

SWIMSCENE

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NATIONAL AGE GROUPS— WHY THE CHANGE?

Ron Braund

There are a few who, for one reason or another, cannot accept the need for change in the Age Group scene — a change that most agree MUST take place if we are to extract ourselves from the muddle we have placed ourselves in since the inception of Age Group swimming.

There are two areas of change that we are concerned with, the placement within the calendar and the format. Both have been discussed at length during the past 18 months—agreed by most and approved by Committee and Council.

In reiterating the reasoning behind the change, one has to remember the basic principles behind the introduction of age group swimming. In summary they were to:

- (a) provide a competitive experience similar to that experienced by Seniors and Juniors in National Championships for swimmers either:
 - (i) too young to achieve qualifying times, or
 - (ii) currently at a lower standard than would allow them to enter the Championships proper.
- (b) support and supplement the National Senior/Junior programme (not to replace it or to be a separate activity).
- (c) provide an introduction into Championship programmes and conditions.
- (d) circulate and lead into the National Senior/Junior programme.
- (e) to improve on the numbers being introduced into the Senior/Junior programme — not to replace the quality at a younger age.

If we now look closely how our situation has evolved over the years, we find almost the exact opposite being practised:

1. Heats on a regional basis giving 4-6 different venues (only recently a standard pool length), 4-6 different programmes of events, 4-6 different sets of officials and with the best will in the world, interpretations on rule infringements are bound to differ from one venue to another.

2. Heats six and five weeks prior to the Finals some six weeks after returning from holidays, can in no way reflect the true standard in any age group on the day of the Finals. We have seen swimmers not making finals on times that six weeks later would have made a minor placing; equally we have seen fastest qualifiers not just slipping to silver or bronze, but to 8th place.
3. The numbers being newly introduced into a long course event each year through these Championships is approximately 30. The majority of participants have been there before, hardly cost effective or progressive. Swimmers in the other age groups who do not make the cut off for the Nationals or the last 8 in the age group are out.
4. The placement in November, as in recent years, relates to nothing in swimming terms. It interferes with the opportunity to work over a concentrated period of time. It causes disruption to any senior programme the club may have and it can cause problems over travel from certain areas.

So what is it we are advocating for the future?

- (i) A tie-up between age groups and the Senior programme; a natural progression from District Age Group through National Age Group to the National Championships; an opportunity to qualify from one to the other.
- (ii) an opportunity for representative meets from National times.
- (iii) the opportunity for hard preparatory work over a prolonged period free from mandatory events — something we haven't done for many years.
- (iv) the opportunity for a club to work a similar programme for all levels throughout the year.
- (v) the chance for most to have a holiday without worrying about finding a friendly pool to stay in trim for the Age Group Heats.
- (vi) the opportunity for more swimmers to be involved in Long Course swimming at Championship level. The Nationals are for quality, the Age Groups are for quality *and* experience *and* maximum involvement. We have retained the opportunity to introduce cut-offs and the qualifying times will ensure a realistic standard.

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SWIMALONG

Ron Braund

The National David Wilkie Swimalong held recently attracted 15 Clubs in all: Midas A.S.C.; Dunfermline College of P.E.; Montrose; Ellon; Dyce (Aberdeen); Sutherland; Peterhead; Dingwall; Largs & District; Greenock; Boness; Whitburn; Kirkintilloch; Steprock and Airdrie Baths.

Whilst the final figures are not all to hand as yet, the response in these areas appears to have been good and most Club funds have benefited to the tune of between £500 and £1200.

The purpose behind the exercise was initially three-fold — to provide funds for the Commonwealth Games preparation camp, to provide funds for Districts in order that they could embark on a selective competitive programme and to provide extra cash for the club to do with as they saw fit. The criteria was changed to allow a 50-50 split to club and preparation fund.

It is essential that swimmers and divers who are likely to represent Scotland at Games level manage to get as much opportunity to train in a Long Course situation and nearer the time in an environment closely resembling the Games venue in terms of climatic conditions.

Ideally, of course, it would be best if the opportunity could be extended into the calendar every year, not just Games year. However 1982 is important and every effort has been made to arrange such facilities.

The Winter camp took place in Tenerife and offered not just an incentive, but continuity in training in a 50m environment over the generally closed pool period. It is hoped that this background work will give the swimmers involved a better opportunity to work in their home situation on and to be better equipped to qualify for the Games team.

As was reported in the last Swimszene, the general response to the Swimalong across the country was poor. Many club members reported that they did not know of the scheme even though notification was sent to all club secretaries on a number of occasions. Some of these wish to take part if the exercise is to be offered again.

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S.U.A.S.A. LEAGUE

This year will see the start of the new Scottish Universities Amateur Swimming Association League.

The League has been brought into being for two main reasons: firstly to promote more competitive inter-university swimming matches and secondly to offer a more attractive swimming scene to those swimmers on the verge of retiral, who might otherwise be lost.

The League champion (men's and women's) will be decided after each university has swum against all of the others in turn. The programme of events shall be over 100 metres on all strokes except butterfly (50) and will include both medley and freestyle relays. Looking to next February when the first League champions will be known it is difficult to predict a winner; Glasgow, Edinburgh and Aberdeen are traditionally strong. However, fortunes change with each year's intake of new students.

