

SCOTTISH AMATEUR SWIMMING ASSOCIATION

HHS
EXEC

-2 FEB 1991

To : Members of the Swimming Committee
cc Mr. D. McGowan (Management Services)
Mr. Peter Barnett (Office Manager, SASA)
From : D.C.J. Brown (Convener)
Date : 30th January 1991

NOTICE OF MEETING

The next Meeting of the Swimming Committee will be held on Sunday 10th February 1991 at 10.30am in Room 3A3 of the Cottrell Building of the University of Stirling.

AGENDA

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| 1. Minutes of the Meeting of 23rd December 1990 | previously circulate |
| 2. Matters Arising | attached |
| 3. Correspondence | attached |
| 4. Reports from Convener | |
| (a) Report to Council of 3rd February | attached |
| (b) Report : Lactate Testing | attached |
| 5. Budgets 1991/92 Update | to be tabled (DCJB) |
| 6. International Programme 1991 Update | to be tabled (HHS) |
| 7. Domestic Programme 1991 Update | to be tabled (HHS) |
| 8. Championship Venues (1991-1994) | to be tabled (HHS) |
| 9. SASA AGM (Swimming) Business
(as necessary, arising from publication of the
SASA Annual Report) | |
| 10. A.O.C.B. | |

Douglas C.J. Brown
Convener,
Swimming Committee

Matters Arising (Minutes of 23/12/90)

Page 1 : Item 3 (90.441)

Subsequent to the meeting, circulation to Mr. Black (item 90.483) of copy of the Meet Information prepared by EDC for submission to the Calendar Conference in May 1990 proving the mutual intention to hold a 'joint meet' in 1991.

: Item 3 (90.462)

Response to Mr. Roberts (90.488)

: Item 3 (90.469)

Letter to Peter Henry (90.510)

Page 2 : Item 3 (90.470)

Convener unable to contact Mr. Pendrich by phone so letter (90.486) sent - telephone call received from him after dispatch but before receipt - the situation explained and noted that he had not sent his promised letter to me - that letter subsequently received (90.491) recording 'satisfaction' with the situation.

: Item 3 (90.471)

Letter from Convener to Dr. Howat (90.487)

: Item 3 (90.477)

No response yet from Alan Lynn

: Item 4

Job Descriptions : (Action HHS) - report

Stewart Bisley : (Action HHS) - report

Page 3 : Item 4

Year Programme Guide : (Action HHS) - report

Page 4 : All matters relating to selections to be covered under

Agenda Item 6 (International Programme 1991 Update)

Page 5 : Item 7 (3 and 6)

AGM Report on behalf of Swimming Committee and proposed Changes to Rule were submitted to Mr. Black (90.481).

