

SCOTTISH AMATEUR SWIMMING ASSOCIATION

To : Members of Swimming Committee  
cc Mr. D. McGowan (Management Services)

From : D.C.J. Brown (Swimming Convener)

Date : 18th May 1991

NOTICE OF MEETING

The next Meeting of the Swimming Committee will be held on Sunday 26th May 1991 at 10.45am in the University of Edinburgh Staff Club in Chambers Street, Edinburgh. The Meeting will finish at 4.00pm to enable members to attend the East District Open Long Course Trials being held at the Royal Commonwealth Pool.

AGENDA

1. Minutes of Meeting of 24th March 1991 circulated 25th March
2. Matters Arising attached
3. Correspondence  
Pages 6 to 14 (Items 91.079 to 91.231) attached
4. Reports :-  
Convener to SASA Council (24th March) attached  
Information Up-date (14th April) previously circulated  
Information Up-date (27th April) previously circulated  
Supplementary Report to SASA Council attached  
Mr. Davidson : Lactate Testing attached  
LEN Calendar Conference previously circulated
5. International Programme summary attached  
Milan and Bonn (Mr. McNeil 91.085/ HHS tabled 24/3/91)  
Malmo and Rostock (Mr. McGowan 91.158/  
Thames Valley (Mrs. Harvey 91.134/ Mr. Figgins 91.173)  
8 Nations (Mr. McNeil 91.204/ Mr. McGowan)  
Luxembourg (Mrs. Smith 91.215)
6. Wave Programme attached  
Submission to Sports Council
7. Domestic Programme summary attached  
(a) National Open Championships  
(b) National Age Group Championships  
(c) Inter-District Championships  
(d) National Sprint Championships  
(e) National Winter Championships
8. Other Business
9. Date of Next Meeting



Douglas C.J. Brown  
Swimming Convener

Matters Arising (Minutes of 24th March 1991)Page 1 : 2(a) Edinburgh Meet Accreditation

Under Correspondence, members will note (91.211) that Mr. Dashwood-Brady has already received the Accreditation Application for 1992 - does the Association wish to take steps to tighten 'Accreditation conditions' for 1992 ?

National Staff Seminar 1991

What arrangements have been made for this event ?

Page 2 : 2(a) Wave Programme submission

Note as Agenda item

Edinburgh District Council

Reference Information Up-dates ; has there been any advance on the negotiations with EDC ?

Rankings

Is the Association going to appoint a 'Technical Officer' to the staff? The Rankings are one obvious example of the need for technical expertise on the site of the main administration of the Association but there are many other examples of need.

Page 3 : 3 Tait & McLay (91.063)

Convener's response (91.073) advised that the Director of Swimming would contact them in next two weeks (ie from 24th March) to discuss and arrange a meeting as appropriate. Has this been done ?

Commonwealth Games Working Party (91.068)

Matter reported to SASA Council Meeting of 28th April ; Council agreed to establish the Working Party under the interim chairmanship of Mr. Ron Taylor.

4(c) Lactate Testing

Matter of fee to Drs Howat/Robson still to be finalised - decision is required.

4(f) Young Swimmers

Copies of Survey Questionnaires now circulated (Correspondence items 91.228/91.229)

5 Budgets

List of costs against the budget received from Mr. Charles - some anomalies - Convener needs time to be able to have a meeting at Stirling with Mr. Charles to sort out.

Page 4 6 International Reports

No report yet to Convener from Mr. McGregor re Ulster Games.

Wave Programme Report, Agenda Item

7/8 Domestic Programme/Venues

Has request now gone to Glenrothes for Inter-District ? Have formal letters gone to Dunfermline and Ayr ?

And what about 1992 - have letters gone to those venues yet ?

9. Multinations (LEN)

Ref Convener's Report on LEN Conference - provisional commitment for 1993 - if we do not want to do it then...

(a) We should advise nations immediately

(b) We should consider whether of not to retain membership of the Multinations Group of Nations.

Page 5 11(b) Statement of Logic of Year Programme

Has the Director's statement as amended by the Committee been circulated yet - it should have been circulated with the 1991 Year Programme ?

CORRESPONDENCE

Rather a long list ! Item requiring particular attention are noted below :-

- Page 6 : 91.093  
Director of Swimming re attendance at World Cup Final
- Page 7 : 91.108  
Letter of selection sent to provisional 8 Nations Team on 24th Feb '91.
- Page 8 : 91.126/91.131  
Correspondence between the Convener and Mr. McGregor
- Page 9 : 91.141  
Why has the service to the Press been so slow ?
- Page 11 : 91.161  
Non-selection of Neil Hudghton for GB Canet Camp
- : 91.167  
Letter of complaint (?) from Bearsden and Milngavie - full response required.
- : 91.171  
Noted by Council that preliminary information to Team Members did not advise of the hotel accommodation - concern expressed that parents did not know where to contact their children.
- : 91.175  
Hind sponsorship noted ; but members are also asked to note that at the 8-Nations other Teams sponsored by Hind appeared to have a much better deal so far as kit is concerned.  
What will we be asking for in 1992 ?
- Page 12 : 91.179  
Letter from SSCA
- 91.187  
Principle of reciprocation for hosted events
- 91.191  
Future LEN Calendar Conferences ; promotion of SASA.
- Page 14 : 91.225  
Can we arrange for all members of Swimming Committee to receive a full copy of all Swimming circulars to clubs ?
- : 91.227  
Offer from Mrs. Brockie re National Age Group Entries.



CORRESPONDENCE

- 91.079 : Prepared by Convener, draft Minutes of the Meets held on 24th March (ie Swimming Committee and Swimming Committee with Mrs. Murray) - posted on 25th March. Copies of latter sent to Mrs. Murray/Mr. Law.
- 91.080 : From Convener to Peter Barnett, memo with draft letter to be sent to Club Secretaries in respect of major meets for the 1992 LEN Calendar - response required by 19th April at the latest.
- 91.081 : From Convener to Mr. Ian McIlwrick (Tait & McLay) letter regarding potential sponsor - letter as per agreement at Swimming Committee.
- 91.082 : From Convener to Mr. Barnett, Report to Council on behalf of the Swimming Committee.
- 91.083 : Received (25th March) from SASA Office, supply of SASA headed paper.
- 91.084 : Received (25th March) from SASA Office, copy of 4th Edinburgh International Meet poster - no other information.
- 91.085 : Received (25th March) from SASA Office, copy of report submitted by Mr. Alex McNeil (19th March) on the Milan and Bonn Meets.
- 91.086 : Received from SASA Office, preliminary information on the 1992 International Championships of Geneva (24/25/26 January). Entries required by 26th November 1991.
- 91.087 : Received from SASA Office (25th March), copy of Selection Information on the Sheffield World Cup Meet (28th-30th March) - date of circulation 22nd March.
- 91.088 : Received from SASA Office (25th March), copy of Selection Information on the 8 Nations Contest (18th-22nd April) - date of circulation 22nd March. Noted that Team includes 12 Men and 11 Ladies (Angela Pendrich withdrawn)
- 91.089 : Received from SASA Office (25th March), copy of letter issued by Mr. Black (General Secretary) and dated 20th March, seeking information on events for the 1992 LEN Calendar Conference.
- 91.090 : Note of telephone call received from the Director of Swimming advising that discussion between himself and Ian McGregor (WBC) had resulted in the decision to advise against Fraser Walker going to World Cup Final - it was felt that it would not be in the swimmer's best interest.

Note - Convener on holiday from evening of 25th March to 2nd April ; in London on holiday/business 3rd to 6th April.
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- 91.091 : Received (6th April) from the Director of Swimming (via Leitch), copy of his letter sent to Mr. Edmonds (East Kilbride) re use of Dollan Baths.
- 91.092 : Received (6th April) from SASA Office, note advising of illness of Mr. Peter Barnett.
- 91.093 : Received (6th April) from the Director of Swimming, copy of his Report to the General Secretary and Honorary Treasurer regarding attendance as Team Manager/Coach at the World Cup Final.
- 91.094 : Received (6th April) from SASA Office, copies of various News Releases by the ASA.
- 91.095 : Received (6th April) from SASA Office, copy of study proposals by Christine Nash.
- 91.096 : Received (6th April) from SASA Office, copy of LEN Circular No 2/1991 dated 8th March.
- 91.097 : Received (6th April) from SASA Office, copy of ESSO Youth Sport Press Release regarding Scottish Team for the 13th Thames Valley Meet (29/31 March).
- 91.098 : Received from the SSCA, circular of 2nd April including information on the revised date for the Seminar/Workshop of 5th May (Cramond).
- 91.099 : Received (6th April) from SASA Office, copy of letter from Mr. Nicol, Meet Organiser (Gilbeys Ulster Games 1991) thanking the Scottish Team for their participation in 1991 and inviting Scotland to participate in 1992 (14th/15th March 1992).
- 91.100 : Received (6th April) from SASA Office, copy of letter sent by Mr. Charles (Treasurer) to Mr. Mrdo Wallace re sponsorship income.
- 91.101 : Received (6th April) from SASA Office, copy of SASA circular re Seminar/Workshop on 5th May.
- 91.102 : Received (6th April) from SASA Office, copy of ESSO Youth Sport Press Release on the 30 individual wins in the Thames Valley Meet.
- 91.103 /



- 91.103 : Received (6th April) from Scottish Sports Association, formal notification of meetings :-  
     8th April : Sub-Committee (1991 Conference) : Gyle  
     9th April : Sub-Committee (Secretary) : Edinburgh  
     16th April : Joint Meeting of SSA Executive and Sports Council : Gyle (5.00pm)  
     24th April : Half-Yearly Meeting : Gyle (7.00pm).
- 91.104 : Note of telephone call received on Sunday 7th April from Mrs. Smith relaying comments from Director of Swimming on 8 Nations Team for Cardiff. HHS proposals :-  
     (1) Due to overloading of Andrew Aitken, introduce Malcolm McCallum for 400 Free (Lux 4.08.36) and 4 x 200 FR (1.58.29 Lux) ; for place vacated by Angela Pendrich. (Long Course Times)  
     (2) Mike Wynn to replace Ross Murray : Mike faster than Ross taking Ulster, Sheffield and Luxembourg times into account.
- 91.105 : Note of telephone call from Convener to Mr. McGowan (7th April) : decisions should have been taken at Sheffield - HHS and coaches not in full agreement - HHS to contact Convener and discuss with him.  
     In view of above, Convener invited Mr. McGowan to send fax indicating problem areas/ selections.
- 91.106 : From Convener to SASA Office (Heather), request for copy of information believed to have been sent to swimmers re 8 Nations Contest back in February.
- 91.107 : Received from Mr. McGowan (9th April) fax indicating that he and Mr. Park considered that at least 5 potential changes to the Team could be made in terms of performances between February and now.
- 91.108 : Received from SASA Office (Heather) (9th April) fax of information sent out to swimmers/staff in February (no specific date) but with copy of signed acceptance of selection by Ross Murray dated 24th February.  
     Note : the letter received by Team Members states :-  
         " Dear Team Member,  
         I am pleased to inform you of your selection for the above and I congratulate you on this selection.  
         Since this selection has been made well in advance of the event, it is dependent upon the following :  
         1. That you will continue to follow an appropriate preparation programme. An outline plan of training and competition between receipt of this letter and the Meet, should be sent to the SASA Office to arrive no later than February 28th."  
         2. If any significant variation in the plan occurs, either through illness or for any other reason, you must notify the SASA Office immediately.  
         3. You are expected to swim at an acceptable standard in the 8 Nations Contest. Please indicate your general goals for this event. It is fully understood that these may be at a lower level than your personal best for a number of sound reasons."
- 91.109 : From Convener to SASA Office (cc Mr. McGowan), letter by fax authorising the addition of Malcolm McCallum to the 8 Nations Team. That fax also records the following :-  
     "...I felt unable to support proposals for changes to the Team based on recent swimming performances. First, the letter of selection issued in February is not sufficiently specific in terms of competition performance prior to the event to justify dropping swimmers ; second, as evidenced yesterday by the fax received yesterday from Mr. McGowan, such changes would be significant (at least four).  
     In my view aided by hindsight the problem centres on the selection policy ; selection was made too early and/or made public too early. The 1990 arrangement of selection from the times including East Kilbride was preferable however it is recognised that such timing creates difficulties in selection for other events (eg Ulster Games)."