Ronnie Belbin

GUINNESS SCHOOL OF SPORT SCOTLAND 1981

The Guinness School of Sport is a sponsored high level coaching course for selected athletes between the ages of 16 and 21 and is held at Dunfermline College of Physical Education each summer. The 1981 school was arranged as always, by the Scottish Sports Council in co-operation with the appropriate governing bodies of sport. The scheme provided top level coaching for approximately 70 applicants nominated by their respective governing body. Each successful student receives a scholarship which covers, full tuition, meals and accommodation at the college. Also incorporated in this scheme is a provision for selected trainee coaches to work with the national coach in each sport. The trainee coaches receive the same scholarship as the students. The sports selected for the 1981 school were: CYCLING, GYMNASTICS, DIVING, CRICKET, ARCHERY, JUDO, WRESTLING, FENCING, SKATING.

Diving Section Report

Coach: Dennis Rewt (Edinburgh)

Asst. Coach: Carol Cooper (Aberdeen)

Divers: Hugh Larkin (East Kilbride)
William Ferguson (Fife)
Euan Robb (Aberdeen)
Maleana Scott (Greenock)
Birgit Keuter (Glasgow)
Mandy Robbie (Dundee)

Dave Somerville, the course director, had already made all the essential arrangements concerning the format of the diving course in consultation with Bill Law and Malcolm Taylor, and when my later acceptance of the nomination as team coach was finalised, I found myself in the fortunate position of having only to be concerned with the actual programme content. The other additional administrative arrangements that took place concerned arrangements for having lunch at the Royal Commonwealth Pool, and the securing of trampoline and weight training facilities at the University of Edinburgh Sports Centre (only ¾ mile from the pool).

My strategy for the course was to dismantle 'diving training' into its various components and then to restructure these components to arrive at a redefinition of the driver's art which would take into

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A number of our quality age groupers were selected for a Great Britain meet from times returned at the 1981 Age Group Finals in June. It's as well they did not have to wait till November. We now have the opportunity to put the calendar to rights and allow throughout maximum participation at realistic levels in a meaningful programme. Let us not lose that opportunity.

account individual strengths and weaknesses. We considered the following components:—

1. APPROACH AND HURDLE
 2. SPOTTING
 3. ENTRIES
 4. TRAMPOLINE
 5. TRAINING QUANTITY
 6. TRAINING QUALITY
 7. ATTITUDE
 8. FLEXIBILITY
 9. STRENGTH
 10. CARDIO-VASCULAR EFFICIENCY
- TECHNIQUES
METHODS OF APPROACH
FITNESS COMPONENTS

Our entry into this structure was by way of an assessment of individual fitness. This we accomplished, painlessly, on the first evening of the course using the excellent laboratory facilities of D.C.P.E. to record FEV, FVC, MAX.V02, we worked our way through the different sessions of the week, the relative merits of a multiplicity of fitness training methods could thus be more fully appreciated by each individual. This aspect of the course was concluded with a personal discussion related to individual fitness profiles.

The technique components were developed during the pool sessions and certain specific areas such as 'spotting' were covered in greater depth using the excellent trampoline facilities at Edinburgh University. IN particular the spotting rig which included a twisting belt, was most useful, and added a positive dimension to the learning of new dives which took place later on in the week. Our training was further enhanced by the availability of a colour VTR system, and we took advantage of this opportunity to record a set of dives for each diver. The playback facility both on the poolside and back at college gave divers a positive insight into the flaws in their technique.

The less tangible components of 'quality' and 'attitude' were identified at appropriate moments during the training sessions and thus the structure was completed.

But this leaves us with a gap in time. The four hours or so between evening meal and lights out had been designated as free time for students, although some coaches, including myself, made limited use of this time (i.e. video), for our own group meetings. A well organised, but flexible programme of events had been masterminded and supervised by the administrative staff (Dave Somerville, Joan Cryle and Brian Samson) and involved such activities as tennis, swimming, disco, films, potted sports, TV, and popmobility. This excellent evening programme contributed much to the disciplined nature of the school. The only low point of the week was the abysmal quality of the food, a fact which was largely un-noticed by most of the students, but the coaches could be seen late at night furtively making their way out of the campus for a bite at the local take-away.

Continued from p. 1, col. 3

Whilst the income should cover the cost of the winter camp, the main summer preparation period for the finally selected team of swimmers and divers in Antibes and Edinburgh still requires financing. The Wilkie Team have agreed to come up again in the last week of February and the first week of March, should the demand be there.

The main brunt of the fund-raising does not have to fall upon the club members; it is realised they are constantly hounded for additional finance. The most successful Swimalongs have resulted from Clubs involving local schools, adult and youth clubs and organisations such as Cub, Scout and Guide groups and local schools parents' associations. You can work out your own division of funds raised with these units. If any club has any queries, contact with the office or other clubs who have completed the scheme this time round, will help. Equally, the Wilkie Team have produced an explanatory leaflet and video tape which explains all of the details.

