

# SWIMMOCENE

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## THE EUROPEAN SELECTS

by Ron Braund

Early Select meets on the European circuit for Scottish swimmers revealed a number of swimmers in good form, particularly those who had been able to continue training during the Christmas and New Year break. Generally and as to be expected, the Long Course times at this time of year were not as good as the times recorded at the Short Course events. When comparing the results of the select meets at the same time last year, it is easy to identify the benefit of a winter training camp. Remember last year many had recently returned from 17 days in Tenerife.

Discussions with the German and Russian team coaches in Amersfoort revealed that they carry out an extensive three week team camp over the Christmas and New Year period, consisting of circuits, weights, swimming and Langlauf—a form of cross country skiing on the flat. They repeat the exercise again after the Easter break.

While results are an obvious measure of success of these select meets, there are other aspects which are sometimes overlooked and equally important—indeed if not more so. International exposure is difficult to come by and is something one has to experience as regularly as possible if one is to be able to tackle the best in the world. To stand against someone with reputation who does not speak the same language is a different experience to having a club mate in an adjacent lane.

It is also important to come to terms with some of the myths of International swimming. It is reassuring to find that the Russian swimmers are much the same as we are—two legs, two arms and really very friendly. It is equally reassuring to know that all top-class sprinters are not giants. The legendary Rowdy Gaines, whilst certainly bigger than young Shona Cowie, is no giant—just a perfect technician.

The problems associated with travel, unusual start times and procedures, not fully understanding the language and programme, not liking the food, etc., all have a bearing on performance and have to be experienced in order to cope with the

problems at a later date—possibly in a full International where results are of prime importance. Some 67 swimmers had the benefit of experiences such as these last year, representing Scotland.

The first two teams away in 1983 were a Senior Select to Amersfoort (50m) and an Esso Youth Team to Viarregio in Italy (25m) on the weekend of 29th/30th January. Whilst we have attended Amersfoort on a number of occasions, it was the first foray into the Italian meet. By all accounts it was a worthwhile and enjoyable experience and it has been recommended that the Youth Team attend again in 1984. Finishing fourth overall they set 14 best times and took 7 medals (2 gold, 2 silver and 3 bronze) in a qualify meet with several countries taking part. The gold medals went to Nicola Cochran with a time of 1.07.69 in the 100m Butterfly and to Fiona Davies with a 4.29.88 in the 400m Freestyle—a new meet record.

In Amersfoort a tremendous swim by Jean Hill to gain 5th place in a Scottish Record time of 1.14.68 in the 100m Breaststroke set off the record breaking trail for 1983.

The following weekend saw another two Senior teams away—one to Paris for the Diana Meet (25m) and the other to Sjælland in Denmark (50m).

Paris is always a meet of quality which puts into perspective the excellent win of Alison Hamilton in the 800m Freestyle, with record times of 4.22.21 at the 400m mark and 8.46.21 at the finish. Records went also to Neil Cochran in the 400m Individual Medley (4.31.62) and to Paul Easter in the 200m Butterfly (2.03.34) with a bronze medal. Paul has elected not to swim 1500m this year, opting instead for the shorter events, particularly 400m, 200m and 100m Freestyles and both distances in Butterfly and Individual Medley. He has since gone 51.50 for the 100m Freestyle; 55.69 for the 100m Butterfly and 4.26.00 for the 400m Individual Medley, showing fine form. Back to Paris, and another fine form swim from Neil in the 200m Backstroke (2.06.14) tak-

*(continued on page 2)*

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## OUR NEW PRESIDENT



Don Hawthorn, Aberdeen A.S.C.

This is an important year for our Association. We begin it on the crest of a wave of rising standards in swimming performance. It may seem strange, therefore, to talk already about the next Commonwealth Games. But the EDINBURGH GAMES '86 present us with a special responsibility. A HOST nation, also means a HOME audience. This means there is an extra incentive to make sure the EDINBURGH GAMES are the best yet for ALL our competitors. Decisions we make this year will greatly affect the eventual outcome—facilities, personnel, training structures, competition and developmental programmes, sponsorship and finance. As Bill Black said, in his excellent Annual Report, "A daunting task lies ahead". Given goodwill and hard work, I am confident the Association is more than equal to the task. I invite you all to join me in this coming year "TO GET IT RIGHT" in laying foundations for success in 1986, only two short years of our Centenary Year. For all of us, our prime task is to serve Scottish swimming in all its aspects to the best of our ability. SWIM SCOTLAND!

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## THE CHEVRON SHORT COURSE CHAMPIONSHIPS

The Chevron Scottish Short Course Championships were a success and we hope Chevron were happy with their first foray into Scottish swimming.

The Championships, held in Aberdeen in December 1982 will be remembered as one of the best events in terms of results for a long time, with all but one of the successful Brisbane Games team taking part and some 16 records falling. Whilst the Games swimmers dominated, as indeed they should, they did not get it all their own way and a number of firsts were strongly contested. Ruth Gilfillan came out ahead in the 50m and 100m Freestyle and Debbie Lord took the 100m Butterfly. Paul Easter showed his versatility in taking the 400m Individual Medley, the 100m and 200m Butterfly, and the 200m, 400m and 1500m Freestyle. The brothers Campbell had a field day—Iain taking the 100m and 200m Breaststroke and Doug in record form in the 100m and 200m Backstroke and the 100m Freestyle. Dougie's Backstroke times were British records and both went again to him the following weekend in the European Cup. The Press have placed Doug in the retired list, much to his annoyance. Whilst he will be only ticking over during 1983, don't discount Doug as a contender for Los Angeles in 1984.

