

# Swimming 2000

SCOTTISH AMATEUR SWIMMING ASSOCIATION NEWSLETTER

October 1993

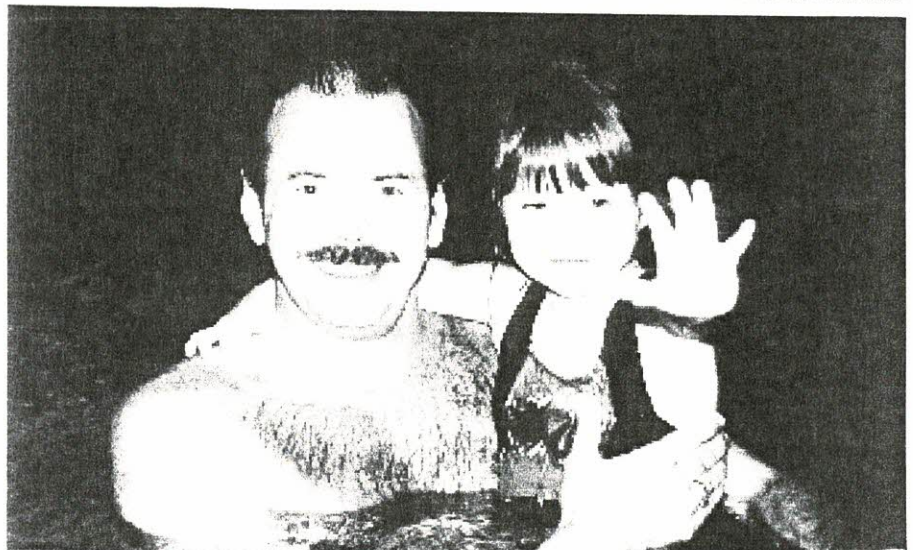
Volume 1 Number 2

## NEW AWARD SCHEME



## LAUNCHED

**D**avid Wilkie and a host of other personalities from the Swimming World, including Nick Gillingham were present at the launch of the new Speedo sponsored Scottish Swimming Awards Scheme. The event was held at the newly refurbished Balmoral Hotel in Princes Street Edinburgh. The Speedo initial sponsorship of £24,000 was matched by the Scottish Sports Council SportsMatch scheme. An aggressive marketing policy is now required to get the new scheme well established in Scotland to compete with other schemes. The range and quality of the new awards gives a flying start.



DAVID WILKIE AND DAUGHTER NATASHA AT THE SCOTTISH SPEEDO AWARDS LAUNCH IN EDINBURGH

## SASA BEGIN DEVELOPMENT PLAN

Following the E.G.M. in June where delegates unanimously approved a future direction for the sport preparation is under way to complete a 4 year development plan. This will be submitted to the Sports Council in November 1994.

Approximately 70 key stakeholders from the Sport gathered on Sunday 31 October in Perth to begin the detailed process of creating a Draft Development Plan. Various project groups were set up. Timescales and targets were set and groups asked to report back by mid January as to the framework for their particular area. The Board of Management will then carry out the task of fleshing out each of the areas as

well as creating a detailed business plan.

The purpose of this task is to create a framework for our sports development between 1994 and 1998 and to secure the appropriate funding from the Scottish Sports Council for the equivalent period.

The recent Genesis Report indicated an over-reliance on central funding from the S.S.C. A priority if we wish the sport to expand will be the generation of additional income from a combination of sponsorship, fund raising and increased membership/ fees.

## memo:

Club Secretaries you will shortly receive a survey questionnaire about teaching and coaching qualifications in your club. The purpose is to help the Board of Management to plan for the future to provide a better service to your club. It is important for planning to have the national picture.

It would also be the basis of a Teachers and Coaches Register.

**Your help is essential!**

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



## ELECTRONIC TIMING

What is the first thing a top swimmer does when he finishes a race? He looks to see his time. With more and more pools getting their own timing boards this is something even the youngest competitive swimmer can do.

The Dundee Olympia Leisure Centre has purchased a 6 lane Omnisport board with illuminated (LED) figures. The board also indicates the event and heat numbers. Now with the reduction in price by the Midland District even Club galas can afford the £25 to have electronic timing for the benefit of swimmers, coaches, and parents. The time is indicated every time they touch the pad.

