

SWIMMING SCENE

PUBLISHED BY THE SCOTTISH AMATEUR SWIMMING ASSOCIATION
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The views expressed in this publication are not necessarily those of the Association

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WHERE IS OUR SUPPORT?

R. W. Braund

For the third year running, East Kilbride have staged an excellent 50m event, but the question mark still remains—when will senior Scots support it?

For years, clubs and coaches, myself included, have moaned and groaned at the lack of Long Course opportunities in Scotland. Why did we have to travel to Leeds, Coventry, Southend to get these important experiences? At last someone had the courage to stage Long Course meets in Scotland—the Association, with the Spring Meet, and East Kilbride. However, their efforts can and will be sustained only if they are supported. It will always be difficult, particularly without sponsorship or finance, to attract outsiders, but it should not be too difficult to attract our own.

Those who did turn up at East Kilbride found the event extremely well organised and run. Short sessions for two reasons—on the credit side, the way the programme is laid out; on the debit side, not enough entries. First-class accommodation at good prices. £25 clothing vouchers for meet event record breakers. Excellent meals and hospitality. You really could not ask for better.

It is recognised that the timing of events does not suit everyone all of the time, but in this instance, many more could have attended, including our older age groupers. Three weeks away from the Age Group Championships would have given a good indication of progress at this stage and would have done more good than harm.

I hope your club will support both the Spring Meet and the East Kilbride Meet next year and help make them attractive, high quality events, with plenty of depth to them—otherwise you may have to dig deep into club funds to travel to Cardiff and Southend in 1985 to find a long course event.

HELP US TO HELP SCOTTISH SWIMMING!

CHEERS! AS HAMILTON TAKE THE SCOTTISH CUP



Alan Sturrock, captain of Hamilton A.S.C., surrounded by his team mates, receives the Scottish Cup from Mr. Gordon Bruce of Drybroughs. On the extreme left is Hartley McGibbon, Hamilton A.S.C. Coach, and on the right, Mr. Don Hawthorn, S.A.S.A. President.

In what has been described as the best semi-finals and finals for years, Hamilton Baths were victorious in winning the Scottish Cup at the Fosters Draught Scottish Water Polo Championships in Dundee in June. In a most exciting final, Hamilton narrowly beat Dunfermline W.P.C. 14-12, with the crucial goals being scored in the last quarter.

Hamilton won through to the finals by defeating 1930 A.S.C. 12-10 and Dunfermline by defeating Portobello 7-4.

Commenting later on the match, Ross Elder, S.W.P. Convenor, praised Hartley McGibbon for all the work he has done

at Hamilton and for bringing the team to victory. Players from all teams, he felt, had benefited from putting in extra training and attending national training weekends. It was heartening to watch and enjoy water polo of that standard and he was hopeful of Scotland's chances in the forthcoming 8 Nations Tournament in Tenerife.

Fosters Draught sponsored the event, held at the Dundee Leisure Centre, and presented each member of the Hamilton Team with a ½ pint tankard, specially engraved to mark the occasion.

The Association wish to thank the Fosters Sports Foundation for their help in making the event the success it was.

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MIDLOTHIAN A.S.C.
EDINBURGH**

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DIRECTOR OF SWIMMING



Ron Braund

The Council of the Scottish Amateur Swimming Association have re-appointed Ron Braund as their Director of Swimming for a further period of four years. Ron first became Director of Swimming in May 1979 and was re-appointed after the completion of his four-year contract earlier this year.

50+ ALL TO PLAY FOR

SPORT FOR ALL is the motto of the Scottish Sports Council and it has been the rallying call for a number of national campaigns aimed at increasing participation in sport. With some success, too, as shown by the number of Sport for All Weeks and other events which are now organised annually in various parts of the country. In the last few years specific sub-themes have been used to focus attention on particular sections of the community, so there has been Sport for Disabled People, Women and Sport, and this year, 50+ All to Play For.

The Campaign, which is being promoted throughout Britain and Northern Ireland by the joint efforts of the four Sports Councils, is aimed principally at those in the pre-retirement age groups. Included of course are many who have given up the sports of their younger years or who have had little opportunity to enjoy the wide range of activities now available. Clearly swimming is one of the sports which could use the Sport for All Campaign to bring more people into the sport. Recent developments in Masters Swimming have certainly shown that some former competitive swimmers are still very active. But there must be many thousands of mature adults who could be attracted by suitable recreational and competitive events, and who could be persuaded to become more actively involved.

Many local authorities and local sports councils are actively supporting the 50+ All to Play For campaign. Swimming clubs which might wish to organise a special event to attract older swimmers should first contact their local department of recreation and leisure. Where a local authority is prepared to assist an event, either with direct financial aid or with help in kind, which could be providing a pool for a special event free of charge for example, the Scottish Sports Council may also be able to offer small grants.

In addition to participating in sport the 50+ age groups are encouraged to become involved in sports administration. Two leaflets entitled "In the Swim" and "Lend a Hand" are available within a range of free publicity material including posters and wall charts.

So come on, the SASA and its members, prove the point that those who are 50+ should also be "In the Swim".

Copies of publicity material can be obtained from the SASA Office or directly from the Scottish Sports Council.



**Sun Life
Scottish Masters
Championships**

Following the success of the 1982 Sun Life Scottish Masters Championships, the interest in this year's event comes as no surprise. Judging by the requests for details, we can look forward to an even bigger entry than before.