Aberdeen ASC took 1st place in the Women's 100m Butterfly, 200m Breaststroke, 800m Freestyle, 400m Freestyle and Medley and Freestyle Relays.

Our thanks to Chevron and the North District for a fine Championships.

## THE EUROPEAN SELECTS

(continued from page 1)

ing 5th place and a 2.07.02 in the 200m Individual Medley.

At Sjælland, the tally came in at 8 gold, 6 silver and 2 bronze medals—a good count, but none came easy. Good times for Kathryn Smith—1.00.7 for 2nd place in the 100m Freestyle; and 24.7 for Brian Archibald in the 50M Freestyle for 1st place. Jackie Irvine returned a creditable 2.24.9 in her first Long Course 200m Butterfly and Stephen Birss a personal best Long Course time of 2.37.9 in the 200m Breaststroke, for 4th place.

There is no doubt we would do better in events later in the year, particularly if we are unable to finance a winter training camp situation. The problem is that the European Calendar is geared to the early meets at this level and suitable competitions cannot generally be found in February and March. April, May and June are difficult for us because of the school examination situation on both sides of the border. Equally, however, there is no doubt that our swimmers did well and all benefited from these international opportunities; and with our eyes on 1986, continued involvement at this level will be a good investment.

# EUROPEAN CHAMPIONSHIPS 1983

## SENIOR — CONSIDERATION TIMES

	MEN		WOMEN	
	A	B	A	B
100m Freestyle	0.52.34	0.51.11	0.58.51	0.56.90
200m Freestyle	1.54.01	1.51.84	2.04.24	2.03.07
400m Freestyle	3.58.04	3.55.30	4.18.01	4.17.23
800m Freestyle	—	—	8.50.56	8.48.90
1500m Freestyle	15.49.67	15.34.41	—	—
100m Backstroke	0.59.21	0.57.83	1.05.83	1.04.47
200m Backstroke	2.07.05	2.05.09	2.19.21	2.17.44
100m Breaststroke	1.06.33	1.05.30	1.14.32	1.12.88
200m Breaststroke	2.24.81	2.21.32	2.40.04	2.37.79
100m Butterfly	0.55.69	0.55.34	1.03.02	1.02.49
200m Butterfly	2.02.95	2.01.96	2.17.01	2.16.28
200m Individual Medley	2.08.99	2.06.70	2.22.31	2.20.29
400m Individual Medley	4.32.91	4.28.73	5.00.36	4.56.61

The consideration times will be used by the Selection Committee in line with the following principles:

- One swimmer will be selected for each individual event provided that the time in Column 'A' is achieved.
- Two swimmers will be selected for each individual event provided both of them achieve the time in Column 'B'.

All swimmers are expected to compete in the 1983 National Long Course Championships which are the official trials. Times returned in other National and International Long Course Competitions after April 1st, 1983, achieving the standards may be considered by the selectors.

# EUROPEAN CHAMPIONSHIPS 1983

## JUNIOR — CONSIDERATION TIMES

	BOYS		GIRLS	
	A	B	A	B
100m Freestyle	.55.31	54.91	1.00.81	59.65
200m Freestyle	2.01.20	1.59.03	2.10.50	2.08.80
400m Freestyle	4.11.70	4.08.26	4.27.68	4.25.86
800/1500m Freestyle	16.25.73	16.13.74	9.09.36	9.04.20
100m Backstroke	1.03.71	1.02.67	1.09.12	1.06.92
200m Backstroke	2.17.65	2.14.15	2.29.18	2.26.34
100m Breaststroke	1.11.27	1.09.62	1.15.92	1.15.67
200m Breaststroke	2.35.03	2.30.73	2.46.59	2.43.67
100m Butterfly	1.00.71	1.00.14	1.07.77	1.06.07
200m Butterfly	2.14.16	2.11.01	2.24.56	2.22.59
200m Individual Medley	2.17.80	2.15.25	2.29.10	2.26.59
400m Individual Medley	4.54.65	4.49.09	5.12.75	5.07.90

These consideration times will be used by the Selection Committee in line with the following principles:—

- One swimmer will be selected for each individual event provided that the time shown in Column 'A' is achieved or bettered.
- A maximum of 2 swimmers (as allowed by the rules of the competition) will be considered for each individual event provided that both swimmers have achieved the time shown in Column 'B'.
- There will be no trials. Times returned after 1st April 1983 in national and international **Long Course** events and **Long Course** events designated as suitable for achieving qualifying times for national events may be considered.

### AGE QUALIFICATIONS:

Boys: 15 or 16 years in the year of competition (not under).

Girls: 14 or 15 years in the year of competition (not under).

# THE ANNUAL GENERAL MEETING

## A Personal View

by Bill Black

The 85th Annual General Meeting of the Association has come and gone. What has been achieved? The attendance was the poorest in recent years — only 142 delegates registering and many Clubs having no representative at all. Why? Is it apathy? Is it too costly to attend? It would be interesting to know the answers . . .

Certainly, there was not a great number of alterations to Rule of general interest. The main theme, as always, was the need for finance to keep the Association moving and additional finance to accelerate progress and development. In spite of the pleas from many speakers, the increase of 33 1/3% on Per Capita (£1.50-£2.00) and 20% on the Annual Competitive Fee (£2.50-£3.00) was only carried after a recount. There was dubiety as to who was a Competitive Swimmer. Some clubs had previously had a wider definition than "those who participate in 'accredited' events" and may now choose to pay for fewer competitors. Other fees were increased: Special Meetings of Council from £120.00 to £150.00; Water Polo Competitions entry fee from £3.00 to £10.00. A spirited defence by George Battison and his Committee achieved status quo for the Technical Officials Exam Fee at £1.00. A better percentage increase than the other "water workers" but only if everyone pays up.