But the £25 is a discounted price and assumes that the Club provides a trainee to operate the timing and the Club provides the labour to set up (and take down) the equipment, which now includes a Colorado electronic horn start. In this way Clubs are helping to improve the quality of their own events for swimmers, spectators and coaches.

**Did you know** that the SASA has a Committee to advise it on Electronic Timing? It has set up a stockpile of spares and buys in bulk where possible. At present it is looking for someone who is willing to fashion sturdy boxes for the transport of 6 time display boards to pools who do not have their own boards. The tender loving care bestowed on the old boxes has caused them to disintegrate. If you can help please contact Colin Wilson (0383 727905) who is in charge of the East and Scottish equipment.

With the increasing use of electronic timing we need more operators. If you can set a video recorder or work a word processor then you can easily learn to operate the timing. You don't have to be an electrician but they are very helpful in doing repairs and so cutting operating costs. If you would like to know more contact Colin Wilson - East District (0383 727905), Ian Lochray - West District - (041 881 6180), Dennis McIntosh - North -

(0463 239939) or myself Derrick Hoare - Midland - (0382 76887).

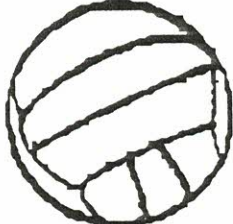
## THE SCOTTISH SPORTS COUNCIL

### PERFORMANCE AND EXCELLENCE

How do you identify and develop sporting talent? How do you ensure that our top performers and teams are helped at every stage on their way to sporting excellence? These are just some of the questions which will be explored at Sport and Leisure Scotland: Conference '93 to be held at the Moat House International Hotel, Glasgow from 29 November to 1 December. A packed seminar programme includes a special 'Performance and Excellence' section which will hone in on the key issues affecting this area. *Developing Talent, A Strategy for Excellence, Planning for Success, and Towards Excellence: the Local Dimension* - will all feature top speakers like Derek Casey, Sue Campbell, Geoff Cooke, Yvonne Murray and Andy Roxburgh. Running alongside the Conference will be a trade only industry show at the adjoining Scottish Exhibition and Conference Centre. The show will feature some of the country's biggest suppliers and manufacturers, as well as a number of special themed areas including a sports display arena.

For further information and a full Conference brochure, please contact Pamela Storrie on 031-339 8255 or write to her at the Scottish Sports Council, Caledonia House, South Gyle, Edinburgh EH12 9DQ.

**WANTED**



**NATIONAL WATER POLO COACH**

CONTACT ROSS ELDER  
NATIONAL WATER POLO CONVENER  
TELE:-0382 455767

## FINA TECHNICAL CONGRESSES 1994

02.07.94 Masters Technical Congress Montreal (CAN)  
31.08.94 Open Water Swimming Technical Congress (morning), Rome (ITA)  
31.08.94 Water Polo Technical Congress (afternoon) Rome (ITA)  
29.08.94 Extraordinary General Congress, if requested, Rome (ITA)  
30.08.94 Diving Technical Congress (morning), Rome (ITA)  
30.08.94 Synchronized Swimming Technical Congress (afternoon) Rome (ITA)  
31.08.94 Swimming Technical Congress (morning), Rome (ITA)  
Accordingly with FINA Rule C.13.7 motions, applications and proposals for alteration of or addition to the Technical Rules shall be considered only if submitted by a Member, by the Bureau, or by the respective Technical Committee. All motions, applications and proposals to be considered by the Technical Congress must reach the Honorary Secretary no later than 31st December 1993.  
Due to the premature date of the MASTERS TECHNICAL CONGRESS, and accordingly with FINA Rule C 13.7, all motions, applications and proposals for this congress must reach the Honorary Secretary no later than 31st October 1993.

## FINA CALENDAR OF EVENTS

Oct 25-28 X FINA World Sport Medicine Congress Kyoto, JPN  
Nov 12-14 European Sprint Championship Gateshead, GBR  
Nov 12-14 Masters Committee  
Nov 19-29 XVII Central American and Caribbean Games Ponce, PUR  
Dec 2-5 1st Swimming Short Course World Championships Palma de Mallorca, ESP

### 1994

Jan 1-2 Series No 1—Swimming World Cup Hong Kong,  
Jan 5-6 Series No 2—Swimming World Cup Beijing,  
Jan 14-23 V Central American Games El Salvador,  
Jan 29-1st Marathon International Tapes

**CUMBERNAULD INTERNATIONAL SWIM MEET  
5, 6 & 7 NOVEMBER, 1993**

CUMBERNAULD'S NINTH INTERNATIONAL MEET HAS AGAIN ATTRACTED A LARGE ENTRY OF OVER 70 CLUBS FROM SCOTLAND, ENGLAND, IRELAND, NORTHERN IRELAND, FRANCE, BELGIUM AND NORWAY.

