

# Swimming

SCOTTISH AMATEUR SWIMMING ASSOCIATION NEWSLETTER

20th

ANNIVERSARY

1973-1993

DECEMBER 1993

Volume 1 Number 4

## WELL DONE FRASER!

Fraser Walker, Warrander Baths Club, struck silver at the First FINA World Short Course Championships in Palma, Majorca. Fraser broke the British record for the 200m I/M twice first in the heats he went 2mins 0.01secs and then lowered the time to 1min 58.35secs in the final. Graeme Smith from Stockport one of our Anglos also set a record in the 1500m with a time of 14mins 54.45secs finishing in fourth place just out of the medals. Congratulations also to the gold medal trio of Karen Pickering 200m F/S, Nick Gillingham, 200m Breaststroke and Mark Foster 50m F/S. Great boost to British Swimming.

Kerry Martin, Stirling, won three events at the British Universities Short Course Championships.



### ACCESS TO SUCCESS VIA GLASGOW CITY COUNCIL

Study at one of Glasgow's many excellent further and higher education establishments, and train with the progressive City of Glasgow Swim Team

Glasgow offers you :-

- > 3 universities and 21 colleges which provide a huge variety of educational and vocational courses.
- > Impressive training facilities in the City's 15 pools, with the addition of the new 10 lane 25m pool due to open in 1994.
- > Overseas and UK based training camps and competitions.
- > Funding opportunities for swimmers who make a commitment to excellence in competitive swimming.
- > Full-time support from the dedicated coaching team led by Dave Bance ASA Senior Coach, Coach to England and Great Britain Teams and Head Coach to Canada's Olympic Development Squad in 1992

If you would like to chat about what we have to offer please contact :-



Swimming Development  
Glasgow City Council  
37 High Street  
Glasgow G1 1LX

Tel : 041 227 5852  
FAX : 041 227 5918



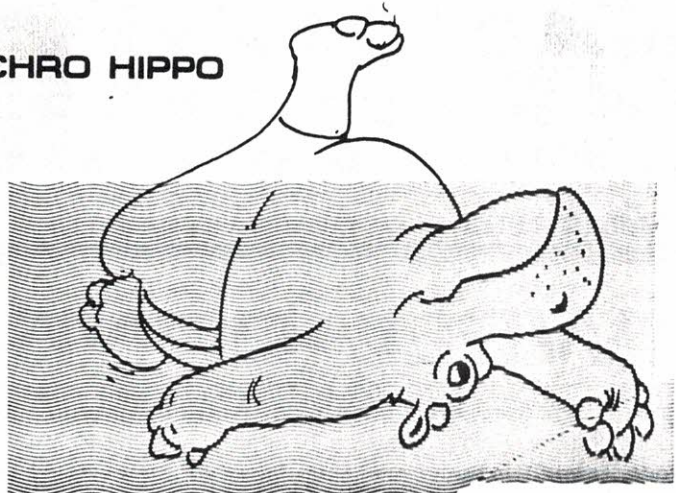
Views expressed by contributors are their own and not necessarily those of the Scottish Amateur Swimming Association



