

Swimming 2000

SCOTTISH AMATEUR SWIMMING ASSOCIATION NEWSLETTER

September 1993

Volume 1 Number 1

Chairman Appointed

Mr Ian Mason has accepted the position of Chairman of the new Board of Management. He has successfully carried out the initial task of chairing the Project Team and is prepared to carry forward the proposals agreed by the Association at the Extraordinary General Meeting at Perth on the 26th June. The Association is fortunate indeed to have the services of Ian in this important task which will be very demanding in time and effort.

Ian will now be involved in the immediate task of getting the members of his Board of Management Team selected and appointed. The next year will be the testing period building the base for the new structure and the future of the Scottish Amateur Swimming Association. Ian sees the post as an exciting and challenging opportunity to take the sport forward over the next few years.

Ian is well qualified to meet the challenge at present he is Adviser in Physical Education for Tayside Region with responsibility for 130 PE Staff and 210 Primary and Secondary Schools, plus four Sport Centres. He is involved in Development Planning and Quality Assurance.

As Head Coach of the Great Britain Junior Team his performance is still used as a benchmark to measure his successors achievement. He has also coached at the 1986 Commonwealth Games and was Head Coach to Scottish Youth and Senior Squads. He was previously Secretary and Treasurer of the Scottish Swimming Coaches Association. An ASA Coach he is experienced in all aspects of teacher and coach education. His extensive contacts and working relationships with a variety of external agencies ranging from the Scottish Sports Council, National Coaching Foundation, to Local Authorities and Development Officers. Ian also has knowledge and contacts with all areas of the Association

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IAN MASON takes the plunge!

Following the major review applications are invited for two senior posts in Scottish Swimming :-

DIRECTOR OF SWIMMING

SALARY £19,006 - £26,319 + Car Lease

The key function of this post will be :-

- * Implementing the National Development Plan
- * Directing Teacher and Coach Education
- * Directing training and competition programmes
- * Arranging support for National Teams/Squads
- * Liaison with external agencies

ADMINISTRATION MANAGER

SALARY £14,297 - £18,249

- > Effective Administration of the Sport
- > Management of SASA Office and Staff
- > Preparation of various communication materials

Initially both posts will be on a four year contract.
Application forms and full details available from:

The General Secretary

Scottish Amateur Swimming Association
Holmhill Farm, Greenlees Road, Cambuslang, Glasgow,
G72 8DT

Telephone 041 641 8818

Closing date for applications : 25th October, 1993

Contributions to the newsletter should be sent, by the 10th of each month, to the SASA Office, Holmhill Farm, Greenlees Road, Cambuslang, Glasgow, G72 8DT, marked for the attention of the Editor. Its your newsletter so use it to publicise your events or points of view.

New Board of Management

The new Board of Management has been appointed to carry forward the proposals agreed at the EGM in June at Perth. **Chairman Ian Mason** and his Appointments Committee, which included input from the Scottish Sports Council and Genesis, had a difficult task selecting from the nominated candidates but finally settled for the following team.

Technical Development

Win Hayes Vice Chairman for Technical Development has accepted an enormous task to co-ordinate the work of the Education Committee, the Scottish Swimming Coaches Association, TTO and Medical Committees. However, Win firmly believes that Education is the fundamental prop that will underpin the development and progress of Scottish swimming. She is particularly keen to see a new wider education system that embraces the needs of all the stakeholders in the Association.

Win is already heavily committed in Swimming having been SASA Easter Swim School Administrator since 1978. She lectures in Physical Education, Sport and Leisure at Moray House College. Her work takes her frequently into Europe.

Development

Sandy Brunton has been appointed **Vice Chairman for Development** and though he is the youngest member of the Board he has gained a lot of experience within the Association.

He is a past President of the North District and currently the North District Secretary - a post he will unfortunately he will now have to relinquish. He has served on the SASA Council and was a member of the Steering Group which conducted the review. He competed for Scotland at junior level and is an ASA Coach, ASA Advanced Teacher and a Tutor for Prelim Teachers and Coaches courses. Sandy, feels that he has been instrumental in the current mood of re-structure and is keen to continue at the "front end" of the national administration. He is also keen to develop the sport along the lines defined in the focus areas.

