### **National Water Polo Coaches Association**

• When the bolt of lightning that struck a British Water Polo Committee Meeting and they decided to bring 'The Dutchman' to Britain to run a coaching course I wonder if any of us realised the far-reaching consequences it would have on the game of water polo in Great Britain. A cold barrack room brought the suggestion of a Coaches Association, and the enthusiasm was spontaneous, and rewarding; £5s were flying everywhere. It was easy to start. We all disappeared to our parts of the country and set about the job of resurgence. Two years later we met again at Cranwell to progress even further. New topics to be covered and a new set of problems to be encountered by the Coaching Association Committee. To progress further we need more details, technical information and experience. We began to identify needs that we considered needed answering. If we were going to continue our progression we had to provide our coaches with what they needed. So a programme began to evolve. An advanced Coaching Manual; a video of our own; a coaches' Conference and some form of publicity outlet on a regular basis. All are under way; the publicity in Scotland falling into my lap.

An Association that covers 'grass roots' to international level needs input from all levels. I have asked many – few have responded! Please don't feel too guilty. let me have your views. Tell me what you want and I will try to provide. I hope that as we grow the quality of coaching will improve. We now have 116 members, 12 in Scotland.

If you wish to join contact Hartley P. MacGibbon, 10 Douglas Street, Hamilton (0698 425477).

### **Scottish Swimming Awards**

(S.A.S.A./S.S.S.A. NATIONAL AWARDS SCHEME)

• Clubs should be aware that the Awards Scheme do not have flashes for all the distances in the speed awards. To solve this problem and disappointment to some swimmers who are still at the stage of enjoying wearing badges, we intimated some time ago that we had distance flashes ranging from 100m to 2000m which could be purchased at the cost of 10p and could be worn with the Grade 1, 2, 3, and 4 Speed Flash of the chosen

Some clubs have made great use of these distance flashes and of course

**ESSO YOUTH & JUNIOR TEAMS** 

Carnevale Meet - Viareggo

Coco-Cola Meet - Paris

Internation Champ. Meet - Geneva

Lisbon International Meet - Lisbon

Selection Meeting - 20th December,

1987. Following the National Short

Course Championships to consider

times achieved at recognised meets

Selections

22nd-24th January

29th-31st January

6th-7th February

5th-7th February

9th-10th February

12th-14th February

NOK Meet - Berlin

Arena Festival - Bonn

from 1st September, 1987.

**ELITE TEAM** 

this has helped boost their number of awards gained at the end of the financial year.

Remember, the club with the most speed awards gained from 1st January to 31st December receive a cheque for £50 to purchase equipment of their own choice. This is presented at the Annual General Meeting of the S.A.S.A.

The other awards in our scheme are: Scottish Elver; Scottish Swimmer; Scottish Diver; Watermanship; Prelim Synchro: Distance, 50m to 2000m: Survival, Grades 1 to 4; Diving, Grades 1 to 4; Synchro, Grades 1 to 5; Water Polo, Grades 1 to 3. Also certificates for 10,000 to 20,000 metres.

Please contact the secretary of the awards scheme for information on the above awards - 44 Frederick Street. Edinburgh.

### **ESSO Sponsorship**

 ESSO have agreed to sponsor the 1988 combined National Open and Age Group Championships. They have also continued their sponsorship of the ESSO Scottish Youth and Junior Squads. Thank you ESSO for your continued support.

### Calendar

### JANUARY

Long Dist. Inv. Swim (1 mile) River Tay Diving International Las Palmas 22-24 Int. Champ. Meet Geneva

Stirling

Ruckie

Viareggio

23-24 Stirling Junior Open Meet 77u, 76, 75 & 74 29-31 Carnerale Meet Ayr '200' Meet

'David Chalmers 200 +

#### **FEBRAURY**

5-7 Cunningham Open Meet Stevenston Coco-Cola Meet Lisbon Meet

North District Webster Trophy Meet Aberdeen

9-10 NOK - Schwimmfest Rerlin Meet 12-14 Arena Festival

Scot, Schools Champ, E. Kilbride Bellshill Scot, Club Team Ch. 26-28 Irish Open Champ. Bangor

S.A.S.A. A.G.M.