Certainly it involves some ground work by the club stalwarts, but the actual Swimalong is well directed and orchestrated by the team on the day. I am sure that all clubs could do with an influx of cash to their funds and would wish the eventual Games Team to have had the opportunity to train in the best facilities available. If your club or region wishes to take part in stage two, please ask your secretary to contact the office immediately. They will have already been contacted by the S.A.S.A. office prior to this publication. Remember, it is **your** club funds that benefit and **your** Games Team you will be helping.

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TOP TEN SH

MEN

100m Freestyle

Scottish Record: Senior Record: 52.26
 Junior Record: 52.26

52.26	Graeme Wilson	E/CE	28/81
53.28	Wilson Mills	E/WB	10/81
53.48	Paul Marshall	M/CD	10/81
53.75	Paul Marshall	M/CD	1/81
53.82	Neil Foster	M/TE	40/81
54.28	Neil Cochran	N/AN	28/81
54.50	James Fraser	M/CD	27/81
54.73	Ian McGregor	E/WB	ASA SC
54.73	Graeme Johnston	W/PY	29/81
54.90	Douglas Campbell	M/CD	51/81

200m Freestyle

Scottish Record: Senior 1.52.06
 Junior 1.54.34

1.54.34	Graeme Wilson	E/CE	ASA SC
1.54.37	Paul Marshall	M/CD	97/81
1.55.88	Neil Cochran	N/AN	ASA SC
1.56.69	Robin Brew	E/IG	97/81
1.57.50*	Douglas Campbell	M/CD	51/81
1.58.81	Craig Nelson	W/SG	94/81
1.59.56	Alan Ferris	W/PY	97/81
1.59.70	Duncan Cruickshank	N/AN	99/81
1.59.73	Alan Lynn	W/PY	7/81
1.59.74	Graeme Johnston	W/PY	7/81

400m Freestyle

Scottish Record: Senior 3.55.52
 Junior 4.01.82

4.01.82	Graeme Wilson	E/CE	20/81
4.05.15	Neil Cochran	N/AN	88/81
4.05.74	Duncan Cruickshank	N/AN	88/81
4.10.98	Neil Foster	M/TE	40/81
4.14.00	Alan Ferris	W/PY	69/81
4.14.99	Ian McGregor	E/WB	ASA SC
4.15.10	Graeme Johnston	W/PY	22/81
4.15.30	Graeme Johnston	W/PY	22/81
4.17.05	Paul Marshall	M/CD	25/81
4.17.20	Alan McClatchey	E/WB	29/81

800m Freestyle

Scottish Record: Senior 8.18.90
 Junior 8.18.90

8.18.90	Duncan Cruickshank	N/AN	88/81
8.32.42	Graeme Wilson	E/CE	20/81
8.33.01	Neil Cochran	N/AN	88/81
9.01.72	Alan Ferris	W/PY	22/81
9.01.88	Scott Wells	E/CE	20/81
9.08.46	Neil Buchanan	N/AN	88/81
9.24.46	John Wilson	N/LR	88/81
9.25.27	Steven Wood	N/AN	88/81
9.25.38	Craig Lord	N/AN	20/81
9.30.30	Jim McMeekin	W/EK	22/81

1500m Freestyle

Scottish Record: Senior 15.41.80
 Junior 15.41.80

15.41.80	Duncan Cruickshank	N/AN	88/81
16.09.47	Neil Cochran	N/AN	20/81
16.55.43	Scott Wells	E/CE	20/81
17.12.81	Alan Lynn	W/PY	40/81
17.50.71	Neil Buchanan	N/AN	7/81
17.53.24	Craig Lord	N/AN	20/81
18.12.22	Neil Russell	N/AN	88/81
18.14.29	Derek Wilson	N/LR	98/81
18.18.60	Neville Turner	E/WB	20/81

100m Backstroke

Scottish Record: Senior 57.97
 Junior 1.01.54

59.09	Paul Marshall	M/CD	10/81
1.00.90*	Neil Cochran	N/AN	24/81
1.02.00	Graeme Goudie	E/WB	25/81
1.02.64	Iain Barrie	E/WB	25/81
1.02.98	Michael Peyrebrune	E/WB	97/81
1.03.07	Craig Nelson	W/SG	22/81
1.03.70	Colin Spence	M/CD	44/81
1.03.88	Bruce Wilson	W/PY	22/81
1.04.10	Neil Foster	M/TE	44/81
1.04.30	Alan Ferris	W/PY	68/81

200m Backstroke

Scottish Record: Senior 2.07.76
 Junior 2.10.00

2.09.30*	Douglas Campbell	M/CD	51/81
2.10.00	Neil Cochran	N/AN	28/81
2.11.42	Craig Nelson	W/SG	10/81
2.13.90	Paul Marshall	M/CD	96/81
2.16.23	Colin Spence	M/CD	7/81
2.17.08	Michael Peyrebrune	E/WB	25/81
2.17.18	Graeme Goudie	E/WB	25/81
2.18.00	Alan Ferris	W/PY	69/81
2.18.60	Ian Campbell	N/AN	31/81
2.18.75	Bruce Wilson	W/PY	22/81