Marketing

Murdo Wallace, Vice Chairman Marketing has specialist knowledge in his field with experience in a range of industries which require marketing - Entertainment, Record Industry, Clothing, Service Industry, Catering and Sport. His work in gaining world-wide publicity for the City of Dundee was acknowledged by a civic award - "1989 Discovery Rosebowl". His clients include some of the largest companies in the UK and Europe.

He has originated, developed, organised and presented innovative ideas and events for his clients. He has achieved regular coverage for his clients on National and Regional TV., Radio, Press and Magazines. In a three month period earlier this year his company had media confirmed figures of 134 million viewers, listeners and readers.

He has generated £1,365,000 for his clients in the past three years and £156,000 in sponsorship.

Murdo sees great potential in the new "Development Blueprint" to make Scottish Amateur Swimming Association the envy of others.

Disciplines

Wally Lord Vice Chairman Disciplines comes with a wealth of experience and knowledge, ranging through all aspects of the Sport. Thirty years as a professional Coach in the UK and abroad. He has coached medal winners at every level from Olympic Games through World Championships, Commonwealth Games and European Championships. His expertise in developing and organising not only successful club schemes but Local Authority Schemes throughout the UK will be invaluable in his new role. He has already served on various Swimming Committees at International National and local level.

He has revived the Edinburgh International Meet at the Royal Commonwealth Pool where he is the Swimming Development Officer for the City.

Wally sees the potential that is in Scottish Swimming - all disciplines - he is a former international water polo player, and has worked with the other disciplines in his professional capacity.

Finance and Administration

Stuart Martin Vice Chairman Finance and Administration. Stuart is President of Grangemouth ASC and a former competitive swimmer. The club is committed to producing quality swimmers to a very high standard. He would like to see the same kind of commitment throughout the Association. His club have successfully gained sponsorship from BP Oil Ltd., which together with a donation from Sportsmatch and funding from the local District Council made it possible to purchase electronic timing equipment. He believes that good financial management and administrative systems at club and national level will ensure development of the sport.

Stuart's professional background in accountancy and management, at a high level, mean that he is well equipped to tackle the remit of the Vice Chairman Finance and Administration. He has extensive experience in Treasury functions, Financial Planning and Controls, Business Plans and Budgets. In addition he is an experienced Fundraiser and negotiator at Local and Central Government level and in the process of making Grant Applications.



**XV Commonwealth
Games
Victoria 1994**

SWIMMING SQUAD SELECTIONS

a) Recommended criteria for additional places which may be available at :-

**1 CG Team Camp 12 - 14 November 1993,
Inverclyde**

CG Team Camp 03 - 05 December 1993, RCP
Edinburgh.
1994 CG Times to be achieved Short Course - at
District Open Championships 23 - 24 October
Cumbernauld Grand Prix 5/6/7 November 1993

2 Leeds Grand Prix 23 - 27 February 1994

1994 CG Times to be done Short Course - at
SASA Winter Championships 17-19 December
Aberdeen.

**b) 8 NATIONS TEAM SELECTION -
recommended criteria.**

1 All Commonwealth Games full Squad Members to
be invited to the Training Camp linked to the 8 Nations
Competition.

2 Final Team selection after Leeds Grand Prix Meet
NB. Confirmation of the 8 Nations Competition awaited.

**Vancouver Training
Camp**

A small group of swimmers, with Jim Park as Coach/
Team Manager, visited Vancouver at the beginning of
August to get some experience of the conditions and climate
in the area at the time of year which corresponds to the
period of the 1994 Games. The swimmers were Alison
McKay, Angela Pendrich, Andrew Aitken, Neil Hudghton
and Euan Stewart. All said that the visit was extremely
worthwhile and increased their enthusiasm for making the
Games Team in 1994.

One of the highlights was an excursion to Victoria to see
the new pool which is nearing completion. The Aquatics
Complex is a complete community centre with a number of
different facilities, games hall, gym, weight room etc. as
well as those for swimming. Jim Park reported that the
swimming area looks magnificent with not only the 8 lane
50m competition pool but also a 6 lane 50m pool adjacent
for warm-up and swim-down and incorporating in the

design, the diving and synchronised swimming facilities
and a flume arrangement for future use. There is a lack of
permanent seating but Jim was assured that temporary
seating will be installed for the Games but there will still be
fewer seats than was available at the Royal Commonwealth
Pool in Edinburgh. The Team also visited the University of
Victoria which will be the site of the "Village". The standard
of accommodation varied from very old and spartan to brand
new - a problem which was noted by the Technical Team,
which included Danny McGowan, when they saw the
facilities more recently and at once asked for the new
accommodation!

