

Swimming 2000

SCOTTISH AMATEUR SWIMMING ASSOCIATION NEWSLETTER

NOVEMBER 1993

Volume 1 Number 3

DIRECTOR OF SWIMMING

The post of Director of Swimming has yet to be filled. The new Board of Management considered the applications received for the vacancy but have not found the person to meet their expectations.

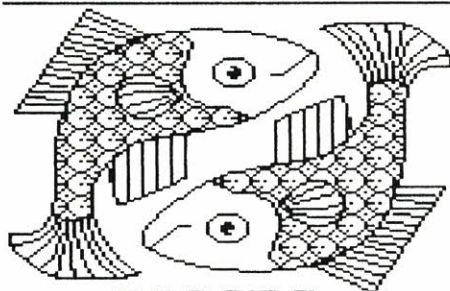
It has been decided to re-advertise on a wider basis to endeavour to attract a larger field of potential applicants.

Chairman Ian Mason said that an appointment would not be made on the basis of just filling the post.

ADMINISTRATION MANAGER

On the other hand a new Administration Manager has been appointed after a very prolonged series of interviews of some very good applicants.

The New Administration Manager is Mrs Elaine MacKenzie of Glasgow who takes up her post in January. She has the background in administration which will hopefully get the SASA Office providing the service that the members have been crying out for over the past few years.



PISCES

Memo:

Business for the 1994 SASA AGM must be submitted to the SASA Office before the 15 December.

The AGM is being held in Edinburgh at the Assembly Rooms in George Street on Saturday 26th February.

Mrs Brockie the East District Secretary has 61 parking places booked nearby, she requires drivers names and car numbers.

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

Keep your contributions coming addressed to the Editor Bill Black at the SASA Office - if possible by the 10th of each month

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

SASA GRANT SUBMISSION

The Board of Management presented the interim plans for the next year to the Scottish Sports Council well within the "window" allowed for such presentations. The exercise has been a rapid learning curve for those who have not had to go through the process before. The real benefit will come later when the four year Development Plan is being finalised at the end of November 1994. Before then there is a great deal of work to be done and everyone involved - in all disciplines - can improve their part of the plan.

SCHOLARSHIPS FOR COACH EDUCATION

Sports Aid Foundation Coaching Scholarships are available for Coaches to extend their knowledge through Education and Training. These can be used for attending Governing Body Award courses or for attendance at relevant conferences or for going abroad to work alongside experienced foreign coaches.

Applicants must be :-

Voluntary or part-time and be capable of making a major contribution to the coaching of swimming and raising of standards nationally in the next few years. **CONTACT SASA OFFICE.**

IAN RUSSELL ON THE MEND

The SSC Liaison Officer for Swimming for many years Ian Russell has successfully come through a double hip replacement operation and it is reported that he is making good progress. Everyone in the SASA sends their best wishes to Ian and look forward to working with him

EDUCATION MATTERS

SVQs?

THE EDUCATION COMMITTEE HAVE A BIG JOB AHEAD - Jenny Says Report



ADVANCE NOTICE EASTER SWIM SCHOOL DATES

**WEEK 1 - Saturday 26 March 1994
- Friday 1 April 1994**

Courses for teaching swimming to the Disabled and courses for Aquafit

**WEEK 2 - Saturday 2 April 1994
- Saturday 9 April 1994**

Courses for Prelim Teachers and Coaches, ASA Teachers and Advanced Teachers, ASA Assistant Coaches, Club Coaches and Coaches, ASA Tutors

These are the main Swim School dates. Details of individual course will be in the next issue.

It is also intended to run some non-certificate courses in specific topic areas where it is felt there is a need within the sport. Details of these should be available soon.

If you have any ideas of areas where you feel you personally would appreciate a course or where you see a need within the sport please get in touch with :-

**Win Hayes
Vice Chairman
Educational Development
22 Bramble Drive,
Edinburgh,
EH4 8BP**

MASTERS

Ken McKay sent in some information regarding the British Masters at Sheffield which was covered in the last issue. However, that was only one event in a busy Masters Calendar.