CORRESPONDENCE : SWIMMING CONVENER

- 90.480 : Paper tabled by the Director of Swimming (Budget and Selection Proposals) at the Meeting of 23rd December 1990.
- 90.481 : Draft Minute of the Meeting of 23rd December prepared by the Swimming Convener on 24th December and circulated on 26th December
- 90.482 : From Convener to Mr. Black, Swimming Report and proposed Changes to Rule for the SASA AGM.
- 90.483 : From Convener to Mr. Black, memo noting and enclosing a publication produced by Edinburgh District Council advertising the 1991 'joint Meet' to the LEN CALENDAR CONFERENCE of 1990 - proof of the agreement that the 1991 meet would continue the pattern of 1990.
- 90.484 : From Convener to Mr. Barnett, claim for expenses of Convener.
- 90.485 : From Convener to Mr. Barnett, note enclosing claims made by Mr. Dashwood-Brady and Mr. White for 23rd December and questioning Mr. White's claim status for 2nd December meeting.
- 90.486 : From Convener to Mr. Pendrich, letter (as agreed at Meeting of 23rd Dec) outlining the decisions in respect of Angela's selection(s) - no letter had been received from Mr. Pendrich as he had previously promised and he could not be contacted at home prior to dispatch of my letter (5th Jan)
- 90.487 : From Convener to Dr. Howat, letter recording the Committee's reaction to the Lactate Testing and Monitoring Programme and inviting Dr. Howat to nominate a date for the preliminary meeting.
- 90.488 : From Convener to Mr. Roberts, letter noting the contents of his letter of 15th September (received in December).
- 90.489 : Received from Mr. Craig (West District), invitation to attend the City of Glasgow District Council Civic Reception on Friday 18th January 1991, that invitation being accepted.
- 90.490 : Received from the SASA Office, update to the SASA Handbook.
- 90.491 : Received from Mr. Pendrich, letter dated 7th January 1991 recording satisfaction with the principles agreed by the Committee and formally recording his offer to fund the cost of any additional swimmer for a Team where Angela's non-participation on a Sunday would be detrimental to that Team.
- 90.492 : Received from Mr. Barnett, payment of expenses (Ref 90.484).
- 90.493 : Received from Mr. Raeburn, report on the progress of the 'Young Swimmers Working Group' : the Group met on 3rd January 1991, tasks including the collection of evidence have been allocated to individuals, the Group has scheduled meetings on 10th March, 7th July and in September with the objective of producing a report for the Swimming Committee in October 1991.
- 90.494 : Received from the SASA Office, letter reminding Conveners of the requirement to submit reports for the Council by 25th January 1991.
- 90.495 : Received from East Kilbride, the preliminary information for their Meet of 5th/6th/7th April 1991.
- 90.496 : Received from the SASA Office, the preliminary information for the Edinburgh International Swim Meet (2nd/3rd/4th April 1991) - it is noted that the information provided does not meet the specifications set by the Swimming Committee in respect of accreditation (no detail of awards).
- 90.497 : Received from Mr. Sheppard (via ECA, late), fax with Budget information.
- 90.498 : Received from SASA Office, copy of the ASA Committee meeting of 7th/8th December....not quite sure why this was sent ?
- 90.499 : Received from SASA Office, copy of World Rankings (Short Course) to 15th December 1990.
- 90.500 : Received from SASA Office, copy of letter from Switzerland to Israel withdrawing from the Multinations Youth Meet on 5th/6th April 1991.
- 90.501 : Received from SASA Office, copy of letter from the Director of Swimming to the Scottish Sports Aid Foundation proposing a progressive allocation to the swimmers in the Wave Programme
- 90.502 : Received from Esso Youth Sport (via SASA), copy of their Press Release (embargo to 16th January) on the Viareggio Meet (25/27 January).
- 90.503 : Received from SASA Office, preliminary information on the AEGIR International Swim Meet (Iceland) on 21st-23rd June 1991.
- 90.504 : Received from SASA Office, confirmation of the notice of Selection for the Newcastle Meet : noted that from the original selection. the following

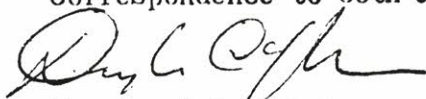
swimmers are not included :-

Rognvald Omand and Kevin Reynard

It is presumed that neither could satisfy the Director of Swimming in respect of potential fitness or availability for inclusion in the Team.

- 90.505 : Received from SASA Office, confirmation of the notice of Selection for the Harrogate Meet : (2nd/3rd February).
- 90.506 : Received from SASA Office, copy of letter received by the Association from Hamilton District Council requesting that the Larkhall Leisure Centre be considered for the 1992 National Short Course Championships.
- 90.507 : Received from the SSCA, notification of Seminar, Dinner etc.
- 90.508 : From Convener to Mr. Barnett, by fax, Report for SASA Council Meeting of 3rd February 1991.
- 90.509 : Received from Lisa Pearson, telephone call to advise Convener that she is now back in UK and will be centred in Edinburgh - she is looking forward to involvement on 'staff' as a physiotherapist.
- 90.510 : From Convener to Peter Henry confirming telephone advice to obtain formal verification of times recorded in the USA.
- 90.511 : Received from SASA Office, copy of Alloa Brewery invitation to submit applications for financial assistance for swimmers....being dealt with by the Director of Swimming.
- 90.512 : Received from Mr. White, passport size photograph for accreditation card for Swimming Committee members.
- 90.513 : Prepared by Convener, report on the Lactate Testing meeting held in Cumbernauld on Tuesday 29th January 1991.

Correspondence to 30th January 1991



Douglas C.J. Brown
Swimming Convener

SCOTTISH AMATEUR SWIMMING ASSOCIATION

REPORT on behalf of the SWIMMING COMMITTEE to the SASA COUNCIL MEETING of
3rd February 1991.