- 91.110 : Note of telephone call from Convener to SASA Office, (9th April), requesting that list of 8 Nations addresses and information on cash float /hotel payments be sent to Mr. McGowan with some headed paper to enable him to contact Team members direct.
- 91.111 : Note of telephone call from Mr. Hutchison (Larkhall) enquiring about progress towards 'package' for National events - advised of likely response in early May.
- 91.112 : Note of telephone call from Mr. Charles (Treasurer)(10th April), advising of confirmation of non-use of EDC pools due to dispute with SASA over payment. In line with discussion at Swimming Committee, decision taken to now formalise request to East Kilbride for Long Course - Convener to contact Andy Figgins (completed) and to write tomorrow.
- 91.113 : Received from Noel Dashwood-Brady, invitation to attend East District Swimming Committee Meeting of 10th April to consider their Time Trial to be Open for National Squad Swimmers.
- 91.114 : From Convener to Mr. Edmonds (East Kilbride), letter (10th April) to request use of East Kilbride pool for Long Course (14-16 June : three days only) - copy faxed to Mr. Charles - copy sent to Mr. Figgins.
- 91.115 : Received from Commonwealth Games Council, formal notification of the AGM of 30th April at Maybury Road House at 7.30pm. (Transferred)
- 91.116 : Received from Mr. Charles, cheque in payment for expenses.
- 91.117 : Received from ASFGB Swimming Technical Committee, Minute of Meeting of 28th March (attended by Stewart Davidson).
- 91.118 : Note of Meeting of 10th April with Mr. R. Taylor (President, East District) and Mr. N. Dashwood-Brady (East) re proposal from latter to circumvent EDC ruling by hiring KCP for Long Course in name of East District. Convener indicated his view that this proposal was not in interests of the Association in that the National Championships could not satisfactorily be run under the guise of an 'Open' event, potentially could work against the best interests of the East District and that the problems between EDC and the SASA should be faced not avoided. The East District Swimming Committee kindly agreed to hold their Time Trials of 19th and 26th May at the KCP(50m) on an Open basis to members of the SASA National Squads : details will be circulated via the SASA Office. The Convener recorded the thanks of the Swimming Committee to the East District for giving the best Scottish Swimmers opportunity to record 50m times.
- 91.119 : Received from Mr. Garrie Roberts (Carnegie), letter requesting a copy of the 'Consideration Times' for the National Squads and any other criteria for 1991 selections.
- 91.120 : Received from SASA Office, copy of Meet Information for the Belgian "Premier Grand Prix International" on 25th/26th May 1991.
- 91.121 : Received from SASA Office, copy of ESSO Youth Sport Press Release on the results from Luxembourg (10 gold, 7 Silver)
- 91.122 : Received from SASA Office, copy of the Speedo World Rankings for the period July '90 to April 1st '91.
- 91.123 : Received from SASA Office, copy of letter received by the Association from East Lothian District Council seeking the views of the Association on facility needs for competitive swimming.
- 91.124 : Received from SASA Office, ESSO Youth Sport Press Release (David Paxton).
- 91.125 : Received from SASA Office, copy of ASA Committee Minutes of 8/9 March 1991.
- 91.126 : Received from Mr. McGregor (WBC) on 13th April, letter complaining of non-selection of Mike Wynn (WBC) for 8 Nations Team - appeal to the Swimming Committee to change the decision (presumed to be associated with Item 91.109).
- 91.127 : Received from SASA Office (Heather) sample from Monument Press of the Committee Accreditation cards requested : sample not satisfactory - Convener to follow-up.
- 91.128 : Received from SASA Office, memo requesting amendment of the Age Group and Long Course information - latter very difficult until we know if we have East Kilbride for the three days....if so, programme has to be condensed from 4 to 3 days. Convener to contact Mr. Craig (West Dist).
- 91.129 /



- 91.129 : Received from SASA Office, copy of dates of Water Polo Committee Meetings for 1991 (not sure why!).
- 91.130 : From Convener to Members (as many as possible) of Swimming Committee to ascertain their view (13th April) of the appeal from Mr. McGregor re selection of Mike Wynn (Ref 91.126).  
Mr. Nelson, Mr. Phillips, Mr. Davidson, Mr. Black, Mr. White, Mr. Dashwood-Brady all sympathetic to Mr. McGregor's case but (like myself) of the view that the letter of February to the swimmers made it impossible for us now to 'drop' swimmers from the Team. Mrs. Smith later supported that same view.
- 91.131 : From Convener to Mr. McGregor, letter advising him that following discussion with other members of Swimming Committee, the decision stands. Acknowledgement of the procedural problem and sympathy with cases including M. Wynn incorporated in letter.
- 91.132 : From Convener to Mr. Roberts (Ref 91.119) advising him that the information will be incorporated in the National Age Group Information sheets.
- 91.133 : Note of telephone discussion with Mr. Craig (West District) (14th April) who confirmed meeting of W.U. Organising Committee for Long Course and Age Groups at East Kilbride on Monday 22nd April at 7.15pm...assuming that positive confirmation is received of use of that pool.  
Problem of finalising the programmes for these events noted - if we get E.K. for Long Course for 3 days the programme will have to be reduced from the 'normal' 4 days but scope for that by transferring distance freestyle events into the Age Groups (ie those for age groups) and reducing on 'Youth' component - but latter will have to be balanced against income and expenditure (once known).  
Therefore, the programmes for Long Course and Age Groups both in flux at this point in time. Convener to attempt to draft both once E.K. decision known - bring to meeting on 22nd April.
- 91.134 : Received from Mrs. Marjory Harvey, copy of Team Manager's Report on the Thames Valley Meet (29/31st March) ; 1st Places - 30 ; Second Places - 23 ; Third Places - 24.  
Injury to Elaine Grubb (broken toe) noted.
- 91.135 : From Convener to Mrs. Harvey, note acknowledging receipt of Report and thanking her for her assistance.
- 91.136 : From Convener to Mr. Charles, copy of Report and enclosures (financial statement and return of balance of float.)
- 91.137 : From Convener to Swimming Committee Members, up-date on correspondence and copies of 8 Nations Correspondence for information

Correspondence to 14th April 1991



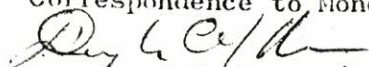
Douglas C.J. Brown  
Swimming Convener  
14/4/91

- 91.138 : Received (10.00pm on 14th April) telephone call from Mr. McGowan to advise that he is withdrawing Ross Noble from 8 Nations Team due to illness (Ross went 16.50 at Club Team Finals) ; in discussion, Ian Shearer identified as most likely substitute (went 16.04.50 at Ulster) - Convener to arrange.
- 91.139 : Convener to Mr. Shearer (then to Ian), invitation to join the 8 Nations Team on Thursday - pleased to accept - will receive confirmation from SASA Office and from Mr. McGowan.
- 91.140 : Convener to SASA Office (Hazel) - request to sent formal letter to Ian Shearer (1st Class) with note of congratulations from me on addition to 8 Nations Team (15th April)
- 91.141 : Received from Mr. McGowan, (15th April), telephone call noting that he had received questions from Press re release of 8 Nations Team - check



- 91.141 : (Continued)  
by Convener confirmed that circular of 22nd March from SASA Office had been sent to Murdo Wallace so no excuse for non-notification to Press.
- 91.142 : From Convener to SASA Office (15th April)(Hazel), instruction to amend 8 Nations Team to reflect changes since 22nd March and to send to Murdo Wallace with sharp note from Convener requesting that Team be announced to the Press - Hazel to send by fax with copy to me tomorrow.
- 91.143 : Received from Mr. Robb (Press), telephone call asking when 8 Nations Team will be released - advised that (hopefully!) should be tomorrow (16th). Again reminded that SASA instruction is that team announcements can only be made through the appointed representative, Mr. Wallace.
- 91.144 : Received from Mr. Ron Taylor (15th April), telephone call to advise that the East District would be willing to assist Scottish Swimming by running a Long Course Open Meet at the RCP in June (not a National Champs) in the event of East Kilbride not being available to SASA. Much appreciated. East District would run event in total but some consideration would have to be given to some financial assistance from SASA (eg some part of the budget allocation for National Champs).
- 91.145 : Received from Iain Macfadyen (IH), message to phone number in Sweden re Long Course entries.
- 91.146 : From Convener (15th April) to Mrs. Sylvi Fox, Albert Hennings Vag 1, Kristianstad 291-46, Sweden (Tel 01046 44 110537) - they wish to bring 10 to 12 swimmers of national squad standard to our Long Course - when and where is it (good question, particularly when issue confused following discussion with EDC !) - Convener advised cancelling accommodation in Edinburgh if E.Kilbride venue confirmed - Convener to obtain possible accommodation venues at/near East Kilbride. They want L.C. training.
- 91.147 : From Convener (15th April) to Mr. Figgins : he will give me possible addresses - training in morning free but might have to pay token charge for 1 lane later in day.
- 91.148 : Received from Mr. Figgins (15th April), telephone call with list of possible accommodation venues for Swedish contingent.
- 91.149 : Received from SASA Office (Hazel), copy of her fax to Murdo Wallace dated 16th April with revised 8 Nations Team.
- 91.150 : From Convener to Mrs. Fox, telephone call to advise that East Kilbride venue not yet confirmed but giving information on training facilities offer and sample of accommodation contacts.
- 91.151 : Received from Dr. Bob Howat, letter re latest stage in Lactate Testing proposals - noting that formalisation now necessary - Convener to discuss with Dr. Howat in Cardiff.
- 91.152 : Received (17th April) from Mrs. Murray, proposal from Synchro for the Commonwealth Games 1994 plan.
- 91.153 : Received from Commonwealth Games Council, additional papers for AGM and including list of nominations for Executive Committee (Bill Black included)
- 91.154 : Received (17th April) from ASFGB (Paul Bush), invitation to attend the Team Staff de-briefing on World Championships to be held in Bradford on 21st April - too late to send written apology - Convener to phone apologies tomorrow.
- 91.155 : Received from Mr. Davies (Sunday Mail)(Tel 041 943 0538) tel call requesting nomination of a young swimmer to join group of young sportsmen/women for a feature in June - Alison Sheppard had been contacted but not available - Carolyn Connaghan nominated by Convener following telephone call to her and her agreement - photo session on Wednesday 24th April.
- 91.156 : Received from Paul Bush (ASFGB), invitation to attend World Championships de-brief on Sunday 21st April - tel call from Convener to apologise due to attendance at Cardiff.
- 91.157 : Received from Mr. McGowan at Cardiff, Team Manager's Report for the World Cup Meets (Malmo, Rostock 18th-24th March)
- 91.158 : Received from Mr. McGowan at Cardiff, Team Manager's Report and Coach's Report for Sheffield World Cup Meet (28th-30th March 1991).