Tayside Masters attracted over 100 entries to their annual event in Perth. An innovative idea was their "King" and "Queen" of the Sprints with each swimmer being measured against their own age group record.

WINNERS:

"King of the Sprints" 25m F/S

1. J. Motion (Motherwell) 13.9
2. T. Robson (Milngavie & Bearsden) 13.25
3. M. Mathieson (Warrender) 12.11.

"Queen of the Sprints" 25m F/S

1. L. Davidson (St Thomas) 13.51
2. J. Penniman (Nomads) 13.83
3. L. Gray (Silver City) 14.36

GAY PAREE!!

25 Scottish Masters head for the Paris Masters 3 - 6 December 1993. Highlight will be shopping at a French Hypermarket on the return journey - Ken mentions buying Cheese and Wine ?

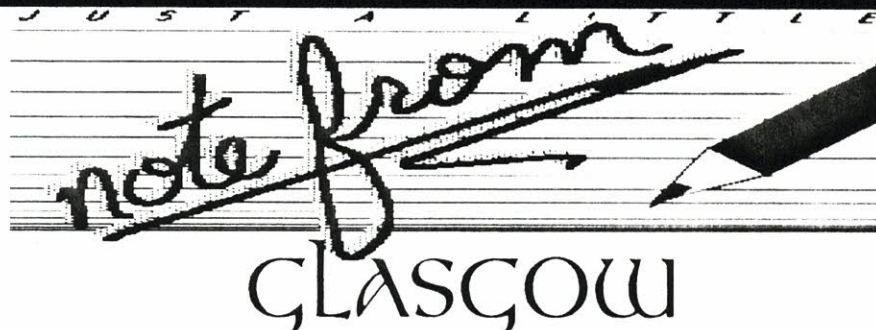
ADVANCE NOTICE

**SCOTTISH MASTERS
CHAMPIONSHIPS 1994
GREENOCK 6 - 8 MAY
CLOSING DATE FOR ENTRIES
15 APRIL 1994**

Ken reports that many swimmers miss out because they do not get their entries in by the due date - you have been warned!!!

CLUB MEET ORGANISERS

ATTENTION! Why not brighten up your Meet? Masters would welcome invitations to compete at other SASA events particularly team races. Ken says Scotland could set up many more World, European and British records. -



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 :-

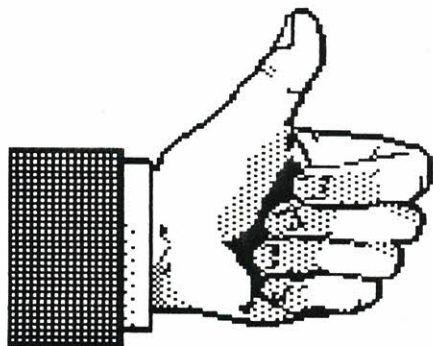
Swimming Development
Glasgow City Council
37 High Street
Glasgow G1 1LX

Tel : 041 227 5852
FAX : 041 227 5918

Especially in long course events if there were more opportunities.

Short Course Meets would also be welcome for one off record attempts - in the Masters Championships swimmers tend to have too many events up to 10 individual plus relays which is not conducive

to high level performances. Masters also are interested in "mixed" relays - I think this refers to men and women in the same team - anyone who would like more information on Masters events and the Masters movement in general should contact Ken McKay.



**DUNFERMLINE
WATER POLO
CLUB**

Congratulations to Dunfermline Water Polo Club which has recently had success off the field of play! The Carnegie Dunfermline Trust has awarded the Club over £5000 towards the cost of purchasing Electronic Timing Equipment, suitable for Water Polo matches.

The equipment will be installed at the Carnegie Centre and will be available to others using the Centre.