The 1983 Championships are to be held at the Whitehill Pool, Glasgow, on the weekend of 29th/30th October, and with a civic reception and a "Scot's night" planned, we can look forward to fun as well as competition. So now is the time to stop "considering" taking part. Take the plunge! Make a comeback! If they can do it, so can you! This year we look forward to welcoming new faces among our many old friends.

Full details of the Championships and accommodation are available from the S.A.S.A. office.

FOREIGN MEETS FOR CLUBS

Following the LEN Calendar Conference, details of certain meets abroad have been received at the S.A.S.A. Office. In some cases the information is very limited, with no English translation, but if your Club is considering taking a team abroad and would like copies of the information available for any of the following meets, please send your request with a stamped, addressed envelope to the office. (A donation towards photocopying costs would also be welcomed.)

- 1. November 4th-6th, 1983**
North Sea Swim Meet: Stavanger, Norway.
Good facilities. Age Group Meet: 66/67-68/69-70/71
25m 6-lane indoor pool. Electronic timing. Qualifying times.
Accommodation available (Norwegian Krona: 125-275). Free lunches.
No entry fees. Entries close 21st November, 1983.
- 2. 7th-8th January, 1984**
1st International Meeting of Tunis.
Open events. Heats and A & B Finals.
Limited events: 50m/100m/200m Freestyle; 100m/200m Breaststroke; 100m/200m Butterfly; 100m Backstroke; 200m/400m I.M.
Time standards reasonable: e.g. 100m Freestyle 56-65 secs.; 100m Fly 62-71 secs.
25m indoor pool.
Free board for 3 + 1.
Preliminary registration 21st October.
Entries close 20th November 1983.

KNZB INTERNATIONAL CHAMPIONSHIPS

Two Scottish divers—Mandy Robbie (Dundee D.C.) and Gavin Young (Edinburgh D.C.) travelled to Holland to take part in the KNZB International 3m Diving Championships at the Hague. A total of 14 ladies and 17 men from 10 countries contested the Championship, which is considered an excellent early season meet, showing the competitors exactly what is required of them.

In the Ladies event, the Soviet divers, Gusljannikowa and Hinko took first and second places, with the favourite, Jongejans (Holland) in third place, while in the Men's event, Austria's Niki Stajkovic, who only six days earlier had won the 3m event in the European Cup, dived steadily to win comfortably from Dutch stars Edwin Jongejans and Wessel Zimmerman.

Though not amongst the medal winners, both Mandy and Gavin did exceptionally well in what was their first senior International, Mandy scoring a personal best of 284.16 and Gavin, the youngest competitor by at least three years, totalling 328.44 points.

- 3. 4th-5th February, 1984**
6th International Age Group Meet: Bad Reichenhall, West Germany.
66 and older to 75 and younger in single age groups.
Time standards.
100m events each stroke; 200m I.M.; 400m Freestyle.
25m pool.
Entry fee: Dm4.
Entries close 25th January, 1984.
- 4. 10th-11th March, 1984**
VI Gmunder Fruhjahrßchwimmfest
Age Group Meet: 66 and older to 73 and younger in single age groups.
100m and 200m events in each stroke; 400m Freestyle; 4 x 50m Medley; 8 x 50m Freestyle (mixed).
25m 6-lane pool.
Entries close 23rd February, 1984.
- 5. 24th-25th March, 1984**
6th Grand Prix Int. de Printemps: Brussels, Belgium.
Age Group Meet. Ages undefined.
100m and 200m events each stroke.
50m pool. Electronic timing.
Economic lodging.
- 6. 6th-8th April, 1984**
7th Haribo Youth Meet: Bonn, West Germany.
64-72 age limits. Only 2 competitors each single age group.
100m and 200m events all strokes; 400m Freestyle; 200m and 400m I.M.
Time standards. Club trophy.
25m 6-lane pool. Electronic timing.
Entries: Dm5. Entries close 19th March, 1983.
- 7. 27th-29th April, 1984**
Luxembourg Meet, Luxembourg.
Age Group Meet.
100m and 200m events all stroke; 400m Freestyle.
50m pool. Information to date limited.
- 8. 4th-6th May, 1984**
5th Championship International: Mulhouse, France.
Boys: 72 and later to 67 and younger.
Girls: 73 and later to 67 and younger.
50m 8-lane pool.
Information to date limited.
- 9. 1st-4th June, 1984**
4th Meeting Internationale de Relais de Natation: Rheims, France.
Age Group Relay Meet.
Boys: 72 and later; 71-70; 69-68; 67 and earlier.
Girls: 73-74; 72-71; 70-69; 68 and earlier.
Events: 4 x 200m Freestyle; 4 x 100m Freestyle; 4 x 100m Medley; 4 x 50m Freestyle.
Heats and Finals. Time standards.
50m 8-lane pool.
Entry fees: 50 francs each relay.
Entries close 16th April, 1984.

- 10. 9th-10th June, 1984**
Arena POKAL, Mainz, West Germany.
Age group meet. Single age group—65 and older to 71.
Full programme less 800m/1500m. Time standards.
50m 8-lane pool. Deep water (1.90m).
Entry fee: Dm6.
Entries close 14th May, 1984.
- 11. 30th June-1st July, 1984**
The Cup of Ljubljana City, Ljubljana, Yugoslavia.
Age groups: 69/70/71.
Events: 100m/200m/400m Freestyle; 100m/200m Backstroke, Breaststroke, Butterfly; 200m I.M.
Time standards.
50m 8-lane open air pool. Electronic timing.
Entries close 15th June, 1984.
- 12. 6th-8th July, 1984**
21st Annual International Meet, Darmstadt, West Germany.
Age groups: 66/67; 68/69; 70/71; 72 and under.
All events except 800m/1500m Freestyle.
Time standards.
50m 10-lane pool.
Entry fees: Individual events—Dm10; Relays—Dm16.
Closing date: 7th June.
- 13. 21st-22nd October, 1984**
7th International Swimming Games "OLAVS-LEKENE", Sarpsborg, Norway.
Near Oslo.
Three groups: 18 and over; 16/17; 15 and under.
All events except 800m/1500m Freestyle and 4 x 100m Medley (male and female).
Also: OLAV Relay: 4 swimmers—distances 200m/150m/100m/50m.
No qualifying times or results available.
25m 6-lane pool. Electronic timing.