Correspondence to Monday 22nd April 1991



Douglas C.J. Brown (Swimming Convener)



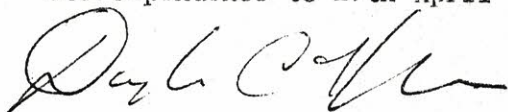
## CORRESPONDENCE

- 91.159 : Received from Mr. Smith (Director of Swimming) at Cardiff copy of fax from ASFGB (Paul Bush) re selections for the Canet Training Camp - Convener asked to follow-up case of Neil Hudghton.
- 91.160 : Received from Mr. McGowan at Cardiff, copies of his information for the LEN Calendar Conference - to be passed to Mr. Black.
- 91.161 : Convener arranged for Mr. McGowan to send a copy of 8 Nations Results to Mr. Bush ; Convener contacted Mr. Bush by telephone to seek explanation of the Canet selection. Team had been reduced from 24 to 22 and by 2 days to save on costs - Neil (even with 8 Nations Time) does not make top two on Breast - even James Parrak not included. Although disappointing for Neil Hudghton (and the Association) there does not appear to be much we can do about it.
- 91.162 : Received (at Cardiff) information pack on the City of Dublin Euro Swim Meet (15-17 November 1991) - closing date for entries 1st October 1991.
- 91.163 : Prepared by Convener, Information Up-date circulated on 23rd April (Correspondence, 8 Nations Contest, National Championships with draft Programme for the National Open Championships).
- 91.164 : From Convener to SASA Office (Heather Roy), fax on 23rd April with draft of National Open Championships programme and requesting that it be put on disc ready for corrections to be notified on Friday 26th.
- 91.165 : Received from SASA Office, copy of SASA letter to East Lothian District Council - Director of Swimming, Mrs. Brockie or Convener to follow-up.
- 91.166 : Received from SASA Office, copy of invitation to attend the 4th World Corporate Games in Lille, France on 8th-16th June 1991 ; idea is to bring sport and business together.
- 91.167 : Received from Milngavie & Bearsden ASC, letter regarding complaints associated with the Victoria World Cup event. (attached)
- 91.168 : Received from ASFGB, copy of LEN Swimming Committee Minutes of Meeting of 29/31 March 1991. Contains interesting view on Consolation (B) Finals and Finals.
- 91.169 : Received from SASA Office, copy of fax received from Swedish Swimming Federation seeking free accommodation and board for small Team to attend our National Championships.
- 91.170 : Received from ASFGB (D. Stubbs), letter re information on meets for the LEN Calendar Conference.
- 91.171 : Received from Mr. Charles (Treasurer), letter re Review of Budgets - Convener welcomes this letter as this is the first time I have ever seen a detailed statement on Swimming Budget - however, also worrying as some entries do not appear to make sense - will need meeting with Mr. Charles to investigate.
- 91.171 : Received from Mr. Figgins, copy of his letter (joint with Mrs. Smith) of instruction to swimmers participating in Luxembourg.
- 91.173 : Received from Mr. Figgins, copy of his Report as Coach for the Thames Valley Meet.
- 91.174 : Received from Mr. Dashwood-Brady, Mr. Davidson and Mr. Nelson, responses to Information Up-date of 22nd April - no major problems with what was proposed. Note - unfortunate that Convener had subsequently been asked to attend meeting at East Kilbride on evening when responses by telephone were due.
- 91.175 : Received from the Director of Swimming, copy of fax from HIND indicating their intention to extend sponsorship for next 2 years.
- 91.176 : Note of Meeting at East Kilbride on Thursday 25th April :-  
 Attending (EK) Mr. Jackson, Mr. Edmonds, Mr. Figgins  
 (SASA) Mr. H.H. Smith, Convener  
 (1) Use of Pool for Age Groups approved  
 (2) Use of Pool for National Squad Training agreed in principle  
 (3) Negotiations over use of Pool for National Open - difficult - decision hopefully on Friday 26th.
- 91.177 : Received, telephone call from Mr. Figgins indicating that Pool will be available for National Open Championships. Convener to follow-up with SASA Council.
- 91.178 : Received from ASFGB, copy of information to Team Members for Canet Training Camp : R. Leishman, J. Hill and R. Gilfillan included.



- 91.179 : Received from SSCA, copy of letter sent to Mr. Black re Swimming World Cup event in Victoria, Canada (attached).
- 91.180 : From Convener to Mr. Black, note attaching item 91.160 for inclusion in LEN pack.
- 91.181 : From Convener to members of Swimming Committee, Information up-date of 27th April 1991.

Correspondence to 27th April 1991



Douglas C.J. Brown  
Swimming Convener

- 91.182 : From Convener to Mr. Ramsay Morton (Secretary, Milngavie & Bearsden) acknowledging receipt of his letter of 22nd April and advising that the contents will be considered by the Swimming Committee on 26th May.
- 91.183 : From Convener to Ms. Heather Roy (SASA Office) enclosing copies of the undernoted Reports and asking that they be circulated to Swimming Committee for meeting of 26th May.
- 91.184 : From Convener to Ms Heather Roy (SASA Office), following advice from Mr. White, note asking that the formal booking be made on behalf of the SASA with Glenrothes on 21st September for the Inter-District Contest.
- 91.185 : From Convener to Ms. Heather Roy (SASA Office), note asking that a copy of the National Long Course Championships information be sent to Mrs. Sylvie Fox (Sweden).
- 91.186 : From Convener to Ms. Heather Roy (SASA Office), note asking that the Accreditation Passes for Swimming Committee members be processed.
- 91.187 : From Convener to Director of Swimming, expressing concern re fax from Sweden (91.169) and asking if we are going to reciprocate - suggestion of seeking sponsorship from any Swedish company in Scotland to assist.
- 91.188 : Prepared by Convener, revised sheet for the Cumbernauld Meet for the LEN Calendar Conference.
- 91.189 : Collected by Convener from the MCP, copies of the Meet Information for the Edinburgh Swim Meet 1992.
- 91.190 : Received from SASA Office by fax, copy of East Kilbride Meet Information for LEN Conference
- 91.191 : Prepared by Convener (1st May), list of SASA events to be entered at the LEN Conference.  
Note : We are missing a great opportunity to promote Scottish Swimming; all these last minute returns from meet organisers prevented us from getting together a 'glossy' for Scottish Swimming and to emphasise that Scotland is a separate unit from GB (England).
- 91.192 : Received from Stewart Davidson, information from GB Meeting at Sheffield and copy of his note of the 3rd Meeting of the Lactate Testing Working Group (to be tabled for Swimming Committee).
- 91.193 : Received from Mr. Black (General Secretary), letter advising that the SASA Council approved the proposed co-option of Mrs. Smith but had not approved the proposed co-option of Mr. Sheppard.  
Note : The Swimming Committee therefore has two vacant co-opted places.
- 91.194 : Received from British Swimming Coaches Association, information on their 1991 Conference 'Performance and Excellence in Swimming' to be held on 19th/21st April ! (received after the event !!)
- 91.195 : Received by post from East Kilbride, information on 1992 Meet for LEN Conference (again, after the event !!).
- 91.196 : Received from SASA Office, notification of Office closure on 6/7 May.
- 91.197 : Received from Director of Swimming, copy of his report to Sports Council regarding the Wave Programme and identifying costs associated with that programme to date.
- 91.198 /

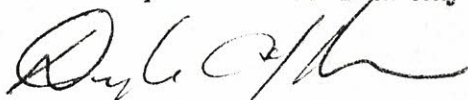


- Convincer to start of Bill Law - did so but no divers available on 10th Jan



- 91.222 : (Continued)  
so possibility of nominating Neil Hughton as third person : also discussed with Mr. Wallace, DBrequest that the Post Office meets the transport costs of invited athletes.
- 91.223 : Received from SASA Office, telephone call from Heather Roy re my previous request to book Glenrothes for Inter-District - nothing done so far - had Director of Swimming written previously - I have no information.
- 91.224 : Received from Mr. Charles, request to try to identify winners (and therefore likely holders) of the 4 x 200m F.R. (Women) at the 1988 Long Course - trophy missing.  
(Convener to Mr. Charles(18.5.91) confirming that 1988 winners were City of Dundee)
- 91.225 : Following telephone call from Mr. Garrie Roberts in respect of difficulties with the National Age Group Championships Programme, contact made with SASA Office - Mr. Charles sent published programmes to Convener (not previously sent) and notes of changes made by Director of Swimming and by Mrs. Smith....errors to be checked by Convener.
- 91.226 : Received from Mrs. Smart (17th May), telephone call complaining that no information sent to her on behalf of Shona or Lynsey for National Open Championships - Convener agreed to accept telephone entries provided that they are confirmed in writing and with correct fee paid.
- 91.227 : From Convener (by hand) to Mrs. Brockie, details of item 91.226 for entry on Convener's authority. Discussion with Mrs. Brockie re Age Group Entries - she would process provided :-  
( i) that entry form is amended to show Event number ;  
(ii) that it is accepted that the results are processed elsewhere by someone else....ie not with their equipment.
- 91.228 : Received from Mr. Raeburn, copy of Survey being conducted by the Young Swimmers Working Group and as issued to Club Secretaries.
- 91.229 : Received from Mr. Raeburn, copy of Survey of above Group sent to European Federations.
- 91.230 : Received from SASA Office, copy of Commonwealth Swimming Records for Women as at 1st May 1991 (no change in Mens' Records).
- 91.231 : Received from Mr. McGowan, full set of 8 Nations Contest Results.

Correspondence to 18th May 1991



Douglas C.J. Brown  
Swimming Convener



REPORTSReport to Council

- 2(a) : Letter received confirming the co-option of Mrs. Smith but rejecting the proposed co-option of Mr. Sheppard.
- 2(b) : Proposal to establish Commonwealth Games Working Party accepted by Council - Mr. Ron Taylor to be interim Chairman.