100m Breaststroke

Scottish Record: Senior 1.07.58
 Junior 1.07.58

1.07.58	Iain Campbell	M/TE	79/81
1.08.05	James Fraser	M/CD	10/81
1.08.03	Paul Gallacher	E/KY	97/81
1.08.26	Robin Brew	E/IS	ASA SC
1.08.94	Bruce Henderson	M/TE	25/81
1.09.37	Stephen Bires	W/LD	97/81
1.09.80	Alan Lynn	W/PY	79/81
1.10.26	Chris Nicol	W/CD	29/81
1.10.40	Bruce Benning	M/CD	7/81
1.10.66	Neil McLeish	E/WB	ASA SC

200m Breaststroke

Scottish Record: Senior 2.23.99
 Junior 2.29.26

2.25.28	Robin Brew	E/IS	ASA SC
2.27.34	James Fraser	M/CD	7/81
2.29.87	Iain Campbell	M/TE	28/81
2.31.50	Stephen Birss	W/LD	96/81
2.31.50*	Alan Lynn	W/PY	79/81
2.31.84	Paul Gallacher	E/KY	20/81
2.32.05	Neil McLeish	E/WB	ASA SC
2.33.70	Bruce Henderson	M/TE	7/81
2.34.10	Chris Nicol	W/CD	37/81
2.34.20	Gordon Jackson	W/PY	96/81

100m Butterfly

Scottish Record: Senior 57.34
 Junior 58.29

58.10*	Neil Foster	M/TE	51/81
58.40*	Billy McGoldrick	M/TE	51/81
59.67	Alan Ferris	W/PY	97/81
59.77	Graeme Wilson	E/CE	28/81
1.00.06	Ian McGregor	E/WB	ASA SC
1.00.50	Bruce Wilson	W/PY	97/81
1.00.56	Paul Gallacher	E/KY	97/81
1.00.80	Neil Cochran	N/AN	58/81
1.01.00	Charles Carlton	W/PY	37/81

200m Butterfly

Scottish Record: Senior 2.06.10
 Junior 2.08.73

2.08.10	Billy McGoldrick	M/TE	51/81
2.10.30	Neil Foster	M/TE	35/81
2.11.84	Ian McGregor	E/WB	ASA SC
2.11.85	Alan Ferris	W/PY	10/81
2.13.06	Neil Buchanan	N/AN	99/81
2.13.40	Graeme Wilson	E/CE	63/81
2.15.11	Bruce Wilson	W/PY	22/81
2.15.50	Neil Cochran	N/AN	58/81
2.16.21	Kevin Smith	E/30	20/81
2.16.28	Ian Buchanan	W/CD	47/81

200m Individual Medley

Scottish Record: Senior 2.08.70
 Junior 2.12.65

2.08.70	Robin Brew	E/IG	97/81
2.10.43	James Fraser	M/CD	10/81
2.12.65	Neil Cochran	N/AN	25/81
2.14.40*	Alan Ferris	W/PY	79/81
2.15.12	Graeme Wilson	E/CE	20/81
2.17.68	Paul Gallacher	E/KY	20/81
2.17.70	Alan Lynn	W/PY	67/81
2.17.80*	Graeme Wilson	W/PY	79/81
2.18.53	Alan McClatchey	E/WB	29/81
2.19.61	Craig Lord	N/AN	99/81

SPORT COURSE

SYNCHRO NEWS

Edinburgh Club Sweeps the Board at First National Synchronised Swimming Championships

The first National Synchronised Swimming Championships were held at Kirkcaldy Baths on Sunday, 25th October, attracting entries from 11 competitors. The Edinburgh Synchro Club, with 8 swimmers participating, showed its strength in depth by winning all the medals, with the following results:

Solo Championships		points
1st—		
Shona Grubb	Edinburgh S.S.C.	141.716
2nd—		
April Sands	Edinburgh S.S.C.	130.917
3rd—		
Vivien Rewt	Edinburgh S.S.C.	125.116

In winning the Solo Championship, Shona was awarded the Helen Murray Trophy, which was generously donated to the Association by Mrs. Helen Murray, founder member of the Edinburgh S.S.C.

Duet Championship		points
1st—Shona Grubb and April Sands, Edinburgh S.S.C., 133.150 points;		
2nd—Ann Cochrane and Kim McIntosh, Edinburgh S.S.C., 111.667 points.		

Team Championship		points
1st—Edinburgh S.S.C.		

Inter District Championships
The Inter District Championship for Grades 1 and 2 was held at Montrose Pool on Sunday, 15th November, and for the first time since this Championship was introduced, all four Districts competed. This is most encouraging for the future of Synchro Swimming and all the swimmers are to be congratulated for their sportsmanship and enthusiasm. The East District Team retained the Shell Oil Trophy with 335.42 points; 2nd West 321.52 points; 3rd North 306.37 points and 4th Midlands 302.34 points.

Coaches Course
A very successful Synchro Swimming Coaches Course was held at Dunfermline College of P.E. on 31st October/1st November under the direction of Mrs. Jennifer Gray, A.S.A. N.D.O. Candidates from all four Districts attended and gained tremendous benefit from learning the most up-to-date methods of coaching. The final session of the Course ended on a successful note for 4 swimmers who were upgraded. They were Irene Glen (Glenrothes) and Vivien Rewt (Edinburgh) to Grade 5 which now makes them eligible to compete at International level. Twelve-year-old Kim McIntosh and 14-year-old Ann Cochrane to Grade 4.

