

SCOTTISH AMATEUR SWIMMING ASSOCIATION

To : Members of Swimming Committee
Date : 23rd September 1991
From : D.C.J. Brown (Swimming Convener)

NOTICE OF MEETING

A Meeting of the Swimming Committee will be held on Sunday 29th September 1991 at 10.30 am in Room 3A5 of the Cottrell Building of the University of Stirling.

AGENDA

1. Minutes of the Meeting of 30th August 1991.....circulated 2/9/91
2. Matters Arising.....attached
3. Correspondence.....(Items to 23rd September).....attached
4. Reports to Swimming Committee
 - (a) Meeting between SASA and SSSA Representatives (4/9/91).....attached
 - (b) Olympic Games Selection Policy Discussions (5th-13th Sept)....attached
 - (c) Report from Mr. Raeburn (Young Swimmers Enquiry Group).....attached
 - (d) Meeting between the Scottish Sports Council and the Commonwealth Games Council for Scotland (12/9/91).....attached
 - (e) Meeting of the Lactate Testing Committee (17/9/91).....attached
5. Selection Up-Date
Wave/ Commonwealth Games Squads taking account of performances in July/August 1991.....to be tabled by the Director of Swimming
6. Selection Policies (1991/92)
(Paper from SSCA).....attached
7. Budget Up-Date
Any matters arising from the EGM of 22/9/91
8. Year Programme (Swimming) 1991/92
(Finalisation of the proposed Programme).....to be tabled by the Director of Swimming
9. Costing of the Year Programme for 1991/92
(Estimates for Item 8 above).....to be tabled by the Director of Swimming
10. Submission to the Sports Council
(Identification of any special items...eg East Kilbride.. for inclusion in the SASA submission to the Sports Council)
11. Changes to Rules (February 1992).....attached
12. Swimming Committee Nominations for Awards.....attached
13. A.O.C.B.

Douglas C.J. Brown
Swimming Convener
23rd September 1991

Matters Arising (from 30th August 1991)Page 1 :-

- 2.a) World Cup Final Report
Times recorded still not available to the Committee.
- 2.b) SASA Study Group
No further correspondence or information noted.
- 2.c) Finance
Clearly, the result of the SASA EGM will have a significant bearing on the finances available to the Swimming Committee in 1991/92.

Page 2 :-

- 2.e) Scottish Schools Event
The Meeting with Mr. Raeburn has taken place (see Agenda Item 4 (a)). In subsequent informal discussion with a member of the Sports Council Staff, I have reason to believe that the Council would not be too happy about SASA funds (or those parts provided by the Council) being allocated towards Schools events.
- 2.f) National Age Group Championships
Results of investigations to date :-
(iii) Sykes Programme (Mr. Charles ?)
(iv) LEN Programme (Mr. Black)
(v) Sports Council (Mr. Charles/ Mr. H.H. Smith)
- 2.g) Inter-District Contest
Having attended the Contest, I would wish to convey the thanks of the Swimming Committee to the East District and to Mr. Dashwood-Brady as Convener of the Organising Committee for a well-run Contest. In general terms, in my view, the format of the Contest was better than that of last year but there are still major questions in my mind :-
(i) There is still a basic imbalance between the relative strengths of the Teams (even with a combined North/Midlands) ;
(ii) At Junior level there was a 'real contest' - and that made a significant difference - but overall, there was no doubting the winners - does that make for a 'good contest' ?
(iii) The Contest is billed as an 'early starter to the season' - is it really effective - is the timing right for the swimmers - is it a worthwhile competition ?

Page 3 :-

- 91.327 Telephone Costs : East Kilbride
Does the West District have identification of the calls made ?
- 91.325 Commonwealth Games 1994
Detailed Report contained in Agenda Item 4 (d) but does not refer to the specific matter of 'Aquatics' numbers.
Mr. R. Taylor has arranged a further meeting of the SASA Working Group for Tuesday 8th October at 29 Hartington Place at 7.30pm.
- 91.343 Mr. Starr
Mr. H.H. Smith to report on further discussions with Mr. Starr.
- 91.360 Potential Sponsor
Follow-up by Convener on 23rd September to Geraldine Carberry (220 6277) - she has a list of potential meeting dates as supplied by the Director of Swimming but has been unable to contact the potential sponsor (the key individual).
- 91.372 Draft Letter - Local Authorities
Have these letters gone out ? I was approached on Sunday 22nd September after our EGM at Stirling by a representative of Larkhall desperately seeking formal contact from the Association re 1992.

Page 4 :-

- 7.a) Age Group Structure
Change to Rule included in Agenda Item 11.
Additional Change to Rule re separation of 15 years and 16 years also attached as a result of the overwhelming support given to that proposal at the Seminar.

Page 5 :-

8. Squad Training Arrangements

Mr. Ian Mason has now assumed responsibility for the co-ordination of the management component ; as time available at the Seminar was somewhat limited, much of the discussion took place by telephone. However, the outcome is a set of guidelines (see attached) for Managers.

HOMOLOGATION SOUGHT

9. National Staff Seminar

This was well attended and many good points were raised from the floor - have we copies of all the working group Reports in order to make a full Report ?

Thanks are due to Alan Lynn for making the necessary arrangements with Moray House (Cramond Campus) and to the Scottish Swimming Coaches Association for their co-operation, support and for their own Seminar held on Sunday 1st September which was well attended (70 approximately).

D.C.J. Brown
23rd September 1991

SQUAD TRAINING PROGRAMME

STIRLING UNIVERSITY 1991/92

DATE	SQUAD	COACHES	MANAGER	PHYSIOTHERAPY
Sept 14/15	Junior	Anne Clements Karen Sterricks Gordon Sommerville Alex Beaton	Agnes Russell RES Marjory Harvey	Anna Platt
Sept 28/29	Age Group Development	Frances Smith Heather Albin Viv Alexander Mick Starr	Christine Holland RES Agnes Russell	Anna Platt
Oct 5/6	Youth	Andy Figgins Eileen Adams Ken White	Joan Davidson RES Agnes Russell	Anna Platt
Oct 19/20	Senior	Alan Lynn Viv Johnstone David Hill Alex McNeil	Helen Brunton RES Noreen Brown	Lisa Pearson
Oct 26/27	Age Group Development	Frances Smith Heather Albin Viv Alexander Mick Starr	Marjory Harvey RES Agnes Russell	Shona Cowie
Nov 2/3	Junior	Anne Clements Karen Sterricks Gordon Sommerville Alex Beaton	Christine Holland RES Marjory Harvey	Lisa Pearson
Nov 16/17	Youth	Andy Figgins Eileen Adams Ken White	Joan Davidson RES Helen Brunton	Shona Cowie
Nov 23/24	Senior	Alan Lynn Viv Johnstone David Hill Alex McNeil	Noreen Brown RES Joan Davidson	Anna Platt

NATIONAL SQUAD TRAINING PROGRAMME 1991/92

Information for Team Managers

1 SASA OFFICE

- 1.1 The final moving date of the office to Glasgow is not known, however the premises must be cleared by end of October.
- 1.2 You should liaise for squad weekends with Hazel McGuire in relation to your basic requirements.
- 1.3 The office will send to each Team Manager by the Monday prior to your weekend, a cheque for the float that you require.