Supplementary Report to Council

- 2 : Proposals relating to the Change of Rules for 8 Nations accepted by Council.  
Multinations commitment (provisional) moved to 1993
- 3 : Proposed use of East Kilbride for National Open Championships approved and Council agreed to support application by East Kilbride to the Sports Council for pool improvements.
- 4 : National Championships agreed in outline - Director of Swimming to adjust Age Group Programme in incorporate 400m Freestyles for 17/18 and 19/24 age groups.

Information Up-date (14th April)

Major issue of 8 Nations selections and of correspondence with Mr. McGregor (WBC).

Information Up-date (27th April)

Issues of Milngavie & Bearsden letter and SSCA letter.

Lactate Testing (Mr. Davidson)

Decisions required re formalisation of roles of Drs Howat/Robson and of appropriate fee payments.

LEN Calendar (provisional report on Swimming only)

Issues of 8 Nations Rules (attempted changes)

Multinations commitment (provisional) - we must decide whether or not to hold 15/16 event in Scotland (50m Pool) in 1993.



REPORT on behalf of the SWIMMING COMMITTEE to the SASA COUNCIL MEETING of  
28th April 1991

1. Business from 3rd February 1991

The business of the Committee was disrupted because of cancellation of the scheduled meeting of 10th February due to bad weather conditions. Two meetings have since been held :-

- Swimming Committee : Meeting of 24th February 1991 at Bellshill : Minute approved on 24th March 1991.
- Swimming Committee : Meeting of 24th March 1991 at Stirling : Draft Minute circulated on 25th March 1991 and subject to amendment.

2. Items for the attention of Council

(a) Meeting of 24th February 1991

Page 2 : Item 2 (vi) : Co-options to Swimming Committee

Arising from that item, a formal proposal to co-opt Mrs. Frances Smith and Mr. M. Sheppard was lodged in writing with the Secretary.

The approval of Council is therefore sought for those co-options for the year 1991/92.

(b) Meeting of 24th March 1991

Page 2 : Business Arising (Page 2) : City of Edinburgh District Council

The attention of Council is drawn to the difficult situation faced by the Swimming Committee in respect of the venue for the 1991 National (Long Course) Championships. In particular, Council is asked to note that it may be necessary to transfer the intended location to East Kilbride and significant revisions to the programme may also be necessary.

Page 3 : Correspondence : Commonwealth Games (1994) Working Group

Arising from correspondence received from Mr. Black, the Swimming Committee reconsidered the previous proposal in light of comments from Council and now formally proposes the following :-

Commonwealth Games (1994) Working Group

- (1) That the Swimming Committee recommends to Council the immediate establishment of a Commonwealth Games (1994) Working Group to advise Council on all matters of planning, finance and liaison with external parties in respect of the 1994 Commonwealth Games in Victoria, Canada.
- (2) That the Commonwealth Games (1994) Working Group be directly responsible to the SASA Council or to their nominated officers.
- (3) That the composition of the Commonwealth Games (1994) Working Group be as follows :-
  - (a) Chairman to be appointed by Council ;
  - (b) The Director of Swimming to service and represent the Association on all Technical matters ;
  - (c) Mr. D. McGowan, as head of Management Services through to the final selection of Games Team personnel ;
  - (d) Mr. D. Brown, as Administrator/Secretary and as an elected representative on the Commonwealth Games Council for Scotland ;
  - (e) Co-option of a swimmer with previous Commonwealth Games experience and still involved with 1994 preparations ;
  - (f) Co-option of an additional member, hopefully with swimming connections, for his/her business expertise and with a view to the attraction of specific support (sponsorship) from the business community ;
  - (g) Co-option of a further member if necessary.
- (4) That the appointed Chairman be responsible for convening meetings of the Working Group ; initially, the annual frequency is anticipated to be five or six meetings with an initial budget of £600. Thereafter, the frequency of meetings and the associated costs to be subject to the approval of Council.



(b) Meeting of 24th March 1991 (Continued)Page 3 : Item 4(e)

The contents of an informal Discussion Paper on outline planning and costing for the 1994 Commonwealth Games Team preparation was supported by the Swimming Committee and is appended for reference.

Page 4 : Item 6 : International Programme

The Swimming Committee received Reports from the Viareggio, Harrogate, Milan/Bonn and Ulster Games Meets and recorded their congratulations to the Swimmers and Staff of the Teams for their excellent overall performances.

The Swimming Committee also approved proposals for the Wave Programme for 1991 : those proposals will now be incorporated in the submission to the Sports Council.

Page 4 : Item 7/8 : Domestic Programme

The Swimming Committee revised previous policy in respect of bids from Local Authorities for National Championship events. The geographical spread of locations is contained within the Draft Minute and the development of 'packages' has been remitted to a working group.

Page 4 : Item 9 : LEN Calendar Conference

In addition to the inclusion of the major meets at Cumbernauld, Dundee, East Kilbride and Edinburgh in the 1992 LEN Calendar, the Swimming Committee recommends to Council that the SASA offers to host one of the three Multi-Nations Youth Meets at East Kilbride (or Edinburgh if available) in 1992 (probably in April). The estimated costs of such an event would be £5,000 to £7,000 which would have to be met by sponsorship.

Douglas C.J. Brown  
Swimming Convener  
24th March 1991



To SASA COUNCIL MEETING of 28th APRIL 1991

Supplementary Report : Swimming Committee

1. Since submission of my formal Report to Council (dated 24th March 1991) and my return from holiday, much business has been conducted as summarised below :-
  - 8th April : Sub-Committee, Scottish Sports Association (Conference)
  - 9th April : Sub-Committee, Scottish Sports Association (Secretarial Appointment)
  - 11th April : East District Swimming Committee (invited to attend : Time Trials)
  - 14th April : Circulation of Information Up-date to Swimming Committee including issues arising from 8 Nations Selection.
  - 16th April : Joint Meeting, Scottish Sports Association and Sports Council, (DB Acting Chairman, SSA)
  - 19th April : Travel to Cardiff (8 Nations Contest)
  - 20/21 April : 8 Nations Contest
  - 22nd April : Circulation of Information Up-date to Swimming Committee Matters Arising from 8 Nations Contest Technical Meeting, Programme (draft) for National Open Championships.
  - 24th April : Scottish Sports Association Half-Yearly Meeting, representing SASA.
  - 25th April : Meeting with officers of East Kilbride District Council re use of Dollan Baths for National Open and Age Group Champs.
  - 27th April : Circulation of Information Up-date to Swimming Committee including preparation of National Age Group Championship programme.

Matters of particular significance are identified below :-

2. LEN Conference

The Information up-date of 22nd April detailed the major points arising from the Technical Committee Meetings held at the 8 Nations Contest : no objections have been received to any of the points noted and therefore I assume that the Swimming Committee supports the proposals, namely :-

- (1) The revised Rules for the 8 Nations Contest ;
- (2) The proposed Swimming Programme for 1992 ;
- (3) The adjustment of dates for 1992 proposed to save member Associations the considerable additional costs which would be incurred in being in Finland over the Easter Holiday Weekend.

As a result of the above proposal, the member Associations are likely to move a change of date for the Multinations Youth event in 1992 to 10th-12th April. Subsequent to that Information Update it is unlikely that we (SASA/East Kilbride) will be bidding for that meet.

3. Use of Dollan Baths

After a significant delay, a meeting was held at Dollan Baths on Thursday 25th April between (SASA) Mr. H.H. Smith and Convener and (E.K.) Mr. Edmonds, Mr. Jackson and Mr. Figgins. The meeting was called by East Kilbride in response to the letters sent by Mr. Smith and the Convener requesting use of the Pool for our Championships. The results of the meeting can be summarised as follows :-

- (1) Request for Age Group Championships approved ;
- (2) Request for Training Facilities approved subject to costing and agreement ;
- (3) Negotiations on Long Course ; willing to help but difficult for them ; key issue is longer-term relationship between SASA and EK - councillors need to be convinced of benefits - SASA willing to assist with a request to Sports Council for funding for pool improvements (timing, lane ropes, boom) ? Their decision tomorrow.
- (4) Decision from East Kilbride notified on Friday 26th April - yes for Long Course. (£4,100 for National Open Championships subject to provision of timing by SASA and operating within the hours estimated).

4. National Championship Programmes

The National Open Championships draft programme was circulated on 22nd April and responses identifying minor corrections were received. That programme is based on three days instead of the previous four in order to make it more acceptable to East Kilbride. As previously discussed in Swimming Committee, the distance



freestyle events for the older age groups have reverted back to the Age Group Championships thus allowing those swimmers more opportunity to swim those events. The pattern of the Championships remains the same with heats in the morning and finals in the evening ; the younger age group events utilise the pool time in the afternoon and provide important income.

The National Age Group Championship draft programme is attached and has been circulated to Swimming Committee Members for their comments. Minor adjustments will be required to incorporate the 400m Freestyle events for 17/18 and 19/24 previously held in the Open Championships. As previously noted, the distance freestyle events have been incorporated into the programme on Wednesday.

Both Programmes will also include information to Clubs on the Consideration Times for selection to National Squads (Core programme, Wave programme and Commonwealth Games programme) together with a clear statement advising that the times quoted are guidelines, that the Association must be free to consider other factors such as the availability of resources and noting that the times render a swimmer eligible for consideration.

5. Next Meeting of Swimming Committee

The next meeting of the Swimming Committee is provisionally noted as :-

Sunday 26th May : 12.00 : Edinburgh (venue to be noted) to  
link with the Open District Time  
Trials being staged by the East  
District.

Douglas C.J. Brown  
Swimming Convener  
27th April 1991



## REPORT TO SWIMMING COMMITTEE

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Meeting No 3 of the working group to consider the proposal to establish a Lactate Testing programme for National Squad Swimmers, at Cumbernauld on Tuesday 26th March 1991.

Attending : Stewart Davidson (Chairman)  
              Danny M'Gowan (Management Services)  
              Dr Bob Howat  
              Dr Malcolm Robson  
              Hamilton Smith (Director of Swimming)

Stewart Davidson chaired the meeting in the absence of Douglas Brown who was on holiday abroad.

Following on from the previous meetings Dr Howat produced three papers containing,

1) The General Guidelines outlining what is required regarding items such as facilities; personnel; and typical types of warm up before the actual swim test.

2) "Two Swim Test" protocol and Procedures to be followed by coaches conducting the swim part of the Test and what to do regarding subsequent tests.

3) The protocol required for sample collection and the recommendation, for obvious reasons, that the Personnel involved in taking blood samples should have some medical or nursing experience or are medical laboratory scientific officers trained in the collection and handling of such samples.

Procedures of taking the actual blood sample from the swimmer are accurately described as are the procedures for transferring the blood samples into capillary tubes etc. If the Analyser is in place at the testing pool results are available very quickly.

The protocol for "Postal" deliveries to Bob Howat will be described in a later paper by him.

Drs Howat and Robson would like a letter of confirmation of their appointment by the SASA as the people responsible for the carrying out of the tests on National Squad Swimmers. They would like to carry on testing on a four /six week basis up until the Barcelona Olympics in 1992 when the situation could be reviewed in light of the results and running of the testing programme at that time. The 16/18 month period until the Olympics was felt to be a reasonable time to assess the whole programme.