For the first time in many years there was criticism of the Annual Report. The problem of reducing the year's business to a reasonable summary is a major one, made more difficult this year with the disappearance of a large section of the manuscript in the post.

The criticism of the paragraph concerning the Working Party Report on the post of Director of Swimming was satisfied with the addition of all of the recommendations made in the Report. The critics were expressing their support for Mr. Ron Braund, the Director of Swimming, but even he could not accept the "verbage" that said he had no responsibility for his actions; that Council were at fault for giving the wrong instructions!

All this discussion highlighted the basic problem of a lack of continuity caused by the large number of "substitutes" who take part in Council affairs, often called in at the last minute, arriving at the meeting unannounced without the necessary papers or knowledge of previous meetings and who are quite unprepared to deal with the business in hand. However, to all the tireless administrators at every level, I would repeat: "Let's never forget the true purpose of our administration which is to sensitively create the right atmosphere for commitment and development, to provide the golden opportunity, support and incentives either within the Club, the District or the National structures, not for our

own satisfaction, but selflessly for the youngsters whom we serve and whose efforts towards perfection demand our understanding and encouragement." (J. Hogg, 1973).

The demise of the Championships Committee was completed after an ineffective lifespan of four years. The aims of the Committee were never achieved and the Swimming Committee now has responsibility for many of the duties connected with Championships.

A new Medical Committee has been agreed and hopefully will provide a structure for the Medical Adviser, Dr. Conacher, to get support for herself and importantly, to promote Sports Medicine within the Association.

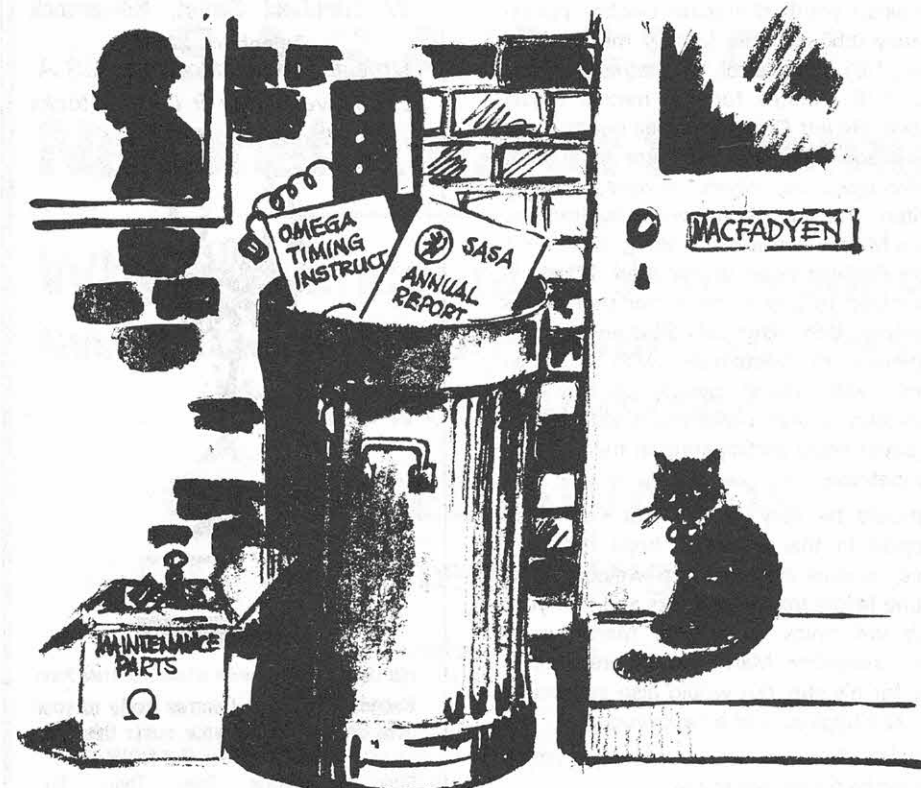
My wide ranging Award Scheme to commemorate the late Jock Coutts, M.B.E., Past President and General Secretary of the Association for 25 years, was deemed too complicated and I had no option but to withdraw the proposal. Perhaps now those with ideas and proposals will put them in writing and get in touch with me. My scheme was presented to Council last November, with no positive reactions. I considered the needs of the Association before submitting my proposal and I felt that there was an area where suitable awards were required. That requirement is still there, so perhaps a scheme can be devised, but not necessarily connected to the name of Jock Coutts. The suggestions made at the A.G.M. called for a very

exclusive award quite different from the spirit of my scheme, which reflected the Jock Coutts, who was approachable by everyone from the new Club Secretary to the National level official. In trying to cover all categories of recipient, the result may have appeared too complicated, though I confess that it seemed logical in the formative stage.

Well deserved recognition, in the form of Life Membership, was accorded to retiring President Tom Nelson, who had one of his most difficult tasks in handling the A.G.M. in a firm, fair and impartial way—as all Past Presidents will agree; to Mr. Alex. Bryce, Honorary Solicitor to the Association since 1964. Mr. Bryce was delighted that he can now take part in the A.G.M. and vote!; and finally, but not least, to Mr. Peter Dempster of Water Polo, who explained the significance of "God's Game" and how he was busy sewing numbers on the hats of his newly arrived baby grandson!

A special award was made to another Water Polo enthusiast, Mr. Murray Anderson, who retired from his involvement at National level during the year. Murray is already a Life Member, but Council nonetheless felt that his contribution should be further recognised.