2 ADMINISTRATION

- 2.1 Swimmers travelling from England and certain parts of Scotland may require Friday overnight accommodation. This will be co-ordinated by the office in conjunction with MHS and notified direct to the Team Managers.
- 2.2 Additional facilities may be required by the Head Coaches for land work, recreational facilities etc.

Head Coaches should inform the office of their requirements at least five days prior to the weekend.

- 2.3 Photocopying is still available within the office until they move to Glasgow. Keys for the office can be collected in the usual way from Cottrell Building. An alternative arrangement for copying at the sports complex will be notified to you.

3 FINANCE

- 3.1 Staff expenses should be paid at 15p per mile which is the new official committee rate for travel.
- 3.2 Expenses forms should be issued to swimmers who have a return journey above 100 miles or an actual cost of £10.
- 3.3 No expenses should be paid out at weekends unless in your judgement there is a genuine problem in which case the total paid should be notified to the office and deducted from payments made in respect of any form subsequently submitted.
- 3.4 Expenses claims should be sent direct to the office by the parent of a swimmer wishing to make an expense claim. In the case of senior swimmers they would do this themselves.
- 3.5 Anglo swimmers should cover the first £65 of any claim being made to the office.

- 3.6 Only actual expenses incurred should be claimed by the parents/swimmers.
- 3.7 A payment of £7.50 per swimmer should be issued to cover the cost of meals for the weekend (3 x £2.50).
- 3.8 Collect swimmers' payments of £20 which should be forwarded to the office.

All of the above items on finance have been agreed with Douglas and Hammy.

Can I remind you that there will be a Team Managers meeting on the Saturday afternoon of the Cumbernauld Meet to discuss trips for early 1992.

The situation regarding team kit should become clear when Hammy has a meeting with Hind over the next week. I will keep you informed.

My office telephone number is 0382-462857.

Ian Mason

IM/AMD21

11 September 1991

NATIONAL SQUAD TRAINING PROGRAMME 1991/92

SQUAD

TEAM MANAGER

DATE OF WEEKEND

Brief report on the above weekend and any suggested improvements:-

Please return to Ian Mason, Adviser in Physical Education, Educational Development Service, Floor D, Northern College of Education, Gardyne Road, Dundee DD5 1NY.

IM/AMD21

11 September 1991

CORRESPONDENCE (SWIMMING CONVENER)

- 91.376 : From Convener to members of Swimming Committee, Notice of Meeting and Papers for the Meeting of 30th August 1991.
- 91.377 : Received from SASA Office, notice of the Gara 'Sprint' International Open Meet to be held in Legnano (just north of Milan) on 2nd November 1991.
- 91.378 : Received from SASA Office, notice of the Dolphin Open Gala to be held in Cork from 18th-20th October 1991 (under 13/Junior/Senior/Open).
- 91.379 : Received from SASA Office, copy of letter to the Association from Miles Burrows & Partners of their 'Swimalong on the spot' invention.
- 91.380 : From Convener to Mr. Black in response to his request, copy of the presentation made by the Convener to the National Staff Seminar on 31st August.
- 91.381 : Received from Dr. Howat, his report on the Lactate Testing Programme for the period April to August 1991.
- 91.382 : From Convener to Dr. Howat, telephone call to arrange a potential date for a Meeting of the Lactate Testing Committee (17th September possible).
- 91.383 : Received from Mr. Charles (Treasurer), copy of his note to the Office Manager advising of potential savings (£60 per head) if flights are reserved and deposits paid now for the 8 Nations in Finland in April '92.
- 91.384 : Received from Mr. Barnett (Office Manager), circular to Conveners seeking submission of the Annual Programme Guide 1992 information by 1st October 1991 - held over in view of our scheduled meeting on 29th September to finalise these matters.
- 91.385 : From Convener to Mr. Raeburn, Mr. White and the Director of Swimming, copy of the Note of the Meeting held on 4th September between the representatives of the SASA and the SSSA....inviting comment on that Note.
- 91.386 : Received from the SASA Office, formal notification of the Extraordinary General Meeting to be held on 22nd September 1991.
- 91.387 : Received from Mr. Raeburn, copy of his circular of 2nd September to members of his Young Swimmers Enquiry Group re meeting on 8th September.
- 91.388 : Received from Paul Bush (ASFGB- Olympic Team Manager) and arising from Meeting of the Swimming Technical Committee in Coventry on 5th September, copy of proposed letter to the BOA re Selection Policy. Reply requested by 09.30 on Monday 9th September.
- 91.389 : From Convener to Mr. Bush by fax (timed 09.26 !!) response suggesting changes.
- 91.390 : Received from Mr. Ian Mason, by telephone, request for information re arrangements for services to Team Managers at Squad Weekends - contact made with various people to confirm - response back to Mr. Mason by telephone.
- 91.391 : Received from Mr. Mason, draft of 'Information Sheets' for Team Managers with request for corrections.
- 91.392 : From Convener to Mr. Mason by fax, comments/questions arising from the above item.
- 91.393 : Received from Mr. Bush (ASFGB), copy of the letter submitted to the BOA in advance of the Meeting scheduled for Crystal Palace on 13th September. (received on return to work on 17th September !)
- 91.394 : Received from Mr. Bailey (ASFGB), expenses for ASFGB Swimming Technical Committee Meeting on 5th September 1991.
- 91.395 : Received from ASFGB, copy of LEN Swimming Committee Minutes of 18th August 1991 - outline of rule changes proposed for 1992 Conference.
- 91.396 : Received from SASA Office, copy of FINA News 30th August 1991.
- 91.397 : Received from SASA Office, copy of Fife Region prospectus for two leisure seminars and a trade exhibition on 10th/11th October 1991.
- 91.398 : Received from SASA Office, copy of circular from the Director of Swimming to all Squad personnel re Training Weekends
- 91.399 : Received from Ian Mason, copy of National Squad Staffing arrangements and of the guidelines for Team Managers (amended).
- 91.400 : Received from ISTC, copy of the Rushmoor Royals advert for a Chief Coach at £10,000 pa.