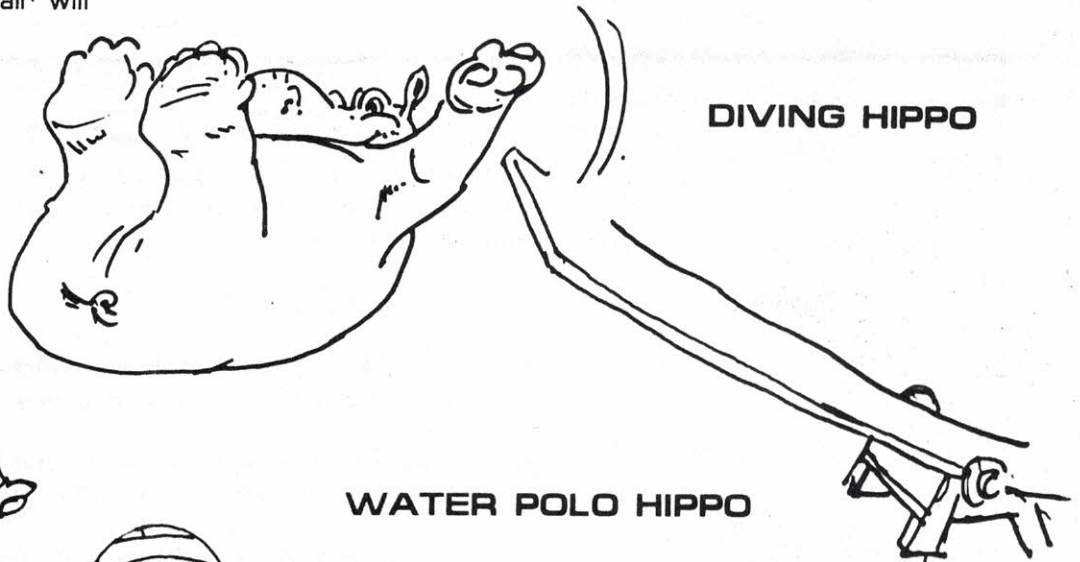
# THE HIPPO STORY

Alastair Gray of Genesis Strategic Management Consultants compared the Association to a bunch of Hippos floundering in the mud in all directions and showed a slide to illustrate the point then he showed a second slide with all the Hippos pointing in the same direction and that was the aim of the Review to get everyone working towards a common purpose to improve the Association. The story continues with the Hippos working hard in all areas and not just floundering in the mud! I am sure Alistair will approve!

**SYNCHRO HIPPO**



**DIVING HIPPO**



**WATER POLO HIPPO**



**CHAIRMAN HIPPO**



**LONG DISTANCE HIPPO**





## TAYSIDE SPORTS DEVELOPMENT GROUP

David Brown Chairman of the TSDG has written to advise that a new facility has been opened at Arbroath Sports Centre called the Angus Coaching Resource Base it has been set up to assist coaches and coaching in Angus District. The base is available for seminars, meetings, coaching courses etc.. For further information about the base contact:-

Cathy Lynham, Angus District Council, 5 The Cross, Forfar DD8 1BX. Telephone 0307 465100.

## MASTERS NEWS

### PARIS INTERNATIONAL MASTERS MEET 4 - 5 DECEMBER 1993

Despite a late change in transport arrangements a party of 25 Scottish Masters travelled to Paris and enjoyed a good weekend.

There were 12 golds, 15 silver and 10 bronze medals won by individuals with 3 golds for the ladies relay teams.

### 7 GOLDS FOR BETTY!

Pride of place goes to 73 years old Betty Paton with 5 individual wins and 2 relay team wins.

Eleanor McKay (60+) gained 3 gold medals, Jim Motion, Ken McKay, Tom Robinson and Margaret Sandie were also on the winners rostrum.

### WEIGHT TRAINING

The benefit of weight training was noted on the visit to the Hypermarket!

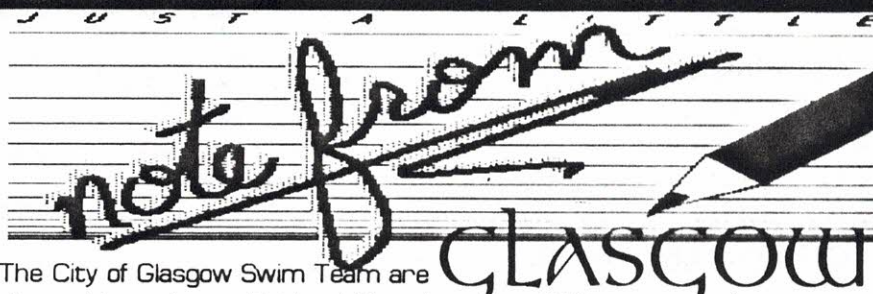
### GLASGOW INTERNATIONAL MASTERS 13-14 NOVEMBER 1993

The problem of rather short pre-publicity was overcome to make this the Masters event of the year with a superb prize list.