THERE IS OVER £5,000 IN CASH PRIZES FOR SENIOR EVENTS WITH MEDALS AND PRIZES FOR YOUTH AND JUNIOR.



AS PART OF THE "SPEEDO BRITISH GRAND PRIX" CIRCUIT EXTRA CASH PRIZES ARE ALSO AVAILABLE FOR STROKE CATEGORY WINNERS.

PROVISION WILL BE MADE FOR PEAK LACTATE TESTING FOR THOSE SWIMMERS INVOLVED IN THE NATIONAL SQUAD TESTING PROGRAMME.

**NATIONAL AND REGIONAL FACILITIES REVIEW**

The Board of Management are currently conducting a review of National and Regional facilities for submission to the Scottish Sports Council.

With the onset of a National Lottery and the potential funding that this will create for capital building projects, each Sport in Scotland is currently reviewing their needs at National and Regional level. This review will look at the requirements for new and upgraded facilities for National Squad Training and International Competition. It will also look at a potential network of Regional facilities for use by Regional and National Squads for training and Regional competition. Club facilities will also be considered in relation to a strategic nationwide approach to the provision of high quality club facilities.



The City of Glasgow Swim Team commenced their first morning workout during the first week in October at the Whitehill and Castlemilk Pools. The team has now started its first cyclic training phase taking them through a nine week cycle through to the Christmas break. Head Coach Dave Bance met with Parents and Athletes individually of the senior squad to explain the years' upcoming training programme, training camps and the commitments required by parents, athletes and coaches to be successful in competitive swimming. There are sixteen members of the senior squad training on a daily basis with a gradual increase planned in November and double sessions planned for March 1994 going into the Long Course season.

The commencement of training on Saturday mornings at the Castlemilk Centre has given athletes the opportunity to develop their Sports Psychology skills with group work on such areas as Relaxation, Visualization, Goal Setting and Training commitment and Focus.

The teams Open Squad Training days has met with a tremendous response from non-squad members with over sixty young athletes signing up for the programme. The programme which is open to any swimmer of a Glasgow based club commenced in mid October will focus on introducing young swimmers to the world of competitive swimming. Workouts will consist of stroke skills, starts and turns and the development of mental skills.

The team welcomed Graham Wardell to Glasgow when he commenced his coaching duties with the Glasgow District Council in October. Wardell has been involved in swimming for over 20 years both as a swimmer and as a coach. His previous coaching positions were with the City of Southampton Swimming Club and Andover Swimming Club. Wardell's appointment now completes the full time staff of the Swimming Development section which now has three full time Coach/Development Officers and two Swimming Co-ordinators.

Coaching Fee's have now been set at £10 per month for the senior squad and £5 for Junior squad members.

The swimming development section of the Parks and Recreation are hosting the 2nd Glasgow International Swimming Masters Meet 1993 on 12/13th November at Whitehill Pool. It will bring together masters swimmers from Scotland, England, Wales, Ireland and hopefully Europe, some of whom are World record holders.

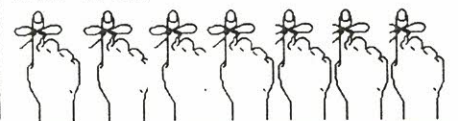
The event starts on Friday evening, then follows two sessions on Saturday. On the Saturday evening the City of Glasgow is to host a Civic Reception for competitors and officials at the City Chambers.

To promote schools swimming within this meet an invitation schools relay is planned. This is open to local primary schools and takes the form of a 4 X 25m mixed relay. With heats on the Saturday morning, followed by finals in the afternoon. Spectators are encouraged to come along and will then be automatically entered in a special free prize draw for a book of ten tickets to any of the City's pools.

**Further details of the Swimming Development Programme can be obtained from Dave Bance on 041 227 5852.**

**NATIONAL PLANNING FORUM**

The weekend of 10/11 September 1994 has been set aside as the national planning forum. This will be attended by all discipline committees, the S.A.S.A. Council the Board of Management. The purpose of this get together will be to encourage an integrated approach to planning through all the various disciplines of the sport. Day 1 will discuss priorities, finances and the proposed direction for season '94/95. Day 2 will permit disciplines to have detailed planning specific to their area.