- 91.401 : Prepared by Convener, a Report on the joint meeting between the Scottish Sports Council and the Commonwealth Games Council for Scotland held on Thursday 12th September 1991.
- 91.402 : Prepared by the Convener, note of the meeting of the Lactate Testing Committee held on Tuesday 17th September 1991.
- 91.403 : Received from Mr. Raeburn, comments on the note of the meeting of 4th September : Convener to circulate with his note (Item 91.385).
- 91.404 : Received from Mr. Raeburn (separate post), copy of a report on the progress of his Young Swimmers Enquiry Group.
- 91.405 : Received from Paul Bush (ASFGB), fax outlining revised Olympic Games Selection Policy as a result of the meeting with Mr. Palmer and Mr. Hickey at Crystal Palace on 13th September - received after the deadline for response (20th at 11.00am) but telephone call to Terry Dennison of O.K.
Subsequent discussion with Mr. H.H. Smith who had identified a discrepancy between the outline provided by Mr. Bush and the actual draft letter to Mr. Hickey - HHS fax to Leeds to correct.
- 91.406 : Received from Mr. Charles (Treasurer), request for 1991/92 Budget proposals by 27th September - hope 'stay of execution' will be allowed until immediately following the meeting of 29th September.
Note : telephone discussion with Mr. Charles on 23rd September during which it was accepted as reasonable that our plans should be based on a broadly similar budget as for this year - any additional funding most likely to come from special cases associated with Excellence as already indicated by the Sports Council.
- 91.407 : Received from SASA Office, copy of 1990 information for the Sprint Championships with a request to up-date and return as soon as possible.
- 91.408 : Received from SASA Office, copy of 1990 information for the National Short Course Championships with request to up-date as soon as possible.
- 91.409 : From Convener to Director of Swimming by fax to East Kilbride, copy of the Item 91.402.
- 91.410 : Received from the SASA Office, copy of amendment to the programme of events for the Inter-District Contest.
- 91.411 : Received from the SASA Office, copy of a fax from Clube Naval de Funchal - Madeira Island wishing to have one of their Olympic Swimmers compete in the Cumbernauld Meet - understood that Mr. McGowan has received this although not noted on the copy.
- 91.412 : Received from Mr. Lynn, letter giving notice of Senior Squad preparatory meeting to be held on Saturday 28th September at lunchtime at Larkhall.
- 91.413 : Received from Mr. Lynn, copy of his letter to Mr. Dashwood-Brady thanking him for opportunity to participate in the East District Development Squad Weekend at Glenrothes on 14/15 September and congratulating the District on the initiative.
- 91.414 : Received from the SASA, copy of the Commonwealth Swimming Records as at 1st September 1991.
- 91.415 : Received from SASA Office, copy of the ISSA World Rankings (Long Course) to 3rd September 1991 (Alison Sheppard ranking 40th in 50m Free 26.53)
- 91.416 : Received from the SASA Office, copy of fax received from the Brazilian Federation asking for information on the Open and Junior Championships being held in October 1991 in Scotland - what championships ?
- 91.417 : Prepared by Convener, statement on behalf of Swimming Committee for use (if necessary) at the EGM on 22nd September - key points being
.....Swimming Committee operating within approved budget limits...
.....Widespread misunderstanding about Sports Council funding which is now Selective, based on Performance/Excellence, and if we cut our National Programme then we can expect cuts in their allocations to us....
.....The effect of any potential cuts in the National Programme on the swimmers.
- 91.418 : From Convener to Geraldine Carberry, follow-up to potential sponsorship

Note of Meeting between SASA (Swimming Committee) Representatives and the Scottish Schools Swimming Association (SSSA) held on Wednesday 4th September 1991 at 29 Hartington Place, Edinburgh.

Attending :- Mr. D. Brown (SASA S.C. Convener) Mr. C. Raeburn
 Mr. K. White (SASA) (President, SSSA)
 Mr. H.H. Smith (SASA)

1. 1992 Strasbourg School Games

Mr. Raeburn outlined the background to the Games and to the previous discussions between the Executives of the two Associations.

The Games had originally been proposed by the French as a celebration by the EC countries of 1992. In that context, representation at the Games would have been at GB level. Subsequently, the Games had developed beyond European boundaries and, consequently, opportunity had arisen for representation at Scottish rather than GB level.

On the last occasion when funding had been sought from the Scottish Sports Council, assistance (more generous than initially anticipated) had been received from the Sports Council via the SASA. However, there is no guarantee of similar provision on this (1992) occasion and the SSSA Executive Committee would not be happy to undertake 100% funding. In discussion with the SASA Executive, the potential of use of ESSO sponsorship funding had been mentioned.

Mr. Raeburn considered that the Games would be a very high level event, that the swimmers would benefit greatly from participation in what would be a multi-sport event, would also benefit from the social interaction with local schools/ community and proposed that the whole venture would be handled jointly between the two Associations.

2. SASA (Swimming Committee) Response

Mr. Brown identified the funding element of the proposition as being a major problem for two main reasons. First, on behalf of the SASA Swimming Committee, he felt that it would be difficult to justify allocation of scarce funds for this proposition as a priority over, for example, the need to raise funds for Commonwealth Games preparation - further, to remove funds from the 'core programme' for that purpose would be to reduce opportunity for others within that programme. Second, as stated to the National Staff Seminar on Saturday 31st August, he could not guarantee any part of the SASA National Programme for 1992 until budget approval had been given by the Treasurer - such approval was in doubt because of the funding of the Association (SASA) and because the recession was causing major sponsors to review their entire sponsorship programmes.

Mr. Smith identified a further problem ; the date of the Games (first week in July 1992) conflicted with that of the SASA National Championships although some doubt was expressed by Mr. Raeburn about the actual dates of swimming competition at the Games. The National Championships were a 'required competition' for SASA National Squad Swimmers and were important to the selection process of swimmers for the 1992/93 season.

It was recognised that there would be major problems associated with this proposition for the Games of 1992.

3. Longer-term co-operation

In general discussion, it was noted that the development of International Swimming at Schools level could result in major European and World Meets every three out of four years. This represented a significant development for the SSSA and clearly raised many issues in respect of the relevant roles of the two Associations.

It was also noted that such competition would have significant funding implications and that the SSSA was, in effect, far better placed in respect of existing funding and in the generation of new funds.

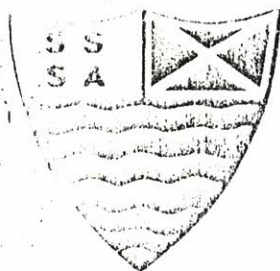
Equally, it was recognised that wherever possible the two Associations should be working together to the mutual benefit of Swimming. Mr. Smith noted, with regret, that University level swimming in the U.K. had little connections with the National Bodies.

4. Conclusions

The Meeting determined to recommend to the respective Associations that a 'technical working party' be established to....

- (i)...identify the respective constituencies ;
- (ii)...identify the areas of common ground and the areas of mutual interest ;
- (iii)...consider potential joint ventures (eg people, staff, education/ training) ;
- (iv)...make recommendations to the Executive Committees of the two Associations.

Douglas C.J. Brown
SASA Swimming Convener
6th September 1991.



THE SCOTTISH SCHOOLS SWIMMING ASSOCIATION

Reply to:

Dean Education Centre
Belford Road
EDINBURGH
EH4 3DS

Telephone 031-343 3960 Ext 432

Reference: AS/CRR/VM

18 September 1991

Mr Douglas Brown
29 Hartington Place
EDINBURGH

Dear Douglas

Thank you for the draft 'note' of our meeting.

I would make the following comments:

- (a) I would anticipate that the ISF stages the 'World' Gymnasiade every four years, and the 'European' multisport event every four years. This could result in an ISF event every two years.
- (b) I was disappointed that the opportunities raised by the ISF events for both the SASA and SSSA were not expressed in the note. Rather the note implies a concern about 'relevant roles'.
- (c) On funding I hope I expressed at the meeting the doubt that the SSSA would become involved with ISF events if the SASA was not also to be involved.
- (d) The record of the SSSA keeping the SASA involved and informed of its activities is second to none. The implication of HHS concerning ~~coaching~~ ^{university sport} seems out of place - particularly as I could expound at length about the lack of information from the SASA to SSSA -

- eg (a) Education Developments over the past four years.
(b) Bruges - no response to request for comment from HHS.
(c) Safety Issues - letter written about safety qualifications.