Should you require quotes on your travel, the Association's travel agent, A. T. Mays, will be happy to assist.

Remember, too, that you must have an International Permit if your club is competing abroad. These are obtained from the S.A.S.A. Office for a fee of £5.00 and we need to know the dates of your visit, where you will be competing and the names (and competitive numbers, where applicable) of the swimmers taking part. We will also assist with letters to the Passport Office if your party is travelling on a group passport.

The Association's Insurance Brokers, Stewart Wrightson of Glasgow, can advise you on all aspects of your insurance.

Synchro Triangular

The 1983 Triangular Match between the Scottish Select, Northern Counties and Yorkshire was held in Dumfries. Shona Grubb, April Sands, Kim McIntosh, Jacqueline Bunney, Alison Stephen, Lisa Heyhoe, Margaret McKinnon and Sarah Burns made up the Scottish team, with Coach, Allyson Hayes and Team Manager, Mrs. May Laidlaw. Dumfries proved to be an ideal venue, with the pool and all facilities first class. Nithsdale District Council sponsored the match in respect of pool time and a civic reception for all teams and officials and Dumfries A.S.C. members and friends accommodated all the visitors. The English party declared their appreciation enthusiastically and a quote from one letter received from a team manager highlighted that it had been a worthwhile event: "When they arrived back home they went straight to their District Chairman's house and she was overwhelmed with the praise and pleasure they felt about the weekend . . . in fact, one girl who had expressed her intentions of retiring at the end of the year has changed her mind because of this match."

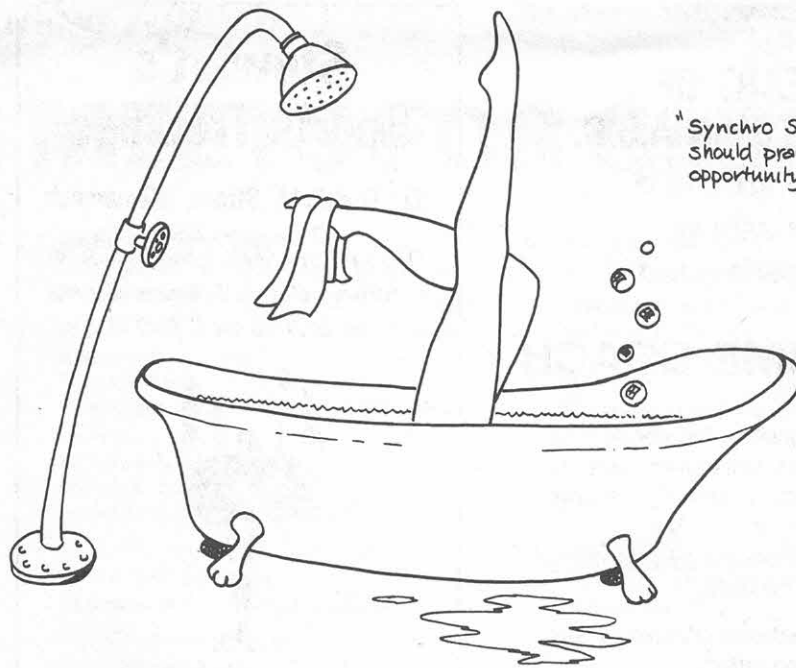
Twenty-two competitors took part in the Figures Section, with Shona Grubb and April Sands finishing in 1st and 2nd places respectively. The judging was very consistent and on completion of the figures it was obvious that it was going to be a very closely contested match.

Excitement and tension mounted during the Routine Section, as the competition was wide open. The Scottish team pulled out all the stops, especially in the Solos and Duets, but unfortunately they just failed to take the lead. The close result however, proved that "the competition isn't won until the last event is swum".

1st: Yorkshire	86.767
2nd: Scottish Select	86.395
3rd: N.C.A.S.A.	85.844

ADULT DISABLED CHAMPIONSHIPS

The Inter Region Trophy was won by the Strathclyde team for the second year in succession with a points total of 118 from Lothians with 117 and Fife 116. Never before has there been such a closely contested event. Two new Scottish records were set by Andrew Brennan from Cardenden A.S.C. in the championships for the physically handicapped, establishing himself as the top Scottish senior as well as junior of 1983. Wilma Lawrie from Edinburgh, like Andrew, won three gold medals and confirmed herself as leading senior lady in Scottish swimming yet again. As a member of the British "Les Autres" squad we wish her well in her preparations for the Olympics in 1984. Janet Hutchison from Dundee took the honours in the Section B Ladies' Event and Andrew Forbes from Stirling and David Laird from the Grampian Region shared the honours in the Men's Section.



"Synchro Swimmers should practice at every opportunity!"