### MARCH

Inter Dis. Diving League Edinburgh East Dist. Open Ch. Whitburn Helsinki Synchro Meet Finland Club Team Champ.

(G.B. Finals) ASA Water Polo Club

Team Ch. 1st Round 19-20 North Dist. Middle Dist. Championships

19-20 Synchro Junior Meet Denmark 19-20 Schools Int. Contest Shrewsbury 25-26 4 Nations Water Polo

Contest ASA Water Polo Club

Team Ch. 2nd Round 26-27 Midland Dist. 'B' Age Group Championships

26-27 E. Kilbride Open Meet E. Kilbride 30-2 European Diving Cup Edinburgh

1-3 Aber. Int. Open Meet Aberdeen 2-3 West Dist. 'R' Age West Dist. 'B' Age Group Championships

8-10 Luxembourg Meet Luxembourg Inter Dis. Diving League Dundee

Inter Dis. Synchro Swimming Champ.

9-10 Prem. Lge Water Polo 9-10 Sutherland Open Meet Sutherland Centenary Dinner

ASA Water Polo Club Team Championships

16-17 West Dis. 'A' Age Group Championships Synchro Triang. Meet

23-24 Amersfoort Cup 'Div. 23-24 4 Nations Int. (G.B.) 23-24 Brit. Deep Water Ch North Dis. Gr. Meet

City of Dundee Speedo Mini Age Group Meet West Dis 'B' Age

Group Championships Cardiff Swim Meet

Dundee

Banff

Scarborough

### **British Swimming** Coaches' Association

present their National Swimming Conference "From Age Group to International" at Birmingham, 8th-10th January, 1988.

Contact Mr P. Bush, 51 Woodside Drive, Churwell, Leeds, West Yorkshire.

### **Scottish Swimming** Coaches' Association

• The Association's Annual Seminar and Dinner will be held on Saturday, 20th February, 1988. Seminar subject "Preparation For Competition" at Murray House, Crammond Campus, Annual Dinner at Royal Scot Hotel, Edinburgh - for further information contact Mr Ian Mason, 24 Stanley Avenue, Paisley.

### **Merry Christmas to all our readers**

## **SCOTTISH SWIMMING**

**Published by the Scottish Amateur Swimming Association** 

No. 2

**Editor: Mike Gosling** 

December 1987

### **Records Fall** in Canada

 A select team of eight Scots, 4 men and 4 women, recently competed in the Canadian International Swim Meet held from 26th-28th November.

The three day meet attracted a amber of the world's leading swimming nations including Canada, United States, Soviet Union and Switzerland, + and proved to be a highly successful meet for the Scottish team.

Team Members: Jill Ewing (Paisley): Linda Donnelly (Hamilton): Alison Sheppard (Milngavie & Bearsden); Shona Smart (Chester); Euan Stewart (Dundee); Campbell McNeil (Paisley); Jean McQuaid (Manchester); Neil Hudahton (Aberdeen).

Staff: Ian Mason (Paisley); Ann Clements (Hamilton); Hammy Smith (Dir. of Swimming).

New short course records were set in the following events: Linda Donnelly (100m Freestyle) 56.83; Alison Sheppard (50m Freestyle) 26.36; Campbell Neil Hudghton, Sean McQuaid, Euan Stewart (4 × 50m Freele relay).

### **ESSO Youth Squad Additions**

• Following the Cumbernauld Open Meet the swimming committee announced six additional selections to this year's Scottish ESSO Youth Squad:

Carlyn Connaghan, (Barrhead Dolphins). Rachel Crook. (Carnegie). Julie Latimer, (Warrender Baths Club). lan Jackson, (Paisley). Lynda Ronaldson, (Arbroath - St Thomas). Briony Shimmons, (Stirling).

Congratulations to all six on becoming national squad members.

### **Water Polo**

### **Dundee – Scottish Division 1 Champions**

• The 1987 Scottish 1st Division finished with a three-way tie - Renfrew Agua, 1930 (Leith) and Dundee Water Polo Club all with equal points.