There appeared to be concern that the SASA Steering Committee is not working 'hand in glove' with the SASA Executive.

Thanks again for the opportunity to meet and discuss - it was a useful meeting. I will let you know of developments concerning Strasbourg.

Yours sincerely

CHARLES R RAEBURN
Development Officer (Sport)

CHARLES R.

REPORT : ASFGB MEETINGS : OLYMPIC GAMES SELECTION POLICY

There has been a great deal of activity over the last two weeks in respect of the establishment of the Selection Policy for the GB Team to participate in the Olympic Games next summer. This can be summarised as follows :-

(1) ASFGB Meeting : Coventry : 5th September 1991

The first draft Policy statement, as discussed at the open meeting of coaches at Leeds during the ASA/ European Championships Trials in August, was reconsidered in the light of feedback received from that open meeting. The main points of consideration were :-

(a) Ranking for Pre-Selection

There was a strong feeling that the BOA '3rd' in the World (all rankings at 2 per nation) was too high - 5th ranking would be more appropriate.

(b) Winners

With certain exceptions in respect of events where Pre-Selected swimmers chose not to compete, there was a clear determination to achieve a positive reward for winners of individual events at the Trials, whether they achieved the 'qualifying times' or not.

(c) Qualifying Times

Examination of the World Rankings following the European Championships showed that the anticipated Team would be in the region of 17 to 22 against a known limit of some 30 to 35 ; it was therefore determined to ask the BOA to consider allowing 24th place ranking.

(d) Achievement of Qualification Times

Ideally, with 24th ranking, times should be achieved at the Trials. However, should the BOA not accept that level, then allowance could be considered of times achieved at designated meets prior to the Trials but dependent on finishing 2nd at the Trials.

(e) Relay Teams

That the first four placed in the Trials in the freestyle events would qualify for the appropriate Relay Team assuming combined achievement of the appropriate World Ranking (ie Men 4 x 100 and 4 x 200 ; Women 4 x 100)

The Meeting also considered staffing and determined that any of the designated staff who had not been able to participate in recent events should be required to participate in the BOA Camp (9th-15th September) and the Florida Camp in March 1992.

(Note : the Convener contacted Mr. Park and advised him of the decision of the Committee)

In view of the above, a meeting with representatives of the BOA was arranged for Friday 13th September at 4.00pm at the BOA Camp at Crystal Palace.

(2) ASFGB Representatives and BOA Representatives : 13th September

From early afternoon there was a series of preliminary meetings culminating in the planned meeting with the BOA representatives (Mr. Dick Palmer and Mr. Kevin Hickey). The results of that meeting can be summarised as :-

(a) Winners

Acceptance by the BOA of the concept of rewarding the winners by automatic acceptance to the Team.

(b) Qualifying Times

Rejection of the proposal to allow times set at 24th instead of 20th place ; it was indicated that the BOA is not prepared to accept any 'development element' on the grounds that the Olympic Games are the top World Event and that only those capable of making finals (A and B) should participate. Some sports will not be taking part in the Olympics unless they achieve those standards. Development should be catered for through lesser International Events.

(c) Relay Teams

The BOA representatives were less certain on this issue and asked for formal (written) proposals to be made as soon as possible.

In a subsequent ASFGB Meeting, it was agreed that the Chief Coach and the Team Manager should have opportunity to discuss the merits of rankings 8th and 10th for the Relay Teams - the results of those discussions to be notified to the Committee for approval prior to presentation to the BOA.

(3) Subsequent Actions

Following extensive discussion (at long distance !) the attached fax was received from Paul Bush (Team Manager) confirming the outcomes and summarising the views to be put to the BOA.

We must now await the formal response from the BOA before publishing the official Selection Policy and Qualifying Times.

Douglas C.J. Brown
Swimming Convener

NOTE : THE ABOVE INFORMATION MUST REMAIN CONFIDENTIAL AT THIS STAGE



AMATEUR SWIMMING FEDERATION OF GREAT BRITAIN

Affiliated to FINA and LEN.

PAB/DJW

19 September 1991

FROM: Paul Bush, GB Team Manager
FAX : 0532 441754

FAX TO:-

Rick Bailey	- 021 440 4243	
* Douglas Brown	- 031 229 0089	*
Bob James	- 0344 861973	
Eric Wilkinson	- By Post	
Bryn Williams	- 0222 566131	
Derek Stubbs	- 0904 622195	
Hamilton Smith	- 0786 55115	
Ian Gibb	- By Post	
Terry Denison	- By Hand	
David Reeves	- 0509 610720	

OLYMPIC GAMES SELECTION POLICY 1992

Further to our meeting with the B.O.A. last Friday and subsequent further discussions over the weekend of the B.O.A. Camp, please find to follow copy letter to be forwarded to Kevin Hickey tomorrow (Friday) and revised selection policy.

In concise terms the discussion points and agreed policy to move forward as follows:-

1. Pre-Selection - to now read top 5 in World at the end of September 1991 - endorse selection of M Fibbens, A Moorhouse, N Gillingham, I Wilson.
2. As agreed with B.O.A. winners of each event at the trial to be automatically selected.
3. Swimmers who place second and have achieved the time at a previous nominated and designated meet (meets to be agreed and confirmed) will be considered for selection by the selectors in consultation with the B.O.A. at the meeting in May.
4. Relay selection to remain at 8th place in the World with the proviso that teams who are very close to selection can also be considered at the meeting in May.
5. Team staff to be formally agreed as the B.O.A. have now agreed 16 accreditations for swimming, diving and synchro and as soon as possible announce to the press.

It would be appreciated if you could let me have your comments by 11am Friday morning at the very latest (by fax if possible) in order to move the matter forward to the B.O.A.

Many thanks.

Yours sincerely

Paul Bush

Paul Bush
GB TEAM MANAGER.



THE SCOTTISH SCHOOLS SWIMMING ASSOCIATION

Reply to:

YOUNG SWIMMERS ENQUIRY GROUP

NOTE OF THE MEETING OF SUNDAY 8 SEPTEMBER 1991

1. PRESENT

Frances Smith
Alan Lynn
Duncan Smith
Charlie Raeburn

2. APOLOGIES

Peter Snape

3. THE SURVEY

Peter Snape had informed Charlie Raeburn that there had been 36 Scottish Clubs responding to date. In addition some seven nations had replied. Peter was anxious to hear how he should present the findings.

The group felt that the information should include some graphic presentation of evidence. A range exemplar should be included to aid the development of the 'Training' and 'Competition' papers.

The Report might also have scope for Appendixes of submissions.

Charlie Raeburn to discuss with Peter Snape.

4. EDUCATION

Alan Lynn explained the current thinking of the development of National Vocational Modules (NCVQ's).

As there is unlikely to be a clear cut position by the time our Group completes its Report, it was felt that it is imperative to include an outline of the principles and content of coach/teacher education for swimming.

Alan to develop a paper.

5. TRAINING

Frances Smith spoke to the further developed paper on Training (enclosed). The Group is asked for its further comments.

S.A.S.A SWIMMING COMMITTEE - YOUNG SWIMMERS WORKING GROUP

TRAINING

To date, I have actual evidence of training details from the following agencies:

1. Scottish National Squad Programme (Junior and Age Group Development Squads).
2. Scottish Regional Development Programme (Sub-National level).
3. Warrender Swimming Club Programme (Age Group level).