## 111 SYNCHRONIZED SWIMMING JUNIOR WORLD CHAMPIONSHIPS

The 7th edition of these championships was contested in the best of spirits. The most skilled young specialists in synchronized swimming from 28 nations competed; 33 entries had originally been received for this event. The presence for the very first time of the South African synchronized swimmers at this level was a pleasure to watch and their rapid progress in this sport shows a lot of hope for the future.

Peter Hassall, the Secretary of the competitions informed us that the performance given by Olga Brusnikina (RUS), 14 years old, was a very exciting part of the competition and she received a standing ovation for her accomplishment. Olga performed the solo as well as the duet (with Yulia Pankratova). The organizers deserve our sincere thanks and particularly Anne Clark and her assistants who were responsible for the running of the events.

### SOLO

1. Olga Brusnikina RUS
2. Kasia Kulesza CAN
3. Miho Takeda JPN

### DUET

1. Olga Brusnikina,  
Yulia Pankratova RUS
2. Kasia Kulesza,  
Marie-Michel Cloutier CAN
3. Miho Takeda,  
Akiko Miyazaki JPN

### TEAM

1. CAN (Marie-Michel Cloutier, Leslie Wright, Kasia Kulesza, Stephanie Bissonette, Ana Cukic, Estella Warren, Jacynthe Tailon, Jennifer De Foy)
2. JPN
3. RUS

Sixteen girls from the Scottish Synchro Squads attended the Championships as spectators and saw for themselves the high standard of Synchronised Swimming throughout the World at Junior level.



## WORLD RECORDS

The following performances were approved by the FINA Honorary Secretary:

### SHORT COURSE - MEN

Kieren Perkins (AUS)  
800 m Freestyle 7:34.90  
25 July 1993 Sydney (AUS)

Philip Rogers (AUS)  
100 m Breaststroke 0:59.07  
27 August 1993 Melbourne (AUS)

Philip Rogers (AUS)  
200 m Breaststroke 2:07.80  
28 August 1993 Melbourne (AUS)

### LONG COURSE - MEN

Karoly Guttler (HUN)  
100 m Breaststroke 1:00.95  
3 August 1993 Sheffield (GBR)



THE SCOTTISH OPEN & NATIONAL SYNCHRONISED SWIMMING CHAMPIONSHIPS were held at the Hector McNeill Baths in Greenock. The support from the Inverclyde District Council was tremendous. All the competitors and staff enjoyed a Civic Reception in Port Glasgow Town Hall which included a Disco for the energetic Competitors and some officials. The meet had an international flavour with clubs from - at one extreme - California (USA), France, Denmark, England, Sweden, Egypt, Scotland and the other extreme - Moscow (RUS).

### Senior Figure

1. Tammy Cleland USA **82.709**
2. Heather Pease USA **81.633**
3. Amany Farouk EGY **80.062**
4. Sarah Burgon SCO **73.986**

### Junior Figure

1. Irina Rudenok RUS **72.087**
2. Karen Slater ENG **70.138**
3. Hilary Seipelt **69.095**
4. Jennifer Stofiel **68.100**

### Senior Solo

1. Tammy Cleland USA **171.829**
2. Heather Pease USA **170.273**
3. Amany Farouk EGY **164.742**
4. Sarah Burgon SCO **152.706**

### Junior Solo

1. Irina Rudenok RUS **154.167**
2. Becky Percey USA **148.761**
3. Kristen Moore **148.455**
4. Karen Slater **144.698**

### Senior Duet

1. Tammy Cleland/  
Heather Pease USA **173.011**
2. Catherine Chen/  
Tricia Santos USA **157.437**
3. Anja Yde Poulsen/  
Anette Borregaard DEN **149.208**
4. Morag Duncan/  
Sarah Burgon SCO **147.826**

### Junior Duet

1. Kristen Moore/  
Becky Percey USA **151.368**
2. Victoria Pushkina/  
Irina Rudenock RUS **149.996**
3. Sarah Redenback/  
Hilary Seipelt USA **147.647**
4. Emma Inge/  
Karen Slater ENG **145.241**



## OPEN WATER SWIMMING

On the 31st July, 64 competitors, of which 21 were female, from 13 different nations competed in the open water swimming event between Lausanne and Evian swimming a calculated distance of 12.3 km. In the men's category, Dario Taraboi (ITA) was victorious in 2h33'47; and in the women's category, Edith van Dijk (NED) placed first in 2h42'40. Both established new records for this event.