The W. G. Todd Prize and Trophy for the Junior Swimmer of the Year, was presented to Alison Hamilton of Aberdeen A.S.C. Robin Brew, awarded the Nancy Riach Memorial Medal, was unfortunately unable to be present.



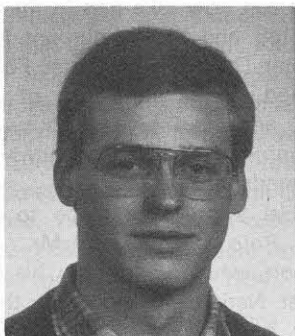
BUT MY DEAR ! I'M SURE I SAID VERBAGE !

# STUDENT SUMMER EXCHANGE

Winzerstraße 13  
7570 Baden-Baden  
Germany.

Dear Friends,

As a long-time member of the Darmstädter Schwimm- und Wassersportverein 1912, Darmstadt, Germany, I have been given your address as one of our corresponding swimming clubs in the United Kingdom from our coach Helmut Kempf. Helmut is known to you personally through our annual international events. Please excuse my liberty to approach you on behalf of Martin Schindler, who is a 18 year old student and successful swimmer here in Baden-Baden.



*Martin Schindler*

Martin is fluent in Czech, Russian and German, but has poor English. He is looking for an opportunity to spend this summer's vacation in the United Kingdom in order to improve his English, to make friends of his age and to enjoy competition swimming. Martin, previously a Czechoslovakian youth champion clocks approximately 0:56 minutes for 100 metres freestyle, 1:01 minutes for 100 metres dolphin and 1:16 minutes for 100 metres breast stroke. He left Czechoslovakia nearly three years ago and is living here in Baden-Baden since then where we have only very limited training facilities for swimmers. Thus Martin has taken to skiing which is a more feasible sport in our area. Martin is interested to spend the better part of his vacation, beginning July 21st and ending beginning of September, with a British family with young people of his age, preferably within a swimming club where he could enjoy participating in training and competition.

I should be very grateful for your kind support in this matter. I hope that you have families interested to welcome this young fellow for some weeks and that your club will enjoy to receive Martin as a guest swimmer. Martin will be prepared to pay for his stay but would also appreciate this as a beginning of an exchange.

Looking forward to your reply, which should be forwarded to me.

Yours sincerely,  
Rudolf Kasper.

# COMPETITIVE SWIMMING FOR THE DISABLED

R. C. Brickley

In 1982, when the Commonwealth Games in Brisbane rightfully took precedence over all else, and the achievements of the Scottish Team captured the imagination, spare a thought for the many disabled Scots swimmers who made it a year to remember.

Stoke Mandeville Stadium was the venue for the British Junior Championships in March and the eighteen Scots youngsters who qualified set fifteen British records, won forty-five gold medals and ten silver medals and lifted three relay titles. The provision for swimming in Scottish Schools has never been better and many of the youngsters who were part of the Scottish team are products of the new system. In April it was the turn of the Seniors to challenge the rest of the U.K. and the small squad of eight from all over Scotland gave an excellent account of themselves. The highlight of their weekend was winning the 200 metres Freestyle Relay in a new British record time of 2.35.82 secs. In total the team won eleven gold medals, six silver medals and set six new British records. Half the team have graduated to the Senior rankings, through the schools team and with junior swimming in such a healthy position, the future for the senior squad seems very good indeed.

Two other Scots squads travelled to Aylesbury before the summer break for the British Amputee Games and the British 'Les Autres' Games, and although each

team was numerically smaller, they equalled the previous Scots squads in preparation and success. Amputee sport in Scotland is in its infancy and thanks to the efforts of Brenda Moir from Edinburgh, team manager and team member, great progress has been made over the past few years. Similarly, Bill Fenwick from Dundee, and Wilma Lawrie from Edinburgh, members of the Great Britain 'Les Autres' squad, have successfully launched 'Les Autres' sport in Scotland and the appearance of a small Scottish contingent at these first British Games was a major achievement.

The National Championships for Adult Disabled were held as usual at the Fife Institute, Glenrothes, in May. Throughout the 'seventies' the number of physically handicapped swimmers has steadily increased but the number of swimmers in the section for the mentally handicapped has increased to such a degree that a two-day event is being considered for 1984.

As the numbers rise, the standards improve accordingly, and the organising committee is considering the inclusion of Butterfly and relay events for seniors.

In July, the First U.K. Special Olympics were held in Liverpool and the Scottish team of fifty-five athletes and swimmers returned with the U.K. Special Olympics Trophy, awarded to the team that best upheld the traditions of the Special Olympics movement. The twenty swimmers and divers in the Scottish team brought back forty-two gold, eighteen silver and nine bronze medals, indicating the strength of competitive swimming for the mentally handicapped in Scotland at the present time. Six of the Scots will travel to the United States this coming summer as part of the Great Britain team to participate in the International Special Olympics.

Paraplegic and cerebral palsy swimmers continue to record successes on the domestic and international scene. Denmark hosted the 5th International Cerebral Palsy Games in July and although the Scots swimming contingent was small, it was enthusiastic and well organised.

The emphasis in this article has been on the achievements and successes of a large number of disabled and handicapped swimmers. Behind every successful swimmer is a teacher or a coach, who has spent many hours on preparation, and training, and the disabled swimmer is no exception. In addition to tutors, one has to add the parents, escorts and transport personnel who are so vital to individual and group swimming sessions for disabled people. Attitudes have to be right, and in Scotland, swimming clubs, swimming pool staff, school staff and voluntary organisation personnel have been ready and willing to support and encourage any new developments. 1983 looks set to be another eventful year.