TWO "FIRSTS" FOR SCOTLAND

At the time of going to press, arrangements for the first-ever International Synchronised Swimming Competition to be run under the auspices of the Association are well in hand. Denmark, Norway, England and Scotland will compete in the International at the Fife Institute of Physical and Recreational Education in Glenrothes. A full report of the competition will be included in the next edition of *Swimszene*, but meantime we congratulate the swimmers selected for the Scottish Team:

Shona Grubb, April Sands, Irene Glen and Kim McIntosh.

Synchronised Swimming will be entered as an event for the first time in Olympic history in 1984, but for Duets only. The enthusiasts hope the day will not be far distant when a full programme of events will be included.

The Commonwealth Games Committee have agreed also to include Synchronised Swimming in the 1986 Games to be held at the Royal Commonwealth Pool—for both Solo and Duet. In this respect Scotland will be first to include the two aspects.

SWIMMING GALA DATES

1983:

Friday, 4th November—Grangemouth Sports Centre: Scottish Schools Swimming Association National Gala (physically handicapped).

Friday, 11th November—Dundee Leisure Centre: Scottish Schools Swimming Association National Gala (all other handicapped swimmers).

Saturday, 19th November—Newcastle: Scottish Schools Select (physically handicapped and mentally handicapped) v. North of England Special Schools.

1984

Saturday, 5th May—F.I.P.R.E. Glenrothes: National Swimming Championships for Adult Disabled.

Synchro Courses

Scorers' Course:

18th September Dumfries

Synchro Teachers' Certificate:

10th/11th September Venues to be notified.
15th/16th October

Grade "A" Examiners:

3rd/4th December Cramond

JUNIOR CHAMPIONSHIPS FOR THE DISABLED

The Scottish Schools team that participated in the 1983 Junior Swimming Championships for the Disabled at Stoke mandeville Stadium surpassed all expectations and returned with 40 gold and 18 silver medals from the individual championship events and 21 gold medals for the six relay events. All six British relay trophies were won by Scottish teams, a feat never before achieved by any participating home country or region. Kelly Carroll from the Royal Blind School and Andrew Brennan from Cardenden A.S.C. won five individual titles plus two relay titles each, and the latter also won the coveted British individual medley trophy, the first time ever by a Scottish youngster. Other outstanding performances were by **Lesley Docherty** (Royal Blind School) 6 golds; **Matthew Duffy** (Ashcraig School, Glasgow) 5 golds; 1 silver; **Scott Arlow** (Park Mains High School, Erskine) 4 golds; **Chris Weir** (Galashiels Academy) 4 golds, 2 silver; **Allison Renton** (St. Stephens High School, Port Glasgow) 4 golds, 1 silver. The twenty-three youngsters from all over Scotland returned to Edinburgh travel weary, but laden with 79 medals and 7 trophies—a feat never likely to be repeated.

LETTERS to the EDITOR

64 Nith Street,
Dunfermline.

Dear Sir,

As a relative newcomer to the sport of Water Polo, I went to watch the teams that are reckoned to be Scotland's best, at the first Premier League fixture of the season at Kirkcaldy on 12 March 1983.

I had imagined, as these are the best clubs in Scotland, that there would be quite an interest shown and that the event would attract a fair number of local people to spectate.

I was even impressed when I first arrived—there must have been at least fifty people on the gallery; but then most of them suddenly disappeared—they had been players. That left a grand total of about ten spectators, most of whom were either club transport officials or girl friends. This, for a Premier League fixture, is a most deplorable situation.

Granted, the game is not generally well known; granted there are not many clubs in Scotland, but surely we should at least be trying to attract people to both watch and perhaps give the game a go.

I did not see any posters at the pool advertising the event; to the best of my knowledge nothing was seen in the local press promoting the game to the public. How can we hope to improve the standard of the game and its support when the sport's governing body themselves are apparently treading stagnant water and showing no interest in exhibiting and presenting the sport as an exciting and absorbing game to the public? Indeed, it almost seems as if we don't want the public to know Water Polo exists at all.

It surely would not be beyond the SASA's means to display a few posters around local secondary schools and the pool where the event is to be held. A 5p or 10p charge for a programme could, if necessary, recoup the cost of posters. It costs nothing to submit a short article to the local press asking them to print it prior to the game!

Perhaps we could not fill the galleries overnight, but at least it would be a start and any results of increased attendance that action might bring would be a 100% improvement on our current showing, which is as close to zero as possible.

There was not even a score-board at this game, which in itself is a major failing.

We are essentially a spectator sport and we do have the potential of good clubs to attract spectators, so please, can we as an Organisation try to improve the situation? It cannot do any harm whatsoever—if anything the opposite is true.

Yours faithfully,

David J. Radcliffe.

1 Church Row,
Wandsworth Plain,
LONDON SW18 1EH

Dear Sir,

NATIONAL OLYMPIC ACADEMY

The first-ever National Olympic Academy will be staged by the British Olympic Association at the South Glamorgan Institute of Higher Education, Cardiff, from 14th-17th September, 1983.

The purpose of the Academy will be to provide an opportunity for young people to come together to learn about and to discuss matters of topical and historical interest relating to the Olympic Movement.

The British Olympic Association will be bringing together Olympic Medallists and competitors, coaches, persons involved in the administration of sport in this country, as well as leading lecturers in this field of study.

The cost of full board and lodging at the South Glamorgan Institute will be £37.30. A non-resident fee of £10 will apply for the Academy Session and meals only.

Adding an international flavour to the Academy will be a group of 30 young journalists from overseas who will be attending a course run by the International Olympic Committee and the Association

International Press Sportif.