The prize of the IOC President was attributed based on the total number of points of the first four swimmers from the same team:

1. NEDERLAND
2. ITALY
3. SWITZERLAND
4. CZECH REPUBLIC
5. SLOVAKIA

## IX JUNIOR DIVING WORLD CHAMPIONSHIPS

In the reputable site of the Crystal Palace National Sports Centre in London, divers from 31 nations contested for the twelve junior world championship titles. Although the number of competitors was quite large, under the direction of Jeff Cook and the members of the Organizing Committee, the organization of the event was carried out excellently. The members of the Russian team earned four gold medals, ahead of Germany who took three golds and the Ukraine (2). Australia, Canada and Romania each achieved one title.

TAKE THE  
PLUNGE  
WITH THE

## OPEN WATER SWIMMING FINA MARATHON SWIMMING WORLD SERIES 1993/94

Event No. 2 of the Series  
Riviera Marathon, Savona (ITA)  
35 km  
26-27 June 1993

### MEN

1. G Streppel CAN 7h30'39
2. Hans Van Goor NED 7h31'57
3. David O'Brien AUS 7h36'00

### WOMEN

1. Shelley Taylor-Smith AUS 7h56'53
2. Karen Burton USA 8h15'36
3. Kim Dyke CAN 8h29'15

Event No. 3 of the Series  
Traversee du Lac Mempremagog  
42 km Quebec, Canada  
25 July 1993

### MEN

1. Chad Hundebly USA 9h12'22
2. Attila Molnar HUN 10h02'11
3. Hans Van Goor NED 10h08'56

### WOMEN

1. Shelley Taylor-Smith AUS 9h53'32
2. Kim Dyke CAN 10h48'19
3. Corrine Liedtke CAN 10h50'39

## BIDS FOR FINA EVENTS

The National Federations can begin to consider acting as hosts for one or more FINA Events to be held in 1995, 1996, and 1998 including the VIII World Championships in 1998. The FINA Bureau wishes to receive Bids or indications of interest concerning the following events:

### VIII SWIMMING WORLD CHAMPIONSHIPS

Formal Bids for this event are to reach the FINA Permanent Office in Lausanne no later than 31 st December 1993. Federations requesting further information on the contract for this event are to contact Cornel Marculescu, Director of the FINA Permanent Office.

NEW  
AWARDS

## HI! TECH

31 December 1993 Accordingly with FINA rule C 13.7, all motions, applications and proposals for alterations or additions to the Technical Rules for Swimming, Diving, Synchronized Swimming, Water Polo and Long Distance Swimming to be submitted by a Member Federation must reach the Honorary Secretary (FINA Permanent Office) before the above date.

31 December 1993 Final date for FINA Member Federations to return applications to the FINA Office for the VII World Swimming Championships to be held in Rome (ITA) from 1-11 September 1994 for no more than one swimming judge, one diving judge from the FINA A List and one synchronized swimming judge. The participating Federations in water polo may nominate one referee (two, if the Federation has men's and women's teams participating). Non-participating Federations in the water polo tournament may nominate only one water polo referee from which 6 (six) neutral referees will be selected.

### Registered Technical

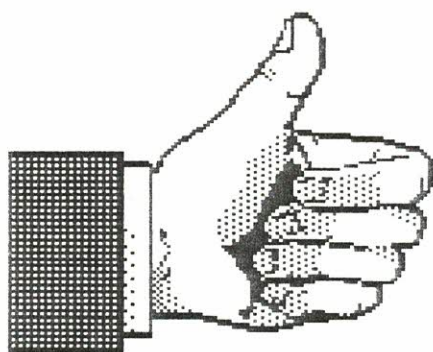
Officials are now receiving their own specialised newsletter and information on any rule changes with guidance on the interpretation where necessary. However, the TTO Committee are concerned at the drop in registrations and in some areas a shortage of Officials at galas. The TTO Committee has made a great effort to improve the service to officials but they can not do the job without the cooperation of the members.