These programmes all incorporate the following principles:

1. Technical Development.
2. Aerobic Development.
3. Pure Speed Development.
4. Skill Development.
5. All round four stroke competence.
6. Race preparation and practice.
7. Introduction of goal setting and planning for competition.
8. Land Training.

SCOTTISH NATIONAL SQUAD PROGRAMME

The Age Group Development Squad (12 Years) and Junior Squad (13/14 Years) each have two training weekends, i.e., 4 X 2 hour sessions in the pool plus 2 land training sessions, and discussion sessions per weekend.

AIMS

1. To provide a coordinated programme of coaching, training and competition at appropriate levels which will be progressive in nature and will integrate closely with the routine Club programmes from which the selected swimmers come.
2. To provide a programme of education and experience which will enable the selected swimmers to participate with credit, distinction, and even higher standards of performance in representative and International competition.

OBJECTIVES:

HIND AGE GROUP DEVELOPMENT SQUAD: 24 SWIMMERS:

To benefit an orientation and awareness programme emphasising the place of the individual within the group and covering basic elements of technique, training disciplines, and preparation for competition.

The programme takes place over two Squad weekends and one Squad Meet.

The GOALS at this stage are essentially developmental.

ESSO JUNIOR SQUAD: 24 SWIMMERS

The further development of technical skills along with initial awareness of variations in training intensities to produce different physiological effects.

To focus upon the value of goal setting in a general longer term context along with guidance for specific event preparation.

The programme takes place over two Squad weekends prior to a representative competitive experience.

The GOALS are similar to the first Squad.

SCOTTISH REGIONAL DEVELOPMENT PROGRAMME

This is now established in a number of areas and is most advanced in Grampian, Highland, Fife, Borders, Dumfries and Galloway and Central Regions. It reflects the National Squad Programme at relevant ages and stages.

The aim is to have 1/2 Training Weekends per Region. The age range varies between 12 to 18 years with the emphasis on 12-14 years.

The ability level is the best swimmers in each Region below National level involving approximately 150 swimmers in total.

CLUB PROGRAMME AT AGE GROUP LEVEL

1. Squad Structure.
2. Frequency of sessions.
3. Duration of sessions.

These can best be illustrated by the following Training Timetable which shows obvious progression from the three sessions per week Development (D) Squad, through to the seven sessions per week Age Group (A) Squad. A further two upper squads exist to cater for older/higher level swimmers but have not been included in this Age Group Training context.

SQUAD	MON.	TUES.	WED.	THURS.	FRI.	SUN.
A	600- 730 1630-1800	1930-2100	1630-1800	1700-1830	600- 730 -	1400-1530
B	1700-1830	1700-1830	1700-1830	-	1700-1830	1530-1700
C	1830-2000	1730-1900	-	1830-1945	-	1530-1700
D	1800-1900	1800-1900	-	-	1800-190	

Although the same basic principles apply at all levels, aspects such as Volume and Intensity will increase in this progressive programme.

Attendance requirements are important and should be established for each Squad, in the order of, for example:

5 out of 7 sessions per week

4 out of 6 sessions per week

3 out of 5 sessions per week

The Age Group Squad (A) follows a weekly Cyclical Programme as shown below.

SESSIONS:

1. Aerobic work - mainly Freestyle
2. Backstroke/Breaststroke/Butterfly and/or Kick/Pull work
3. Aerobic work on Freestyle/No.1 stroke
4. Mixed Medley work
5. Broken swims/Speed work
6. Aerobic work - mainly Freestyle
7. Mixed stroke session

Regular testing is incorporated into the Programme

e.g., 10 X 200 metres Freestyle test set

30 minute swim

A cyclical programme at D Squad level would not be on the same lines as above but a three-session per week programme would be stroke based, e.g.

Session 1	Freestyle
Session 2	Backstroke
Session 3	Breaststroke
Session 4	Butterfly/I.M.

so the swimmer who always misses the Tuesday session, for example, would be missing a different main stroke each week in any month.

Technique work is imperative throughout. No matter what age and stage, what type of workout etc. good technique should be stressed. Specific technique work should be built into the programme - especially in early season for all levels of ability, and probably in almost every session for young development squads.

ELEMENTS OF TRAINING IN MORE DETAIL:

1. Technical Development - establish sound technique.

Fundamentals - ensuring mechanically sound principles are being applied.
Stroke development - adaptation as swimmers grow and become stronger.

2. Aerobic Development

Adolescence is the best time to develop aerobic capacity with steady, over distance, short rest work with control and even pace.

3. Pure Speed Development

Swimmers are at an age when the body is best able to develop nerve and muscle coordination. Speed and technique over short distances e.g., widths/12-15 metre sprints and extended speed over 25/50 metres.

4. Skill development

Starts, turns, finishes, relay take overs. Work on these competitive skills must be planned into the programme not just left to turn out.

5. All Round 4/Stroke Competence.

This is extremely important at Age Group level with work on individual strokes/I.M.'s and combinations.

6. Race preparation and practice

Warm up rehearsal/pace work/broken swims/fast efforts - knowing how it feels to race including competition skills.

7. Land Training

Development of flexibility. Prior to every pool session time should be spent on this important area which should be taught and established at a young age before there is an awareness of self-conscious attitudes.

Development of strength. General body weight exercises, running and circuit training should be included in the Programme. Use of external weights, multi-gyms etc. must be questioned strongly at Age Group level.

SCHEDULING OF SESSIONS

Frequency of sessions will vary according to age and stage of ability and will also depend on length of sessions - 1 hour duration for 10/12 year olds, 1½ hour for 12/14 year olds should be a general guideline, though an occasional 2 hour session should not be a problem at upper ability levels. It may also be felt wise to hold back a precocious young swimmer.

Sessions should be carefully planned throughout the week especially with regard to early morning training which should not follow after a late evening session. Where evening pool time is at a premium it may be necessary to augment the programme with several early morning sessions. Ideally, a balance should be sought.

Additional training at weekends could be built in only if really necessary due to limited pool time during the week, partly because problems could arise due to the competitive calendar. The weekly training programme should be established throughout the season with the addition, perhaps, of "training camps" in the holidays, and a major break must be programmed into the summer for at least three to four weeks.

If at all possible, a Club Night should be established as a focal point in the week, ideally for all Squads to be involved.

TRAINING LOADS

VOLUME per session will obviously vary according to age and ability as well as the type of work being carried out. In any carefully planned programme, weekly total volume should increase throughout the season as swimmers grow and become stronger. Big yardages are not as important as was once thought; it is quality not quantity that counts.

INTENSITY: Every programme should incorporate a balance of the type of work done in terms of training intensities, the vast bulk of which will be sub maximal. Terminology varies, e.g.:

Steady	Medium	Hard	Maximum
Base Aerobic	Sub Threshold	Threshold	Overload

As understanding is the important element, Coaches should use the most appropriate words and probably the top line is more relevant for young Age Groupers.

GYM TIME - THE COMPLETE SYSTEM FOR TEACHING GYMNASTICS

Sutcliffe Leisure Ltd of Wakefield have launched a revolutionary new range of gymnastic equipment called "Gym Time", designed for teaching all aspects of gymnastic and movement for pre-school tots, right through school to club training application.