### TWO WORLD RECORDS!

Flora Connolly set two World records in the 60+ age group - 1min 33.57secs in the 100m Breaststroke and 3min 13.66secs

CONTINUED ON PAGE SIX



The City of Glasgow Swim Team are pleased to welcome National Squad members Neil Tate (Portsmouth Northsea), Andrew Aitken and David Cox (Stockton Aquatics), two other athletes have also chosen Glasgow as their Scottish home, Debra Smithson and Ross Anderson from Derwentside. Debra and Ross will be swimming out of Castlemilk and Rutherglen, while David will swim out of Kingston, with Andrew and David swimming out of Whitehill. Welcome also to Vicki Wardell who has moved north with the Wardell family to join the Glasgow team, Vicki will also swim out of Whitehill. Andrew a member of the Commonwealth Games Squad swum under Head Coach Dave Bance as a 12 year old when Bance directed the Stockton Swimming Programme prior to his departure to Canada.

### TRAINING SPONSORSHIP

The Swim Team have put into place a substantial package of funding for those member athletes who make a commitment to excellence in competitive swimming. Funding has also been made available for athletes of National/International calibre. The funding will cover future training camps, personal equipment, entry fees, travel and accommodation to major events.

The Swimming Development Programme are now training six days a week, Monday through Saturday together with the introduction of three weight training sessions each week for the senior squad. Twenty two athletes have now committed themselves to the programme and coaches Crowe and Wardell are in the process of developing the training commitment for the new intermediate and junior squads.

The Schemes Swimming Develop

ment Officers are about to undertake recruitment drive throughout the Glasgow based Clubs to attract young athletes to the base of the programme, already a number of swimmers involved in the Open Squad training camps on Saturdays have moved into weekly training.

### GLASGOW MASTERS

The 2nd International Masters Meet took place on the 12th and 13th November 1993 at the Whitehill Baths, Glasgow. This event attracted over 160 swimmers from all over Scotland, England and Wales and included many of Scotland's World and European record holders. As well as presenting medals for the 1st, 2nd and 3rd positions in each race, special Caithness crystal paperweights were awarded to the individual best in each age group and cash prizes for World, European and Scottish records.

The event was followed on Saturday night by a civic reception for all competitors and officials at the City Chambers, George Square.

### MINI SWIM MEETS

A series of mini swim meets has been developed for the Glasgow swimming clubs which comprise the City of Glasgow Swim Team. These competitions are organised in one year age bands for children aged between 9 and 12 years, with the children competing over 25m, 50m and 100m on all strokes.

Each of the six clubs will be hosting one of the meets on their club nights, with the first one scheduled for January next year.



**SYNCHRONISED  
SWIMMING  
SCOTTISH  
CLUB CHAMPIONSHIPS.  
KIRKCALDY POOL,  
20TH NOVEMBER 1993.**

**GRADE 1 SOLOS**

1 Michelle McBean	NN	55.867
2 Julie Mackintosh	NN	55.660
3 Helen Palmer	ESSC	55.331
4 Jennifer Hendry	ESSC	54.264
5 Joanne Balmer	GD	53.198
6 Leona Mortimer	ESSS	52.732
7 Kirsty Dinnie	CL	52.660
8 Michelle Innes	GS	51.666
9 Heather Smith	GD	50.867

**GRADE 2 SOLOS**

1 Christine Rae	ESSC	58.799
2 Lynsey Smerdon	NN	58.199
3 Julie Law	CL	58.066
4 Helen Rae	ESSC	57.866
5 Linda Kane	CL	57.665
6 Marie Cameron	GD	57.665
7 Emma Clark	GS	57.199
8 Jill Scott	GD	56.532
9 Sharon Purves	GS	56.400
10 Susan Bow	NN	55.331

**GRADE 3 SOLOS**

1 Erin Cameron	NN	60.799
2 Catriona Munro	NN	58.799
3 Katey McPherson	ESSS	55.932

**GRADE 4 SOLOS**

1 Pauline McFadyen	NN	64.732
2 Susan Bowman	CL	64.532
3 Nicola Brown	ESSC	63.133
4 Leanne Brown	ESSC	62.399
5 Ruth Greenshields	GS	62.065
6 Julie Thomson	ESSS	61.199
7 Lisa Law	CL	60.799

**GRADE 5 SOLOS**

1 Sarah Burgon	ESSC	82.533
2 Jane Liston	ESSC	79.599
3 Isla Dunbar	ESSS	71.065

**GRADE 1 DUETS**

1 Cheryl Mackintosh Laura Gardiner	NN	55.799
2 Julie Mackintosh Michelle McBean	NN	55.665
3 Jennifer Hendry Alana Gunn	ESSC	54.133