## SCOTTISH SWIMMING AWARDS

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SPEEDO THE WORLD'S NUMBER ONE BRAND.



## MOTHERWELL MASTERS

Congratulations to Motherwell Masters for an outstanding performance at Sheffield in the National Championships from 15 - 17 October.

The Club members set four World Masters Records, ten European, eleven Great Britain and numerous Scottish best times. The medal haul is even more impressive 29 gold, 15 silver and 5 bronze. 12 out of 15 Motherwell swimmers returned home with medals. Those who did not get in the medals achieved personal best performances and finished among the top six.

### RESULTS

#### Carol MacIntyre (25-29)

1 200 F/S	2.14.37
1 400 F/S	4.41.50
1 800 F/S	9.28.07
2 200 B/C	2.38.30
3 400 I/M	5.34.48

#### Gillian Skipper(30-34)

1 100 F/S	1.02.43
2 50 F/S	28.63
2 100 FLY	1.14.30
2 100 I/M	1.11.87

#### Brian Archibald (30-34)

2 50 F/S	24.91
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#### Eddie Riach (40-44)

1 50 B/C	30.2
1 100 B/C	1.03.7W/EU/GB
1 200 B/C	2.19.29W/EU/GB

1 200 I/M	2.21.13 EU/GB
1 400 I/M	4.56.49W/EU/GB

1 200 I/M	2.21.13 EU/GB
1 400 I/M	4.56.49W/EU/GB

#### Allan Gentleman (40-44)

1 50 BR/S	33.69
1 100 FLY	1.04.13

1 200 FLY	2.19.94 EU/GB
1 100 I/M	1.05.99
2 50 FLY	29.06
2 100 BR/S	1.14.95

#### Tony Jarvis (45-49)

1 50 F/S	26.15EU/GB
1 100 F/S	58.15
1 50 FLY	29.07
1 100 FLY	1.05.88

#### Hugh Cumberford (55-59)

1 50 F/S	28.40 GB
2 50 B/C	34.13
2 100 B/C	1.19.53
2 100 I/M	1.16.19
3 50 BR/S	37.38

#### John Brogan (55-59)

2 50 F/S	29.20
2 50 FLY	33.51
3 400 I/M	6.51.87

#### Jim Motion (60-64)

1 50 BR/S	40.89
2 50 FLY	39.37
2 100 I/M	1.31.57
3 50 F/S	32.37

#### Jim Gibson (65-69)

1 50 B/C	40.76
1 100 B/C	1.36.64
2 50 F/S	34.6

#### Forbes Gentleman (70-74)

1 50 B/C	40.1
1 50 F/S	33.36
1 200 F/S	3.06.47
1 100 I/M	1.30.41 EU/GB
1 200 I/M	3.27.34 EU/GB

#### Betty Paton (70-74)

3 100 F/S	2.35.08
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### RELAYS

240 years + Men F/S

1 - 2.00.90 W/EU/GB

Jim Motion 31.98

Hugh Cumberford 27.87

Forbes Gentlemen 32.63

John Brogan 28.42

160 years + Men Medley

1 - 1.57.48 EU/GB

Eddie Riach 31.03

Allan Gentleman 33.23

Tony Jarvis 28.46

Brian Archibald 24.76

160 years + F/S

1 - 1.45.22 (team as above)

There were over 300 competitors in the Mens' 50m F/S. Both Brian Archibald and Gillian Skipper

missed out on the gold medal in their respective 50m by .04 of a second!

The 240 years + Mens Team will be attempting to set new records at the Glasgow Masters - 12-13 November in both Freestyle and medley relays.

Thanks to Jeanette Paterson for the report.

## Royal Mail Sports Awards

It is with great pleasure that the Scottish Sports Council and the Royal Mail would like to announce the re-launch of the Royal Mail Sports Awards Scheme.

What are the Awards?

The awards are an initiative between the Scottish Sports Council and the Royal Mail. They are aimed at providing financial assistance for items of equipment and/or upgrading facilities to promote sport for young people, women and people with disabilities.

What sports are eligible for the Awards?

All sports of governing bodies recognised by the Scottish Sports Council are eligible for grant assistance.

How much can be applied for?

The maximum total project cost considered is £20,000. The contribution made by the Scottish Sports Council and Royal Mail will be up to 50% of the project cost subject to a maximum grant of £2,000 (£1,000 from Scottish Sports Council and £1,000 from Royal Mail).



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