It was also agreed that Bob Howat would order from Analux the Testing kits required and it was agreed he should get an order number from the SASA so that Analux would bill the SASA directly. This would avoid any problems with VAT to be claimed back, as might be the case if Bob Howat bought them and then billed the SASA.

On the swimmers side it is acknowledged that a period of education is required although some of the Squad Swimmers are already familiar with testing procedures. Standard forms are to be devised for each swimmer and two forms were examined which were very similar. Hammy Smith, Danny M'Gowan and Bob Howat are to agree the final format of the form to be used.

Interpretation, Feedback and Planning were discussed and as the first test will be carried out at Cardiff at the Eight Nations, Bob Howat and Malcolm Robson will carry out a debriefing exercise on the Tests and generally appraise the swimmers of the testing programme and what is required of the swimmers and their coaches following analysis of the tests. Hammy Smith has been in touch with the various coaches involved at the Centres identified as testing centres but still has to agree dates with some of them to explain procedures etc. The first meeting is in Aberdeen on Tuesday 30th April at Hilton College of Education.

Initially the test results are to be kept in manual form by Bob Howat and Malcolm Robson, but it is envisaged that once the programme is running to everyone's satisfaction a computer database will be established.

The question of the amount of "honourarium" to be paid to the two Doctors should be agreed quickly by the SASA and while the Doctors stressed at the meeting they were not seeking full professional fees I am of the opinion that we should as a body pay a reasonable amount. I would suggest something in the region of £300 each plus travel expenses for the period up to the review date. This cost is not included in our projected cost of £2500 to be put to the Sports Council. No figure was discussed with the Doctors.

The meeting finished at 8.45 pm and it was agreed there was no need for another meeting in the immediate future and the position will be reviewed following the initial few tests which are to be on a 4/6 week cycle. The Chairman thanked the members for attending and my own thanks to Danny M'Gowan for arranging the tea, coffee and sandwiches at each of our three meetings. This was very much appreciated especially by those who had travelled some distance to attend.

Stewart Davidson  
(SASA Swimming Committee)  
19th April 1991.

cc Douglas Brown  
Hammy Smith  
Danny M'Gowan



INTERNATIONAL PROGRAMME

As I can never be certain about which Reports have or have not been circulated, the attached have been copied for your information.

I apologise if some have been duplicated.

Milan and Bonn (12/14 March)

Report from Director of Swimming tabled at Swimming Committee Meeting of 24th March together with Report from Mr. Alex McNeil (Times included).

Malmo and Rostock (18th/21st March)

Report (attached) from Mr. McGowan as Team Manager ; I have not received any Report from Mr. McGregor and no times have been received.

Sheffield World Cup (28th/30th March)

Report (attached) from Mr. McGowan as Team Manager ; that report refers to the Chief Coach's Report being attached.....but not to my copy !

Thames Valley (28th March to 1st April)

Report (attached) from Mrs. Harvey (Team Manager) and from Mr. Figgins (Coach) but no times recorded.

8 Nations Contest (20/21st April)

Reports (attached) received from Mr. McGowan and from Mr. McNeil.  
The full set of results is now available in the Correspondence File (91.231) for reference.

Luxembourg (5th/7th April)

Report (attached) from Mrs. Smith (Team Manager)(Coach) - no times recorded.

Note : those elements of the above Reports dealing with finance have been omitted - there is no major financial implication in this, just an attempt to save paper and copying - the originals with financial statements are available in the Correspondences files for your reference.

Note : once again we have the problem of not receiving a note of the actual times recorded by the swimmers - I suggest that we make it the responsibility of the Team Managers to supply as part of their Reports a summary list of those times.

*A. Brown.*  
9/157

## SWIMMING WORLD CUP

MALMO 18 - 21 MARCH - ROSTOCK 22 - 24 MARCH 1991

### TEAM MANAGER'S REPORT

#### Swimmers

Fraser Walker	Carlyn Connaghan
Scott McKinlay	Linda McLaren
	Caroline Kerr

#### Staff

Danny McGowan	Team Manager
Ian McGregor	Coach

#### Assembly

Monday, 18 March at Glasgow Airport at 10.00am.  
Gifts purchased in Duty Free for hosts.

#### Travel

Arrived Copenhagen Airport at 2.30pm  
3.30pm Bus/Ferry to Malmo (1hr 30mins)  
5.00pm Taxi to pool  
5.30 - 7.00pm training in competition pool  
7.30pm evening meal in Skyline Hotel.

#### Accommodation (Malmo)

The Skyline Hotel, Malmo is relatively new with excellent rooms. The meals were reasonable although low in quantity.  
An excellent bus service was provided to the pool (10 - 15 mins journey).



### Venue (Malmo)

The complex contained a seven lane 25m pool (competition) with seating for approx 500.

Adjacent was an 8 lane 50m pool, with 25m individual dividers for training etc.

An excellent leisure pool with indoor and outdoor pools, flumes etc was the venue for the "pool party" on the final evening.

Cafeteria facilities were of a very high standard.

### Meet (Malmo)

The new F.I.N.A. Laws relating to false starts and backstroke turns were in operation, which was also permitted in I.M.

There was a very strong world wide entry, excluding USA with a very large Swedish National Team in new national track suits.

The standard of performance was extremely high and with no B finals, high quality swims were essential in the morning to make a final.

The organisation of the meet was excellent and the presentation format of the evening finals session was the best I have ever seen. The main lights were switched off during the entrance and introduction of individual finalists, switched on during the race, and off again for presentations of prizes on a spotlit rostrum.

### Evaluation

No swimmers achieved finals from heat performances, because the standard was so high. I am sure the swimmers gained invaluable experience and learned some important lessons about the importance of heat swims and about their own self confidence in a very tough environment.

It is recommended that the highest standard of our swimmers should attend in future.

## Rostock, Germany

### Travel

We departed the Hotel at 7.00am by a bus organised by the German Federation. 8.15am we boarded the ferry for a journey lasting 3hrs 45mins.

We arrived at the ferry terminal at 12.00 noon and had to wait outside for 2½ hours for a bus to arrive. There was about 70 persons in the group.

We arrived at the Congress Hotel at 5.00pm (2½ hours journey).

At 6.00pm we got a bus to the pool for training (20-30 mins journey) and at 8.00pm we had a meal in the hotel restaurant.

A very difficult and tiring 10 hours journey from Malmo to Rostock.

### Accommodation

The Congress Hotel was situated in the middle of a large housing estate full of high rise flats.

The rooms were very poor with no television and no provision for tea/coffee.

In contrast the restaurant was very good and meals were very adequate.

### Venue

A very old building with a 25m six lane competition pool and adjacent diving pool.

Spectator accommodation was available for approximately 1000 people.

In another part of the building there was a 50m six lane pool which was not readily available to visiting swimmers.

The changing rooms, shower facilities and cafeteria were very modest.

### Meet

The new F.I.N.A. Laws relating to false starts and backstroke turns were in operation, which was also permitted in I.M.

There was a smaller but very strong entry compared to Malmo, with a strong German, Russian and to a lesser extent Chinese team.

The standard of performance, particularly in finals, was extremely high and with no B finals made a second swim almost impossible for Scottish Swimmers.



The organisation was much more low-key but with a very large crowd of local spectators the finals were very competitive with world record performances included.

### Evaluation

Contrasting greatly from Malmo this was a daunting experience for our young swimmers, both in terms of the level of competition and of the "culture shock" of the way of life.

Considering all the facts I feel sure it is an experience that will stand our swimmers in good stead in their future development and hopefully help in lifting the standard of our Scottish Team.

### General

At the first team meeting at Malmo on Monday, 18th certain aims and objectives were given to the swimmers both by the Team Manager and Coach.

They were mainly to give a high level experience to the swimmers and to allow them the opportunity to compare their attitudes and preparation with others and hopefully by gaining more knowledge both about themselves and other world class swimmers they will emerge better swimmers all round.

I believe most of these aims and objectives were achieved and certainly the staff have a better understanding of team members involved.

On arrival at Berlin Airport it became evident that one swimmer had lost his flight ticket. Because it was Sunday, contact could not be made with our travel agents and the end result after a lot of hassle was I had to buy a single ticket. An application has now been made by myself via the travel agents for full compensation.

The financial statement is separate from this report.

The Coach's report will also be submitted separately.

**DANNY McGOWAN**  
**TEAM MANAGER**  
**10 APRIL 1991**

A. Blown  
91.158

## SHEFFIELD WORLD CUP 28 - 30 MARCH 1991

### TEAM MANAGER'S REPORT

#### Swimmers

Neil Hudghton  
Scott McKinlay  
Ross Murray  
Ross Noble  
Fraser Walker  
Nicky Waterson  
Michael Wynn  
Scott Milne  
Neil Arthur  
Sean McQuade  
Andrew Aitken  
Stewart Adamson

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Carlyn Connaghan  
Jill Ewing  
Jean Hill  
Derna Campbell  
Linda McLaren  
Alison Sheppard  
Caroline Kerr  
Alison McKay  
Lyndsay Smart  
Shona Smart  
Angela Pendrich

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#### Staff

Danny McGowan  
Jim Park  
Alex McNeil  
Ann Clements

Team Manager  
Chief Coach  
Coach  
Coach

#### Assembly

Thursday, 29 March 11.00am Waverly Station, Edinburgh.

Most of the Squad assembled at Edinburgh with others making their own way to Sheffield.

#### Travel

No problems encountered on the train journey, and arrived in Sheffield at 5.10pm. Five taxis from station to hotel with luggage, then off to the pool for a session.

Similar arrangements on the return journey were satisfactory, arriving in Edinburgh at 10.45pm. The three swimmers from Aberdeen stayed overnight in an Edinburgh Hotel.

#### Accommodation

The Grovenor House Hotel was situated about 15 mins walk from the pool. The rooms and breakfast were both excellent, and all other meals were arranged individually with a daily financial allowance, which seemed to work satisfactorily.



## Venue

The new Ponds Forge Centre is surely one of the finest venues for swimming in the world.

The competition pool is 50m x 25m 10 lanes. The adjacent diving pool is also 25m wide with training lanes.

The accommodation facilities and cafeteria are also excellent.

## Meet

Unfortunately the organisation at the start was a little chaotic, starting with entry cards, then abandoning them for start sheets only.

The Omega Electronic Scoreboard often malfunctioned with the wrong names, lanes etc, but as the event progressed the organisation seemed to get better.

The new F.I.N.A. Laws relating to false starts and backstroke turns were in operation, but were not permitted in the I.M.

The overall standard was not as high as the European Meets, but nevertheless very good. The presentation and format of the meet was rather low key in comparison to Malmo.

## Evaluation

The Chief Coach's report is attached for the technical aspects of performance.

With five Scottish records and a large number of excellent swims, the event proved to be of real significance to Scottish Swimming. I believe the presence of a large Scottish Team was an important factor in this success.

I am convinced this was an invaluable experience for our team and would highly recommend future involvement of a large team.

## General

Minor aspects that need clarification are areas such as travelling, assembly, expenses and allowances for meals etc.