4 Jenny Templeman Lesley Wishart	ESSC	53.400
5 Joanne Balmer Emma Barrett	GD	51.932
6 Laura Tradrowski Amanda Scott	GS	49.799

**GRADE 2 DUETS**

1 Sharon Purves Emma Clarke	GS	58.133
2 Christine Rae Fiona Whitehead	ESSC	57.599
3 Linda Kane Julie Law	CL	57.400
4 Heidi Thomson Susan Bow	NN	57.331
5 Jennifer Stewart Lorraine Stewart	GD	57.000
6 Lynne Harper Katie Graham	GD	56.865
7 Louise Webster Sarah McDonald	ESSC	55.799

**GRADE 3 DUETS**

1 Erin Cameron Catriona Munro	NN	61.199
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**GRADE 4 DUETS**

1 Susan Bowman Lyndsey Coyle	CL	65.932
2 Pauline McFadyen Fiona Cameron	NN	64.999
3 Ruth Greenshields Heather Greenshields	GS	64.133
4 Leanne Brown Nicola Brown	ESSC	61.132

**GRADE 5 DUETS**

1 Sarah Burgon Morag Duncan	ESSC	75.932
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**GRADES 1 & 2 TEAMS**

1 Nairn	56.865
2 Edinburgh	56.400
3 Garnock Dolphins	53.799
4 Glenrothes	51.999

**GRADES 3 to 5 TEAMS**

1 Nairn	62.266
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## SYNCHROSNIPPETS SYNCHROSNIPPETS

### FINA ELITE JUDGES SEMINAR AND WORKSHOPS - TORONTO, CANADA 18-22 JANUARY 1994

Great Britain will be represented in Toronto by Miss Joan Williams and Mrs Mary Rushby. The main purpose of the Seminar is to get a common approach to judging throughout the world. The participants will take back to their own countries the outcome of the various workshops and discussions. Mrs Mary Black(GBR) and Mrs Safeya Sarwat (EGY) will conduct a session on the evaluation of judges.

### GREAT BRITAIN FOUR YEAR DEVELOPMENT PLAN

The Great Britain Technical Synchronised Swimming Committee have spent a weekend thrashing out the detail of the four year development plan - it is now an integral part of the remit of every discipline committee to produce a long term plan which then requires to be monitored and modified if necessary.

The TSSC have started with a clean slate and appointed new team staff. They have a tough job ahead as the competition from other countries gets stronger. The FINA Junior World Championships at Leeds in August was a wonderful display of talent from 28 countries illustrating the need for a much greater commitment from swimmers wishing to reach the top in Synchronised Swimming.

### WORLD CHAMPIONSHIPS ROME 1-11 September 1994

Countries entering a full team in the championships will be allowed three staff members for the Synchro Team -not such a big deal - it has been reported that the Australian Swim Team had a ratio of 14 swimmers to 16 staff at Palma for the World Short Course!



# WANTED

## DIRECTOR OF SWIMMING

SALARY AND CONDITIONS NEGOTIABLE

### KEY FUNCTIONS:-

IMPLEMENTING THE NATIONAL DEVELOPMENT PLAN  
ARRANGING SUPPORT FOR NATIONAL TEAMS/SQUADS  
DIRECTING TEACHER AND COACH EDUCATION  
DIRECTING TRAINING AND COMPETITIVE PROGRAMMES  
LIAISON WITH EXTERNAL AGENCIES

APPLICATION FORMS FROM  
THE GENERAL SECRETARY  
SCOTTISH AMATEUR SWIMMING ASSOCIATION  
HOLMHILLS FARM, GREENLEES ROAD  
CAMBUSLANG  
GLASGOW G72 8DT

## TAKE THE PLUNGE WITH THE NEW SCOTTISH SPEEDO AWARDS

CONTACT  
THE SECRETARY  
44 FREDERICK STREET  
EDINBURGH EH2 2HB  
031 225 7271

### SCOTTISH SPORTS AID FOUNDATION

Kerry Martin (Stirling ASC) and Jamie McNeil (Milngavie and Bearsden) have each received a grant of £1000 from the Robertson Bursary which is administered by the SSAF. Nicola Steel (Aberdeen) received £400 and Linda McLaren got a grant of

£300. Julie Craik (Milngavie and Bearsden), Myles Macintosh (Inverness) Richard Hope (City of Dundee), Euan Stewart (City of Dundee) and Tracy Porter (Stonehaven) all received a grant of £250 each.