We do hope that you may be able to publicise the National Olympic Academy within your Association. All interested persons, whatever age-group, will be most welcome.

If you would like any further information please contact the Association Office at the address above.

Yours sincerely,

R. W. Palmer,
General Secretary.



MR. FRANK WRIGHT

We were saddened to learn of the death of Mr. Frank Wright, one of Scotland's most well-known water polo players. A member of Motherwell A.S.C. and W.P.C., Frank was a member of the Scottish team from the early 1950s, representing Scotland for a period of ten years. His first G.B. cap was in 1953.

SCOTTISH SWIMMING AWARDS

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Why not encourage your young swimmers to be aware of their ability in all strokes?

Our SPEED AWARDS are the answer

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

SYMPOSIUM ON SWIMMING RULES

A Symposium on Rules was held in the Angus Hotel, Dundee, on Sunday, 15th May, 1983. This was very successful, but it was disappointing that so few officials and coaches were able to attend. Nevertheless, a frank and entertaining discussion was held.

Mr. Alan Clarkson, member of the FINA Swimming Technical Committee, was the guest of honour.

Amateur Definition: This discussion also referred to advertising and it was generally agreed that an amateur is entitled to accept compensation for financial loss from his or her absence from work, provided that such payment does not exceed the sum which the competitor would have earned in the same period of time (GR1.2.6.7.3). In the case of advertising, a competitor does not lose his/her amateur status provided the governing body approves and controls the financial assistance (GR1.2.6.4).

Coaching: GR10+ Coaching on the Ponds side invoked considerable discussion. It was agreed that coaches should not be permitted on the starting bank; any advice to the swimmer should have been given before the swimmer approached the start. Coaching should not be mistaken for normal encouragement but coaches must

ensure that they do not impede the functions of the Officials. With these facts, it was agreed that the question of what was coaching should be left to the discretion of the Referee.

Officials: There was some criticism of the attitude of officials but in the end this came down to about three percent. Not a bad average. But officials, while taking their duties seriously, should also help to make the meet an enjoyable one. This, of course, applies to all taking part. There was a school of thought that the Starter could make quite an impression on the younger swimmers and should give the command "take your marks" in a reasonable manner—not like a sergeant major giving an order. This would prepare swimmers for a fair start. Judges decisions also came in for a bit of criticism but it was pointed out that officials were on the pondside to ensure that all swimmers had a fair and equal opportunity, not to disqualify. Judges had to be deliberate in their decisions and it was up to coaches to ensure that their swimmers knew the rules.

Breaststroke: The position of the head was discussed at some length. At the commencement of the Symposium, sheets were issued giving details of modifications to the FINA Rules (these were printed in the Spring issue of *Swimscene*) and in these

it was clearly stated that "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 . . .".

The question of the form of dolphin kick was fully discussed. This is not permitted by the Rules, but a swimmer is allowed to break the surface of the water with the feet, provided it is not followed by a downward movement in the form of a "dolphin kick". Further discussion took place on the position of the shoulders, particularly in relation to the uneven touch permitted in the turn. It was explained that the Committee had taken this matter up with FINA, suggesting that a slight dipping of the shoulder would be permitted during the last stretch of the arms before the touch, but this was turned down by FINA. It was generally agreed that swimmers should be taught to touch at the same level and thereby avoid disqualification by the position of the shoulders.

Backstroke: Prior to the Symposium the Committee had received an answer from FINA to their query re "jump" into the water. The answer was in line with the advice given by the Committee in that "The Rule allows backstroke swimmers to 'jump' into the water either feet first or by a 'dive'. The matter of whether they may take some strokes up the pool and turn and come back is really at the discretion of the referee. Obviously the referee could determine that there is a delaying tactic."

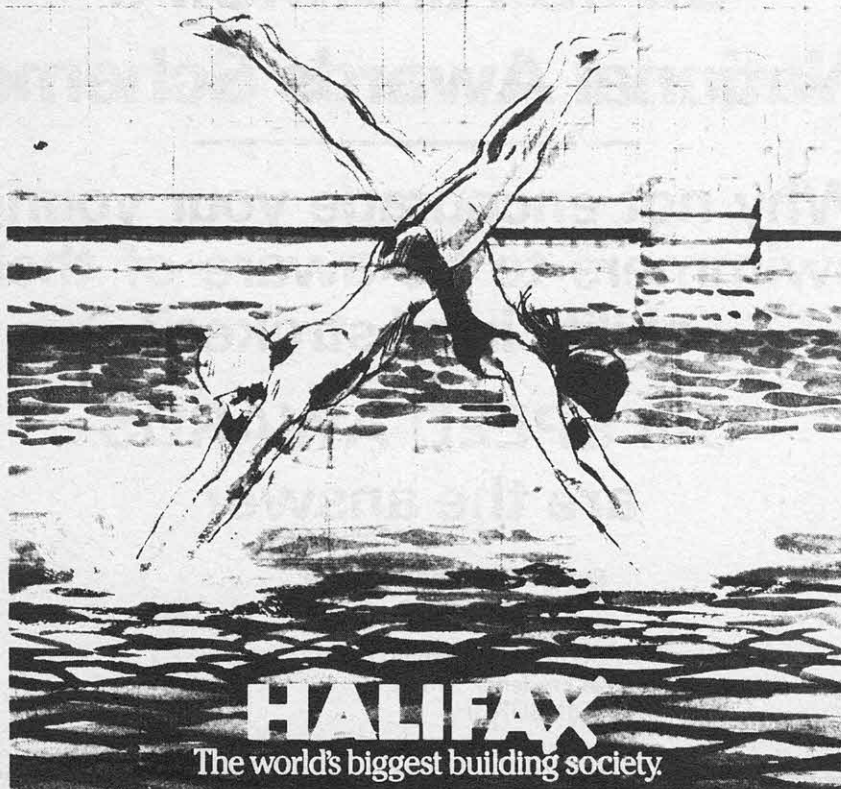
Another matter which had been taken up with FINA was a question relating to a swimmer being disqualified for placing his foot on the bottom of the pond at the start. FINA agreed with the decision of the Committee that the swimmer was not gaining any advantage and should not have been disqualified. In actual fact, a swimmer to gain the maximum advantage, should have his feet on the wall.