National Squad
The National Squad has been selected for 1982 — Shona Grubb, April Sands, Vivien Rewt, Cath Snowdon, Ann Cochrane, Kim McIntosh (all from Edinburgh S.S.C.), Irene Glen (Glenrothes), Susan Heyhoe (Aberdeen) and Sarah Burns (Garnock).

WOMEN

100m Freestyle

Scottish Record: Senior 58.30		Junior 58.30	
58.35	Jackie Irvine	W/SG	22/81
58.90*	Kathryn Smith	W/CD	79/81
59.10*	Nikki Ramsay	W/ML	24/81
59.31	Sarah Inkson	N/MD	97/81
59.92	Joanna Robertson	W/PY	97/81
1.00.02	Gillian Skipper	W/KH	22/81
1.00.31	Nicola Cochran	N/AN	97/81
1.00.52	Karen Connolly	M/CD	28/81
1.00.59	Carol Lewis	E/FS	97/81
1.00.89	Alison Hamilton	N/AN	28/81

200m Freestyle

Scottish Record: Senior 2.06.07		Junior 2.06.77	
2.05.07*	Kathryn Smith	W/CD	79/81
2.06.87	Jackie Irvine	W/SG	25/81
2.07.84	Nikki Ramsay	W/ML	28/81
2.07.92	Alison Hamilton	N/AN	25/81
2.09.16	Nicola Cochran	N/AN	97/81
2.09.20	Sarah Inkson	N/MD	97/81
2.10.50*	Joanna Robertson	W/PY	79/81
2.10.88	Elizabeth Bull	E/WB	29/81
2.11.01	Deborah Lord	N/AN	29/81
2.11.32	Cathy Finlay	W/ML	ASA SC

400m Freestyle

Scottish Record: Senior 4.24.40		Junior 4.24.40	
4.27.06	Alison Hamilton	N/AN	88/81
4.27.80	Kathryn Smith	W/CD	22/81
4.27.91	Nicola Cochran	N/AN	88/81
4.28.87	Nikki Ramsay	W/MO	ASA SC
4.32.04	Joanna Robertson	W/PY	65/81
4.32.33	Shona Cowie	N/PD	88/81
4.32.80	Ruth Gilfillan	M/CD	79/81
4.34.26	Sarah Inkson	N/MD	88/81
4.35.71	Jackie Irvine	W/SG	47/81
4.36.47	Cathy Finlay	W/ML	ASA SC

800m Freestyle

Scottish Record: Senior 9.00.96		Junior 9.00.96	
9.07.32	Alison Hamilton	N/AN	ASA SC
9.10.16	Kathryn Smith	W/CD	20/81
9.14.22	Nicola Cochran	N/AN	88/81
9.28.31	Ruth Gilfillan	M/CD	20/81
9.29.39	Shona Cowie	N/PD	88/81
9.33.36	Joanna Robertson	W/PY	20/81
9.34.60	Linda Brown	E/WB	22/81
9.34.76	Jill Buchanan	N/AN	88/81
9.36.01	Sarah Inkson	N/MD	88/81
9.37.25	Elaine Gilfillan	M/CD	7/81

1500m Freestyle

Scottish Record: Senior 17.22.38		Junior 17.22.38	
17.22.38	Nicola Cochran	N/AN	88/81
17.22.61	Alison Hamilton	N/AN	88/81
17.41.13	Kathryn Smith	W/CD	20/81
18.00.12	Jill Buchanan	N/AN	88/81
18.02.54	Shona Cowie	N/AN	88/81
18.16.36	Sarah Inkson	N/MD	88/81
18.27.31	Linda Brown	E/WB	88/81
18.30.31	Teresa Haskins	N/AN	20/81
18.39.23	Lesley Spence	N/AN	88/81
18.40.29	Susan Hamilton	N/AN	88/81

100m Backstroke

Scottish Record: Senior 1.06.09		Junior 1.07.00	
1.06.09	Beverley Rose	W/SS	ASA SC
1.08.20	Sarah Inkson	N/MD	63/81
1.08.51	Karen Connolly	M/CD	ASA SC
1.08.90	Lesley Spence	N/AN	87/81
1.09.24	Janet Bowman	M/CD	1/81
1.09.14	Allison Teaz	W/CE	97/81
1.09.40	June Allen	W/PY	25/81
1.10.00	Maureen Camerson	W/PY	37/81
1.10.03	Elaine Paul	W/EK	28/81
1.10.20	Jill Buchanan	N/AN	31/81

200m Backstroke

Scottish Record: Senior 2.22.02		Junior 2.22.02	
2.25.17	Beverley Rose	W/SS	10/81
2.26.80	Lesley Spence	N/AN	31/81
2.26.90*	Sarah Inkson	N/MD	63/81
2.27.40	Jill Buchanan	N/AN	28/81
2.27.84	Sandra Findlay	N/AN	20/81
2.28.41	Karen Connolly	M/CD	ASA SC
2.29.85	Elaine Paul	W/EK	28/81
2.32.83	Alida Kent	W/CG	22/81
2.33.25	Linda Ferris	W/PY	40/81
2.33.49	Shona Cowie	N/PD	40/81