In the Game of Water Polo, as with many modern sports, the awareness of time can prove crucial to matches and the provision of display timing is of major importance in the development of players of all ages but especially for the younger players.

The current score, period of play, match, possession and penalty times are shown which will also greatly enhance the enjoyment of all spectators watching the game.

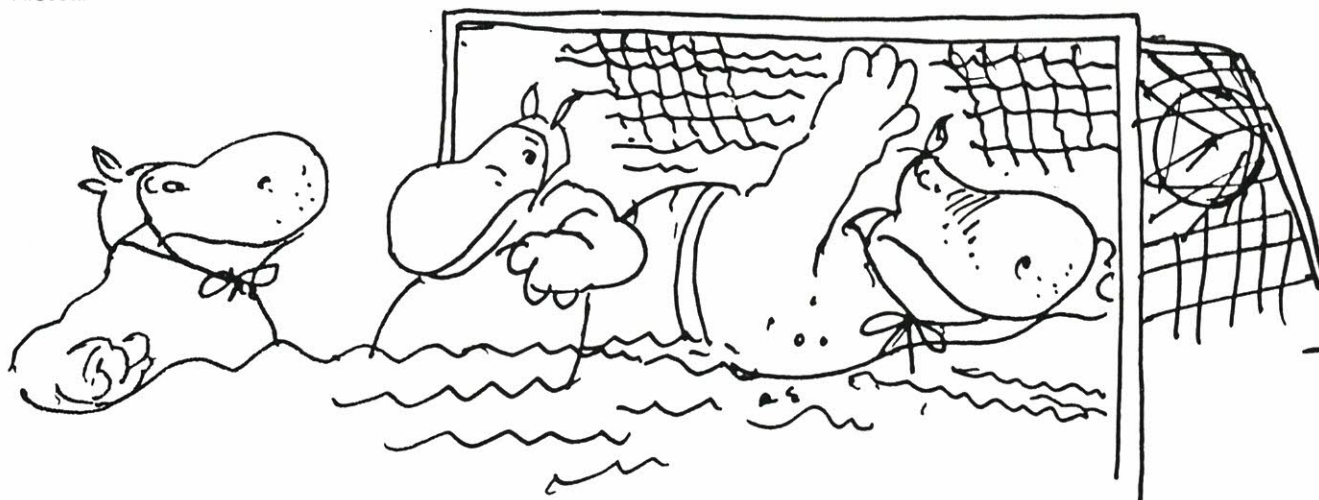
One of the conditions of obtaining grants from the Carnegie Trust is that by awarding a grant, benefits will be obtained from living in the District or being members of a Dunfermline Club. This is most certainly the case in this instance, it is also not an item of expenditure that the Dunfermline Water Polo Club could have afforded in the short to medium term.

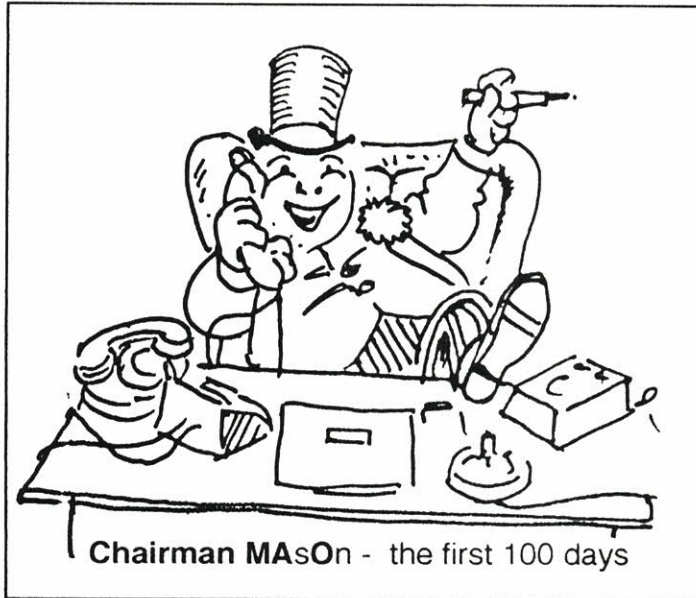
The timing equipment purchased from Epsan Sports in Holland as there is no British made equivalent, has been delivered and tested, the Club officials found it very easy to operate - it is pre-programmed for the whole match set up, including intervals.