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# WATER POLO NEWS

by D. J. A. Roxburgh

## INTERNATIONAL TRAINING AND COMPETITION

Hartley McGibbon, the Senior Coach, has now started weekend training sessions on an all-weekend basis, with players arriving for training on the Friday and staying straight through to the Sunday afternoon. This shows that teams can work together and live together, which hopefully will be of benefit to players and coaches alike. The sessions are held at various venues throughout the Districts—a popular decision, as previously too many sessions were held at the same venue, resulting in too many players having to pay too heavily in travelling expenses to attend training sessions. Two sessions have already been held—on 22nd/24th January and 18th/20th February at Wishaw and Dundee respectively. The last session was a very controversial one when the team was picked for a training camp and Tournament in Tel Aviv, at the beginning of April. To say the least, it contained a few surprises and one or two new faces to senior international water polo:

B. Campbell	Dunfermline
A. Donaldson	Dunfermline (captain)
A. Campbell	Dunfermline
J. Gaffney	Hamilton
A. Sturrock	Hamilton
F. Moore	Hamilton
J. Berryman	Hamilton
I. Barrie	Warrender
D. Smith	Warrender
A. Ramm	Warrender
P. Gilhooly	Warrender
D. Docherty	1930
I. McLeod	Taybridge

The U21 National Squad have had one training session so far—on 5th/6th March—when 13 players travelled to Manchester for a series of games. The opposition were Northern Counties U20 team, Warrington Water Polo Club, Northern Counties Senior side and Planthill Senior water polo team. In all, six games were played, with our U21 team winning 4 drawing 1 and losing 1. This Tournament was in preparation for the Quadrangular Tournament which will be held at Rosyth, featuring the Scottish U21, the Scottish Senior Team, the Army and the Navy. At the time of writing, it is also hoped there will be a further training weekend on 19th/20th March at Southport. Teams taking part will be Planthill, Portobello, Scottish U21 and Northern Counties. Additional players will be used in this Tournament to let the Coach have a

fair idea of the depth of players he has at his fingertips.

## G.B. U18 SQUAD

Five names have been put forward by the S.A.S.A. for the G.B. U18 Water Polo Squad:

I. McCallum	Warrender
G. Gilhooly	Portobello
A. Anderson	Portobello
G. Russell	Portobello
D. Smith	Warrender

These five players have an excellent chance of representing G.B. in an International Tournament later this year, although unfortunately, it coincides with the Scottish U21 Team's 6 Nations Tournament in Switzerland, and could certainly deplete the Scottish team as far as goal keeping is concerned. However, there is plenty strength in depth among players in other positions.

## DOMESTIC LEAGUES

With the Winter break over, domestic water polo leagues have started in the Districts and it would appear that in the East it will not be a "cut and dried" affair as regards who wins the four titles. The emergence of Dunfermline should provide an exciting challenge to the other participants, as the Club's first seven players are all internationalists.

## S.S.S.A. NATIONAL CHAMPIONSHIPS

Thanks to continued sponsorship from the Royal Bank, the National Championships were again staged in the Royal Commonwealth Pool, Edinburgh. Over 750 contested the finals/semi-finals, representing all Regions except the Western Isles. Apart from a few hiccups, the flow of the gala was excellent, and the change of practice from previous years to "posting" only withdrawals saved much time and confusion.

The rules limiting the number of swims for each swimmer to one enabled the increasing depth of Scottish swimming to be seen, the overall strength of Aberdeen A.S.C. and the rise of the Fife Region swimming.

Eighteen new championships records were established.

### Memories are made of:

- \* Neil Cochran's ease in winning the 200m I.M.
- \* Alan Duffield breaking the 12 and under 50m Freestyle Record.
- \* The speed of the swimmers from the special schools—Anna Ritchie School showing clearly what training can do.
- \* Neck and neck race between Ruth Gilfillan and Sarah Inkson over 100m Freestyle—Sarah winning by a touch.
- \* Carole Lewis' return to international form in the 100m Butterfly.
- \* Some very fine inter-school relay finals.

## SCOTTISH SWIMMING AWARDS

### S.A.S.A./S.S.S.A.

## National Awards Scheme

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Mrs. M. Cochran,  
Secretary,  
Scottish Swimming Awards,  
44 Frederick Street,  
EDINBURGH.

## TECHNICAL TRAINING FINA Rules—Modifications

The following modifications are merely a tidying-up process and are in operation at the moment. However they and all other Rules will be discussed at our Symposium on 15 May in Dundee. The Committee are hoping for a good attendance so that we may get a universal interpretation of the rules for the benefit of swimmers, coaches and officials. The Rules are provided to ensure that all swimmers get a fair and equal chance. Details of the Symposium are available from the office at Stirling.

- SW1.2 Note: Times to 1/1000 sec may be shown only on the electronic printout.  
(In the SASA Handbook the note is in fact correct, but the FINA Handbook is incorrect.)
- SW1.4.8 After "Equipment." add new sentence: "When video tape or automatic officiating devices are available, these must be used by the Referee in any case of doubt or protests (turns, end of race and relay take-offs)."
- SW6.3 Add new sentence: "Before the beginning of the first stroke and after each turn, up and down movements of the legs or feet are not permitted."
- SW6.5 Delete in its entirety and substitute: "In the leg kick, the feet must be turned outwards in the backward movement. Movements in the form of a 'flutter kick' or a 'dolphin kick' are not permitted. Breaking the surface of the water with the feet is allowed unless followed by a downward movement in the form of a 'dolphin kick'."
- SW6.6 After the word 'permitted' substitute the full stop with a comma and insert: "but the shoulders must remain in the horizontal plane."  
Delete the last sentence commencing with "on" and ending with "level."
- SW6.7 Delete in its entirety and substitute: "Part of the head shall break the surface of the water or be above the general water level throughout the race, except at the start and at the turns when the swimmer may take one arm stroke and one leg kick while wholly submerged before returning to the surface."
- SW6.8 Add new paragraph as follows: "In the individual medley, the completion of the breaststroke portion is considered as a turn. In the medley relay, finishing the breaststroke portion is considered as the end of the race."
- SW10.1 Freestyle Relay 4 x 200.