CHIEFTAIN AIRLINES has gone into receivership - this was the charter company that had arranged to transport the Scottish Team to the 1994 Commonwealth Games in Victoria, British Columbia. Fortunately, AIR CANADA has come to the rescue and will provide a plane, the cost is now £599.





# memo: Medal Mystery

Win Hayes has recommended two books (one of them newly available) which might be of interest to teacher and coaches in relation to their work or in relation to attending ASA teaching/coaching courses.

## 1. Swimming Teaching & Coaching Level 1 (Edited by R. Cross)

This has now been available for two years and is recognised as the core text at Preliminary Teachers and Coaches level and ASA Teachers/Advanced Teachers and Assistant Coaches level. It covers mechanics of strokes, stroke technique, teaching of non-swimmers, early stages of diving, basic physiology and principles of training, as well as a section on the principles of teaching and coaching.

**Cost including post & packing:- £9.45**

## 1. Swimming Teaching and Coaching Level 2 (Edited by R Cross and C. Wilson)

This has just become available and contains both further areas of basic information that that should be of interest to all teachers and coaches and more indepth information in certain areas. I would envisage this becoming an essential text in relation to courses at ASA Advanced Teachers and Assistant Coaches level. It covers human growth and development, the structure of competitive swimming, techniques related to starts and turns, relays and individual medley as well as further developing the aspects of physiology, mechanics of strokes, training methods and planning of programmes started at Level 1. The topics of age group swimming and land training also have specific sections devoted to them

**Cost including post & packing:- £11.00**

**Both these texts are available from :-ASA Swimming Enterprises  
Harold Fern House  
Derby Square  
LOUGHBOROUGH  
Leics.  
LE11 OAL**

Facts about a swimming medal won in Aberdeen are being sought by a Fife newsagent and community councillor.

Mr Lindsay Berwick (68), 24 High Street, Anstruther, says the medal was won by his grandfather John Allan Nichol, the skipper of a four-masted frigate which sailed out of Aberdeen.

"I have an idea he won it for swimming from the mouth of the Dee to the mouth of the Don but I cannot be sure. It would be great to find out exactly why he won it."

The medal is inscribed on the front with the legend: "Presented to the DSC & HS by G. Duncan, 19 Castle Street 879." On the back is the name J.A. Nicol.

Mr Berwick is chairman of Kilrenny and Anstruther Community Council.

The above item was sent in by Mr Murdo Wallace.

### MASTERS NEWS CONTINUED.....

in the 200m individual medley. She also broke two European records in the 100m Fly and the 100m I/M. In all 12 new Scottish, European and World Records were broken.

### GB MASTERS MEETING

Ken McKay highlights two points from the GB TMC Meeting held in Birmingham.

November saw the first "official" Masters Synchro competition in Britain. All disciplines will be included in the FINA World Masters Championships to be held in Sheffield in 1996.

A GB Masters "Top Ten" is being compiled and will be published in 1994. FINA will issue a guide for the conduct of Masters Meets in 1994.

## MORE SYNCHRO

### "Hans Christian Andersen Cup" 1994

#### Place

The swimming pool at the University, Campusvej 55, 5230 Odense M.

#### Time

*Figures:* Wednesday the 30th March 1994 at 6.00 pm. Warm up from 5.00 pm, the pool opens at 4.50 pm.

*Routine:* SOLO Thursday the 31st March at 11.00 am. Warm up from 9.00 am. DUET at 2.00 pm.

*Final:* Friday the 1st April. SOLO at 12.00. DUET at 1.00 pm and TEAM at 2.00 pm. Warm up from 10.00 am.

#### Figure Draw

One of the 7 FINA groups drawn Tuesday the 29th March at 10.00 am at the swimming pool.