100m Breaststroke

Scottish Record: Senior 1.13.20		Junior 1.13.20	
1.13.50*	Maureen Campbell	W/CD	24/81
1.16.30	Elspeth Carnan	W/PY	97/81
1.16.65	Susan Forsyth	E/WB	28/81
1.17.40	Sarah McNab	E/WB	
1.17.48	Susan Hamilton	N/AN	97/81
1.17.89	Eliz. Owen	E/IG	97/81
1.17.90	Karen Hourston	N/DY	58/81
1.19.06	Joanna Robertson	W/PY	47/81
1.19.40	Fiona Fleming	E/30	20/81
1.19.50*	Nicola Geddes	N/AD	24/81

200m Breaststroke

Scottish Record: Senior 2.37.98		Junior 2.37.98	
2.41.21	Maureen Campbell	W/CD	1/81
2.46.98	Sarah McNab	E/WB	ASA SC
2.48.01	Karen Hourston	N/OY	28/81
2.48.01	Susan Hamilton	N/AN	99/81
2.48.10	Elspeth Carnan	W/EK	96/81
2.48.70	Nicola Geddes	N/AD	58/81
2.50.75	Joanna Robertson	W/PY	47/81
2.53.20	E. Peden	N/AN	22/81
2.53.53	Eliz. Owen	E/IG	98/81
2.54.30	Lyn Denholm	W/EK	25/81

100m Butterfly

Scottish Record: Senior 1.04.68		Junior 1.06.23	
1.04.68	Cathy Finlay	W/ML	ASA SC
1.05.10	Deborah Lord	N/AN	37/81
1.06.10	Carole Lewis	E/FS	24/81
1.06.23	Jackie Irvine	W/SG	28/81
1.07.08	Maureen Campbell	W/CD	20/81
1.07.10*	Sarah Inkson	N/MD	37/81
1.07.30*	Shona Cowie	N/AD	37/81
1.07.40*	Nicola Cochran	N/AN	37/81
1.08.00	Elaine Paul	W/EK	28/81
1.08.16	Lesley Hume	E/WB	20/81

200m Butterfly

Scottish Record: Senior 2.19.49		Junior 2.24.60	
2.19.59	Cathy Finlay	W/ML	ASA SC
2.25.48	Deborah Lord	N/AN	40/81
2.26.82	Shona Cowie	N/PD	40/81
2.27.34	Lesley Hume	E/WB	20/81
2.28.12	Carole Lewis	E/FS	20/81
2.30.19	Nicola Cochran	N/AN	22/81
2.30.78	Karen Douglas	N/AN	22/81
2.31.14	Amanda Whitters	W/EK	22/81
2.31.29	Judith Crichton	M/CD	7/81
2.33.70	Yvonne Pirie	W/PY	65/81

200m Individual Medley

Scottish Record: Senior 2.24.92		Junior 2.26.60	
2.26.00	Nikki Ramsay	W/ML	ASA SC
2.18.15	Jackie Irvine	W/SG	22/81
2.28.85	Elspeth Carnan	W/PY	97/81
2.30.10	Ruth Gilfillan	M/CD	40/81
2.30.38	Sarah Inkson	N/MD	40/81
2.30.42	Nicola Cochran	N/AN	28/81
2.31.24	Shona Cowie	N/PD	40/81
2.31.74	Carole Lewis	E/FS	25/81
2.31.98	Karen Connolly	M/CD	ASA SC
2.32.80	Karen Johnston	E/WB	79/80

EASTER SWIM SCHOOL, 1982

The following courses will be run at the 1982 Swim School. With the high demand for places on many of these courses, early application is advised to avoid disappointment. Information brochures and application forms will be available from late December from:

WIN HAYES, DUNFERMLINE COLLEGE OF P.E., CRAMOND ROAD NORTH, EDINBURGH 4

A.S.A. Coach and A.S.A. Club Coaches Course*	- - - -	9-11 April
A.S.A. Preliminary Club Coaches Course	- - 10-14 April	and 14-18 April
S.A.S.A. Preliminary Teachers Course	- - - 10-14 April	and 14-18 April
A.S.A. Teachers Course	- - - -	10-16 April
A.S.A. Advanced Teachers Course	- - - -	10-17 April
A.S.A. Tutors Course	- - - -	10-16 April
In Service Tutors Course*	- - - -	10-16 April
Induction Course for Prospective Tutors*	- - - -	17-18 April
S.A.S.A. Preliminary Diving Teachers	- - - -	16-18 April
S.A.S.A. Preliminary Synchronised Swimming Teachers-	- - - -	9-11 April
Teaching of Mothers and Babies	- - - -	16-18 April
A.S.A. Instructor-Aide to Disabled Swimmers	- - - -	29 March-1 April
A.S.A. Teacher of the Disabled	- - - -	27 March-2 April
A.S.A. Tutor (for the Disabled)*	- - - -	27 March-2 April
Technical Officials (Timekeepers Resit)	- - - -	17 April

* *New Courses for 1982*

A.S.A. Club Coaches Course: This course will run along with the A.S.A. Coaches Course and the level of certificate will depend on the candidate's ability and coaching situation.