The method of selection and/or the lack of swimmers and coaches knowledge regards the Eight Nations Team, was something that did cause regular discussion and proved to be unsatisfactory.

DANNY McGOWAN  
Team Manager  
10 April 1991

**EIGHT NATIONS SWIMMING CONTEST**  
**20/21 APRIL 1991, CARDIFF**

**TEAM MANAGER'S REPORT**

**Swimmers**

Nicky Waterson  
Scott McKinlay  
Fraser Walker  
Scott Milne  
Neil Arthur  
Sean McQuade  
Colin Braund  
Neil Hudghton  
Ross Murray  
Andrew Aitken  
Jamie McNeil  
Malcolm McCallum  
Ian Shearer

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Jean Hill  
Jill Ewing  
Ruth Gilfillan  
Alison Sheppard  
Carlyn Connaghan  
Lyndsay Smart  
Shona Smart  
Caroline Kerr  
Linda McLaren  
Eileen Hall  
Alison McKay

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**Staff**

Danny McGowan  
Jim Park  
Alex McNeil  
Alan Lynn  
Ann Clements  
Anna Platt

Dr R C L Howat  
Dr M Robson

Team Manager  
Chief Coach  
Coach  
Coach  
Coach  
Physiotherapist

Lactate Testing  
Lactate Testing

**Assembly**

Scottish-based Swimmers  
Thursday, 18 April 1991  
Glasgow Central Station - 11.30am



English-based Swimmers  
Thursday, 18 April 1991  
Crest Hotel Cardiff - 6.45pm

### Travel

No serious problems on train journey, other than we were twenty minutes late on arrival at Crew, and missed our connection to Cardiff. We arrived in Cardiff one hour late, and were met on arrival by officials of the Welsh ASA who transported us to our Hotel.

### Accommodation

The Crest Hotel is situated about ten minutes walk from the pool. The rooms and ancillary accommodation was excellent, as was the breakfast and evening meals. A daily financial allowance was made for lunch, which seemed to work satisfactorily.

### Venue

The Wales Empire Pool includes a 50m x 8 lane facility, but unfortunately does not have a secondary warm-up, swim down facility.

The complex is otherwise quite suitable for this competition.

Facilities were available on the poolside for the doctors to carry out the blood lactate testing programme, and also for the necessary physiotherapy services which were required.

### Competition

The organisation and presentation was adequate. There was an eight lane Omega display of times and a runners handout service after every event. An update on the accumulated points was given at regular intervals.

The overall standard of the competition was about usual with some very exciting races.

One representative from each team formed a parade of the teams at the start, and no exchange of penants took place.

### Evaluation

The Coaches' reports are attached for the technical aspects of performance.

The Sports Science report is also attached for information and future development.

The team spirit in this the largest ever Eight Nations team was excellent and the team are to be congratulated on their performance in the water and their excellent behaviour and co-operation throughout.

The new format is very suitable for the Scottish Team and permits swimmers to gain selection and to compete for Scotland in a major international. As a result there were twelve 'new caps' in the team gaining invaluable experience for the future.

However, a clearer selection policy must be identified well in advance for 1992 and communicated clearly to the swimmers. I am convinced this will enhance the standard quite considerably at the appropriate meet/s.

### General

The overall experience was one of mixed feelings, with a girls team winning, but with signs of a lack of depth to replace our more senior swimmers who must be coming near the end of their swimming career.

On the other hand the boys team was much more inexperienced and competing in most instances, against a much older, more experienced team. There is clear evidence that we are failing to keep senior men involved in Scottish swimming, with home based clubs.

There is an urgent need to establish an incentive scheme to ensure that we retain our swimmers in Scotland to a much more mature standard than at present.

One very negative aspect of the experience was the lack of equipment from the Association's sponsors Hind. Swimmers compared other teams outfits and felt very much the "poor relations". This aspect must be rectified for any major event to enhance the team spirit and benefit the overall performance.

An opportunity was given at the reception to exchange gifts/penants and a gift was given to the host President and civic dignitaries.

Mrs Jill Cochrane, Vice President was at the competition and part of the reception and was an excellent ambassador for the Association.

Douglas Brown was also present all weekend accompanied by his wife Noreen, and was recognised as a welcome member of the Team. Hamilton Smith, Swimming Director played an active, supportive role as a member of the team staff, and hopefully will have laid the foundations of an overall team staff more equipped to meet the needs of our technical, scientific and administrative development.

**DANNY McGOWAN**  
**Team Manager**  
**9 May 1991**



1  
8 Nations - Cardiff 20-21 April, 1991

HMJ  
PB 11.204  
-1 MAY 1991

Report from Alex McNeil

Swimmers - Alison Sheppard, Ruth Giffellan, Neil Hudghton,  
Jamie McNeil, Colin Braund, Scott Milne.

Alison - Continued on her run of success with three individual wins in 100 BR, 100 F/S & 50 F/S. She also broke the Scottish Record for 100 F/S in the first leg of 4x100 F/S Relay. Top Gyl ~~Award~~ Trophy was awarded to Alison. Her preparation for competition has shown marked improvement, focusing well on her events. There is still some improvement required in her warm-up and one or two technical aspects of her stroke.

Ruth - Has a good business-like approach to her competitions, knowing exactly what she has to do in both warm-ups and event. Her performances have to be commended, considering the amount of training time lost through illness recently. Ruth was 2nd in 200 & 400 F/S and 3rd in 800 F/S. Some improvement in her turns would be advantageous.

Neil - He prepares well on all aspects. Neil was 1st in 200 BR & 4th in the 100 BR. He worked well on technique and stroke count. Although disappointed with his 4th place in 100 BR it was his first long course swim of the season. He built on this to produce a more confident swim in the 200 BR.

Report from Alex. McNeil continued

Jamie - He tried to prepare well for his events and although producing long course P.B's his performance was, to him personally, disappointing. He appeared more relaxed and confident in the medley Relay swims.

Colin - It was good to see Colin returning to the Squad with enthusiasm. Worked well on preparation and produced a P.B. on his 100 AY. An alteration to his normal pacing may have contributed to this P.B. I'm sure improvement in dive and stroke would lead to faster swims.

Scott - Required guidance with preparation and some alteration to his pacing. Although he gives 100% his pacing requires a lot more work. With the first opportunity this season for long course competition, it would have been of benefit to him to have more than one individual event.

Having recently worked with all the swimmers, except Colin and Scott, we were building on earlier experience together. In attending the 8 Nations Competition for the first time I enjoyed the company and experience of other Scottish Squad Staff.

The work in scientific testing by Dr. Howat and Mr. Robson provided valuable information. A continuation of this testing programme would be worthwhile for both staff and swimmers alike.

Alex. McNeil



91.134

Tel:- 0357 21584

1 Birchfield Place  
Strathaven  
Lanarkshire ML10 6HS  
9 April 1991

D Brown Esq  
S A S A Swimming Convenor  
29 Hartington Place  
EDINBURGH EH10 4LF

Dear Mr Brown

THAMES VALLEY MEET - READING - 29/31 MARCH 1991

Subsequent to the participation of the Esso Junior/Youth Team in the above Meet I enclose the following:-

1. my report as Team Manager,
2. analysis of achievements, first to sixth places,
3. summary of expenses together with available receipts,
4. cheque for £245.15 being balance of £1,500 float,
5. Reading S C cheque for £16.50 in respect of rejected entries.

Yours sincerely

*Marjory A. P. Harvey*

Mrs Marjory Harvey  
Team Manager

c c H Hamilton Smith Esq., Director of Swimming, S A S A.

Team Manager's Report

Outward Journey. On the Edinburgh to Birmingham train British Rail managed to double-book four of our reserved seats. As the train filled up farther south the four Staff who had occupied the only seats available were transferred to First Class accommodation due to a further over-booking.

The Birmingham to Reading train had been changed to a "special" - an ordinary commuter train - with no reserved seats. As this was a slower train we arrived in Reading about 30 minutes late.

Hotel.

The Ramada Hotel was in an excellent situation - within easy walking distance of both the pool and station. The rooms were most comfortable; the boys plus two Staff were on Floor 3 and girls and two Staff on Floor 5. The hotel staff were helpful and co-operative, providing accommodation free of charge for team talks and storing baggage on the Sunday prior to returning home.

Breakfasts. the 'self-catering' arrangements worked satisfactorily, one distribution room being established on each floor and no problems being encountered. The Shearer family were exceptionally helpful and discreet in this operation.

Pool.

There were no major problems.

Catering at the pool was of a high standard and reasonably priced. Reading Club members were most co-operative and helpful.

The team spirit was good which contributed to some excellent swims. Individual achievements are shown on the attached analysis.

The interpretation of the new backstroke rules was inconsistent. With this in mind, and taking account of the otherwise excellent times involved, the Staff decided to award three swimmers with a small token each. (See financial statement).

Accident.

During the Saturday morning warm-up Elaine Grubb hit either the wall or another swimmer while executing a tumble-turn, damaging a toe in the process. The doctor on duty at the pool examined the toe which was slightly swollen and discoloured. Without an X-ray he could not ascertain whether or not the toe had been broken. The treatment - broken bone or not - was for strapping to be applied which he did. Elaine elected to continue with her swims, coming second in the 200m I M and, later, first in the 200m Freestyle and second in the 50m Freestyle. As she was not swimming in the evening a member of Reading Club took Elaine and me to the Royal Berkshire Hospital Casualty Department, arriving about 5.20 pm. Some thirty minutes later Elaine was briefly examined to determine if the injury was worthy of a doctor's attention. After sitting in the waiting-room without being attended to it was decided to telephone the Coach at 9 pm for guidance. (The decision was left to Elaine. Bearing in mind that neither of us had eaten since lunch time, that the treatment would likely take at least a further hour and that the clocks were due to advance by a similar time, we returned to the hotel forthwith, the original strapping still in place.

On Sunday the strapping was replaced by a competent nurse at the pool. Elaine again elected to swim, gaining first and third in the 400m and 100m Freestyle respectively and participating in the 100m Butterfly.

I telephoned Elaine on Monday evening following our return home. She had/-



Thames Valley Meet 1991

had gone straight to Dundee Royal Infirmary where it was established that a bone in her toe was broken. Time spent in Dundee R I - 45 minutes in total! She sounded quite cheerful and did not seem to be in any discomfort.

Disco.

This was arranged for the swimmers on the Sunday evening and helped our team to relax after the exertions of the week-end.

Appraisal.

A successful Meet as the achievements reflect. The standard was of reasonably high nature - some National Qualifying Times evident. The discipline was satisfactory. I believe the Chief Coach will be reporting on this aspect.

Return Journey.

Again we were let down by British Rail in that our reserved seats were not indicated. However we managed to stay together and the journey was uneventful.

Appreciation.

Special thanks are due to the Shearer family of the Reading Club for:-

- a) transporting baggage from train to hotel on arrival,
- b) providing breakfast ingredients (at an exceptionally low cost),
- c) organising hamburgers at the Disco for our swimmers prior to catching the overnight train,
- d) transporting baggage from the Disco to the train on Sunday evening.