Electronic Timing: There was doubt as to what should be done in the case of one swimmer not having an electronic time and placing. SW14 is specific in this case. The manual time and placing shall be taken provided this does not alter his placing as compared with all the other manual placings. The other swimmers having an electronic timing and judging takes precedence over manual time and placing, commonsense should prevail.

Starting: A. Clarkson intimated that at the World Games in Equador the Starter inadvertently stopped the race at the third false start and it was agreed that in a case like this, the false start would be ignored as the recall was the fault of the official.

Freestyle: It was emphasised that in a freestyle race (other than an individual or medley relay event) irrespective of the form of stroke executed by the swimmer, the touch on the turn or finish need only be by some part of the body.

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FOCUS ON—

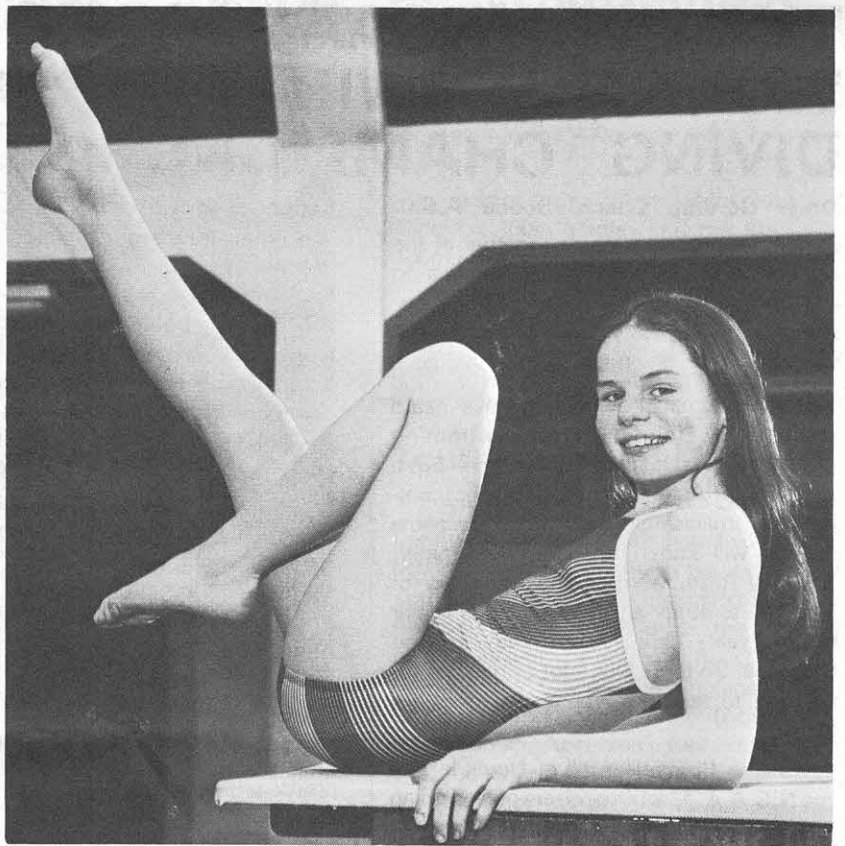
Young girl with a bright future—that's Kim McIntosh of Edinburgh S.S.C. Introduced to synchro during a display at a swimming gala in 1979, Kim's interest in the sport was immediate. One year later she took part in her first contest and already—at the ripe old age of 13—Kim is holder of her Grade V. Quite an achievement, but one that she works hard at. Kim trains from 6.00 a.m. to 7.15 at the Royal Commonwealth Pool, every weekday morning, three of them with Allyson Hayes, the National Coach. And three evenings each week she's back at the pool for her favourite hobby—speed swimming!

Kim lives in Edinburgh with her parents and older sister, Lesley. Two cats—Tiger and Theo—complete the family. Lesley shares Kim's love of speed swimming, but not of synchro, preferring water polo instead.

Kim is in her second year at George Watson's College, where her strongest subjects are Maths and Physics. Sport also plays an important part in her school life—tennis, badminton and a member of the hockey 'A' team.

1983 is a milestone for Scottish Synchro, with the first international synchro competition to be held in Scotland, taking place at Glenrothes. Kim is delighted to have

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been selected for the Scottish Team, competing against Denmark, Norway and England.

As to the future, Kim's sights are fixed

firmly on the Edinburgh '86 Games, when Synchro will be included for the first time. The chance is there—and Kim intends going for it.

Photo courtesy of "The Scotsman".

1983 SWIM SCHOOL

Win Hayes

The 1983 Swim School took place at Dunfermline College during the Easter holiday period. It was pleasing that in spite of the general financial cut-backs and grants being more difficult to obtain that 164 candidates managed to attend. This equalled the number in 1982. 14 different courses ran, covering all aspects of the sport except water polo.