#### Judge meeting

Wednesday the 30th March at 4.00 pm and Thursday the 31st at 9.00 am in the pool.

#### Entry fee

Figures: DK 25,00

Solo: DK 25,00

Duet: DK 50,00

Team: DK 100,00

#### Participation

Each club is allowed to participate with 2 solos, 2 duets and 1 team.

#### Prizes

Medals for 1st, 2nd and 3rd in solo, duo and team, and a prize for the best Club, calculated from the results of 2 solos, 2 duets and 1 team.

#### Time for training

Monday the 28th March from 10.00 to 12.00. Tuesday the 29th from 9.00 to 12.00. Wednesday the 30th from 9.00 to 2.00.

#### Details From :

**Elsa Gravegaard  
Odense Svomme og  
Livrednings Forening.  
Blommegrenen 191,  
5220 Odense SO,  
DENMARK**

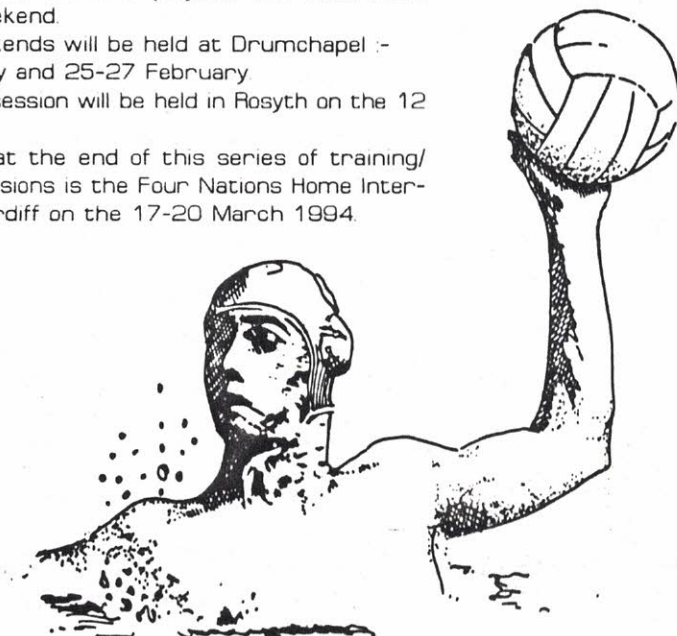


# water polo news

## SCOTTISH JUNIOR WATER POLO SQUAD 1994

Gary Elder	Dunfermline WPC
Calum Fraser	Dunfermline WPC
Neil Frier	Dunfermline WPC
Graham Bedford	Dunfermline WPC
Calum McGregor	Warrender BC
Neilson Rutherford	Portobello
David Fleming	Portobello
Graeme Smith	Portobello
Stewart Hepburn	Portobello
Grant Kerr	Bathgate
John Steele	Hamilton Baths
David Steele	Hamilton Baths
Andrew Stoddart	Hamilton Baths
Jim Lang	Hamilton Baths
Peter Burke	Hamilton Baths
Peter McDowall	Renfrew Aqua
Craig Hutchison	Renfrew Aqua
Mark Dornan	Renfrew Aqua
Steven Burgoyne	Renfrew Aqua
Fraser Loudon	Renfrew Aqua
Jamie McIlquhan	Dundee WPC
Brian Burns	Dundee WPC

The Junior Squad has been selected and the first training session will be at Drumchapel Swimming Pool will be on the weekend of 28-30 January 1994. After the first weekend the Squad will be reduced to 18 players. The Squad will stay in a hotel in Glasgow for each training weekend and the players will contribute £25.00 per weekend. Two more weekends will be held at Drumchapel :- 11-13 February and 25-27 February. The remaining session will be held in Rosyth on the 12 March. The big event at the end of this series of training/preparation sessions is the Four Nations Home Internationals at Cardiff on the 17-20 March 1994.