*Marjory A. P. Harvey*

Mrs Marjory Harvey

Team Manager

# HAMPS VALLEY TLE - LEADING - 21/51 MARK 11

NAME	1ST	2ND	3RD	4TH	5TH	6TH
Amos DOWN	100 BK/			100 FLY/		200 IM/
Seneca QUINDAS	100 FLY/			200 IM/200 FLY/		
Jonhoo JUNKOP	200 BK/100 BK/	100 FR/	50 FR/		200 IM/	
Andrew HAMILTON	200 BK/				200 FR/	
Ernie HENDERSON	200 IM/50 FR/	100 FR/	200 BK/		100 BK/	
James LEITCH	400 FR/					
Neil MANSON	200 FLY/	100 FLY/	200 IM/			
Andrew McLEACH	200 BK/200 FR/	100 BK/	200 IM/50 FR/	400 FR/	100 BR/	
Stephen McELHANNY	100 FR/					50 FR/
Steven PRESTON	200 BK/100 BR/			200 IM/100 BK/	200 IM/100 FLY/	
Andrew SMITH	200 IM/	200 FR/200 FR/	100 FR/	200 IM/	200 BK/	
Martin SNARE		400 FR/				100 FLY/
Andrew WALKER		200 BK/200 IM/	200 BK/100 FLY/			
Ryan WATT			100 BK/100 FR/	100 BK/	100 FLY/	
Yvonne BISLEY						100 BK/
Blaine CONNOLLY	200 BR/100 BK/				50 FR/	200 BK/
Julie CRAIK			200 BK/	50 FR/	400 FR/100 FR/	
Kerry CARDINER		800 FR/	200 FR/	400 FR/	200 FLY/	200 IM/100 FR/
Tracey CREE	100 BR/50 FR/	200 BR/	100 FR/			
Anna CRAW	200 IM/50 FR/100 FR/	200 BK/200 FLY/				
Elaine GILBES	100 BK/100 FLY/					
Meagan KANE	800 FR/200 FR/	200 IM/50 FR/	100 FR/			
Linda KERR	400 FR/	200 FR/400 FR/	800 FR/			50 FR/
Linda LOUGH	200 BK/200 FLY/	100 BK/	200 IM/400 FR/	100 FLY/		
Shelley PAUL			100 BR/		200 BR/	
Helaine SHEPPARD	100 FLY/	200 FLY/	50 FR/			
Louise WALKER		200 FR/		800 FR/400 FR/		100 FR/
Caroline WATSON			100 BK/	100 FLY/	200 BK/200 IM/	
Louise WATSON		200 BK/			50 FR/	200 IM/
		200 BR/			100 BK/	
					100 BR/	
	30	23	24	18	16	10



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## THAMES VALLEY MEET - 28 MARCH / 1 APRIL 1991

### REPORT BY HEAD COACH - ANDY FIGGINS

#### Introduction

This report is divided into sections, which hopefully will not duplicate the team managers report, but will highlight the pertinent points as I saw them.

#### Pre-Departure

Following my selection as Head Coach for this Meet, and the announcement of the selected swimmers, I prepared a letter for each swimmer giving as much information as we had concerning the Meet and the arrangements for it. In the interim, Frances Smith and myself also undertook the preparation and submission of all the entries for the participating Scottish Squad. A list of each swimmer's entries, along with the letter, was sent to the swimmers asking them to undertake some preliminary goal setting with their home coach. This was especially important due to the size of the squad, and became even more so when we discovered only one week before departure that Henry Gray would be unable to accompany us as one of the coaching team, due to personal circumstances. Before departure I also liased with Marjory Harvey over many of the practical aspects and organisational matters of the trip.

#### Travel

This item will be dealt with in greater detail by the Team Manager, but in general terms, we arrived at our destinations fairly well on time, but had to overcome some pretty shambolic treatment from British Rail who seem to specialise in double and treble booking Scottish Swimming seats.

#### Accommodation

The Ramada Hotel was THE ideal place to stay for this Meet. The accomodation was first class, although we did discover on the last morning that the triple room which we had booked only had two large king size beds instead of three beds in it.

#### Meals

The meal arrangements as detailed by the Team Manager were excellent, and special thanks for the smoothness of the breakfasts in particular should go to the Shearers, and Marjory and Christine whose rooms were used as breakfast bars each morning. It is also worth recording that the catering arrangements at the pool were also excellent.

#### The Meet

The standard of the Meet was probably lower than I had expected, but in some age groups it was fairly relevant to our swimmers. For the majority however, without each other, they would have had little or no competition.

Meet organisation was of a high standard and we had no problem obtaining training on the Thursday afternoon or Friday morning as required, this was largely due to Frances, whose name you only had to mention to have doors opened for you, or favours granted.

The Meet would have been absolutely ideal for the group of swimmers we took with us, if the standard was a little higher and the depth of quality swimmers just a little greater. At present it would seem that we have outgrown it, unless some new teams enter next year.

#### The Swimmers

I divided the swimmers into three groups, of mixed sex and age, in order to ensure that each swimmer had a definite coach to work with and would receive good attention in their preparation.

The squad seemed to come well prepared to concentrate on the task in hand and to do their utmost to perform well. Some swimmers however seemed to struggle to come to terms with their swims and as a result of that and some pre-departure preparation problems, some disappointing performance outcomes resulted.

Pre-swim and warm up flexibility started poorly, but after the initial session on Thursday, the swimmers seemed to become less self conscious and the standard rose quite considerably. Pool warm-ups were in general done very well. Most of the swims themselves were very well committed, but some were a little disappointing.

Swim downs were done very well with few swimmers having to be reminded to do them.

#### Team Meetings

These were held regularly throughout the duration of the trip, in order to establish organisational matters, recap on the days events and swims, and to look forward to the following days schedule of events. These meetings were led by the Head Coach.

#### Team Discipline

A few of the older swimmers had to be severely spoken to about the need for rest/sleep, and being in their own rooms at the time specified to the group, as good preparation for the following days swims. There were no major discipline problems during our time away.

#### Elaine Grubb - Foot Injury (full version in Team Managers report)

Elaine hurt her toes during warm-up on Saturday afternoon, and was in some pain. She came and discussed this with me and she elected to do her swims during that session once a strapping had been applied to her toes by the Meet Doctor (she did her swims very well). I did tell Elaine that I felt she should go to hospital with Marjory to have the toes examined. After her swims were completed Marjory Harvey took Elaine to the local hospital in order to have the toes examined. She was examined initially and then left to wait for over 3 1/2 hours. Later on, after phoning back to the hotel, Elaine decided to return to the hotel, as she still had to eat and the clocks were also scheduled to be put forward one hour. The strapping was redone by a nurse at the pool the next day. She again did all her swims, performing them very well. I have been in touch with Elaine by phone twice since our return and found out from her that she had broken a bone in her toe. The second time I phoned, I was informed that she was recovering well and had been back in training, and was only temporarily limited in her ability to push off and turn.



## Summary

The trip was very busy due to the size of the team, but achieved the goals set for it. It was also very enjoyable working with so many new swimmers. The only unfortunate aspect was that some of the events and age groups did not provide the level of competition which we had hoped for to help challenge our swimmers to produce even better performances. The organisation of the trip, and it's smooth running once under way was very good and is attributable to a good team effort by all staff involved.

## Recommendations

All swimmers should be fully committed to their pre-departure preparation.

It would be advisable to find a slightly higher level meet for this type of group, as there were some events in which we took five of the first six places. The other option would be to recommend this meet as one for a slightly lower level group, or as one for regional development squads to take part in.

The team staff all felt that the letter which is sent out to the swimmers detailing travel arrangements and style of dress, should state that that denim jackets or jeans are not acceptable.

All Saleslink arrangements and correspondence should be undertaken by the office well before departure.

## Team Staff

Marjory Harvey	- Team manager
Andy Figgins	- Head Coach
Frances Smith	- Coach
Christine Nash	- Coach

Dear Swimmer,

10 March 1991

Congratulations on your selection for the Thames Valley Meet on 29, 30, 31 March. As coaches we are all delighted to be accompanying you on the trip and are looking forward to working with you, many of you for the first time.

The coaching staff would like you to have as much information as possible to help you prepare for the Meet, so we are sending you a copy of the order of events and a note of the events in which you have been entered.

We would appreciate it if you would discuss your programme of events with your home coach and put your joint thoughts in writing before we leave for Reading. You should bring it with you and give it to me on the train. This will give us as much information as possible to help you swim to your potential.

As far as goal setting is concerned, we would like you to think about it in three stages, as well as detailing technical goals;

- 1) The time you should be capable of doing
- 2) The time you could do if you were feeling really good and things went well for you
- 3) The time you could do if everything just went absolutely perfectly for you and you had one of those days when you are feeling great

I would also appreciate it if you would note the following and act on them accordingly, where applicable;

- A) Swimmers from the north will be contacted soon about overnight accomodation in Edinburgh on the Wednesday night
- B) All swimmers should bring a packed lunch for the journey to Reading on the Thursday
- C) If it is possible, those swimmers without kit will receive it before leaving home, and if not they will receive it on assembly in Edinburgh
- D) A boys and girls team captain will be elected on arrival in Reading, so it is important that you give this matter some thought before we depart
- E) All swimmers should bring water bottles, as the poolside can become very warm, and it is important to avoid dehydration
- F) All swimmers should try to bring some tartan item i.e. scarf, towel etc or a Scottish flag
- G) Swimmers should ensure that they are in good shape physically and mentally to represent their country

Should you have any questions or problems, please do not hesitate to contact me at either 03552 - 21357 (Work) or 03552 - 43823 (Home)

Yours in swimming



LUXEMBOURG MEET: 5,6,7 APRIL 1991

TEAM MANAGER'S REPORT

TRAVEL:

Both outward and return journeys were very smooth and without incident. The party assembled at and dispersed from Heathrow - the English based swimmers by road, the Scottish based swimmers and staff on flights from Edinburgh, Glasgow and Aberdeen. The Luxair flights were punctual and provided good airline meals.

ARRIVAL

We were met by Meet Manager, Albert Feilen and his colleague and transported to our Hotel by car and minibus.

ACCOMMODATION

Once again the Pullman Hotel was excellent. Our rooms were suitably blocked and a substantial camp bed was supplied for the triple room. The overriding advantage is the proximity of the pool, a seven minute walk away, thereby allowing swimmers to return for rest periods whenever possible.

MEALS

On the two free evenings at each end of the Meet, the Thursday and Sunday, dinner was in town, mainly for a change of scenery as the Hotel is somewhat isolated. Naturally it was at McDonalds. On the Friday and Saturday evenings we booked for the "Swimmers Dinners" in the Hotel which were most adequate three course meals. Lunches, snacks and drinks were purchased individually at the pool where the Restaurant Service is very good and reasonably priced. The Hotel gave us excellent buffet style breakfast with a wide range of choice, hot and cold, from 7.a.m.

MEDICAL

There were no medical problems whatsoever.

TEAM MEETINGS were held regularly to make organisational plans and to focus attention on swims. Each evening the Head Coach gave a resume of the day's performances and I set out the arrangements for the following day.