## COMMONWEALTH GAMES 1986

The 13th Commonwealth Games return to Edinburgh from 24th July-2nd August 1986—and it looks very much as though the facilities at the Royal Commonwealth Pool will not be updated from the Games held in 1970. As far back as 1980, the Association submitted proposals on facilities to the Steering Committee for the Games, stressing that a new 25m warm-up/training pool was necessary to bring the R.C.P. up to current international standards for this major event, but it appears that this request has been turned down. Instead, the proposal from the Organising Committee is that the learner's pool, which was the press area in 1970, could be flooded to a depth of 1m, and three lanes would be available at that depth—provided the media did not require this area! For the technically minded, the dimensions of the present learner's pool are 20m long by 10m wide.

In an attempt to have the decision reversed, the Association held a press conference in Glasgow at the end of February, strongly outlining the efforts they had made, and were making, to ensure the facilities would be updated to a standard which has become accepted by all leading countries in Swimming—one only has to look at the facilities offered at Brisbane in 1982, in Edmonton in 1978 and at Christchurch in 1974. In the Association's view there is no doubt that without the additional 25m pool, Edinburgh is inadequate to host the 1986 Games and we can only hope that common sense will prevail amongst the organising committee and they will recommend to the Edinburgh District Council that the building of this pool be given immediate priority.



## THANKS . . .

. . . to the Scottish  
Sports Council

—for grant aiding the purchase of a cassette and underwater speakers for Synchronised Swimming

—for their grant towards the Doc Counsilman Clinic.

## SPONSORSHIP

In view of the present financial climate and the resultant difficulty in obtaining sponsorship, the Association have reluctantly decided to suspend, for the meantime, the appointment of Mr. Archie Weir, their Sponsorship Promoter. Mr. Weir is well-acquainted with the Association, having previously been Public Relations Officer with Esso Petroleum Co. and involved with the Association through Esso's sponsorship of the Age Group Championships. The efforts made on behalf of the Association during his appointment have been greatly appreciated, and though no major sponsorship has resulted, Mr. Weir has obtained several smaller donations of cash and prizes for events, which have helped to reduce costs.

Though now without Mr. Weir's additional help, sponsorship remains a matter of extreme importance to the Association and all possible leads are being followed up. The Scottish Sports Council's Sponsorship Advisory Service have been informed of all major events within our Calendar still without sponsorship and details are included in their new publication "Leads"—an information service for public relations, marketing and advertising departments and consultancies, serving industry and commerce. "Leads", whose aim is to make professional advisers more aware of the many sports sponsorship opportunities available in Scotland, will be published quarterly.

On a more positive note however, we are delighted that the following sponsorships have been confirmed for 1983:

- \* ESSO PETROLEUM are continuing their sponsorship of the Esso Scottish Age-Group Championships and the Esso Scottish Youth Squad.
- \* SUN LIFE ASSURANCE CO. have agreed to continue their sponsorship of the 1983 Scottish Masters Championships in 1983, in an increased sum.
- \* IND COOPE LIMITED are continuing their grant for the advancement of Youth Swimmers at training weekends at the Swim Centre.

## PROFILE ON



### IAN CAMPBELL

Ian Campbell swims for Paisley A.S.C. He is an all-round sportsman, enjoying golf, football and horse-riding as well as swimming, which he took up at the age of 10. In the same year, he became Gourock A.S.C.'s youngest-ever Club Champion!

Ian lives in Inverkip, where his parents run a hotel. Young brother Stewart shares Ian's love of horses—they have two ponies, Canasta and Silver—and has also taken up swimming. In between times they help their parents in the hotel.

Ian was born in 1968 and will be 15 in June. His achievements to date are notable: a 2nd and 3rd place in British Age Groups;

8 times a Scottish Age Group Champion (the 100m Freestyle and 100m Butterfly in 1982); International Schools Champion in the Junior Boys 100m Freestyle and 100m Butterfly 1982; S.A.S.A. Long Course Open Junior Champion in the 100m Butterfly 1982; Scottish Junior Long Course Record Holder for the 50m Freestyle (25.49).

A member of the Scottish Esso Youth Squad, Ian was selected for the Viareggio Meet in Italy earlier this year, gaining a bronze in the 100m Freestyle and a silver in the 100m Butterfly.

He trains a total of 17½ hours each week. The 40 minute car drive from his home to the pool means a 5.00 a.m. rise, which Ian admits to hating, but his dedication to the sport and the encouragement and support of his parents and coaches, Jim Park and Ian Mason, make it all worthwhile. Without them, Ian admits, none of his achievements would have been possible.

Ian's strongest subjects at school are maths, physics, technical drawing and art, but as yet he has not settled on a future career, though both architecture and swim coaching are two possibilities. One ambition is definite, however, and that is to represent Scotland at the 1986 Commonwealth Games in Edinburgh.