Again, we saw candidates from a wide-spread area covering all regions of Scotland and a number from England, although the number of "English visitors" was less than in previous years. It was good to see so many "old faces" back again moving on to higher level courses or branching out into new areas of work. There were also a lot of new faces mainly at the preliminary level courses and I would hope that these candidates found their first experience of the Swim School both beneficial and enjoyable and are already planning a return visit. Hopefully all participants are now back in their own areas of the country putting their experiences to good use, with an increased level of input to the sport.

The School, as usual, had a busy social scene with the bar and disco well attended. This, together with the various "midnight coffee parties" in the Residences, provided the forum for the many hours of discussion that are so beneficial and make the residential type course so worthwhile.

. . . and so to 1984. The holiday dates in the different regions are very widely spread next Easter and in an attempt to cater for as many people as possible, it

RESULTS:

Course	No. of candidates	Results
A.S.A. Coach/Club Coach	10	8 passes 1 fail 1 not eligible for exam.
A.S.A. Prelim. Coach	24	23 passes 1 fail
S.A.S.A. Prelim. Teachers	22	20 passes 2 fails
A.S.A. Teachers	31	24 passes 7 fails
A.S.A. Advanced	10	7 passes 3 fails
A.S.A. Tutor Swimming	2	2 passes
A.S.A. Tutor Disabled Swimming	1	1 pass
S.A.S.A./A.S.A. Induction Tutor	5	4 recommended to go on to Tutor 1 recommended to examine only
A.S.A. Prelim. Synchronised Swimming	8	8 passes
Synchronised Swimming Judges	8	6 passes 1 fail 1 not eligible for exam.
A.S.A. Diving Teachers	11	9 passes 2 fails
Teaching Mothers and Babies	6	not yet known
A.S.A. Prelim. Teacher of Disabled	20	20 passes
A.S.A. Teacher of Disabled	6	5 passes 1 fail

has been necessary to spread the dates of the School. Thus the provisional dates are as follows:

Courses in Swimming for the Disabled:
24th-30th March, 1984.

All other courses:
6th-22nd April, 1984.

**P.S.: Staff Tutor and Tutors' Conference,
R.C.P., November 6th, 1983.**

Presentation to Miss M. Abbott

At the opening of the Easter School, the S.A.S.A. President, Mr. Don Hawthorn, on behalf of the Association, presented Miss Mollie Abbott, Principal of Dunfermline College, with a plaque and flowers in appreciation of the help she had given to the S.A.S.A. Easter School over a number of years. Miss Abbott has now retired.

THE 1983 NCAA DIVISION I WOMEN'S SWIMMING AND DIVING CHAMPIONSHIPS

Drew Gordon, Coach, Scotia A.S.C.

A number of factors came together at the right time to make a trip to America to see the American University Championships both a reality and a worthwhile venture.

So many of us in swimming have heard about the United States swimming programme, scholarships, college swim teams, N.C.A.A.s and the fantastic competition organisation over there. As some of you will know, my No. 1 swimmer, Beverley Rose, went to the University of Houston to study and swim. She is in her second year—or a "sophomore" in their language. So there was a lot of reasons for wanting to see the Women's Championships.

I wrote to Coach Hansell at Houston and the N.C.A.A. Meet Organisers before going and they were very helpful indeed. I met and stayed with the Houston party in Lincoln and were with them throughout the meet. Since several of them are well-known Brits, it was easy to fit in—e.g. Katy and Juliet Archer (Beckenham), Debbie Caldwell (Wigan Wasps), Elspeth Carnan (Paisley) and Nikki Fibbens (Hatfield).

I arrived the day before the meet and when I went along to the sports complex, I was warmly welcomed.

At this point, two observations:

1. Everyone spent time with you—introductions, conversation, interest and delighted to see you there.
2. Everyone was so keen and enthusiastic in their job and kept talking about how they hoped that **the swimmers would swim well.**

COUNCILMAN SWIM CLINIC

**Stirling University
26th-28th August, 1983**

Doc Councilman is probably the most prominent international swimming figure and coach in the world. As head coach to the successful Indiana University Swim Squad for 26 years he has produced many famous Olympians, including Mark Spitz. 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.

This is your chance to hear him in person.

**Application forms from the
S.A.S.A. Office.**

I attended—what for me was a very good idea—the **Referees' Coaches Meeting** on the evening prior to competition. Yes, the Referee and the organisers explained to the coaches what they had done to ensure a successful meet, the relay take-over—judging procedures and the presentation ceremony arrangements. The coaches were then invited to ask questions and offer suggestions for improving the existing conditions. At this point Jim Montrella (Ohio State) suggested that with the 50 yard sprint before the 4 x 50 Medley Relays, there could be problems for swimmers. Immediately, the Referee created a 15 minute warm up/down period in the programme. That is co-operation!

There is so much I could tell you about the trip, and I hope you will forgive a shortened presentation of some of the memories:

Facilities:

- pool—10-lane 25 yards by 10-lane 25m;
- double anti-turbulence ropes on all lanes;
- 8 lanes used for heats and 6 for finals;
- starting blocks with individual speakers attached;
- referee and starter had microphones;
- Colorado 10-lane timing, visual display and computer with total programme on it and electronic printing machines;
- electronic visual display unit giving swimmers' names during each heat and finals;
- C.B.S. T.V. took whole Championships for a two-hour programme later on.

Officials:

- same Referee and Starter for all sessions appointed early. (Referee was also meet co-ordinator and he was there for 4 days prior to the meet.)
- all timekeepers (3 per lane), judges, etc. were in red casual tops and white shorts, skirts or trousers (red and white are the colours of U. of Nebraska and everything was in red and white);
- very friendly and very keen for fast swims to happen in their pool.