***In-Service Tutors Course:** For existing A.S.A. Tutors who would like to be involved in a Swim School, see other tutors at work, have opportunity to discuss procedure or content, etc. Programmes will be personally designed to suit the requests of individual applicants.

***Tutors Course for the Disabled:** Similar to the A.S.A. Tutors Course (Swimming) but geared towards tutoring Teacher of the Disabled and Instructor-Aide Courses.

***Induction Course for Prospective Tutors:** For people who would like to tutor at Preliminary Teachers level. This short course is an introduction to tutoring S.A.S.A./A.S.A. Teaching Awards, and covers course regulations, organisation of Preliminary Teachers Courses plus basic tutoring skills. From next year, attendance at this course will be required before attending an A.S.A. Tutors Course. * *New Courses for 1982*

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Further information from:
Mrs. M. Cochrane,
Secretary,
Scottish Swimming Awards,
44 Frederick Street,
EDINBURGH.

FOCUS ON CLUBS— LARGS & DISTRICT A.S.C.

As the club's name implies, its members come from Largs as well as some of the neighbouring towns in the district such as West Kilbride, Wemyss Bay, Skelmorlie, Ardrossan and Kilwinning.

In 1967, there was no pool in Largs and so buses were hired to take the swimmers to Greenock, 17 miles away, for training one night a week. However by 1971, they had their own home pool; a 4 lane 25m pool was opened. In those days the club was mainly for teaching with only one annual competitive swim—the Five Towns Gala between Largs, Dunoon, Helensburgh and the then Port Glasgow and Greenock clubs.

Today 1981, the club has a very strong competitive side with 40 in that squad but, they have not lost sight of one of their original purposes i.e. teaching. Mr. David Alderton, who joined in 1977, having a great deal of teaching experience in (the Marina Swimming Club, Romiley), Stockport, Cheshire, heads that side. He has worked out a highly efficient method of colour coding for maximum use of 4 tanks through which the swimmers pass similar to the class system in school. The tanks are formed by putting lane ropes across the pool breadthwise, as well as the small beginners' pool. By the time the swimmers join the coaching lengths, the teaching staff have tried to ensure that their stroke technique and stamina are above average.

In 1975, Mick Starr arrived and helped Largs really move into the competitive scene and in 1977 started the flourishing Clyde Coast League which has grown from the original 12 clubs swimming 3 rounds to today's 23 clubs swimming 6 rounds. When he left to go to Peterhead where he is taking an active part in that club, Brian Phipps took over the competitive side with help from Hugh Hodge. After Brian left the area, Hugh carried on alone till he resigned in June of this year.

Over the years, two swimmers have come to the front—Stephen Birss and Martin Robertson. As well as winning gold medals at district and National Age Group levels, the two boys have won glory by being chosen for the 1981 Scottish Esso Youth Squad.

Stephen has swum for his country over the last 2 years and already this year, both boys swam in an international against Wales and Ireland and look forward hopefully to future meets at this level. With Stephen swimming breaststroke and Martin doing fly joined by Iain Scott on back stroke and Alan Hodge on freestyle they form a very powerful medley relay team and are almost unbeatable.

Behind a successful club lies an active committee. This Largs has, combining social and money raising events. to date they have purchased a minigym which is used at weekly land training as well as on the pool side and are in the process of buying 3 anti-wave lane ropes. In October they held their annual dance while on November 13th there was a David Wilkie Swimalong which as well as being fun and boosting funds should encourage even more youngsters in the area to enter the swimming scene.

The club could not function as smoothly as it does without the help of the pool manager, Mr. J. McGarva, who had been the original coach, and his staff, one of whom opens the pool every morning at 6.45-8.00 a.m. The training is available to all club members but it is mainly the top squad who turn up.

Cunninghame District Council formed a squad of swimmers from the surrounding clubs — Auchendarvie, Garnock, Irvine Wasps and Largs, who train every Sunday morning for 2 hours at Kilbirnie pool 10 miles away.

Largs and District A.S.C. continues to thrive under the coaching of Katie McGonigle, a P.E. teacher in the area, and Mr. H. McFarlane. When one looks at the progress made over a comparatively short time, the future of the club looks very good indeed.

THANKS

to **MacDonald and Muir Ltd.**, Leith, and to **Crawfords** (the bakers), for gifts to the National Teams to present to host countries abroad;

to **Cannich Bridge School**, Beauty; **East-rigg School**, Annan; **Mackie Academy**, Stonehaven; **Queen Margaret School**, Queensferry; **Stirling A.S.C.**, for their generous donations to the Commonwealth Games Training Fund;

to **The Scottish Sports Aid Foundation** for grants made towards training costs for several of our members.

SCOTTISH AMATEUR SWIMMING ASSOCIATION TECHNICAL TRAINING (OFFICIALS) COMMITTEE

Notes arising from Symposium held on Sunday, 27 September, 1981.