Working closely with the British Amateur Gymnastic Association has ensured that the range is fully compatible with the most modern teaching method and the BAGA Award Scheme.

Much planning went into creating a system which could be lightweight, easy to store and above all else versatile.

There are parallel and asymmetric bars which can be set at varying heights and width for all age and abilities, balance beam that can be set up horizontally or inclined and exiting ladder and plank combinations which can transform into a safe slide for even more fun possibilities for sport and play.

The weight reduction is substantial with the use of the lightweight materials chosen by the designers. The advantage is that children can set the equipment up themselves and store it again compactly after the lesson.

The Sutcliffe reputation for safety is still paramount in the overall design concept and planning. The apparatus has unique non-slip velcro fastenings and rubber feet to maintain rigidity. All the equipment eliminates nasty traps that could otherwise catch little limbs unawares.

As the system has such versatility, it is also a delight to teachers and club instructors. Lesson planning is simple because of the countless group and station configurations which can be assembled.

SMITH & NEPHEW FOUNDATION DIPLOMA COURSE IN SPORTS MEDICINE AWARDS

The Diploma Course in Sports Medicine at the Royal London Hospital under the Directorship of Mr John King MRCS LRCP is now in its tenth year and the Smith & Nephew Foundation has been providing sponsorship for British GPs to undertake this course since 1985. The Royal London Hospital Diploma Course in Sports Medicine which has recently obtained academic recognition from the

Royal London Hospital Medical College, is the only full-time sports medicine course in the UK and accepts students from all over the world.

This year five bursaries were awarded by the Smith & Nephew Foundation to British GPs who wished to specialise in Sports Medicine.

Alison Seidelin BSc MRCGP qualified at the Middlesex Hospital Medical School where she did an intercalated BSc degree in cell pathology. She advises and plays for the Adel Ladies Hockey Team and also played for the Middlesex County Indoor Hockey team and was a member of the England Touring Hockey Team on their visit to Zimbabwe. Dr Seidelin is interested in the various techniques of fitness testing and whether this can predict winners. She hopes to set up a Sports Medicine clinic on completion of the course.

Dr Charles B Middle graduated from St Thomas's Hospital Medical School played cricket for the Buckingham Young Amateurs and is also interested in Hockey - he played with the Gloucestershire Juniors.

Dr Middle would like to set up a Sports Medicine clinic on completion of the course and would also like to gain clinical experience in manipulation, joint injection and acupuncture.

Dr Simon PT Kemp graduated with a BA (Hons) in Medical Sciences from Cambridge University and received his medical degree at St Mary's Hospital Medical School. Dr Kemp played rugby football for Cambridge University and London University and Rugby Fives for Cambridge University. He was the British Universities Singles Champion between 1980-84. Dr Kemp also played tennis for Cambridge and now is also active in squash, golf and scuba diving.

Dr Mark G Witherspoon completed his medical degree at St George's Hospital Medical School. Dr Witherspoon plays rugby with the Overton Rugby Football club and squash in the Basingstoke Squash Leagues. He also played hockey and cricket for St George's Hospital Medical College. His particular interest is in the treatment of acute ankle injuries.

Dr Arthur D Mone MRCGP qualified from the University of Glasgow. He is medical adviser to the Castleford Rugby League Football Club and his particular interest is in injury prevention in contact sports, particularly rugby football. He is also an active skier, both on snow and water.

TEACHER PLACEMENTS AND THE NATIONAL CURRICULUM

The Teacher Placement Service specialises in establishing links between teachers and business people. It helps to find placements which fit teachers' personal objectives, and are flexibly organised to satisfy the needs of school and workplace.

For a placement to have maximum effect, the nature of the host business and its potential for links with the curriculum should be carefully assessed. There is a wide range to choose from, but probably leisure and tourism relate most to physical education.

Short, one-week secondments or teacher placements offer benefits to teachers and schools. According to the Chief Executive of the National Curriculum Council, "more and more schools are using this form of INSET to help prepare staff to implement the National Curriculum. Many placements lead to the forging of long-term links between school and workplace."

from which pupils and other teachers benefit".

For further information. Members should contact:- The Teacher Placement Service (TPS). Understanding British Industry, Sun Alliance House, New Inn Hall Street, Oxford, OX1 2QE. Tel: 0865 722585

John C. Johnstone.

THE NATIONAL CURRICULUM A REMINDER OF WHAT IT MEANS

The National Curriculum applies to pupils from their first days at school until they reach the statutory school-leaving age.

Schools are now required to provide a detailed but broad and balanced curriculum to prepare young people for the opportunities and responsibilities of adult and working life. It sets new standards in basic knowledge and skills, raises expectations and reflects the realities of life outside school.

BEDFORD COLLEGE Of Higher Education

The Institute for the Study of Children in Sport (ISCIS) is hosting a one day conference on

DEVELOPMENTAL ISSUES IN CHILDREN'S SPORT AND PHYSICAL EDUCATION

Saturday 12th October 1991

9.30 - 4.00

on the Lansdowne Site
of Bedford College of Higher Education

For further details and application form contact

Dr Martin Lee

ISCIS

37, Lansdowne Road

Bedford

MK40 2BZ

Tel (0234) 351966



B.A.S.S.

**BASS in association with
the SPORTS COUNCIL**



YOUNG PEOPLE IN SPORT

**A one day conference to consider issues relating to young people and sport
will be held on Saturday 23 November 1991 at Birmingham University.**

The day will feature presentations by two research units studying young people and their involvement at opposite ends of the sporting spectrum - Excellence and Foundation. The morning session will concentrate on the results from the Training Of Young Athletes (TOYA) study. In the afternoon researchers from the PEA Research Centre at Exeter University will consider the role of exercise in the promotion of young people's health.

Programme

10.00	Coffee and registration	
10.30	Presentation of TOYA results	Steve Rowley Adam Jones
12.30	Lunch	
1.30	Presentation from PEA Research Unit	Neil Armstrong Jo Welsman Ken Fox
3.30	Sports Council policy	Nick Rowe
4.00	Open Forum	
5.00	Tea and depart	

If you wish to attend please send the reply slip below, plus a cheque for the appropriate amount (see below), cheques payable to the National Coaching Foundation, to Sarah Rowell, Young People in Sport Seminar, 4 College Close, Beckett Park, Leeds LS6 3QH, by 20 October 1991.

REPLY SLIP - Young People in Sport Seminar

I wish to attend the Young People in Sport Seminar:

Name: _____

Address: _____

Status:

BASS Full member

☐

BASS Student member

☐

Non-member

☐

Cost:

£15.00

£ 7.00

£20.00

REPORT : Joint Meeting between the Commonwealth Games Council for Scotland and the Scottish Sports Council held on Thursday 12th September 1991 at Gyle, Edinburgh.

The Association had been invited to send two Delegates (Mr. Black and Mr. H.H. Smith) to this Meeting. The Swimming Convener attended solely as an observer.

1. Introduction

The Meeting opened with statements of intent from representatives of both Councils.