1. Business from 26th November 1990

The period from 26th November 1990 has been a 'busy' one for the Swimming Committee with formal business recorded as follows :-

- Swimming Committee : Meeting of 2nd December 1990 : Minute approved on 23rd December without amendment.
- Swimming Committee : Meeting of 16th December 1990 (am) : Minute approved on 23rd December without amendment.
- Swimming Committee : Selection Meeting of 16th December (pm) : Minute approved on 23rd December without amendment.
- Swimming Committee : Meeting and Selection Meeting of 23rd December : Draft Minute previously circulated.

2. Items for the attention of Council

(a) Minutes of 2nd December 1990

- i) Inter-District Contest : the decision taken at this Meeting was reconsidered on 23rd December in light of the responses received from the District Representatives.
- ii) Staff Selections : care was taken by the Committee to ensure that the staff selected were aware of their individual responsibility to obtain all necessary approvals (ie Club or employment) to participate and that Club Secretaries received simultaneous notification of that selection.
- iii) Scottish Club Team Relay Records : the Committee recommended that the records be established with effect from the National Short Course Championships of 1990 subject to the following criteria :-
 - (i) That the time must be achieved at an Accredited Meet ;
 - (ii) That all members of the Team must have Scottish eligibility ;
 - (iii) That the events for which Records can be claimed are :-
 - 4 x 50 Freestyle Relay
 - 4 x 50 Medley Relay
 - 4 x 100 Freestyle Relay
 - 4 x 100 Medley Relay
 - 4 x 200 Freestyle Relayfor Male or Female Teams and at Senior or Junior levels.

(b) Minutes of 16th December 1990 (both Meetings)

- i) Angela Pendrich : discussions with Mrs. Pendrich revealed that the previous correspondence from the Convener (inviting further discussion with Mr. and Mrs. Pendrich on the matter of Sunday participation) had been deliberately ignored.

(c) Minutes of 23rd December 1990

- i) Angela Pendrich : the Committee gave long and careful consideration to the individual case (as clarified, in part, by telephone discussion between the Convener and Mr. Pendrich) and the principles involved. The Committee took the view that for so long as Angela is a minor she should be selected on merit for any relevant meet and that such selection must be accepted/rejected by the swimmer as in any other case (where consultation with parents would be anticipated). Where such selection involved swims on a Sunday and where it was unlikely that she would accept selection, consideration could be given to selection for other meets so long as selection did not prejudice another swimmer of merit for selection for that meet.
- ii) Lactate Testing : subsequent to the Meeting of 23rd December, I can report that a meeting has been arranged for Tuesday 29th January 1991 at 7.30pm at Cumbernauld.
- iii) Inter-District Contest : as a result of feed-back from District Representatives, it was decided not to proceed with the drafted Change

to Rule. The clear majority view was to allow further time for consideration of associated matters (eg the state and development of senior swimming) before deciding on the timing and format of future Inter-District Contests. The matter is further complicated by the 1990 Change to Rule which provides for a variable situation in respect of the number of teams entered. It was therefore decided to leave the 1989 format available as an option.

- iv) Circulation of Local Authorities : it was noted by the Committee that letters would be circulated, according to previously agreed policies, to local authorities inviting them to 'bid' for hosting National events. The Convener accepted full responsibility for the action taken at Ayr on 15th December when the decision had been taken to place the 1991 National Short Course Championships at that venue at the specific and public invitation of the Provost. The Committee homologated that action.
- v) Budget 1991 : the Committee noted that the 'pay-back' for the 1990 Commonwealth Games was not yet a specific figure. Having repaid some £8,000 from the previous allocation, the Committee agreed to set aside a further sum of £5,000 (Total £13,000) which was hoped would fully meet the required 'pay-back' when identified. Thereafter, the allocation of remaining funds was completed as recorded in the Minute.
- vi) Selections : selections for the major events in the first part of 1991 were completed as recorded in the Minute and subject to the confirmation noted.
- vii) Changes to Rule : the draft Changes to Rule were agreed by the Committee.