Rule:

- GR 9 Costumes** Reference was made to immodest costumes being worn on a few occasions and the attention of Referees was drawn to this Rule.
- GR10 Coaching** Referee and Gala Convenor are in sole command in deciding whether any sign whether by action, word or sound can be construed as a recognisable signal to an individual swimmer as opposed to natural encouragement to all swimmers.
- GR11 Masters Swimming** It was the opinion that a masters swimmer training in a pool alongside an amateur does not endanger the amateur status of the swimmer. Nevertheless, clarification to be sought from FINA.
- SW1 Inspector of Turns** It is the opinion that the duties of the Turn Judge is to ensure that the competitor complies with the relevant rules from the beginning of the last arm-stroke before touching and ending with the commencement of the **second** armstroke after turning.
4.35
- SW1 Judges of Strokes** To ensure that rules related to the style of swimming are observed from the start to the finish of the race. This can include turns.
4.41
- SW2 The Start** It is suggested that after a second false start, the starter should warn competitors as follows:—
"Any competitor guilty of a false start on this occasion shall be disqualified. If the starting signal has been given the race will continue and swimmer or swimmers concerned disqualified upon completion of the race."
It will be for the starter in conjunction with the Referee to decide whether a second or subsequent swimmer who enters the water before the starting signal has made a **deliberate** false start.



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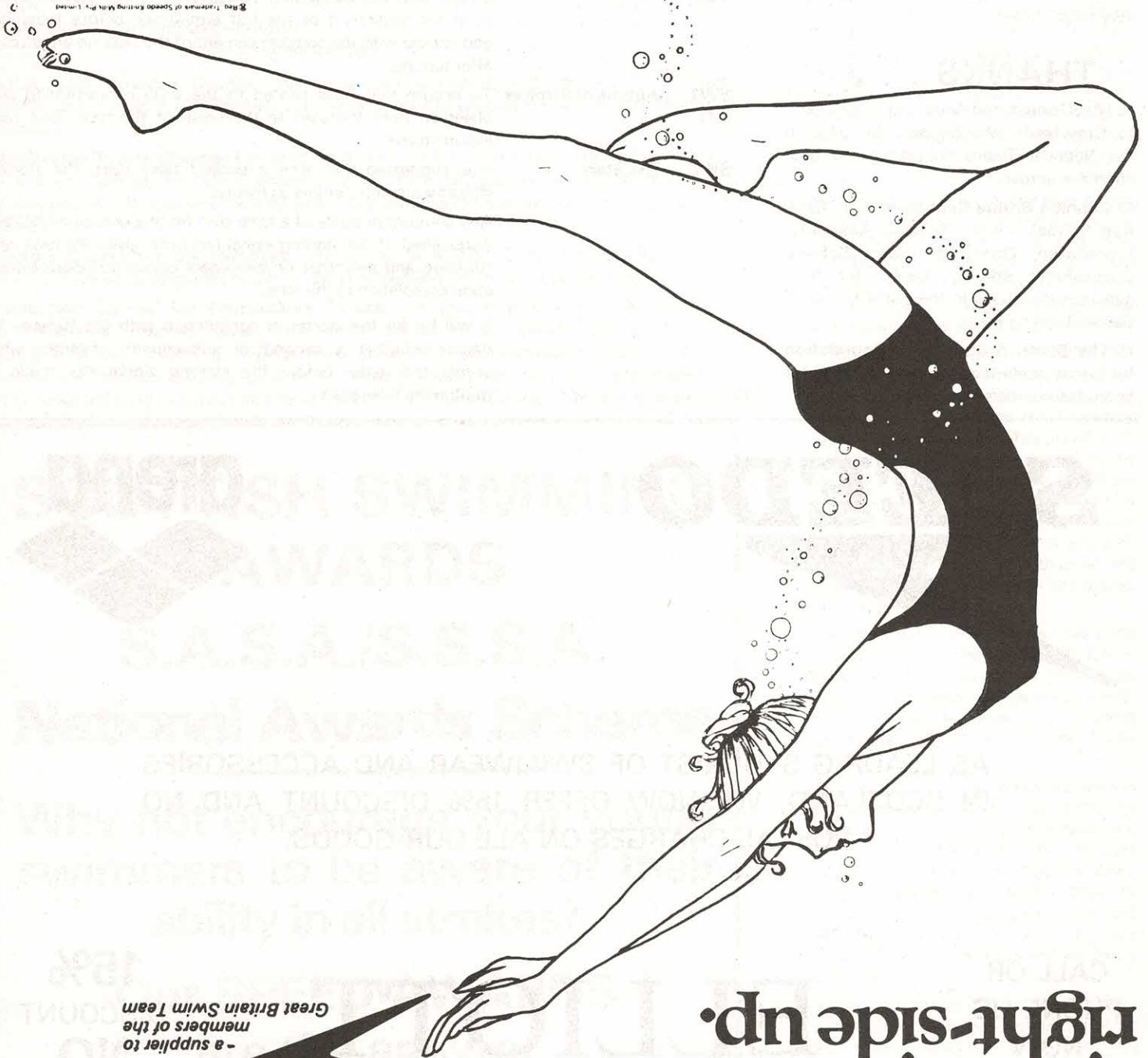
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