# NATIONAL WATERPOLO COACH WANTED

For full information contact :-

**ROSS ELDER**  
**NATIONAL WATERPOLO CONVENER**  
 160 Broughty Ferry Road  
 DUNDEE DD4 6JJ

Tel:- 0382 455767

# SWIMMING NEWS

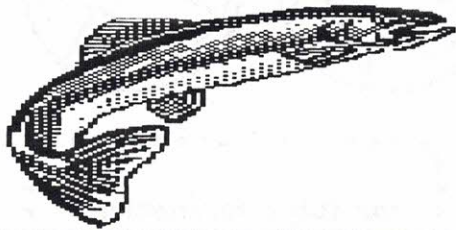
## TEAM SELECTION CRITERIA 1994

### Sheffield World Cup Meet 22-23 March 1994

- a) Swimmers must compete in SASA Winter Championships.  
b) Times may be taken from either ASA or SASA Winter Championships.  
c) Qualification times are :-

Men		Women	
00:23.82	50 F/S	00:27.10	
00:52.50	100 F/S	00:58.70	
01:53.60	200 F/S	02:05.00	
04:03.00	400 F/S	04:22.00	
15:45.00	1500/800 F/S	09:00.00	
00:59.40	100 B/C	01:05.50	
02:08.90	200 B/C	02:19.60	
01:04.60	100 B/R	01:13.10	
02:21.80	200 B/R	02:38.50	
00:56.40	100 FLY	01:04.90	
02:02.70	200 FLY	02:18.80	
02:07.90	200 I/M	02:23.80	
04:30.00	400 I/M	04:59.50	

- d) Achievement of these times guarantees selection to the Sheffield World Cup Meet.



### Multi-Nations Youth Meet (15-16 Year Olds - Born 1979-78) 23-24 April 1994, Cyprus.

- a) Swimmers must compete in SASA Winter Championships.  
b) Times may be taken from either ASA or SASA Winter Championships.  
c) These consideration times are the Short Course equivalent of 5th place at 1993 Multi-Nations event held in Lisbon.

Boys		Girls		Men	Women
00:25.34	50 F/S	00:27.56	00:23.74	50 F/S	00:26.68
00:54.85	100 F/S	01:00.81	00:52.26	100 F/S	00:58.47
02:03.02	200 F/S	02:09.49	01:53.20	200 F/S	02:04.56
04:20.27	400 F/S	04:31.22	04:01.11	400 F/S	04:20.07
16:51.44	1500/800 F/S	09:17.97	15:38.85	1500/800 F/S	08:55.88
01:02.94	100 B/C	01:08.82	00:58.95	100 B/C	01:05.26
02:16.64	200 B/C	02:28.76	02:08.33	200 B/C	02:19.09
01:08.18	100 B/R	01:16.91	01:04.32	100 B/R	01:12.79
02:32.15	200 B/R	02:41.91	02:21.27	200 B/R	02:38.05
01:00.08	100 FLY	01:06.65	00:56.00	100 FLY	01:04.47
02:16.04	200 FLY	02:30.16	02:02.05	200 FLY	02:17.93
02:16.82	200 I/M	02:27.12	02:07.09	200 I/M	02:22.73
04:56.56	400 I/M	05:15.30	04:27.55	400 I/M	04:57.03

- d) Primary team selection will be made from those achieving the above consideration times.

- e) Secondary team selection for relays etc. may be made from times outwith those above.

### Canadian Commonwealth Games Trials - Victoria, British Columbia 3-6 March 1994

- a) Swimmers must compete in SASA Winter Championships.  
b) Times may be taken from either ASA or SASA Winter Championships.  
c) Consideration times are the 1994 Commonwealth Games Squad Standards, Short Course (25m) ie. :-

- d) Final selection of swimmers to attend this meet will be made by the Swimming Committee following recommendations from the Commonwealth Games Staff.

## DISTRICT PRESS OFFICERS

Murdo Wallace Vice Chairman Marketing is looking for help to put in place part of the strategy which is necessary to achieve the Press and Media coverage at all levels of our sport.

In each District the appointment of a Press Officer is vital. The District Press Officer will gather information and release it to all Press in his/her District with a copy to Murdo Wallace for possible national distribution. Murdo will handle all national news releases. He will work with the appropriate District Press Officer at National Championships. A meeting of District Press Officers and Murdo will be held as soon as appointments are confirmed and instructions will be issued.

This is a very important function in the development of the Association if you are interested and you feel that you have the ability to tackle the job then get in touch with your District Secretary as soon as possible.