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

Report to Swimming Committee Meeting of 10th February 1991

Meeting of the Working Group to consider the proposal to establish Lactate Testing for National Squad Swimmers : Cumbernauld, Tuesday 29th January 1991

Attending : Mr. D. Brown (Chairman)
Mr. S. Davidson (Swimming Committee)
Mr. D. McGowan (Management Services)
Dr. R. Howat
Dr. M. Robson
Mr. H.H. Smith (Director of Swimming)

1. On behalf of the Swimming Committee, Mr. Brown thanked Drs Howat and Robson for their proposal which had been welcomed by that Committee.
The remit of the Working Group was to consider that proposal in detail, including cost implications, and to report back to the Swimming Committee as soon as possible.
2. Dr. Robson, speaking in support of the Paper submitted by Dr. Howat and himself, pointed to the danger of 'stagnation' of Scottish Swimming unless positive forward looking steps are taken to provide a monitoring service of lactate testing for our swimmers. To achieve meaningful results it would be essential to recognise standardisation of testing within the context of a planned national programme of training and competition.
It was noted that the work undertaken by Drs. Howat and Robson in this field had achieved world-wide recognition.
3. In general discussion, the following points were agreed and noted :-
 - (1) That Dr. Howat would prepare a standard protocol for the tests - this would be circulated to the next meeting of the Working Group for detailed consideration.
 - (2) That Dr. Howat/Dr. Robson would provide the necessary training for personnel to operate the tests and take the samples. Where analysis equipment is available to that Club, Dr. Robson would advise on the operation of that unit.
 - (3) On a postal basis, Dr. Howat advised that results would be received by the Club within two to three days.
 - (4) The cycle of testing was agreed as being approximately four weeks, arranged in consultation with the Club Coach (in association with the Director of Swimming).
 - (5) The interface between the testing and the training/competition of the selected National Squad Swimmers would be the responsibility of the Director of Swimming within the context of the National Programme. The Director would receive (simultaneously) a copy of the results and would then be able to interpret and relate those results to the training and results of the Swimmers.
 - (6) The Director of Swimming identified the possibility of obtaining Sports Council support and funding for the establishment of a data-base of information at Moray House (Cramond Campus) which would greatly assist with the building of information and personal profiles. The Working Group agreed to recommend to the Swimming Committee that an immediate approach be made to the Sports Council to that effect.
 - (7) It was noted that the necessary approvals would have to be obtained from the Swimmers for this information to be available to the Association and for storage on computer.
 - (8) The Swimmers in the Wave Programme were identified as the initial and immediate priority group for testing. However, as time and considerable detailed planning would be required to implement the proposals (if approved by Swimming Committee), it was agreed to seek the approval of Committee to start with peak lactate tests taken at the 8 Nations Contest in April 1991.
 - (9) For the longer-term objectives to be met it was recognised as being essential that all members of the Wave Programme participate fully in the training and testing programmes : it was therefore agreed that commitment to those programmes would be recommended as a requirement of all Swimmers of the Wave Programme.

- (10) It was agreed that the testing programme should be monitored on a regular basis (eg every three months) by a small group consisting of the Director of Swimming and one or both of Dr. Howat/Dr. Robson.
 - (11) Drs. Howat and Robson agreed that their roles could be formally recorded as 'Sports Science Consultants'.
 - (12) It was confirmed that the cost of the postal lactate testing would be £4.50 for two samples - that being the total cost exclusive of time. Drs. Howat and Robson noted that cost as being effective for the period April 1991 to March 1992. The other costs involved would be restricted to travel and accommodation where necessary.
 - (13) On the matter of consultancy 'fees', Drs. Howat and Robson would be pleased to consider an 'honorarium' from the SASA Swimming Committee.
4. As all members of the Working Group recognised the importance and relative urgency of the matters under consideration it was agreed that a report of the meeting and of the above recommendations should be submitted to the Swimming Committee Meeting of 10th February 1991 for approval in principle and to allow detailed planning to be undertaken.
5. It was agreed that the next meeting of the Working Group will be held on Tuesday 19th February 1991 at 7.30pm at Cumbernauld Pool.
It was noted that Mr. Davidson will chair that meeting as Mr. Brown is already committed to a meeting of the Scottish Sports Association on that date.
6. Mr. Brown thanked the members of the Working Group for their attendance and assistance and recorded his thanks to Mr. McGowan for making facilities available to the Group.

Douglas C.J. Brown
Swimming Convener
30.1.91