Presentation:

- superb display;
- times after event;
- finalists presented immediately in team colours;
- coaches making 90% of presentations;
- six handsome men in white tuxedo, red bow-tie, black trousers and white shoes escorting the finalists to the rostrum;
- national anthem played by coloured saxophonist!
- during events, event number, U.S. record and N.C.A.A. records displayed electronically on scoreboard. Instant feedback.

Meet Organisation:

- swimmers always ready, yet no marshalling;
- heat sheets prepared each day;
- swimmers allowed to enter water for a quick splash around between events—no delays;
- Referee and Starter quiet, polite and consistent;
- starting from the front of the block caused much less problem—some 4/5 false starts over the meet;
- special rub-down areas with 10 tables and a table specially laid out with every piece of first aid or medical material one might require—available for all teams;
- hospitality area for officials and coaches, open all day—free soft drinks, coffee and lunches—as much as you wanted;
- doctors, orthopaedic experts, trainers, physios on call—all backing up meet organisation.

Swimming:

- N.C.A.A. is short course yards and so times are strange at first—e.g. 56 secs. for 100 Backstroke, 45.7 for 100 Freestyle, 22.11 for 50 yards freestyle (new American record);
- backstroke start is permissible from gutter, scum channel—indeed off the top of the time-pads! Many different shapes at "Marks" position;
- saw a girl go 50 yards back as start—23 yards underwater, butterfly kick (hypoxic, of course), surface, turn 22 yards underwater and come 2nd in the consolation final in about 27.5 seconds.
- saw Tracy Caulkins, Kim Lineham, Sue Walsh, Jill Sterkel, Tammy Thomas (USA Sprint Star), Megan Neyer (World Diving Champion), Kim Carlisle, Kathy Treible, Joan Pennington, Michelle Ford, Mary T. Meagher and many other famous swimmers;
- Beverley getting 2nd in 50 yards Backstroke.

Altogether it was a very worthwhile experience. The atmosphere and excitement was tremendous and made it so enjoyable. I spoke to many of the coaches and their collegiate and university structure is another story.

Last, but by no means least, I met a real live American State Senator—Mrs. Shirley Marsh, who was kindness itself. She showed me around Lincoln on the Sunday as I had a day extra and the Houston team had returned that morning. On the Monday, a working day, I was presented to the Nebraska state legislature (our Parliament) and presented with a certificate making me an Honorary Citizen of Nebraska. That's how they do things, as we know, but it was just the seal on the very warm hospitable welcome from all I met. So, of course, I'm saving to go back again. You should, too!

[Clubs will be interested to know that, time permitting, Drew is prepared to give illustrated talks to club groups on other aspects of his trip, such as the structure of swimming in the U.S.A. Enquiries should be made to Drew, c/o the S.A.S.A. Office. — Editor.]

STAVANGER INTERNATIONAL JUNIOR CHAMPIONSHIPS—



ESSO YOUTH TEAM

A thirteen strong ESSO Scottish Youth Squad competed in the Stavanger International Junior Championships in Norway in May, with excellent results:

6 gold medals, 5 silver medals, 3 bronze medals; 35 personal bests; 3 Scottish Junior Records.

Overall, the Scottish team came 2nd to Wales in the number of gold medals won

by individual swimmers, despite having a much smaller team (13 against the Welsh 24).

Three of Scotland's golds were won by Shona Cowie (Peterhead) in the 200m Butterfly, 400m Individual Medley and 200m Individual Medley. Shona also took the bronze in the 200m Backstroke.

Lorraine Wheatley (East Kilbride and Bellshill Sharks) took gold in the 100m

Breaststroke and bronze in the 200m Breaststroke and Fiona Davies (Paisley) won gold in the 400m and 800m Freestyle events.

The records came in the team events—Girls 4 x 100m Medley and the Boys 4 x 100m Freestyle and 4 x 200m Freestyle.

Tournament of Nations, St. Polten, Austria

Danny McGowan of Cumbernauld A.S.C. accompanied Scotland's team to the Tournament of Nations in Austria in June. Competing against 10 other teams from nations including the U.S.S.R., C.S.S.R., Canada, the U.S.A. and England, Scotland's team of Debbie Lord (Aberdeen), Neil Cochran (Aberdeen), Neil Foster (City of Dundee) and Graeme Wilson (Carnegie) took a total of four silver medals:

Debbie Lord 100m Butterfly (65.85)
Neil Cochran 200m Freestyle (1.55.36),
200m Individual Medley (2.10.14) and 200m Backstroke (2.10.16)

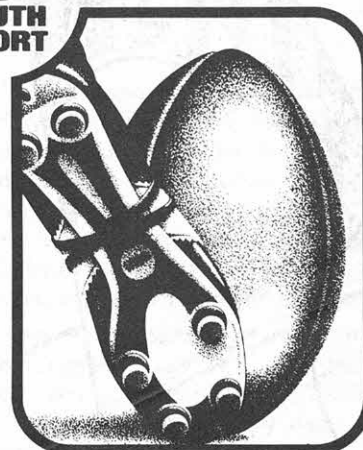
and 1 bronze:
Graeme Wilson 100m Freestyle (54.59).



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.

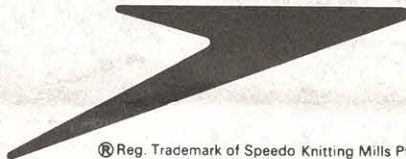


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