On the part of the Commonwealth Games Council, Mr. Webster gave clear notice of the intention to plan early, to consult widely and to be open to suggestions. The support of the Sports Council was much appreciated. On behalf of the Scottish Sports Council, Mr. Porteous outlined their support for the Games effort through :-

- a) their intention to support extra training and competition with extra finance ;
- b) their support for sports science testing and for use of their sports medicine facilities ;
- c) their intention to make more of their own staff available to assist where appropriate ;
- d) their intention to press Government on the grounds that Commonwealth Games should be regarded as a priority over all four years (seeking some £100,000 each year) ; this being consistent with existing policy of shifting funding towards excellence.
- e) their support for the proposal to start early by getting the Technical Committee underway immediately and by the appointment of managers/coaches as soon as possible.

2. Selection Timetable

Within a broad suggested framework of team selection by 1st June 1994 and likely departure for Canada on 8th August, the matter was remitted to the Technical Committee to consider potentially phased approaches to the selection process and to the provision of support services.

3. Press Liaison

Mr. Webster noted the improved relationship between the Games Council and the Press due to a far more open approach being adopted. However, in order to protect Associations it was suggested that all announcements relating to the Games should be made through their officer (Gordon Casely).

NOTE : IMPLICATIONS FOR SASA ARRANGEMENTS WITH MURDO WALLACE/ SPONSORSHIP

It was suggested that a meeting be arranged soon with the Press to clarify procedures and to establish a Plan....'Games Countdown !'

4. Finance & Fundraising

In addition to consideration of a 'Sponsorship Prospectus' for the Games, Mr. Porteous noted potential support for Governing Bodies with good plans over a 3-4 year follow-through cycle. Letters had already been sent to local authorities asking them to support through sponsorship potential team members within their area. The Director of Swimming identified the need for consideration of 'athlete support'.

The Meeting sought two Papers for consideration at the next meeting on :-

- (i) Sports Council Funding Support (BP)
- (ii) Athlete Carding System for Financial Support (HHS)

5. Preparatory Training

The progressive approach of the SASA Wave Programme was noted as a good example.

NOTE : WE MUST UP-DATE AND COST AGAIN

The current approach of the BOA was also noted in the context of training camps to build Team Spirit, Co-ordination etc. This approach was generally welcomed.

6. Support Services

Mr. Porteous drew attention to the investment made by the Scottish Sports Council in their Sports Medicine/ Sports Science centres at Jordanhill and Moray House

urging planned use of those facilities. It was noted that the Scottish Sports Council could provide lists of Sports Medicine Clinics.

7. Section Management

Mr. Webster emphasised the desire of the Games Council to have Section Managers and Coaches participating at an early stage in the Technical Committee/ Forum. The Council also recognised the need for additional staff support. The GB Athletics ratio of 1 staff : 4 athletes was however not appropriate.

It was agreed that Governing Bodies should, wherever possible, nominate one Technical representative and one Manager to the Games Council by 14th November 1991.

NOTE : SASA NEEDS TO SELECT AND NOMINATE THE TEAM MANAGER FOR AQUATICS BY 14th NOVEMBER 1991

: NEED FOR A MEETING WITH SYNCHRONISED SWIMMING AND DIVING CONVENERS AS SOON AS POSSIBLE - HOPEFULLY TO MAKE AGREED NOMINATION(S) TO COUNCIL.

8. Technical Committee/ Forum

It was agreed that the first meeting of the group would be held on Thursday 14th November at 6.30pm at the Sports Council Offices (Gyle).

9. A.O.C.B.

The Meeting was asked to give guidance to the Games Council on the potential application to stage the 1998 Games in Malaysia and on the timing of that event ; the meeting recommended September 1988.

10. Conclusions of Observer

Since the new Chairman (Mr. Webster) and Commonwealth Games Council took Office, there has been a remarkable transformation - a willingness to seek the views of Governing Bodies and to seek agreement before deciding on policies and embarking on courses of action. Although disappointed at their responses to our case for Aquatics Team Numbers there is some reason to believe that they might be sympathetic to any reasonable case for inclusion in our Team.

However, the most significant issues relate to long-term planning and to the potential support of the Scottish Sports Council in financial terms. Clearly, we (SASA) will have to continue to demonstrate that we are at the 'leading-edge' of planning, of medical testing and performance objectives - if we can do that then equally significant funding may well be available. However, to achieve that, as made very clear by the Scottish Sports Council representative, we will have to get our own financial affairs resolved as soon as possible.

Equally, there must be a major incentive for our swimmers/ divers within this overall package.

Douglas C.J. Brown
Swimming Convener
16th September 1991

Note of the Meeting of the Lactate Testing Committee held on Tuesday
17th September 1991 at Cumbernauld Swimming Pool.

Attending :- Mr. D. Brown (Convener)
 Dr. R. Howat (Advisor)
 Dr. M. Robson (Advisor)
 Mr. S. Davidson (Swimming Committee)
 Mr. D. McGowan (Swimming Committee)
 Mr. H.H. Smith (Director of Swimming)

1. Note of the Meeting of 26th March 1991

The Note of the Meeting of 26th March was approved. The following items arising were noted :-

- (a) Tests had been conducted for Barrhead Dolphins, Milngavie and Bearsden, Paisley (at Cumbernauld) and Cumbernauld. It was noted that the Director of Swimming would liaise between Aberdeen, Dundee and Warrender Baths Club and Dr. Howat to arrange for one-off visits to train the samplers for 'postal' testing.

ACTION : DIRECTOR OF SWIMMING

- (ii) The protocol for 'Postal' deliveries will be re-circulated by Dr. Howat.

ACTION : DR. HOWAT

- (iii) That neither Dr. Howat nor Dr. Robson had as yet received their 'honoraria' (proposed at £300 each) for the period to post-Olympics 1992.

ACTION : CONVENER TO RAISE WITH SWIMMING COMMITTEE
and SASA TREASURER.

2. Lactate Testing Report (April to August 1991)

Dr. Howat summarised his formal Report (see attached) by noting that there had been little change over the period. This was a very disappointing result as change would have been anticipated over a period leading to major Championships. The test results showed that aerobic capacity had not improved over the period and that anaerobic capacity was poor - both being relatively poor in comparison to known levels achieved by swimmers of major swimming nations.

3. Assessment

Clearly, training programmes are not as effective as necessary to achieve the highest levels of competitive performance. It was therefore determined to progress the situation as follows :-

- (i) Drs Howat and Robson will combine to produce comparisons (cases not named) as examples to show the coaches of Wave Programme swimmers ;

ACTION : DR HOWAT/ DR ROBSON

- (ii) The Director of Swimming to call a meeting of the Wave Programme swimmers' coaches on Saturday 28th September at Larkhall to explain the findings, to show the comparisons with top level International competitors and to outline the strategy to achieve such levels for our swimmers ;

ACTION : DIRECTOR OF SWIMMING

- (iii) Dr. Howat and the Director of Swimming to combine to prepare a 'pro-forma' to be completed for Wave Swimmers by their coaches to provide a means of monitoring actual training in relation to test results ;

ACTION : DR HOWAT/ DIRECTOR OF SWIMMING

- (iv) Noting the undertakings given on 12th September by the Scottish Sports Council and the Scottish Commonwealth Games Council, to present a case for greater support and enhanced funding for testing and monitoring.