The "Village" is 15-20 minutes by bus from the Aquatics
centre the route is not one of the main roads and should not
be too busy, however, Victoria is a very popular tourist city
and will be really crowded with the arrival of all the Games
visitors as well as the usual large number of visitors.

Jim Park kept a daily check on the swimmers to see how
long it took to acclimatise to the nine hours time difference
and it would appear that the rule of thumb calculation of one
day per one hour of time difference was about right as it was
days 9 and 10 before everyone felt really good. Jim raised a
number of other factors in his report which the SASA
Swimming Committee and the Team Staff will have to
consider when the plans are finalised for the period
immediately leading up to the Games.

**ABERDEEN
SWIM
SCHOOL**

Things are happening in the North East as well as in
Glasgow. Bob Gauld has advised me that the City of
Aberdeen District Council is running a Swim School from
Friday 15th October to Sunday 24th October 1993 (both
dates are inclusive). This affords another opportunity for
those looking for qualifications to teach and coach swimming
Eight courses are on offer, two in teaching, two in coaching,
one in teaching for the disabled, two for tutors and one in
lifesaving.



**Further details from Bob Gauld,
Swimming Development Officer, City of
Aberdeen, Arts and Recreation Division,
St. Nicholas House, Aberdeen, AB9 1XJ.
Telephone 0224 276276**



The City of Glasgow Swimming Training Scheme is gathering momentum with the appointment of **Dave Bance** as the new Swimming Development Organiser. Bance who recently returned to Britain after six years in Canada has taken charge of the rebirth of the City's training scheme. His record in Britain is quite impressive having placed over fifty athletes on National Teams, together with placing swimmers in Commonwealth, European and Olympic Games finals and more recently placing an athlete in a Pan American Games final.

In over thirty years in the sport he has had the distinction of being President, Secretary and a founder member of the British Swimming Coaches Association, together with being named Coach of the Year in 1984. Dave has also played an active role as team coach to many English and British Teams over the years prior to his departure to Canada.

In Canada Bance was appointed Head Coach to the final Olympic Development Squad training camp and subsequent team tour having previously been Head Coach to the Eastern (Montreal) and Western (Vancouver) Olympic Development Squads. He also led the Saskatchewan Swim Teams at the Canada and Western Canada Games.

Upon taking up his appointment at the beginning of August he made his priority the reformation of the City of Glasgow Swim Team. In forming the Team, Dave feels this is the first step in the progressive development of the City's training programme. The second phase is the introduction of increased training time for the selected forty five athletes representing the six Glasgow based clubs. Competition for the City Team will be selected Western District Open Championships upwards. Athletes selected for the Team are likely to receive funding for entries, travel, accommodation and future warm weather training camps.

There is a long road ahead says Bance but there is a strong commitment and desire from the City Council and the Glasgow clubs to make swimming a high profile sport once again and with the last member of his coaching team arriving in October they shall be in a position to really effect some changes in the training programme.

Future plans for the programme include a series of Parent Education Lectures commencing in October to introduce Parents to the Sport of Swimming. In addition to this programme a number of Open One Day training camps are planned throughout the Winter months for young swimmers who are not Squad members, together with a new year training camp based at Castlemilk Pool.

Details of the Glasgow Swimming Development Scheme can be obtained from Dave Bance on 041 227 5947

CITY OF GLASGOW PARENT EDUCATION PROGRAMME

- | | |
|------------|-------------------------------------------|
| 4 October | The Beginning of a New World |
| 11 October | Swim Parents - Their Role in Sport |
| 18 October | The Needs of Your Child - (Goal Setting) |
| 27 October | The Laws of the Sport. The Part You Play. |
| 1 November | Nutrition |

The sessions which will be held at Whitehill School, at 7.30 - 9.00pm each evening are intended to introduce parents to the Sport of Swimming. There is no charge and all parents from City of Glasgow clubs are encouraged to attend.