The equipment was formally handed over to the Carnegie Centre and Graeme Malcolm President of the Club, by Dr Fraser of the Trust on Tuesday 23 November 1993.



Mr George Jackson of Hayle in Cornwall sent the above photograph of the 1909 Scottish Water Polo Team, from the records available the players for that year in an international against Ireland were :- G Buchanan, A Keddie, R S Chalmers, W Kirkwood, C G Sellars, J S Yuille, A Scott.





Structure for the Development of Performance in Swimming in Great Britain

As a followup to the Heatly Report on Swimming Performance at the Barcelona Olympic Games, a Review Group has been set up consisting of representatives of the three constituent countries and the Great Britain Committee. The members of the Group (which will be supported by the UK Sports Council) are as follows:- Sir Peter Heatly; Alan Clarkson; Dougie Scales; Dennis Yeoman; Dave Morris; Bryn Williams; Ian Mason and Bill Black.

NATIONAL COACHING FOUNDATION - COACH EDUCATION PROGRAMME

The National Coaching Foundation run an extensive programme of short courses at their two centres in Edinburgh and Glasgow. These courses are not specific to swimming but general to apply to all sports. These courses provide an educational opportunity that we as a sport have not been good at taking advantage of so far. There are several topics that are of great importance to the work we do with young people, to our understanding of performance and how to improve it and to our own effectiveness as communicators and coaches/teachers.

DATES IN 1994 - KEY COURSES

TOPIC	EDINBURGH	GLASGOW
Delivering the Goods	8 and 10 March 1994 - 7 - 9pm	4/6 October 1994 - 7 - 9pm
Coaching Children	22/24 March 1994 - 7 - 9pm	25/27 October 1994 - 7 - 9pm
Motivating your Athlete	19/21 April 1994 - 7 - 9pm	8/10 November 1994 - 7 - 9pm
Understanding and Improving Skill	10/12 May 1994 - 7 - 9pm	22/24 November 1994 - 7 - 9pm
Mental Preparation	24/26 May 1994 - 7 - 9pm	6/8 December 1994 - 7 - 9pm
Analysing Performance	15/17 November 1994 - 7 - 9pm	10/12 May 1994 - 7 - 9pm
Prevention and Treatment of Injury	29 November/1 December 1994 - 6.30-9.30pm	24/26 May 1994 - 6.30 - 9.30pm
Developing Endurance	20/22 September 1994 - 7 - 9pm	1/3 March 1994 - 7 - 9pm
Developing Strength and Speed	4/6 October 1994 - 7 - 9pm	15/17 March 1994 - 7 - 9pm
Developing Flexibility	18/20 October 1994 - 7 - 9pm	5/7 April 1994 - 7 - 9pm
Nutrition and Sports Performance	1/3 November 1994 - 7 - 9pm	26/28 April 1994 - 7 - 9pm
Personal Effectiveness	3/10 November 1994	-----
Working with People	-----	1 December 1994

ADVANCED WORKSHOPS

A Question of Style(Coaching Styles) —————>Tuesday/Wednesday 12/13 April 1994

This workshop examines coaching styles and offers additional tools to help bring out the best in you as a coach and in the individuals and teams with which you work. The workshop provides an in-depth examination of how to use effective questioning to increase awareness and encourage performers to take more responsibility for their own learning.

Carol Graham
National Coaching Centre
Moray House Institute
Cramond Road North
EDINBURGH
EH4 6JD

Trish Gunn
National Coaching Centre,
Division of PE, Sport & OE
Jordanhill College
Southbrae Drive
Glasgow G13 1PP

031 312 6001 ext 264

041 950 3465

Working With Teams

The relationship between the coach, the individual and the squad. It will help you to respond to the needs of the individual and the group and find ways to improve the performance of both.