ACTION : DIRECTOR OF SWIMMING (based on Dr. Howat's Report with his agreement)

4. Proposals for 1991/92

4. Proposals for 1991/92

The following programme of Lactate Testing was agreed for the period September 1991 to July 1992 :-

<u>Period/Date</u>	<u>Training Testing</u>	<u>Peak Lactate Testing</u>
Sept '91	Training Weekend	
Nov '91		Cumbernauld
Dec '91		SASA Winter Champs ASA Winter Champs
	(recovery swimming 16/17 December) (rest period 18th- 26th December) Training Camp (EK) 27th - 31st December	
Jan '92	Training Camp (EK) 2/3 - 5th Jan	
Feb '92	Training Weekend (14/15/16) (EK)	
Mar '92		E. Kilbride Meet (6/7/8 Mar)
Apr '92	Training Weekend (3/4/5 Apr)(EK)	
		Edinburgh Meet (16/17 Apr)
May '92	Training Weekend (1/2/3 May)(EK)	
		Olympic Trials (20/24 May)

In the period post-Trials, testing to be considered and arranged (hopefully) in the light of results at the Trials. The Olympic Team is obliged to swim at the ASA National Championships in mid-June 1992.

Similarly, it was noted that arrangements for testing should be made, if possible, for the GB Training Camp to be held in Florida in March '92.

5. Other Businessa) Designations

In discussion it was agreed to recommend to the SASA Council that Drs. Howat and Robson be recognised under the following designation :-

'Sports Medical/ Science Advisors to the SASA Wave/
Commonwealth Games Programmes'

b) Anglos

It was agreed that the Director of Swimming would include in his submission to the Scottish Sports Council provision for testing Anglos in the Commonwealth Games Programme.

c) Review

It was agreed that the major review of the Testing Programme would be conducted in the summer of 1992.

d) BOA

Drs. Howat and Robson had no objection to Leo Fulman of the BOA observing our Lactate Testing arrangements for swimmers.

SELECTION CRITERIA FOR 1992 INTERNATIONAL MEETS

At the recent Scottish Swimming Coaches Association Executive meeting, the following points were agreed for proposal to the SASA Swimming Committee :

1. World Cup Events

Selections should be made on the basis of performances at the Hollywood Bowl Cumbernauld Open Meet (8 - 10 November), the SASA National Sprint Championships (30 November 1991) and the National Short Course Championships (6 - 8 December).

2. Ulster Games 1992

Selections should be made on the basis of performances at the SASA National Sprint Championships (30 November 1991) and the National Short Course Championships (6 - 8 December).

No swimmer selected for World Cup Meets in 1. above should be selected for the Ulster Games Team.

3. 8 Nations Contest (Finland) - 1992

Selections should be made on the basis of Long Course performances at the East Kilbride GB Grand Prix Meet (6 - 8 March 1992) or the Leeds GB Grand Prix Meet (27 - 29 March).

Those selected for World Cup Meets in 1. above should be provisionally selected for the 8 Nations team subject to confirmation of form at the Long Course Meets in East Kilbride or Leeds.

4. International Age Group Meets January - March 1992

Selections should be made on the basis of performances at the Hollywood Bowl Cumbernauld Open Meet (8 - 10 November 1991), the National Sprint Championships (30 November 1991) and the National Short Course Championships (6 - 8 December 1991).

Selections for Meets after March should be made on the basis of performances at Meets as determined by Swimming Committee in early 1991.

Criteria as agreed by Swimming Committee for these and other "domestic" meets should be published and communicated through the appropriate channels to swimmers, coaches, administrators etc. as soon as agreed by the Committee.

1992 NATIONAL CHAMPIONSHIP AND AGE GROUP EVENTS

At the recent Scottish Swimming Coaches Association Executive meeting the following points were agreed for submission to the SASA Swimming Committee :

- (i) A survey of SSCA membership should be undertaken to determine their views on timing, structure and usefulness of SASA Championships in 1991.

This exercise is designed to take cognisance of the views of coaches in the formation of planning for such events.

- (ii) The SASA Age Group Championships 1992 should take place from 17-21 June at East Kilbride. i.e. the week following the ASA Nationals.
- (iii) The SASA National Championships 1992 should take place between 1-5 July 1992 at the RCP.

The rationale behind this is that the domestic season should culminate with the National Championships.

- (iv) Differential entry times for "foreign" swimmers should be set for the SASA Nationals, as determined by Swimming Committee. Thus allowing more "home" based swimmers to compete.
- (v) An Open Final and National Final should be established at the SASA Nationals to replace the current Open Final and Consolation Final system. Again providing "home" swimmers with the opportunity for "second" final swims.
- (vi) Presentations at both SASA Championship events should take place more efficiently in terms of the overall time for sessions / days.

The consensus reached was that presentations often prolong sessions longer than necessary, with the cumulative fatiguing effect over five days being significant for all concerned.

- (vii) The afternoon sessions at the SASA Nationals should be considered for Age Group distance events (800/1500 F/c and 400IM), creating some flexibility at the Age Groups to re-schedule events within the same overall time framework. i.e. Wednesday - Sunday.

Proposed Changes to Rules
(February 1992)

Introduction

In correspondence Item 335, Mr. Black advised as follows :-

"Council asked that the Swimming Committee should amend the rules with regard to the 19/24 age group in view of the ESSO policy of sponsoring youth sport only. Also in connection with the Age Groups the 15/16 group to be evaluated after the experimental separation this year."

I am somewhat puzzled by this instruction from Council in the light of my proposal to the 1990 AGM which I thought had accepted the following :-

Proposal V....the addition of the following sentence to Rule 45 :-

"It shall be the responsibility of the Swimming Convener to advise Council and obtain the approval of Council for the terms and conditions of award of the various cups and trophies donated to the Championships".

The whole purpose behind this proposal was to avoid the necessity of making Changes to Rules on minor matters from year to year, but to provide a system of regulation which is more flexible. In that context, there is no logic to the introduction of a specific Rule to govern the limitation of award of the ESSO Trophies to a maximum of 17/18 years - we can do that by recommendation to the Council. However, another interpretation of Mr. Black's advice as stated would be that the 19/24 age group should not be included in the Scottish National Age Group Championships - if that interpretation is correct then a change of Rule would be necessary.

However, until these points are clarified, I would propose on behalf of Swimming Committee the following Change to Rule :-

RULE 55 SCOTTISH NATIONAL AGE GROUP CHAMPIONSHIPS

Under subsection (1), the second paragraph to be changed to read as follows :-

"In the individual events the Age Groups will be 12 years and under, 13 years, 14 years, 15 years, 16 years, 17 and 18 years combined, and 19 to 24 years combined. "

Nominations for SASA Awards

We will shortly be asked to supply to Council our (Swimming Committee) nominations for the following awards. It would be helpful if members could now give consideration to these and, if possible, to determine those awards at this Meeting.

(a) Nancy Riach Memorial Medal

The Nancy Riach Memorial Medal shall be awarded annually to the person who has done the most to enhance or uphold the prestige of Scottish Swimming in any of its disciplines during the year.

(b) W.G. Todd Prize and Trophy

The W.G. Todd Prize and Trophy shall be awarded annually to the boy or girl elected "Junior Swimmer of the Year".