KIT

When dressed in full Scottish Tracksuits, walking between Hotel and Pool and at presentations, the Team looked extremely smart. However, there was a reluctance to wear official gear all the time on the poolside and Esso Squad T-Shirts were seldom seen. Each swimmer received two "Hind" swimsuits and two Scottish hats.

### DISCIPLINE

Despite repeated directives from both myself and the Chief Coach at regular intervals over two evenings, two swimmers continued to talk, laugh, watch television etc. well beyond midnight. The only meaningful form of punishment available was a ban on leaving the Hotel on the Sunday evening, therefore missing the final meal in town. When the swimming was over, I informed them of this decision which was accepted without a murmur.

### STAFF

We felt the combination of a Head Coach and a Team Manager with coaching experience was ideal for a small team. Andy Figgins did a great job with these highly talented young men, preparing them for the task in hand and evaluating the results. I was available in a coaching capacity to be of assistance all the time on the poolside, as well as dealing with all the Management tasks.

### RECEPTION

The usual small Scottish items of pennants, ties and pens were informally presented at the Saturday evening Reception in our Hotel.

### SALESLINK REPORT

This was dealt with on the Sunday evening by the Head Coach as he had made contact the previous weekend regarding the Thames Valley Meet results. In the Team scoring competition, Scotland is classified as a Regional Team. Without Simon Capaldi, who withdrew through illness, we did well to rank 3rd, winning a handsome trophy, behind two German Regional Teams. It was suggested that with eight scoring swimmers we could well have won this category.

### FINANCE

Scottish swimming benefitted greatly this year because neither England nor Wales entered Teams in the Meet. The sum of 1000 U.S. dollars is granted to the Great Britain entry, which therefore was allocated in total to the Scottish Team. A brief Financial Report is attached with the full details sent direct to S.A.S.A. Treasurer.

### RECOMMENDATIONS

The Meet is very long established (23rd year) and runs like clockwork with superb organisation. It is excellent in all respects as long as a carefully planned team is sent and accommodation is in the Pullman Hotel. The sessions are very lengthy so it is vital for swimmers to be able to return to the Hotel for rest. It is also useful for the staff to have time to do likewise.

The 1991 Meet will be held on 24-26 April.



Due to the cancellation of the East Kilbride Meet these swimmers were fortunate to be given this late invitation to Luxembourg. They grasped the opportunity to post some first class, early Long Course season performances. Andy and I were very impressed with the positive attitude of the swimmers throughout.

To conclude, may I say that personally I very much enjoy the dual role of Team Manager/Coach and would be pleased to be considered on this basis in the future.

Frances Smith  
Team Manager  
April 1991

## SCOTTISH AMATEUR SWIMMING ASSOCIATION

### REPORT TO SCOTTISH SPORTS COUNCIL

#### SUBJECT - SPECIAL WAVE PROGRAMME

#### 1. BACKGROUND

- 1.1 In November 1990, in conjunction with its annual submission for Grant Aid, the Scottish Swimming Association presented an application for financial assistance under the "Selective Grant Aid" programme of the Scottish Sports Council.
- 1.2 This application was in respect of a "Special Wave Programme", the objectives of which are to raise the standards of achievement and ranking at the very highest levels of performance and excellence in Scottish Swimming.
- 1.3 The focus of this top level programme is towards improved standards by the Scottish Team at the 1994 Commonwealth Games.
- 1.4 The total sum sought for this programme in the year 1991 was £20,000.
- 1.5 Following due consideration, the Scottish Sports Council offered a grant of £12,500 towards the cost of that programme.
- 1.6 The Association Swimming Committee was constrained in light of the shortfall, to curtail and amend its original proposed programme.

#### 2. REVIEW OF SELECTED SWIMMERS

##### 2.1 Wave 1

- 2.1.1 Since the original selection of six swimmers, one, Linda Donnelly has retired indicating that the continuing pressure of full time work necessary for daily subsistence is incompatible with the commitment required to training and competing at the highest levels.
- 2.1.2 Another, Campbell McNeil although expressing the same views, has decided to continue with his training programme as much as possible, but while he is involved in establishing himself in a new career, he is unavailable for National or International events. He hopes to compete in the National Championships in mid June and will make further decisions following that event.



- 2.1.3 Jill Ewing encountered some technical and motivational difficulties which prevented her from sustaining her previous high standard. Following a rest and some technical adjustments she is now back in full training and steadily returning to her previous form.
- 2.1.4 The remaining swimmers in Wave 1. Neil Hudghton, Ross Noble and Alison Sheppard, following good performances at the National Short Course Championships in December 90, were selected to participate in the two major meets of the 1991 World Cup in Milan and Bonn in March.
- 2.2 Wave 2
  - 2.2.1 Of the four swimmers originally selected, one Sam Ferguson has retired, citing the same reasons as Linda Donnelly.
  - 2.2.2 The remaining three swimmers Carlyn Connaghan, Scott McKinlay, Fraser Walker also performed well in December and were thus selected to participate in two other World Cup Meets in Malmo and Rostock in March.
- 2.3 Wave 3
  - 2.3.1 One of those selected, Linda McLaren was also chosen for the Malmo and Rostock Meets.
  - 2.3.2 Of the remaining seven swimmers selected, Simon Capaldi has been ill with a fairly severe viral infection but is now gradually returning to normal training.
  - 2.3.3 The two girls who represented Great Britain at the 1990 European Junior Championships, Corinne Jack and Faye Phimister are both experiencing slight difficulties in making the adjustment to Senior standards; (Girls transfer categories two years earlier than the Boys), but both are in regular training and represented the Scottish Senior Select at the Ulster Games with credit.
  - 2.3.4 The other five Boys, Steve Leitch, Jamie McNeil, Ross Murray and Dominic Sheils continue to improve and develop. They were selected to participate in the Luxembourg International Meet where they all performed with great credit and gained much valuable Long Course experience.

### 3. AMENDED PROGRAMME 1991

#### 3.1 Competition

- 3.1.1      Wave 1      3 Swimmers to Milan and Bonn World Cup Meets.
- Wave 2      3 Swimmers to Malmo and Rostock World Cup Meets.
- Wave 3      1 Swimmer to Malmo and Rostock World Cup Meets.
- 3.1.2      Following successful swims at the earlier World Cup Meets, Scotland were invited to send swimmers to the World Cup Final Meet in Victoria, British Columbia. Three Wave swimmers, Alison Sheppard, Carlyn Connaghan and Neil Hudghton were selected to participate which they did with excellent performances. See attached appendices for details of performances and costs.

#### 3.2 Training

Wave 1, 2, 3

For those swimmers who achieve an appropriate standard of performance during the early Long Course Season culminating in the National Championships in mid June, a series of five special training, testing and preparation sessions will be held prior to the final events of the season in early August.

These will be run over weekends based at East Kilbride's 50 metre Dollan Baths. Up to 16 swimmers will attend from Friday evening till Sunday lunchtime.  
- See attached appendices for programme and cost details.

### 4. FINANCE

- 4.1 As can be seen from the attached cost information £6,000 has been allocated to World Cup competitive opportunities for a total of seven swimmers plus staff involvement.
- 4.2 A further £5,500 has been allocated to the training programme in July with up to 16 swimmers plus staff involved.
- 4.3 The balance of £1,000 has been held in reserve for allocation to specific individual needs which will arise during the October to December period e.g. the first leg of the 1991/92 World Cup circuit scheduled for late November.
- 4.4 The Association would be extremely grateful if the balance of the total amount due could be made available at the earliest possible time suitable to the Council.



## APPENDIX 1

### WAVE PROGRAMME 1991

#### COMPETITION REPORT

##### Wave 1

Alison Sheppard        -        World Cup Meets        -        Milan, Bonn,  
Victoria

1 Silver, 3 Bronze Medals, Placed 5th in the World Cup.

Neil Hudghton        -        World Cup Meets        -        Milan, Bonn,  
Victoria

1 Bronze Medal - 2 x 4th places - Placed 4th in World Cup.

Ross Noble            -        World Cup Meets        -        Milan, Bonn

Achieved 2 Personal Best Performances.

##### Wave 2

Carlyn Connaghan     -        World Cup Meets        -        Malmo, Rostock,  
Victoria

Achieved 2 Personal Best Performances; 1 Final Place

Fraser Walker        -        World Cup Meets        -        Malmo, Rostock

Scott McKinlay       -        World Cup Meets        -        Malmo, Rostock

##### Wave 3

Linda McLaren        -        World Cup Meets        -        Malmo, Rostock

## APPENDIX 2

### WAVE PROGRAMME 1991

#### TRAINING PLAN

Four Weekend Camps for Training, Testing, Preparation will be held as follows:-

Dates:- June 21 - 23; July 5 - 7, 12 - 14, 19 - 21.

Venue:- Dollan Baths, East Kilbride

Accommodation:- Bruce Hotel, East Kilbride

Staff:- Director of Swimming, National Squad Staff

#### Programme

Friday	Assemble late afternoon Swim - 19.00 - 21.00
Saturday	Swim - 07.00 - 09.00 Meetings, Talks, Discussions, Rest Swim - 17.00 - 19.00
Sunday	Swim - 07.00 - 09.00 Meetings, Talks, Discussions, Rest  Depart 12.00

One Two Day Camp will take place in Leeds immediately prior to the A.S.A. National Championships which are also the Trials for European Championships selection.

Two swimmers will be in Florida for a Club Training Camp during July.

Any swimmers selected for the European Junior Championships will be involved in G.B. Team Training for part of this period.



APPENDIX 3

WAVE PROGRAMME 1991

FINANCIAL REPORT

Competition

World Cup Meets

Milan, Bonn,	3 Swimmers	
Travel, Accommodation, Subsistence		£ 1500
Staff element		£ 200
Malmo, Rostock,	4 Swimmers	
Travel, Accommodation, Subsistence		£ 2200
Staff element		£ 300
Victoria,	3 Swimmers	
Travel, Accommodation, Subsistence		£ 1500
Staff element		£ 300
		<u>£ 6000</u>

Training

Five Training, Testing, Preparation Weekends -	16 Swimmers	
	4 Staff	
Pool Hire		£ 1100
Accommodation, Subsistence 16 x £50 x 5		£ 4000
Travel		£ 400
		<u>£ 5500</u>

Balance to be allocated October - December                      £ 1000

Domestic Programae

National Open Championships

Report to update members (at meeting)

National Age Group Championships

Report to update members (at meeting)

Inter-District Contest

Decision needed on the format of the Contest. Is there any further view from the Districts ? Has West District Committee come to any conclusions ? Will we revert to the 1989 and earlier format of one swimmers per event for the 1991 Contest ?

National Sprint Championships

What are the views on the programme and on the prizes - I detected a fairly strong view that the prizes should be the same for all events - is that an accurate reflection of opinion ?

National Winter Championships

Are we happy to accept the same programme of events again ?  
What do we want to say to swimmers/coaches/clubs re selection criteria for events in early 1992 ?

Note : I would be grateful if members could give some thought to the above points so that we can start to make progress on these events.