PROPOSED TRAINING TIMES AT CASTLEMILK POOL

a) Open Squad Training

Invitation to athletes (swimmers) who are not participants in the present squad system. 9 years and upwards.

Dates :- 25th September, 27th November, 29th January, 5th February, 9th April

Timetable :-

- 07.30 - 09.00am Pool (25m tank)
- 09.30 - 10.30am Lecture - Sports Centre
- 10.30 - 11.30am Flexibility/Body Weight Circuit/ Recreation
- 11.30 - 12.30pm Pool (25m tank)

b) Squad training on Saturday mornings commencing 2nd October, 1993.

- 07.00 - 08.30am Pool (25m tank)
- 09.00 - 10.00am Sports Centre

c) New Year Training Camp 3rd - 7th January, 1994.

Timetable:-

- 07.30 - 09.00am Pool (25m tank)
- 09.30 - 10.30am Lecture - Sports Centre
- 10.30 - 11.30am Body Weight Circuit
- 11.00 - 11.30am Rest
- 11.30 - 12.30pm Pool (25m tank)

LUNCH

- 02.00 - 03.00pm Lecture - Sports Centre
- 03.00 - 04.30pm Pool (25m tank)

DAY'S END

NB. Sports Centre facilities have yet to be discussed with Centre management.



Scottish Sports Aid Foundation



The Foundation's Grants Committee recently awarded a team grant of £1000 to the following synchronised swimmers through the Robertson Bursary scheme. Emma Hendry - Elgin, Julie Thomson - Forres, Isla Dunbar - Elgin, Pauline McFadyen - Nairn, Lyndsey Coyle - Clydebank.

Traversee International du Lac Leman - Evian to Lausanne 12.8 km

The following is a report from Linley Agley, Scottish Long Distance Swimmer and a member of the City of Dundee ASC, who took part in the above event.

We left Dundee on Wednesday 28th July, 1993 and arrived in Dover for the 5.00am ferry on Thursday 29th July. We arrived in France just after 7.00am and drove through France until we reached Besanson where we stayed for the night. We continued our journey to Lausanne, Switzerland, the next day.

Accommodation was already booked and paid for at the hotel. On arrival we were given our room and food tickets for the next two days.

Friday 30th July:-

Everyone was invited to a reception at the IOC Headquarters, where we were addressed by members of the IOC (International Olympic Committee).

All coaches and officials were invited to a briefing at the hotel. During the briefing they were told the rules of the swim which was to be held under FINA Rules.

Saturday 31st July:-

We were picked up at the hotel at 7.15am and we were taken to the ferry for Evian. We arrived in Evian for the start about 8.00am, where food was laid on before the start of the race.

At 8.30am we were given our numbers and told that we were starting at 10.00am. The swim started promptly and 45 swimmers made their way from France to Switzerland.

By 2.00pm everyone had finished the swim and on arrival at the finish everyone was taken to the medical tent to make sure that they were alright.

At 5.00pm the presentation took place and once again we were addressed by the IOC Vice President and also the Mayors of Evian and Lausanne.

Results :-

Men	1	Davio Tarabot	Italy
	2	Akatev Alexey	Russia
	3	Sergio Chiarandini	Italy

Women	1	Edith van Dyk	Netherlands
	2	Gea Veldhuizen	Netherlands
	3	Yveta Hvavaedva	CSF
Team	1	Holland	
	2	Italy	
	3	Switzerland	

The event was very well organised and I myself was very glad to be part of such a prestigious event. The people who won medals at this event are all in medal contention at the forthcoming European Championships.

This event was described by "King of the Channel" Mike Reid as the creme de la creme of Long Distance Swimming.

LOOKOUT FOR THE LAUNCH OF THE NEW SCOTTISH SPEEDO AWARDS ON THE 19TH OCTOBER IN EDINBURGH!



Great Britain Appointment

Alex Burgoyne's success with the Scottish Junior Men's Water Polo Team has impressed the Great Britain Selectors and they have invited Alex to assist in the coaching of the British Junior Water Polo Squad from now until August 1994.

**STOP PRESS NEWS
STOP PRESS NEWS
The Scottish Age
G r o u p
Championships to be
Short Course in 1994**

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