—————>Tuesday/Wednesday 11/12 October 1994

IRISH CENTENARY 1893-1993

Mrs Ferguson SASA President and her husband George represented the Scottish ASA at a dinner held in Dublin by the Irish Government to celebrate the Centenary of the Irish ASA.

The following is Mrs Ferguson's account of the visit to Dublin.

"I would like to thank the Association for sending my husband and myself to represent the Scottish Association to Ireland to attend the Centenary Banquet held in Dublin on Saturday Nov. 27th.

The Ulster President welcomed the guests to the Banquet which included the four Presidents from England, Ireland, Scotland and Wales - this alone I think was a unique occasion for the four Presidents to be in attendance at the time.

He made special mention to Scotland for the help they have had over recent years from Paul Dennis and Malcolm Ferguson in developing the sport in Ireland and spoke highly of all they had attributed. He also made reference to the many happy occasions that had been shared with Scotland in all disciplines for many years.

On making the presentation of the "Quaich" from Scotland to the IASA I returned the compliment by expressing our good wishes for the next century and how much we had enjoyed the events shared with them, especially referring to those in my year in office.

Many individuals came up to both my husband and I enquiring about relationships and friends made in Scotland through sport and wished to be remembered to them.

The ladies at the top table all received orchids, we also were given a signed copy of the "HISTORY of 100 YEARS of SWIMMING in IRELAND" written by Ferguson Barron, anyone wishing to read the book I will willingly lend it out. I was delighted to read the report of "Swimming into the Next Century" written by Malcolm and included in the book.

To finish on an amusing note - on the Sunday George & I visited Bray travelling on the DART. On our return to

Dun Laoghaire when we alighted from the DART a pipe band struck up - complete with dancers and majorettes, plus people lined up on all sides of the road. After the tremendous hospitality on the evening prior we thought - well what next? However, we soon realised it was not us, but SANTA CLAUS arriving on the train behind - "COMIN' TO TOWN" - so we both enjoyed the occasion and marched with all the families back to the hotel.

The whole event was a very memorable occasion and one I thought you would like to share

**Thank You
Winnie Ferguson
Hon. President**



TAKE YOUR MARK

THE NATIONAL WINTER CHAMPIONSHIPS are the next major event on the Swimming calendar. The venue is once again the Bon Accord Baths in Aberdeen which have been given a new lease of life with refurbishment.

The City of Aberdeen District Council has donated two new trophies to be presented annually at the Championships - the Swimming Committee have to decide on the event or system that will provide the winners.

HOTEL DEAL

The MARRIOTT HOTEL is the designated hotel for the Championships and will be offering special deals on its first class accommodation - £25 B&B per person in a twin room and only £15 in a triple!

NATIONAL RAFFLE

The Winter Championships will also see the launch of the biggest yet National Raffle with a major prize and many "major" runners-up prizes. This will be a great opportunity for Clubs to help themselves and the Association. Circulation of tickets will have to go well beyond club membership and the prizes should make it possible to achieve this. Be there and don't miss the launch in Aberdeen!



WATER POLO REFEREE HONOURED

The Western District honoured Hamilton Baths Water Polo Coach Hartley McGibbon with the award of Life Membership at the Annual General Meeting held in Glasgow. Hartley has had a roller coaster career in Water Polo but his greatest achievement has been in guiding the Hamilton Baths Team to seventeen consecutive wins of the oldest Water Polo Trophy in the World - the West Cup. John Gaffney has been a member of the Team for the 17 years - Hartley is proud of that record

HI TECH!

Word has just arrived that the Canadian Organising Committee of the Commonwealth Games in Victoria have selected the following Officials :- Lex Taylor (Swimming) Bill Law (Diving) Elizabeth Bowman and Mary Black (Synchronised Swimming)