The round robin play-off took place at the Glenrothes Pool on Saturday, 14th

### Results

Dundee 6 1930 Dundee 3 Renfrew Renfrew 6 1939

Dundee were declared the winners by having a goal difference of +2, with 1930 runners-up with a goal difference of +1.

Top Scorer - David Grieve Jnr (1939), 7 goals; Most Major Fouls - Ronnie Bruce (Renfrew), 4 major; Player of the Tournament - Brian Littlejohn

H.P. MacGibbon.

### 1988 Annual **Programme Guide**

• The 1988 Annual Programme Guide booklet which contains a monthly calendar of events, National Squad training dates, National Championship programmes, useful addresses and accreditation information is available from the Association's Office - price £1.20 including post and packing.

SCOTTISH AMATEUR SWIMMING ASSOCIATION

ANNUAL PROGRAMME GUIDE



100 Years of Scottish Swimming 1888 - 1988

### G.B. Team to compete in Orlando

Six Scots are amongst a G.B. squad of twenty-one who will be going to Orlando on 16th December to compete in the U.S. Open Championships in Orlando, Florida, on 20th-22nd December. Following the meet the team will stay on in Orlando for a two-week training camp. The six are:

Iain Campbell Paul Brew Linda Donnelly Ruth Gilfillan Jean Hill Neil Cochran

Beckenham Kelly Hamilton Dundee Cumbernauld Aberdeen.

### **Apology**

• In the last issue of Scottish Swimming we incorrectly printed Annette Anderson as a member of the G.B. water polo squad at this year's European Championships, this should have read:

> ANNETTE PEARSON -Menzieshill.

Sorry, Annette.

