and not hustling on to advanced work before the basics have been mastered. Visual experience is most important in examination work.