## LEN CALENDAR CONFERENCE

The 1983 LEN Calendar Conference takes place in Rome in May and Clubs wishing to advertise Meets abroad are asked to let Bill Black, General Secretary, have full details and copies of information for circulation at the Conference, in good time.

One problem of the Conference is that events arranged and included in the LEN Calendar are not necessarily guaranteed to take place. This has been highlighted within our own Association this year with the cancellation of the Multi Nations Synchro International, planned for East Kilbride in April, brought about by several of the countries originally competing, later withdrawing. Bill Black, our General Secretary, has brought the matter to the attention of the LEN Secretary, Mr. Norman Sarsfield, who though sharing our concern and disappointment, does point out that we ourselves have also been guilty of withdrawals at late notice. However, he has drafted a new Rule which he will be proposing to the LEN Bureau in April which hopefully may in some measure deal with the problem. Basically, it involves fines on Federations withdrawing from or cancelling events. It will, of course, be subject to approval by the LEN Congress. Scottish convenors have been asked to ensure that commitments made at Rome are upheld.



The Esso Youth Sport programme is designed to encourage young people in the pursuit of their particular sports and games.

It reflects the Esso philosophy of 'Looking ahead to keep ahead'. For the programme encourages youth **now** in activities that will benefit themselves and the country in the future.

Esso Youth Sport is a co-ordinated programme involving schools and youth activities, in the following sports: Swimming, Athletics, Rugby, Soccer, Basketball and Cricket.



Esso  
YOUTH  
SPORT

# SWIMMING IN THE U.S.S.R.

by Terry Denison

*In November last year, Terry Denison, Chief G.B. Coach and Leeds Central Coach, gave a talk on his 1981 visit to Moscow with the British International, Adrian Moorhouse. There follows an edited version of Part 1 of Terry's Report on the visit—"The Organisation of Swimming in the U.S.S.R.", together with his recommendations. Part II—"Breaststroke training in the U.S.S.R."—is available on request to the S.A.S.A. Office.*

## "The Organisation of Swimming in the U.S.S.R."

### THE ORGANISATION OF SPORT

There are approximately 20 National Sports Societies in the U.S.S.R., composed of workers in different industries and each with national, republic, district and city committees. Each society encompasses all sports and is financed by the membership fees paid by all workers in the industry plus government grants and spectator entrance fees.

We visited two centres:

1. Dynamo operate from a Sports Complex built around the famous Moscow Dynamo Football Club. The Swimming Section has been run by Vladimir Yourdashev for the past three years.

**The Dynamo Swim Centre** is an old building with one 50m x 25m outdoor pool, one 25m indoor pool, one 17m indoor pool, one small teaching tank, plus two full sized gymnasia. The pools provide an excellent centre for the exclusive use of the Dynamo Swim School, but they also have the use of the Olympic Pool morning and evening, and this is used for land work and training by the two groups. The coaches have office facilities for storage of records, etc.

**Membership of the Dynamo Swim School** begins from age 5 with an extensive teaching programme. The School has over 500 swimmers, 15 paid coaches, a doctor, a masseur, and a technician. The swimmers are divided into the following groups:

Group I—the top ten breaststroke swimmers. Run by Vladimir and one assistant, they train 9/11 times per week.

Group II—12 swimmers with 2 coaches. The top 4 swimmers work out 9 times per week; the other 8, 7 times per week.

Group III—12 swimmers aged 13, with 2 coaches. They work out 7 times per week.

Group IV—two squads of 15 each, aged 12/11, with two coaches. They work out 7 times per week.

Group V—two groups of 20 each, aged 11, with 4 coaches. They work out 6 times per week.

There are also 20 teaching groups ranging in ages from 10 to 7. The top five groups do land work and swimming work, but only Groups I and II do strength working. The others do flexibility and play football, etc., in their landwork.

**Competition** is organised each Sunday within the Moscow Dynamo Swim School. All top four groups swim two races through the Olympic programme in controlled tests. The Dynamo Sports Society also organise competitions for members on a national, district and city basis. There are also competitions between the Societies.

**Education:** Most Dynamo swimmers attend normal schools, which include swim training for the better swimmers. Private tutors are also employed by Dynamo Swim School. Swimmers who move to the Swim Centre from other parts of the U.S.S.R. are educated in a residential school called the Internat.

2. The Olympic Centre for Water Sports, built in the 1920s, is one of the three largest swimming complexes in the country, housing twelve swimming pools including two 50m pools in the same building. There are also gymnasia, a Sports Research Centre and a hostel. Head Breaststroke coach is Nicolai Pankin, whose groups had just had 18 days holiday on the Black Sea, paid for by one of the Societies. The Centre caters for a number of Sports Societies who do not have their own Swim Centres. They have eleven training groups ranging from 13 to 21 years, and including no more than 10 swimmers each. They specialise in Breast, Fly, Back and Freestyle.

### THE PLANNING OF SPORT

A four year national plan is drawn up and published by the Sports Scientific Research Committee and the Central Swimming Committee. It covers all groups—national, age group and non-competitive swimmers and is regarded as "the law" for running Swim Schools. It sets out to

- (a) ensure the total development of sportsmen of the highest quality;
- (b) prepare the coaches, referees, officials and administrators of the future;
- (c) provide a service to local schools and other bodies.

The plan is discussed by the National Coaches before publication and amendments can be made between the coaches and the Sports Scientific Research people. In matters of organisation, the Swim Schools appear to follow the Handbook closely, but in matters of training the better swimmers, there seems to be room for adaptation of the plan. The younger coaches at the Olympic Centre did not

entirely agree with it, amending the programme in the light of their own researches.