# TOP TEN-SHORT COURSE

Times from 1st October to 1st December, 1987 (compiled by Ron Taylor)  WEN										WOMEN
50m FREESTYLE B. Archibald P. Gallacher I. Campbell S. McQuaid I. Teaz P. Brew A. Irwin K. McMurray I. McFarlane	EWB 64 NCQ 65 MTR 68 WCE 69 KCE 66 KCE 70 WHB 69 WEK 63 =	24.07 M. 24.31 A. 24.43 P. E 24.46 G. E 24.83 E. S 24.92 I. T 24.99 J. E	May Brew Methven Stewart Teaz Kerr Smith Cochran	OKE  EWB 65  MCD 72  KCE 65  UNT 69  MCD 69  WCE 69  EWB 71  EWB 68  NAN 72  EHM 72	1.00.69 1.00.98 1.01.10 1.01.86	100m BUTTERFORM E. Stewart K. Reynard R. Leishman P. Gallacher M. Peyrebrune N. Waterson I. McDermott M. Lynch S. Ferguson S. Milne	MCD 69 EWB 65 KCE 69 EWB 64 EWB 65 WCD 68 WHB 64 WCD 64 WPY 73 NPD 71	57.37 57.53 57.62 58.29 58.42 58.50 58.66 59.81 1.00.44 1.00.75	L. Ronaldson MST 71 27.58 J. Hill WCD 64 1.08.42 A. Reid EWB A. Reid EWB 68 27.64 L. Cunningham ECD 71 1.08.68 L. Montford UNT J. McHarg RUR 73 27.84 A. Ratcliff EWB 70 1.08.73 E. Gilfillan MCD J. Ewing WPY 69 27.88 E. Paul WCD 72 1.08.90 D. Campbell WCD E. Gilfillan MCQ 65 28.05 J. Latimer EWB 73 1.09.61 E. Alexander MCD B. Greenwood NGH 72 28.14 L. Salmond WCD 72 1.10.58 J. Russell WSG A. Fox WLA 68 28.34 F. Pattillo NAN 71 1.10.85 A. Sheppard WMB	71 1.06.09 68 1.06.72 68 1.06.95 65 1.07.51 68 1.07.70 72 1.08.17 70 1.08.31
S. McQuaid C. McNeil D. Waddell P. Gallacher A. Irwin B. Archibald E. Stewart I. Teaz	KCE 65 MTR 68 WPY 69 EDS 68 EWB 64 KCE 70 WCD 59 MCD 69 WCE 69	53.36 M. 53.55 A. 53.65 J. 53.78 A. 53.87 S. 53.97 C. G.	May Kerr Smith Nelson Dupre	EWB 65 MCD 72 EWB 71 EWB 68 WSG 69 WDN 71 UNT 69 WDN 71	2.09.90 2.11.05 2.12.09 2.15.86 2.16.88	200m BUTTERF N. Waterson R. Leishman E. Stewart K. Reynard S. Milne D. Waddell P. Henry R. Noble	WCD 68 KCE 69 MCD 69 EWB 65 NPD 71 EDS 68 WDN 71 WSG 72	2.05.89 2.06.02 2.07.37 2.07.99 2.11.29 2.11.67 2.12.00 2.12.89	L. Phimister NMD 72	65 2.25.59 70 2.27.01 73 2.27.35 71 2.29.01
P. Brew C. McNeil A. Irwin P. Henry N. Waterson D. Waddell A. May G. Sneddon K. Reynard  400m FREESTYLE C. McNeil P. Brew S. McQuaid P. Henry A. Irwin N. Waterson	MTR 68 1. KCE 65 1. WPY 69 1. KCE 70 1. WDN 71 1. WCD 68 1. EDS 68 1. MCD 72 1. WLA 71 1. EWB 65 1.  E  WPY 69 3. KCE 65 4. MTR 68 4. WDN 71 4. KCE 70 4. WCD 68 4.	D51.41 .52.33 .53.37 .54.42 .55.94 .56.83 .58.08 .58.41 .58.56 .58.75 .0 .0 .0 .0 .0 .0 .0 .0 .0 .0 .0 .0 .0	Om BREASTS Campbell Watson	NAN 72  TROKE  BKN 65	<ul><li>2.17.97</li><li>1.02.32</li></ul>	S. McQuaid M. Lynch  200m INDIVIDU P. Brew E. Stewart A. Greig M. Peyrebrune J. Kerr P. Henry A. May D. Waddell N. Hudghton D. Wilkie	MTR 72 WCD 64	2.13.19 2.14.68	Coligin   Coli	64 2.16.55 71 2.19.61 68 2.24.02 72 2.24.86 71 2.25.23 72 2.25.29 70 2.26.42 65 2.26.86 68 2.27.28
G. Sneddon S. Milne S. Nelson  1500m FREESTYL C. McNeil P. Henry R. Noble N. Waterson S. Nelson D. Gammie S. Milne S. McKinlay	WLA 71 4 NPD 71 4 WSC 69 4  LE WPY 69 15 WDN 71 16 WSG 72 16 WCD 68 16 WSG 69 16 NAN 72 16 NPD 71 16 WCD 72 16	5.38.60 I. ( 6.19.36 N. 6.26.37 M. 6.27.74 D. 6.29.66 N. 6.30.31 M. 6.33.45 P. 6.34.76 P.	Oom BREASTS Campbell . Hudghton . Wynn . Wilkie . Curran . Lee . McQuaid . Douglas . Brand	TROKE  BKN 65  NAN 69  EWB 70  EWB 52  WPY 68  EFS 69  MTR 70  WCD 69  WGH 69	2.15.11 2.18.23 2.21.92 2.24.34 2.24.50 2.25.69 2.26.87 2.29.63 2.30.00 2.30.82	400m INDIVIDUE. P. Brew A. Greig E. Stewart P. Henry J. Kerr N. Waterson N. Hudghton S. McKinlay S. McQuaid A. Smith	JAL MEDLE KCE 65 SWC 68 ECD 69 WDN 71 EWB 71 WCD 68 NAN 69 WCD 72 MTR 72 EWB 68	4.19.83 4.35.54 4.35.97 4.39.52 4.40.04 4.41.23 4.45.56 4.47.86 4.51.40 4.52.48	S. Brown EIH 72 9.29.84 L. Wheatley WEK 68 2.44.29 B. Shimmons WFO T. McGhee NPD 71 9.32.25 S. Forrester NAN 69 2.44.36 L. Sturgeon EIH C. Simpson MCD 64 9.34.41 R. Crook ECE 73 2.45.43 J. Buchan NDA	71 4.54.96 64 5.05.91 65 5.07.38 72 5.09.64