Copious records are kept on all swimmers of national, senior and junior standing; tests are taken at regular intervals and all information sent on to National Head Coach, Sergei Vaitzevski. He visits swim centres around the Soviet Union, directing promising swimmers into the major centres. He appears to support a number of specialist Centres in the various strokes, to encourage competition amongst the coaches. No swimmer of national standing may change clubs without reference to Vaitzevski and any coach losing a swimmer has the right to appeal. The policy of establishing specialist Centres was begun in 1976 and seems to have strong support amongst the coaches.

### NATIONAL TEAMS AND TRAINING CAMPS

- (a) Qualifying times for the World Championships in 1982 were set at 10th in the world for consideration, failing which the best available swimmer or possibly two.
- (b) The coaches were selected by Vaitzevski and the Central Committee from those with swimmers in the National Team.
- (c) a 7 day training camp is arranged at the start of each session for all swimmers of national standing. Other camps take place during the year. A 10 day camp was planned prior to the Europa Cup and a three week camp before the World Championships.

### MEDICAL RESEARCH

At the Sports Scientific Research Centre at the Olympic Centre, they make a variety of tests on body weight, measurement, muscle biopsy, strength tests and blood tests. Much of this has been done over the years in Britain, but not as consistently, nor with the same cataloguing of information. Equipment included pressure pads for testing power on the start and turn and a swimming flume. The flume speed is set slightly faster than the swimmer's best speed, with the swimmer swimming against the current for as long as he can. Blood tests are taken frequently in the Swim Schools and coaches are advised on how to use lactate measurements for adapting training sessions.

### COACH EDUCATION

All practising coaches must be qualified—either through a two year course at a Coaches' School or a four year course at the College of Physical Culture which requires 2,800 hours of study and provides the highest award. The course covers physiology, theory and method of Physical Culture, biomechanics, massage, medical research, anatomy and psychology, plus education in general subjects and practical sessions in a variety of sports. Once



qualified, the coaches would be offered coaching positions by the Central Committee. There are four grade of coaches:

1. "No grade coach"—usually ex swimmers who are helping with a group whilst studying for the coaching diploma by correspondence course.
2. Grade 2 coaches, paid approx. 180 roubles per month.
3. Grade 1 coaches paid approx. 220 roubles per month.
4. Top Grade coaches, paid approx. 300 roubles per month.

Coaches move up grades in accordance with their results, once they are working with a group. Each year, a coach's performance is considered by a City Coaches Commission, who decide on any upgrading. Swimming Coaches are highly regarded in the U.S.S.R. and their salary is above the official national average of 170 roubles per month. In addition, they may receive government awards in recognition of outstanding performances from their swimmers.

#### THE ATTITUDE TO SPORT

It appeared that at all levels, the attitude to sport in Russia is different from in this country. Sport is not just recreation, but is seen as having real, positive value in the development of the individual and as such, is recognised and encouraged by government and the public. Schools and

colleges endeavour to arrange individual timetables for sports students.

#### SUMMARY

1. **Planning:** I think we could learn from the U.S.S.R. in terms of planning, with a meeting between leading coaches and the Swimming Committee each year to:
  - (a) plan out the year's (or next four years') programme;
  - (b) present a booklet offering guidance to clubs on the organisation of training and competition for swimmers of all ages.
2. **A National Head Coach:** I see great advantage in a permanent post in the Vaitzeovski mould; someone to visit swim centres to give advice to clubs on up to date training methods; to collate information and factual details on all swimmers with national potential; to collate data of a technical nature for coaches; to plan the training and competition of our national squads in liaison with the national coaches.
3. **Coach Education:** I think we should continue to encourage coaches to gain knowledge of training principles and methods by the use of Clinics and information booklets. Full certification of our coaches on the Russian line may not be possible, but I think

we could offer a service to clubs and local authorities in the appointment of coaches on (a) a certification basis and (b) on a proven record basis. I would also like to see all new coaches encouraged to undergo an "apprenticeship" with an existing coach before taking on a squad full time.

4. **Medical Research:** There is a good deal of work already going on in Britain. I think there is a need to collect together the research and data already undertaken and to hold a national conference on Sports Research, perhaps addressed by one of the leading Russian scientists.
5. **Technique:** I think we must emphasise to our coaches, the importance of specialist training as against general conditioning and give more thought to the technical aspects of our strokes and to starts and turns. The encouragement of specialist centres, if only for training camps, could well be considered.
6. **Attitudes:** We need to continue to work nationally and at local level to impress upon local authorities and schools that organised sport has an important part to play in the development of the individual. We should seek the right conditions and the right equipment for our swimmers and perhaps not be afraid to approach schools in an attempt to combine study and training. The encouragement of swimming for health in organised programmes for adults could also help encourage new attitudes towards the use of our public pools.

*(Reproduced from the "Swimming Times" in edited version.)*

## SWIM CLINIC

Doctor JAMES E. COUNSILMAN

STIRLING UNIVERSITY  
26th/27th/28th AUGUST, 1983

Jim (Doc) Counsilman is probably the most prominent international swimming figure; he has authored the most definitive books and films in existence on swimming. As Head Coach to the successful Indiana University Swim Squad for 26 years, he has been responsible for the success of many famous Olympians, among them: Charlie Hilcox, Chet Jastremski, Gary Hall, John Kinsella, Jim Montgomery and Mark Spitz. He was Coach to the U.S. Olympic Teams of 1964 and 1976 scoring a near sweep of gold medals and world records. His book "The Science of Swimming" outlines beyond all doubt the expertise and depth of knowledge that this man holds in the field of swimming. Much of his research into both the teaching and coaching of swimming has been of considerable value in the development of the sport as it is today.

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